

**fine**  
Cooking

# Make It Tonight

## Easy Dinner Download

**MENU** for the Week of **FEBRUARY 3, 2020**



**monday**

Fennel & Rosemary Beef  
Tenderloin

**tuesday**

Pasta with Broccoli, Sun-Dried  
Tomatoes, and Olives

**wednesday**

Crisp Baked Chicken Tenderloins

**thursday**

Lamb Chops with Concord Grape  
Sauce

**friday**

Creamy Cod and Leek Chowder







**Monday** **m**:  
Fennel & Rosemary  
Beef Tenderloin with  
Creamy Mustard Sauce



**Tuesday** **t**:  
Pasta with Broccoli,  
Sun-Dried Tomatoes,  
and Olives



**Wednesday** **w**:  
Crisp Baked Chicken  
Tenderloins



**Thursday** **th**:  
Lamb Chops with  
Concord Grape Sauce



**Friday** **f**:  
Creamy Cod and Leek  
Chowder

## SHOPPING LIST

### FRESH PRODUCE

- 10 oz. (2 cups) Concord grapes (or substitute black grapes) **th**
- 2 lemons **m w th**
- 12 oz. broccoli florets **t**
- 1 large russet potato **f**
- 1 large leek **f**
- 1 large carrot **f**
- 1 medium shallot **th**
- 2 garlic cloves **f**
- 1 medium bunch fresh rosemary **m th**
- 1 small bunch fresh dill **f**
- 1 small bunch fresh thyme **th f**

### MEAT, EGGS & DAIRY

- 8 lamb rib chops (about 2½ lb.) **th**
- 1½ lb. cod loin **f**
- 1 lb. chicken tenderloins **w**
- 1½-lb. beef tenderloin roast **m**
- 7 Tbs. unsalted butter **w th f**
- ½ cup heavy cream **f**
- ¼ cup crème fraîche **m**
- 1 oz. Parmigiano-Reggiano **t**

### OTHER GROCERIES

- 12 oz. rigatoni or other medium pasta **t**
- 1 quart good-quality seafood stock **f**
- 1¼ cups plain panko **w**
- 1 cup dry white wine **f**
- 4 oz. canned pitted black olives **t**
- 2 oz. sun-dried tomatoes (not oil-packed) **t**
- ¼ cup ruby port **th**
- 2 Tbs. red miso paste **w**

### PANTRY STAPLES

- 10 Tbs. extra-virgin olive oil **m t th**
- 2 Tbs. vegetable oil **m f**
- ½ cup mayonnaise **w**
- 2 Tbs. all-purpose flour **f**
- 2 Tbs. granulated sugar **th**
- 1 Tbs. Dijon mustard **m**
- 1 large bay leaf **f**
- 1 tsp. granulated garlic **t**
- 1 tsp. crushed red pepper flakes **t**
- ¾ tsp. ground fennel seed **m**
- Flaky sea salt, for garnish **f**
- Kosher salt **m t w th f**
- Black peppercorns **m th f**

Side-dish ingredients are not included in the shopping list.

## Fennel & Rosemary Beef Tenderloin with Creamy Mustard Sauce

Active time: 10 minutes

Total time: 50 minutes

Serves 4

Beef tenderloin turns any night into an occasion but this recipe could be the easiest tenderloin you ever make. It requires minimal amount of time and toil to assemble and season, and then the oven concentrates the flavors.

**2 tsp. extra-virgin olive oil**

**2 tsp. finely chopped fresh rosemary**

**¾ tsp. ground fennel seed**

**½ tsp. kosher salt; more to taste**

**¼ tsp. freshly cracked black pepper**

**1½ to 2-lb. beef tenderloin roast, excess fat trimmed**

**¼ cup crème fraîche**

**1 Tbs. Dijon mustard**

**1 tsp. fresh lemon juice**

Position a rack in the center of the oven and heat the oven to 375°F.

In a small bowl, combine the olive oil, rosemary, fennel seed, salt, and pepper. Stir to make a paste. Pat the beef dry with paper towels and rub the paste all over the surface of the meat.

Put the roast on a rack on a small, rimmed baking sheet. Roast until an instant-read thermometer inserted in the center reads 120°F for rare, 125° to 130°F for medium rare, or 135°F for medium, 30 to 40 minutes.



Meanwhile, in a small bowl, whisk together the crème fraîche, mustard, and lemon juice. Season lightly with salt to taste.

Transfer the roast to a cutting board and let it rest, uncovered, for 10 minutes before carving it into ½- to ¾-inch-thick slices. Serve the beef, passing the mustard sauce at the table.

—Molly Stevens, *Fine Cooking* #89

**nutrition information** (per serving): Calories 610; Calories from fat 420; Protein 38g; Carbohydrates 7g; Fat 47g; Saturated Fat 21g; Monounsaturated Fat 15g; Polyunsaturated Fat 5g; Sodium 950mg; Cholesterol 165mg; Fiber 1g

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### ON THE SIDE: FRESH HERB SALAD

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In a medium bowl, toss together **arugula, parsley, mint, and chives**. In a small bowl, stir together **lemon juice** and **extra-virgin olive oil**, and season to taste with **salt** and **pepper**. Pour the dressing over the salad. Toss to coat and serve immediately.

## Pasta with Broccoli, Sun-Dried Tomatoes, and Olives

Active/total time: 15 minutes

Serves 4

This colorful pasta comes together in minutes, and its bold flavors make this healthy dish a winner.

### Kosher salt

**12 oz. broccoli florets, cut into bite-size pieces (about 6 cups)**

**12 oz. rigatoni or other medium pasta**

**4 oz. canned pitted black olives, cut in half lengthwise (about 1 cup)**

**2 oz. sun-dried tomatoes (not oil-packed), thinly sliced (about  $\frac{2}{3}$  cup)**

**$\frac{1}{2}$  oz. finely grated Parmigiano-Reggiano (about  $\frac{1}{3}$  cup); more as needed**

**$\frac{1}{2}$  tsp. granulated garlic; more to taste**

**$\frac{1}{2}$  tsp. crushed red pepper flakes; more to taste**

**6 Tbs. extra-virgin olive oil; more as needed**

Bring a large pot of well-salted water to a boil. Add the broccoli, and cook until crisp-tender, 2 to 3 minutes. Using a slotted spoon, transfer the broccoli to a colander; rinse under cold water. Return the water to a boil.

Add the pasta to the pot, and cook according to package directions until al dente. Reserve  $\frac{1}{4}$  cup of the cooking water. Drain the pasta over the broccoli in the colander, and transfer to a large bowl. Add the olives, tomatoes, cheese, garlic, pepper flakes, and  $\frac{1}{2}$  tsp. salt. Add the olive oil, and toss well. Add the reserved cooking water 1 or 2 Tbs. at a time to loosen the pasta. Season to taste with salt, granulated garlic, and pepper flakes. Serve drizzled with additional olive oil and cheese, if you like.

—Diana Andrews, *Fine Cooking* #155

**nutrition information** (per serving): Calories 620; Calories from Fat 240; Protein 17g; Carbohydrates 80g; Fat 27g; Saturated Fat 4g; Monounsaturated Fat 18g; Polyunsaturated Fat 3.5g; Sodium 920mg; Cholesterol 5mg; Fiber 9g





## Crisp Baked Chicken Tenderloins

Active/total time: 30 minutes  
Serves 4

Umami-packed miso adds depth of flavor to these chicken “fingers,” making them a favorite for kids and adults alike. The secret to a crisp coating without frying is to toast the panko before coating the chicken; that way, it crisps up in the short time the chicken takes to bake.

**1 Tbs. unsalted butter**

**1¼ cups plain panko**

**Kosher salt**

**⅓ cup mayonnaise**

**2 Tbs. red miso paste**

**1 lb. chicken tenderloins**

**Lemon wedges, for serving (optional)**

Position a rack in the center of the oven and heat to 425°F. Place an oven-safe rack on a large, foil-lined rimmed baking sheet.

Heat the butter in a large skillet over medium heat until melted and foaming. Add the panko and ¼ tsp. salt and cook, stirring often, until light golden brown, 5 to 8 minutes. Transfer the panko to a large shallow dish or pie plate, and let cool completely.

Whisk the mayonnaise and miso in a small bowl until smooth. Season the chicken on all sides lightly with salt. Generously brush the miso-mayo mixture all over the chicken. Dredge the chicken in the panko on all sides, pressing to coat completely. Place the breaded chicken on the prepared rack, leaving as much room as possible between pieces. Bake until cooked through and dark golden brown, 14 to 15 minutes. Serve with lemon wedges.

—Christine Gallary, *Fine Cooking* #152

**nutrition information** (per serving): Calories 340; Calories from Fat 170; Protein 29g; Carbohydrates 15g; Fat 19g; Saturated Fat 4g; Monounsaturated Fat 4g; Polyunsaturated Fat 9g; Sodium 980mg; Cholesterol 80mg; Fiber 1g

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### ON THE SIDE: GREENS WITH ORANGES AND SESAME-GINGER DRESSING

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Segment 2 large **navel or Cara Cara oranges**, and cut the segments in half. Squeeze the membrane for juice. Combine the **juice, olive oil, rice vinegar, finely chopped fresh ginger, fresh lime juice, mirin, Asian sesame oil, and kosher salt** in a blender, and purée until emulsified. Toss **spring greens, halved cherry tomatoes**, and thinly sliced **sweet onion** with some of the dressing and the orange segments. Sprinkle with **toasted or black sesame seeds**, and serve with the remaining dressing.



## Lamb Chops with Concord Grape Sauce

Active/total time: 20 minutes

Serves 4

Ruby port and fresh herbs channel the season in a most lovely way in this company-worthy dish.

**8 lamb rib chops (about 2½ lb.)**

**Kosher salt and freshly ground black pepper**

**10 oz. (about 2 cups) Concord grapes**

**2 Tbs. granulated sugar**

**1½ oz. (3 Tbs.) unsalted butter**

**1 medium shallot, minced (about ¼ cup)**

**2 tsp. fresh thyme leaves, chopped**

**2 tsp. finely chopped fresh rosemary**

**¼ cup ruby port**

**1 tsp. fresh lemon juice**

**2 Tbs. extra-virgin olive oil**

Pat the lamb chops dry, generously season with salt and pepper, and set aside.

In a 2-quart saucepan, cook the grapes and sugar over medium-low heat, mashing with a wooden spoon until the grapes break down, about 4 minutes. Increase the heat to medium high and simmer until the sauce thickens slightly, about 3 minutes. Strain through a fine-mesh sieve into a heatproof bowl. Rinse the saucepan, return the strained grape sauce to the pan, and set aside.

In a 12-inch skillet, melt 1 Tbs. of the butter over medium heat. Add the shallot, thyme, and rosemary, season with salt and pepper, and cook until the shallot is soft, about 3 minutes. Remove the pan from the heat, add the port, and swirl until the sizzling stops. Return the pan to the heat and simmer until most of the liquid evaporates, about 1 minute. Scrape into the grape sauce, stir in the lemon juice, season to taste with salt and pepper, and keep warm. Wipe out the skillet.



Heat 1 Tbs. of the butter with 1 Tbs. of the oil in the skillet over medium-high heat. Add 4 lamb chops and cook until browned on both sides, about 3 minutes per side. Transfer to a platter and tent with foil. Repeat with the remaining butter, oil, and chops. Serve the chops with the warm sauce.

— *Abby Simchak Donovan*, *Fine Cooking #137*

**nutrition information** (per serving): Calories 710; Calories from Fat 470; Protein 33g; Carbohydrates 22g; Fat 53g; Saturated Fat 22g; Monounsaturated Fat 22g; Polyunsaturated Fat 4g; Sodium 390mg; Cholesterol 160mg; Fiber 1g

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### ON THE SIDE: **STEAMED BOK CHOY**

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Steam trimmed **bok choy** until just tender. Season with **kosher salt** and **freshly ground black pepper** or drizzle with a favorite **vinaigrette**.

## Creamy Cod and Leek Chowder

Active/total time: 30 minutes

Serves 4

Fresh dill and cod take the place of parsley and clams, making this chowder taste deliciously different from the summer stalwart. For a soup so rich and satisfying, it comes together surprisingly quickly.

**3 Tbs. unsalted butter, softened**

**2 Tbs. all-purpose flour**

**1 Tbs. vegetable oil**

**1 large carrot, coarsely chopped (about 1 cup)**

**1 large russet potato, peeled and cut into ½-inch cubes (about 2 cups)**

**1 large leek, trimmed, white and light-green parts halved lengthwise, then cut crosswise into ¼-inch slices (about 2 cups)**

**1 Tbs. finely chopped garlic**

**1 cup dry white wine**

**1 quart good-quality seafood stock**

**½ cup heavy cream**

**1 large bay leaf**

**1 large sprig fresh thyme**

**Kosher salt and freshly ground black pepper**

**1½ lb. cod loin, cut into 2-inch pieces**

**1 Tbs. chopped fresh dill, plus sprigs for garnish**

**Flaky sea salt, for garnish**

In a small bowl, combine 2 Tbs. of the butter with the flour and set aside.

Heat the remaining 1 Tbs. butter and the oil in a 5- to 6-quart pot over medium-high heat. Add the carrot and cook, stirring occasionally, for 2 minutes, then add the potato and leek and cook, stirring occasionally, until the leek begins to brown, another 5 minutes. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the wine and cook until absorbed and evaporated, 7 to 10 minutes.



Lower the heat to medium low. Add the stock, cream, bay leaf, thyme, ½ tsp. salt, and ¼ tsp. pepper, and bring to a low simmer. Gradually add the flour-butter mixture, stirring after each addition, until slightly thickened, about 4 minutes. Add the cod and chopped dill, and simmer lightly until the cod is cooked through, about 5 minutes. Remove the bay leaf and thyme, season to taste with salt and pepper, and serve garnished with the dill sprigs and flaky sea salt.

—Ronne Day, *Fine Cooking* #157

**nutrition information** (per serving): Calories 520; Calories from fat 220; Protein 32g; Carbohydrates 32g; Fat 24g; Saturated Fat 13g; Monounsaturated Fat 6g; Polyunsaturated Fat 3.5g; Sodium 830mg; Cholesterol 120mg; Fiber 4g

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**ON THE SIDE: CRUSTY BREAD**

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