

They Say It's Your Birthday: **August 2017**

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### Shopping List

*Please buy organic when and if you can.*

2 lbs small clams, such as Manilla, rinsed and scrubbed

2.5 lbs skirt steak, trimmed

### Fresh Herbs

1 bunch mint, 2-3 tablespoons chopped

2 bunches Italian flat-leaf parsley, 7 tablespoons chopped

1 bunch of fresh thyme, for 2 teaspoons chopped

1 bunch of basil, ¼ cup leaves packed

### Bakery

2 small baguettes

1 ciabatta loaf

### Dairy

6 tablespoons unsalted butter

½ cup half-n-half

½ cup feta cheese, crumbled

½ cup grated cheddar

¼ cup Parmesan, shaved

### Produce

2 medium yellow onions

2 head garlic, for 12-14 cloves

1 lb potatoes – I prefer smaller gold

2 medium red potatoes

7-9 ears of corn

1 jalapeno

5 medium tomatoes (or 28 oz can whole peeled)

2 cups small heirloom tomatoes – 4-5 tomatoes

1 cup baby arugula

2 heads Romaine hearts

### Dry

12 oz dried spaghetti or linguine

Dry white wine, ¾ cup

### Spices

Garlic powder, 2 teaspoons

Coriander, 1 teaspoon

Chili powder, ½ teaspoon

Italian dried seasoning, 1 ½ teaspoon

Cumin, 1 teaspoon

Red pepper flakes, ¼ teaspoon

Paprika, 1 teaspoon

### **From Your Pantry**

\*\*\*ALWAYS CHECK THIS LIST – IT CHANGES\*\*\*

Olive oil, 1 ½ cups

Red wine vinegar, 1 tablespoon

Sea salt, 2 tablespoons

Salt, Kosher

Pepper

Linguini with White Clam Sauce: **August 2017**

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**Monday:**

## **Linguini with White Clam Sauce**

Pssst...it's my birthday and this is exactly what I want for dinner. It is reminiscent of my Mom's dinner table and the salty shores of Connecticut - yum!

Serves: 4   Prep: 10   Cooking: 35

## **Ingredients**

### **For the Pasta and Clams**

2 tablespoons sea salt

12 ozs spaghetti

3 tablespoons olive oil

1 medium onion, finely chopped

4 garlic cloves, thinly sliced

1/4 teaspoon red-pepper flakes

3/4 cup dry white wine

2 pounds small clams, such as Manila, rinsed and scrubbed

2 tablespoons butter

3 tablespoons fresh flat leafed Italian parsley, coarsely chopped

### **For the Garlic Bread**

1 small baguette, halved lengthwise

2 tablespoons butter, softened

3 cloves garlic, minced

1 ½ teaspoons Italian dried herb seasoning

## **Cooking Instructions**

1

In a large pot, bring water and sea salt to a boil.

2

In a small bowl, prepare the garlic spread by combining butter, garlic and herbs. Spread evenly on inside of baguette. Set aside.

3

While waiting for water to boil, chop onion, garlic and parsley.

4

Add pasta to pot and cook 2 minutes less than package instructions for al dente – use a timer.

5

While pasta cooks, heat oil over medium in a Dutch oven or 5-quart heavy pot with a lid. Add onion, garlic, and red-pepper flakes. Cook, stirring occasionally, until onion is soft, 5 to 7 minutes.

6

Drain the pasta, reserving ½ cup of the cooking water. Set aside.

7

Reserve 1/2 cup pasta water and drain pasta. Set aside.

8

To the onion mixture, add wine, and bring to a boil; cook, stirring occasionally, until reduced by half, about 2 minutes.

9

Add clams; cover, and simmer, jostling the pot occasionally, until clams open wide, 3 to 5 minutes. (Important: discard any that haven't opened after 5 minutes.)

10

Meanwhile, place garlic bread under the broiler for 3-5 minutes – watch them!

11

When clams have opened, add pasta to clam mixture in pot; continue to cook about 2 minutes.

12

Remove from heat, and stir in butter and parsley. Add about half of reserved pasta water to thin sauce – more if necessary.

13

Taste a piece of pasta - season with salt if necessary.

14

To serve, divide among 4 plates placing clams, in their shells, atop the pasta. Serve garlic bread alongside.

15

Remember a bowl for the shells on the table.

Mediterranean Inspired Skirt Steak & Feta-Potatoes : **August 2017**

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**Tuesday:**

## **Mediterranean Inspired Skirt Steak & Feta-Potatoes**

This is the summer of skirt steak around my house. It has become more popular (and expensive) over the past few years. But, it's so flavorful that a little goes a long way. NOTE: There will be leftover steak for use later in the week.

Serves: 4   Prep: 30   Cooking: 30

## Ingredients

### For the Steak

2.5 lbs skirt steak  
2 tablespoons kosher salt  
2 teaspoons black pepper  
2 teaspoons garlic powder

### For the Herb Sauce

2 tablespoons olive oil  
1 garlic  
2 tablespoons Italian flat leafed parsley  
2 tablespoons mint

### For the Potatoes

1 lb potatoes, chopped to 1" pieces  
2 tablespoons olive oil  
1 teaspoon salt  
½ teaspoon pepper  
½ cup feta cheese, crumbled  
2 tablespoons Italian flat leafed parsley, chopped

### For the Corn

4-6 ears of corn  
2 tablespoons butter

## Cooking Instructions

### Season Prep Opportunity

Make the herb sauce by pulse all ingredients in a food processor or blender until well combined.

Store in the fridge

Season the steak and trim into 5-6" pieces. Refrigerate in a Ziploc bag until ready to cook.

1

Preheat the oven to 400°.

2

Toss chopped potatoes with olive oil, salt and pepper.

3

Roast in the oven for 20 minutes.

4

Meanwhile, place a pot of water to boil for the corn. Shuck corn, break each ear into 2 or 3 pieces

and boil in salted water for 12 minutes until tender. Toss in bowl with salt and butter.

5

When potatoes are done, toss them in a serving bowl with the feta and parsley.

6

Preheat the broiler.

7

Slice skirt steak into 5-6" pieces.

8

Season both sides with salt and pepper.

9

Place each piece of steak between two pieces of plastic wrap and pound with a mallet to ½ " thick.

10

Broil for 4 minutes per side.

11

Serve steak topped with herb sauce, a generous heap of potatoes and corn.

Summer Corn Soup: **August 2017**

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**Wednesday:**

## Summer Corn Soup

Mmmm...Sweet and garden fresh, this soup is delicious. Consider doubling and freezing half – it will brighten up a dark dinnertime in November.

Serves: 4    Prep: 20    Cooking: 40

## Ingredients

3 ears of corn, husks and silks removed

3 tablespoons olive oil

1 medium onion, chopped

1 teaspoon kosher or sea salt

1 teaspoon cumin

1 teaspoon coriander

½ teaspoon chili powder

1 jalapeño, seeded and minced

1 clove garlic, minced

5 medium tomatoes, peeled, seeded and chopped OR 28 oz whole peeled tomatoes, chopped

2 medium red potatoes

½ cup half & half

½ cup grated cheddar

1 fresh baguette

# Cooking Instructions

## Prep Opportunity

Prep the veggies. Shuck the corn. Hold each ear of corn with the flat end in a large bowl. Using a sharp knife to cut down the cob, removing the kernels. You should have about 3 cups of kernels.

Reserve the cobs too.

1

Heat the olive oil in a soup or stock pot over low heat.

2

Add the onions and ½ teaspoon salt.

3

Cook until the onions are soft - 10 minutes.

4

Add the cumin, coriander, chili powder, jalapeños, and garlic and cook until the jalapeños 2-3 minutes.

5

Add the tomatoes and cook 10 minutes.

6

Add the potatoes, reserved corncobs, and 3 cups of water.

7

Cover and simmer until the potatoes are tender but still firm, 10-12 minutes.

8

Add the corn kernels and cook for 1 minute more, until the kernels are heated through.

9

Remove the pot from the stove.

10

Remove the corncobs.

11

Using an immersion blender, blend the soup until about half of it is puréed, or put half of the soup in a blender and purée it, and then combine both again.

12

Add the half and half and cheese and return the soup to the stove.

13

Heat over low heat until the cheese is just melted (don't let it boil).

14

Taste it and season with salt and pepper.

15

Ladle into soup bowls and serve immediately with fresh baguette.

Steak Panzanella : **August 2017**

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**Thursday:**

# Steak Panzanella

This is the first salad that my kids liked or let's say "didn't hate". And why not, it's delicious – and super simple. Homemade croutons are a bit of a dealmaker too. I love it because it calls for leftover steak and its ready in minutes.

Serves: 4   Prep: 15   Cooking: 15

## Ingredients

3 tablespoons, plus 2 teaspoons extra-virgin olive oil  
1 tablespoon red wine vinegar  
1 tablespoon minced garlic  
2 teaspoons chopped fresh thyme  
½ teaspoon salt, divided  
2 cups small heirloom tomatoes, quartered  
1 ciabatta loaf  
1 lb steak, cooked and cubed  
1 teaspoon paprika  
1 cup baby arugula  
2 cups romaine lettuce, chopped  
¼ cup chopped basil leaves  
¼ cup Parmesan, shaved

## Cooking Instructions

### Prep Opportunity

Combine 3 tbs olive oil, vinegar, garlic, thyme, ¾ teaspoon salt, and ¼ teaspoon pepper in a large salad bowl, stirring with a whisk. Stir in tomatoes; set aside.

- 1  
Preheat oven 400°.
- 2  
Slice steak across the grain and then cubes. Set aside to bring to room temperature.
- 3  
Lightly coat bread with 2 tsps olive oil. Note: You could use the olive oil spray from Trader Joe's.
- 4  
Cut bread into 1" cubes.
- 5  
Place bread on baking sheet and bake 4 minutes on each side until just crisp.
- 6  
Remove from oven and very lightly salt and pepper the cubes.
- 7  
Add bread, arugula, lettuce, steak, and basil to tomato mixture; toss well.
- 8

Divide among 4 plates and top with shaved Parmesan.