

Back to Basics: **January 2021**

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Shopping List

Please buy organic when and if you can.

4 cod fillets or other sturdy white fish

2 eggs

3-4 lb pot roast or top round roast – ask the butcher to tie it for you

Dairy

8 ozs Brie cheese

16 slices Provolone, cheddar or White American cheese

Herbs: *Always check the fridge first*

1 bunch of tarragon, for 1 tablespoon minced

Bakery

4 sub rolls

Produce

2 onions

2 red bell pepper

1 pint cherry or grape tomatoes

1 head garlic, for 4-5 cloves

1 lb small Yukon Gold potatoes

1 lb button mushrooms

1 small red onion

4 cups baby arugula

Dry

2 ½ cups cornflake style cereal

12 oz fusilli pasta – or your favorite shape

Frozen

10 oz lima beans

1 ½ cups corn

Spices

Herbes de Provence or Italian seasoning, 1 tablespoon

From Your Pantry

ALWAYS CHECK THIS LIST – IT CHANGES

Olive oil, ½ cup

Vegetable oil, 1 cup

All purpose flour, ½ cup

Milk, 1/3 cup

Dry white wine, ½ cup

Ketchup

Mustard
Butter, unsalted, 4 tablespoons
Salt, Kosher
Pepper
Cornflake Crusted Cod & Succotash: **January 2021**

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Monday:

Cornflake Crusted Cod & Succotash

The trick to a great crust is to let it sit for 10-15 minutes before you fry it. And, did you know that when you say succotash you are speaking Narragansett? You are! The Narragansett tribe lived on the shores of Rhode Island. Want more vocab? How about squash, powoww, papoose and moose.

Serves: 4 Prep: 10 Cooking: 30

Ingredients

For the Fish

4 cod fillets, or other white fish
Salt and ground black pepper
½ cup unbleached all-purpose flour
2 ½ cups cornflakes, crushed to crumbs
2 eggs
1/3 cup milk
1 cup vegetable oil

For the Succotash

4 tablespoons unsalted butter
1 onion, minced
1 red bell pepper, cored and chopped fine
1 (10 oz) package frozen lima beans
1 ½ cups frozen corn
1 tablespoon minced fresh tarragon

Cooking Instructions

- 1
Adjust oven rack to middle position and heat oven to 200°.
- 2
Pat fish dry and season with salt and pepper.
- 3
Mix flour and crushed cornflakes together in shallow dish.
- 4

Mix egg and milk together in another shallow dish.

5

Dip seasoned fillets first in egg and then coat with crumbs. You may want to press the fillets into the crumbs to adhere. Set on a dish or wire rack while you start the veggies.

6

Melt 2 tablespoons of butter in a nonstick skillet over medium heat until melted.

7

Add onion, bell pepper, and ½ teaspoon salt and cook until onion is softened- 5 minutes.

8

Add lima beans and cook until heated through and softened- 5 minutes.

9

Stir in corn and cook until heated through, about 1 minute.

10

Stir in tarragon and taste for salt and pepper.

11

Transfer vegetables to ovenproof bowl and dot with remaining 2 tablespoons butter. Cover with foil and keep warm in the oven.

12

Wipe out skillet with paper towels, add oil, and return to medium-high heat until shimmering.

13

Fry fillets until golden on both sides, about 4 minutes total. You may want to fry in fish in two batches.

14

Remove fried fish from oil and let drain briefly on paper towel-lined plate. Sprinkle with a little salt.

15

To serve, top succotash with fish.

One Stop Roasted Beef, Tomatoes and Potatoes: **January 2021**

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Tuesday:

One Stop Roasted Beef, Tomatoes and Potatoes

This checks two boxes for me – it's a solid weeknight dinner and I only have to wash one pan. I do the whole thing on a baking sheet. The tomatoes, nestled under the roasting beef, are insanely yummy. NOTE: We are roasting extra beef for use later in the week.

Serves: 4 Prep: 5 Cooking: 1 hour

Ingredients

3-4 lb pot roast or top round roast

1 pint cherry or grape tomatoes

¼ cup olive oil
Kosher salt & pepper
4-5 garlic cloves, cut into slivers
1 lb small Yukon gold potatoes
1 tablespoon Herbes de Provence or Italian Seasoning

Cooking Instructions

- 1
Preheat oven to 350°.
- 2
Place tomatoes on a roasting pan or large baking sheet and toss with 1 tablespoon extra virgin olive oil, ½ teaspoon salt and ¼ teaspoon pepper. Mound in the center of the sheet pan.
- 3
Place a small roasting rack inside pan over the tomatoes. If you dont have one, dont worry.
- 4
Toss potatoes with 1 tablespoon extra virgin olive oil, 1 teaspoon salt and ½ teaspoon pepper. Place on the baking sheet.
- 5
Sprinkle both tomatoes and potatoes with dried herbs.
- 6
Trim roast of excess fat then pierce meat all over with a small knife and insert garlic slivers.
- 7
Rub outside with 1-2 tablespoons of olive oil, 2 teaspoons of salt and 1 teaspoon pepper, then place on top of rack or in the middle of the sheetpan - push the tomatoes to the side.
- 8
Roast for 50-60 minutes, depending on the size of the roast and desired level of doneness. My 3 ½ lb roast took 65 minutes to reach an internal temperature of 135-140° (for medium)when tested with an instant-read thermometer.
- 9
Remove tomatoes from pan after 20 minutes. Cover and keep warm.
- 10
Remove the potatoes after 30 minutes. Cover and keep warm.
- 11
Once done, let meat rest for at least 15 minutes before carving very thin and against the grain.
- 12
Serve sliced beef with potatoes on the side and roasted tomatoes over top.
Fusilli with Brie, Mushrooms and Arugula: **January 2021**

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Wednesday:

Fusilli with Brie, Mushrooms and Arugula

I tore this recipe out of a magazine years ago, made it that night and it's been in the rotation ever since. It's great after the holidays or a party when you have the Brie leftover and veggies rattling around in the fridge. The Brie melts into a buttery, light sauce that everyone likes – even the littles.

NOTE: The pasta in the photo is a quinoa pasta.

Serves: 4 Prep: 10 Cooking: 20

Ingredients

12 ozs fusilli pasta, or your favorite shape
1 tablespoon olive oil
1 lb button mushrooms, sliced or quartered
1 small red onion, sliced
½ cup dry white wine
Kosher salt and black pepper
8 ozs Brie, cut into 1" pieces – rind is optional
4 cups baby arugula

Cooking Instructions

Prep Opportunity

Chop the veggies and cheese so you are ready to go at dinnertime.

1

Set a pot of water to boil for the pasta.

2

Cook the pasta according to the package directions.

3

Reserve ½ cup of the cooking water; drain the pasta and return it to the pot.

4

Meanwhile, heat the oil in a large skillet over medium-high heat.

5

Add the mushrooms and onion and cook until the mushrooms begin to release their liquid- 2 to 3 minutes.

6

Add the wine, ½ teaspoon salt, and ¼ teaspoon pepper and cook until the mushrooms begin to brown -5 to 6 minutes more.

7

Add the Brie and the reserved cooking water to the pasta and toss until coated.

8

Fold in the mushroom mixture and arugula.

9

Taste for salt and pepper and serve immediately.

Hot Beef Subs: **January 2021**

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Thursday:

Hot Beef Subs

The original recipe for this dish called it a cheesesteak. It is not. I lived in Philly for 5 years and I know my way around a cheesesteak. They are great but this is not that. This is a hot beef sub. Enjoy.

Serves: 4 Prep: 15 Cooking: 5

Ingredients

½ lb leftover beef, sliced or shredded

4 sub rolls

16 slices of thinly sliced white American, cheddar or provolone cheese

1 ½ cups any combo of the following sautéed bell peppers, sweet pickled peppers, sautéed onions

Ketchup

Mustard

Cooking Instructions

Prep Opportunity

Slice the onions and peppers. You can even cook them ahead and warm at dinnertime.

1

Preheat your broiler.

2

Heat olive oil in a nonstick skillet over medium heat.

3

Add onions and peppers, saute until lightly browned. and transfer to a plate.

4

Add beef to the skillet and warm through - about 2-3 minutes.

5

Split and toast the rolls under the broiler for 30-60 seconds – watch them!

6

Layer 2 slices of cheese on each roll.

7

Add a layer of beef and then another layer of cheese.

8

Return to the broiler for 45-60 seconds – watch them again!

9

Top with sliced veggie combo and ketchup, mustard, both or neither.

10

Serve immediately.