

Cook Dinner, Sit Down & Eat It: **September 2020**

real family  real food

### Shopping List

*Please buy organic when and if you can.*

4 cod fillets, 4-6 ozs each

1 4 ½-5 lb whole chicken

6 ozs extra firm tofu

2 large eggs

2 slices of high quality prosciutto

### Dairy

1 stick unsalted butter

3 oz Gruyere, grated

8 oz Parmigiano - Reggiano, for 2 cups grated

### Frozen

6-8 ozs brown rice

4 oz peas

### Fresh Herbs

1 bunch thyme, 4 sprigs

1 bunch tarragon, 3 tablespoons chopped

### Produce

3 lemons

1 leek

3 onions

1 head garlic, for 5 cloves

1 – 1 ½ lbs small red or fingerling potatoes

6-7 shallots

2 parsnips

5 carrots

1" knob ginger

6-8 ozs cauliflower

1 lb broccoli florets

1 bunch green onions

### Dry

12 ozs chicken stock

13-15 oz can coconut milk

1 cup jasmine rice

½ lb fettucine

Parchment paper

### Spices

Curry, 3 tablespoons

Sesame seeds, 1 teaspoons

## From Your Pantry

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

Olive oil, ¼ cup

Vegetable oil, 3 tablespoons

Dijon mustard, 1 tablespoon

Butter, 1 tablespoon

Brown sugar, 2 teaspoons

Salt, Kosher

Pepper

Cod en Papillote with Tomatoes: **September 2020**

real family  real food

**Monday:**

# Cod en Papillote with Tomatoes

I packed these up in the morning and cooked them off quickly for dinner. So easy.

Serves: 4    Prep: 20    Cooking: 12-15

## Ingredients

4 cod fillets, 4-6 ozs each

2 lemons, sliced

3 teaspoons garlic, minced

4 sprigs of fresh thyme

1 leek

1 tablespoon olive oil

1 ½ teaspoons sea salt

½ teaspoon black pepper

6-8 ozs frozen brown rice

Parchment paper

## Cooking Instructions

1

Preheat the oven to 425° F.

2

Slice, chop and minced all of your ingredients before you begin to assemble the pouches.

3

Set four large, square pieces of parchment paper on a baking tray. Use the width of the paper as your guide for the length.

4

Set a piece of cod onto each paper.

5

Divide the lemon, tomatoes, leeks and thyme on top of the fish.

6

Drizzle each with 2 teaspoons of olive oil and sprinkle with salt and pepper.

7

Close up the parchment paper to make 4 little pouches. Fold over and then, starting on one side, begin to double fold inward as to seal the pouch.

8

Bake in the oven for 10-12 minutes depending upon thickness - err on the shorter side.

9

Meanwhile, heat the rice.

10

Divide the rice between four shallow bowls and transfer the fish, veggies and sauce.

Roast Chicken Dinner: **September 2020**

real family  real food

**Tuesday:**

## Roast Chicken Dinner

This is one to have in your go-to repertoire. It is my favorite roast chicken as it is relatively fast and delivers a juicy, well-seasoned chicken – and, bonus - fantastic leftovers. Don't be intimidated by the number of steps. There's just a bunch of good info. NOTE 1: You will need an instant read thermometer to get the exact temp right – make the investment. NOTE 2: Save leftover chicken for use later in the week.

Serves: 4 with leftovers   Prep: 20   Cooking: 1 ½ hours – 1 hour inactive

## Ingredients

### For the Chicken

1 (4 ½ -5 lb) whole chicken, giblets discarded

1 tablespoon Kosher salt

1 teaspoon pepper

½ lemon

½ onion, sliced

a few full sprigs of fresh tarragon, stems and all

1 tablespoon olive oil

1 - 1½ lbs small red or fingerling potatoes, depending upon the size

4-6 shallots, peeled

2 parsnips, peeled and chopped to 2" pieces

4 carrots, peeled and chopped to 2" pieces

### For the Pan Sauce

1 shallot, minced  
1 ½ cups chicken stock  
1 tablespoon Dijon mustard  
2 tablespoons tarragon, chopped  
1-2 tablespoons fresh lemon juice  
1 tablespoon butter, optional

## Cooking Instructions

### Prep Opportunity

Chop the vegetables.

1

Preheat oven to 450°. Adjust oven rack to middle position with no racks above it. Place large oven safe skillet on the rack.

2

Combine salt and pepper in a little bowl.

3

Rinse chicken, inside and out, with cold water and pat completely dry with paper towel.

4

Place the lemon, onion and tarragon inside the bird.

5

Rub entire surface of chicken with olive oil.

6

Sprinkle evenly all over with salt mixture and rub it in.

7

Truss the legs together with twine and tuck wing tips under the back.

8

In a large bowl, toss vegetables with olive oil, 1/2 tsp salt and 1/4 tsp pepper.

9

Transfer chicken, breast side up, to the hot skillet in the oven; place vegetables around it in the skillet. NOTE: If you cannot fit all the vegetables in the skillet, roast the remainder in a baking dish.

10

Roast until chicken breasts register 120°, about 40 minutes.

11

Remove the skillet from the oven quickly so as not to lose any heat.

12

Transfer vegetables to a separate dish, cover to keep warm and set aside.

13

Now here's the cool part. Return the skillet with the chicken to the oven, turn off the heat and leave the chicken in the oven until breasts register 160°, about 30 minutes.

14

When it's ready, transfer chicken to carving board and let rest, uncovered, for 10 minutes.

15

Meanwhile, as chicken rests, prepare pan sauce.

16

Be careful – put an oven mitt on the skillet's handle!

17

Remove all but 1 tablespoon or so of the fat from the skillet.

18

Over medium heat, add shallot and cook 2 minutes.

19

Add chicken stock and Dijon. Stir to release any bits from the bottom of the pan. Cook 5 minutes.

20

Add tarragon and lemon juice. Taste for salt and pepper.

21

Carve chicken. Serve with vegetables and pan sauce over it all!

Curry In a Hurry: **September 2020**

real family  real food

**Wednesday:**

## Curry In a Hurry

I'm using tofu tonight but this recipe works well with shrimp or diced chicken just as well. This is not an "in your face" curry so it's a good one for tender tastebuds. Full disclosure, I used frozen nuker rice. Just keepin' it real!

Serves: 4   Prep: 15   Cooking: 20

## Ingredients

### For the Curry

3 tablespoons vegetable oil

2 yellow onions, sliced

1 carrot, peeled and sliced thin

2 cloves garlic, minced

1 ½ teaspoons freshly grated ginger or 1 teaspoon dried ground

1 (13-15 oz) can coconut milk

2 teaspoons brown sugar

1 teaspoon kosher salt

3 tablespoons curry powder

2 cups, broccoli florets, cut small

1 cup cauliflower florets

6 oz extra firm tofu, cut into 1" cubes

1 teaspoon sesame seeds

1 green onion, sliced thin

### For the Rice

1 cup jasmine rice

½ teaspoon salt

# Cooking Instructions

## Prep Opportunity

Place the tofu flat on cutting board. Slice into 8 squares by slicing lengthwise into 4 equal pieces, then down the middle once. Place on doubled layers of paper towels and cover with three more layers. Place on a baking sheet, cover with a cutting board and a weight (can of beans) on top. Let tofu drain until towels are soaked, at least 10 minutes. Wrap tightly or place in an airtight container and refrigerate until ready to use.

1  
Bring 3 cups of water to a boil in a saucepan with a tight fitting lid.

2  
Stir in rice and salt.

3  
Return to a simmer, cover and cook for 20 minutes.

4  
Heat oli in a large saucepan over medium heat.

5  
Add onions and sauté until softened – 5 minutes.

6  
Add carrot, garlic and ginger. Sauté another 3 minutes more.

7  
Add coconut milk, brown sugar, salt and curry powder.

8  
Increase heat to medium high and bring to a boil.

9  
Meanwhile, cut the tofu into 1” cubes.

10  
Add broccoli, cauliflower and tofu, reduce heat to medium low and simmer, uncovered for 5-7 minutes or until the veggies are almost tender.

11  
Let the cooked rice sit for 10 minutes, covered, to absorb maximum moisture; then remove the lid, fluff the grains with a fork.

12  
Taste the sauce and season with salt.

Creamy Chicken and Proscuitto Pasta: **September 2020**

real family  real food

**Thursday:**

## Creamy Chicken and Proscuitto Pasta

I am always looking for a good one-pot dinner that can be made in the time it takes to boil the pasta.

Here's another one!

Serves: 4-6    Prep: 5    Cooking: 20

## Ingredients

½ lb dried fettuccine

2 large eggs

½ teaspoon salt

4 tablespoons mascarpone

1 teaspoon pepper

¾ cup freshly grated Parmigiano-Reggiano plus extra to toss over at the end

½ cup frozen peas

1-1/2 cups shredded or diced leftover chicken

2 slices of quality prosciutto, torn

## Cooking Instructions

### Prep Opportunity

Shred or dice the chicken ahead of time.

1

Heat a large pot of water to a boil.

2

Find a mixing bowl that is bigger than the pot of water and will sit on top.

3

Whisk the eggs, mascarpone, salt and pepper in the bowl. Set aside.

4

Add 2 teaspoons of salt to the boiling water, drop in fettuccine and cook until al dente.

5

While the pasta cooks, place the mixing bowl with mixture on top of the pasta pot, stirring frequently to prevent the eggs from curdling.

6

Check the pasta – when done, drain it, add the peas and chicken. Then toss into the bowl with the mascarpone mixture.

7

Fold in the Parmigiano-Reggiano, top with prosciutto and serve immediately.

8

Add a little more cheese after you serve – why not!