

It's Good To Be A Grown Up: **October 2020**

**real family**  **real food**

### Shopping List

*Please buy organic when and if you can.*

2 lbs smaller mussels, debearded and scrubbed clean, tightly closed

2-3 ribeye steaks – (2 ½-3 lbs)

### Fresh Herbs

1 bunch basil, 1 cup chopped

1 bunch chives, 1 tablespoon chopped

1 bunches of Italian flat leaf parsley, 3 tablespoons

### Dairy

1 cup grated Pecorino Romano cheese

½ cup sour cream

### Bakery

1 baguette

### Produce

2 shallots

2 carrots

1 small celery root bulb

2 ribs of celery

1 head garlic, for 7-8 cloves

1 pint {adron or Shishito peppers

1 1/2 pints cherry tomatoes

12 ozs fingerling potatoes

1 bunch radishes

4 cups mixed greens

### Dry

1 ½ cups dry white wine

1 lb ziti pasta

2 (14.5 oz) cans diced tomatoes

4 oz jar of horseradish, for 3 tablespoons

### Spices

Cracked red pepper flakes, ¼-1/2 teaspoon

### From Your Pantry

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

Olive oil, 2/3 cup

Red wine vinegar, 2 teaspoons

Honey, 1 ½ teaspoons

Salt, Kosher

Pepper

Mussels: **October 2020**

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**Monday:**

## Mussels

I'll never forget the first time my kids gobbled these up – my heart swelled with pride. I grew up eating mussels 2-3 times a month and this "mussel soup" was my favorite way to enjoy them. Only one update, I'll pair them with a crisp Viognier. It's good to be a grown up.

Serves: 4   Prep: 15   Cooking: 20

## Ingredients

¼ cup olive oil

1/3 cup minced shallots

2 carrots, in ¼ inch dice

2 celery ribs, in ¼ inch dice

1 small celery root, thickly peeled, in ¼ inch dice

3 cloves garlic, minced

1 clove garlic, sliced in half lengthwise

Salt and freshly ground black pepper

1 cup dry white wine

3 tablespoons minced Italian parsley

2 pounds small mussels, debearded and scrubbed clean, tightly closed

1 large baguette, not a super skinny one, ½" slices on the diagonal

## Cooking Instructions

1

Preheat oven to 375°.

2

Place slices of baguette on a rimmed baking sheet.

3

Heat olive oil in a large pot over moderate heat.

4

Add shallots, carrots, celery, celery root, and garlic.

5

Season with salt and pepper.

6

Saute vegetables until soft, 10 to 12 minutes.

7

Place bread in the oven for 5 minutes to toast. Rub each with cut garlic when they come out of the oven.

8

Add wine, 2 tablespoons parsley and mussels.

9

Increase heat and bring to a simmer. Cover and cook, shaking the pot a few times, until the mussels open-about 5 minutes.

10

Discard any mussels that do not open.

11

Divide mussels among warm bowls. Spoon the vegetables and juices over them. Garnish with the remaining parsley and toasts.

Rib Eye Steaks with Blistered Padron Peppers and Tomatoes: **October 2020**

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**Tuesday:**

## **Rib Eye Steaks with Blistered Padron Peppers and Tomatoes**

My dog ate half of one of these steaks when I wasn't looking!! Lucky doggy. NOTE: We are cooking and extra steak for use later in the week.

Serves: 4   Prep: 5   Cooking: 20

### **Ingredients**

2-3 rib eye steaks

2 teaspoons salt

1 teaspoon pepper

2 tablespoons olive oil

1 pint Padron or Shishito peppers

1 pint cherry tomatoes

### **Cooking Instructions**

1

Preheat oven to 500°.

2

Place a cast-iron skillet in the oven.

3

When the oven reaches temperature, remove the skillet and place on the stovetop over high heat for

a few minutes.

4

Pat steak dry with papertowel.

5

Season both sides of the steak with salt and pepper.

6

Add 1 tablespoon olive oil to the skillet and immediately place the steaks in the skillet.

7

Cook 1 minute without moving.

8

Flip the steaks and place the skillet in the oven.

9

Roast for 2 minutes, flip and roast for another 2 minutes. Roast more if you prefer your steaks medium to well done.

10

Transfer steaks to cutting board to rest.

11

Place skillet over medium high heat and add 1 tablespoon olive oil.

12

Add peppers and sprinkle with ½ teaspoon salt.

13

Toss in pan for 2 minutes.

14

Add tomatoes and cook together with peppers for 1 minute.

15

Serve sliced steaks topped with peppers and tomatoes.

Ziti Arrabiata: **October 2020**

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**Wednesday:**

## Ziti Arrabiata

This “angry” dish is a simple, spicy and oh so delish. This was my Dad’s favorite pasta dish that his pal Giacomo would make for him. This is his recipe as told to my Mom. You might want to pump the brakes a bit with the red pepper flakes. Mangia!

Serves: 4   Prep: 5   Cooking: 20

## Ingredients

1 lb ziti or your favorite pasta

3 tablespoons extra-virgin olive oil

3 large garlic cloves, finely chopped

¼ or ½ teaspoon dried crushed red pepper

2 (14 ½ oz) cans diced tomatoes in juice  
½ cup dry white wine  
1 cup thinly sliced fresh basil  
1 cup grated pecorino Romano cheese

## Cooking Instructions

- 1  
Set a pot of water to boil.
- 2  
Cook pasta in salted water until al dente (2 minutes less than the instructions say).
- 3  
Meanwhile, heat oil in large skillet over medium-high heat.
- 4  
Add crushed red pepper flakes and sauté 1 minute.
- 5  
Stir in garlic and cook 30 seconds until just fragrant.
- 6  
Add tomatoes with juices and wine.
- 7  
Bring to boil. Boil 8 minutes.
- 8  
Stir in basil. Taste and season sauce to taste with salt and pepper.
- 9  
Reserve ½ cup of the pasta water and then drain the pasta.
- 10  
Add pasta and ½ cup of the cheese to the sauce and toss.
- 11  
Add reserved water by spoonfuls as needed to moisten.
- 12  
Cook 2-3 minutes more until the pasta is nicely coated with the sauce.
- 13  
Serve in deep bowls with a sprinkle of cheese on top.

Steak Salad with Horseradish Dressing: **October 2020**

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**Thursday:**

## Steak Salad with Horseradish Dressing

I guarantee that you will be looking for things to dip into this dressing! Beef, potatoes and horseradish - a match made in heaven. Add other vegetables that you have - I just had these few.

Serves: 4    Prep: 10    Cooking: 10

# Ingredients

## For the Dressing

1/2 cup sour cream  
3 tablespoons prepared horseradish  
1 tablespoon chopped fresh chives  
1 1/2 teaspoon honey  
2 teaspoons red wine vinegar  
Kosher salt, freshly ground pepper

## For the Salad

2 tablespoon olive oil  
1 lb grilled rib-eye  
Kosher salt, freshly ground pepper  
12 ozs fingerling potatoes, thinly sliced  
6 radishes, cut into thin wedges  
1/2 pint cherry tomatoes  
4 cups greens

# Cooking Instructions

## Prep Opportunity

Make the dressing by adding sour cream, horseradish, chives, honey, and vinegar to a jar. Seal and shake well. Season with salt and pepper to taste.

1

Remove steak from fridge and allow to come to room temp – approximately 20 minutes.

2

Heat skillet and 1 tablespoon oil over medium-high heat.

3

Add potatoes and salt.

4

Cook potatoes, turning occasionally, until tender, 8-10 minutes.

5

Meanwhile wash and slice the radishes.

6

Plate the greens as a bed.

7

Slice steak and serve with on top of greens with potatoes, tomatoes, radishes, greens.

8

Spoon horseradish dressing over all to taste.