

Leaning In: **December 2016**

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Shopping List

Please buy organic when and if you can.

4 (4-5 oz) wild salmon fillets

4 lbs chicken breasts, bone-in, skin-on (approx. 4-6 pieces)

Fresh Herbs: Always check the fridge first

1 bunch thyme, for 1 ½ teaspoons

Dairy

1 cup heavy cream

1 ½ cups buttermilk

Produce

5 cups arugula

3-4 cups mixed greens

1 large or 2 small grapefruit (Short on time? Look for fresh segments but watch out for added sugar)

1 ripe avocado

8 oz asparagus

2 juicy lemons

2 small oranges

12 oz green beans

1 small knob of ginger, for 2 thin slices

2 heads garlic for 16 cloves

2 yellow onions

2 shallots

1 rib of celery

Dry

12 oz (5 cups) chicken stock

18 oz (3 cups) vegetable stock (using for tomato soup – chicken stock is ok too)

1 (26 oz) box Pomi chopped tomatoes

1 cup yellow cornmeal

1 cup basmati rice

2 tablespoons dried currants

1 cup couscous

Frozen

1 refrigerated flat, sheet pie crust

1 cup pearl onions

2 cups pea-carrot medley

Spices

Dried thyme, for 2 ½ teaspoons

Cracked red pepper flakes, ½ teaspoon

1 cinnamon stick

1 cardamom pod

From Your Pantry

ALWAYS CHECK THIS LIST – IT CHANGES

Olive oil, 2 cups

Vegetable oil, 2 teaspoons

White wine vinegar

1 stick, 8 tbs, unsalted butter

All Purpose flour, 1 ¼ cups

Sugar, 2 tablespoons

Baking powder, 1 ½ tsp

Baking soda, ½ teaspoon

¼ cup dry vermouth or dry white wine

Dijon mustard, ½-1 teaspoon

Salt, Kosher

Pepper

Cooking spray

Salmon- Grapefruit Salad & Asparagus Couscous: **December 2016**

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Monday:

Salmon- Grapefruit Salad & Asparagus Couscous

I gotta get this crew on track and this is just the right dinner to do it. Lots of healthy, real food and so easy to prepare.

Serves: 4 Prep: 10 Cooking: 20

Ingredients

For the Salmon-Grapefruit Salad

1 grapefruit, segmented or you can just buy it already done but watch for added sugar

5 cups arugula, stems removed

1 ripe avocado, pitted and diced

2 tablespoons fresh lemon juice

2 tablespoons olive oil

½ teaspoon kosher salt, divided

½ teaspoon freshly ground black pepper, divided

Cooking spray

4 (4-5 oz) wild salmon fillets (skin optional)

For the Couscous

1 cup couscous
Zest of 1 lemon
2 teaspoons vegetable oil
1 teaspoon coarse salt
8 ounces asparagus, sliced 1/2 " thick on
the bias (not straight across, but at a roughly 45° angle)

Cooking Instructions

- 1
Peel and, with a sharp knife, segment the grapefruit(see blog for a how-to). Reserve any juice in a bowl.
 - 2
Dice avocado.
 - 3
Toss grapefruit segments and juices with arugula and avocado. Set aside.
 - 4
Zest then juice the lemon.
 - 5
In a salad bowl, whisk together lemon juice, oil, and 1/4 teaspoon each salt and pepper. Set aside.
 - 6
Place couscous, lemon zest, and oil in a medium, heatproof bowl; toss to combine. Set aside.
 - 7
Bring 2 cups water to a boil.
 - 8
Add salt and asparagus; cook for 2 minutes.
 - 9
Pour boiling water and asparagus over couscous and cover tightly with plastic wrap or a larger plate. Let stand for 5 minutes.
 - 10
Sprinkle remaining salt and pepper over both sides of salmon.
 - 11
Coat a large nonstick skillet with cooking spray; heat over medium-high heat.
 - 12
Add fish (skin-side down) to skillet, and cook until skin is golden and fish releases easily from pan (about 4 minutes per side).
 - 13
Uncover and fluff couscous with a fork.
 - 14
Using a spatula, gently flip fish and cook about 3 minutes more.
 - 15
Divide salad and couscous among 4 dinner plates.
 - 16
Top with salmon and drizzle salads with any leftover juice or dressing.
- Winter Citrus Chicken with Spiced Basmati Rice: **December 2016**

Tuesday:

Winter Citrus Chicken with Spiced Basmati Rice

This dish reminds me of my early days in SF when I first went to El Mansour. My little Yankee palette was blown away by familiar spices combined in a whole new way. Don't let the ingredients scare you off of this rice - its so simple. You may have to buy a whole jar of cinnamon sticks and cardamom pods but, believe me, you will make this again and again. It's just that good.

Serves 4 Prep: 20 Cooking: 45

Ingredients

For the Chicken

4 lbs chicken, bone-in, skin-on (4-6 breasts)
1¼ teaspoon dried thyme
1/2 teaspoon cracked red pepper flakes
2 teaspoons kosher salt
1 teaspoon black pepper
2/3 cup good olive oil
1 tablespoon minced garlic (3 cloves), plus 12 cloves
2 small oranges, one quartered and one sliced

For the Rice

2 teaspoons extra virgin olive oil
1 tablespoon minced shallot
1 cup basmati rice
1 cinnamon stick
1 cardamom pod
2 slices fresh ginger, 1/8" thick
2 tablespoons dried currants
Kosher salt

For the Peas

10-12 oz frozen peas
1 teaspoon extra virgin olive oil
Salt & pepper

Cooking Instructions

Prep Opportunity

Plump the currants. Place currants in a small bowl with 1/4 cup very hot water.

1

Heat oven to 400° F.

2

Rinse the chicken and pat dry with paper towels. Place in a roasting pan. If its too crowded, use a rimmed baking sheet.

3

In a small bowl, combine the thyme, red pepper, 3/4 teaspoon of the salt, and 1/4 teaspoon of the black pepper.

4

Coat the chicken with 1 1/2 tablespoons of the oil and sprinkle with the chopped garlic and spice mixture.

5

Arrange the whole garlic cloves and orange pieces under and around the chicken.

6

Roast until the chicken is cooked through, 35 to 40 minutes (160°).

7

In a large, deep frying pan or saute pan with a lid, warm together the olive oil and shallot over low heat. Cook, stirring, until the shallot is wilted, about 3 minutes.

8

Add the rice and stir until the kernels are evenly coated with the oil and are warmed, about 3 minutes. Add 2 cups water and the cinnamon stick, cardamom pod, ginger, and 1/2 teaspoon salt. Raise the heat to high, and bring to a boil. Stir once, reduce the heat to low, cover, and cook, without stirring, until small craters form on the surface of the rice, indicating that all the water has been absorbed, and the rice is tender, 15-18 minutes.

9

Meanwhile, heat the peas in 2 cups of water over medium heat for 10 minutes.

10

Carefully lift the cover of the rice pan so that no condensation drips into the rice. Stir in the currants and remove from heat.

11

Remove cinnamon stick, cardamom pod and ginger coins from rice.

12

Drain the peas and toss with olive oil, salt and pepper.

13

Divide the chicken and garlic among individual plates and squeeze the roasted orange halves over the top. Serve with the peas and rice.

Tomato Soup & Buttermilk Cornbread: **December 2016**

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Wednesday:

Tomato Soup & Buttermilk Cornbread

You won't be reaching for the canned stuff again. This is the real deal. I found that most homemade tomato soup recipes tasted more like spaghetti sauce but not this one. And, it freezes very well – think: ski house, weekend lunches? NOTE: I rarely suggest a brand but I only use Pomi chopped tomatoes for this recipe as it contains no citric acid.

Serves: 4 Prep: 20 Cooking: 45

Ingredients

For the Soup

2 tablespoons extra virgin olive oil

1 tablespoon unsalted butter

1 large yellow onion, chopped

1 large clove garlic, minced

3 tablespoons all-purpose flour

3 cups vegetable stock - you can use chicken stock if that's what you have

1 (26 oz) box chopped tomatoes – I prefer the Pomi

1 tablespoon sugar

1/2 teaspoon dried thyme

Kosher salt

Freshly ground black pepper

1/3 cup milk or cream, optional

For the Cornbread

6 tablespoons unsalted butter, melted

1 cup yellow cornmeal

3/4 cup all-purpose flour

1 tablespoon granulated sugar

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon kosher salt

2 large egg, lightly beaten

1 1/2 cups buttermilk

Cooking Instructions

Prep Opportunity

This soup can be made ahead and reheated.

1

Preheat the oven to 425°. Prepare (butter) an 8x8" baking pan.

2

In a large bowl, combine the cornmeal, flour, sugar, baking powder, baking soda and salt, and whisk everything together.

3

In a separate bowl, mix the buttermilk, eggs and melted butter.

4

Pour the wet mixture into the dry and fold together. Mix lightly as it should be lumpy.

5

Pour the batter into the prepared baking dish.

6

Bake 20-25 minutes or until the top is golden and its cooked through – test with a toothpick.

7

Start the soup. In a nonreactive 5 to 6 quart Dutch oven, heat the oil and butter over medium low heat until the butter melts.

8

Add the onion and garlic and cook, stirring occasionally, until soft but not browned, about 8 minutes.

9

Add the flour and stir to coat the onion and garlic. Cook, stirring, 1-2 minutes.

10

Add the broth, tomatoes, sugar, thyme, and ½ teaspoon salt and ¼ teaspoon pepper.

11

Bring to a simmer over medium-high heat while stirring the mixture to make sure that the flour is not sticking.

12

Reduce the heat to low, partially cover, and simmer for 30 minutes.

13

Remove cornbread when done and allow it to sit 10 minutes before you cut into it.

14

Using a hand held immersion blender, puree the soup. Alternately, you could allow the soup to cool briefly and then puree in two or three batches in a blender or food processor. Return the soup to the pot.

15

Add milk or cream if desired.

16

Taste and season with salt and pepper.

17

Serve warm soup with a big hunk of warm cornbread.

Chicken Pot Pie on the Fly: **December 2016**

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Thursday:

Chicken Pot Pie on the Fly

All hail Ina Garten's Chicken Pot Pie. Yes, it is the gold standard but... way too many steps for me on a jacked up Thursday. As a matter of fact, I made this at 5:00 for one of my crew and served the last one around 7:00. It kept beautifully. Winner.

Serves: 4 Prep: 10-15 Cooking: 35

Ingredients

For the Pot Pie

1 refrigerated sheet pie crust
2-3 cooked chicken breasts, chopped(from Tuesday)
Salt and ground black pepper
1 tablespoon olive oil
1 tablespoon unsalted butter
1 onion, minced
1 celery rib, sliced thin
¼ cup unbleached all-purpose flour
¼ cup dry vermouth or dry white wine
2 cups low-sodium chicken broth
½ cup heavy cream
1 ½ teaspoons minced fresh thyme
1 cup frozen pearl onions
2 cups frozen pea-carrot medley, thawed

For the Greens

4-6 oz greens
1 tablespoon shallot, minced
1 tablespoon white wine vinegar
1 teaspoon dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil

Cooking Instructions

Prep Opportunity

Prep and measure all the ingredients and chop the chicken so you are ready to go at cooking time.
Make the vinaigrette in a salad bowl and set aside until ready to have dinner.
Make your pie dough (if you opted out of store bought portion).

1

Adjust oven rack to middle position and heat oven according to piecrust instructions.

2

In a large skillet or pot, heat 1 tablespoon each of olive oil and butter over medium heat until melted.

3

Add onion, celery, and ½ teaspoon salt and cook until onion is softened, about 5 minutes.

4

Stir in flour and cook, stirring constantly for just 1 minute.

5

Stir in vermouth and cook until evaporated, about 30 seconds.

6

Slowly whisk in broth, cream, and thyme. Simmer over low for 5 minutes.

7

Unfold(or roll out) pie dough onto parchment paper-lined baking sheet. (At this point I got a little

cheffy and cut out rounds using a cereal bowl.)

8

In a small bowl, whisk egg and 1 teaspoon. Brush pie dough surface with egg wash. Bake according to package instructions.

9

Back to the skillet/pot, stir peas, carrots and onions into sauce and simmer until heated through, about 2 minutes.

10

Add chopped chicken and cook 3-4 more minutes until heated through.

11

Toss greens with vinaigrette and divide evenly among plates.

12

Taste the filling for seasoning and add salt and pepper to taste.

13

Slice piecrust wedges.

14

Serve filling in shallow bowls with piecrust in top.