

Memories Old and New: **December 2020**

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Shopping List

Please buy organic when and if you can.

1 lb medium shrimp, peeled and deveined

1 egg

1 (4lb) beef brisket

8 slices of thick-cut bacon

Dairy

1 cup milk

15 oz ricotta cheese

1 ½ mozzarella, shredded

½ cup parmesan, grated

Bakery

8-12 diner rolls or slider buns

Fresh Herbs

1 bunch thyme, 6-8 sprigs

1 bunch rosemary, 4-5 sprigs

1 bunch flat-leafed parsley, 4 tablespoons chopped

Frozen

5 oz spinach, chopped

Produce

1 small bag shredded cabbage

1 tomato

4 small Campari tomatoes

1 jalapeno

1 white onion

½ cup fresh pineapple

1 mango

2 limes

4 large carrots

6 shallots

3 celery stalks

2 heads garlic

2 lbs russet or creamer potatoes

1 small head Bibb or butter lettuce

Dry

1 small can El Pato tomato sauce – in the Mexican section

4 hard corn tostadas

14.5 pinto beans, whole or re-fried

28 oz can whole tomatoes, like San Marzano

1 bottle dry red wine
Kitchen string
1 lb lasagna noodles
1 jar of quality marinara sauce
1 bag of your favorite chips

Spices

Bay leaf, 1

From Your Pantry

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

Olive oil, 3 tablespoons
Butter, 3 tablespoons
Real mayo
Salt, Kosher
Pepper
El Pato Shrimp Tostadas : **December 2020**

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Monday:

El Pato Shrimp Tostadas

There are certain products that are always in my pantry. El Pato tomato sauce is one of these. It can be found in the Mexican food aisle. Its so versatile – add it to rice, toss with shredded chicken for enchiladas, make a dressing. Tonight it's a simmer sauce for shrimp. It's so good.

Serves: 4 Prep: 15 Cooking: 5-7

Ingredients

1 lb medium shrimp, peeled and deveined
1 small can El Pato tomato sauce
4 hard corn tostadas
14.5 oz pinto beans, whole or re-fried
1 small bag shredded cabbage – you can use a coleslaw mix
1 tomato, diced
1 jalapeno, diced
½ white onion, diced
½ cup pineapple diced, fresh or canned
1 mango, diced
2 limes, sliced

Cooking Instructions

1

Heat the beans over medium low heat.

2

In a bowl, combined tomato, jalapeno, onion, pineapple, mango and a good squeeze of lime. Set aside.

3

In a skillet, over medium heat, warm the El Pato. Once it's simmering, add the shrimp and cook for 4-5 minutes or until it's cooked through.

4

To assemble, spread a layer of beans on the tostada.

5

Add a layer of cabbage and salsa.

6

Top with shrimp and serve immediately.

Beef Brisket with Carrots: **December 2020**

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Tuesday:

Beef Brisket with Carrots

This reminds me of Ina's Company Pot Roast because it's homey but perfect for guests. And, it just gets better by the day. You can make it ahead on Sunday and serve it reheated on Tuesday – my kinda stuff. We are cooking a little extra for use later in the week.

Serves: 4 Prep: 20 Cooking: 3 hours

Ingredients

For the Brisket

1 (4 lb) beef brisket

3 tablespoons olive oil

1 tablespoon kosher salt

1-2 teaspoons ground black pepper

4 large carrots, cut into 3" chunks

5-6 shallots, halved

3 celery stalks, cut into 3" chunks

1 head garlic, cut in 1/2 through the middle

28 oz can whole tomatoes

2 1/2 cups dry red wine

1 bay leaf

6-8 sprigs fresh thyme

4 sprigs fresh rosemary
2 tablespoons flat-leaf parsley, roughly chopped
Kitchen string

For the Potatoes

2 lbs russet or creamer potatoes, peeled and quartered
2-3 tablespoon butter
1 cup milk
Kosher salt
Pepper

Cooking Instructions

- 1
Preheat the oven to 325 degrees F.
- 2
Drizzle brisket liberally with olive oil then season the meat on both sides with salt and pepper.
- 3
Using kitchen string, tie the herbs in a bundle.
- 4
Place a large heavy-based pot over medium-high heat and add olive oil. Place the brisket in the pot and sear on both sides brown.
- 5
Transfer brisket to a plate and add carrots, onion and celery to the pot.
- 6
Brown vegetables, then add the garlic, tomatoes (crush them by hand), red wine, bay leaf, thyme, rosemary, and parsley.
- 7
Transfer the brisket back to the pot, cover and roast in the oven for 3 hours until the brisket is fork tender.
- 8
Meanwhile, bring a pot of salted water to a boil.
- 9
Add potatoes and cook until tender but still firm, about 15 minutes.
- 10
In a small saucepan, heat milk and butter until its melted – set aside.
- 11
Drain potatoes and return to the pot over medium heat.
- 12
Stir for 1 minute to remove excess moisture.
- 13
Mash potatoes with a fork and add butter and milk.
- 14
Season with salt and pepper to taste. Cover and set aside.
- 15
Remove the brisket to a cutting board and let it rest for 15 minutes.

16

Remove the herb bundle.

17

Strain out the vegetables and pour off some of the excess fat, then pour over the brisket.

18

Slice brisket across the grain and serve over mashed potatoes with carrots.

Lasagna Rolls : **December 2020**

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Wednesday:

Lasagna Rolls

These are so filling that I don't even do a salad anymore. But, if you need to see more green – knock yourself out!

Serves: 4 Prep: 30 Cooking: 35

Ingredients

For the Rolls

1 lb lasagna noodles

15 oz ricotta

½ cup shredded mozzarella for filling

¼ cup grated parmesan

2 tablespoons flat-leafed parsley, chopped

2 large garlic cloves, minced

5 oz (half bag) frozen spinach, thawed and thoroughly squeezed of all water (don't skip the squeezing because all of the water from the spinach would make the filling way too wet)

1 large egg

On Top

1½ cups marinara sauce

1 cup grated mozzarella

¼ cup shredded parmesan

salt and pepper to taste

Cooking Instructions

Prep Opportunity

This dish can be made a day ahead. As a matter of fact, my kids are out of school so they are making them - boom! Remove from fridge 15-30 minutes before you bake it.

1

Preheat your oven to 400°.

2

Set a large pot of water to boil over high heat. When it starts to boil, toss in a handful of salt and the lasagna noodles.

3

While the noodles are boiling, prepare the filling. Mix together the filling ingredients: ricotta, ½ cup mozzarella, ¼ cup parmesan, garlic, 1 egg and the drained spinach until well combined. Set aside until the noodles are ready.

4

Boil the lasagna noodles until still partially raw but pliable, about 10 minutes (I do it this way because I think the noodles stick together and tear more when they are fully cooked. They will finish cooking later in the oven.) Remove the noodles and separate them on a cookie sheet when they're cool enough to handle.

5

Spread 1 cup of marinara sauce on the bottom of a 9×13 baking pan.

6

Lay out one noodle and smear a large spoonful of the filling evenly over the noodle, leaving a ½ inch edge on one end so when you roll it up, the bare edge can seal the roll together.

7

Place your finished lasagna roll in the pan on top of the sauce. Repeat the filling and rolling process with the remaining lasagna noodles.

8

Cover the rolls with the rest of the marinara sauce, then sprinkle the 1 cup mozzarella and ¼ cup parmesan on top.

9

Cover the pan with tin foil and bake for 30 minutes, or until the noodles are tender and the cheese is melted.

10

Uncover and bake another 5 to brown the cheese on top.

11

Let the rolls rest for 5-10 minutes before serving - they are hot!

BBLT: December 2020

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Thursday:

BBLT

I was cleaning out the fridge before we left on vacation and threw this together – a star is born!

Serves: 4 Prep: 10 Cooking: 10

Ingredients

8_10 dinner rolls or slider buns

Thinly sliced leftover beef brisket

8 pieces of thick cut bacon, halved
4 small, Campari or plum tomatoes
1 small head bibb or butter lettuce
Real mayo
1 bag of your favorite chips

Cooking Instructions

- 1
Brown the bacon.
- 2
Slice the tomatoes.
- 3
Toast the buns.
- 4
Layer the beef, bacon, lettuce and tomato.