

My Favorite Market: **May 2019**

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Shopping List

Please buy organic when and if you can.

4 boneless, skinless chicken breasts

2 (1 ½ lbs each) flank steaks

Fresh Herbs: Always check the fridge first

1 bunch Italian parsley, for 4 tablespoons, chopped

1 bunch basil

Bakery

Thick sliced country white bread

2 baguettes or 4 sub rolls – freeze for Wednesday

Dairy

8-10 oz (2 cups crumbled) blue cheese or Gorgonzola

1 quart buttermilk

1 lb fresh mozzarella in water

Produce

2 lemons

3-4 cups cauliflower florets

1 head garlic, for 3-4 cloves

1 lb Roma tomatoes

4 ripe tomatoes

1 cup cherry tomatoes

2 leeks

12-16 stalks of asparagus

4-6 ears of corn

1 head Romaine lettuce

2 cups mixed baby greens

1 red onion

Dry

½ cup breadcrumbs or panko

1 ½ cup pecans

¾ cup blanched almonds

Spices

Oregano, ½ tsp

Thyme, ½ tsp

Paprika, 1 ½ tbs

Cayenne, ½ tsp

Italian herb seasoning, 1 tsp

From Your Pantry

ALWAYS CHECK THIS LIST – IT CHANGES

Olive oil, 1 cup

Good Spanish olive oil, ¾ cup

Mayo, 1 cup

Unsalted butter, 1 tablespoon

Red wine vinegar, ½ cup

Balsamic vinegar, 2 tablespoons

Hot sauce, 1 teaspoon

Sugar, 1 teaspoon

Red wine vinegar, 2 tablespoons

Salt, Kosher

Pepper

Pecan Chicken and Cauliflower with Blue Cheese Dip: **May 2019**

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Monday:

Pecan Chicken and Cauliflower with Blue Cheese Dip

This dinner of finger foods is as adult-friendly as it is kid-friendly. This dip is really a fantastic blue cheese dressing recipe that is a staple in my fridge. We will use it tonight and later in the week.

Serves: 4 Prep: 20 Cooking: 20

Ingredients

For the Chicken

4 boneless, skinless chicken breasts

1 cup buttermilk

1 cup chopped pecans

½ teaspoon dried oregano

½ teaspoon dried thyme

½ teaspoon paprika

¼ teaspoon cayenne

½ teaspoon Kosher salt

½ cup breadcrumbs or panko

For the Cauliflower

3-4 cups cauliflower florets

1 tablespoon olive oil

1 teaspoon Kosher salt

¼-½ teaspoon pepper

For the Dip

1 cup good real mayo, not reduced fat
2 tbs fresh lemon juice
2 tsp coarsely ground pepper
1 tsp hot sauce
1 1/2 cup coarsely crumbled blue cheese, I like Gorgonzola
1 cup buttermilk

Cooking Instructions

Prep Opportunity

Make the dressing. Add all dip ingredients to a blender and puree. Store in the fridge until ready to use.

- 1
Preheat oven to 400°.
- 2
Prepare a baking sheet with a baking rack placed on top.
- 3
Place chicken breasts in a bowl or Ziploc bag with the buttermilk. Set aside.
- 4
Combine nuts, oregano, thyme, paprika, cayenne and salt in the food processor and process to a coarse meal. Transfer to a shallow bowl and stir in breadcrumbs.
- 5
One at a time, remove breasts from bag, dredge in nut mixture and place on rack.
- 6
Bake breasts for 20 minutes or until an internal temp of 160° is reached.
- 7
Meanwhile, place cauliflower florets on another baking sheet. Toss with olive oil, salt and pepper.
- 8
Roast for 18-20 minutes.
- 9
Serve chicken sliced with cauliflower and blue cheese dip.

Flank Steak, Asparagus and Leeks with Romesco Sauce: **May 2019**

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Tuesday:

Flank Steak, Asparagus and Leeks with Romesco Sauce

The Spanish nailed it with their Romesco's combo of earthy nuts, sweet tomato and the tart tang from the vinegar. It's fantastic on the steak as well as the veggies. Hell, it's fantastic on cardboard! Get this dinner down because it will become your go to this summer. Both the Romesco sauce and

steaks can be prepared ahead. NOTE: We are doubling the flank steak for use later in the week.
Serves: 4 Prep: 1 hour, 15 minutes Cooking: 30

Ingredients

For the Steak

4 tablespoons chopped Italian parsley
3 garlic cloves, minced
2 teaspoons salt
2 teaspoons ground black pepper
4 tablespoons olive oil
2 (1 ½ lb each) flank steaks

For the Romesco

¾ cup blanched almonds
2 large thick slices country bread, crusts removed, bread cut into 1/2" cubes
1/2 cup red wine vinegar
1 lb Roma tomatoes, seeded and roughly chopped (or 1 can diced tomatoes)
1 tablespoon paprika
1 teaspoon salt
¾ cup fruity Spanish olive oil

For the Leeks and Asparagus

2 large leeks, cleaned, halved lengthwise and chopped into 4" lengths
12-16 asparagus, woody bottoms trimmed off
1-2 tablespoons olive oil
1 teaspoon Kosher salt

Cooking Instructions

Prep Opportunity

Marinate the steak. Mix first 4 steak ingredients in small bowl. Place each steak in a separate large ziploc. Add 2 tbs olive oil and half the herb mixture to each bag. Remove as much air as possible and seal. Rub steaks from the outside, making sure to distribute the herbs. Place in fridge for 1 hour and up to 8 hours.

1

Preheat the oven to 350°.

2

Spread the almonds on a baking sheet and toast for 10 minutes.

3

Meanwhile, combine the bread and vinegar in a bowl to soak.

4

Transfer the almonds to a food processor and process until finely ground.

5

Add the vinegar-soaked bread, tomatoes, paprika, salt, and pepper and purée. Add the olive oil in a steady stream until a smooth sauce comes together. Set aside.

6

Arrange leeks and asparagus on a baking sheet. Toss with olive oil and salt.

7

Roast for 18-20 minutes.

8

Prepare barbecue (medium-high heat) or broiler.

9

Grill/broil steak until cooked to desired doneness, about 4 minutes per side for medium.

10

Transfer steaks to cutting board. Cover with foil. Let stand 5 minutes. Allowing the steak rest at least five minutes before slicing allows the meat to reabsorb the juices, keeping it moist.

11

Serve thinly sliced steak alongside vegetables with a huge dollop of romesco over both.

12

Allow second steak to come to room temp before you store it in the fridge.

Caprese Subs and Corn on the Cob: **May 2019**

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Wednesday:

Caprese Subs and Corn on the Cob

The Caprese is a classic combo that works on its own, on a pizza, in a pasta and now in a sub. Be sure to soak the bread a bit in the vinegar dressing. As a matter of fact, these can be made ahead, wrapped tightly and served - I think they are even better that way.

Serves: 4 Prep: 15 Cooking: 20

Ingredients

For the Subs

4 ripe tomatoes

1 lb fresh mozzarella in water

1 bunch basil

2 baguettes or 4 sub rolls, not sourdough

2 tablespoons balsamic vinegar

2 tablespoons olive oil

½ teaspoon kosher salt

1 teaspoon Italian herb seasoning

For the Corn

4-6 ears corn

1 tablespoon butter, optional

Cooking Instructions

Prep Opportunity

Shuck the corn.

1

Set a large pot of salted water to boil.

2

Slice open the baguettes or rolls.

3

Using a large spoon, generously drizzle the dressing over each piece of bread.

4

Slice the tomatoes and mozzarella into 1/4" thick slices.

5

Layer tomatoes, basil leaves and mozzarella and cap with bread.

6

Add corn to boiling water and cook for 6-8 minutes.

7

Serve subs, cut in half, with corn on the cob.

Steakhouse Salad: **May 2019**

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Thursday:

Steakhouse Salad

I often choose a big, hearty salad like this on the weekends when I need to clean out the veggie drawer and don't want to cook. You really can add anything – leftover corn, spinach, red peppers, mushrooms, herbs – whatever you have rattling around. As easy as it is to make, it's just as impressive when served.

Serves: 4 Prep: 10 Cooking: 0!

Ingredients

1 head romaine lettuce, cut into bite-size pieces

2 cups mixed baby greens or baby arugula

12 cherry tomatoes, halved

1/2 red onion, thinly sliced

4 ounces Gorgonzola, crumbled

1 grilled or broiled flank steak, thinly sliced

1 cup blue cheese dressing, homemade

Freshly ground pepper

Cooking Instructions

1

Divide lettuce, greens, tomatoes, and onions onto for plates.

2

Cut the steaks crosswise into thin slices.

3

Arrange the steak slices on top of the salads and sprinkle with the Gorgonzola.

4

Drizzle with dressing, a few good grinds of pepper and serve.