

qwerty: **June 2016**

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Shopping List

*Please buy organic when and if you can.*

Bacon Wrapped Fish, Summer Squash CousCous and Tomatoes: **June 2016**

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**Monday:**

## **Bacon Wrapped Fish, Summer Squash CousCous and Tomatoes**

This preparation makes fish an easy sell because, well, it's got bacon! The instructions below are for individually wrapped "nugget" sized pieces. That is what I have always done but this time I threaded both a strip of bacon and the pieces on skewers for the grill. Whether you are grilling or roasting, it's straight up yummy. Pssst...I spy a few Padron peppers in the pic!

Serves: 4   Prep: 20   Cooking: 25

### **Ingredients**

#### **For the Fish**

2 lbs cod fillets, cut into 2"x2" chunks

salt and pepper

12-16 strips bacon, thinly sliced

#### **For the Couscous**

1 cup couscous

½ teaspoons Kosher salt

1 garlic clove, halved

1 bunch scallions, trimmed and chopped onto 2" lengths

1 zucchini, sliced in ½" rounds

2 summer squash, sliced in ½" rounds

1-2 ozs fresh Feta cheese, crumbled

1 tablespoon Italian parsley, chopped

#### **For the Tomatoes**

3 large ripe heirloom tomatoes

3 tablespoons olive oil, divided

½ teaspoon freshly ground pepper

3 teaspoons white wine vinegar

½ teaspoon kosher salt

# Cooking Instructions

1

Preheat oven 475°.

2

Make the dressing by whisking together the olive oil, vinegar, salt and pepper. Set aside.

3

Place the garlic, scallions, zucchini, and squash in a bowl and toss with 2 tablespoons of the dressing.

4

Season the fish with salt and pepper and wrap each piece in a single layer of the bacon, trimming the strips as necessary.

5

Arrange fish, seam side down, on a baking sheet 1" apart.

6

Roast the fish in the lower third of the oven for 15-18 minutes or until the it flakes easily.

7

Meanwhile, transfer veggies to another baking sheet and roast for 8-10 minutes until just browned but not totally soft.

8

In bowl (one that you can cover), stir the couscous into 1 ½ cups boiling water and cover. Let set for 5 minutes. Fluff with a fork.

9

Chop tomatoes, place in the bowl that you used for the veggies and toss to coat. Add more vinaigrette to your taste.

10

Chop the roasted veggies into ½-1" pieces and toss with the couscous, 2 teaspoons of olive oil and the feta.

11

Serve fish atop the couscous with tomatoes on the side. Sprinkle the plate with Italian parsley.

Grilled Flank Steak with Tomato Peach Salad & Burrata: **June 2016**

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**Tuesday:**

## Grilled Flank Steak with Tomato Peach Salad & Burrata

Summer on a plate, that's tonight's dinner. And, it's fitting for company or just your crew. NOTE: We are cooking extra steak and we are forgoing the usual marinade for a simple olive oil, salt and pepper, as I don't want the leftovers to compete with Thursday's salad dressing.

Serves: 4   Prep: 15   Cooking: 15

# Ingredients

## For the Steak

2-2 ½ lbs flank steak – I like to find 2 smaller ones  
4 tablespoons olive oil  
1 tablespoon kosher salt  
2 teaspoons freshly ground pepper

## For the Salad

3 just ripe tomatoes, chopped  
3 yellow or white peaches  
6-10 leaves of basil, torn  
1 ½ tablespoons olive oil  
2 teaspoons balsamic vinegar  
½ teaspoon kosher salt  
¼ teaspoon pepper  
1 teaspoon Dijon mustard  
1 shallot, finely diced  
1 ball of fresh burrata cheese  
1 bunch of Italian parsley stems, optional for plating

# Cooking Instructions

- 1  
Preheat the grill or broiler.
- 2  
Coat steaks with olive oil and evenly distribute the salt and pepper. Set aside.
- 3  
Peel and chop the peaches.
- 4  
Chop the tomatoes.
- 5  
In a salad bowl, whisk together the olive oil, vinegar, salt, pepper, shallot and Dijon mustard.
- 6  
Grill or broil the steaks to medium rare– 4 minutes per side - and transfer to a cutting board to rest.
- 7  
Add peaches, tomatoes and basil to the salad bowl and toss.
- 8  
Slice steak cross wise.
- 9  
Serve steak with salad and 1-2 spoons full of the soft cheese on top.
- 10  
Allow the remaining steak to cool completely before sealing it in an airtight container for use later in the week.

Goat Cheese and Leek Tart: **June 2016**

**Wednesday:**

## Goat Cheese and Leek Tart

This tart is most delicious once baked and allowed to rest a bit so, I like to make it in the morning. Once it cools, it will keep in the fridge – just remove it for 15-30 minutes before you want to serve dinner. And, c'mon, did you see the pic? Lots of "wow" factor and it's barely cooking. Love that.

Serves: 4-6    Prep: 30    Cooking: 45-50

## Ingredients

### For the Tart

- 1 refrigerated pie crust
- 3 medium leeks, white & pale green parts only, thinly sliced
- 1 tablespoon extra-virgin olive oil
- coarse salt & pepper
- 5 oz herb & garlic goat cheese, room temp
- 2 oz plain goat cheese, room temp
- 2 oz cream cheese, room temp
- 2 tablespoons milk
- 3 egg yolks
- ¼ teaspoon dried thyme

### For the Salad

- 3 oz (2 cups) arugula
- Kernels from 2 ears of cooked or frozen corn, 1 cup
- 2 beefy heirloom tomatoes
- 1 lemon
- 1 tablespoon good olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- small hunk of parmesan

## Cooking Instructions

### Prep Opportunity

Chop and clean the leeks. Remove the dark green tops and roots ends. Cut in half lengthwise, then into ¼" half moon shapes. Place chopped leeks in a bowl of cold water and swish around with your hands to loosen the dirt. Set aside for 5 minutes, allowing the dirt to settle on the bottom of the bowl. Scoop out the leeks with your hands and dry on paper towels.

Preheat the oven to 350° and place rack on the lowest shelf.

2

Line a baking sheet with parchment paper.

3

Toss dry leeks with oil, salt & pepper.

4

In a bowl, combine the goat cheeses, cream cheese, milk, just two of the egg yolks.

5

Add ½ teaspoon salt and ¼ teaspoon pepper.

6

Remove the piecrust from the fridge and place on the baking sheet.

7

Spread all of goat cheese mixture on top, carefully leaving a 2" border. I like to dump it all in the center and work it out towards the sides with a spatula.

8

Pile the leeks evenly on top.

9

Fold edge of crust over the filling, overlapping and pinching the folds together to seal.

10

In a small bowl, beat together the remaining egg yolk with 1 tablespoon water.

11

Brush the exposed piecrust with the eggwash.

12

Sprinkle the top with thyme.

13

Bake until the crust is golden brown, about 45-55 minutes.

14

Let cool on a wire rack for 30 minutes.

15

Meanwhile, place arugula and corn in a bowl.

16

Add lemon juice, good olive oil, salt and pepper and toss.

17

Thickly slice tomatoes and divide among plates.

18

Top with a heaping serving of salad and a few shaves of Parmesan – using the veggie peeler.

19

Cut tart into wedges and serve alongside.

Thai Beef Salad: **June 2016**

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**Thursday:**

**Thai Beef Salad**

This is an old tried and true version of a Cooking Light recipe from back in the days when my kids were little. It never disappoints. Wanna really go off? Layer it in a bowls and throw a perfectly fried egg on top. That's livin'.

Serves: 4 Prep: 15 Cooking: 0

## Ingredients

### For the Salad

¾ lb flank steak, thinly sliced  
2 cups romaine lettuce, chopped  
1 cup thinly sliced purple cabbage  
1 cup thinly sliced savoy or green cabbage  
1 cup loosely packed basil leaves  
½ cup loosely packed mint leaves  
½ cup loosely packed cilantro leaves  
½ cup julienne-cut carrot  
2 tablespoons finely chopped unsalted, dry-roasted peanuts

### For the Dressing

1/3 cup fresh lime juice (about 3 limes)  
1 ½ tablespoons brown sugar  
1 tablespoon grated peeled fresh ginger  
1 tablespoon Thai fish sauce  
1 to 2 teaspoons chili paste with garlic

## Cooking Instructions

### Prep Opportunity

Make the dressing by combining all of the ingredients in a bowl.

1

Slice the steak diagonally across grain into very thin slices.

2

Place steak in a bowl and toss with half of dressing.

3

In a large salad bowl, combine the lettuce, cabbages, herbs and carrots.

4

Toss well with the remaining dressing.

5

Divide salad evenly among the plates and arrange sliced steak on top.

6

Sprinkle each salad with peanuts.