

Your Job Is ...: **November 2018**

real family  **real food**

Shopping List

Please buy organic when and if you can.

4 Tilapia fillets, 4-6 ozs each

2 pork tenderloins, 1 ½ lbs each

Dairy

4-6 ozs Parmigiano - Reggiano, block for grating and shaving

1 lb fresh mozzarella, cubed

½ cup sour cream

Bakery

8 flour tortillas – whole wheat if you prefer

1 lb whole wheat pizza dough

Fresh Herbs

2 bunches cilantro, 2 ½ cups

1 bunch flat-leafed parsley, 2 tablespoons chopped

1 bunch chives, ½ cup chopped

1 bunch mint, ¼ cup chopped

1 bunch rosemary, 3 tablespoons chopped

Produce

2 juicy lemons

10 juicy limes

1 head garlic, for 6 cloves

1 jalapeno pepper

8 ozs snap peas, stringless

3 lbs carrots

2 small onions

1 large red Bermuda onion

1 head butter lettuce

1 head Romaine lettuce

1 small head red leafed lettuce

1 small head raddichio

1 lb asparagus

Dry

½ cup pine nuts

35 oz canned crushed tomatoes

1 lb fettucine or pappardelle pasta

7 cups (56 ozs) vegetable stock

1 small can chipotles in adobo – 1 tablespoon

1 (14 oz) can organic refried beans

Spices

Italian herb seasoning, 2 tablespoons

Cumin, ½ teaspoon

Ancho chili powder, ½ teaspoon

From Your Pantry

ALWAYS CHECK THIS LIST – IT CHANGES

Olive oil, 1 cup

Vegetable oil, 3 tablespoons

White wine vinegar, ¾ cup

Sugar, 1 tablespoon

Honey, ¼ cup

Flour, for dusting your work surface – ¼ cup or so

Butter, 1 tablespoon

Salt, Kosher

Pepper

Tilapia with Cilantro Pesto : **November 2018**

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Monday:

Tilapia with Cilantro Pesto

This is just plain quick and good. The cilantro pesto recipe makes a bunch but you will use it in coming weeks – if it isn't gone tonight!

Serves: 4 Prep: 20 Cooking: 15

Ingredients

For the Tilapia

4 tilapia fillets, 4-6 ozs each

Zest of a lemon

Salt and pepper to taste

2 tablespoons olive oil

1 tablespoon butter

For the Pesto

1/2 cup pine nuts

2 cups fresh cilantro, coarsely chopped

1/3 cup fresh chives, coarsely chopped

1/4 cup (packed) fresh mint leaves

1 tablespoon chopped, seeded jalapeño

1 small garlic clove, peeled

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper
3 tablespoons fresh lime juice
1/4 cup olive oil

For the Snap Peas and Carrots

8 ozs snap peas
8 ozs carrots, sliced into 1/4" coins, on the bias/slant if you want to be fancy
1/2 cup water
1 tsp salt
1 tbl organic sugar
1 tbl fresh lemon juice

Cooking Instructions

Prep Opportunity

Make the pesto. To make the pesto, combine pine nuts, cilantro, chives, and mint in food processor for 5 pulses. Add garlic, jalapeno, salt, and pepper for 5 more pulses. Leave processor on while adding olive oil to combine.

Cut the carrots. When you slice the carrots thin like this, they cook more evenly and quickly.

1

If you made the pesto earlier in the day, take the pesto out of the fridge to bring to room temp.

2

Bring the carrots, water, salt, and sugar to a boil in a large skillet – preferably non stick- over med-high heat.

3

Once boiling, add snap peas and reduce heat to medium and simmer for 3 minutes. Drain, move to bowl and cover.

4

Wipe out skillet with paper towel.

5

Sprinkle tilapia fillets with lemon zest, salt and pepper.

6

Add 1 tbl oil to pan and heat over med-high.

7

Cook fillets 3-4 minutes per side until they flake easily with a fork. Remove to plates.

8

Add carrots and peas to plates.

9

Remove any large bits from the pan with a paper towel.

10

Add butter, 1 tbl olive oil and lemon juice to pan; melt and pour over carrots and snap peas.

11

Serve pesto atop the fish to taste.

Hearty Pork Ragu and Green Salad: **November 2018**

Tuesday:

Hearty Pork Ragu and Green Salad

This is a wonderfully hearty dish that is easy to prepare and a real crowd pleaser. After you get it all in the pot, just let it go. Add whatever you like to the salad but I keep it simple with just greens. Note: There will be leftover ragu to be socked away for use later this week – no sense cooking twice.

Serves: 4 Prep: 20 Cooking: 1 ½ hours – mostly inactive

Ingredients

For the Ragu

2 tablespoons olive oil
2 pork tenderloins, trimmed of silver skin, 1.5 lbs each
2 teaspoons kosher salt
1 teaspoon freshly ground black pepper
2 small yellow onions
3 tablespoons fresh rosemary, needles only, chopped
5 cloves garlic, chopped
1 (35-ounce) can crushed tomatoes with juices
1 lb fettucine or pappardelle pasta (bowties)
Grated Pecorino-Romano or Parmigiano-Reggiano cheese, to taste

For the Salad

1 head butter lettuce
1 head Romaine lettuce
1 small head red leafed lettuce
1 small head radicchio, optional
1 oz Pecorino-Romano or Parmigiano-Reggiano, shave

For the Dressing

6 tablespoons extra virgin olive oil
2 tablespoons white wine vinegar
2 tablespoons fresh flat leafed parsley, chopped
1 tablespoon lemon juice
2 cloves garlic, chopped
1 teaspoon dried Italian herbs

Cooking Instructions

Prep Opportunity

Since this dish cooks for an hour, you can make the dressing, tear the lettuces and shave the cheese during that time. Tip: Try shaving the cheese with the vegetable peeler for long thin strips.

- 1 Season the pork with the salt and pepper.
- 2 In a Dutch oven or heavy bottomed pot, heat the olive oil over medium-high heat.
- 3 Gently place pork in the pot and brown on all over - 3 to 4 minutes per side.
- 4 Remove the pork to a plate and set aside uncovered.
- 5 To the pot, add the onion and chopped rosemary, Cook, stirring, 2 minutes.
- 6 Add garlic and cook, stirring for 1 more minute— don't let it get too brown, just the edges.
- 7 Add the tomatoes with their juice. Scrape up any yummy bits of pork or onion stuck to the bottom of the pot.
- 8 Return the tenderloins and any liquid to the pot.
- 9 Bring it all to a boil, and then reduce heat to low.
- 10 Cover the pot tightly with the lid and cook on the stovetop until the pork is tender enough to shred, 1-1 ¼ hours.
- 11 After an hour or so, set a pot of salted water to boil.
- 12 Tear all the lettuces and toss in a bowl.
- 13 Make the dressing. Combine all ingredients- except the cheese- in a jar and shake or in a bowl and whisk!
- 14 Remove the pork and shred using two forks. Add the shredded pork back to the pot, stir and cover.
- 15 Add pasta to boiling water and cook to al dente – about 2 minutes under the package directions.
- 16 Toss the salad with dressing and divide among four plates. Scatter cheese on top.
- 17 Taste the pasta to see if it's done and drain.
- 18 Serve the ragu over the pasta with a little cheese sprinkled on top.

Mexican Carrot Soup with Black Bean Tortillas: **November 2018**

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Wednesday:

Mexican Carrot Soup with Black Bean

Tortillas

My kids like this soup but they LOVE the tortillas. I made them when they were little. Warm, soft and hearty – it's how I got them to try so many new flavors. They liked to dip them in the soups!

Serves: 4-6 Prep: 15 - 20 Cooking: 45

Ingredients

For the Soup

2 tablespoons vegetable oil
1 large red onion for 2 cups coarsely chopped finely chopped red onions
½ teaspoon cumin
½ teaspoon ancho chili powder
8 cups coarsely chopped carrots
7 cups reduced-sodium vegetable broth
½ cup sour cream, optional
? cup fresh lime juice
¼ cup honey
? cup whole cilantro leaves
1 tablespoon liquid from a can of chipotle chiles en adobo,
2 ½ teaspoons coarse salt

For the Black Bean Tortillas

8 flour (wholewheat if you prefer) tortillas
1 can organic refried black beans
½ cup vegetable oil, divided
¾ teaspoons coarse salt, divided

Cooking Instructions

Prep Opportunity

All of the ingredients can be prepped ahead for assembly when you are ready. You can even make the tortillas, wrap them in foil and pop the packet in the oven when you are ready.

- 1
Preheat the oven to 400°.
- 2
Heat the oil in a large, heavy soup pot or Dutch oven over medium-high heat.
- 3
When hot, add the onions, cumin, and chili powder and sauté until softened- 6 minutes.
- 4
Add the carrots and sauté, stirring occasionally for 5 minutes.
- 5

Add the broth and bring to a boil over high heat. Cook until the carrots are

6

very tender when pierced with a sharp knife, 30 to 35 minutes.

7

Lay out the tortillas on a flat surface and smear with beans. Roll them up and then tightly wrap them all together in tinfoil.

8

Place in the oven for 10-12 minutes.

9

Remove soup from heat.

10

Using an immersion blender or traditional blender, carefully purée until no chunks

11

Remain. Be careful to only fill your blender halfway and cover with a towel as the hot liquid will rise.

12

To the blender(or pot if using immersion stick blender), add the sour cream, lime juice, honey, cilantro, chipotle liquid, and salt. Puree to smooth.

13

Serve hot soup with warmed black bean tortillas.

Calzones: **November 2018**

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Thursday:

Calzones

I am taking a little latitude by calling this a calzone – perhaps “stuffed pizza” is more apt. Either way – it’s a homerun and a great technique to be able to pull out with any leftovers.

Serves: 4 Prep: 20 Cooking: 25

Ingredients

For the Calzone

1 lb whole wheat pizza dough

Unbleached bread flour or semolina flour, for dusting

2 cups low-moisture mozzarella

2 cups pork ragu

1 tablespoon dried Italian herb seasoning

Olive oil, for brushing

1/4 cup grated Parmigiano-Reggiano

For the Asparagus

1 lb asparagus, trimmed

2 teaspoons olive oil

Salt and pepper to taste

Good olive oil
Balsamic vinegar

Cooking Instructions

Prep Opportunity

The calzones can be assembled up to a day ahead and popped in the oven when you are ready. Just allow them to sit for 15 minutes to lose the chill from the fridge.

- 1
Preheat oven to 425°.
- 2
Line a rimmed baking sheet with parchment or a Silpat.
- 3
Divide dough into 4 equal pieces.
- 4
On a lightly floured surface, roll each piece out to 6"x 8" oval approximately 1/4" thick. (Let dough rest a few minutes if too elastic to work with.)
- 5
Spread each piece with a 3 tablespoons of ragu – leaving a 1/2 " border.
- 6
Layer cubed mozzarella and 1 teaspoon seasoning.
- 7
Fold over to form a half-moon. Press edges to seal. If it doesn't want to seal, brush inside edge with a little water and seal.
- 8
Brush the calzone with olive oil – very lightly.
- 9
Sprinkle tops with Parmesan cheese.
- 10
With a paring knife, cut 2 slits in the top of each calzone.
- 11
Transfer calzones to the baking pan with a large spatula.
- 12
Bake until golden, about 25 minutes.
- 13
Meanwhile, toss trimmed asparagus with olive oil, salt and pepper.
- 14
Transfer to a baking dish and bake for 12 minutes.
- 15
When done, allow calzone to rest for 3-5 minutes – the sauce will be very hot.
- 16
Serve calzone with asparagus drizzled with a little good olive oil and balsamic vinegar.