

fine
Cooking

Make It Tonight

Easy Dinner Download

MENU for the Week of **JULY 9, 2018**

wouday

Grilled Tuna with Puttanesca
Salsa



tuesday

Spaghetti with Garlic & Spinach



wednesday

Grilled Pork Chops with Sweet-
and-Sour Onions

thursday

Hanger Steak
with Spicy Miso Glaze

friday

Grilled Chicken with Quick-
Pickled Watermelon Salsa paired
with Edna Valley Chardonnay



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EDNA VALLEY
VINEYARD®



Monday m:
Grilled Tuna with
Puttanesca Salsa



Tuesday t:
Spaghetti with Garlic &
Spinach



Wednesday w:
Grilled Pork Chops
with Sweet-and-Sour
Onions



Thursday th:
Hanger Steak with Spicy
Miso Glaze



Friday f:
Grilled Chicken
with Quick-Pickled
Watermelon Salsa

SHOPPING LIST

FRESH PRODUCE

- ☐ 4 cups seedless watermelon f
- ☐ 10 oz. baby spinach (10 loosely packed cups) t
- ☐ 1 cup grape or cherry tomatoes m
- ☐ 2 jalapeños f
- ☐ 3 medium red onions w
- ☐ 1 small sweet onion f
- ☐ 1 bunch scallions th
- ☐ 1 shallot th
- ☐ 1 small piece fresh ginger th
- ☐ 11 large cloves garlic m t th
- ☐ 1 small bunch fresh basil m
- ☐ 1 small bunch fresh cilantro f
- ☐ 1 small bunch fresh thyme w

MEAT AND DAIRY ITEMS

- ☐ Four ¾-inch-thick bone-in pork loin chops (1-¾ to 2 lb.) w
- ☐ One 1-¾- to 2-lb. hanger steak th
- ☐ Four 5-oz. tuna steaks (preferably about 1 inch thick) m
- ☐ 4 boneless, skinless chicken breasts f
- ☐ 1 cup (about 2 oz.) freshly grated Parmigiano-Reggiano t

OTHER GROCERIES

- ☐ 1 lb. dried spaghetti t
- ☐ ½ cup mirin th
- ☐ ¼ cup pitted Kalamata olives m
- ☐ 1 Tbs. plus 2 tsp. grapeseed oil th
- ☐ 2 tsp. light miso th
- ☐ 1-½ tsp. rinsed and drained capers m
- ☐ ¼ tsp. Asian hot sauce, such as Sriracha th

PANTRY STAPLES

- ☐ 1 cup extra-virgin olive oil m t w f
- ☐ ½ cup white vinegar f
- ☐ ½ cup red wine vinegar w
- ☐ ½ cup plus 2 Tbs. granulated sugar m w f
- ☐ 1 Tbs. toasted coriander seeds f
- ☐ 2 tsp. mustard seeds f
- ☐ 1 tsp. ground cumin f
- ☐ Pinch crushed red pepper flakes m
- ☐ Kosher salt m t w th f
- ☐ Black peppercorns m t w th f

Side-dish ingredients are not included in the shopping list.

Grilled Tuna with Puttanesca Salsa

Active/total time: 15 minutes

Serves 4

The classic ingredients for a puttanesca sauce—tomatoes, olives, capers, and garlic—make a briny salsa perfect for fish. The salsa would also be delicious served over grilled bread.

1 cup grape or cherry tomatoes, quartered

¼ cup pitted Kalamata olives, quartered lengthwise

1½ tsp. rinsed and drained capers

4 tsp. extra-virgin olive oil

1 medium clove garlic, minced

Pinch crushed red pepper flakes

Pinch granulated sugar

1½ Tbs. chopped fresh basil

Kosher salt and freshly ground black pepper

Four 5-oz. tuna steaks (preferably about 1 inch thick)

Heat a grill pan over medium-high heat or prepare a medium-high (400°F) gas or charcoal grill fire.

Combine the tomatoes, olives, and capers in a medium bowl. Heat 2 tsp. of the oil in a 10-inch skillet over medium heat. Add the garlic and cook, stirring occasionally, just until fragrant, about 10 seconds. Add the red pepper flakes and sugar, and stir in the tomato mixture and basil. Season to taste with salt and pepper, and take off the heat.

Brush both sides of the tuna with the remaining 2 tsp. oil and season with salt and pepper. Grill until rare to medium rare in the center, 2 to 3 minutes per side. Slice the tuna into thick slices and serve topped with the salsa.

— Laraine Perri, Fine Cooking #128



nutrition information (per serving): Calories 280; Calories from Fat 130; Protein 34g; Carbohydrates 3g; Fat 14g; Saturated Fat 2.5g; Monounsaturated Fat 8g; Polyunsaturated Fat 3g; Sodium 530mg; Cholesterol 55mg; Fiber 1g

ON THE SIDE: GRILLED RADICCHIO AND ROMAINE SALAD

Cut **romaine** and **radicchio** heads in half through the root ends. Rinse the leaves and dry well. Dip the lettuces cut side down in **extra-virgin olive oil**, swirling to coat well; then place them cut side down on a medium-high grill. Grill, covered, without turning, until charred and wilted in spots, about 4 minutes. Transfer to a cutting board. Remove the cores and chop the lettuce into bite-size pieces. Make a vinaigrette with olive oil, **balsamic vinegar**, **mashed garlic** and **anchovy** (if you like), **Dijon mustard**, **salt**, and **pepper**. Transfer the lettuces and any juice from the cutting board to the salad bowl. Add a little grated **Parmigiano-Reggiano** and toss well.



Spaghetti with Garlic & Spinach

Active/total time: 20 minutes
Serves 4

This easy five-ingredient dinner is one of those gems to keep handy for weeknights when you have no idea what to make. Quickly cooking the garlic over low heat draws out some of its pungency, leaving behind lots of garlicky taste without the bite.

Kosher salt

½ cup extra-virgin olive oil

6 to 8 large cloves garlic (1½ oz.), halved lengthwise, peeled, germs removed (see tip at right), and thinly sliced

10 oz. baby spinach (10 loosely packed cups)

Freshly ground black pepper

1 lb. dried spaghetti

1 oz. (1 cup) finely grated Parmigiano-Reggiano

Bring a large pot of well-salted water to a boil.

Combine the oil and garlic in a 12-inch skillet over medium-low heat. Cook, stirring often, until the garlic becomes fragrant and is just beginning to turn golden, 4 to 6 minutes. Add the spinach, ½ tsp. salt, and ¼ tsp. pepper and cook, tossing gently with tongs, until the spinach begins to wilt, 2 to 3 minutes more. Remove from the heat.

Meanwhile, cook the spaghetti according to package directions in the boiling salted water, stirring occasionally, until it's just al dente. Reserve 1 cup of the cooking water and drain the pasta.

Return the skillet to medium heat. Add the drained pasta and ½ cup of the reserved cooking water. Cook for 1 to 2 minutes, tossing and stirring to combine and blend the flavors. If the pasta isn't tender or seems dry, add the remainder of the cooking water and continue to cook and stir until done. Toss with the cheese. Season to taste with salt and pepper and serve immediately.

—Jennifer McLagan, *Fine Cooking* #92



Removing the garlic germ

If your garlic has a green sprout growing in the center (the “germ”), be sure to remove it, because it may impart a bitter flavor to the final dish. It's easy to do: Just cut the clove in half and use a paring knife or your fingernail to pry the germ out.



nutrition information (per serving): Calories 740; Calories from Fat 280; Protein 21g; Carbohydrates 94g; Fat 32g; Saturated Fat 6g; Monounsaturated Fat 20g; Polyunsaturated Fat 3.5g; Sodium 660mg; Cholesterol 5mg; Fiber 8g

ON THE SIDE: BROILED TOMATOES WITH HERBED BREADCRUMBS

Slice **tomatoes** ¼ inch thick and arrange in a single, slightly overlapping layer in a broiler-safe baking dish. In a small bowl, mix coarse **fresh breadcrumbs** with finely grated **Parmigiano-Reggiano**, a little **olive oil**, chopped fresh **parsley**, **salt**, and **pepper**. Sprinkle the breadcrumb mixture over the tomatoes, and broil until the breadcrumbs are golden brown, 2 to 3 minutes. Drizzle with a bit more olive oil before serving.



Grilled Pork Chops with Sweet-and-Sour Onions

Active/total time: 25 minutes

Serves 4

Grilled sweet and sour onions liven up simply grilled pork chops. The addition of fresh thyme to both the onions and the chops ties the dish together.

4 ¾-inch-thick bone-in pork loin chops (1¾ to 2 lb.)

¼ cup extra-virgin olive oil

1 Tbs. chopped fresh thyme

Kosher salt and freshly ground black pepper

1½ lb. red onions (about 3 medium), peeled and cut into ¼- to ½-inch-thick disks

½ cup red wine vinegar

1 Tbs. granulated sugar

Prepare a medium-high fire on a gas or charcoal grill. In a medium bowl, toss the pork chops with 1 Tbs. of the oil, half of the thyme, 1 tsp. salt, and ½ tsp. pepper. Put the onions on a large plate and sprinkle with 2 Tbs. of the oil and 1-½ tsp. salt. In a small bowl, whisk the vinegar, sugar, and the remaining thyme.

Grill the onions, covered, flipping once, until crisp-tender, 5 to 6 minutes per side. Return to the plate. Grill the pork, covered, flipping once, until firm to the touch and just cooked through, 3 to 4 minutes per side.

Transfer the pork to a large platter, brush with some of the vinegar mixture and tent loosely with foil. Heat the remaining 1 Tbs. oil in a large skillet over medium-high heat until it's shimmering hot. Add the onions and the remaining vinegar mixture and cook, stirring, until they absorb all of the liquid and take on a browned, glazed appearance, 3 to 4 minutes. Serve the pork chops with the onions.

—Tony Rosenfeld



nutrition information (per serving): Calories 370; Calories from Fat 190; Protein 25g; Carbohydrates 21g; Fat 21g; Saturated Fat 4.5g; Monounsaturated Fat 13g; Polyunsaturated Fat 2.5g; Sodium 760mg; Cholesterol 60mg; Fiber 3g

ON THE SIDE: GRILLED SWEET POTATO FRIES

Prepare a medium-high (400°F to 475°F) gas or charcoal grill fire. Cut four 6-oz. **sweet potatoes** into ½-inch-thick wedges, lengthwise. Blanch the sweet potatoes in boiling water until just tender, about 6 minutes.

Drain well. In a large bowl, combine 3 Tbs. **oil**, 2 Tbs. **fresh lime juice**, ½ tsp. **ground cumin**, pinch of **cayenne**, and 1 tsp. **salt**. Add the potatoes and toss to coat. Grill, turning occasionally, until dark grill marks form on each side, 6 to 8 minutes. Return the potatoes to the bowl and toss with any leftover dressing. Season with salt and serve.



Hanger Steak with Spicy Miso Glaze

Active/total time: 25 minutes

Serves 4

The now-ubiquitous technique of brushing fish with a sweet-and-savory glaze of miso and mirin (Japanese rice wine) is here applied to a beefy hanger steak. Sriracha provides an unexpected kick of heat.

½ cup mirin

2 Tbs. minced shallot

2 Tbs. minced fresh ginger

1 tsp. minced garlic

1 Tbs. plus 2 tsp. vegetable oil

2 tsp. light miso

¼ tsp. Asian hot sauce, such as Sriracha

One 1¾- to 2-lb. hanger steak, trimmed

Kosher salt and freshly ground black pepper

¼ cup thinly sliced scallions

Position a rack in the center of the oven and heat the oven to 400°F.

Simmer the mirin, shallot, ginger, and garlic in an 8-inch skillet over medium heat until the mixture is syrupy and large bubbles start to form, about 5 minutes. Remove from the heat and whisk in 1 Tbs. of the oil, the miso, and hot sauce. Set aside.

Season the steaks generously with salt and pepper. Heat a 12-inch oven-safe skillet over high heat until very hot. Add the remaining 2 tsp. oil, swirling it until the pan is well coated. Cook the steaks, flipping once, until browned, about 4 minutes total.



Ingredient Profile: Hanger steak

Known for its intensely beefy flavor, hanger steak is also sometimes called “butcher’s steak” because butchers often keep it for themselves. If you can’t find it, you can use sirloin tip steak, but it will cook more quickly.



Using a pastry brush, spread the glaze evenly over the steaks, transfer to the oven, and roast until an instant-read thermometer inserted into the thickest part of the steak reads 130°F to 135°F for medium rare, about 4 minutes.

Transfer the steaks to a cutting board, let rest for 5 minutes, and then cut on the diagonal into ½-inch-thick slices. Pour any juice remaining in the pan over top and sprinkle with the scallions.

—Arlene Jacobs, *Fine Cooking* #116

nutrition information (per serving):

Calories 460; Calories from Fat 200; Protein 43g; Carbohydrates 12g; Fat 22g; Saturated Fat 7g; Monounsaturated Fat 9g; Polyunsaturated Fat 5g; Sodium 570mg; Cholesterol 130mg; Fiber 0g

ON THE SIDE: SCALLION-SESAME SWEET PEAS

Cook fresh or frozen **peas** in boiling water until tender, toss with toasted **sesame seeds** (both white and black, if you have them), **slivered scallions**, a splash of **soy sauce**, and a drizzle of **Asian (toasted) sesame oil**.



Grilled Chicken with Quick-Pickled Watermelon Salsa

Active/total time: 25 minutes

Serves 4

This dish is a bold mix of salty, sweet, and acidic components.

½ cup white vinegar

½ cup granulated sugar

2 thinly sliced jalapeños

1 Tbs. toasted coriander seeds

2 tsp. mustard seeds

Kosher salt

4 cups seedless watermelon (about 1 lb. 2 oz.), cut into ½-inch cubes

1 tsp. ground cumin

Freshly ground black pepper

4 boneless, skinless chicken breasts

2 Tbs. olive oil

½ cup finely diced sweet onion

1 Tbs. finely chopped fresh cilantro, plus leaves for garnish

In a medium saucepan, combine 2 cups water with the vinegar, sugar, chiles, coriander, mustard seed, and ½ tsp. salt over high heat. Boil until the sugar dissolves. Let cool to room temperature. In a large bowl, pour the pickling liquid over the watermelon and refrigerate.

Heat a grill to medium high, about 400°F to 475°F.

In a small bowl, combine the cumin, 1 tsp. salt, and 1 tsp. pepper. Rub the chicken with the oil and sprinkle with the spice mix. Grill the chicken until



the internal temperature reaches 165°F, about 4 minutes per side. Let the chicken rest for 5 minutes, tented with foil. Meanwhile, drain the watermelon from the pickling liquid, combine with the onion and cilantro, and season to taste with salt.

Slice the chicken and serve with the watermelon, garnished with the cilantro sprigs.

—Ronne Day

nutrition information (per serving): Calories 260; Calories from Fat 90; Protein 28g; Carbohydrates 14g; Fat 10g; Saturated Fat 2g; Monounsaturated Fat 6g; Polyunsaturated Fat 1.5g; Sodium 360mg; Cholesterol 75mg; Fiber 1g

Weekly Wine Pairing

The fruity salsa topping the grilled chicken calls for a lively wine with bright aromas, such as Edna Valley Chardonnay.