

fine
Cooking

Make It Tonight

Easy Dinner Download

MENU for the Week of **OCTOBER 2, 2017**

wouday

Skirt Steak with Mushrooms
and Shallots



tuesday

Spaghetti with Spicy Shrimp,
Cherry Tomatoes & Herbed
Breadcrumbs



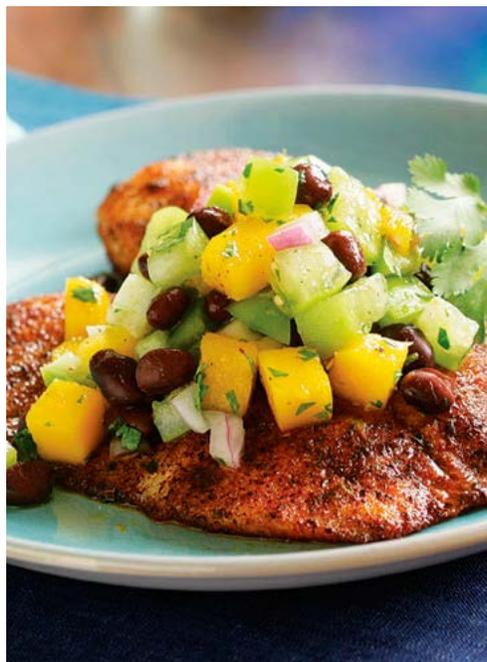
wednesday

Turkey Sausage and Mushroom
Baguette Pizza



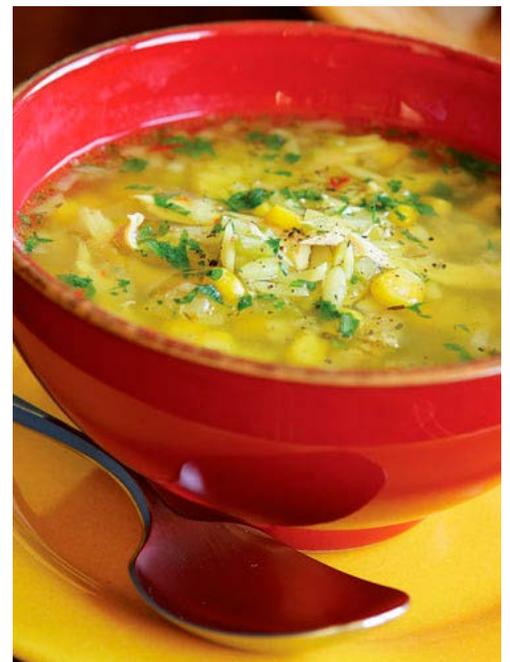
thursday

Spice-Rubbed Tilapia
with Tomatillo, Black Bean &
Mango Salad



friday

Golden Chicken, Corn,
and Orzo Soup





Monday **m** :
Skirt Steak with
Mushrooms and
Shallots



Tuesday **t** :
Spaghetti with Spicy
Shrimp, Tomatoes &
Herbed Breadcrumbs



Wednesday **w** :
Turkey Sausage and
Mushroom Baguette
Pizza



Thursday **th** :
Spice-Rubbed Tilapia
with Tomatillo, Black
Bean & Mango Salad



Friday **f** :
Golden Chicken, Corn,
& Orzo Soup

SHOPPING LIST

FRESH PRODUCE

- 1 medium ripe mango **th**
- 2 medium lemons **f**
- 4 medium limes **th**
- 1 lb. cremini mushrooms **m w**
- 4 cups cherry or grape tomatoes (2 pints) **t**
- ½ lb. tomatillos **th**
- 2 large ribs celery **f**
- 1 medium yellow onion **f**
- 1 medium sweet onion **w th**
- 1 large and 2 medium shallots **m t**
- 1 large bunch fresh flat-leaf parsley **t w f**
- 1 medium bunch fresh cilantro **th**
- 1 small bunch fresh thyme **m**
- 1 small bunch fresh chives **t**
- 1 small bunch fresh mint **t**
- 1 sprig fresh rosemary **w**

MEAT AND DAIRY ITEMS

- 1¼ lb. skirt steak, trimmed and cut crosswise into 4 pieces **m**
- 1 lb. raw shrimp (21 to 25 per lb.), peeled, deveined, and cut crosswise into quarters **t**
- 4 skinless tilapia fillets (about 4 oz. each) **th**
- 1 rotisserie chicken (or 2 cups leftover shredded cooked chicken) **f**
- 6 oz. hot or mild Italian turkey sausage **w**
- 4 oz. fresh mozzarella **w**
- 3 oz. (½ cup) mascarpone **w**
- 2 Tbs. unsalted butter **m**

OTHER GROCERIES

- 9¼ cups lower-salt chicken broth **m f**
- 1 lb. thin spaghetti **t**
- 1 baguette (at least 24 inches long) **t w**
- One 15-oz. can black beans **th**
- 1 cup frozen corn kernels **f**
- ½ cup orzo **f**
- ¼ cup dry white wine **m**
- 3 Tbs. brown ale, such as Newcastle **w**

PANTRY STAPLES

- 1 cup plus 2 Tbs. extra-virgin olive oil **m t w f**
- ⅓ cup plus 2 Tbs. vegetable oil **th**
- 1½ tsp. chili powder **th**
- 1 tsp. ground cumin **th**
- 1 tsp. dried oregano **th**
- ½ tsp. dried thyme **f**
- Heaping ¼ tsp. crushed red pepper flakes **t**
- Pinch saffron threads **f**
- Pinch cayenne **t**
- Kosher salt **m t w th f**
- Black peppercorns **m t w th f**

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

monday

Skirt Steak with Mushrooms and Shallots

Active/total time: 30 minutes
Serves 4

The classic combination of steak and mushrooms (think beef Stroganoff) comes together quickly in this simple weeknight meal.

1¼ lb. skirt steak, trimmed and cut crosswise into 4 pieces

Kosher salt and coarsely ground black pepper

5 Tbs. extra-virgin olive oil

¾ lb. cremini mushrooms, cut into ¼-inch-thick slices (about 4½ cups)

1 large shallot, finely chopped (¼ cup)

2 tsp. chopped fresh thyme

¼ cup dry white wine

1¼ cups lower-salt chicken broth

2 Tbs. cold unsalted butter, cut into 4 pieces

Pat the steaks dry and season with salt and pepper. In a heavy-duty 12-inch skillet (preferably cast iron), heat 2 Tbs. of the oil over high heat until shimmering. Cook the steaks in a single layer, flipping with tongs halfway through, until an instant-read thermometer inserted in the thickest part of the steak registers 130°F for medium rare, 5 to 7 minutes total (if necessary, lower the heat to medium-high to finish cooking the thicker pieces). Transfer to a plate and let rest, loosely covered with foil, while making the sauce.

Heat 2 Tbs. of the oil in the skillet over medium-high heat until shimmering. Add the mushrooms and a generous pinch of salt, and cook, stirring occasionally, until golden brown, 6 to 8 minutes. Transfer to a bowl and keep warm.



Don't lose those lines

Looking at a raw skirt steak, it's easy to see the lines of fat within the striations of meat. Don't try to remove it. The fat adds flavor and bastes the meat as it melts away during cooking.



Lower the heat to medium, add the remaining 1 Tbs. oil, the shallot, and thyme, and cook, stirring, until the shallot is slightly browned, about 1 minute. Add the wine and cook, stirring and scraping the bottom of the pan to dissolve any browned bits, until the liquid has almost evaporated, about 1 minute. Add the chicken broth. Raise the heat to high and boil, adding any juice that has accumulated from the steak and mushrooms, until the sauce is reduced to about ¼ cup, about 7 minutes.

Remove the pan from the heat and whisk in the butter. Stir in the mushrooms and season the sauce to taste with salt and pepper.

Thinly slice the steak diagonally across the grain, if you like, and serve topped with the mushroom sauce.

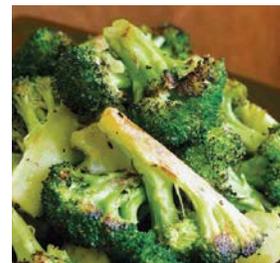
— Tasha DeSerio, *Fine Cooking* #119

nutrition information (per serving):

Calories 480; Calories from Fat 310; Protein 34g; Carbohydrates 6g; Fat 35g; Saturated Fat 11g; Monounsaturated Fat 20g; Polyunsaturated Fat 2.5g; Sodium 400mg; Cholesterol 105mg; Fiber 1g

ON THE SIDE: ROASTED BROCCOLI WITH LEMON

Cut **broccoli crowns** into 1½- to 2-inch pieces, and toss with **olive oil, salt, and pepper**. Roast in a 475°F oven, stirring once, until tender and browned at the edges, 11 to 15 minutes. Drizzle the broccoli with a little **lemon juice** and serve.



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tuesday

Spaghetti with Spicy Shrimp, Cherry Tomatoes & Herbed Breadcrumbs

Active/total time: 35 minutes

Serves 5

Fresh mint adds a bright, unexpected twist to this light, summery pasta.

⅓ cup plus 4 Tbs. extra-virgin olive oil

1 Tbs. plus 2 tsp. chopped fresh flat-leaf parsley

2 tsp. sliced fresh chives

Heaping ¼ tsp. crushed red pepper flakes

Pinch cayenne

Kosher salt

1 lb. raw shrimp (21 to 25 per lb.), peeled, deveined, and cut crosswise into quarters

¼ cup coarse fresh breadcrumbs (made from a baguette or other artisan-style bread)

1 Tbs. chopped fresh mint

Freshly ground black pepper

2 medium shallots, finely chopped

1 lb. thin spaghetti

4 cups cherry or grape tomatoes, halved

In a large bowl, combine 2 Tbs. of the oil, 2 tsp. of the parsley, the chives, red pepper flakes, cayenne, and ½ tsp. salt. Add the shrimp and stir to coat evenly. Cover the bowl with plastic and marinate in the refrigerator for about 20 minutes.

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

In a small skillet, heat 2 Tbs. of the oil over medium heat. Add the breadcrumbs and cook, stirring frequently, until lightly browned, 1 to 3 minutes. Transfer to a small bowl and let cool. Mix the remaining 1 Tbs. parsley, the mint, a grinding of pepper, and a pinch of salt into the breadcrumbs.

Heat the remaining ⅓ cup oil in a 12-inch skillet over medium heat. When the oil is hot, add the shallots and cook, stirring occasionally, until lightly browned, 2 to 4 minutes.



Cook the spaghetti in the boiling water until just shy of al dente, about 5 minutes.

While the spaghetti cooks, add the shrimp and halved tomatoes to the skillet. Season with salt and pepper, and cook, stirring frequently, until the tomatoes start to soften and the shrimp is nearly cooked through, about 5 minutes.

Reserve ½ cup of the pasta water and drain the spaghetti. Return the pasta and 2 Tbs. of the reserved water to the pot. Add the shrimp mixture and toss over medium heat until the shrimp is cooked through and the spaghetti is perfectly al dente, 1 to 2 minutes more. Add more of the pasta water as needed to keep the dish moist. Season to taste with salt and pepper, transfer to warm shallow bowls, and top each serving with the breadcrumbs.

—Scott Conant, *Fine Cooking* #86

nutrition information (per serving): Calories 830; Calories from Fat 310; Protein 35g; Carbohydrates 93g; Fat 35g; Saturated Fat 5g; Monounsaturated Fat 23g; Polyunsaturated Fat 4.5g; Sodium 460g; Cholesterol 170mg; Fiber 6g

ON THE SIDE: TWO-BEAN SALAD WITH PICKLED RED ONIONS

Thinly slice some **red onion** and put it in a small saucepan with **red wine vinegar** to cover and a generous pinch each of **salt** and **granulated sugar**. Bring to a simmer, remove from the heat, and let the onion cool in the vinegar. Cut **green** and **yellow string beans** into 1-inch lengths, and boil or steam until crisp-tender. Drain and rinse under cold water. Toss the beans with the onions, some of the pickling liquid, **olive oil**, and torn **fresh basil**. If you like, sprinkle with toasted **pine nuts**.



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Turkey Sausage and Mushroom Baguette Pizza

Active/total time: 20 minutes

Serves 4

An homage to frozen French-bread pizza, but so much tastier. You can substitute pork sausage for the turkey, if you like.

1 Tbs. extra-virgin olive oil

6 oz. hot or mild Italian turkey sausage, casings removed

4 oz. cremini mushrooms, chopped (2¼ cups)

½ medium sweet onion, chopped

1 tsp. finely chopped fresh rosemary

Kosher salt

3 Tbs. brown ale, such as Newcastle

Four 5-inch pieces French baguette, split lengthwise

3 oz. (⅓ cup) mascarpone

Freshly ground black pepper

4 oz. fresh mozzarella, cut into ½-inch cubes

1½ tsp. finely chopped fresh flat-leaf parsley

Position a rack about 8 inches from the broiler, and heat the broiler on high. In a 12-inch skillet, heat the oil over medium-high heat. Add the sausage and cook, stirring occasionally and breaking it apart, until golden brown in places, about 3 minutes. With a slotted spoon, transfer the sausage to a medium bowl. Add the mushrooms, onion, rosemary, and ½ tsp. salt to the skillet. Cover and cook, stirring once, until the mushrooms are golden, about 5 minutes. Add the beer, scrape up the browned bits on the bottom of the pan, and simmer until the beer evaporates, about 1 minute. Toss with the sausage.

Meanwhile, toast the baguette on a sheet pan, cut side up, under the broiler until lightly golden and crisp, 1 to 2 minutes.



Spread the bread with the mascarpone, and lightly season with salt and pepper. Top with the sausage mixture and then the mozzarella. Broil until the cheese melts, about 3 minutes. Sprinkle with the parsley, cool briefly, and serve.

—Ronne Day, *Fine Cooking* #138

nutrition information (per serving): Calories 440; Calories from Fat 210; Protein 18; Carbohydrates 39g; Fat 11g; Saturated Fat 11g; Monounsaturated Fat 8g; Polyunsaturated Fat 1.5g; Sodium 950mg; Cholesterol 75mg; Fiber 2g

ON THE SIDE: MIXED GREEN SALAD WITH CUCUMBERS

Toss **mixed baby greens** with a simple **vinaigrette** and top with **cucumber**, sliced into thin half-moons, and thinly sliced **scallions**.

Spice-Rubbed Tilapia with Tomatillo, Black Bean & Mango Salad

Active/total time: 25 minutes

Serves 4

Tomatillos look like small green tomatoes surrounded by a papery husk. They're common in Mexican cuisine, and their refreshing flavor is great either raw or cooked.

One 15-oz. can black beans, drained and rinsed

½ lb. tomatillos, papery covering discarded, fruit rinsed and cut into small dice

1 medium ripe mango, peeled, pitted, and cut into small dice

½ cup diced sweet onion (about half a medium onion)

½ cup plus 2 Tbs. vegetable oil

½ cup fresh lime juice

¼ cup chopped fresh cilantro

Freshly ground black pepper

1½ tsp. chili powder

1 tsp. ground cumin

1 tsp. dried oregano

Kosher salt

4 skinless tilapia fillets (about 4 oz. each)

Put a heatproof serving platter on a rack in the center of the oven and heat the oven to 200°F.

In a medium bowl, combine the beans, tomatillos, mango, onion, ½ cup of the oil, the lime juice, cilantro, and a few grinds of black pepper; toss gently. Let the salad sit at room temperature while you cook the fish.



Same dish, different flavors

Tilapia is a mild fish, lending itself well to different flavor profiles. For a change, try rubbing the fish with Old Bay seasoning. For other salad combinations, try chickpeas or red beans in place of the black beans, and tomato and cucumber in place of the tomatillo.



In a small bowl, combine the chili powder, cumin, oregano, 1 tsp. salt, and ¼ tsp. black pepper. Rub both sides of the tilapia fillets with the mixture. In a large (12-inch) nonstick skillet, heat the remaining 2 Tbs. oil over medium-high heat until hot. Cook two of the tilapia fillets until lightly browned and the flesh is opaque and cooked through, about 2 minutes per side. Transfer the fish to the platter in the oven to keep warm while you cook the remaining two fillets. Transfer the fillets to the platter, and spoon half of the salad on top. Serve with the remaining salad on the side.

—Leslie Pendleton, Fine Cooking #78

nutrition information (per serving): Calories 500; Calories from Fat 250; Protein 32g; Carbohydrates 32g; Fat 30g; Saturated Fat 4g; Monounsaturated Fat 11g; Polyunsaturated Fat 11g; Sodium 440mg; Cholesterol 90mg; Fiber 7g

ON THE SIDE: WARM CORN TORTILLAS

Wrap a stack of **corn tortillas** (for a real treat, seek out freshly made ones from a Mexican restaurant or Latin grocery store) in a damp kitchen towel, wrap the whole package in aluminum foil, and heat in a 200°F oven. Although the outside tortillas may get a bit soggy, this method keeps the rest of them from drying out. Bring the bundle of tortillas to the table still wrapped so that they stay warm and flexible.



Golden Chicken, Corn & Orzo Soup

Active/total time: 30 minutes

Serves 4

- 2 Tbs. extra-virgin olive oil
- 2 large ribs celery, finely diced
- 1 medium yellow onion, finely diced
- 1 pinch saffron threads
- ½ tsp. dried thyme
- 8 cups lower-salt chicken broth
- 2 cups finely diced or shredded cooked chicken (such as leftover rotisserie chicken)
- ½ cup orzo
- 1 cup frozen corn
- ¼ cup chopped fresh flat-leaf parsley
- 3 Tbs. fresh lemon juice; more to taste
- Kosher salt and freshly ground black pepper

Bring a medium saucepan of well-salted water to a boil over high heat. Meanwhile, heat the oil in a large soup pot over medium heat. Add the celery, onion, saffron, and thyme. Cook, stirring occasionally, until the vegetables start to soften, 5 to 6 minutes. Add the broth and bring to a boil over medium-high heat. Reduce the heat to a simmer, add the chicken, and cook until the vegetables are tender, about 15 minutes. While the soup simmers, cook the orzo in the boiling salted water until tender, 8 to 10 minutes. Drain.



Why cook the orzo separately?

There are two reasons. If you boiled the orzo directly in the soup, the starch from the pasta would cloud the soup broth, and the orzo would also suck up too much of the soup broth as it cooked. Boiling the pasta separately solves both of these problems.



Add the drained orzo, corn, and parsley to the soup and cook just until the corn is heated through, about 2 minutes. Stir in the lemon juice and season to taste with salt, pepper, and more lemon juice, if needed.

—Jennifer Armentrout, *Fine Cooking* #74

nutrition information (per serving): Calories 420; Calories from Fat 135; Protein 33g; Carbohydrates 28.8g; Fat 15g; Saturated Fat 3g; Monounsaturated Fat 9g; Polyunsaturated Fat 3g; Sodium 660mg; Cholesterol 60mg; Fiber 3g

ON THE SIDE: CABBAGE SALAD WITH APPLE AND FENNEL

Toss shredded **green cabbage** with sliced **green apples**, thinly sliced **fennel**, and trimmed **watercress**. Dress with a simple vinaigrette made from **olive oil**, **lemon juice**, **Dijon mustard**, **salt**, and **pepper**. Top with chopped, toasted **pecans** if you like.

