



MUNCHERY

eat better at home

— THE TOP 20 —

RECIPES

We are delighted to bring you recipes for Munchery's all-time top 20 dishes—based on millions of customer reviews—so you can make your favorite Munchery meals at home.

[Learn about the new Munchery](#)

The Top 20 RECIPES

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roasted fennel, carrots, couscous, harissa
- 2 NOT YOUR MAMA'S CHICKEN TACO SALAD (4.6 stars)**
grilled chicken, quinoa, black beans, tomatoes
- 3 SALMON BROWN RICE BOWL (4.6 stars)**
carrots, cucumbers, edamame
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- 17 GARGANELLI WITH SAUSAGE RAGU (4.5 stars)**
basil pesto and Parmigiano-Reggiano
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tortilla chips and two salsas
- 19 FRENCH DIP BEEF SANDWICH (4.4 stars)**
horseradish, pickled onions, steak fries
- 20 CHICKEN PARMESAN (4.5 stars)**
spaghetti, parmigiano-reggiano, tomato sauce

All recipes yield 4 servings.



1

MOROCCAN VEGAN GRAIN BOWL

roasted fennel, carrots, couscous, harissa



This gorgeous grain bowl is abounding in North African flavors, from the roasted fennel and rainbow carrots tossed in traditional ras el hanout spices, to the spicy harissa vinaigrette served on the side. Simply toss our tasty mix of couscous, currants, legumes, and arugula with dressing, sprinkle with sunflower and pumpkin seeds, and get ready to savor a taste of Marrakesh.

MOROCCAN VEGAN GRAIN BOWL

roasted fennel, carrots, couscous, harissa



Difficulty Level 



Total Time: 30 minutes
Active Time: 30 minutes



EGG
FREE



DAIRY
FREE



GLUTEN
FREE



VEGAN



VEGETARIAN

Bowl

- 1 cup green lentils, cooked and drained
- 1½ cups Israeli couscous, cooked and drained
- ½ pound rainbow carrots, sliced ¼-inch thick
- 1 fennel bulb, trimmed and thinly sliced
- 1 teaspoon ras el hanout seasoning
- 1 tablespoon olive oil
- 2 tablespoons dried currants
- 1 15.5-ounce can chickpeas, drained and rinsed
- ¼ cup fresh mint, chopped
- 2 cups arugula
- ⅓ cup mixed pitted olives
- 1 tablespoon of each toasted sunflower seeds, pine nuts, and pumpkin seeds
- Salt and black pepper, to taste

Spicy Harissa Vinaigrette

- 1 tablespoon harissa paste
- 2 teaspoons orange zest
- 1 shallot, finely chopped
- 1 garlic clove, minced
- 1 teaspoon mustard
- 1½ tablespoons sherry vinegar
- 1½ tablespoons orange juice
- ½ teaspoon sugar
- 2 tablespoons cilantro
- ¼ teaspoon ground coriander
- ¼ teaspoon ground cumin
- 4 tablespoons olive oil
- Salt and pepper to taste

Instructions

- 1 Preheat the oven to 350°F.
- 2 Cook couscous and lentils according to packet instructions; drain and return to their pots.
- 3 Add the sliced carrots and fennel to a rimmed baking sheet, sprinkle with ras el hanout seasoning and drizzle with the olive oil; toss to coat well and spread into an even layer. Roast until tender, about 6 to 8 minutes.
- 4 Place currants in a small bowl and cover with warm water; soak for 5 minutes, then drain
- 5 Whisk all vinaigrette ingredients in a small bowl and season to taste.
- 6 Divide lentils, couscous, carrots, fennel, currants, chickpeas, mint, and arugula between 4 serving bowls and scatter olives, seeds, and pine nuts on top. Drizzle with the harissa dressing and serve.



2

NOT YOUR MAMA'S CHICKEN TACO SALAD

grilled chicken, quinoa, black beans, tomatoes



Marinate chicken with achiote, a Yucatecan spice paste, garlic, orange juice, before grilling it. Then serve your flavorful chicken breast with cilantro-lime quinoa, black beans, and marinated tomatoes. Top it all off with crispy tortilla strips and crumbled cotija cheese.

NOT YOUR MAMA'S CHICKEN TACO SALAD

grilled chicken, quinoa, black beans, tomatoes



Difficulty Level 



Total Time: 4 hours, including marinating
Active Time: 30 minutes



NUT
FREE



EGG
FREE



GLUTEN
FREE

Chicken

- ¼ cup canola oil
- 1 tablespoon achiote spice paste
- 1 garlic clove
- 2 tablespoons rice wine vinegar
- 1 orange, juiced
- 1 teaspoon cumin
- 1 teaspoon dried Mexican oregano
- 1 teaspoon kosher salt
- 4 boneless, skinless chicken breasts

Cilantro Lime Quinoa

- 2 cups white quinoa
- ½ cup chopped cilantro
- 4 scallions, minced
- 1 lime, juiced
- 1 tablespoon olive oil
- Salt and pepper to taste

Salad

- 4 cups shredded romaine lettuce (about 2 romaine hearts)
- ½ cup crumbled cotija cheese
- Tortilla chips, for serving

Black Bean Salad

- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 15-ounce can black beans, drained and rinsed
- ½ teaspoon cumin
- ½ teaspoon kosher salt, to taste

Tomato Onion Relish

- 1 pint cherry tomatoes, halved
- ½ red onion, diced
- ½ teaspoon kosher salt, to taste
- 1 teaspoon Mexican oregano
- 1 lime, juiced
- 1 serrano pepper, diced

Lime Vinaigrette

- 2 limes, juiced and zested
- 1 tablespoon rice wine vinegar
- 1 teaspoon sugar
- 1 shallot, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon kosher salt, to taste
- Pepper, to taste
- ½ cup olive oil

NOT YOUR MAMA'S CHICKEN TACO SALAD

grilled chicken, quinoa, black beans, tomatoes

Instructions

- 1 To make the marinade, blend the canola oil, achiote, garlic, rice vinegar, orange juice, cumin, oregano and salt in a blender.
- 2 Cover the chicken in the marinade in a bowl or zip-top bag and marinate in the fridge overnight, or for at least 4 hours.
- 3 Preheat the oven to 350°F. Arrange the chicken on a baking sheet, discarding the marinade. Roast for 18-22 minutes, until cooked through. Slice the chicken on the diagonal.
- 4 Meanwhile, make the quinoa by combining the quinoa with 4 cups of water and a pinch of salt in a medium saucepan. Bring to a simmer, reduce heat to low, cover and cook until the grains are tender, about 12 minutes. Fluff the quinoa with a fork, then stir in the cilantro, scallion, lime juice, olive oil, salt and pepper to taste.
- 5 To make the relish, combine all of the ingredients in a bowl and let sit for 10 minutes.
- 6 To make the black beans, heat the oil in a large skillet over medium-low heat. Add the garlic and cook, stirring, until fragrant, about 1 minute. Add the black beans, cumin and salt and remove from the heat.
- 7 To make the lime vinaigrette, add all of the ingredients except the oil to a bowl and whisk well or purée with an immersion blender. While whisking/blending, drizzle in the oil until emulsified.
- 8 To serve, divide the lettuce and quinoa between bowls. Top with achiote chicken, black bean salad, tomato onion relish, and drizzle with lime vinaigrette. Sprinkle with cotija cheese and serve with tortilla chips on the side.



3

SALMON BROWN RICE BOWL

carrots, cucumbers, edamame



Grill a delicate fillet of salmon and serve over a bed of brown rice along with edamame, sweet carrots, green onion, and pickled Persian cucumbers. Top with spicy ginger vinaigrette to taste.

SALMON BROWN RICE BOWL

carrots, cucumbers, edamame



Difficulty Level 



Total Time: 1 hour
Active Time: 30 minutes



NUT
FREE



EGG
FREE



DAIRY
FREE



GLUTEN
FREE

Salad

- 2 cups carrot matchsticks
- 4 green onions, sliced thinly
- 1 cup edamame
- 2 heads butter lettuce
- 4 teaspoons white sesame seeds

Salmon

- 4 6-ounce salmon fillets
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- Pickled Persian Cucumbers

Rice

- 1 cup white rice
- 2 cups water

Octo Vinaigrette (optional)

- 1 garlic clove, minced
- 2 teaspoons minced ginger
- 1 tablespoon minced serrano pepper
- 1 tablespoon rice wine vinegar
- 1 tablespoon + 1 teaspoon low-sodium soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon white sugar
- ½ teaspoon black pepper

Pickled Persian Cucumbers

- 2 Persian cucumbers, sliced thinly
- Kosher salt
- 3 tablespoons white sugar
- 1 cup unseasoned rice wine vinegar

Instructions

- 1 Whisk together all of the vinaigrette ingredients and let stand for 1 hour before using. Shake well just before dressing the dish.
- 2 Place the cucumbers on a parchment-lined sheet pan and sprinkle with salt. Let them sit for 30 minutes, then pat dry with paper towels.
- 3 Rinse the rice until the water runs clear. Add the rice and water to a saucepan, bring to a simmer, cover, and cook until the grains are tender, about 20-25 minutes.
- 4 Preheat a grill to medium heat. Season the salmon with salt and pepper and grill, skin-side down for 8 minutes, flip, then continue cooking until cooked through, 4-5 minutes more.
- 5 Whisk together the sugar and rice wine vinegar for the cucumbers in a bowl until the sugar dissolves. Add the cucumbers.
- 6 In a serving bowl, combine the cooked rice, carrot matchsticks, green onions, edamame and vinaigrette. Toss to combine.
- 7 Add the butter lettuce leaves, pickled cucumbers, salmon and sesame seeds to the brown rice base.



4

SPICY TURKEY CHILI

cornbread, rice, cheddar, sour cream



This is the perfect comfort food for a chilly night. You'll cook ground turkey low and slow in a homemade chili paste made with fire-roasted fresh and dried chilies, kidney beans, tomatoes, onions, and chili spices. Serve it with cornbread, steamed rice, grated cheddar, sour cream, cilantro, and scallions for the complete chili experience.

SPICY TURKEY CHILI

cornbread, rice, cheddar, sour cream



Difficulty Level 



Total Time: 1 hour, 10 minutes
Active Time: 30 minutes



EGG
FREE

Fire Roasted Salsa

- 2 Roma tomatoes
- 1 whole jalapeño
- 2 garlic cloves
- ½ red onion, diced
- 1 dried ancho chili
- 1 tablespoon canola oil
- Salt and pepper
- 2 chipotle chiles in adobo sauce
- 1 bunch cilantro leaves
- 1 teaspoon cumin
- ½ cup water, plus more as needed to blend

Rice

- 1 cup basmati rice
- ½ teaspoon salt

Chili

- 1 tablespoon canola oil
- 1 pound ground turkey
- ½ teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon smoked paprika
- 1 teaspoon Mexican oregano
- 1 yellow onions, diced
- 3 celery stalks, diced
- 1 tablespoon tomato paste
- 1 15-ounce can diced tomatoes
- 1 15-ounce can kidney beans, drained and rinsed

Serving

- ½ cup shredded cheddar cheese
- ½ cup sour cream
- ½ cup chopped cilantro
- ½ red onion, chopped
- Cornbread, optional

Instructions

- 1 Preheat the oven to 350°F.
- 2 To make the salsa, place the tomatoes, jalapeño, garlic, onion and ancho chili on a sheet pan. Toss with oil, salt and pepper and roast for 15 minutes. Transfer the vegetables to a blender, along with the chipotles in adobo sauce, cilantro, cumin, red onion and water. Blend until mostly smooth, with a few chunks.
- 3 Heat the oil in a large pot. Add the turkey, sprinkle with salt and pepper and brown over high heat. Add the cumin, chili powder, smoked paprika and oregano cook for 1 minute, until fragrant. Add the onions and celery and cook until soft, about 10 minutes.
- 4 Add the tomato paste and stir well. Add the diced tomatoes and bring to a simmer for 20 minutes.
- 5 Stir in the fire roasted salsa and kidney beans and continue to cook until thickened, 20 to 30 minutes.
- 6 Place the rice, salt and 2 cups of water in a small saucepan. Bring to a simmer, reduce heat to low, cover and cook for about 30 minutes, until the grains are tender.
- 7 To serve, divide the rice and chili between bowls. Top with cheddar, sour cream, cilantro and onions. Serve with cornbread on the side.



5

EAT A RAINBOW SALAD

tuscan kale, butternut squash, pickled cherries



Top plenty of deep green almost blue-black Tuscan kale with roasted chunks of brilliant orange butternut squash and bright red pickled cherries for a seriously colorful salad. A bit of bright white feta cheese adds a salty edge, and tan and toasted hazelnuts bring extra crunch.

EAT A RAINBOW SALAD

tuscan kale, butternut squash, pickled cherries



Difficulty Level 



Total Time: 30 minutes
Active Time: 15 minutes



EGG
FREE



GLUTEN
FREE



VEGETARIAN

Butternut Squash

- 1 pound butternut squash, cubed (4 cups)
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon salt
- Pinch black pepper

Pickled Cherries

- ½ cup dried cherries
- 2 tablespoons white sugar
- ¼ cup red wine vinegar
- Pinch of salt

Balsamic Vinaigrette

- Half a shallot (about 1 tablespoon), minced
- ¼ cup balsamic vinegar
- ½ tablespoon Dijon mustard
- ½ teaspoon white sugar
- ½ cup canola oil
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- Pinch black pepper

Salad

- ½ cup hazelnuts
- 5 ounces baby kale
- 5 ounces chopped dino kale
- ½ cup crumbled feta cheese

Instructions

- 1 Preheat the oven to 400°F. Grease a baking sheet with cooking spray or line with parchment paper.
- 2 Toss the cubed butternut squash with the oil, salt, and pepper. Add to the sheet pan and roast for 20 minutes, or until browned.
- 3 Reduce the oven to 350°F.
- 4 Meanwhile, make the pickled cherries by placing the dried cherries in a medium heat-proof bowl. Bring the sugar, salt, and red wine vinegar to a boil in a small saucepan. Boil just until the sugar dissolves, then pour over the cherries. Cool and chill completely before use.
- 5 Add the hazelnuts to a sheet pan and toast for 5 minutes.
- 6 To make the vinaigrette, combine all the ingredients except the oil in a blender, food processor, or immersion blender. You may also do this by hand using a whisk. As the mixture is blending slowly add the oil to emulsify. It is very important not to add the oil all at once or too quickly.
- 7 To serve, place the kale mixture in a large bowl. Top with roasted butternut squash and pickled cherries. Serve with the balsamic vinaigrette on the side or toss the salad with the vinaigrette to your taste. Garnish with the toasted hazelnuts and feta cheese.



6

SOY-GLAZED SALMON & WASABI MASH

cucumber salad, sour cream dressing, sesame seeds



Season salmon fillets with salt and pepper, roast, then top with a sweet-soy glaze for a sweet and savory flavor. Creamy mashed potatoes spiked with wasabi paste pack tons of flavor. A side of sour cream and dill cucumber salad and toasted sesame seeds finishes things off.

SOY-GLAZED SALMON & WASABI MASH

cucumber salad, sour cream dressing, sesame seeds



Difficulty Level 



Total Time: 1 hour

Active Time: 30 minutes



EGG
FREE

Wasabi Mashed Potatoes

- 2 tablespoons wasabi powder
- 1 tablespoon rice vinegar
- 3 tablespoons water
- ½ pound red bliss potatoes, roughly chopped
- ½ pound yukon gold potatoes, roughly chopped
- 2 tablespoons unsalted butter, diced into small pieces
- ½ cup whole milk
- ½ cup buttermilk
- Salt and pepper to taste

Sour Cream Cucumbers

- ¼ cup chopped dill
- 1 cup sour cream
- 2 tablespoons rice wine vinegar
- Salt and pepper to taste
- 4 Persian cucumbers, sliced thinly

Teriyaki Salmon

- 4 salmon fillets
- Salt and pepper
- ½ cup soy sauce
- 2 tablespoons sugar
- 4 scallions, minced
- 1 garlic clove, minced
- 2 tablespoons sake
- ¼ cup dried shiitakes
- 1 tablespoon minced ginger
- 1 tablespoon cornstarch
- Black and white sesame seeds, for garnish

SOY-GLAZED SALMON & WASABI MASH

cucumber salad, sour cream dressing, sesame seeds

Instructions

- 1 Combine the wasabi powder, rice vinegar and water in a small bowl. Let rest for 1 hour.
- 2 In a large stockpot, place the potatoes and a generous pinch of salt. Cover with cold water and bring to a simmer. Cook at a simmer until the potatoes are fork-tender, about 15 minutes. Drain the potatoes and return to the pot.
- 3 Add the butter, milk, buttermilk, salt and pepper. Mash until smooth. Fold in the wasabi paste.
- 4 Meanwhile, preheat the oven to 400°F.
- 5 Pat the salmon fillets dry and season liberally with salt and pepper.
- 6 Place on a sheet pan and roast until cooked through, 12-15 minutes.
- 7 In a medium saucepan, heat the soy sauce, ½ cup water, sugar, scallions, garlic, sake, dried shiitakes, and ginger. When the mixture reaches a boil, use a strainer to remove the vegetables.
- 8 Simmer for 20 minutes.
- 9 In a small bowl, mix together the cornstarch and 1 tablespoon water. Add the slurry to the sauce and return to a boil.
- 10 To make the sour cream cucumbers, combine the dill, sour cream, vinegar, salt and pepper in a bowl. Fold in the cucumbers.
- 11 To serve, divide the mashed potatoes between plates. Top with salmon, drizzle with teriyaki sauce, and serve with sour cream cucumbers on the side. Sprinkle with sesame seeds.



7

CAROLINA BBQ PORK SANDWICH

cole slaw and kettle chips



Taste the lip-smacking tartness of classic Carolina barbecue in this dish. Slow-roast pork shoulder, then shred it and toss it with signature yellow “Carolina Gold,” a robust mustard and apple cider vinegar-infused sauce complete with smoky paprika, chipotle peppers, and Worcestershire. Complete the dish with creamy cabbage slaw and crisp kettle chips, on top of the sandwich for dynamic flavor and a pleasant crunch.

CAROLINA BBQ PORK SANDWICH

cole slaw and kettle chips



Difficulty Level 



Total Time: 25 hours, including marinating
Active Time: 30 minutes



NUT
FREE

Mustardy BBQ Pork Shoulder

- ¼ cup brown sugar
- 3 tablespoons smoked paprika
- 1 tablespoon kosher salt
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 2 teaspoons chili powder
- 1 teaspoon dry mustard powder
- 3 pounds pork butt, trimmed

Carolina Mustard BBQ Sauce

- 1 cup yellow mustard
- ½ cup ketchup
- ½ cup apple cider vinegar
- ¼ cup sugar
- 2 tablespoons Worcestershire sauce
- 1½ teaspoons smoked paprika
- 1 teaspoon black pepper
- 2 tablespoons white vinegar
- 1 teaspoon ancho chile powder, to taste
- 2 canned chipotle chiles in adobo sauce

Cole Slaw

- 2 tablespoons whole grain mustard
- ½ cup mayonnaise
- 2 tablespoons apple cider vinegar
- 1 tablespoon sugar
- 1 teaspoon kosher salt, to taste
- Black pepper, to taste
- 2 cups shredded cabbage
- ½ onion, sliced
- ½ cup matchstick carrots

BBQ Pork Sandwich

- 4 potato buns
- 4 dill pickles
- Potato chips

CAROLINA BBQ PORK SANDWICH

cole slaw and kettle chips

Instructions

- 1 Combine all of the rub ingredients together and coat the meat in the rub. Cover and marinate in the fridge for 24 hours.
- 2 Preheat the oven to 475°F. Place the pork on a roasting pan, fat side up and roast for 15-20 minutes, until the top starts to brown. Reduce the heat to 300°F, and cook for 2 hours, until the meat is very tender and registers 180°F on an instant read thermometer.
- 3 Meanwhile, make the BBQ sauce by placing all of the ingredients in a blender and processing until smooth. Remove the pork from the oven and rest for 15 minutes, covered. Then shred the meat and dress in BBQ sauce.
- 4 To make the slaw, combine the mustard, mayonnaise, vinegar, sugar, salt and pepper in a large bowl. Fold in the cabbage, onion and carrots.
- 5 To assemble sandwiches, place Mustardy BBQ Pork Shoulder on buns, top with cole slaw and more mustard sauce if you like. Serve with pickles and potato chips on the side.



8

CHINESE CHICKEN NOODLE SALAD

peanuts, cabbage, carrots, wheat noodles



Kick back to a crisp, textural salad that redefines the idea of 'crunch time'. A sweet and salty, not-so-spicy peanut dressing brings lively Chinese flavors to a mix of tender, shredded chicken, cabbage, cilantro, carrots, and wheat noodles. Crushed peanuts and shallots act like croutons in this dish, sprinkled on top to provide a signature crunch to each delicious bite.

CHINESE CHICKEN NOODLE SALAD

peanuts, cabbage, carrots, wheat noodles



Difficulty Level 



Total Time: 30 minutes

Active Time: 20 minutes



DAIRY FREE

Chicken

- 4 boneless, skinless chicken breasts
- 1 teaspoon salt
- Pinch black pepper

Veggies

- 3 cups shredded cabbage
- 1 cup grated carrots
- ½ cup chopped cilantro

Peanut Dressing

- ¼ cup creamy peanut butter
- 2½ tablespoons soy sauce
- 3½ tablespoons brown sugar
- 2 teaspoons sesame oil
- 1 teaspoon chili paste
- 4 teaspoons fresh minced ginger
- 2 teaspoons water

Udon Noodles

- 20 ounces udon noodles
- 4 teaspoons brown sugar
- 4 teaspoons rice wine vinegar
- 2 tablespoons soy sauce
- 2½ tablespoons sesame oil

Garnish

- 2½ tablespoons fried shallots (store bought)
- 2½ tablespoons peanuts, crushed
- 2 teaspoons white sesame seeds
- 2 teaspoons black sesame seeds

CHINESE CHICKEN NOODLE SALAD

peanuts, cabbage, carrots, wheat noodles

Instructions

- 1 Bring a large pot of salted water to a boil for the udon noodles. Fill a second pot with a steamer basket and 2" of water and bring to a boil.
- 2 Pat the chicken breast dry and sprinkle with salt and pepper. Once the water is boiling in the steamer pot, reduce to a simmer. Place the chicken in the steamer basket and cover with a lid. Steam for about 10-15 minutes. Check after 10 minutes. The chicken is done when it reaches 165°F. Remove the chicken from the pot and let cool slightly before shredding by hand or with two forks.
- 3 Another option is to poach the chicken. To poach the chicken, bring a large pot of water seasoned with the salt and pepper to a simmer. Add the chicken and simmer for 10-15 minutes. The key is to never let the water come to a boil. Check after 10 minutes and remove the chicken when it reaches 165°F. Shred the chicken as stated above.
- 4 Meanwhile, prepare the noodles by combining the brown sugar, rice wine vinegar, soy sauce and sesame oil in a small bowl. Make sure the sugar is totally dissolved.
- 5 Cook the udon noodles to al dente according to the package directions. Rinse with cool water and drain well. Toss the noodles while still warm in the sauce and put in the refrigerator until ready for use.
- 6 In a medium bowl, combine the shredded cabbage, chopped cilantro, and grated carrots.
- 7 For the peanut dressing, mix all the ingredients together using an immersion blender, food processor or a whisk.
- 8 To serve, divide the udon noodles between bowls and top with cabbage, carrot, and cilantro mixture. Top with shredded chicken. Garnish with fried shallots, crushed peanuts, and sesame seeds. Serve with a side of peanut dressing.



9

ARGENTINIAN STEAK SALAD

manchego cheese, chimichurri sauce



A hearty salad consisting of mild piquillo peppers, green olives, and nutty manchego cheese, all resting on a bed of peppery arugula and radicchio. Top it with grilled beef tri-tip steak, so juicy it would make a gaucho proud, and add the chimichurri to taste. But trust us — made with chopped cilantro, parsley, garlic, and olive oil, this vibrant Argentinian sauce is so good you'll want it smothered over every bite.

ARGENTINIAN STEAK SALAD

manchego cheese, chimichurri sauce



Difficulty Level 



Total Time: 1 hour, 30 minutes

Active Time: 20 minutes



NUT
FREE



EGG
FREE



GLUTEN
FREE

Argentinian Steak

- 2 pounds tri-tip steak
- 1 teaspoon canola oil
- 1 teaspoon ancho chili powder
- 1 teaspoon brown sugar
- ½ teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon ground coriander
- ½ teaspoon garlic powder

Chimichurri Sauce

- ¼ cup parsley
- ½ cup cilantro
- 2 jalapeños, deseeded
- 1 garlic clove, peeled
- 2 tablespoons apple cider vinegar
- ½ cup canola oil

Salad

- 2 large red onions, sliced ½-inch thick
- 2 cups radicchio, thinly sliced
- 4 cups baby arugula
- 8oz/227g jar piquillo peppers, drained and cut into thin strips
- ⅔ cup /4oz/113g mixed pitted olives
- 4oz/113g manchego cheese, shaved

Instructions

- 1 Brush the steak with the oil and season with salt and pepper. Mix the remaining seasonings in a small bowl and sprinkle over the steak, massaging lightly to rub in. If time permits, cover the steak, and refrigerate for one hour (or overnight) to absorb the flavors. Bring to room temperature for about 1 hour before cooking.
- 2 Preheat a grill pan to high heat with a drizzle of olive oil. Add the sliced red onions to one side of the grill and flip occasionally while you cook the steaks. Pat the steaks dry with paper towels and sprinkle both sides with salt and pepper. Grill the steak for 3 to 4 minutes per side to sear, then lower the heat to medium and cook until an instant-read thermometer reaches 130°F for rare, 140°F for medium rare and 145°F for medium done.
- 3 Transfer the grilled steak to a cutting board, let rest for 10 to 15 minutes, then slice against the grain.
- 4 To make the chimichurri, add all ingredients except the oil to a blender. Purée until smooth. With the motor running, drizzle in the oil until emulsified.
- 5 Divide radicchio and arugula between 4 serving plates and top with the sliced steak, grilled onions, peppers, olives, chimichurri, and cheese.



10

CALIFORNIA STYLE LOBSTER ROLL

lobster salad, watercress, salt + vinegar chips



A taste of “summah” on the Cape — with a West Coast twist — the star of this dish is tender lobster. Toss it with mayo, onion, celery, and Old Bay seasoning to form a delectable mixture just perfect for spooning liberally into a toasty warm roll, topping with watercress, and finishing with a zingy squeeze of lemon. Try some salt and vinegar kettle chips on the side.

CALIFORNIA STYLE LOBSTER ROLL

lobster salad, watercress, salt + vinegar chips



Difficulty Level 



Total Time: 10 minutes
Active Time: 10 minutes



NUT
FREE

Ingredients

- 2 pounds cooked lobster meat
- 4 scallions, sliced thinly
- ¾ cup mayonnaise
- 1 teaspoon old bay seasoning
- ½ white onion, diced
- 1 lemon, juiced
- 2 tablespoons Dijon mustard
- 4 celery stalks, diced
- 4 hot dog rolls, toasted
- 8 large lettuce leaves
- 1 lemon, sliced into wedges
- Salt and vinegar chips, for serving

Instructions

- 1 Combine the lobster meat, scallions, mayonnaise, old bay, onion, lemon juice, mustard, and celery in a large bowl. Season with salt and pepper.
- 2 Line each roll with lettuce leaves, divide the lobster salad between the rolls and serve with lemon wedges and chips on the side.



11

LAMB MOUSSAKA

goat cheese, greek side salad



A classic Greek comfort dish. Cook ground lamb with tomato, onion, garlic, oregano, basil, and a hint of both cumin and cinnamon. Layer it into a kind of Greek lasagna made with breaded eggplant, a creamy béchamel sauce, crumbled goat cheese, and toasted breadcrumbs. Bake the whole thing until bubbling and the flavors are blended into something truly scrumptious.

LAMB MOUSSAKA

goat cheese, greek side salad



Difficulty Level 



Total Time: 1 hour, 30 minutes
Active Time: 30 minutes



NUT
FREE

Filling

- 1 pound ground lamb
- 1 pound ground beef
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1 teaspoon chili flakes, to taste
- 1 onion, diced
- 3 celery stalks, diced
- 1 28-ounce can crushed tomatoes
- ½ teaspoon cinnamon
- ½ teaspoon cumin
- 1 teaspoon dried oregano
- Fresh basil, minced

Eggplant

- 2 small or 1 large eggplant, sliced into ¼ inch rounds
- ½ cup all-purpose flour
- 3 eggs, whisked
- ½ cup panko breadcrumbs

Lemon Shallot Vinaigrette

- 1 lemon, juiced
- 2 tablespoons rice wine vinegar
- 1 tablespoon tamari
- 1 teaspoon Dijon mustard
- 1 shallot, minced
- ½ cup canola oil
- Salt, to taste

Moussaka Assembly

- 1 cup store-bought bechamel sauce
- ½ cup crumbled goat cheese
- 2 tablespoons whole milk
- ¼ cup pecorino romano cheese
- ½ cup panko breadcrumbs
- ½ cup grated parmesan cheese
- ½ cup Italian parsley, chopped

Serving

- 3 heads romaine, chopped
- 1 cucumber, sliced
- 1 cup cherry tomatoes
- ½ red onion, diced
- ¼ cup pitted kalamata olives
- ½ cup crumbled feta cheese

LAMB MOUSSAKA

goat cheese, greek side salad

Instructions

- 1 Preheat the oven to 350°F
- 2 Make the filling by heating a large skillet over medium heat with the lamb and beef. Cook until browned. Drain off any excess oil and transfer the meat to a bowl.
- 3 Add the olive oil to the skillet over medium heat and sauté the garlic and chili flakes until the garlic is golden. Add the onion and celery and cook until soft, about 5 minutes.
- 4 Add the tomatoes, cinnamon, cumin and oregano. Bring to a boil, reduce to a simmer and cook for 20 minutes.
- 5 Stir the meat into the sauce and return to a simmer for 20 more minutes. Remove from heat and stir in the basil.
- 6 Place the flour, eggs and breadcrumbs in three separate bowls. Bread the eggplant by first dipping it in flour, flipping to coat both sides. Then dip in the eggs, and finally the breadcrumbs. Place the breaded eggplant on a baking sheet.
- 7 Heat 1 inch of oil in a skillet and heat to 375°F. Fry the eggplant, working in batches and flipping halfway through. They're done when the breading is golden brown. Transfer to a paper towel lined plate.
- 8 Combine the bechamel, goat cheese, milk and pecorino in a bowl.
- 9 To assemble the moussaka, spray a 9-inch baking dish with cooking spray. Line the bottom with fried eggplant, topped with meat filling, then bechamel, panko, parmesan and a sprinkle of parsley. Roast for 25 minutes, until golden and bubbly on top.
- 10 Whisk together the vinaigrette ingredients in a small bowl or blender.
- 11 In a large bowl, combine the romaine, cucumber, tomatoes, onion, olives, feta and dressing.
- 12 To serve, divide the moussaka and salad between plates.



12

BASIL ROASTED SALMON

white corn edamame succotash, tomato salad



Marinate salmon fillets in a basil, garlic, and shallot purée before roasting. Serve with a succotash of sweet corn, poblano chilies, and edamame. Drizzle with a sauce of puréed basil and tomato vinaigrette.

BASIL ROASTED SALMON

white corn edamame succotash, tomato salad



Difficulty Level 



Total Time: 4 hours
Active Time: 30 minutes



NUT
FREE



EGG
FREE



GLUTEN
FREE

Salmon

- 2 cups basil
- 1 shallot, chopped
- 2 garlic cloves, minced
- ½ cup olive oil
- ½ teaspoon salt, to taste
- 4 salmon fillets

Succotash

- 1 tablespoon olive oil
- ½ yellow onion, diced
- 2 garlic cloves, minced
- 1 red bell pepper, minced
- 1 poblano pepper, minced
- 2 cups corn kernels
- 1 cup vegetable stock
- ½ pint cherry tomatoes
- 1 cup edamame, thawed

Vinaigrette

- 1 lemon, juiced
- 2 tablespoons rice wine vinegar
- 1 tablespoon tamari
- 1 teaspoon Dijon mustard
- 1 shallot, minced
- ½ cup canola oil
- ½ pint cherry tomatoes, halved
- ½ cup chopped basil
- ¼ red onion, diced
- Salt and pepper, to taste

Instructions

- 1 Bring a large pot of salted water to a boil. Submerge the basil all at once for 30 seconds, then remove and run under cold water in a colander. Place in a blender, along with the shallot, garlic, olive oil and salt. Puree until smooth.
- 2 Cover the salmon with the sauce and marinate overnight or for at least 4 hours.
- 3 Preheat the oven to 400°F.
- 4 To make the succotash, heat the oil in a large skillet. Add the onions, garlic and both peppers and sauté for 3-4 minutes. Add the corn, stock and season with salt and pepper. Bring to a simmer for 10-15 minutes, until tender. Adjust seasoning and cool.
- 5 Place the salmon on a baking sheet, discarding marinade. Roast for 15-18 minutes, until cooked through.
- 6 When the succotash is cool, stir in the tomatoes and edamame.
- 7 Whisk together the vinaigrette ingredients in a small bowl or blender.
- 8 To serve, divide the salmon and succotash between plates. Top with vinaigrette.



13

WEEKNIGHT ROAST CHICKEN DINNER

fennel roasted carrots and fingerling potatoes



This cozy staple brings any weeknight to life. Give chicken breast the royal treatment by soaking it overnight in an herb-laced salt brine to lock in moisture and infuse flavor. Then marinate the chicken in a rosemary-herb mixture before roasting it to juicy perfection, just like Mom used to make. Roasted rainbow carrots and salted fingerling potatoes turn this dish into a meal that is simple, complete, and delicious.

WEEKNIGHT ROAST CHICKEN DINNER

fennel roasted carrots and fingerling potatoes



Difficulty Level 



Total Time: 25 hours, including marinating
Active Time: 30 minutes



NUT
FREE



EGG
FREE



DAIRY
FREE

Chicken

- 2 garlic cloves, chopped
- 5 sage leaves, chopped
- 6 thyme sprigs, leaves picked from the stems
- 6 rosemary sprigs, leaves picked from the stems and chopped
- 1 bunch Italian parsley, chopped
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 4 boneless, skinless chicken breasts
- Fresh parsley, for garnish

Herb Lemon Roasted Fingerling Potatoes

- 1½ pounds fingerling potatoes, halved
- 2 teaspoons fresh thyme leaves
- ½ cup fresh Italian parsley, chopped
- 2 tablespoons canola oil
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 lemon, juiced

Fennel Roasted Rainbow Carrots

- 8 rainbow carrots, sliced into ¼ inch rounds
- 2 tablespoons canola oil
- 1 teaspoon ground fennel seed
- ½ teaspoon kosher salt, to taste
- ¼ teaspoon ground black pepper, to taste

Chicken Gravy

- ½ cup canola oil
- ¼ cup all-purpose flour
- 1 cup chicken stock
- Salt and pepper, to taste
- Fresh thyme leaves

WEEKNIGHT ROAST CHICKEN DINNER

fennel roasted carrots and fingerling potatoes

Instructions

- 1 Combine the garlic, sage, thyme, rosemary, parsley, olive oil, salt and pepper in an airtight bag. Add the chicken and marinate overnight.
- 2 Preheat the oven to 450°F. Roast the chicken on a baking sheet until the internal temperature reaches 155°F. Remove from the oven, cover, and let rest. The chicken should rise to 165°F internal temperature as it rests.
- 3 Toss the carrots on a baking sheet with the oil, fennel, salt and pepper. Roast for 15-20 minutes, until fork-tender. For color, turn on the broiler and char the carrots for a few minutes.
- 4 Toss the potatoes on a baking sheet with the oil, salt, and pepper. Roast until the potatoes are fork-tender, but not mushy, about 15-20 minutes.
- 5 Let cool, then toss the potatoes with thyme, parsley, and lemon juice.
- 6 To make the gravy, in a medium saucepan, combine the oil and flour over low heat. Cook for 7-10 minutes. Add the chicken stock, stirring with a whisk. Bring to a simmer, then season with salt, pepper and thyme. Use water, as necessary to thin out the gravy.
- 7 Serve the chicken alongside Fennel Roasted Rainbow Carrots and Herb Lemon Roasted Fingerling Potatoes. Drizzle with gravy and garnish with fresh parsley.



14

RED WINE BRAISED SHORT RIBS

mashed potatoes and romanesco



Hello culinary comfort. Brush beef short ribs with bold red wine before braising them to tender perfection. Serve them with creamy sour cream mashed potatoes and steamed romanescos. And of course, delicious almond and garlic picada for extra flavor and crunch.

RED WINE BRAISED SHORT RIBS

mashed potatoes and romanesco



Difficulty Level 



Total Time: 1 hour, 30 minutes

Active Time: 30 minutes



GLUTEN FREE

Short Ribs

- 4 (8-ounce) bone-in short ribs
- Salt and pepper
- 4 carrots, diced
- 1 yellow onion, diced
- 2 tablespoon fresh rosemary leaves
- 1 tablespoon fresh thyme leaves
- 2 bay leaves
- 2 tablespoon canned tomato paste
- 4 cups water
- 1 cup red wine
- 2 beef bullion cubes

Mashed Potatoes

- 3 large russet potatoes, peeled
- 3 yukon potatoes, unpeeled
- 1½ cups whole milk
- 1 cup sour cream
- 3 tablespoons unsalted butter
- Kosher salt, to taste

Steamed Romanesco

- 1 large or 2 small heads romanesco, cut into florets
- 2 tablespoons canola oil
- Kosher salt, to taste

Picada

- 1 cup chopped toasted almonds
- 3 tablespoons fried garlic chips
- ½ bunch fresh parsley, roughly chopped

Instructions

- 1 Preheat the oven to 350°F.
- 2 Season the short ribs with salt and pepper. Heat a skillet over medium heat and sear the short ribs, turning to brown all sides. Transfer to a plate.
- 3 Place the carrots, onions, rosemary, thyme, and bay leaf in a braising dish. Place the seared short ribs on top, and add in the tomato paste, water, wine, bullion cubes.
- 4 Braise for about 90 minutes, until the meat yields no resistance when a skewer is inserted.
- 5 Place the potatoes in a large saucepan and cover with cold water. Bring to a simmer and cook until the potatoes are fork-tender, about 40 minutes. Drain.
- 6 Mash the potatoes while you add the milk, cream, butter and salt.
- 7 To make the romanesco, bring 1 inch of water to a boil in a saucepan with a steamer basket. Add the romanesco and cook until fork-tender, about 5 minutes.
- 8 Drain and toss the romanesco with oil and salt to taste.
- 9 To make the picada, combine the almonds, garlic chips and parsley in a small bowl.
- 10 To assemble the plate, serve the short ribs on a bed of mashed potatoes topped with picada, with steamed romanesco on the side.



15

SPLICED CHICKEN & SPANAKOPITA RICE

spinach, feta cheese, tzatziki



Opa! This chicken dish pays homage to traditional spanakopita, but with its own twist. Start with grilled chicken breast marinated in shawarma spices, and surround it with a bed of spanakopita-inspired spinach basmati rice. On the side, add a lemon wedge and a traditional veggie tzatziki sauce with onions, carrots, cucumbers, and mint.

SPICED CHICKEN & SPANAKOPITA RICE

spinach, feta cheese, tzatziki



Difficulty Level 



Total Time: 4 hours

Active Time: 20 minutes



NUT
FREE



EGG
FREE



GLUTEN
FREE

Marinade

- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- ½ teaspoon turmeric
- 1 garlic clove
- ½ teaspoon cinnamon
- ½ teaspoon chile flakes
- ½ cup olive oil
- 1 lemon, juiced
- Salt and pepper, to taste

Chicken

- 4 boneless, skinless chicken breasts
- ½ lemon, cut into wedges

Spanakopita Rice

- 2 cups white basmati rice
- 2 cups baby spinach
- 2 tablespoons minced mint
- 2 tablespoons minced dill
- 1 garlic clove, minced
- ½ cup crumbled feta
- 1 lemon, juiced
- 2 tablespoons olive oil
- Salt and pepper, to taste

Veggie Tzatziki

- 1 cup plain yogurt
- ½ red onion, diced
- 1 cucumber, diced
- 1 carrot, diced or cut into matchsticks
- 1 tablespoon minced mint
- 1 tablespoon minced cilantro
- Salt and pepper to taste

SPICED CHICKEN & SPANAKOPITA RICE

spinach, feta cheese, tzatziki

Instructions

- 1 Combine all marinade ingredients in a blender and purée into a paste. Coat the chicken in the paste and marinate overnight or for at least 4 hours.
- 2 Preheat the oven to 350°F.
- 3 Remove the chicken from the marinade, discard marinade and season chicken with salt and pepper. Roast on a baking sheet until cooked through, about 22-28 minutes. Slice the chicken into ½ inch pieces on the bias.
- 4 Place the rice, 4 cups of water and a pinch of salt in a saucepan. Bring to a simmer, cover, and cook until the grains are tender, about 20 minutes. Remove from heat. Stir in the spinach, cover, and steam for 5 minutes, until wilted. Stir in the herbs, feta, lemon juice and oil. Season with salt and pepper.
- 5 Combine all of the tzatziki ingredients in a small bowl.
- 6 To serve, divide spanakopita rice and spiced chicken between plates. Top with tzatziki and serve with a lemon wedge.



16

SPAGHETTI & MEATBALLS ARRABBIATA

spicy tomato sauce and parmigiano-reggiano



This dish proves that great ingredients elevate great dishes, no matter how simple. Make tender meatballs with equal parts ricotta and ground meat (pork and beef), deftly seasoned with garlic, oregano, and chili flakes. Spice your tomato sauce with the same herbs for continuity, and top the dish with crunchy olive oil-roasted breadcrumbs and protein-packed parmigiano-reggiano.

SPAGHETTI & MEATBALLS ARRABBIATA

spicy tomato sauce and Parmigiano-Reggiano



Difficulty Level 



Total Time: 25 hours, including chilling
Active Time: 30 minutes



NUT
FREE

Pork and Beef Meatballs in Sauce

- ½ cup shredded Parmesan
- 1 pound ricotta
- 2 eggs
- 1½ teaspoons kosher salt
- 1 teaspoon chile flakes, to taste
- ½ teaspoon pepper
- 2 teaspoons dried oregano, divided
- 1 pound ground pork
- 1 pound ground beef
- 1 tablespoon olive oil
- 2 garlic cloves
- 2 15-ounce cans crushed tomatoes

Crushed Breadcrumbs

- ½ baguette
- Extra-virgin olive oil
- Salt and pepper to taste

Simple Tomato Sauce

- 1 tablespoon olive oil
- 2 garlic cloves, minced
- ½ teaspoon chili flakes, to taste
- 2 15-ounce cans crushed tomatoes
- 8 basil leaves, minced
- Salt and pepper, to taste

Spaghetti

- 8 ounces dry spaghetti
- Olive oil
- ½ cup shaved Parmesan, for garnish
- Italian parsley, for garnish
- Fresh basil, for garnish

SPAGHETTI & MEATBALLS ARRABBIATA

spicy tomato sauce and Parmigiano-Reggiano

Instructions

- 1 To make the meatballs, combine the parmesan, ricotta, eggs, salt, chile flakes, pepper, and 1 teaspoon oregano in a mixing bowl. Fold the meat in until just combined. Chill overnight.
- 2 To make the sauce, heat the olive oil in a small saucepan. Add the garlic and remaining oregano and cook for 1 minute, until fragrant. Add a pinch of chile flakes and cook for 1-2 minutes.
- 3 Stir in the crushed tomatoes and bring to a simmer for 20 minutes. Season with salt and pepper.
- 4 Preheat the oven to 320°F for the breadcrumbs. Spread the bread slices out on a baking sheet. Brush with olive oil and sprinkle with salt and pepper. Roast until toasted, for 12-15 minutes.
- 5 Cool the bread, then pulse in a food processor until broken down into breadcrumbs. Drizzle with more olive oil, salt and pepper to taste.
- 6 Increase the oven to 500°F for the meatballs. Form the meat mixture into 2-inch meatballs and arrange in a baking dish with sides. Roast for 8 minutes, turn the meatballs, and continue to cook until they register an internal temperature of 165°F. Add the sauce to the baking dish and continue cooking for 25 minutes.
- 7 To make the simple tomato sauce, heat the olive oil in a small saucepan. Add the garlic and cook for 1 minute, until fragrant. Add the chile flakes and cook for 1-2 minutes. Stir in the crushed tomatoes and bring to a simmer. Stir in the basil and remove from the heat. Season with salt and pepper.
- 8 Meanwhile, bring a large pot of salted water to a boil. Add the spaghetti and cook according to package instructions. Drain the pasta, return to the pot, and drizzle with olive oil.
- 9 To serve, place the cooked pasta in a serving dish. Top with meatballs, sauce, parmesan, breadcrumbs, parsley and basil for garnish.



17

GARGANELLI WITH SAUSAGE RAGU

basil pesto and parmigiano-reggiano



Inspired by the rich, hearty recipes from Bologna, Italy, this long-cooked meat sauce gets its distinct flavor from extra virgin olive oil, pork sausage, beef and chopped tomato. Toss with pasta and top with shaved Parmigiano-Reggiano cheese and basil pesto.

GARGANELLI WITH SAUSAGE RAGU

basil pesto and parmigiano-reggiano



Difficulty Level 



Total Time: 40 minutes
Active Time: 30 minutes



Pasta

- 1 tablespoon olive oil
- 2 garlic cloves, minced
- ½ teaspoon chile flakes
- 1 yellow onion, diced
- 2 celery stalks, diced
- 2 carrots, diced
- 1 pound Italian mild pork sausage
- 1 15-ounce can crushed tomatoes
- 1 15-ounce can diced tomatoes
- Salt and pepper to taste
- 8 ounces garganelli pasta

Pesto

- 1 lemon, juiced
- 1 garlic clove
- 1 tablespoon pine nuts
- ¼ cup shredded Parmesan cheese
- ½ cup basil leaves
- ⅓ cup baby arugula
- 2½ tablespoons olive oil
- ⅛ teaspoon salt
- Pinch black pepper

Serving

- Shaved Parmesan

Instructions

- 1 In a large, cold skillet, add the oil, garlic and chili flakes. Cook over medium-low heat until golden. Add the onion, celery, carrot and salt and pepper. Add the sausage and cook until brown, breaking it into small pieces. Strain out any excess fat in the pan.
- 2 Add the crushed and diced tomatoes and bring to a boil. Season to taste with salt and pepper and simmer for about 10 minutes, stirring regularly.
- 3 Bring a large pot of salted water to a boil. Add the pasta and cook according to package instructions. Drain the pasta, return to the pot, and drizzle with olive oil to prevent sticking.
- 4 Meanwhile, make the pesto. Combine all of the ingredients, except the oil in a blender, food processor, or immersion blender. Process until mostly smooth. With the motor running, slowly add the oil until you reach a smooth and creamy consistency. It is important that you add the oil slowly and not all at once.
- 5 Toss the pasta with the ragu. Divide between plates and top with pesto and parmesan.



18

RED CHILI BEEF SHORT RIB TACOS

tortilla chips and two salsas



This dish will make you wish every day was Taco Tuesday. Start by braising red chili short ribs to moist and flavorful perfection. Then, DIY your tacos with your favorite toppings and condiments: red onions tossed with fresh cilantro, pickled carrots for a hint of acidity, and crunchy blue corn tortilla chips. And why not go all-out with two kinds of homemade salsa: mild tomatillo and spicy roasted tomato salsa?

RED CHILI BEEF SHORT RIB TACOS

tortilla chips and two salsas



Difficulty Level 



Total Time: 1 hour, 30 minutes
Active Time: 30 minutes



NUT
FREE



EGG
FREE



DAIRY
FREE

Pickled Carrots & Onions

- 1 cup rice wine vinegar
- 1 teaspoon kosher salt
- 1 teaspoon Mexican oregano
- 1 red onion, sliced thinly
- 3 carrots, cut into matchsticks

Red Chili Adobo

- 2 Guajillo chiles, destemmed and deseeded
- 1 cup orange juice
- 2 teaspoons dried oregano
- 2 garlic cloves, peeled
- ½ teaspoon cinnamon
- 1 teaspoon cumin
- ½ teaspoon black pepper, to taste
- 2 cups water
- 1 teaspoon kosher salt, to taste
- ½ cup apple cider vinegar
- 2 ancho chiles, destemmed and deseeded

Short Rib Rub

- 1 tablespoon sugar
- 1 tablespoon paprika
- 1 teaspoon sumac
- ½ teaspoon ancho chile powder
- 1 teaspoon cumin
- 1 teaspoon kosher salt
- 1 teaspoon Mexican oregano

Braised Short Ribs

- 4 (8-ounce) bone-in short ribs

Roasted Tomato Arbol Salsa

- 8 Roma tomatoes
- 1 yellow onion, diced
- 3 garlic cloves
- 2 whole chiles de arbol
- 1 tablespoon honey, to taste
- ½ cup cilantro
- Salt and pepper, to taste

Tomatillo Salsa No. 5

- 3 cups tomatillos, divided
- 3 garlic cloves, peeled
- 1-2 jalapeños, destemmed, to taste
- 1 cup fresh cilantro
- Kosher salt, to taste
- 1 tablespoon honey, to taste

Tacos

- 12 blue or white corn tortillas
- 2 limes, sliced into wedges
- ½ red onion, diced
- ½ cup chopped cilantro
- Tortilla chips

RED CHILI BEEF SHORT RIB TACOS

tortilla chips and two salsas

Instructions

- 1 To make the pickles, combine the vinegar, salt and oregano in a mixing bowl. Add the carrots and onions, add more vinegar if necessary to fully submerge the vegetables, and let sit for 24 hours.
- 2 To make the adobo, preheat the oven to 450°F. Place the whole chilis in the oven for 2 minutes, stirring every 30 seconds, until toasted.
- 3 Place the toasted chilis in a saucepan, along with the remaining ingredients and bring to a boil. Turn off the heat and soak until the chilis are soft. Purée with an immersion blender or regular blender, adding water as necessary to thin out the sauce.
- 4 Lower the oven to 265°F.
- 5 Combine all of the short rib rub ingredients together and coat the short ribs in the rub. Place in a braising dish, along with the adobo sauce, cover and cook for about 90 minutes, until the meat is very tender. Remove the meat from the braising pan, and cover to keep warm.
- 6 Skim any fat off the surface of the braising liquid and season with apple cider vinegar and salt, to taste.
- 7 For the roasted salsa, preheat the oven to 500°F. Place the tomatoes, garlic and onions on a baking sheet and roast until lightly charred. Remove from the oven and cool. Reduce the oven to 450°F. Break open the chili and roast for 15 seconds, until brown, but not black. Place the toasted chili in warm water and soak for 10 minutes. Combine the roasted vegetables, drained soaked chili, honey, cilantro, salt, and pepper in a blender and blend until mostly smooth, with some chunks remaining.
- 8 To make the tomatillo salsa, In a saucepan, combine ½ cup tomatillos, garlic, and enough water to just cover the vegetables. Bring to a boil, reduce heat to a simmer and cook until soft. Remove from heat, drain, and cool.
- 9 Transfer the cooked tomatillos to a blender, along with the remaining tomatillos, cilantro, salt and honey. Blend, adding water as necessary to reach a smooth consistency.
- 10 To assemble the tacos, fill the taco shells with braised short ribs, top with tomato arbol salsa, tomatillo salsa, pickled carrots and onions, cilantro, chopped purple onions, and serve with lime wedges and tortilla chips on the side.



19

FRENCH DIP BEEF SANDWICH

horseradish, pickled onions, steak fries



Heat thinly sliced roast beef in rich beef au jus, then pile it high on a toasted roll that's slathered with horseradish sour cream, pickled red onions, and peppery watercress. Serve with a side of rosemary roasted potatoes and beef pan juices for dipping, of course!

FRENCH DIP BEEF SANDWICH

horseradish, pickled onions, steak fries



Difficulty Level 



Total Time: 30 minutes
Active Time: 30 minutes



NUT
FREE



EGG
FREE

Pickled Red Onions

- ½ cup water
- 1 tablespoon sugar
- ½ cup rice wine vinegar
- 1 teaspoon salt
- 1 red onion, sliced

Beef Jus

- 1 beef bouillon cube
- 1 tablespoon soy sauce
- ½ teaspoon celery salt
- 1 teaspoon dried thyme
- 2 tablespoons minced Italian parsley
- 2 cups water
- Salt, to taste

Rosemary Roasted Potatoes

- 2 pounds yukon gold potatoes, sliced into wedges
- 2 tablespoons canola oil
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 4 sprigs rosemary, diced

Horseradish Sour Cream

- 1 cup sour cream
- ¼ cup chopped chives
- 2 tablespoons prepared horseradish sauce
- Salt and pepper to taste

Sandwich

- 2 pounds thinly sliced roast beef
- Lettuce
- 4 hero rolls

Instructions

- 1 In a small saucepan, heat the water, sugar, vinegar, and salt. Place the onions in a heatproof bowl, cover with the vinegar mixture and cool at room temperature.
- 2 Preheat the oven to 450°F.
- 3 In a large pot, combine the beef jus ingredients and bring to a simmer. Cook for 20 minutes, strain, and adjust seasoning.
- 4 Toss the potatoes on a baking sheet with the oil, salt, pepper, and rosemary. Roast until fork-tender, but not mushy, about 15-18 minutes.
- 5 Combine all of the sour cream ingredients in a small bowl.
- 6 To serve, split the hero rolls and spread with sour cream. Fill with roast beef, lettuce and pickled red onions. Serve with roasted potatoes and jus for dipping.



20

CHICKEN PARMESAN

spaghetti, parmigiano-reggiano, tomato sauce

4.5
STARS



(1,602 reviews)

Brine chicken breast before frying for succulent flavor in this Chicken Parmesan, which is breaded in a scrumptious blend of panko breadcrumbs and Parmigiano-Reggiano. Then follow the classic method of melting mozzarella cheese over the top for gooey and crunchy in the every bite. As a fun twist, serve this delight on spaghetti with tomato sauce—simply drizzle on the additional Parmigiano-Reggiano and twirl away.

CHICKEN PARMESAN

spaghetti, parmigiano-reggiano, tomato sauce



Difficulty Level 



Total Time: 22 hours, including brining
Active Time: 40 minutes



Brine

- 1 teaspoon salt
- 2 garlic cloves, minced
- 1 tablespoon sugar
- 1 tablespoon whole peppercorns
- 1 tablespoon minced thyme
- 1 tablespoon minced parsley
- 1 bay leaf

Chicken

- 1 cup shredded parmesan
- 1 cup shredded mozzarella
- 4 boneless, skinless chicken breasts, pounded flat
- 1 cup panko breadcrumbs
- 3 eggs, lightly beaten
- 1 cup all-purpose flour
- Canola oil for frying

Pasta

- 8 ounces fettuccine
- 1 tablespoon olive oil

Simple Tomato Sauce

- 1 tablespoon olive oil
- 2 garlic cloves, minced
- ½ teaspoon chile flakes, to taste
- 2 15-ounce cans crushed tomatoes
- 8 basil leaves, minced
- Salt and pepper, to taste

Serving

- Italian parsley, chopped
- Shredded parmesan

CHICKEN PARMESAN

spaghetti, parmigiano-reggiano, tomato sauce

Instructions

- 1 Combine the brine ingredients in a large bowl. Add the chicken and cover with water. Marinate overnight, no more than 21 hours.
- 2 In a small bowl, combine the parmesan and mozzarella.
- 3 Preheat the oven to 350°F. Set a wire rack over a baking sheet.
- 4 Heat 1 inch of oil in a shallow skillet to 375°F.
- 5 Place the breadcrumbs in one bowl, the eggs in a second, and the flour in a third. Season each bowl with salt and pepper.
- 6 Dip the chicken first into the flour, then into the eggs, and lastly into the breadcrumbs and place on a baking sheet or large plate.
- 7 When the oil is hot, fry the breaded chicken until golden brown, turning once. Transfer to the prepared wire rack and cover each piece with a handful of cheese before finishing in the oven until the chicken reaches an internal temperature of 165°F.
- 8 Meanwhile, make the sauce. Heat the olive oil in a small saucepan. Add the garlic and cook for 1 minute, until fragrant. Add the chile flakes and cook for 1-2 minutes. Stir in the crushed tomatoes and bring to a simmer. Stir in the basil and remove from the heat. Season with salt and pepper.
- 9 Bring a large pot of salted water to a boil. Add the pasta and cook according to package instructions. Drain, return to the pot, and toss with olive oil.
- 10 To serve, toss the pasta with sauce, reserving some for topping, and divide between bowls. Top with chicken parmesan, more sauce and a sprinkle of parsley and parmesan.



MUNCHERY

eat better at home

