



WELCOME!

We're grilling an overlooked cut of meat this week: the Boston butt steak. It's tender and juicy, but cooks super fast for lots of flavor.

We love a soft pita, but you can serve this spiced (but not spicy) grilled pork over grains or salad greens. We think the olive tapenade really makes it!

PREP AHEAD

To make your week easier, check through this quick prep list on Sunday to get ahead of the game.

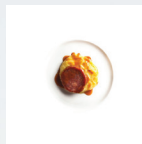
1. Make the spice rub and season the pork for Monday.
2. Make the chile-garlic noodle sauce.
3. Make the Sun-Dried Tomato Pesto and marinade for Thursday's veggies.



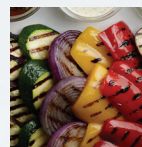
MONDAY
Spiced Pork Pita



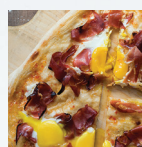
TUESDAY
Chilled Chile-Garlic Noodles with Shrimp



WEDNESDAY
Polenta with Sopressata and Vinegar Sauce



THURSDAY
Marinated Veggies on Baguette with Sun-Dried Tomato Pesto



FRIDAY
Prosciutto and Egg Pizza





SPICED PORK PITAS

Boston butt steaks are slices off of a larger Boston butt roast. They are usually about 1-inch thick, and unlike the larger roast, you can grill them hot and fast for a juicy, tender meat. If you can't find the Boston butt steak, ask your butcher if they will cut one for you. Otherwise, you can replace it with pork chops (not quite as juicy, but quick to cook).

INGREDIENTS:

- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1 1/2 tsp dried oregano
- 1/2 tsp granulated garlic
 - 1/2 tsp paprika
 - 3/4 tsp kosher salt
- 1/2 tsp freshly ground black pepper
 - 2 Boston butt steaks (about 1 lb each)
 - 3 cups baby arugula
- 1 1/2 cups olive tapenade
 - 6 pitas, warmed

1. In a small bowl, combine the cumin, coriander, oregano, garlic, paprika, salt, and pepper.

2. Place the pork in a large baking dish or on a baking sheet. Sprinkle the pork with the spice mixture on both sides and rub it all over. The steaks should be generously and evenly coated. Cover and refrigerate for at least an hour and up to overnight.

3. Prepare a grill for medium heat cooking and oil the grates as needed. Cook the pork until well browned on both sides and just cooked through, about 4 minutes per side. Set aside to rest for about 10 minutes, then slice, removing the bone, if needed.

4. To serve, stuff each pita with arugula, olive tapenade, and sliced pork.

SERVES 6



DISH
EAT. DRINK. DISCOVER.



Chilled Chile-Garlic NOODLES WITH SHRIMP

This recipe makes more sauce than you need, but it will keep well, so you can use it again on fish, chicken, or even steak. These noodles are great with shrimp, but you can make it vegetarian with crispy tofu or sautéed mushrooms.

INGREDIENTS:

- 1 large shallot, thinly sliced
- 6 cloves garlic, thinly sliced
- 1 tablespoon minced ginger
 - 1 cinnamon stick
 - 3 star anise pods
- 3/4 cup vegetable oil
- 16 oz udon noodles or dried spaghetti
 - 1 1/2 tsp sugar
 - 1 tbsp soy sauce
- 1 tsp unseasoned rice vinegar
- 2 tbsp crushed red pepper flakes
 - 1/4 tsp kosher salt, plus more, to taste
 - 1 lb large shrimp, peeled and deveined
- 1/4 cup sliced scallions

1. In a medium saucepan, combine the shallot, garlic, ginger, cinnamon, anise, and oil. Bring to a gentle simmer and cook, stirring occasionally, until the shallot and garlic are crisp and golden brown, about 25 minutes.

2. Meanwhile, bring a large pot of salted water to boil. Add the noodles and cook until al dente, about 8 minutes (depending on the style of noodle; follow the directions on your package). Drain and run under cold water until chilled. Transfer to a large bowl and set aside.

3. Remove the shallot oil from the heat and set aside to cool slightly. Remove the cinnamon and star anise pods, add the sugar, soy sauce, vinegar, pepper flakes, and salt, and stir to combine. Set aside.

4. Remove about 1 tbsp oil from the chile-garlic oil and heat in a skillet over medium-high heat. Add the shrimp and cook, flipping occasionally, until cooked through and brown around the edges. Add to the bowl with the noodles and add the chile-garlic oil (you won't use it all). Toss to coat. Garnish with scallions to serve.

SERVES 6



DISH
EAT. DRINK. DISCOVER.



Polenta with Sopressata AND VINEGAR SAUCE

This is such a simple dinner, but feels like a special treat. Use this basic polenta base and top it with anything: leftover pasta sauce, pot roast, or even just a simple fried egg and drizzle of olive oil.

INGREDIENTS:

- 2 quarts water
- 2 tbsp kosher salt
- 1/4 cup extra-virgin olive oil
- 8 oz (1 3/4 cups) cornmeal
- 6 thick slices sopressata, sliced 1/4-inch thick (about 12 oz)
- 1/2 cup dry white wine vinegar

Chef's Note: Sopressata is usually much larger in diameter than a regular salami, so one slice per person is usually enough, but if you are using any other type of good-quality soft salami, you may have to increase the number of slices for each serving.

1. Bring the water to a simmer in a large saucepan over medium heat. Add the salt and oil, and then slowly add the cornmeal, whisking continuously. Let simmer gently until the polenta is done, stirring frequently with a wooden spoon to make sure the polenta does not stick, 30 to 40 minutes. (The cooking time may vary depending upon the coarseness of your cornmeal.) Remove the polenta from the heat, adjust the seasoning with salt, and keep warm.
2. Heat a sauté pan over medium-high heat (you will not need any fat in the pan since the sopressata is quite fatty on its own). Add the sopressata to the pan, working in batches to cook it in a single layer. When the fat begins to melt and the sopressata is browned on both sides, remove it from the pan. Drain on paper towels.
3. Add the vinegar to the fat in the pan and simmer very briefly over medium heat, just long enough to make a thick sauce, about 1 minute. If the sauce appears too greasy, add a few teaspoons of water and mix well to thicken the sauce.
4. Spoon the hot polenta onto heated plates and top each serving with a slice of the fried sopressata. Pour the pan sauce over the sopressata and polenta and serve at once.

SERVES 6



DISH
EAT. DRINK. DISCOVER.



Marinated Veggies ON BAGUETTE

Stuff + baguette is the formula for the easiest dinner any night of the week. Marinated grilled veggies are a great no-meat option, but you can add shredded rotisserie chicken, grilled shrimp, or mashed chickpeas, too.

INGREDIENTS:

- 1 cup vegetable oil
- 1/4 cup soy sauce
- 2 tbsp fresh lemon juice
- 1 tbsp minced garlic
- 1/2 tsp crushed fennel seeds
- 1 tbsp minced rosemary
- 2 zucchini, sliced
- 3 eggplants, sliced
- 1 yellow onion, sliced into rings
- Kosher salt, as needed
- Freshly ground black pepper, as needed
- 1 green bell pepper
- 1 red bell pepper
- Sun-Dried Tomato Pesto (recipe follows)
- 1 baguette, for serving

1. In a large bowl, combine the vegetable oil, soy sauce, lemon juice, 1 tablespoon of the garlic, the fennel seeds, and rosemary to make a marinade. Add the zucchini, eggplant, and onion and gently toss to evenly coat. Marinate the vegetables for 1 hour. Drain any excess marinade off the vegetables before grilling.

2. Preheat the grill for medium-heat cooking. Season the zucchini, eggplant, and onion with salt and black pepper. Place the vegetables on the grill and cook until browned on one side, about 2 minutes. Turn once and cook on the second side until the vegetables are tender, about 2 minutes more. Remove from the grill.

3. Grill or broil the bell peppers until evenly charred on all sides. Transfer to a stainless steel bowl, cover with plastic wrap, and let cool 30 minutes. Remove the skin, core, seeds, and ribs, and slice.

4. Cut the baguette in half and serve with the veggies and sun-dried tomato pesto.

SERVES 4



DISH
EAT. DRINK. DISCOVER.



Sun-Dried Tomato PESTO

This pesto stores really well, so make it over the weekend, if you like. You can leave out the cheese to make this fully vegan.

INGREDIENTS:

- 6 garlic cloves
- Salt, as needed
- 1/3 cup pine nuts
- 2 cups sun-dried tomatoes,
packed in oil
- 1/2 cup extra-virgin olive oil,
plus more as needed
 - 1 cup basil leaves
- 1 cup grated Parmigiano-Reggiano

1. Mash the garlic and salt together to a smooth paste.
2. Place the garlic paste and pine nuts in a food processor and blend until smooth. Add the sun-dried tomatoes and olive oil and blend slowly until a smooth, fluid consistency is achieved. Add the basil leaves and continue to blend until the basil is incorporated
3. Add the cheese and more olive oil, if needed, and blend until smooth. Taste and adjust with salt, as needed.

MAKES 2 CUPS



DISH
EAT. DRINK. DISCOVER.



Prosciutto and Egg PIZZA

If you can't find red pepper jelly, you can use fig jam, leftover Sun-Dried Tomato Pesto, basil pesto, or even Thai sweet chile sauce in its place. If you want to add some veggies, very thinly shaved Brussels sprouts would crisp up nicely in the hot oven and add lots of flavor.

INGREDIENTS:

- 1 lb prepared pizza dough
- 1/4 cup red pepper jelly
- 6 oz thinly sliced prosciutto
 - 6 eggs

1. Preheat an oven to 525°F. Preheat a pizza stone, if you like.
2. Stretch or roll the pizza dough into a 16-inch circle and place on an oiled pizza pan (if using a pizza stone, place on a well-floured pizza peel).
3. Spread the dough all over with the red pepper jelly. Top with prosciutto and transfer to the oven. Bake until browned around the edges, about 10 minutes.
4. Remove from the oven and crack the eggs directly onto the pizza, spacing them evenly apart. Return to the oven and bake until the eggs are cooked to your desired doneness (about 7 minutes for runny yolks). Slice and serve right away.

SERVES 6



DISH
EAT. DRINK. DISCOVER.

DINNER SHOPPING LIST

PROTEIN

- 2 Boston butt steaks
(about 1 lb each)
- 1 lb large shrimp
- 6 thick slices sopressata
- 6 oz thinly sliced
prosciutto

SPICES

- 1/2 tsp crushed
fennel seed
- 1 cinnamon stick
- 2 star anise pods
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp granulated garlic
- 1/2 tsp paprika

PANTRY

- 1 1/4 cup olive oil
- 2 cups vegetable oil
- 1/2 cup white
wine vinegar
- 2 cups sun-dried
tomatoes, packed in oil
- 2/3 cup ketchup
- 1/4 cup red pepper jelly
- 16 oz udon noodles
- 8 oz cornmeal
- 1/3 cup soy sauce
- 1 tsp unseasoned
rice vinegar
- 1/2 tsp sugar
- 1/2 tsp coarse sea salt
- 5 pitas
- 1 baguette
- 1 lb prepared
pizza dough

PRODUCE

- 2 yellow onions
- 1 large shallot
- 2 heads garlic
- 1 bunch scallions
- 1 tbsp Dijon mustard
- 1 (2-in) piece ginger
- 2 zucchinis
- 3 eggplants
- 1 green bell pepper
- 1 red bell pepper
- 1 bunch rosemary
- 1 bunch basil
- 1 lemon

DAIRY

- 1 cup grated
Parmigiano-Reggiano
- 6 eggs

