



# WELCOME!

This year's Braised Beef Wellington is the perfect Christmas dinner for any size group. Make half or double, depending on who you'll be serving. Either way, it won't break the bank OR your spirit, because though it takes a little time, each component is simple and foolproof.

Get a head start for an easy Christmas day of baking cookies and watching classic movies.

## PREP AHEAD

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

1. Make Monday's dinner all the way through, if you like, and reheat for dinner.
2. Make the braised beef and mushroom mixture for Friday's Wellingtons.
3. Cook chickpeas for Tuesday, if not using canned.



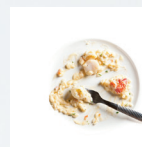
**MONDAY**  
Take Out-Style  
Chicken and Broccoli



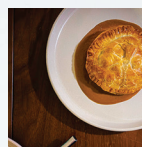
**TUESDAY**  
Pasta e Ceci



**WEDNESDAY**  
Chicken Fried Rice



**THURSDAY**  
Risotto with Seafood



**FRIDAY**  
Braised Beef Wellingtons





## TAKE OUT-STYLE CHICKEN AND BROCCOLI

This dish may not be authentically Chinese, but it is a kid-friendly introduction to a common Chinese cooking method: stir-frying. Once you get the hang of the technique, you can experiment with new-to-you ingredients, like chiles, Szechuan peppercorns, gai lan, and bok choy.

### INGREDIENTS:

- 3 tbsp vegetable oil
- 1 lb boneless, skinless chicken breast, cut into 1-inch cubes
  - 2 tbsp chopped garlic
  - 2 tbsp chopped ginger
  - 1 bunch scallions, sliced
- 2 tbsp cider or rice vinegar
  - 2 tbsp sugar
  - 3 tbsp soy sauce
- 1 cup chicken stock or water
  - 2 tbsp cornstarch
- 4 cups (1 bunch) broccoli florets or broccolini

1. In a large saute pan or wok, heat the oil over medium heat. Add the chicken and cook until golden brown, stirring the chicken occasionally to cook it evenly on all sides, about 5 minutes. Transfer the cooked chicken to a plate and set aside.
2. Add the garlic, ginger, and scallions to the pan and cook until fragrant, about 1 minute.
3. In a medium-sized bowl, combine the vinegar, sugar, soy sauce, chicken stock or water, and the cornstarch. Mix with a whisk until there are no clumps and set aside.
4. Add the broccoli to the pan. Add the cornstarch mixture and stir to coat the broccoli.
5. Stir in the chicken, cover the pan with a lid or aluminum foil, and cook on medium-high heat until the broccoli is bright green and cooked through, for 3 to 5 minutes.

SERVES 4 TO 6



**DISH**<sup>®</sup>  
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## PASTA E CECI

**This is a classic Italian dish that showcases chickpeas and a flavorful broth. You can cook the chickpeas a day or two ahead, and then the dish will come together in a flash for a busy weeknight.**

### INGREDIENTS:

- 1 lb dried chickpeas (about 2 1/2 cups), soaked overnight
- 1/2 cup extra-virgin olive oil, plus more for drizzling
- 1 medium yellow onion, finely chopped
- 1 celery stalk, finely chopped
- 2 garlic cloves, chopped
- 1 rosemary sprig, leaves picked and chopped
- 3 cups vegetable broth, or as needed
- 3/4 cup broken pappardelle (or any short dried pasta)
- Kosher salt, to taste
- Freshly ground black pepper, as needed
- Red pepper flakes, as needed
- Chopped basil (optional)

MAKES 4 TO 6 SERVINGS

1. Drain the chickpeas and put them in a pot. Add enough cold water to cover them by at least 2 inches. Bring the water to a boil over high heat. Decrease the heat to low and continue to simmer the chickpeas until they are tender, at least 45 minutes, or longer depending upon how old the chickpeas are. Drain the chickpeas in a colander and re-serve.

2. Heat a soup pot over medium heat. Add the olive oil, onion, celery, garlic, and rosemary. Stir to coat the vegetables in the oil. Cover the pot and cook over low heat until the vegetables are tender and have started to release some of their juices, about 10 minutes.

3. Drain the chickpeas and add them to the soup pot, along with the broth. Stir well and cook over low heat until the chickpeas are very tender, 30 to 40 minutes.

4. Transfer half of the soup to a large bowl. Use an immersion blender to puree the soup left in the pot. Return the unpureed soup to the pot, and add the pasta. Continue to simmer the soup until the pasta is cooked and tender, 10 to 12 minutes depending upon the shape of the pasta you use.

5. Add salt, black pepper, and hot red pepper to taste. (The soup is ready to finish and serve now, or you may cool and store the soup in the refrigerator for up to 3 days or in the freezer for up to 2 months.)

Serve the soup in heated soup plates or bowls, topped with basil, if desired, and a drizzle of olive oil.



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# CHICKEN FRIED RICE

The key to good fried rice is using leftover rice, which is drier than freshly steamed. Our favorite strategy is to keep a zip-top bag in the freezer where you can empty leftover rice from take-out or home-made dinners. Just pull it out of the freezer in the morning before you head out for work.

## INGREDIENTS:

- One (1-inch) piece ginger, peeled and grated
- 2 cloves garlic, grated
- 1 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 1/2 tsp sugar
- 1 tbsp vegetable oil
- 3 boneless, skinless chicken thighs, cut into bite-size pieces
  - Kosher salt, to taste
- Ground black pepper, to taste
  - 1 large carrot, diced
  - 1/2 medium onion, diced
  - 2 eggs, beaten
- 3 cups cooked brown rice, preferably day-old
- 1/2 cup shelled edamame (fresh or frozen)
- 2 scallions, sliced into 1/2-inch pieces, plus more for garnish

1. In a small bowl, combine the ginger, garlic, vinegar, soy sauce, sesame oil, and sugar. Set aside.

2. Heat the vegetable oil in a large well-seasoned cast-iron skillet or non-stick sauté pan over medium-high heat. Add the chicken, season with salt and pepper, and cook, turning occasionally, until well-browned and cooked through, about 7 minutes. Transfer to a bowl and set aside.

3. To the same pan, add the carrot and onion, and cook until soft and browned around the edges. The carrot should be just about cooked through, about 4 minutes. Transfer to the bowl with the chicken.

4. Reduce the heat to medium-low and add the eggs and a pinch of salt. Cook without stirring until the eggs begin to set on the bottom, about 15 seconds. Stir and continue cooking until large curds form, about 30 more seconds.

5. Add the rice and reserved soy sauce mixture and stir to coat. Increase the heat to medium-high and cook without stirring until the rice begins to brown at the bottom of the pan, about 1 minute. Stir and cook again, without stirring.

6. Continue this until the rice is nicely browned, about 4 minutes total.

7. Add the cooked chicken and vegetables, and the edamame and scallions. Cook about 3 minutes until the scallions are wilted. Top with more sliced scallions to serve.

SERVES 4 TO 6



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## RISOTTO WITH SEAFOOD

If you don't have any Christmas Eve traditions, do as the Italians do and enjoy fresh fish and seafood. This risotto won't likely have all of the seven fish that is tradition, but it will get you close!

### INGREDIENTS:

- 2 quarts shellfish broth
- 1/2 cup (1 stick) unsalted butter, divided
  - 3/4 cup minced yellow onion
- 1 lb (2 2/3 cups) Carnaroli rice
  - 2 lb mixed seafood, such as mussels, shrimp, scallops, and squid
- 1/4 cup chopped flat-leaf parsley
- 2 tbsp grated Parmigiano-Reggiano (optional)
  - 1 tbsp brandy (optional)
  - Kosher salt, as needed
- Freshly ground black pepper, as needed

1. Heat the broth in a pot over low heat; keep warm. Heat 3 tablespoons of the butter in a large pot over low heat. Add the onion and cook, stirring frequently, until the onion is tender and translucent, about 4 minutes. Add the rice and toast lightly, stirring frequently, about 2 minutes.
2. Add enough of the broth to cover the rice by 1/2-inch, and cook, stirring frequently to be sure the rice doesn't stick to the bottom. As the rice absorbs the broth, keep adding more, 1/2 cup at a time. Add the seafood to the rice after it has cooked for about 12 minutes.
3. Once the rice has absorbed almost all the broth and the seafood is cooked, about 18 minutes total cooking time, remove the pot from the heat. Add the remaining 5 tablespoons butter, the parsley, cheese, and brandy, if using, and stir vigorously until the risotto is creamy. Taste and season with salt and pepper. Serve the risotto at once on warmed plates, dividing the seafood evenly among the plates.

SERVES 6



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## BRAISED BEEF WELLINGTONS

**Don't be intimidated by the length of this recipe. There are several steps, but they are all well within your abilities! Serve these tender meat pies with any of your favorite holiday sides, or even just some roasted vegetables or a nice green salad.**

### INGREDIENTS:

#### Braised Beef

- 1/4 cup vegetable oil
- 1 1/2 lb beef chuck, cut into a few large pieces  
(does not need to be precise)
  - Kosher salt, as needed
- Ground black pepper, as needed
- 2 large yellow onions, thinly sliced
  - 1 lb carrots, sliced
- 5 cloves garlic, peeled and crushed
  - 3 tbsp tomato paste
  - 2 cups dry red wine
  - 3 cups beef stock
  - 1 sprig rosemary

1. To make the braised beef: heat the oil in a large heavy-bottomed pot or Dutch oven over medium-high heat. Add the beef, working in batches, if needed, and season with salt and pepper. Cook, stirring occasionally, until well browned, about 10 minutes. Transfer to a bowl with a slotted spoon and continue with the remaining beef, transferring to the bowl as done.

2. Add the onions, carrots, and garlic to the pan and reduce the heat to medium. Cook, stirring occasionally, until the vegetables are very soft and browned all over, about 15 minutes.

3. Add the tomato paste and cook, stirring, until the paste deepens to a rust color, about 3 minutes. Add the wine to deglaze the pan, scraping up any brown bits at the bottom of the pan.

4. Add the beef stock and rosemary, and bring to a simmer. Add the beef and any accumulated juices, reduce the heat to low, and cook over a gentle simmer until the beef is fork tender, about 2 1/2 hours.

5. Remove the beef and set it aside. Let the braising liquid cool slightly, then remove the rosemary sprig and transfer the liquids and vegetables to a blender, working in batches if needed. Purée until smooth.

## INGREDIENTS:

### Mushrooms

- 4 tbsp unsalted butter
- 1 large yellow onion, minced
- 1 lb cremini or button mushrooms, minced
- Kosher salt, to taste
- Ground black pepper, to taste
- 5 cloves garlic, minced
- 1/4 cup dry white wine
  
- 2 lb puff pastry (from two 17.3 oz packages), thawed, if frozen
- 5 tbsp Roquefort cheese (optional)
- Egg wash, as needed
- 4 tbsp salted butter

6. Dice or shred the beef, and mix it with enough of the sauce to keep it moist, and transfer the remaining sauce to a covered container to store. Chill both until assembly, as cold ingredients will be easier to work with.

7. Meanwhile, make the mushrooms: Heat the butter and oil in a large skillet over medium heat. Add the onion and mushrooms, and season with salt and pepper. Cook, stirring frequently, until the mixture is dry and browned, about 20 minutes.

8. Add the garlic and cook until fragrant, about 1 minute. Add the wine and simmer until it is reduced and dry, about 5 minutes. Remove from the heat and set aside to cool. You can prepare the mushrooms several days before assembly.

9. To assemble the Wellingtons: Roll the puff pastry (all sheets, if using frozen) until it is 1/4-inch. Cut 5 circles that are about 6-inches across, and 5 circles that are about 5-inches across. Place them on a baking sheet, using parchment paper to separate the layers, and chill them for at least 20 minutes.

10. Lay the 5 larger circles on a parchment paper-lined baking sheet, using two, if needed. Place about 1/3 cup of the refrigerated beef mixture in the center of the circle, leaving a 3/4-inch ring of puff pastry around the edges. Top the beef with about 3 tablespoons of the mushroom mixture (or 1/5th of the mixture) and 1 tablespoon of Roquefort cheese, if using. Use the back of a spoon to gently shape the filling into a smooth dome.

11. Brush the edges of the puff pastry with egg wash, and top the filling with the smaller circle of puff pastry. Use your hands to smooth the dough over the filling and press the edges together completely to enclose the filling. Use a fork to crimp the edges of the dough, then egg wash the top layer of puff pastry.

12. If you would like, use the dull-side of a paring knife or a blunt tool, like a chopstick, to carve a design in the top of the puff pastry without cutting through the dough itself. This could be a holiday design, a sunburst, or even guests' initials.

13. Chill the Wellingtons until ready to bake, at least 15 minutes and up to overnight.

14. Preheat the oven to 400°F. Bake the Wellingtons until they are golden brown all over, about 35 minutes. While they bake, reheat the sauce in a saucepan until it is simmering. Add the butter and stir until it is melted and combined.

15. Serve the finished Wellingtons with the sauce.

SERVES 5

# DINNER SHOPPING LIST

## PROTEINS

- 1 1/2 lb beef chuck
- 2 lb boneless chicken breast
- 2 lb mixed seafood (mussels, shrimp, scallops, squid)
- 3 boneless chicken thighs

## DAIRY

- 2 sticks butter
- 2 tbsp grated Parmigiano-Reggiano
- 5 tbsp Roquefort cheese
- 4 eggs

## PANTRY

- 1 cup vegetable oil
- 3/4 cup olive oil
- 1 tbsp sesame oil
- 2 tbsp cider vinegar
- 1 tbsp rice vinegar
- 1/4 cup soy sauce
- 3 tbsp tomato paste
- 2 quarts shellfish broth
- 3 cups vegetable broth
- 3 cups beef stock
- 1 cup chicken stock
- 1 lb Carnaroli rice
- 3 cups cooked brown rice
- 1/2 lb pappardelle
- 1 lb dried chickpeas
- 2 tbsp cornstarch
- 2 cups dry red wine
- 1/4 cup dry white wine
- 1 tbsp brandy
- 2 lb puff pastry
- 3 tbsp sugar
- 1/2 tsp red pepper flakes
- Kosher salt
- Black pepper

## PRODUCE

- 6 yellow onions
- 1 1/2 lb carrots
- 1 stalk celery
- 2 heads garlic
- 1 (3-in piece) ginger
- 1 lb cremini mushrooms
- 1 bunch broccoli or broccolini
- 1/2 cup shelled edamame
- 2 bunches scallions
- 1 bunch rosemary
- 1 bunch basil
- 1 bunch parsley

