



WELCOME!

Monday's chili may leave you leftovers, so enjoy them later in the week or pop it in the freezer. You can use it to top nachos, a baked potato, or as the topping for a taco salad (we'd add a drizzle of ranch!)

PREP AHEAD

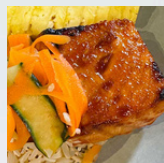
To make your week easier, check through this prep list over the weekend:

1. Make Monday's chili all the way through.
2. Make the quick pickles for Wednesday.
3. Make Friday's vinaigrette.



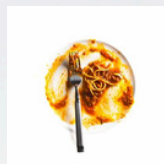
MONDAY

Beef Chili



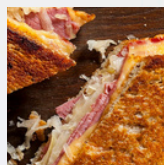
TUESDAY

Huli Huli Salmon



WEDNESDAY

Linguine with Tuna and Anchovies



THURSDAY

Reuben Sandwiches



FRIDAY

Honey Lime Waldorf Salad



BEEF CHILI

You may think of chilis as stews of meat and beans, but in this instance, the beef is the star in a vegetable and chile-laced sauce. The Korean chile pepper is worth seeking out, but don't worry if you can't find it.

- 1/3 cup vegetable oil
 - 3 lb boneless lean beef chuck, cut into small dice
 - Kosher salt, as needed
 - Freshly ground black pepper, as needed
 - 2 cups small-dice yellow onion
 - 2 tsp minced garlic
 - 3 cups beef broth
 - 1 cup tomato purée
 - 1 cup canned diced green chiles
 - 2 fresh jalapeños, minced
 - 2/3 cup mild pure chile powder
 - 3 tbsp ground cumin, or to taste
 - 2 tbsp dried oregano
 - Korean chile pepper, to taste
 - 1 pint sour cream
 - 2 cups shredded Cheddar
1. Heat the oil in a casserole or Dutch oven over high heat until it shimmers. Season the beef generously with salt and pepper. Add the beef to the hot oil, working in batches if necessary, and sauté, turning as necessary, until browned on all sides, 6 to 8 minutes. Transfer to a bowl and reserve.
 2. Add the onions and garlic to the casserole and sauté, stirring frequently, until the onions are translucent, 6 to 8 minutes.
 3. Add the broth, tomato purée, chiles, jalapeños, and the browned beef along with any juices it may have released to the casserole. Stir well and bring to a boil. Immediately reduce the heat to establish a gentle simmer.
 4. Stir in half of chile powder, half of the cumin, and half of the oregano. Continue to simmer, adjusting the seasoning with additional chile powder, cumin, oregano, salt, and pepper, until the beef is fork tender, 1 1/2 to 2 hours. Serve in heated bowls topped with sour cream and cheese.

Serves 8



HULI HULI SALMON

Use this same recipe with chicken breast, shrimp, or pork chops, if you like. Here, the pineapple is served fresh, but you can pop it under the broiler to caramelize a bit.

- ½ cup ketchup
- 3 tbsp unseasoned rice vinegar
- ¾ cup soy sauce
- ½ cup brown sugar
- 3 garlic cloves, minced
- 2 tbsp minced ginger
- 6 (4- to 6 oz) salmon fillets, at least ¾-inch thick

Pickled Vegetables

- 2 carrots, peeled into ribbons
- ½ English cucumber, peeled into ribbons
- 1 cup unseasoned rice vinegar
- 1½ tbsp sugar
- ½ tsp kosher salt
- 2 tsp sesame oil

To Serve

- 2 cups chopped pineapple
- 4 cups cooked brown rice

1. In a shallow baking dish, combine the ketchup, vinegar, soy sauce, brown sugar, garlic, and ginger. Add the salmon and turn to coat. Cover and refrigerate for at least 5 hours or up to overnight, turning occasionally.
2. Meanwhile, prepare the pickled vegetables. In a small pot or heat-safe bowl, combine the vinegar, sugar, and salt. Heat until the sugar is fully dissolved. Remove from the heat and transfer to a heat-safe bowl or jar with the sesame oil, carrots, and cucumbers. Refrigerate for at least 4 hours or overnight.
3. Preheat a broiler to high. Remove the salmon from the marinade (reserve marinade), allowing excess marinade to drip off, and transfer to a foil-lined baking sheet.
4. Broil, brushing with reserved marinade every few minutes, until the salmon is opaque and well browned along the edges, 8 to 10 minutes, depending on the thickness of your filets. If the salmon looks like it's burning but isn't yet cooked through, turn off the broiler and set the oven to 350°F. Continue cooking until the salmon is done to your preference.
5. To serve, fill shallow bowls or plates with rice. Top with the salmon, and finish with the pickled vegetables and pineapple.

Serves 6



LINGUINE WITH TUNA AND ANCHOVIES

Look for high-quality anchovies and canned tuna imported from Italy, Spain, and Portugal (they really know their tinned fish!). You can make the sauce for this dish ahead of time, through Step 2, if you like.

- 1/2 cup extra-virgin olive oil, plus more as needed
 - One 2-oz can oil-packed anchovies, drained
 - 4 garlic cloves, minced
 - 1/2 cup chopped flat-leaf parsley
 - Two 5-oz cans oil-packed tuna, drained and flaked
 - 1/2 cup dry white wine
 - One 6-oz can tomato paste
 - Kosher salt, as needed
 - Red pepper flakes, as needed
 - 1 lb dried linguine
1. Heat the oil in a medium sauté pan over medium heat. Add the anchovies and cook, stirring and mashing them, until they melt. Add the garlic and continue to cook, stirring frequently, until fragrant, about 2 minutes. Stir in the parsley and cook another 1 or 2 minutes. Add the tuna and the wine and cook until the wine has nearly cooked away. Add the tomato paste, stirring well, and cook until it has a sweet aroma and a rich rusty color, another 2 minutes.
 2. Add 6 cups of water and bring to a simmer. Reduce the heat to low and continue to cook, covered, until the sauce is reduced, thick, and rich, 45 to 60 minutes. Taste and season, as necessary, with salt and red pepper flakes.
 3. Bring a large pot of salted water to a boil over high heat. Add the linguine and stir to submerge. Cook, uncovered, until the pasta is just tender, 8 to 10 minutes (check the time for your pasta). Reserve about 1/2 cup of the pasta water.
 4. Drain the pasta in a colander. Pour into a large heated serving bowl. Add the tuna and anchovy sauce and 1/4 cup of the reserved pasta cooking water and toss until the pasta is evenly coated.
 5. Drizzle with oil and serve at once.

Serves 4 to 6



REUBEN SANDWICHES

This version uses corned beef, but you can use pastrami or even smoked turkey, if you prefer. This recipe is more just a suggestion of quantities, so feel free to serve this however you like best!

- 8 slices rye bread
- Russian Dressing
- 8 slices Swiss cheese
- 1 lb sliced corned beef
- 1 cup sauerkraut
- 4 tbsp butter

Russian Dressing

- 3/4 cups mayonnaise
- 1/4 cup ketchup
- 2 tbsp minced onion
- 1/2 tsp Worcestershire sauce
- Ground black pepper, as needed

- 4 dill pickle spears
- Potato chips, to serve

1. To make the Russian dressing, combine the mayonnaise, ketchup, onion, Worcestershire sauce, and pepper in a bowl, and stir until combined.
2. Lay out all slices of the rye bread and spread the Russian Dressing on top. Place a slice of cheese onto 4 of the bread slices, then place 1 or 2 slices of corned beef onto the cheese to cover. Place 2 tablespoons of the sauerkraut onto the corned beef and spread evenly. Place 1 or 2 more slices of corned beef onto the sauerkraut to cover, and top with another slice of cheese. Top with the remaining 4 slices of bread and press down slightly.
3. Heat half of the butter on a griddle or in a skillet over medium heat. Cook the sandwiches until brown and crispy on both sides, 5 to 8 minutes. If the bread browns before the cheese is melted, you can place the sandwich on a baking sheet in a 350°F oven until warmed through.
4. Serve with a pickle spear and potato chips.

Serves 4



HONEY LIME WALDORF SALAD

Mâche is a tender, mild green that can be substituted by Boston or bibb or green leaf lettuce—though any lettuce will work just fine.

- 2 Fuji apples, diced
- 1 tablespoon lime juice
- 1 lb romaine lettuce hearts, cut into 1-inch pieces
- 6 oz mâche (about 4 cups)
- 1 1/4 cups walnut pieces, toasted and chopped
- 1 cup dried cranberries
- 4 oz crumbled Gorgonzola
- Kosher salt, as needed
- Ground black pepper

1. For the vinaigrette: In quart-size container with a lid, combine all the ingredients. Shake vigorously to emulsify. Taste and adjust seasoning.
2. For the salad: Toss the apples with the lime juice in a large salad bowl. Layer the romaine, mâche, walnuts, dried cranberries, and Gorgonzola on top of the apples. The salad can be assembled 4 hours in advance. Do not toss, but rather leave the ingredients layered. Store wrapped in the refrigerator.
3. Toss the layered salad with the vinaigrette. Taste and adjust seasoning. Add more vinaigrette as needed.

Honey-Lime Vinaigrette

- 1 cup olive oil
- 1/2 cup lime juice
- 3 tbsp honey
- 1 tbsp ground black pepper
- 1 1/2 tsp kosher salt

Serves 4

GROCERY LIST

PRODUCE

- 3 yellow onions
- 1 head garlic
- 2 fresh jalapeños
- 3-in knob fresh ginger
- 4 carrots
- 1 English cucumber
- 2 cups pineapple, chopped
- 2 Fuji apples
- 1 lb romaine lettuce hearts
- 6 oz mâche (or substitute Bibb/Boston lettuce)
- 6 limes
- 1 bunch parsley

MEAT AND FISH

- 3 lb boneless lean beef chuck
- 6 salmon fillets (4-6 oz each; about 2 lb total)
- 1 lb sliced corned beef

DRY GOODS

- ⅓ cup vegetable oil
- 1½ cups extra-virgin olive oil
- ¾ cup soy sauce
- 1 ¼ cup unseasoned rice vinegar
- ½ cup dry white wine
- 1 lb dried linguine
- 4 cups cooked brown rice
- 1 cup tomato purée
- 1 (6-oz) can tomato paste
- 1 cup canned diced green chiles
- ¾ cup ketchup
- ¾ cup brown sugar
- 3 tbsp honey
- 1 cup sauerkraut
- 8 slices rye bread
- Potato chips, for serving
- 1¼ cups walnut pieces
- 1 cup dried cranberries
- 3 cups beef broth
- 2 (5-oz) cans oil-packed tuna
- 1 (2-oz) can oil-packed anchovies
- 2 tsp sesame oil
- ½ tsp Worcestershire sauce
- 4 dill pickle spears

SPICES

- Kosher salt
- Freshly ground black pepper
- ⅔ cup mild chile powder
- ¼ tsp Korean chile pepper
- 3 tbsp ground cumin
- 2 tbsp dried oregano
- Red pepper flakes

DAIRY AND EGGS

- 1 pint sour cream
- 2 cups shredded Cheddar cheese
- 8 slices Swiss cheese
- 4 oz crumbled Gorgonzola cheese
- ¾ cup mayonnaise
- 4 tbsp butter

