

fine  
Cooking

# Make It Tonight

## *Easy Dinner Download*

**MENU** for the Week of **SEPTEMBER 3, 2018**

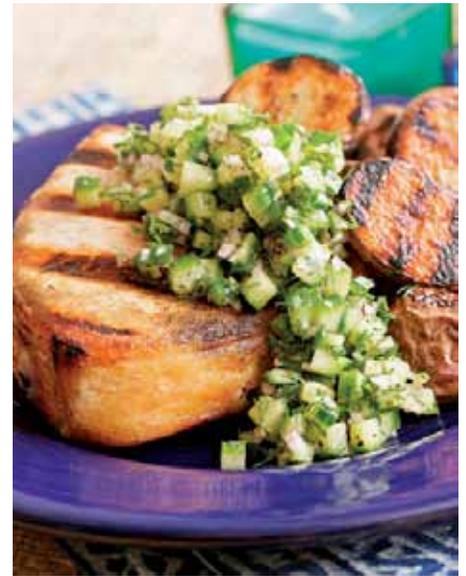
### *Monday*

Grilled Bratwurst Sandwiches  
with Tomato Jam and Sauerkraut



### *tuesday*

Grilled Swordfish with Lemon, Dill  
and Cucumber Sauce



### *wednesday*

Beef Burgers with Blue Cheese  
and Caramelized Onions



### *thursday*

Grilled Peri Peri Chicken



### *friday*

Spicy Pasta Alla Norma paired  
with Edna Valley Rosé



Sponsored by

**EDNA VALLEY**  
VINEYARD.



**Monday** **m** :  
Bratwurst Sandwiches  
with Tomato Jam and  
Sauerkraut



**Tuesday** **t** :  
Grilled Swordfish  
with Lemon, Dill &  
Cucumber Sauce



**Wednesday** **w** :  
Beef Burgers with  
Blue Cheese and  
Caramelized Onions



**Thursday** **th** :  
Grilled Peri Peri Chicken



**Friday** **f** :  
Spicy Pasta Alla Norma

## SHOPPING LIST

### FRESH PRODUCE

- 2 lemons **t** **th**
- 3 lb. ripe tomatoes **m** **f**
- 1-½ lb. Italian eggplant (about 2 medium) **f**
- 1 medium English cucumber **t**
- 2 medium yellow onions **w**
- 1 Tbs. minced shallot **t**
- 8 cloves garlic **th** **f**
- 1 small bunch fresh basil **f**
- 1 small bunch fresh dill **t**
- 1 small bunch fresh tarragon **w**
- 1 small bunch fresh mint **t**
- 1 small bunch fresh thyme **m**

### MEAT AND DAIRY ITEMS

- Six 1-¼-inch-thick swordfish steaks (6 to 8 oz. each) **t**
- 1-½ lb. ground beef (preferably 85% lean) **w**
- 4 skin-on boneless chicken breast halves **th**
- 4 uncooked bratwursts (about 1-¼ lb.) **m**
- 4 oz. blue cheese, crumbled (about 1 cup) **w**
- ½ cup fresh ricotta or ¼ cup grated Grana Padano or Parmigiano-Reggiano, for serving **f**
- 2 Tbs. unsalted butter **w**

### OTHER GROCERIES

- 4 hoagie sandwich rolls **m**
- 4 brioche or challah rolls **w**
- 12 oz. fettuccine **f**
- 1 cup bagged sauerkraut **m**
- ½ cup lower-salt chicken broth **m**
- ¼ cup peri-peri sauce **th**

### PANTRY STAPLES

- ¼ cup, plus 6 Tbs. extra-virgin olive oil **m** **t** **f**
- 3 Tbs. vegetable oil **w** **th**
- 1 Tbs. Dijon mustard **w**
- 1 Tbs. Worcestershire sauce (preferably Lea & Perrins) **w**
- 1 Tbs. apple cider vinegar **m**
- 2-½ tsp. granulated sugar **m** **t**
- 1 to 1-½ tsp. crushed red pepper flakes **f**
- 1 tsp. dried oregano **f**
- ½ tsp. cumin seed **m**
- Kosher salt **m** **t** **th** **f**
- Black peppercorns **m** **t**

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

# monday

## Grilled Bratwurst Sandwiches with Tomato Jam and Sauerkraut

Active/total time: 30 minutes

Serves 4

Give those hot dogs and burgers the night off and grill up a sandwich with substance instead. Ripe tomatoes, vinegar, sugar, and fresh thyme make a tangy, jam-like condiment for these hearty sandwiches.

**3 medium ripe tomatoes (about 1 lb.), cored and chopped**

**1 Tbs. apple cider vinegar**

**2 tsp. granulated sugar**

**1 tsp. finely chopped fresh thyme**

**Kosher salt and freshly ground black pepper**

**4 uncooked bratwursts (about 1¼ lb.)**

**4 hoagie sandwich rolls, split**

**1 Tbs. extra-virgin olive oil**

**½ tsp. cumin seed**

**1 cup bagged sauerkraut, drained**

**½ cup lower-salt chicken broth**

Prepare a medium (350°F to 375°F) gas or charcoal grill fire.

Meanwhile, in a small saucepan, combine the tomatoes, vinegar, sugar, thyme, ¼ tsp. salt, and ½ tsp. pepper. Bring to a boil over medium-high heat, reduce the heat to medium, and simmer, stirring often, until most of the liquid evaporates and the mixture resembles a thick, chunky ketchup, about 20 minutes. Season to taste with salt and pepper; set aside.

Grill the sausages, turning occasionally, until



cooked through and dark golden brown all over, 10 to 15 minutes. During the last few minutes of cooking, toast the sandwich rolls on the grill, 30 seconds to 1 minute per side.

While the sausages are cooking, heat the oil and the cumin seed in a small saucepan over medium heat until fragrant, 2 to 3 minutes. Add the sauerkraut, broth, ¼ tsp. salt, and ½ tsp. pepper and bring to a boil. Cover, reduce the heat to medium low, and simmer, stirring occasionally, for 10 minutes. Season to taste with salt and pepper.

Spread the rolls with some of the tomato jam and then place a sausage inside each. Top the sausages with the sauerkraut and serve.

—Liz Pearson, *Fine Cooking #106*

**nutrition information** (per serving): Calories 830; Calories from Fat 390; Protein 29g; Carbohydrates 79g; Fat 44g; Saturated Fat 13g; Monounsaturated Fat 2g3; Polyunsaturated Fat 4.5g; Sodium 2100mg; Cholesterol 85mg; Fiber 6g

---

### ON THE SIDE: GREEN SALAD WITH PEPPERS AND CUCUMBER

---

Make a salad from any **greens**. Top with diced **cucumber** and **bell pepper** from toss with a **cider vinaigrette**.



#### Rainy day grilling

If you don't have a grill or you're rained out, cook the bratwurst on a grill pan on the stovetop, or broil them. They'll taste just as good. Just be sure to turn them throughout the cooking process, just as you would on the grill.

**Make it Tonight** *Easy Dinner Download*

[www.FineCooking.com](http://www.FineCooking.com)

## Grilled Swordfish with Lemon, Dill & Cucumber Sauce

Active time: 15 minutes | Total time: 30 minutes  
Serves 4 to 6

Delicate and light, this sauce has a loose texture that's somewhere between a vinaigrette and a salad, perfect for drizzling over fish.

**¼ cup extra-virgin olive oil; more for brushing**

**1 medium English cucumber, peeled and finely diced to yield 2 cups**

**2 Tbs. fresh lemon juice**

**½ tsp. granulated sugar**

**Kosher salt and freshly ground black pepper**

**2 Tbs. minced fresh dill**

**1 Tbs. minced shallot**

**2 tsp. minced fresh mint**

**Four 1¼-inch-thick swordfish steaks (6 to 8 oz. each)**

Prepare a medium high (400°F to 475°F) gas or charcoal grill fire. Clean and oil the grill grate.

Put the cucumber in a medium bowl. Add the lemon juice and the sugar, toss to combine, and season with salt and pepper to taste. Stir in the olive oil, dill, shallot, and mint, and add more salt and pepper if necessary. Let sit at room temperature while preparing the fish.

Generously coat both sides of the swordfish with oil and season both sides with salt. Let the fish sit at room temperature for 15 minutes. Grill the fish



### Swap the swordfish

If you can't find swordfish, this sauce complements salmon, tuna, or halibut equally well. To keep the cooking time the same, go for fish steaks of the same thickness; fillets will work, too, but the timing may change.



directly over the heat source (covered on a gas grill, uncovered on a charcoal grill), without touching, until they have good grill marks, 2 to 4 minutes. Flip the steaks and grill until the second sides have good grill marks and the fish is done to your liking, another 2 to 4 minutes. (Check for doneness by slicing into one of the thicker pieces.)

Taste the cucumber sauce and adjust the seasoning if necessary. Set aside ½ cup for Tuesday's dinner, and serve the fish topped with the remaining sauce.

—*Maria Helm Sinskey*, *Fine Cooking #86*

**nutrition information** (per serving): Calories 360; Calories from Fat 180; Protein 40g; Carbohydrates 2g; Fat 21g; Saturated Fat 4g; Monounsaturated Fat 12g; Polyunsaturated Fat 3.5g; Sodium 390mg; Cholesterol 65mg; Fiber 0g

---

### ON THE SIDE: COUSCOUS TABBOULEH

---

Prepare **couscous** according to package directions, fluffing with a fork when it's ready. When it has cooled slightly, toss it with diced ripe **tomatoes**, thinly sliced **scallions** (white and green parts), plenty of chopped **fresh parsley** and **mint**, **olive oil**, and **lemon juice**.

# wednesday

## Blue Cheese Burgers with Caramelized Onions

Active/total time: 30 minutes

Serves 4

Salty blue cheese, sweet onions, and juicy beef are a classic and addictive combination. Cooking the onions is the most time-consuming part of this recipe, but be patient: It's worth it to coax out their deep, earthy flavor.

**2 Tbs. unsalted butter**

**2 medium yellow onions, chopped (about 2 cups)**

**1½ lb. ground beef (preferably 85% lean)**

**1 Tbs. chopped fresh tarragon**

**1 Tbs. Dijon mustard**

**1 Tbs. Worcestershire sauce (preferably Lea & Perrins)**

**Vegetable oil, for the grill**

**4 oz. blue cheese, crumbled (about 1 cup)**

**4 brioche or challah rolls, split**

Prepare a medium-high (400°F to 475°F) gas or charcoal grill fire.

Melt the butter in a 12-inch skillet over medium-low heat. Add the onions and cook, stirring often, until golden and soft, about 20 minutes; reduce the heat to low if the onions begin to brown too quickly.

Meanwhile, in a large bowl, thoroughly combine the beef, tarragon, mustard, and Worcestershire sauce with your hands. Form the mixture into four ½-inch-thick patties.

Oil the grill grate. Grill the burgers, covered, for 3 minutes. Flip the burgers and top with the cheese. Cover and continue to cook until an instant-read thermometer inserted into a burger registers 130°F for medium rare, about 4 minutes more, or 145°F for medium, about 6 minutes more.



When the burgers are nearly done, toast the rolls cut side down on the grill until browned and heated through, 1 to 2 minutes. Serve the burgers in the rolls, topped with the caramelized onions.

—Bruce Weinstein and Mark Scarbrough, *Fine Cooking* #117

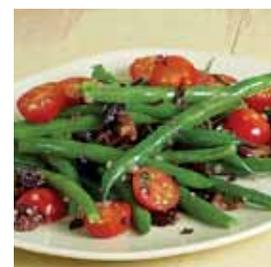
**nutrition information** (per serving): Calories 820; Calories from Fat 470; Protein 45g; Carbohydrates 42g; Fat 52g; Saturated Fat 28g; Monounsaturated Fat 11g; Polyunsaturated Fat 1g; Sodium 1000mg; Cholesterol 280mg; Fiber 2g

---

### ON THE SIDE: GREEN BEANS WITH CHERRY TOMATOES AND OLIVES

---

Blanch trimmed **green beans** in well-salted boiling water until crisp-tender, about 3 minutes. Drain and cool under cold running water. Toss the beans with halved **cherry tomatoes**, chopped **olives**, **olive oil**, **red wine vinegar**, **salt**, and **pepper**.



**Make it Tonight** *Easy Dinner Download*

[www.FineCooking.com](http://www.FineCooking.com)

## Grilled Peri-Peri Chicken

Active time: 25 minutes | Total time: 35 minutes  
Serves 4

A quick and simple chicken dinner is enlivened by peri peri sauce's tangy but mild heat. This could become your go-to grilled chicken.

**6 cloves garlic, finely chopped**

**¼ cup peri-peri sauce**

**2 Tbs. vegetable oil**

**2 Tbs. finely grated lemon zest**

**Kosher salt**

**4 skin-on boneless chicken breast halves**

Prepare a medium-high (400°F to 475°F) gas or charcoal grill fire.

Combine the garlic, peri-peri sauce, oil, zest, and 1 tsp. salt in a medium bowl.

Using a meat mallet, pound each chicken breast between two sheets of plastic wrap until uniform in thickness. Add the chicken to the peri-peri mixture, tossing to coat, and marinate for about 10 minutes.

Starting skin side down, grill the chicken, flipping once, until cooked through (160°F), about 15 minutes total. Transfer to a cutting board and let rest for a few minutes. Slice the chicken, if you like, and serve

—Tami Ganeles Weiser, Fine Cooking #147



### What is Peri-Peri Sauce?

Made from a mixture of chiles, spices, citrus, and onion, peri-peri sauce originated in Portuguese cuisine, and is named for the peri peri (or piri piri) chile, native to Africa. It has a thick texture and imparts a unique tangy heat, making it a natural fit for curries and a great match for grilled chicken or fish. Look for it in well-stocked supermarkets near the hot sauces.



**nutrition information** (per serving): Calories 230; Calories from Fat 100; Protein 29g; Carbohydrates 2g; Fat 11g; Saturated Fat 2.5g; Monounsaturated Fat 3.5g; Polyunsaturated Fat 3.5g; Sodium 250mg; Cholesterol 80mg; Fiber 0g

---

### ON THE SIDE: **BLACK BEAN, JÍCAMA, AND MANGO SALAD**

---

In a medium bowl, toss drained and rinsed canned **black beans** with diced **jícama**, diced **mango**, chopped fresh **cilantro**, **lime juice**, **hot sauce**, and **Asian (toasted) sesame oil**. Season to taste with **salt** and serve.

## Spicy Pasta Alla Norma

Active/total time: 20 minutes

Serves 4

This Sicilian classic, made with sautéed eggplant, tomatoes, basil, and red pepper flakes, is Italian comfort food at its best.

### Kosher salt

**3 Tbs. olive oil; more as needed**

**1-½ lb. Italian eggplant (about 2 medium), cut into ¾-inch dice**

**2 large cloves garlic, chopped**

**2 lb. ripe tomatoes, cut into ¾-inch dice (or one 28-oz. can whole peeled tomatoes, with juice)**

**1 tsp. dried oregano**

**1 to 1½ tsp. crushed red pepper flakes**

**12 oz. fettuccine**

**½ cup chopped fresh basil; more for garnish**

**½ cup fresh ricotta or ¼ cup grated Grana Padano or Parmigiano-Reggiano, for serving**

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

Heat 2 Tbs. of the oil in a large skillet over medium heat. Add one quarter of the eggplant and ¼ tsp. salt, and cook, stirring often, until the eggplant is browned and softened, about 8 minutes. Transfer to a bowl. Repeat with the remaining eggplant, adding more oil as needed.

Heat 1 Tbs. of the oil in the same pan over medium heat. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the tomatoes and oregano, and cook, stirring, until heated through, about 2 minutes. Add the eggplant and pepper flakes and toss to combine. Keep warm.



### Weekly Wine Pairing

Light enough to be refreshing, Edna Valley's Rosé is a good choice for mildly spicy foods, such as the flavorful pasta here.



Cook the pasta according to package directions until al dente. Reserve 1 cup of the pasta cooking water. Drain the pasta and transfer to a large bowl. Add the eggplant mixture, toss to combine, and add a little of the cooking water if the pasta seems dry. Season to taste with salt and pepper.

Serve with a dollop of ricotta or some grated cheese. Drizzle with olive oil and garnish with basil leaves.

—Lisa Lahey

**nutrition information** (per serving): Calories 630; Calories from Fat 260; Protein 15g; Carbohydrates 79g; Fat 30g; Saturated Fat 4g; Monounsaturated Fat 20g; Polyunsaturated Fat 4g; Sodium 350mg; Cholesterol 0mg; Fiber 10g

### ON THE SIDE: FORTY SHADES OF GREEN SALAD

In a small bowl, combine **olive oil, lime juice, honey, salt,** and **pepper** and whisk thoroughly. Combine **Boston lettuce, parsley, endive,** and **scallions.** Gently toss the greens thoroughly with the vinaigrette. Top with sliced **avocados** and drizzle with more vinaigrette and serve immediately.

