

# WEEKLY SHOPPING LIST



## SUNDAY

### STIR FRIED TOFU WITH SUMMER SQUASH, BASIL, AND COCONUT

- 2 tbsp soy sauce
- 4 tbsp sesame oil
- 1 tbsp grated peeled fresh ginger
- 4 garlic cloves
- 1 lb extra firm tofu, drained, patted dry and cut into 1-inch cubes
- 1 cup unsweetened coconut flakes
- 1 white onion, halved and thinly sliced
- 3 summer squash or zucchini
- ½ tsp kosher salt, plus more to taste
- ½ tsp freshly ground black pepper
- 1 cup Thai or regular basil
- fresh lime juice, to taste

## MONDAY

### FRESH FIG SALAD WITH GOAT

#### CHEESE

- 1 shallot, minced
- 1 tsp dijon mustard
- 4 tsp pomegranate molasses
- salt and black pepper, to taste
- 6 tbsp olive oil
- 5 oz arugula
- ¾ cup basil leaves
- 8 ripe figs, room temperature
- 4 oz goat cheese, crumbled

## TUESDAY

### STEWED CHICKPEAS WITH PEPPERS, ZUCCHINI, AND ISRAELI COUSCOUS

- 1 large handful fresh parsley, finely chopped
- 3 tbsp lemon juice
- ½ cup mayonnaise (I used kewpie)
- ½ tsp kosher salt
- 3 tbsp olive oil
- 1 red onion, thinly sliced into half moons
- 4 garlic cloves, minced
- 2 bell peppers, seeded and thinly sliced
- 2 tbsp tomato paste
- 2 tsp dried oregano
- 2 medium zucchini, cubed
- 2 (15 oz) cans chickpeas, drained and rinsed
- ¼ cup water
- 1 tbsp red wine vinegar
- Cooked Israeli couscous

## WEDNESDAY

### SUMMER CORN AND HEIRLOOM TOMATO

#### FETTUCCHINE

- 1 lb fettuccine
- salt and freshly ground pepper, to taste
- 2 tbsp olive oil
- 1 bunch scallions, chopped
- 2 cups corn kernels, from 3 ears of corn
- 1 bell pepper, seeded and diced
- 1 jalapeno pepper, seeded and diced
- 3 heirloom tomatoes, halved, seeded, and diced
- ½ cup chopped cilantro
- 4 oz queso fresco, crumbled

## THURSDAY

### CHEESY ZUCCHINI QUESADILLAS

- 4 tbsp olive oil
- 2 medium zucchini, thinly sliced lengthwise
- 8 burrito-sized flour tortillas
- 3 medium heirloom tomatoes
- sea salt and freshly ground black pepper
- 1 dash cider vinegar
- 3 fresh basil leaves, thinly sliced
- 8 oz fresh mozzarella, thinly sliced

## DESSERT

### PEACH GINGER CRUMB CAKE

- | For the crumb topping         | For the cake                                    |
|-------------------------------|-------------------------------------------------|
| ½ cup (50 g) chopped pecans   | 10 tbsp (140 g) unsalted butter                 |
| ½ cup (100 g) sugar           | 1¼ cups (250 g) sugar                           |
| 2 tbsp dark brown sugar       | 2 large eggs                                    |
| 2 tbsp (30 g) unsalted butter | 1 cup (240 g) creme fraiche                     |
| ⅞ tsp ground cinnamon         | 1 cup (240 g) whole milk                        |
| ⅞ tsp ground ginger           | 1 tsp vanilla extract                           |
| ⅞ tsp kosher salt             | 3¾ cups (455 g) all purpose flour               |
| pinch of cloves               | ¼ cup (40 g) finely chopped crystallized ginger |
|                               | 1 tbsp baking powder                            |
|                               | 1 tsp ground ginger                             |
|                               | ½ tsp baking soda                               |
|                               | ½ tsp kosher salt                               |
|                               | 1 lb (455 g) ripe peaches                       |