

WEEKLY SHOPPING LIST



SUNDAY

ROASTED CAULIFLOWER AND CHICKPEA PICCATA

1 cauliflower, cut into large 2-inch florets
olive oil
kosher salt and black pepper, to taste
1 (15 oz) can chickpeas, drained
1 shallot, minced
3 garlic cloves, minced
1 cup vegetable broth
4 tbsp unsalted butter
2 tbsp capers, drained
2 tbsp lemon juice
parsley, minced, to garnish

MONDAY

PASTA WITH GARLICKY BROCCOLI SAUCE

salt
2 lb broccoli, florets and peeled stems
extra virgin olive oil
1 large yellow onion, finely diced
1-2 tsp red pepper flakes
6 garlic cloves, minced
1 lb pasta
freshly grated parmesan, for serving

TUESDAY

TUSCAN WHITE BEAN, KALE, AND

FARRO STEW

3 tbsp olive oil, divided
1 onion, chopped
3 carrots, chopped
salt and black pepper, to taste
6 garlic cloves, minced
½ tsp aleppo pepper flakes
2 bay leaves
1 parmesan rind
1 cup farro
3 cups cooked white beans
1 (14.5 oz) can fire-roasted diced tomatoes
4 cups vegetable broth
2 cups water
1 bunch lacinato kale, leaves thinly sliced
1 sprig fresh rosemary
1 tbsp lemon juice

WEDNESDAY

ROASTED DELICATA SQUASH FALL-TOUSH

SALAD

For the salad
6 tbsp olive oil
2.5 lb delicata squash
salt and black pepper, to taste
1 lb brussels sprouts
2 large pita bread
4 scallions, thinly sliced
2 tbsp minced mint leaves
2 tbsp minced parsley
ground sumac, to finish
For the dressing
4 tsp ground sumac
4 tsp warm water
2-4 tbsp lemon juice
2 small garlic cloves, grated
2 tsp white wine vinegar
½ cup olive oil

THURSDAY

SWISS CHARD AND CARAMELIZED ONION GALETTE

For the crust
2½ cups all purpose flour
1 tsp salt
16 tbsp unsalted butter
½ cup sour cream
1 tbsp white wine vinegar
For the filling
2 tbsp olive oil
1 large red onion, diced
4 garlic cloves, minced
pinch of red pepper flakes
½ cup white wine
2 bunches of Swiss chard
1 lb drunken goat cheese, grated
1 large egg yolk
everything bagel seasoning

DESSERT

BUTTERSCOTCH APPLE PIE

For the crust
1.75 cups + 2 tbsp (225 g) all purpose flour
¼ + ? tsp fine sea salt
12 tbsp (170 g) cold unsalted butter
6 tbsp (90 g) ice water
For the apple filling
2 tbsp (28 g) unsalted butter
14 oz (397 g) peeled and diced apples
1 tsp vanilla extract
½ cup (107 g) dark brown sugar
1½ tsp ground cinnamon
½ tsp grated nutmeg
½ tsp fine sea salt
3 tbsp (37 g) sugar
2 tbsp (15 g) all purpose flour
For the butterscotch pudding
1½ cups (340 g) whole milk
½ cup (118 g) heavy cream
½ cup (107 g) dark brown sugar
½ tsp fine sea salt
¼ cup (28 g) cornstarch
2 large egg yolks
1 tbsp (14 g) unsalted butter
2 tsp vanilla extract
For the whipped cream
1 cup (235 g) heavy cream
¼ cup (50 g) sugar
1 tsp vanilla extract
cinnamon, to garnish