

5-10-30



5 Cuisines
10 Full Meals
30 Total Ingredients



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Chef at Dinner, then Dessert
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Crispy Chicken in White Wine Sauce with Garlic, Peas & Roasted Potatoes

Serves 4 **Prep Time: 15 minutes** **Cook Time: 25 minutes** **Cuisine: French**

6 chicken thighs, skin and bone on
kosher salt and black pepper
2 heads of garlic, peeled
2 tablespoons flour
1 cup white wine
1 cup chicken broth*
12 ounces frozen green peas
2 pounds potatoes, scrubbed and sliced into 1 inch chunks
¼ cup Canola oil

1. Preheat oven to 375 degrees.
2. Toss potatoes with ¼ cup canola oil and season with salt and pepper.
3. Put potatoes on cookie sheet and into the oven while you start cooking the chicken.
4. Using a cast iron skillet or any other heavy bottomed pan that is at least 8-9 inches across, start heating up your pan on medium heat.
5. Liberally season the chicken pieces with salt and pepper.
6. Put chicken skin side down in the skillet and leave it completely alone for at least 5 minutes.
7. Flip the chicken and cook for an additional five minutes. You should have some fat in the pan at this point.
8. Take the chicken out of the pan and put the garlic cloves in the pan.
9. Cook until the garlic is slightly browned but not dark. Garlic goes from delicious to bitter very quickly.
10. Once the garlic is browning, add the flour into the pan and stir until it is absorbed by the oil. If for some reason you don't have a couple of tablespoons worth of fat in the pan, you can add in some canola oil here. Each time I have made it, I had plenty in the pan.
11. Add the wine and the chicken broth to the pan. Taste for salt and pepper, add some here if you feel you need more. Add the chicken back in, skin side up.
12. The liquids should only go up about ⅔ of the chicken. Put into the oven for 20 minutes.
13. Remove both chicken and potatoes at the same time. Stir peas into the chicken.

* I use Better than Bouillon, read about this in the Ingredients Glossary

For more pictures or details view the recipe on the blog at:

<http://dinnerthendessert.com/5-ingredient-crispy-chicken-garlic-peas-in-wine-sauce/>



Notes & Alternate Ideas:

White Meat Chicken/Pork Chops/Turkey Cutlet: You can also easily use white meat if you prefer. Brown the chicken, cooking it all the way through, then remove. Continue cooking the recipe the rest of the way without the chicken. Add the chicken back in when you add the peas. The last thing you want to do is braise white meat chicken. You may not have to cook it for quite as long, maybe only ten minutes for the sauce to reduce, since you aren't cooking the chicken in it.

You can also cook this on your stovetop, but since you're making roasted potatoes along side it, it is just easier to put both in the oven at the same time.

Korean Ground Beef with Brown Rice & Garlic-Ginger Carrots

Serves 4 Prep Time: 10 minutes Cook Time: 60 minutes Cuisine: Korean

For the Korean Ground Beef:

1 pound lean ground beef
1 tablespoon sesame oil
3 cloves garlic, minced
1 teaspoon fresh ginger, minced
½ cup brown sugar
¼ cup lite soy sauce
½ tablespoon Sriracha (use less if you don't like spice!)
3 green onions sliced, excluding the root

For the Brown Rice:

1 ½ cups brown rice
2 ½ cups hot water

For the Garlic- Ginger Carrots:

2 pounds carrots, peeled and sliced
3 cloves of garlic, minced
1 tablespoon ginger, minced
1/2 tsp kosher salt
3 tablespoons canola oil

1. Preheat oven to 375 degrees.
2. Add brown rice in square baking pan, then add hot water over rice.
3. Cover with foil and bake for 60 minutes.
4. Wait 30 minutes before starting the carrots.
5. Toss ginger, garlic, salt and oil with carrots.
6. Place carrots on cookie sheet and roast for 25 minutes.
7. The rice and carrots will be done at the same time.
8. After putting the carrots in the oven, wait about 10 minutes before starting the beef.
9. Heat a large pan over medium high heat.
10. Brown the meat with sesame oil, garlic and ginger.
11. Drain 75% of the fat, then add brown sugar, soy sauce, and Sriracha to the beef.
12. Cook until the liquid has reabsorbed and the meat is shiny but not soupy.
13. Serve beef with brown rice and carrots.
14. Garnish with extra green onions if you would like, or spicy mayo.*

*See Glossary under Sriracha Sauce

For the wilted slaw recipe, pictures or details view the recipe on the blog at:

<http://dinnerthendessert.com/korean-ground-beef-over-wilted-napa-slaw/>



Notes & Alternate Ideas:

Ground Chicken/Ground Turkey/Sliced Beef Flank Meat: Since we are using ground beef here, you can just as easily use ground chicken or turkey with no issues. Alternately if you are not a fan of ground meats, you can use a flank steak, sliced thinly against the grain. Sear the meat quickly on both sides and remove from the pan. Once the sauce has thickened add the steak back into the pan and toss quickly.

We normally eat this meal with the Asian Wilted Slaw you see in the picture above instead of roasted carrots. You can find the recipe on the blog. Also, we sometimes top it with spicy Sriracha light mayo. You can read more about that in the Ingredient Glossary.

Crispy Shrimp Scampi Pasta with Parmesan & Peas

Serves 4 **Prep Time: 10 minutes** **Cook Time: 60 minutes** **Cuisine: Italian**

1 pound thin spaghetti
Kosher salt and black pepper
1 pound 21-25 count raw shrimp, peeled and deveined with tail on
3 garlic cloves, minced
½ teaspoon crushed red pepper flakes
1 lemon, zested and juiced
4 tablespoons unsalted butter, divided
2 tablespoons olive oil
¼ cup white wine
20 Ritz crackers, crushed into pieces and crumbs
6 ounces shredded parmesan cheese
12 ounces frozen peas

1. Set pot of salted water to boil for the pasta. (I add about a tablespoon of salt to the water).
2. Melt 2 tablespoons of butter in a frying pan on medium heat and add crushed crackers.
3. Cook until crackers are crisped and browned.
4. Remove crackers from pan and set aside in a small bowl.
5. Add pasta to boiling salted water and cook one minute shy of directions on the box.
6. Wipe frying pan clean with paper towel.
7. Salt and pepper the shrimp to taste.
8. Place the pan on medium high heat and add 2 tablespoons olive oil, garlic and crushed red pepper.
9. Cook shrimp in the pan for 2 minutes on each side, until just cooked through.
10. Remove shrimp from the pan. (Save yourself from making another plate dirty, just sit the shrimp on top of the cooked buttery crackers. They are all going in the same pan in just a minute anyway!)
11. Drain the pasta.
12. Add white wine to the pan and whisk with the olive oil for a few seconds until it just comes to a boil.
13. Turn off the heat and add in the remaining 2 tablespoons of butter.
14. Whisk until the butter is combined.
15. Add the pasta to the pan with the shrimp and mix.
16. Add in the frozen peas, Parmesan cheese and buttery crackers, toss again.
17. Top with fresh parsley if desired.

For more pictures or details view the recipe on the blog at:

<http://dinnerthendessert.com/shrimp-scampi-pasta-with-parmesan-peas/>



Notes & Alternate Ideas:

When I make this dish, I make it with Shrimp for myself and with chicken for my husband and our oldest. Feel free to substitute for almost any other protein here, including:

- Scallops or salmon
- Chicken Breast meat, sliced thinly before cooking
- Turkey Breast meat, sliced thinly before cooking
- Tofu, first pressed into paper towels to drain water, then browned as you would the shrimp
- Roasted Vegetables! Don't forget you can make this a veggie dish by using roasted vegetables like asparagus, zucchini, eggplant, tomatoes (yum!) or roasted garlic (double yum! If you do this, I recommend making it with the garlic and tomatoes. That sounds amazing.)

Brown Sugar Garlic Pork Loin with Roasted Carrots & Potatoes

Serves 4 **Prep Time: 10 minutes** **Cook Time: 60 minutes** **Cuisine: American**

1 1/2 pounds pork loin, trimmed of excess fat
4 cloves of garlic, minced
4 tablespoons brown sugar
1 tablespoon canola oil
2 pounds carrots, peeled and sliced
2 pounds potatoes, scrubbed and cut into 1 inch chunks
¼ cup canola oil, for vegetables
Kosher salt and black pepper to taste

1. Preheat oven to 375 degrees.
2. Mix ¼ cup canola oil, salt and pepper with sliced carrots and potatoes and put onto a tray.
3. Mix 1 tablespoon canola oil, brown sugar, and garlic and rub all over pork loin.
4. Roast the pork for 25 to 30 minutes, or until a meat thermometer registers at 150 degrees in the center of the roast.
5. At the same time, roast the vegetables and leave them in to finish cooking while the pork rests outside the oven. Let the pork rest for 5-10 minutes.
6. Remove vegetables from oven.

For more pictures or details view the recipe on the blog at:

<http://dinnerthdessert.com/brown-sugar-garlic-pork-with-carrots-potatoes/>



Notes & Alternate Ideas:

Chicken: You can of course make this with chicken as well. For thighs roast for 30 minutes at 375 degrees and for breasts, roast at 375 for 15 minutes and check for doneness.

This marinade is very sticky, so to save yourself a lot of hassle I recommend cooking this on a piece of foil sprayed with cooking spray.

If you want to mix up the vegetables in this recipe, we often roast parsnips with this dish. Sometimes we also roast red onion wedges. Any root vegetable or squash would work wonderfully.

One-Pan Baked Chicken & Brown Rice Casserole with Carrots & Peas

Serves 4 **Prep Time: 10 minutes** **Cook Time: 60 minutes** **Cuisine: American**

6 chicken thighs, skin removed
1½ cups brown rice
3 cups chicken broth*
2 tablespoons unsalted butter (optional)
Kosher salt and black pepper to taste
2 pounds sliced carrots
12 ounces frozen peas

1. Preheat oven to 375 degrees.
2. Scatter rice on the bottom of a 9 inch by 13 inch baking pan.
3. Layer chicken on top.
4. Season the whole pan generously with salt and pepper – remember, this will be seasoning the whole dish, not just the chicken.
5. Scatter the carrots between the chicken pieces.
6. Scatter bits of the butter around the pan. (optional)
7. Pour the chicken broth on top gently.
8. Wrap the pan tightly with foil.
9. Cook in oven for 60 minutes.
10. Right when coming out of the oven, toss with frozen peas.
11. Let sit for 3-4 minutes.

*I use Better than Bouillon, read about this in the Ingredients Glossary

For more pictures or details view the recipe on the blog at:

<http://dinnerthendessert.com/one-pan-baked-chicken-brown-rice-vegetable-casserole/>



Notes & Alternate Ideas:

Vegetables: In this cookbook we are limited to a couple of vegetables, but feel free to play with different options here - onions, celery, turnips, parsnips, squash, brussels sprouts, etc. Any vegetable you can roast, you can add in with the chicken.

Meat Options: You can use turkey legs or thighs or dark meat pork. I don't recommend light meat pork - it would dry out in the oven.

If you would like to use white meat chicken for this dish, bake the rice with the carrots on its own and cook the white meat separately. You lose the one dish aspect but it will still be delicious. I would also use chicken breast with bone in and skin on, and roast for the last 25 minutes of the rice cook time.

Baked Chicken Caesar Pasta with Buttery Cracker Crust

Serves 4 **Prep Time: 10 minutes** **Cook Time: 60 minutes** **Cuisine: Italian**

1 pound pasta, shape of your choice (I used extra wide egg noodle)
1 ½ pounds of chicken breast, cooked and cubed
1 cup shredded Parmesan cheese (4 ounces)
2 tablespoons unsalted butter
20 Ritz crackers, crushed into big and small pieces
¼ cup chopped fresh parsley

Dressing:

½ cup shredded Parmesan cheese (about 2 ounces)
¼ cup plus 2 tablespoons olive oil
¼ cup plus 2 tablespoons canola oil
¼ cup fresh lemon juice (from 2 juicy lemons)
2 garlic cloves
1 teaspoon Worcestershire sauce

1. Preheat oven to 350 degrees.
2. Melt 2 tablespoons of butter in a frying pan on medium heat and add crushed crackers.
3. Cook until crackers are crisped and browned.
4. Put the dressing ingredients (½ cup Parmesan cheese, olive oil, vegetable oil, lemon juice, garlic cloves, and Worcestershire sauce) into a small food processor and process until smooth, about 30 seconds.
5. Cook pasta a couple minutes short of what it calls for on the box. Drain.
6. Add chicken, 1 cup Parmesan cheese, fresh parsley, and dressing to pasta and toss together. Put into a baking dish.
7. Top with the buttery toasted crackers.
8. Bake for 15 minutes or until all melted together.

For more pictures or details view the recipe on the blog at:

<http://dinnerthendessert.com/baked-chicken-caesar-pasta-with-buttery-cracker-crust/>



Notes & Alternate Ideas:

We use white meat chicken in this dish but you can also use dark meat, shrimp, or roasted vegetables. One of our favorite ways to enjoy it in the summer is with peas, and asparagus instead of meat.

The buttery crisp cracker topping is a totally addicting and can be used in so many other ways. I use it to top macaroni and cheese or salads. Sometimes I crush it up really small and use it in breading chicken that goes into the oven too. The butter that is already in the cracker means you don't need to add more oil or butter to make it crispy.

Slow Cooker Turkey with Gravy, Candied Sweet Potatoes & Green Peas

Serves 4 **Prep Time: 10 minutes** **Cook Time: 60 minutes** **Cuisine: American**

For the turkey:

4 turkey thighs, bone in, skin on (you can also use legs)
½ teaspoon kosher salt, divided
½ teaspoon black pepper, divided

For the sweet potatoes:

2 pounds sweet potatoes, peeled and cut into 1" cubes
6 tablespoons brown sugar, divided
2 tablespoons canola oil
Kosher salt and black pepper to taste

For gravy:

2 tablespoons unsalted butter
2 tablespoons flour
Kosher salt and black pepper to taste

12 ounces frozen peas

1. Pre-heat oven to 375 degrees.
2. Add ¼ teaspoon salt and ¼ teaspoon pepper to the bottom of the slow cooker.
3. Add in turkey pieces, skin side up.
4. Top with remaining ¼ teaspoon salt and ¼ teaspoon pepper.
5. Cook on low for 7 hours.
6. 45 minutes before turkey is finished cooking, start working on sweet potatoes.
7. Add salt, pepper, canola oil and 3 tablespoons brown sugar to sweet potatoes and combine.
8. Spread sweet potatoes on a baking pan and roast in oven for 30 minutes.
9. Remove turkey from the slow cooker.
10. Pour the liquid left behind in the slow cooker into a measuring cup and remove as much of the fat as you can.
11. Melt the butter into a saucepan on medium high heat and combine with 2 tablespoons of flour.
12. Whisk and let cook on medium for a minute to cook out the raw flour taste.
13. Add in the rest of the turkey liquid and let it cook until thickened, approximately 3-5 minutes.
14. Season to taste with salt and pepper.
15. Remove sweet potatoes and top with additional 3 tablespoons brown sugar.
16. Microwave or steam the green peas.
17. Serve turkey, covered with gravy, sweet potatoes covered with brown sugar and steamed peas on the side.

For more pictures or details view the recipe on the blog at:

<http://dinnerthendessert.com/slow-cooker-turkey-with-gravy-candied-sweet-potatoes-green-peas/>



Notes & Alternate Ideas:

You can choose to make turkey breast instead of dark meat, but I would not put it in the slow cooker. For one large 2 pound breast, I would roast at 350 degrees for 1 hour, tented with foil. The dark meat is really tender and delicious in the slow cooker though and if you don't have a need to switch to white meat, I HIGHLY recommend trying it this way first.

As an alternate way to make the peas, I sometimes reserve about a half cup of the turkey liquid, and microwave the peas in the liquid. It seasons them with almost no extra effort! You can also use a $\frac{1}{4}$ cup of the gravy to toss with the frozen peas and microwave, but they would be a bit creamier that way.

Lemon Salt Marinated Pork Loin with Honey Roasted Apples & Carrots

Serves 4 **Prep Time: 10 minutes** **Cook Time: 60 minutes** **Cuisine: American**

For the Pork and Carrots:

2 lemons, zested and juiced (reserve the juice for the apples)
1 tablespoon kosher salt
2 tablespoons olive oil
Freshly ground black pepper
1 ½ pounds pork loin, trimmed of excess fat
2 pounds of carrots, peeled and sliced into 1 inch diagonal coins

For Honey Roasted Apples:

6 apples (I use Granny smith and Fuji)
2 tablespoons unsalted butter
½ teaspoon kosher salt
1/3 cup honey

1. Pre-heat oven to 375 degrees.
2. Finely zest the lemons (reserve one teaspoon for the carrots) and rub with 1 tablespoon of salt and pepper to taste between your fingers.
3. Add the 2 tablespoons of olive oil to the lemon zest mixture.
4. In a large bowl combine the pork and the carrots with the oil mixture and put onto baking sheet.
5. Roast in the oven for 20-25 minutes, until the pork is just cooked through.
6. When the pork is finished, remove the pork from the pan and let rest on a cutting board for about 5 minutes.
7. While the pork and carrots are in the oven, remove the core and cut the apples into 1 inch chunks, and toss with lemon juice (I use 2 tablespoons).
8. Heat a cast iron skillet on medium high heat with the butter in it.
9. When the butter begins to brown add the apples and ½ teaspoon salt.
10. Sauté for 5 to 7 minutes until the edges start turning a rich brown color.
11. Add the honey and put in oven with the pork and carrots for about 8-10 minutes.
12. If you don't have any extra space in the oven, you can continue to cook them on medium low on your stovetop until the apples are tender but not mushy and richly caramelized.
13. Carefully serve with spatula, taking care not to smash them.

For more pictures or details view the recipe on the blog at:

Lemon Salt Pork Loin: <http://dinnerthendessert.com/lemon-salt-roasted-pork-loin-with-carrots/>

Honey Roasted Apples: <http://dinnerthendessert.com/honey-roasted-apples/>



Notes & Alternate Ideas:

You can easily make this with chicken instead as well.

Bone In & Skin On Chicken Breasts or Thighs: Roast for 25-30 minutes at 375 degrees

Boneless Skinless Chicken Breast: Rub the marinade on and roast at 400 degrees for 15 minutes or cook it on medium high in a frying pan.

Boneless Skinless Chicken Thighs: Roast for 20 minutes at 375 degrees.

We usually also add roasted Brussels Sprouts to this meal when they are in season. It works so well with the pork!

Easy Asian Sesame Peanut Pasta

Serves 4 **Prep Time: 10 minutes** **Cook Time: 60 minutes** **Cuisine: Chinese...sort of?**

1 pound thin spaghetti
6 cups chicken broth*
3 tablespoons soy sauce
3 tablespoons peanut butter
Sriracha Sauce (to taste, I usually use just less than a tablespoon for a pound of pasta)
3 green onions sliced, excluding the root

1. Cook the spaghetti on the stove on high heat in the chicken stock for 5-7 minutes.
2. Drain off 90% of the liquid.**
3. Add soy sauce, peanut butter and Sriracha.
4. Mix well.
5. Top with green onions (and extra Sriracha sauce if you're daring).

* I use Better than Bouillon, read about this in the Ingredients Glossary

** You can also save the broth for tomorrow's meal if you are going in order of this e-cookbook

For more pictures or details view the recipe on the blog at:

<http://dinnerthendessert.com/5-ingredient-asian-peanut-noodles/>



Notes/Alternate Ingredient Options:

If I have cooked chicken in the fridge I chop it up and toss it in with all the sauce ingredients. This is the best part of a pantry dish, it is whatever you have! Have some left over shrimp? steak from last night? Roast pork (oh man, now I want this with roast pork and it is only 7:00 am as I write this)? Throw it in! Baked tofu? Roasted veggies? It is pretty hard to steer wrong with this base recipe.

Roasted Carrots work great as a side here, but even better is if you own a vegetable spiral slicer. Adding spiral cut carrots to this pasta in the last two minutes of cooking make for a fantastic vegetable side incorporated in your pasta meal seamlessly too! And hey, you were already buying carrots for other recipes in this cookbook, right? ;)

Chicken with Brown Rice Pilaf, Armenian Garlic Sauce & Lemon Scented Carrots

Serves 4 Prep Time: 10 minutes Cook Time: 60 minutes Cuisine: Armenian (aka, Middle Eastern)

NOTE This recipe is best when the sauce is made the day before your meal (at LEAST a couple hours though). There will be lots of garlic sauce left over. You'll thank me for that when you use it on everything!

For the Garlic Sauce:

3 russet potatoes
1 head of garlic
½ tablespoon salt
1/3 cup fresh lemon juice (from 4 lemons)
½ cup canola oil

For the Roasted Chicken and Lemon Scented Carrots

6 chicken thighs
Kosher salt and black pepper
1 tablespoon lemon zest (from the same 4 lemons above)
2 pounds carrots, peeled and sliced into 1 inch diagonal coins
2 tablespoons canola oil

For the Brown Rice Pilaf:

1½ cups brown rice
3 cups chicken broth*
2 tablespoons unsalted butter (optional)
Kosher salt and pepper to taste

1. Peel and chop potatoes into 1 inch chunks and boil in water until very soft.
2. Drain the water, mash the potatoes, and let cool.
3. Peel the garlic cloves and put them in your food processor with the lemon juice and salt.
4. Puree until finely chopped then stream in the ½ cup canola oil until it looks like a delicious aioli.
5. Add the potato and continue running the food processor until it is all incorporated.
6. Transfer to a covered container and refrigerate for at LEAST a couple of hours, preferably overnight.
7. Preheat oven to 375 degrees.
8. In a baking dish add chicken broth, rice, butter, salt and pepper (I use ¼ teaspoon of each for the rice)
9. Bake rice in the oven for 60 minutes.
10. About thirty minutes into the rice cooking time, start the chicken and carrots.
11. In a large bowl, mix the chicken, carrots, salt, pepper, 2 tablespoons canola oil and lemon zest.
12. Spread onto a pan and roast in the oven along side the rice, for about 25-30 minutes.
13. Everything should be done and ready to come out of the oven at the same time.
14. Serve the pilaf with chicken and carrots. Top with garlic sauce.

*I use Better than Bouillon, read about this in the Ingredients Glossary

For more pictures or details view the recipe on the blog at:

<http://dinnerthendessert.com/zankou-chickens-secret-armenian-garlic-paste/>



Notes & Alternate Ideas:

White Meat Chicken/Pork Chops/Turkey Cutlet: You can also easily use white meat if you prefer. Brown the chicken, cooking it all the way through, then remove. Continue cooking the recipe the rest of the way without the chicken. Add the chicken back in when you add the peas. The last thing you want to do is braise white meat chicken. You may not have to cook it for quite as long, maybe only ten minutes for the sauce to reduce, since you aren't cooking the chicken in it.

You can also cook this on your stovetop, but since you're making roasted potatoes along side it, it is just easier to put both in the oven at the same time.

Master Shopping List

Amounts on Based on 4 Servings

Meat:

Chicken

Thigh: 18, bone in, skin on

Breast: 1 1/2 pounds boneless, skinless

1 pound Ground Beef (92/8 or 80/20 is fine)

3 pounds Pork Loin

1 pound 21-25 count Shrimp

4 Turkey thighs, bone in, skin on

Pantry:

4 1/2 cups, Brown Rice

2 1/4 cups Brown Sugar

13 cups Chicken Broth OR buy ONE bottle of Better than Bouillon Chicken (trust me on this!)

1/2 teaspoon Crushed Red Pepper Flakes

1/3 cup Honey

7 tablespoons Lite Soy Sauce

Pasta

1 pound extra wide noodles

2 pounds thin spaghetti

3 tablespoons Peanut Butter

1 box Ritz or other Buttery Crackers

1 tablespoon Sesame Oil

1 1/2 tablespoons Sriracha Sauce

1 1/4 cup White Wine

1 teaspoon Worcestershire Sauce

Produce:

6 Apples (Granny Smith and Fuji)

10 pounds Carrots

4 heads Garlic

1 inch knob of Ginger

2 bunches Green Onions

9 Lemons

1 bunch Parsley

5 pounds Russet Potatoes

4 pounds Sweet Potatoes

Dairy:

14 tablespoons Butter

12 ounces Parmesan Cheese

Frozen:

3 pounds Green Peas

The Rogue "Uncounted" Ingredients:

Salt

Pepper

1/4 cup Flour

2 cups Canola Oil

1/2 cup Olive Oil

Week 1 Shopping List

Amounts on Based on 4 Servings

Meat:

- 12 Chicken Thighs (bone in, skin on)
- 1 pound Ground Beef (92/8 or 80/20 is fine)
- 1 ½ pounds Pork Loin
- 1 pound 21-25 Raw Shrimp

Pantry:

- 3 cups Brown Rice
- 3/4 cup Brown Sugar
- 4 cups Chicken Broth
- 1/2 teaspoon Crushed Red Pepper Flakes
- 1/4 cup Lite Soy Sauce
- Pasta
 - 1 pound thin spaghetti
- 20 Ritz or other Buttery Crackers
- 1 tablespoon Sesame Oil
- 1/2 tablespoon Sriracha Sauce
- 1 1/4 cups White Wine

Produce:

- 6 pounds Carrots
- 2 heads, 13 cloves Garlic
- 1 inch knob of Ginger
- 1 bunch Green Onions
- 1 Lemons
- 4 pounds Russet Potatoes

Dairy:

- 6 tablespoons Butter
- 6 ounces Parmesan Cheese

Frozen:

- 36 ounces Green Peas

The Rogue “Uncounted” Ingredients:

- Kosher Salt
- Black Pepper
- 2 tablespoons Flour
- 12 tablespoons Canola Oil
- 2 tablespoons Olive Oil

Week 2 Shopping List

Amounts on Based on 4 Servings

Meat:

Chicken

6 Thighs (bone in, skin on)

1 1/2 pounds breast meat (boneless, skinless)

1 1/2 pounds Pork Loin

4 Turkey thighs, bone in, skin on

Pantry:

1 1/2 cups Brown Rice

6 tablespoons Brown Sugar

9 cups Chicken Broth (6 if re-using 3 cups from Asian Sesame Peanut Pasta)

1/3 cup Honey

3 tablespoons Lite Soy Sauce

Pasta

1 pound thin spaghetti

1 pound extra Wide Egg Noodles

3 tablespoons Peanut Butter

20 Ritz or other Buttery Crackers

1/2 tablespoon Sriracha Sauce

1 teaspoon Worcestershire Sauce

Produce:

6 Apples (Granny Smith and Fuji)

4 pounds Carrots

1 head and 2 cloves Garlic

1 bunch Green Onions

8 Lemons

1/2 bunch Parsley (see if last week's is still good)

3 Russet Potatoes

2 pounds Sweet Potatoes

Dairy:

8 tablespoons Butter

6 ounces Parmesan Cheese

Frozen:

12 ounces Green Peas

The Rogue "Uncounted" Ingredients:

Kosher Salt

Black Pepper

2 tablespoons Flour

1 cup and 2 tablespoons Canola Oil

1/2 cup Olive Oil

Ingredient Glossary & Notes

Apples: In savory preparation, I tend to lean towards mixing different types of apples. It adds a nice depth of flavor easily. My favorite mixes are Granny smith/Fuji/Braeburn. The tartness of the Granny smith apple pairs well with the sweeter Fuji variety.

Brown Rice: About a year ago we made the jump to almost exclusively using brown rice. We had been using white because our oldest loved it so much (and we have a very picky eater) but then one evening we happened to have brown rice and it was eaten with just as much enthusiasm. We currently use Organic Long Grain Brown Rice, which I buy from a bulk bin in our local store for about \$2 a pound. It can definitely get expensive shopping for organic ingredients, but rice is a staple in our diets (we are carb nuts here) so coupled with the amazing price we have locally, we make batches of oven baked rice weekly. You can of course use white rice if you are short on time or prefer the flavor, but we have found that the brown rice is a flavor we enjoy more now that we are used to it. There was about a month in the beginning of the switch where I would've traded my husband for a big bowl of steamed white rice (just kidding honey!).

Brown Sugar: I use light brown sugar in almost all cases unless I am making baked beans. We keep a slice of bread in our brown rice container to keep it nice and soft too.

Butter: Always unsalted, usually organic. We have a balance in our house of organic vs. non organic products since going all organic would be really expensive. For butter I usually wait until Whole Foods or Sprouts is having a deal on Organic Butter, then I stock up like there is a world shortage coming. My deep freeze is indispensable to me, and usually has a dozen or so packages of butter in it. Rule of thumb for buying: if the organic is \$3 or less a pound, jump on it! Buy up as much as you can safely store and you will need for the next couple of months. If I run out and need butter in a pinch and the organic is not on sale, I usually go with Tillamook. With regards to salted butter, I am a huge fan of salt (in fact when I have buttered toast I sprinkle sea salt on it!) but it is infinitely more useful to have unsalted because most recipes call for it and you can always add salt later, but never remove it.

Carrots: Almost always organic because they are so inexpensive! I can buy a 5 pound bag of organic carrots for \$3.50 from Sprouts any day of the week. If you are able to buy Organic for under \$1 a pound, I would chalk that up as a win. Also, buying non organic is not really that much less expensive, and sometimes more expensive. The good thing about carrots are you can buy in bulk (5 or 10 pounds) and they are so versatile and can be roasted along side so many meals. They're great to snack on and sweet when roasted and can be part of a quick meal if you prep ahead of time. I usually buy a 5 pound bag each weekend, peel and slice it, then put it in a large container in the fridge for snacks and meals throughout the week.

Chicken Broth: Okay, so I listed chicken broth in the recipes list, BUT I never, EVER, buy chicken broth. I buy a product (no endorsement here) called Better Than Bouillon which is essentially a paste leftover from chicken broth that has been cooked down until all the water is gone. I use a teaspoon per cup and one jar usually makes about 32 cups. I buy mine from Costco, where they have the organic version of chicken and beef broth for (don't quote me on this one) about \$7. So for 32 cups (or 8 boxes of broth) you can buy one small jar you keep in your fridge and use when you please instead of having to finish the box quickly every time you need broth. Plus broth would be at LEAST three times as expensive to buy and they take up a ton of room. This one is a huge win in my book, get the Better than Bouillon. Also, sometimes when I am making a sauce and I want to kick up the salty chicken flavor, I add a dab of it in the sauce. You can't do that with broth quickly!

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Chicken Thighs: Reading this cookbook you may think we have an obsession with chicken thighs. I love using them because they are forgiving when baked, don't dry out easy and make for easy meal time with my husband and kids. BUT, I often will make grilled chicken breasts I use on the side since I tend to keep to the lighter side of cooking for myself. If you ever see the dark meat in the recipe feel free to sub it out for white meat. The difference will be do not braise the white meat or cook it in the oven for more than 15 or so minutes. Dry white meat chicken is just awful. Cook your white meat as you prefer, cook the rest of the meal without the chicken in it and add your white meat in at the end. I do it alllllllll the time. :)

Crushed Red Pepper Flakes: We keep these on the table next to salt and pepper since we use it so often and we season a lot of our meals on our individual plates because our toddler is averse to salt or pepper. A good rule of thumb if you aren't a fan of spice, use ¼ teaspoon for a recipe. If you don't mind a hint of spice use ½ teaspoon. If you LOVE spice and don't have kids who will cry the second their tongues sense a bit of spice, go for a full 1 teaspoon.

Honey: We buy it from a local vendor, but really any honey is just fine. The most important thing is to be sure you are buying actual honey. Recently there have been news articles that companies are selling "honey style" jars and people don't realize until they get home or try it that it was not in fact honey, but flavored corn syrup. I do not buy organic honey, it seems unnecessary to me (just a personal opinion, please don't be mad if you love organic honey).

Garlic: We buy Christopher Ranch garlic but only because I don't have a great ethnic grocery store near me. When we lived in LA there was a grocery store that would sell 6 sleeves of garlic (with five heads in each) for \$1. Yep, I used to buy 30 heads of garlic for a dollar! Now I spend about \$3 for a dozen heads. The important thing about garlic is to make sure it is HARD, no give when you press against it and nothing green growing out of it. If it is soft or has green buds coming out, that is an old head of garlic and will not have the same depth of flavor a fresh one will have.

Ginger: Like garlic you are looking for something that is hard and not fibrous. I usually break off a knob about the size I need. A fresh piece will snap like a fresh carrot. If it is older you may see threads through it that don't break off easily. You don't want this ginger, it will taste like you're chewing on rope when you use it.

Green Onions: aka Scallions or Spring Onions. We buy these in bulk! I use them to top a lot of our meals the same way one might with parsley. We also eat 99% of the onion (all but the root!). I use the greens as garnish and the whites and light green portions in my recipe. Probably one of my favorite ingredients to have on hand.

Green Peas: One of a very small handful of foods I buy frozen. Also, VERY reasonably priced for organic varieties. If you are including them in a hot dish I don't even heat them up, I just toss them in frozen in the last 30 seconds of cooking. If they are a side dish I microwave them for usually just a minute. Don't feel the need to "cook" frozen peas, you only want to thaw them out.

Ground Beef: This one depends on the use. We use grass fed (from Costco normally) if we are making burgers or need something with a higher fat content. If it is in tacos or for the Korean Ground Beef recipes I usually buy Laura's with at least 92% lean. I used to buy 96/4 but that is a bit too lean even for my liking. Also, sometimes a grocery store will have 93% lean for \$3 or less a pound. STOCK UP at that price if you can! When not on sale I usually see them at \$6.99 a pound or more.

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Lemons: I buy them as singles because I find bagged lemons to be less juicy. Maybe I am nuts but when you use as many as I do buying them in bags would be much less expensive so you know I would love to, it just always backfires on me when I do. I get a couple of tablespoons of juice from each one, but if I buy them as singles I usually get 2 or 3 times as much juice.

Lite Soy Sauce: Always get the lower sodium variety! If you are making a sauce with soy sauce in it the more it cooks down the saltier it will taste and with regular soy sauce that happens faster than you would think. I normally buy the Kikkoman brand in a jug with a handle about once every 3 months or so.

Parmesan Cheese: Depending on my needs I buy it shredded or on the block. I almost never buy grated. If it is for a quick pasta meal shredded works just fine for my purposes (if it will melt into your dish or get mixed into a dressing) but if it is for garnish on bruschetta for example, I buy the wedge and shave pieces off. I find Trader Joe's has the best pricing on wedges.

Parsley: I go for organic if it is less than \$2 for a bunch, but I tend to use cilantro and green onions as garnish more than parsley (unless it is an Italian dish) so I buy maybe one bunch a week and sometimes none at all. It is pretty, but I love something with more flavor usually.

Pasta: We don't buy organic pasta, almost ever. But I do tend to go for varieties that are made in Italy (we normally buy De Cecco). I'd like to say there are important rules about which varieties to buy, but the most important thing you can do when it comes to pasta is salt your water. As Chef Batali would say, salt it so that it tastes like the ocean. If you do that you're already ahead of the game!

Peanut Butter: For as much as I love organic/all natural this is one of those places I am a HUGE hypocrite. We bought the all natural fresh made stuff from Whole Foods for a while and all of us just hated it. We buy Jif Crunchy and I don't even feel bad about it. We use it sparingly, usually in sauces or when I am cooking and haven't had a chance to eat for hours I eat a spoonful (look it is either that or the Nutella next to it in the cupboard). I consider it a win I don't use my finger (I can be a bit of a germophobe). I can't help loving Jif, it is nostalgic for me.

Pork Loins: For pork I go with Farmer John if it is available. I used to buy pork from Whole Foods but one day at a food show I had a great in depth conversation with one of the heads of Farmer John and learning more about their practices made me feel better about their products. On that note we also buy breakfast sausage from Farmer John because it is naturally nitrate/nitrite free and has been since they began their business so many years ago.

Ritz Crackers: I listed these as Ritz Crackers so you would know the type of cracker I meant in the recipe but we normally buy Annie's Buttery Rich crackers. Club crackers would also totally fit the bill.

Russet Potatoes: We buy all varieties of potatoes organic. It pains me when I see sales and 10 pounds of conventional potatoes are only \$1.50, but as much research as I have done, it just works for us. As far as potato variety, we use russet for roasted or French fries. I use Yukon for roasted, wedges, or mashed potatoes and I use red or fingerling for fancier whole roasted options.

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Sesame Oil: A tricky one like honey since many companies sell fake sesame oil or sesame oil “blends.” Just read your labels and make sure you are buying 100% sesame oil. I normally buy regular, untoasted, but that is just flavor preference.

Shrimp: I love shrimp, but hate deveining. So we buy deveined peel on shrimp. Normally for a pasta dish I will buy the 21-25 count, but for an actual shrimp meal where the shrimp is the star of the show I will shell out the extra money for prawns (from Whole Foods usually, you want to buy them at a store you know will have good quality seafood, especially when it is a variety that may not be as popular as the smaller, less expensive sizes). With prawns, a meal is usually 3 or 4 pieces and they are sold in an “under 12 count” size, so you get less than 12 pieces to the pound. If you compare pricing to salmon, for example, you will find it comparable per person even if the initial sticker shock at the price can be jarring.

Sriracha Sauce: One of our favorite condiments in the house. We keep backups in the cupboard at all times and use it to top many of our meals with it. We also use empty bottles to make spicy mayo for sandwiches. Add mayo to a bowl, mix with desired amount of Sriracha and pour it back into the bottle and back into the fridge. When that bottle is empty we toss it since we usually have another empty Sriracha bottle ready to go for more.

Sweet Potatoes: Just like standard potatoes we buy these organic as well. The difference in our store is only \$0.30 a pound for organic so it isn't quite as painful as buying organic for other varieties. I also use sweet potatoes in a lot of the baby food we make in our slow cooker, so we tend to keep a lot of it in the house. A quick healthy meal for me is a baked sweet potato wrapped in foil cut open and topped with grilled chicken and some light sour cream mixed with Sriracha sauce and black beans. I don't make fries out of them though since they tend to get soft quite quickly and when I roast them I normally pair it citrus marinated meats.

Turkey thighs, bone in, skin on: One of my favorite things to put in the slow cooker. Turkey Thighs have a good amount of fat and always come out tasting like the best part of thanksgiving. They don't generally go on sale in the off season, but a good rule of thumb on pricing is to buy them when they are around \$2.50 a pound. I don't normally buy turkey legs because there is much less meat and more bone and pins per pound. Stick with thighs. Also, I almost always buy bone in poultry. The flavor of cooking on the bone is something I love.

White Wine: Two buck chuck. I know people espouse you should buy white wine for cooking that you would drink, but honestly, I've done both ways and can say with certainty your dish will taste just as delicious with Charles Shaw wine from Trader Joe's.

Worcestershire Sauce: I use this mostly in place of liquid smoke when I need something savory and don't like the down sides of using liquid smoke. Most notably I use it when I make Hawaiian pork in the slow cooker or sometimes mixed into ground beef for burgers and meatloaf.

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The Rogue “Uncounted” Ingredients:

Salt: Kosher or sea salt almost always, unless I am baking. I use Morton’s Kosher Salt and Maldon’s Flaked Sea Salt. I buy the sea salt on Amazon, which you can find in my Amazon Store. If you buy it in a store or somewhere like Sur La Table, you will pay 2-3 times more than buying on Amazon. Maldon’s is a great finishing salt and Morton’s Kosher is my go to for seasoning a recipe.

Pepper: I use fresh cracked black pepper from Trader Joe’s. It has a small grinder and costs \$2. Sometimes when it is empty I will refill it with some fancier peppercorns I buy in bulk, but as a general rule I use their brand. The grinders never get stuck and the size of the grind is great.

Flour: All purpose unbleached flour. I buy organic when on sale and stock up. Every once in a while I can find it for \$2 for 5 pounds. You want to be careful how and where you store it so you don’t end up with bugs in your flour.

Canola Oil: I use canola in place of vegetable or corn, but will use peanut when it is called for. I think I buy it from Costco in a huge jug for \$7. I can’t be sure, it usually lasts 4-6 months since I don’t use very much oil if I can help it.

Olive Oil: Organic and from Costco. There has been quite a lot of discussion recently about olive oil and whether it is authentic or not. I save myself the trouble and buy it from Costco. I do have other finishing oils, flavored and unflavored, but for basic needs, this is a great option.

Thank you!

Just a quick note to say thank you! Thank you for being an email subscriber and (hopefully!) loyal reader. The blog is still fairly new and I am learning as I go, but it has been a lot of fun sharing recipes with you all. I love the feedback you guys leave in the comments and seeing the photos of the recipes after you make them.

This cookbook took a lot longer to compile and piece together than I had originally thought, but now that the framework is all set, I am hoping there will be a quarterly e-cookbook! So stay tuned for more e-cookbooks that assemble recipes like puzzle pieces to make your shopping trips less expensive and faster!

If I could, I would magically send each and every one of you an [Ice Cream Burger](#) from the blog to say thanks!



I <3 you guys!

Sabrina