

JULY 20 - 24, 2020

# WEEKLY MENU

BY DOLLOP

FINDING THE  
BALANCE



# This Week's Menu

**JULY 20 - 24, 2020**



## **MONDAY**

Chicken Mango Salad

## **TUESDAY**

Coconut-Lime Mussels  
with Garlic Bread

## **WEDNESDAY**

Creamy Mushroom Chicken  
with Rice

## **THURSDAY**

Spaghetti Carbonara  
with Sautéed Onion

## **FRIDAY**

Shallot-Mushroom Quiche

# DOLLOP

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## **ARE YOU A HOME CHEF? DO YOU LOVE TO LOOK?**

If the answer is yes, then we'd love to feature you!  
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## **HAVE A QUESTION OR COMMENT ABOUT A RECIPE?**

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# Editor's Letter

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Welcome to your 5-Day Menu For Home Cooks! "Finding The Balance" features a diverse lineup of dishes, most of which come together in under 30 minutes!

As always, you'll be working with plenty of fresh ingredients as well as many items that you probably already have in your pantry. This week's offerings range from mussels to quiche and mushrooms are a featured ingredient. We're also excited to share one of our favorite Thai-inspired recipes with you, an article on cooking with coconut, and more!

We hope you enjoy "Finding The Balance." As always, these recipes are meant to be a guide. Have fun and trust your instincts in the kitchen. Happy Cooking!



**MATT WALKER**  
EDITOR IN CHIEF

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**MONDAY**



**CHICKEN MANGO SALAD**

# Chicken MANGO Salad



**YIELD**

4 SERVINGS



**TOTAL TIME**

35 MINS



**ACTIVE TIME**

15 MINS



**DIFFICULTY**

EASY

INGREDIENT	WEIGHT	VOLUME
Olive oil, extra virgin	30 g	30 mL / 2 tbsp
Lemon juice	30 g	30 mL / 2 tbsp
Garlic, minced	3 g	1 tsp
Salt	2 g	½ tsp
Black pepper, freshly ground	1 g	½ tsp
Chicken breast, boneless and skinless	450 g / 1 lb	2 chicken breasts
Olive oil, extra virgin	For cooking chicken	-
Romaine lettuce, chopped	600 g	8 cups
Cherry tomatoes, chopped	225 g	1 cup
Cucumber, chopped	150 g	1 cup
Red onion, sliced	115 g	1 small onion
Mango, peeled and diced	-	¼ of a mango
Cilantro leaves, chopped	12 g	3 tbsp
Mango, peeled and diced	-	¼ of a mango
Olive oil, extra virgin	-	¼ cup
Lemon juice	45 g	45 mL / 3 tbsp
Cilantro leaves, chopped	15 g	¼ cup
Salt	2 g	½ tsp
Black pepper, freshly ground	1 g	½ tsp

## METHOD

**1** In a bowl, combine olive oil, lemon juice, garlic, salt and black pepper. Add chicken breasts to the bowl and coat in marinade. Cover and let marinate in fridge for 30 minutes.

**2** Preheat oven to 180°C / 350°F.

**3** In a large skillet, heat olive oil over high heat. Once the skillet is very hot turn the heat down to medium-high. Cook the chicken breasts until they are golden brown on the outside, about 3-4 minutes per side.

**4** Remove chicken from stove and transfer to a baking dish, along with any remaining marinade. Cook until chicken breasts reach an internal temperature of 75°C / 165°F, about 20 minutes.

**5** In a large salad bowl, combine Romaine lettuce, cherry tomatoes, cucumber, red onion, mango and cilantro.

**6** In a high speed blender, add mango, olive oil, lemon juice,

cilantro, salt and black pepper. Blend until you have a smooth liquid.

**7** Remove chicken from oven and let cool for 5 minutes. Slice into strips.

**8** Place the chicken on top of the salad and drizzle with dressing. Serve family style or divide salad evenly among 4 bowls.



## NOTES

- Add any other vegetables you wish, such as red pepper or avocado
- If you like spice, add a diced red chile pepper to the salad ingredients
- You can marinate the chicken up to 24 hours if you wish
- Garnish with chopped cilantro; optional
- Another way to enjoy your salad is in a warm pita

**TUESDAY**



**COCONUT-LIME MUSSELS  
WITH GARLIC BREAD**

# Coconut-Lime MUSSELS

## with Garlic Bread



**YIELD**

4 SERVINGS



**TOTAL TIME**

20 MINS



**ACTIVE TIME**

15 MINS



**DIFFICULTY**

EASY

INGREDIENT	WEIGHT	VOLUME
Olive oil, extra virgin	30 g	30 mL / 2 tbsp
Shallots, minced	-	2 shallots
Garlic, minced	-	2 cloves
Ginger, peeled and grated	5 g	2 tsp
Lemongrass, minced	3 g	2 tsp
Lime juice	45 g	45 mL / 3 tbsp
White wine	480 g	480 mL / 2 cups
Coconut milk, unsweetened	230 g	230 mL / 1 cup
Mussels, scrubbed and debearded	1.2 kg / 2½ lb	-
Bread or Baguette	-	4 thick slices
Olive oil extra-virgin	For brushing	-
Garlic, whole clove	-	1 clove
Parsley, minced	7 g	2 tbsp

## METHOD

**1** Preheat the broiler.

**2** In a large pot, heat olive oil over medium-high heat. Add shallots and sauté until translucent, about 2 minutes. Stir in garlic, ginger, and lemongrass. Sauté until fragrant, about 30 seconds.

**3** Stir in lime juice and white wine, scraping up any browned bits from the bottom of pot. Bring the wine mixture to a

boil and cook for about 2 minutes. Reduce heat to medium and stir in coconut milk.

**4** Add mussels to the pot and stir. Cover and cook until all the shells have opened, about 5 minutes. Discard any mussels that remain closed. Transfer the mussels, evenly, to 4 bowls.

**5** Brush the bread with olive oil and transfer to a baking sheet. Broil the bread a few inches from the heat, turning once, for 2 minutes, until golden and toasted.

Lightly rub the whole garlic clove over the toasts.

**6** Pour the broth over the mussels. Garnish with parsley.

**7** Serve mussels with the garlic toasts.

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## NOTES

- Often you can buy mussels that are debearded. This saves a lot of time, but if you can't find them, cleaning them is not difficult. Lightly scrub the shell with a paper towel. On one side, a furry piece will come out of the shell; with your hands pull that away from the mussel. It might take a bit of force, but should come off. Repeat with all mussels
- For fresh lemongrass, peel and use only the midsection of the stalk. Smash it with the flat side of a chef's knife to make mincing easier.
- Fresh lemongrass can be hard to find. Alternatively, you can use dried lemongrass, lemongrass paste or lemon zest. The zest from one medium lemon is equivalent to about two stalks of lemongrass
- Alternatively, you can garnish the mussels with shallots

# ALL ABOUT COCONUT

Simple yet complex, Thai food hits all the notes:  
sour, sweet, bitter and salty!



This week's menu includes a wonderful recipe inspired by the flavors of Thai cuisine. Coconut, especially coconut milk, features prominently in Thai food.

Coconut is a tricky thing to classify. Despite having the word "nut" in its name, a coconut is a fruit — not a nut. Botanically speaking, they are a drupe, which is a fruit that consists of a stone covering an enclosed seed, such as a peach or olive. Coconuts have been grown in tropical regions for almost 5,000 years and, because they can float, it's also believed that they spread themselves throughout the subtropics. Low in carbs and high in fiber and fat, coconut contains powerful antioxidants and is linked to heart health and blood sugar regulation.

Coconuts seem to be a polarizing ingredient for most people, but many enjoy coconut water, at the very least, especially if nursing a hangover. Coconut lends itself well to any flavor profile — from sweet to salty to spicy. Coconuts are also one of the most versatile and no-waste foods around. From coconut butter, oil, flour, and water, you can use almost every part of it. Its purest form comes in the raw white meat found inside, referred to as the kernel. It has a firm texture and slightly sweet flavor.

**COCONUT LENDS ITSELF WELL TO ANY FLAVOR PROFILE — FROM SWEET TO SALTY TO SPICY.**

Coconut milk acts as the base in most Thai curries, imparting a rich, creamy consistency while balancing spice levels.



It is also a common ingredient in Thai desserts and, since it's dairy-free, coconut milk also makes wonderful "ice cream" for those with lactose intolerance.

**COCONUT MILK ACTS AS THE BASE IN MOST THAI CURRIES, IMPARTING A RICH, CREAMY CONSISTENCY WHILE BALANCING SPICE LEVELS.**

Sadly, fresh coconuts aren't widely available in some countries like Canada, for example, where processed, shredded coconut is more common. A great way to enjoy this processed variety is to toast it, which brings it back to life by releasing its natural oils.



**WEDNESDAY**



**CREAMY MUSHROOM CHICKEN  
WITH RICE**

# Creamy Mushroom **CHICKEN** with Rice



**YIELD**

4 SERVINGS



**TOTAL TIME**

30 MINS



**ACTIVE TIME**

15 MINS



**DIFFICULTY**

EASY

INGREDIENT	WEIGHT	VOLUME
Water	338 g	338 mL / 1½ cups
White rice, long grain	200 g / 7 oz	1 cup
Salt	1 g	½ tsp
Chicken breast, boneless and skinless	450 g / 1 lb	2 chicken breasts
Flour, all-purpose	For dredging	-
Olive oil, extra-virgin	15 g	15 mL / 1 tbsp
Butter	14 g	1 tbsp
Butter	14 g	1 tbsp
Mushrooms, Portobello or other, chopped	340 g / 12 oz	6 cups
Oregano, dried	To taste	-
Garlic, minced	-	3 cloves
Stock, chicken or vegetable	120 g	120 mL / ½ cup
Lemon juice	2 g	2 mL / ½ tsp
Dijon mustard	3 g	½ tsp
Cream	225 g	230 mL / 1 cup
Salt	To taste	-
Black pepper, freshly ground	To taste	-

## METHOD

**1** In a saucepan, bring water to a boil. Stir in rice and salt and return to a boil over medium-high heat.

**2** Reduce heat to a simmer, cover, and cook until rice is tender and has absorbed all the liquid, about 16-18 minutes.

**3** Remove from heat and let steam, covered, for 10 minutes.

**4** Cut chicken breasts in half lengthwise to make four thinner cutlets. Coat them in flour.

**5** In a large skillet, heat olive oil and butter over medium-

high heat. Once pan is hot, add the chicken. Cook it until golden on the outside, about 3 minutes per side. Remove chicken from pan and set aside.

**6** In the same pan, melt butter. Add mushrooms and oregano. Once mushrooms start to release water, about 3 minutes, add garlic. Continue cooking the mushrooms until all the water is cooked off, about 2 more minutes. Remove mushrooms from pan and set aside.

**7** In the same pan, add chicken broth, lemon juice, and Dijon mustard. Stir until mustard dissolves, and let it reduce for 3-4 minutes.

**8** Add cream, chicken and mushrooms to the pan. Let chicken cook until it reaches an internal temperature of 75°C / 165°F, and the sauce has thickened. Season with salt and black pepper.

**9** Using a fork, fluff the rice. Serve with chicken.



## NOTES

- If you prefer, you can serve your chicken over noodles or with mashed potatoes instead

**THURSDAY**



**SPAGHETTI CARBONARA  
WITH SAUTEED ONION**

# Spaghetti CARBONARA

## with Sauteed Onion



**YIELD**

4 SERVINGS



**TOTAL TIME**

20 MINS



**ACTIVE TIME**

10 MINS



**DIFFICULTY**

EASY

INGREDIENT	WEIGHT	VOLUME
Salt	For pasta water	-
Spaghetti pasta (or from Pantry Essentials)	450 g / 1 lb	-
Pasta water, reserved	60 g	60 mL / ¼ cup
Olive oil, extra virgin	15 g	15 mL / 1 tbsp
Bacon, cut into thin strips	8 oz	8 slices
White onion, chopped	170 g / 6 oz	1 medium onion
Eggs	180 g	4 large eggs
Cream	75 g	90 mL / 6 tbsp
Parmesan cheese, grated	15 g	¼ cup
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Parsley, chopped	For garnish	-

## METHOD

**1** Bring a large pot of salted water to a boil. Add spaghetti and cook until a few minutes before al dente. Drain, reserving ¼ cup pasta water.

**2** In a skillet, heat olive oil over medium heat. Add bacon and onion and cook until onion is caramelized and bacon is crisp, about 7-8 minutes.

**3** In a large serving bowl, whisk together eggs, cream and

Parmesan cheese. Scrape the cooked bacon and onion into the bowl along with the cooking fat.

**4** Add spaghetti and reserved pasta water to the bowl and toss. Place a plate on top of the bowl to hold in the heat and let sit for 5 minutes.

**5** Remove the plate, garnish with salt, black pepper and parsley. Serve.



## **NOTES**

- You can use pancetta instead of bacon
- Garlic bread makes a nice accompaniment

**FRIDAY**



**SHALLOT-MUSHROOM QUICHE**

# Shallot-Mushroom QUICHE



## YIELD

4 SERVINGS



## TOTAL TIME

1 HOUR  
30 MINS



## ACTIVE TIME

30 MINS



## DIFFICULTY

MEDIUM

INGREDIENT	WEIGHT	VOLUME
Flour, all-purpose	For dusting	-
Pie dough, single crust, store bought	-	-
Butter	14 g	1 tbsp
Shallots, sliced	200 g	2 cups
Mushrooms, Portobello or other, sliced	340 g / 12 oz	6 cups
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Eggs	270 g	6 large eggs
Cream	165 g	175 mL / ¾ cup
Gruyere cheese, grated	115 g	1 cup
Salt	To taste	-
Black pepper, freshly ground	To taste	-

## METHOD

**1** Preheat oven to 190°C / 375°F

**2** On a floured work surface, using a rolling pin, roll out pie dough to a 30 cm / 12" round.

**3** Place pie dough in a 23 cm / 9" pie plate, fold overhang under, and crimp edge. Place a sheet of parchment paper over dough and fill with pie weights or dried beans.

**4** Bake until edge is dry and light golden, about 20 minutes. Remove parchment and weights.

**5** In a large skillet, melt butter over medium-high. Add shallots and mushrooms and season with salt and black pepper. Cook until light golden, about 8 to 10 minutes.

**6** In a medium bowl, whisk together eggs and cream. Add shallots, mushrooms, Gruyere cheese, salt and black pepper.

Whisk and pour into pie crust.

Serve warm or at room temperature.

**7** Bake until the center of quiche is set, about 40 to 45 minutes.



## NOTES

- Use your favorite mushroom in this quiche. For added flavor, use a couple of varieties; shiitakes work well
- Alternatively, you can make your own pie crust
- You can substitute Gouda or Provolone cheese for Gruyere
- Garnish with chives or parsley if you wish

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**WEEKLY  
SHOPPING  
LIST**

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This is your weekly shopping list. These are all the ingredients you need to make this week's recipes.

<b>PRODUCE</b>	
Garlic	1 bulb
Lemon	2
Lime	1
Ginger	1 knob
Lemongrass	1 stalk
Romaine lettuce	1 head
Mango	1
Cherry tomatoes	225 g
Cucumber	1
Red onion	1
White onion	1
Shallot	6
Portobello mushrooms	1 ½ lb
<b>HERBS</b>	
Parsley	1 bunch
Cilantro	1 bunch
<b>MEAT &amp; FISH</b>	
Chicken	900 g / 1 lb / 4 breasts
Mussels	1.2 kg / 2½ lb
Bacon	1 pkg (8 slices)
<b>CHEESE &amp; MILK</b>	
Coconut milk, unsweetened	230 mL
Parmesan cheese	15 g
Gruyère cheese	115 g
Heavy cream	320 mL
Eggs	10 large eggs
<b>GRAINS &amp; PASTA</b>	
Spaghetti (or from Pantry Essentials)	450 g / 1 lb
White rice (or from Pantry Essentials)	200 g / 7 oz
Baguette	1
<b>MISCELLANEOUS</b>	
White wine	1 bottle
Single-crust pie dough	1

**MAKE SURE YOU HAVE THE INGREDIENTS FROM THE PANTRY ESSENTIALS**



# **PANTRY ESSENTIALS**



The following are ingredients that should always be in your kitchen. We assume you will always have these in your kitchen and do not include them in the weekly shopping list. If you run out, you should re-stock!



Extra-Virgin Olive Oil  
Neutral Oil (vegetable, canola, sunflower, etc.)  
Butter, unsalted  
Salt, Kosher  
Black Pepper  
Cayenne Pepper (or chili powder)  
Oregano, dried  
Cumin, ground  
Onion, powder  
Paprika, sweet or smoked  
Vinegar, white wine  
Vinegar, balsamic  
Hot sauce  
Mayonnaise  
Mustard, Dijon  
Soy sauce  
Stock, Chicken or Vegetable  
Rice, white or brown  
Flour, all-purpose  
Pasta, dried long (spaghetti, fettuccine, etc.)  
Pasta, dried short (penne, macaroni, etc.)  
Sugar, white



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