

OCTOBER 26 - 30, 2020

# WEEKLY MENU

BY DOLLOP

## CLASSIC COMFORT



# This Week's Menu

**OCTOBER 26 – 30, 2020**



## **MONDAY**

Beef Chili

## **TUESDAY**

Cheese Quesadilla  
with Tossed Greens in a Honey Vinaigrette

## **WEDNESDAY**

Beer Battered Cod  
with Sweet Potato Fries

## **THURSDAY**

Spaghetti and Meatballs

## **FRIDAY**

Chicken Pot Pie

# 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, "Classic Comfort."

Whether you're feeling under the weather, craving warmth on a cold day or just feeling like a little comfort food, this week's lineup has got you covered.

Chicken Pot Pie, Spaghetti with Meatballs and Beer Battered Cod are just some of the recipes you'll learn how to make. In most cases, a vegetarian variation is possible, but much of this menu focuses on hearty meat and fish dishes.

You will be cooking with lots of fresh produce, kidney beans, pasta and tortillas. We've even included an article on some of the quintessential 'comfort' ingredients to keep stocked in the pantry for a rainy day.

We hope you enjoy this week's menu, and that it provides you with comfort during these unprecedented times. As always, we encourage you to make these dishes your own. You've got this!

Stay happy and stay cooking!



**MATT WALKER**  
EDITOR IN CHIEF

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# MONDAY



**BEEF CHILI**

# Beef CHILI



**YIELD**

4 SERVINGS



**TIME**

2 HOURS



**DIFFICULTY**

EASY

INGREDIENT	WEIGHT	VOLUME
Neutral oil	15 g	15 mL / 1 tbsp
Beef, ground	450 g / 1 lb	-
Yellow onion, chopped	250 g	1 large onion
Green bell pepper, chopped	120 g	1 green pepper
Chili powder	16 g	2½ tbsp
Garlic, minced	3 g	1 clove
Tomatoes, crushed (canned)	800 g / 28 oz	1 can
Tomato sauce	225 g / 8 oz	-
Cumin, ground	1 g	½ tsp
Thyme, dried	-	¼ tsp
Kidney beans, canned	425 g / 15 oz	1 can
Cheddar cheese, grated	For garnish	-

## METHOD

**1** In a large pot or Dutch oven, heat neutral oil over medium heat. Crumble beef into skillet and add onion and bell pepper. Cook until vegetables are tender and beef is no longer pink, about 7 to 10 minutes. Drain excess fat.

**2** Add chili powder, garlic, tomatoes, tomato sauce, cumin, and thyme. Stir and bring

to a boil. Cover and reduce heat to low; simmer for about 1½ to 2 hours, stirring occasionally. Add water or stock if chili gets too dry.

**1** Drain canned beans. Add beans to the chili and heat through. Garnish with cheddar cheese and serve.

## NOTES

- If you want a spicier chili, add 1 jalapeño pepper (seeded and minced)
- There will be leftover chili which you can easily freeze
- You can garnish your chili with a dollop of sour cream

# **TUESDAY**



**CHEESE QUESADILLA  
WITH TOSSED GREENS IN A HONEY  
VINAIGRETTE**

# Cheese **QUESADILLA** with Tossed Greens in a Honey Vinaigrette



**YIELD**

4 SERVINGS



**TIME**

25 MINS



**DIFFICULTY**

EASY

INGREDIENT	WEIGHT	VOLUME
Romaine lettuce, chopped	600 g	8 cups
Cucumber, diced	400 g	1 cucumber
Grape tomatoes, halved lengthwise	200 g	1 cup
Carrot, shredded	50 g	1 cup
Olive oil, extra virgin	50 g	50 mL / ¼ cup
White wine vinegar	25 g	25 mL / 2 tbsp
Honey	5 g	1 tsp
Salt	To taste	–
Black pepper, freshly ground	To taste	–
Cheddar cheese, grated	30 g / 8 oz	2 cups
Flour tortilla, 15 cm / 6" diameter	–	8 tortillas
Neutral oil	60 g	60 mL / 4 tbsp
Salt	To taste	–
Salsa	For garnish	–

## METHOD

**1** In a large bowl, add lettuce, cucumber, tomatoes and carrots.

**2** In a small bowl, whisk together olive oil, white wine vinegar, honey, salt and black pepper until mixed. Set both bowls aside.

**3** Spread ⅛ of cheese evenly over half of one tortilla, leaving a 1.5 cm / ½" border. Fold tortilla over and seal edges by pressing down firmly. Repeat with

remaining cheese and tortillas.

**4** In a large nonstick skillet, heat oil over medium heat until shimmering. Working in batches, add two folded tortillas and cook, swirling them around, until golden brown and puffy on first side, about 2 minutes.

**5** Using a spatula, flip quesadillas, season with salt, and continue cooking until golden brown and puffy on second side,



about 2 minutes longer.

**6** Transfer quesadillas to a paper towel to drain. Cook remaining quesadillas by repeating steps 4 and 5.

**7** Toss salad with dressing. Cut quesadillas into triangles and top with salsa. Serve with salad.

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## NOTES

- Add any additional fillings that you wish, including chicken, corn or black beans
- You can also garnish quesadillas with sliced green onion or cilantro

A close-up photograph of a can of Purina Puree soup, tilted diagonally. The can has a yellow and white label with a red tomato logo and the word 'Purina' in red. It is surrounded by fresh vegetables, including several orange carrots and red tomatoes, some of which are in the foreground and slightly out of focus. A dark grey rectangular box is overlaid on the center of the image, containing the title and subtitle text.

# FOOD FOR COMFORT

In these strange times, let's look at some good options for hunkering down inside.



It's hard to tune out the growing pandemic that the world is facing right now. Some parts of the world have been forced into isolation and many are stocking up at the grocery store for ongoing quarantines.

## **STOCKING UP**

Well, let's start with the obvious one – non-perishable foods. Tinned tuna, veggies and fruits as well as legumes, pasta and grains will all go a long way. Oh, and tinned tomatoes! We recommend San Marzano for the most flavor.

Frozen pizzas are also a good idea. One hack we love is throwing fresh herbs and freshly grated cheese on frozen pizzas. It really takes them to the next level. Of course, not everyone has access or the means to grow herbs, so try adding crushed red chilis and or dried oregano to yours. Hot sauce also tastes delicious on pizza.

**ONE HACK WE LOVE  
IS THROWING FRESH  
HERBS AND FRESHLY  
GRATED CHEESE ON  
FROZEN PIZZAS.**

Switching gears, did you know that it's entirely possible to make beef jerky without a dehydrator? Flank steak works well and the protein packed snack will keep you going (and chewing) for a while! Of course, freezer meals are wonderful to have during a time like this. Hearty soups and chilis freeze well, but you can get more creative and make butter chicken, chicken tenders and more!





## PANTRY MUST-HAVES

A well stocked pantry means you'll be prepared to cook when you get inspired to make a new recipe. Let's start with must-have pantry liquids. It's hard to beat sherry vinegar. Anytime you need to add a great tasting acidic component to dishes, reach for a bottle of this. With its nuttiness and caramel notes, it brightens and deepens flavors at the same time. Add a dash or two into a pot of beans, marinara, and soups, or drizzle on fresh asparagus, sliced tomatoes, and in salad dressings.

Similarly, a good olive oil can take ingredients to the next level. Whether you're roasting a chicken or baking bread, make sure to have a bottle of good extra virgin olive oil (EVOO) on hand. Another great type of oil to always have kicking around is one with a higher smoke point and more neutral flavor than olive oil. We like grapeseed. Lastly, in the liquid department, coconut milk is a wonderful base for curries and stews, and ideal for lactose intolerant people.

**WHETHER YOU'RE  
ROASTING A CHICKEN  
OR BAKING BREAD,  
MAKE SURE TO HAVE  
A BOTTLE OF GOOD  
EXTRA VIRGIN OLIVE  
OIL (EVOO) ON HAND.**

In the dry goods department, all-purpose flour, panko bread crumbs, and Kosher salt are must-have pantry items. Every home cook understands the need for all-purpose flour. It is needed to make a roux, as well as numerous stews, soups and sauces. Panko crumbs are a Japanese style crispy coating that are perfect



for anything that needs a little crunch – from chicken nuggets to a binding agent for meatballs and fish cakes!

Don't forget about good salt. Once you say goodbye to iodized table salt, your homemade food will instantly taste better! Kosher salt is made of bigger crystals that won't dissolve like the tiny ones in iodized salt, preventing over-salted food. It is also free of that funky iodine taste. You should be using Kosher salt in everything you're seasoning, even if it's just for pasta water.

**ONCE YOU SAY  
GOODBYE TO  
IODIZED TABLE  
SALT, YOUR  
HOMEMADE FOOD  
WILL INSTANTLY  
TASTE BETTER**

## **FINDING CALM AND IMMUNITY**

There can be a fair amount of anxiety that creeps up during these unsettling times. Scientific studies have suggested that there

are a range of foods that help to combat anxiety. These include salmon, almonds, yogurt and dark chocolate. Green and chamomile teas are also very calming. For that unpleasant time of year, known as flu season, you'll also want to keep your immunity up with lots of Vitamin C (fresh squeezed orange juice) and moderate amounts of alcohol.

**ADDING  
MATCHA TO ANY  
SMOOTHIE IS A  
GREAT WAY TO  
INTRODUCE THIS  
INGREDIENT INTO  
YOUR DIET.**

Another secret weapon for increased immunity and overall health is matcha. Traditionally used in Japanese tea ceremonies, matcha is made from ground green tea leaves. Although typically prepared by whisking with warm water, it is quickly becoming a hot ingredient with chefs and can be used in a variety of recipes. Adding matcha to any smoothie is a great way to introduce this ingredient into your diet.



# **WEDNESDAY**



**BEER BATTERED COD  
WITH SWEET POTATO FRIES**

# Beer Battered **COD** with Sweet Potato Fries



**YIELD**

4 SERVINGS



**TIME**

40 MINS



**DIFFICULTY**

EASY

INGREDIENT	WEIGHT	VOLUME
Sweet potato, cut into wedges	1 kg / 2.2 lb	3 large potatoes
Olive oil, extra virgin	45 g	45 mL / 3 tbsp
Salt	6 g	1½ tsp
Chili powder	6 g	1 tbsp
Paprika	6 g	1 tbsp
Neutral oil	For frying	-
Cod, fillet, cut into 12 cm / 5" pieces	900 g / 2 lb	-
Salt	8 g	2 tsp
Black pepper, freshly ground	2 g	½ tsp
All-purpose flour	115 g	1 cup
Garlic powder	6 g	1 tbsp
Paprika, sweet	6 g	1 tbsp
Egg	45 g	1 egg
Beer, preferably dry stout	12 oz	355 mL / 1 can
Lemon, wedges	For garnish	4 wedges

## METHOD

**1** Preheat oven to 230°C / 450°F.

**2** In a large bowl, combine sweet potatoes with olive oil. Add salt, chili powder and paprika. Use your hands to mix, so all pieces are coated.

**3** On a baking sheet, spread sweet potatoes out in a single layer. Bake in preheated oven for 15-25 minutes, flipping halfway through.

**4** In a large pot or Dutch oven, heat 7 cm / 3" of neutral oil in a Dutch oven to 185°C / 365°F.

**5** Dry cod well with paper towel. Season with salt and black pepper.

**6** In a large bowl, mix all-purpose flour with garlic powder and paprika. Stir in egg, mixing well, before gradually whisking in beer.

**7** Dip cod pieces into batter. Working in batches, place cod

in oil, frying until golden brown, about 10 minutes, or until fish is floating near top of oil. Remove to a wire rack.

**8** Serve with sweet potato fries and lemon wedges.

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## NOTES

- Dry stout works well in fish batter, or use any beer you like to drink
- You can use any white fish for this recipe (i.e. tilapia, halibut)
- Add a few pinches of cayenne pepper to fish batter if you like spice
- Tartar sauce and malt vinegar make good accompaniments for the fish
- Monitor the temperature of the oil carefully. If temp is too low you'll end up with greasy fish. Too high and the outside will cook before the inside is done



**THURSDAY**



**SPAGHETTI AND MEATBALLS**

# Spaghetti and **MEATBALLS**



**YIELD**

4 SERVINGS



**TIME**

1 HOUR



**DIFFICULTY**

EASY

INGREDIENT	WEIGHT	VOLUME
Salt	For pasta water	-
Spaghetti pasta	450 g / 16 oz	-
Beef, ground	450 g / 1 lb	-
Bread crumbs	20 g	¼ cup
Parsley, chopped	8 g	¼ cup
Parmesan cheese, grated	2 oz	¼ cup
Egg	45 g	1 egg
Garlic, minced	6 g	2 cloves
Salt	4 g	1 tsp
Red chilli flakes	1 g	½ tsp
Olive oil, extra virgin	5 g	15 mL / 2 tbsp
Yellow onion, chopped	150 g	1 medium onion
Tomatoes, crushed (canned)	800 g / 28 oz	1 can
Bay leaf	-	1 leaf
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Parmesan cheese, grated	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.

**2** In a large bowl, combine beef with bread crumbs, parsley, Parmesan cheese, egg, garlic, salt and red pepper flakes. Mix until just combined and form into 16 balls.

**3** In a large pot, heat olive oil over medium heat. Add meatballs and cook, turning occasionally, until browned on all sides, about 10 minutes. Transfer to a plate.

**4** Using the same pot, add onion and cook until soft, about 5 minutes. Add crushed tomatoes and bay leaf. Season with salt and black pepper and bring to a simmer. Return meatballs to pot

and cover. Simmer until sauce has thickened, about 8 to 10 minutes.

with Parmesan cheese.

**5** Serve spaghetti with meatballs and sauce. Garnish

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## NOTES

- Omit meatballs for vegetarian variation
- Garnish with red chilli flakes if desired
- Garlic bread makes a good accompaniment

**FRIDAY**



**CHICKEN POT PIE**

# Chicken POT PIE



**YIELD**

4 SERVINGS



**TIME**

35 MINS



**DIFFICULTY**

MEDIUM

INGREDIENT	WEIGHT	VOLUME
Butter	60 g	4 tbsp
Chicken, breast, skinless/ boneless, cut into bite sized pieces	450 g / 1 lb	2 breasts
Carrots, sliced	100 g	1 cup
Celery, sliced	50 g	½ cup
Yellow onion, chopped	150 g	1 medium onion
Salt	6 g	1½ tsp
Garlic powder	1 g	½ tsp
Thyme, dried	1 g	½ tsp
Black pepper, freshly ground	-	¼ tsp
All-purpose flour	30 g	¼ cup
Heavy cream	100 g	100 mL / ½ cup
Stock, chicken or vegetable	110 g	110 mL / ½ cup
Peas, frozen	85 g	½ cup
Parsley, preferably flat leaf, minced	6 g	2 tbsp
Pie crust, unbaked, store bought	-	2 (top and bottom)

## METHOD

**1** Preheat oven to 220°C / 425°F.

**2** In a large skillet, heat butter over medium heat. Once melted, add chicken, carrots, celery, onion, salt, garlic powder, thyme and black pepper. Cook, stirring often, until chicken is cooked though, about 8 to 10 minutes.

**3** Add all-purpose flour. Stir until no dry flour remains. Slowly stir in cream, then the

stock. Cook until bubbling and thick, stirring often, about 3 to 4 minutes.

**4** Remove from heat. Stir in peas and parsley. Let cool for 15 to 30 minutes before filling the pie.

**5** In a 23 cm / 9" pie plate, fit one pie crust. Spoon cooled filling into crust. Top with second pie crust. Seal edges of pie crust together. Cut 3 to 4 slits in the top crust to allow steam to escape.

**6** Place the pie plate on a baking sheet. Bake for 30 minutes.

**7** Cool for 15 to 30 minutes. Slice and serve.



## **NOTES**

- You can make the filling up to 3 days ahead of time and store in refrigerator.
- The longer you allow the pie to cool before slicing, the thicker/less runny the filling will be.

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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	1
Yellow onion	1 large, 2 medium
Sweet potato	3 large
Carrot	150 g
Celery	2 stalks
Green bell pepper	1
Cucumber	1
Grape tomato	200 g
Romaine lettuce	1 head
Peas	85 g
<b>HERBS</b>	
Parsley, preferably flat leaf	1 bunch
Thyme, dried	1 bunch
<b>SPICES &amp; CONDIMENTS</b>	
Honey	
Garlic powder	
Red pepper flakes	
Bay leaf	1 bay leaf
Tomatoes, crushed (canned)	2 cans x 800 g / 28 oz
Tomato sauce	225 g / 8 oz
Salsa	1 jar
<b>MEAT &amp; FISH</b>	
Chicken, breast, boneless & skinless	450 g / 1 lb / 2 breasts
Beef, ground	900 g / 2 lb
Cod fillet	900 g / 2 lb
<b>CHEESE &amp; MILK</b>	
Parmesan cheese	85 g / 3 oz
Cheddar cheese	285 g / 10 oz
Heavy cream	100 mL
Eggs	2 large eggs
<b>GRAINS &amp; PASTA</b>	
Spaghetti	400 g / 14 oz
Flour tortilla, 15 cm / 6" diameter	8 tortillas
<b>MISCELLANEOUS</b>	
Bread crumbs, preferably Panko	20 g
Beer, preferably dry stout	355 mL / 1 can
Pie crust, unbaked, store bought	2 (top and bottom)
Kidney beans, canned	425 g / 15 oz

**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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