

DOLLOP

VOL. 2020 - ISSUE 47

**FROM
SCRATCH**



This Week's Menu

VOLUME 2020 – ISSUE 47
NOVEMBER 16 – 20, 2020

MONDAY

Creamy Tarragon Chicken
with Asparagus

TUESDAY

Salmon Cakes
with Cucumber Salad

WEDNESDAY

Roasted Red Pepper Penne

THURSDAY

Greek Salad with Chicken

FRIDAY

Lamb Stew

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!
Email us at support@dolloponline.

HAVE A QUESTION OR COMMENT ABOUT A RECIPE?

Email us at support@dolloponline.com

Editor's Letter

Welcome to your 5-Day Menu For Home Cooks! "From Scratch" features a diverse and exciting lineup of homemade dishes to add to your recipe arsenal.

The benefits to home cooking are endless. Not only can you control what you put into your body and the amount, you can save money, develop a useful skill and share your dishes with family and friends. This week, we have included a recipe for homemade pasta sauce, which is healthier and cheaper than buying store bought sauce and it takes no time to make. You will also learn how to make classic Tarragon Chicken in a cream sauce, Lamb Stew and more.

Don't miss the detailed grocery list and educational article provided, as well as tips on how to get the most out of each recipe and even potential ingredient substitutions.

We hope you enjoy "From Scratch" and reap the many benefits of cooking from home. As always, these recipes are meant to be a guide only. Have fun and allow yourself to get creative. Bon Appetit!



MATT WALKER
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MONDAY



**CREAMY TARRAGON CHICKEN
WITH ASPARAGUS**

Creamy TARRAGON CHICKEN

with Asparagus



YIELD

4 SERVINGS



TIME

30 MINS



DIFFICULTY

EASY

INGREDIENT	WEIGHT	VOLUME
Chicken, breast, skinless & boneless	900 g / 2 lb	4 breasts
Salt	To season	-
Black pepper, freshly ground	To season	-
Olive oil, extra virgin	30 g	30 mL / 2 tbsp
Olive oil, extra virgin	15 g	15 mL / 1 tbsp
Red onion, chopped	150 g	1 medium onion
Garlic, minced	6 g	2 cloves
White wine	160 g	160 mL / ⅔ cup
Stock, chicken or vegetable	110 g	110 mL / ½ cup
Heavy cream	120 g	120 mL / ½ cup
Tarragon, finely chopped	3 g	1 tbsp
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Butter	60 g	¼ cup
Olive oil, extra virgin	30 g	30 mL / 2 tbsp
Salt	4 g	1 tsp
Black pepper, freshly ground	-	¼ tsp
Garlic, minced	9 g	3 cloves
Asparagus, trimmed	450 g / 1 lb	-
Tarragon, finely chopped	For garnish	-

METHOD

1 Season chicken breasts with salt and black pepper.

2 In a large skillet, heat olive oil over high heat. Cook chicken in skillet until golden, about 3 to 5 minutes per side. Transfer to a plate and set aside.

3 In the same skillet, add olive oil, red onion and garlic. Reduce heat to medium-high and cook until softened, about 3 minutes.

4 Add white wine and let simmer until slightly reduced, about 2 minutes. Using a wooden spoon, scrape any caramelized

bits from bottom of skillet and incorporate.

5 Add stock, heavy cream and tarragon. Let simmer until sauce has slightly thickened, about 3 to 5 minutes. Add salt and black pepper if needed.

6 Return chicken to skillet and decrease heat to low-medium. Cover skillet and cook until chicken has reached an internal temperature of 75°C /

165°F, about 8 to 10 minutes.

7 In a large skillet, melt butter over medium-high heat. Stir in olive oil, salt, and black pepper. Add garlic and cook for about one minute, but do not brown. Add asparagus, and cook for about 10 minutes, turning occasionally.

8 Garnish chicken with additional tarragon. Serve with asparagus.

NOTES

- The best way to achieve a nice colour on the chicken is to not move the chicken too often while cooking
- Alternatively, you can substitute shallots for onion
- Alternatively or additionally, garnish chicken with parsley
- If you would like your sauce even thicker, allow it to reduce for longer in step 5

TUESDAY



**SALMON CAKES
WITH CUCUMBER SALAD**

Salmon CAKES and Cucumber Salad



YIELD

4 SERVINGS



TIME

1 HOUR



DIFFICULTY

MEDIUM

INGREDIENT	WEIGHT	VOLUME
Salmon fillet, skin-on	450 g / 1 lb	1 fillet
Olive oil, extra virgin	For brushing	-
Salt	4 g	1 tsp
Black pepper, freshly ground	-	¼ tsp
Cucumber, thinly sliced	400 g	1 cucumber
Red onion, thinly sliced	115 g	1 small onion
Salt	To season	-
Black pepper, freshly ground	To season	-
Vinegar, white wine	25 g	30 mL / 2 tbsp
Water	30 g	30 mL / 2 tbsp
Sugar, white	3 g	1½ tsp sugar
Dill, chopped	5 g	¼ cup
Olive oil, extra virgin	15 g	15 mL / 1 tbsp
Butter	15 g	1 tbsp
Red onion, diced	150 g	1 medium onion
Red bell pepper, diced	60 g	1 medium pepper
Bread crumbs (preferably Panko)	50 g	1 cup
Eggs, lightly beaten	90 g	2 large eggs
Mayonnaise	40 g	3 tbsp
Worcestershire sauce	5 g	5 mL / 1 tsp
Parsley, minced	5 g	¼ cup
Salt	4 g	1 tsp
Black pepper, freshly ground	-	¼ tsp
Olive oil, extra virgin	15 g	15 mL / 1 tbsp
Butter	15 g	1 tbsp

METHOD

1 Preheat oven to 220 °C / 425°F

2 Line a baking sheet with parchment paper. Place salmon fillet skin-side down, brush with olive oil and season with salt and black pepper.

3 Bake for 10 to 15 minutes, or until cooked through. Remove, cover with foil and rest for 10 minutes.

4 In a large bowl, mix cucumber and red onions. Season with salt and black pepper.

5 Mix vinegar, water and sugar in a small bowl. Pour over cucumbers and red onions and stir well. Stir in chopped dill and refrigerate.

6 Discard skin from salmon, flake fish with fork and cool to room temperature.

7 Heat a skillet over medium heat. Add olive oil, butter, red onion and red bell pepper. Saute until softened and golden, about 8 minutes. Remove from heat.

8 In a large bowl, combine salmon, sauteed onions, red bell pepper, bread crumbs, eggs, mayonnaise, Worcestershire sauce, parsley, salt and black pepper.

9 Form into 1½ cm or ½" thick patties (makes about 12).

10 In a large skillet, heat olive oil and butter over medium heat. Working in batches, add patties and sauté until golden brown, about 3 minutes per side. Remove to a paper-towel lined plate. Repeat with remaining patties.

11 Serve salmon cakes with chilled cucumber salad.

NOTES

- Fresh salmon can be substituted with a 14 oz can of salmon, drained
- To keep your patties the same size, you can use an ice cream scoop to measure your mixture
- If the mixture is too wet to hold the patty shape, add extra bread crumbs and if it is too dry, add extra mayonnaise
- Make sure you don't overcrowd the pan when cooking your patties. Work in as many batches as necessary

THE ADVANTAGES OF HOME COOKING

People who regularly cook at home tend to be healthier and happier overall.



One of the reasons that we started the Dollop platform is to promote health and well being through home cooking.

BENEFITS

It shouldn't surprise anyone to learn that homemade meals tend to be healthier than restaurant meals, which often contain higher fat, salt, and caloric content, not to mention large portion sizes. Similarly, premade meals at grocery stores often contain empty calories and ingredients like high-fructose corn syrup, which are lacking in nutrients and increase inflammation in the body.

Home cooks benefit from the control that they have over the components of what they eat, especially when it comes to weight management. For example, excess sugar is a large contributor to obesity, diabetes and heart disease, and restaurants often abuse it, since it enhances flavor. By cooking at home, you can learn how to use healthier ingredients like honey and coconut sugar to sweeten your dishes. By learning how to regularly cook food at home with quality, nutritious ingredients, you can live a healthier life, with more energy and resilience to stress, as well as a stabilized weight and mood.

**BY COOKING AT HOME,
YOU CAN LEARN HOW
TO USE HEALTHIER
INGREDIENTS LIKE
HONEY AND COCONUT
SUGAR TO SWEETEN
YOUR DISHES.**

KEEP IT SIMPLE

While cooking at home can seem like a daunting task, depending on your lifestyle,





it can be easier than you think. Start by buying a basic cookbook and making simple meals that don't take long to execute. When it comes to time saving strategies, buying pre-washed bags of vegetables and other produce can reduce the time it takes to prepare meals. Meal planning for the week ahead will also save you valuable time, which is where Weekly Menu by Dollop comes in handy. With easy-to-follow recipes and a comprehensive grocery list for the week, much of the hard work is done and you can focus fully on the joy of cooking and, hopefully, the health benefits that come along with it.

**START BY BUYING A
BASIC COOKBOOK AND
MAKING SIMPLE MEALS
THAT DON'T TAKE LONG
TO EXECUTE.**

One of the recipes in this week's meal plan is for homemade pasta sauce. That's because we wanted to highlight how much healthier and cheaper it is to make your own and it takes no time at all! The jarred sauces you can buy are convenient, but they tend to be loaded with salt and sugar as well as preservatives. Making your own pasta sauce is a much healthier option for the whole family and will freeze well for up to six months. The same goes for most soups and stews.

SAVE MONEY

Speaking of saving money, you can save a lot when you cook from home. This savings starts at the grocery store. It might be tempting to indulge in prepared foods like grated cheese and sliced pineapple but they are always significantly higher in price, so we recommend avoiding

them and doing a little bit of extra preparation in your home kitchen. Another suggestion is to stick to 'no-name' or non-branded items, which are almost always lowest in price, with a few exceptions. No-name cereals, frozen vegetables and butter are almost always just as delicious as brand name versions, but you might want to spring for higher shelf cheese and chocolate.

Cooking in large batches also cuts costs. This way you can freeze extras and even repurpose ingredients. Fun fact: braised pork shoulder freezes really well! Has your bread gone stale? Why not make bread crumbs or croutons instead of chucking it in the trash? Sticking to that

same principle, rather than throw out shrimp shells and chicken carcasses, use them to make delicious' stocks. Not only are

these ideas cost efficient, they help minimize food waste as well. So it's a win-win! If you have more than two people in your household, then buying in bulk is definitely the way to go, especially when it comes to non-perishable food items like canned tomatoes, soups and grains. A final but important reminder that supermarkets

conveniently display the highest priced items at eye level, so be sure to always scan the entire shelf in order to find the best deal!

**NO-NAME
CEREALS,
FROZEN
VEGETABLES
AND BUTTER
ARE ALMOST
ALWAYS JUST
AS DELICIOUS
AS BRAND NAME
VERSIONS**



WEDNESDAY



ROASTED RED PEPPER PENNE

Roasted RED PEPPER Penne



YIELD

4 SERVINGS



TIME

25 MINS



DIFFICULTY

EASY

INGREDIENT	WEIGHT	VOLUME
Garlic	9 g	3 cloves
Yellow onion, quartered	150 g	1 medium onion
Red bell peppers, destemmed, cut in half	480 g	4 medium peppers
Olive oil, extra virgin	30 g	30 mL / 2 tbsp
Salt	For pasta water	-
Penne pasta, dried	340 g / 12 oz	-
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Milk, whole	100 g	110 mL / ½ cup
Parsley, minced	To garnish	-

METHOD

1 Preheat oven to 220°C / 425°F.

2 Line a baking sheet with parchment paper. Place garlic, yellow onion and red bell peppers on sheet and drizzle with olive oil. Roast until peppers and onions are lightly charred, about 15 to 20 minutes.

3 Allow peppers to cool until comfortable enough to peel the skins off and discard them.

4 Transfer to a food processor and blend until smooth. Set aside.

5 Bring a large pot of salted water to a boil. Cook pasta until just before al dente and drain.

6 In a large skillet, add the pureed sauce and cook over medium-high heat, until bubbling. Season with salt and black pepper. Add milk and whisk to combine.

7 Add penne to skillet and toss to combine. Garnish with parsley and serve.



NOTES

- Alternatively, you can buy a 15 oz can of roasted red peppers
- To help loosen skin of roasted red peppers, you can place them in a paper bag or covered
- glass container to steam for 10 minutes
- Additionally, you can garnish pasta with grated Parmesan cheese

THURSDAY



GREEK SALAD WITH CHICKEN

Greek SALAD with Chicken



YIELD

4 SERVINGS



TIME

25 MINS



DIFFICULTY

EASY

INGREDIENT	WEIGHT	VOLUME
Romaine lettuce, chopped	600 g	8 cups
Plum tomatoes, quartered	200 g / 8 oz	4 tomatoes
Cucumber, sliced into chunks	400 g	1 cucumber
Red onion, thinly sliced	75 g	¼ cup
Kalamata olives, pitted and halved	40 g	About 10 olives
Olive oil, extra virgin	30 g	30 mL / 2 tbsp
Red wine vinegar	15 g	15 mL / 1 tbsp
Sugar, white	2 g	½ tsp
Garlic, minced	3 g	1 clove
Salt	to taste	-
Black pepper, freshly ground	to taste	-
Chicken, breast, boneless & skinless	450 g / 1 lb	2 breasts
Olive oil, extra virgin	30 g	30 mL / 2 tbsp
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Feta cheese, crumbled	40 g	¼ cup
Lemon juice	For garnish	1 lemon

METHOD

1 To a large bowl, add lettuce, tomatoes, cucumber, red onion, and Kalamata olives.

2 In another bowl, whisk together olive oil, red wine vinegar, sugar, garlic, salt and black pepper. Set aside.

3 Butterfly the chicken breasts by cutting breasts horizontally and opening like a book. Brush breasts with dressing.

4 Heat a skillet over medium heat. Add 1 tbsp of olive oil. Cook one chicken breast for 4 minutes on each side, or until chicken reaches an internal

temperature of 74°C / 165°F. Cut into .635 cm / ¼" thick slices. Repeat with the second breast.

5 Pour remaining dressing over salad ingredients and season

with salt and black pepper. Toss.

6 Divide the salad. Top each serving with sliced chicken, sprinkle with feta cheese and lemon juice. Serve.

NOTES

- You can use iceberg lettuce instead of romaine if you prefer
- Garnish your salad with chopped parsley if you have some on hand
- If tomatoes aren't in season, use cherry tomatoes as they are juicy

FRIDAY



LAMB STEW

Lamb STEW



YIELD

4 SERVINGS



TIME

1 HOUR 50 MINS



DIFFICULTY

MEDIUM

INGREDIENT	WEIGHT	VOLUME
Lamb, shoulder, cut into 5 cm / 2" pieces	1.4 kg / 3 lb	1 shoulder
Salt	To season	-
Black pepper, freshly ground	To season	-
Olive oil, extra virgin	45 g	45 mL / 3 tbsp
Yellow onion, cut into wedges	450 g / 1 lb	3 medium onions
Carrots, cut into 7 cm / 3" pieces	450 g / 1 lb	6 medium carrots
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Potatoes, white, cut into 5 cm / 2" pieces	900 g / 2 lb	6 cups
Stock, chicken or vegetable	900 g	900 mL / 4 cups
Thyme, fresh	2 g	2 sprigs
Peas, frozen	150 g	1 cup
Tarragon, chopped	For garnish	-

METHOD

1 Preheat oven to 175°C / 350°F.

2 Pat lamb dry with paper towel. Season with salt and black pepper.

3 In a large pot or Dutch oven, heat olive oil over medium-high heat. Working in batches, brown meat on all sides. Transfer to a plate and set aside.

4 Using the same pot, add yellow onions, carrots, salt and black pepper and lower heat to medium. Cook until onions soften, about 8 to 10 minutes.

5 Return lamb to pot and add potatoes, stock and thyme. Bring to a simmer.

6 Cover and bake in preheated oven until lamb is tender when probed with a knife, about 90 minutes.

7 Uncover and add peas. Cook for an additional 10 minutes. Using a large spoon, skim fat from top of broth.

8 Garnish with tarragon and divide evenly among four bowls.



NOTES

- Alternatively, you can substitute lamb with beef chuck roast
- Alternatively, you can use fresh peas or none at all
- You can substitute two bay leaves for thyme
- You may wish to add more salt to broth near the end, depending on your preference
- Crusty white bread makes a good accompaniment

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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.

PRODUCE	
Garlic	2 bulbs
Lemon	1
Lettuce, preferably romaine	1 head
Yellow onion	4 medium
Red onion	3 medium
Cucumber	1
Tomatoes, preferably plum	200 g / 8 oz
Carrots	450 g / 1 lb
Peas	150 g
Red bell pepper	5 medium
Potatoes, white	900 g / 2 lb
Asparagus	450 g / 1 lb
HERBS	
Parsley	1 bunch
Thyme	1 bunch
Tarragon	1 bunch
Dill	1 bunch
SPICES & CONDIMENTS	
Worcestershire sauce	
Kalamata olives, pitted	
Red wine vinegar	
MEAT & FISH	
Chicken, breast, boneless & skinless	1.4 kg / 3 lb / 6 breasts
Lamb, shoulder	1.4 kg / 3 lb / 1 shoulder
Salmon, fillet	450 g / 1 lb / 1 fillet
CHEESE & MILK	
Feta cheese	40 g
Heavy cream	110 mL
Whole milk	110 mL
Eggs	2 large
GRAINS & PASTA	
Penne pasta	12 oz
MISCELLANEOUS	
White wine	375 mL (half-bottle)
Bread crumbs, preferably Panko	50 g

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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