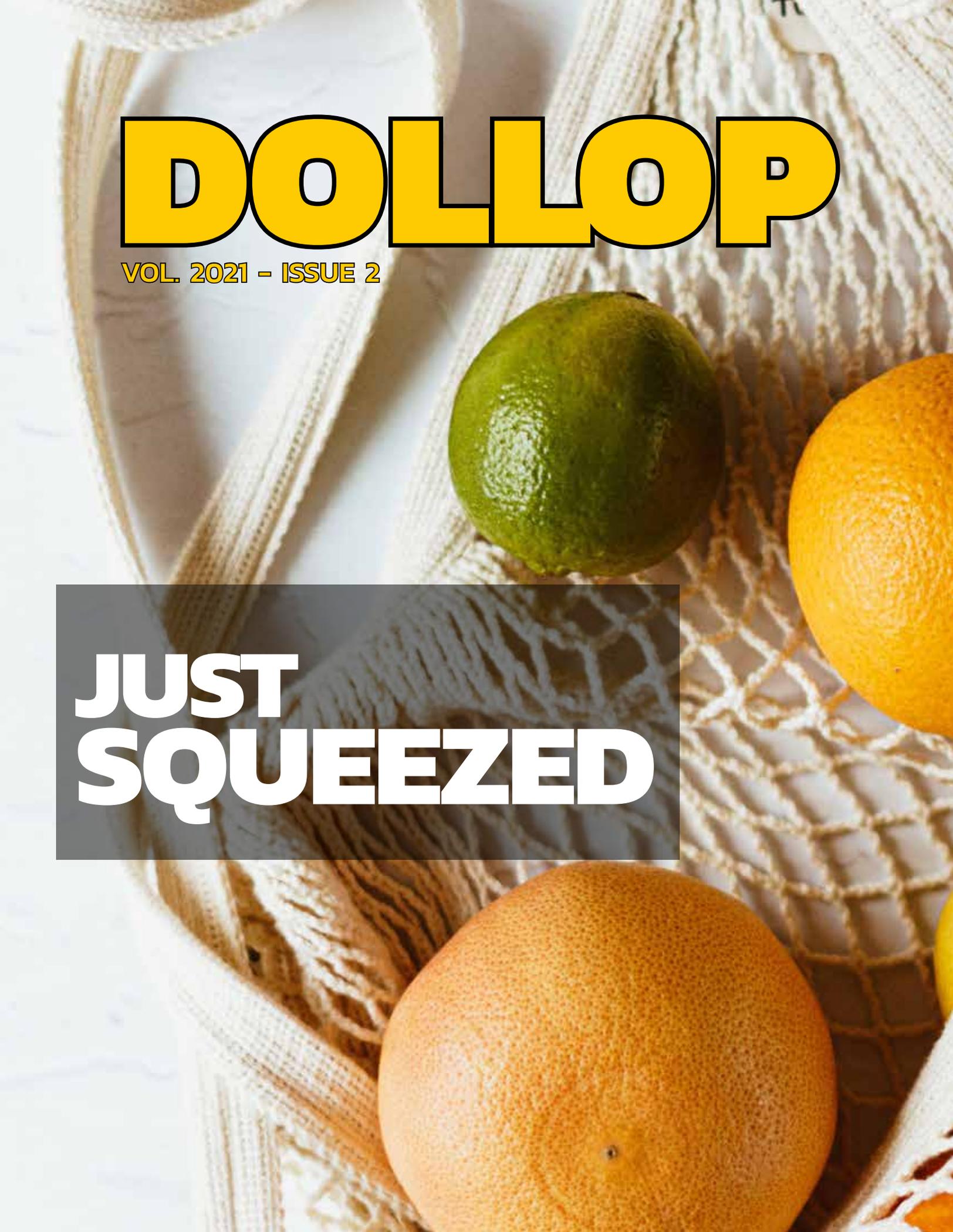


DOLLOP

VOL. 2021 - ISSUE 2

**JUST
SQUEEZED**



This Week's Menu

VOLUME 2021 - ISSUE 2
JANUARY 11 - 15, 2021

MONDAY

Rosemary Garlic Chicken
with Citrus Green Salad

TUESDAY

Coconut-Lime Mussels
with Garlic Bread

WEDNESDAY

Pineapple Pork Stir-Fry with Peppers

THURSDAY

Broccoli and Lemon Penne

FRIDAY

Greek Lamb Chops with Lemon Potatoes

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 new issue of Dollop - "Just Squeezed" highlights dishes that incorporate citrus fruits like lemon, orange and grapefruit.

In this issue, you will learn why citrus and pork are a match made in culinary heaven, what a pomelo is, and the must-knows when it comes to cooking with the acidic fruit family.

You will be cooking with several different proteins including pork and lamb. You'll also learn an easy recipe for a delightful citrus salad and lemon potatoes, the beloved Greek dish. For all you pasta lovers, we didn't forget about you - check out the recipe for Broccoli and Lemon Penne inside.

Don't miss your detailed grocery list and an educational article. As always, we've included tips on how to get the most out of each recipe, ingredient substitutions and even a few of our favorite insider secrets.

We hope that you enjoy this week's issue and learn the key elements of incorporating citrus into your home cooking. Bon Appetit!



MATT WALKER
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MONDAY



**ROSEMARY GARLIC CHICKEN
WITH CITRUS GREEN SALAD**

Rosemary Garlic **CHICKEN** with Citrus Green Salad



YIELD

4 SERVINGS



TIME

50 MINS



DIFFICULTY

MEDIUM

INGREDIENT	METRIC	US
DRESSING		
Lemon juice	30 mL	2 tbsp
Lemon zest	3 g	1 lemon
Orange juice	45 mL	3 tbsp
Orange zest	5 g	1 orange
Dijon mustard	3 g	½ tsp
Olive oil, extra-virgin	30 mL	2 tbsp
Salt	to taste	-
Black pepper, freshly ground	to taste	-
SALAD		
Orange (preferably Navel)	-	1 orange
Ruby red grapefruit	-	1 grapefruit
Romaine lettuce, shredded	300 g	4 cups
Parsley, chopped	8 g	2 tbsp
ROSEMARY CHICKEN		
Chicken, thigh, bone-in and skin-on	900 g	2 lbs
Salt	4 g	1 tsp
Black pepper, freshly ground	2 g	½ tsp
Olive oil, extra virgin	15 mL	1 tbsp
Shallots, peeled and halved	320 g	8 shallots
Rosemary, chopped	5 g	1 tbsp
Garlic, minced	6 g	2 cloves
Stock, chicken or vegetable	175 mL	¾ cup

METHOD

1 Preheat oven to 245°C / 475°F.

2 Combine zest and juice from lemon with the zest and juice from orange.

3 Whisk in the Dijon mustard and olive oil. Season with salt and black pepper. Set aside.

4 Using a sharp knife, remove the peel and white pith from orange and grapefruit. Cut between

the membranes to release the segments.

5 In a large bowl, toss Romaine lettuce with parsley and set aside.

6 Season chicken with salt and black pepper.

7 In a large skillet, heat olive oil over medium-high. Add chicken, skin side down, and cook, turning once, until golden brown on both sides (10-12 minutes total). Transfer to a plate and set aside.

8 In the same skillet, cook shallots over medium heat,

until browned, about 5 minutes.

9 Add rosemary, garlic, and stock and bring to a boil. Return chicken to skillet, skin side up. Transfer to oven and roast until chicken reaches an internal temperature of 75°C / 165°F, about 15 to 20 minutes.

10 Dress the salad with vinaigrette. Add the citrus segments to the greens and combine.

11 Serve salad with chicken.

NOTES

- Alternatively, you can use chicken breasts but they will take longer to cook. Use a thermometer to ensure internal temperature of 75°C / 165°F is reached
- Depending on the size of your skillet, you may need to cook your chicken in batches
- If you can find pre-peeled shallots, you'll save quite a bit of prep time
- You can substitute clementine for orange

TUESDAY



**LIME COCONUT-LIME MUSSELS
WITH GARLIC BREAD**

Lime Coconut-Lime **MUSSELS** with Garlic Bread



YIELD

4 SERVINGS



TIME

20 MINS



DIFFICULTY

EASY

INGREDIENT	METRIC	US
COCONUT-LIME MUSSELS		
Olive oil, extra virgin	30 mL	2 tbsp
Shallots, minced	80 g	2 shallots
Garlic, minced	6 g	2 cloves
Ginger, peeled and grated	5 g	2 tsp
Lemon zest	3 g	1 lemon
Lime juice	45 mL	3 tbsp
White wine	475 mL	2 cups
Coconut milk, unsweetened	230 mL	1 cup
Mussels, scrubbed and debearded	1.2 kg	2½ lb
GARLIC BREAD		
Baguette	-	4 thick slices
Olive oil, extra-virgin	For brushing	-
Garlic, whole clove	-	1 clove
Parsley, minced	8 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 lemon zest. 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 bread with olive oil and transfer to a baking sheet. Broil the bread a few inches from the heat, turning once, until golden and toasted, about 2 minutes, .

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.



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

- Alternatively, you can substitute lemon zest with lemongrass. Two stalks of fresh lemongrass equals about 1 lemon
- Alternatively, you can garnish the mussels with shallots



COOKING WITH CITRUS

When life gives you lemons, you can make a lot of delicious things! Lemonade is just the beginning...

From Mexico to the UK and all around the world, citrus is used in cooking and baking, not to mention delicious libations. Whether it's for a brine, dressing, or cake, it is always a good idea to have fresh citrus fruits on hand.

PAIRINGS

You have likely heard of the classic french dish Duck l'Orange. One of the reasons that it works so well is that the orange and lemon-based sauce nicely cuts through the rich fattiness of the bird. Similarly, citrus and pork are a match made in culinary heaven. Lemon and lime juice also compliments most vegetable-based dishes, as their aroma balances well with vegetal flavors. In terms of herb pairings, rosemary and thyme are both well matched to citrus.

Of course, there are some ingredients that citrus doesn't pair with (i.e. certain types of cheeses) but generally, if a dish is tasting dull, a splash of citrus will go a long way. For the most part, you can mix and match different acids but be careful when doing so because combinations like apple cider vinegar and grapefruit don't work.

**IN TERMS OF HERB
PAIRINGS, ROSEMARY
AND THYME ARE BOTH
WELL MATCHED TO
CITRUS.**

JUICING

If you ever find yourself making margaritas without a citrus press, the good news is that all you need is a fork. The tines on a fork work to puncture the fruit membranes





and the bent shape works in your favor. Just slice your fruit in half, stick the fork in and twist while squeezing. Doing this over a strainer will help to catch the seeds and pulp. Though this method works well, if you use citrus a lot in the kitchen, it may be worth investing in a handheld citrus squeezer.

MUST-KNOWS

Remember that citrus, especially lemon, can stand up to richness, which makes it a great ingredient to balance out creamy dishes like gratins and risottos. A splash of lemon and a pinch of zest can prevent foods from becoming too heavy, while brightening the palette with that unmistakable fresh flavor. Just be careful not to add too much citrus to dairy-based recipes, since it can cause curdling.

A common mistake when cooking or baking with citrus is that many fail to use the whole fruit. The flesh and juice are wonderful, but so is the zest. Not only does zest make a colorful garnish, it adds bursts of pleasant flavour throughout a dish. Citrus peels are also very useful when crafting cocktails. There's the classic martini with a twist and, when making a Negroni, rubbing an orange peel

**NOT ONLY DOES ZEST
MAKE A COLOURFUL
GARNISH, IT ADDS
BURSTS OF PLEASANT
FLAVOUR THROUGHOUT
A DISH.**

along the rim of the glass will impart the wonderful oils released from the fruit.

Great cooks know that acid can be just as important as salt in a recipe. This

is because it brings out the flavor of other ingredients. Remember that acidic ingredients quickly diminish in flavor when they're cooked, so you'll want to add this component right at the end, before serving. Generally, it's a good habit to add citrus juice off heat, when it comes to preparing a pan sauce or other warm dish. This is in order to avoid bitterness and discoloration.

Great marinades have an acid component and, through a process called denaturation, break proteins down and infuse them with flavour. This results in flavourful meat, but there's a catch! If left marinating for too long, the acid will actually start to cook it and make it tough. This is especially true for chicken and fish. Denaturation is the same phenomenon behind ceviche, a Peruvian citrus-based mixture. This popular dish is composed of raw fish that has been cured in fresh citrus - usually lemons and limes. The citric acid causes the proteins in the seafood to "cook," even though there's no heat involved. Cool stuff, huh?

When it comes to proper storage, you should know that citrus

GREAT COOKS KNOW THAT ACID CAN BE JUST AS IMPORTANT AS SALT IN A RECIPE.

LIKE OTHER CITRUS FRUIT, POMELOS ARE HIGH IN VITAMIN C.

foods will spoil in warm temperatures, so unless you're planning on using those limes and oranges within a week of purchasing, store them in the refrigerator. When kept chilled, citrus will last about

a month. You can even freeze orange and grapefruit segments, if you fancy adding them to a salad or slaw from time to time.

THE LESSER KNOWN FAMILY MEMBER

Commonly mistaken for grapefruit, pomelos are the largest fruit in the citrus family, with some varieties as big as basketballs.

Originating in Southeast Asia, pomelos are grown in Thailand, Mexico and California. Known as 'toronja' in Spain, their flavor can range from mild to tart and they're less acidic than a grapefruit, but just as refreshing.

Like other citrus fruit, pomelos are high in Vitamin C. They're also a good source of iron and protein and have been used in home remedies for centuries, most

commonly to relieve indigestion and stomach pain. Peeling pomelo

fruit requires a little practice. The outer peel is several inches thick, so you'll need a bit of elbow grease to remove it.

In Southeast Asia, pomelos are often served as desserts, but they're also a popular salad garnish. Basically, you can use them in the same way that you would use an orange or grapefruit. Citrus fruits work well in salad dressing, coleslaws and marinades. Just be prepared that you may need to visit your local Asian grocery store for some of the ingredients.



WEDNESDAY



**PINEAPPLE PORK STIR-FRY
WITH PEPPERS**

Pineapple Pork **STIR-FRY** with Peppers



YIELD

4 SERVINGS



TIME

25 MINS



DIFFICULTY

EASY

INGREDIENT	METRIC	US
PORK		
Olive oil, extra virgin	30 mL	2 tbsp
Pork tenderloin, cut into 5 cm / 2" cubes	900 g	2 lbs
Salt	4 g	1 tsp
SAUCE		
Soy sauce	160 mL	$\frac{2}{3}$ cup
Rice vinegar	110 mL	$\frac{1}{2}$ cup
Garlic, minced	18 g	6 cloves
Ginger, minced	5 g	1 tbsp
Green onion, thinly sliced	15 g	3 onions
STIR-FRY		
Pineapple, diced	-	1 pineapple
Red bell pepper, diced	120 g	1 med pepper
Green onion, thinly sliced	for garnish	-

METHOD

1 In a large skillet over high heat, heat olive oil. Season pork with salt.

2 Add pork to skillet and stir-fry until golden all over, about 5 to 7 minutes. In a small bowl mix soy sauce, rice vinegar, garlic, ginger and green onion.

3 Once pork is finished cooking, add pineapple and red bell pepper to the same skillet. Pour the sauce over pork and simmer sauce, stirring often, until slightly reduced and thickened, about 3 minutes.

4 Garnish with green onions and serve.



NOTES

- Serve with rice if desired
- Depending on the size of your skillet, you may need to cook your pork in batches

THURSDAY



BROCCOLI AND LEMON PENNE

Broccoli and **LEMON** Penne



YIELD

4 SERVINGS



TIME

25 MINS



DIFFICULTY

EASY

INGREDIENT	METRIC	US
PASTA		
Salt	for pasta water	-
Penne pasta	450 g	1 lb
BROCCOLI AND LEMON		
Broccoli, cut into florets	450 g	1 lb
Broccoli, stems peeled and sliced	100 g	1 cup
Garlic, minced	3 g	1 clove
Olive oil, extra virgin	70 mL	½ cup
Lemon zest	6 g	1 lemon
Lemon juice	30 mL	2 tbsp
Parmesan cheese, grated	10 g	2 tbsp

METHOD

1 Bring a large pot of salted water to a boil. Add penne and cook for 5 minutes.

2 Add broccoli and cook until pasta is just before al dente and broccoli is bright green, about 3 minutes more. Drain, then add pasta and broccoli back to pot.

3 Stir in garlic, olive oil, lemon zest, lemon juice and Parmesan cheese.

4 Serve, topped with additional Parmesan cheese.



NOTES

- Any short pasta noodle will work
- Add chicken or shrimp if you desire

FRIDAY



**GREEK LAMB CHOPS
WITH LEMON POTATOES**

Greek LAMB CHOPS

with Lemon Potatoes



YIELD

4 SERVINGS



TIME

70 MINS



DIFFICULTY

MEDIUM

INGREDIENT	METRIC	US
CHOPS		
Lamb chops, small, bone-in	450 g	1 lb
Olive oil, extra virgin	60 mL	¼ cup
Lemon juice	60 mL	¼ cup
Garlic, minced	12 g	4 cloves
Oregano, dried	4 g	2 tsp
Salt	4 g	1 tsp
Black pepper, freshly ground	2 g	½ tsp
POTATOES		
Potatoes, peeled and cut into 4cm / 1½" pieces	1.3 kg	3 lbs
Olive oil, extra virgin	110 mL	½ cup
Garlic, minced	12 g	4 cloves
Oregano, dried	3 g	1½ tsp
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Stock, beef or chicken	110 mL	½ cup
Lemon juice	80 mL	⅓ cup
Olive oil, extra virgin	15 mL	1 tbsp

METHOD

1 Preheat oven to 200°C / 400°F.

2 Remove lamb from the refrigerator and let come to room temperature. Using paper towels, pat dry chops and discard any bone fragments.

3 In a medium bowl, combine olive oil, lemon juice, garlic, oregano, salt and black pepper.

4 In a large baking dish, arrange lamb chops. Pour and rub marinade on the lamb. Cover and marinate for 30 minutes.

5 In another baking dish, place potatoes in a single layer. Add ½ cup olive oil, garlic, oregano, salt and black pepper and toss.

6 Bake in preheated oven for 15 minutes. Add stock, toss and bake for 10 additional minutes.

7 Add the lemon juice, toss and bake for 10 more minutes, or until potatoes are cooked through (fork tender).

8 In a large skillet, heat olive oil over medium high heat. Working in batches, saute lamb for 3 to 4 minutes per side.

Remove from heat and let rest for 5 minutes. Repeat with remaining lamb chops.

9 Serve lamb chops with potatoes.



NOTES

- For a deeper flavour, marinate lamb chops overnight in the refrigerator, turning the chops from time to time
- Greek lamb chops are small rib chops, called 'paidakia'
- You can sprinkle the cooked lamb with extra dried oregano and more lemon juice, for added flavor
- Use a starchy potato variety, not waxy. Suggestions: Australia: Dirt brushed/Sebago, US: Russet, UK: Maris Piper
- If you like your potatoes extra crispy, broil them for 2 to 3 minutes, at the end of cooking



WEEKLY SHOPPING LIST



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

PRODUCE	
Garlic	3 bulbs
Ginger	1 knob
Green onion	1 bunch
Shallot	400 g
Lemon	7
Lime	2
Grapefruit	1
Orange, preferably Navel	2
Pineapple	1
Romaine lettuce	1 head
Red bell pepper	1
Potato, preferably Russet	3 lbs
Broccoli	2 heads
HERBS	
Rosemary	1 bunch
Parsley	1 bunch
SPICES & CONDIMENTS	
Rice vinegar	
MEAT & FISH	
Lamb, chops, small, bone-in (paidakia)	450 g / 1 lb
Chicken, thigh, bone-in and skin-on	900 g / 2 lbs
Pork, tenderloin	900 g / 2 lbs
Mussels	1.2 kg / 2½ lb
CHEESE & DIARY	
Parmesan cheese	10 g
GRAINS & PASTA	
Penne noodles (or other short pasta)	450 g / 1 lb
BAKERY	
Baguette	1
MISCELLANEOUS	
Coconut milk	230 mL
White wine	1 bottle

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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