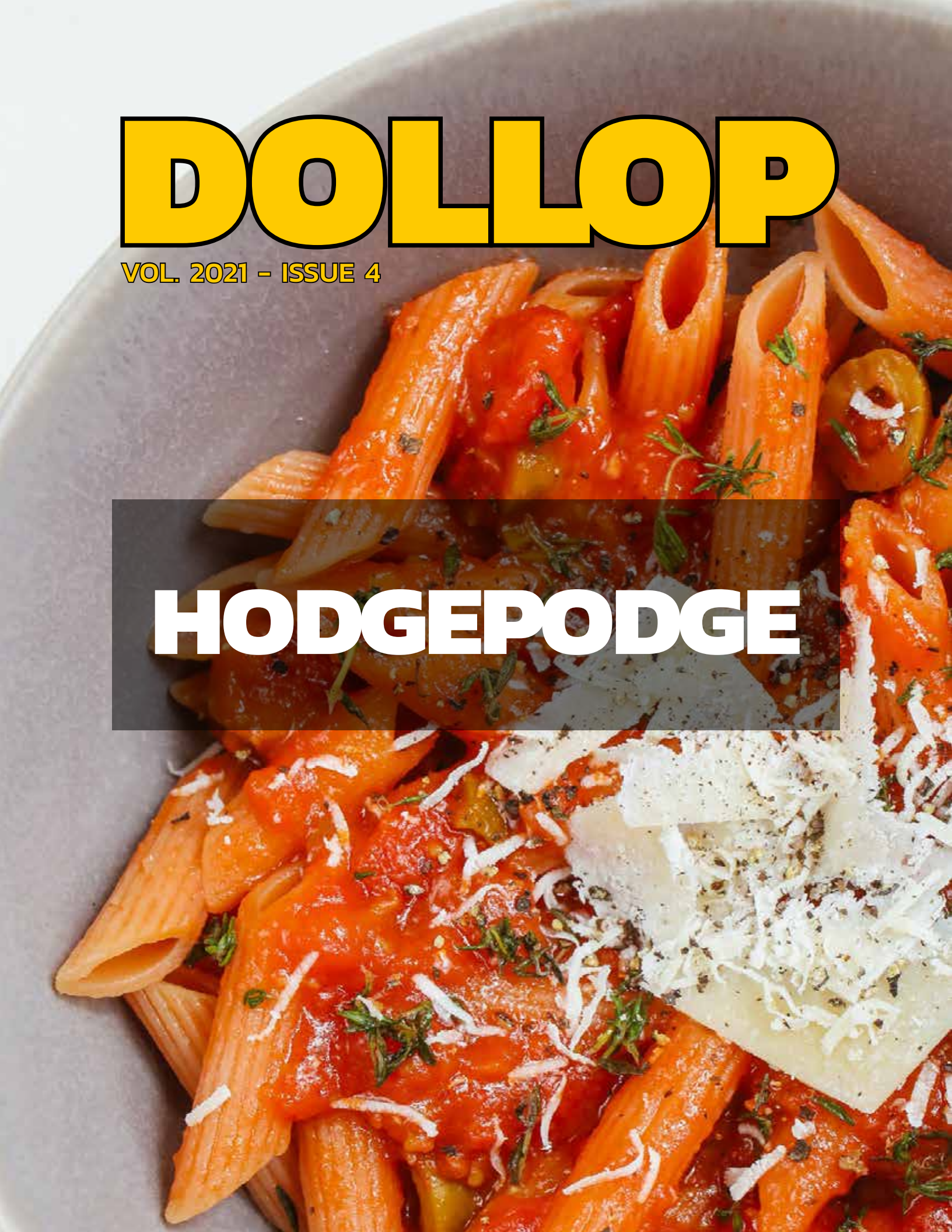


DOLLOP

VOL. 2021 - ISSUE 4

HODGEPODGE



This Week's Menu

VOLUME 2021 – ISSUE 4
JANUARY 25 – 29, 2021

MONDAY

Chicken Florentine

TUESDAY

Tomato and Goat Cheese Pasta

WEDNESDAY

Parmesan Risotto

THURSDAY

Beef Chilli

FRIDAY

Charred Vegetable Ragu

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.com.

HAVE A QUESTION OR COMMENT ABOUT A RECIPE?

Email us at support@dolloponline.com

Editor's Letter

Welcome to your new issue of Dollop – “Hodgepodge” offers a guide to steaming, braising and using a pressure cooker, as well as a wide range of easy dinner recipes.

We will walk you through the steps of Chicken Florentine, a recipe that originated in Florence, Italy and have included a recipe for ragu sauce that uses charred vegetables to impart a unique smokey flavour.

Like last week, you will be using both cremini and portobello mushrooms (they're just so good!) as well as spinach and fresh herbs. Proteins include chicken and beef and you'll get the chance to cook with kidney beans, arborio rice and both red and white wine.

There's something for everyone in this issue, whether you're looking to learn a new cooking technique, expand your recipe collection or just get comfortable preparing new ingredients. It is all meant to help you improve your skills in the kitchen and become a better home chef.

Don't miss your detailed grocery list, ingredient substitutions and, as always, a few of our favorite cooking hacks.

We hope that you enjoy this week's issue and learn something new. The more you cook, the easier it becomes, so go ahead and grab that apron!



MATT WALKER
EDITOR IN CHIEF

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MONDAY



CHICKEN FLORENTINE

Chicken FLORENTINE



YIELD

4 SERVINGS



TIME

35 MINS



DIFFICULTY

EASY

INGREDIENT	METRIC	US
CHICKEN		
Butter	30 g	2 tbsp
Chicken, breasts, boneless and skinless	900 g	2 lbs
Salt	To taste	-
Black pepper, freshly ground	To taste	-
FLORENTINE SAUCE		
Mushrooms, cremini, sliced	225 g	3 cups
Butter	15 g	1 tbsp
Garlic, minced	6 g	2 cloves
White wine	80 mL	1/2 cup
Heavy cream	180 mL	3/4 cup
Parmesan cheese, grated	30 g	1/4 cup
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Spinach	100 g	3 cups
Parsley, chopped	6 g	2 tbsp

METHOD

1 In a large skillet, heat butter over medium heat.

2 Season chicken with salt and black pepper and add to skillet. Cook until golden brown and cooked to an internal temperature of 230°C / 450°F, about 4 minutes per side.

3 Transfer chicken to a plate and cover with aluminum foil to keep warm.

4 To the same skillet, add mushrooms and cook until tender, about 4 minutes. Remove from skillet and set aside. Wipe skillet clean.

5 Add butter and garlic to skillet and cook until fragrant, less than a minute. Stir in all-purpose flour and cook for an additional minute.

6 Add white wine to skillet and bring to a simmer. Cook until wine is reduced by half, about 2

to 3 minutes.

7 Stir in heavy cream and cook until sauce slightly thickens, about 3 minutes. Stir in Parmesan cheese, salt and black pepper.

8 Add spinach to skillet and simmer until it has wilted,

about 3 minutes. Stir mushrooms back into sauce.

9 Place chicken breasts back into skillet and spoon the sauce over top. Garnish with parsley and serve.

NOTES

- You can add other ingredients if you wish, such as tomatoes, red onion or zucchini
- You can substitute mozzarella or asiago for Parmesan cheese
- You can substitute chicken stock for wine
- The cooking time for chicken breasts will depend on the thickness
- Alternatively, you can use frozen spinach
- If desired, serve with pasta, rice or a green salad

TUESDAY



**TOMATO AND
GOAT CHEESE PASTA**

Tomato and GOAT CHEESE Pasta



YIELD

4 SERVINGS



TIME

30 MINS



DIFFICULTY

EASY

INGREDIENT	METRIC	US
PASTA		
Salt	For pasta water	-
Penne pasta (or from Pantry Essentials)	225 g	½ lb
SAUCE		
Olive oil, extra virgin	15 mL	1 tbsp
Yellow onion, chopped	150 g	1 onion
Garlic, minced	9 g	3 cloves
Tomatoes, diced	400 g	1 14 oz can
Oregano, dried	1 g	½ tsp
Goat cheese	100 g	¾ cup
Basil, thinly sliced	-	8 leaves
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 pasta and cook until a few minutes before al dente. Drain water and set aside.

2 In a large saucepan, heat olive oil over medium heat. Add onion and sauté until soft and translucent, about 5 to 6 minutes. Stir in garlic and cook for about 30 seconds.

3 Add in diced tomatoes and oregano. Reduce heat and simmer, gently, for about 10 minutes.

4 Stir in goat cheese and basil. Season with salt and black pepper. Serve with pasta and garnish with Parmesan cheese



NOTES

- Any short pasta noodle you have will work in this recipe
- If you like spice, add red pepper flakes to the sauce



THE WAYS WE COOK

It's important to experiment with different cooking techniques in order to become a better home chef. This article explores three of them.

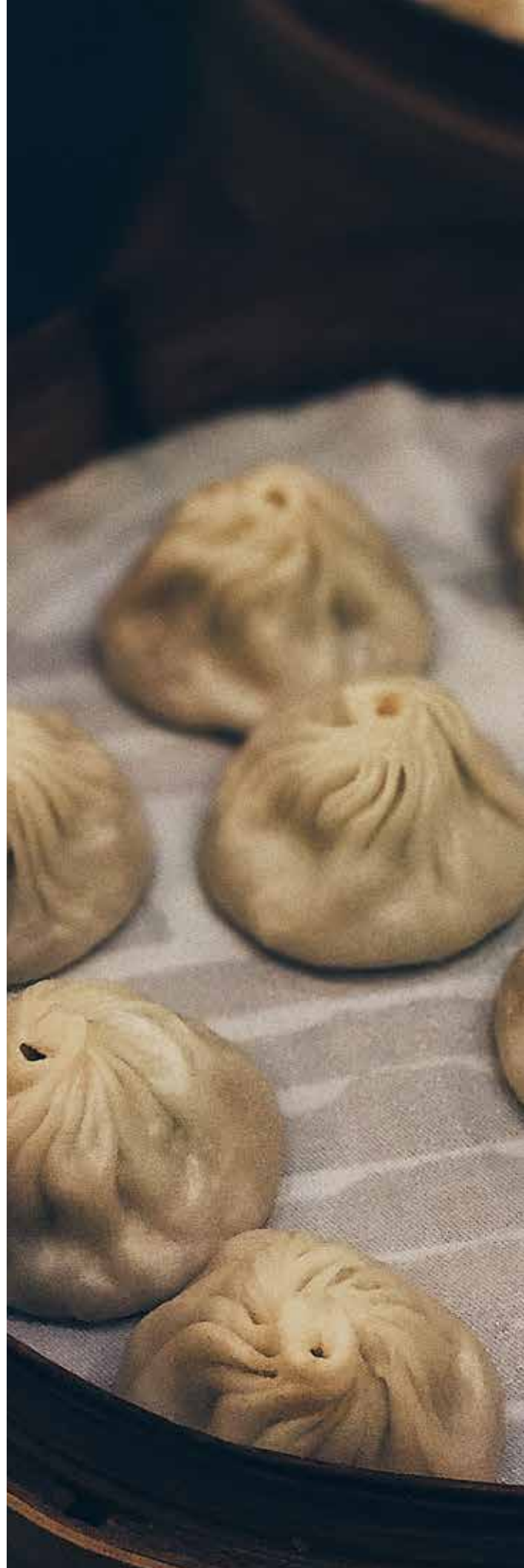
Steaming, braising and pressure cooking each have their advantages but there are a few do's and don'ts for each. Read on for an overview of each technique.

STEAMING

Steaming is considered a moist heat cooking method. Moist heat cooking refers to various ways of cooking food with, or in, any kind of liquid—this includes steam. Steaming is a very common way to cook vegetables, but this technique is used for other types of food as well, including rice, fish and Asian dumplings. This cooking method uses hot steam to transfer heat to food, without disturbing it by the boiling process, resulting in a tender, moist product. Steaming is a wonderful way to prepare delicate fish, such as trout or bass, since it is such a gentle cooking process. As for the science behind it, once water is heated beyond the 212°F mark, it turns into steam. Steam can be forced to exceed this natural limit by pressurizing it (i.e. pressure cooker) but more on that in a bit.

TWO MAIN ADVANTAGES OF STEAM COOKING ARE THAT IT PRESERVES THE MOISTURE AND THE NUTRIENTS IN FOODS.

Two main advantages of steam cooking are that it preserves the moisture and the nutrients in foods. It is hard to find a more natural, healthy and flavour-friendly cooking method than steaming. It is also a quick way to cook something. For example, steaming potatoes before throwing them on the grill will shorten the preparation time significantly. It





is also a great idea to learn to aromatise the cooking liquid when steaming. One part white wine to four parts water, as well as adding spices and fresh herbs like bay leaves and thyme works nicely.

Steaming is simple. You just need a stovetop, a pot and a steamer basket. Pour a small amount of water in the pot, bring it to a simmer, suspend the basket with the ingredients above the liquid, and cover the pot for anywhere between 3 to 15 minutes, depending on what it is you're steaming. That's it! It's a cheap, fast and healthy cooking method, with little room for error!

PRESSURE COOKING

Time is a precious commodity and a pressure cooker saves hours of time in the kitchen. Moreover, it produces dishes that have an incredible complexity of flavor in a matter of minutes. One of the reasons restaurant cooked food often tastes better than home cooked food is that they have the ability to let a stock or sauce simmer for 24 hours. Most people don't have the time for that, but by using a pressure cooker, they can achieve a similar result.

**TIME IS A PRECIOUS
COMMODITY AND A
PRESSURE COOKER
SAVES HOURS OF TIME
IN THE KITCHEN.**

Using a pressure cooker, risotto, takes seven minutes instead of twenty five. Beans and chili are other dishes that are significantly sped up when made with a pressure cooker. You can even pressure cook food in canning jars, which is a great way to preserve fruits and vegetables.

A pressure cooker is just a pot with a sealed, lockable lid and a valve that creates the pressure inside. It works by capturing steam that builds up and, as it builds, it increases the pressure in the vessel. The pressure increase then raises the boiling point of water and voila!

The number one priority when using a pressure cooker is safety! Do your research before buying one and read the instructions carefully before christening it.

BRAISING (AKA LOW AND SLOW)

Braising is a chef's best kept secret for exceptionally tender and flavorful meat. This cooking method uses both wet and dry heats: typically, the food is first sautéed or seared at a high temperature, then finished in a covered pot at a lower temperature while sitting in liquid (usually wine, stock or water). Meats and vegetables can both be braised and pressure cooking is a form of braising.

Braising needs heat, time, and moisture to break down the tough tissue that binds together the muscle fibers in meat, making it a great technique for cooking

tougher, budget-friendly cuts. Some of the most popular braised dishes include coq au vin, beef bourguignon and beef brisket.

There are four main steps when it comes to braising meat, which is commonly prepared this way. First, sear the meat evenly on all sides in a heavy pot like a Dutch oven. Next, you'll need to cook a mirepoix (that's an onion, celery, carrot combo) in the drippings that remain from searing. Add your braising liquid, stirring and scraping up those delicious browned bits from the bottom of the pot. Finished that? Return the meat to the pot, bring the liquid to a simmer, cover and slide into a hot oven. Then just let it braise until the meat is fork-tender, which is usually a few hours.

Similar to braising, stews require slow cooking and low temperature and can do wonders for tougher cuts of meat, but where you're adding the least amount of liquid required for cooking, when it comes to braising, stews actually require full submersion. If the ingredient you're braising has a high water content (usually vegetables) it can be cooked in its own juices, making additional liquid unnecessary.

**BRAISING IS A CHEF'S
BEST KEPT SECRET
FOR EXCEPTIONALLY
TENDER AND
FLAVORFUL MEAT.**



WEDNESDAY



PARMESAN RISOTTO

Parmesan RISOTTO



YIELD

4 SERVINGS



TIME

40 MINS



DIFFICULTY

MEDIUM

INGREDIENT	METRIC	US
RISOTTO		
Stock, chicken or vegetable	1 L	5 cups
Olive oil, extra virgin	20 mL	1½ tbsp
Yellow onion, diced	150 g	1 onion
Arborio rice, uncooked	300 g	1½ cups
Salt	2 g	¼ tsp
Butter	15 g	1 tbsp
Black pepper, freshly ground	1 g	½ tsp
Parmesan cheese, grated	125 g	1 cup
Parsley, chopped	3 g	1 tbsp
Parmesan cheese, grated	For garnish	–

METHOD

1 In a large saucepan, bring stock to a simmer. Keep warm over low heat, but do not boil.

2 In a large pan or Dutch oven, heat olive oil over medium heat.

3 Add onion. Cook for 5 minutes, stirring occasionally.

4 Add the arborio rice and salt, cook 1 minute, stirring to coat the rice in olive oil.

5 Add ½ cup stock; cook 2 minutes or until liquid is absorbed, stirring frequently.

6 Working ¾ cup at a time, add remaining stock, stirring constantly until each portion is absorbed before adding the next (this should take 20 to 25 minutes).

7 Remove from heat. Add butter, black pepper, and Parmesan cheese. Stir to combine.

8 Garnish with parsley and serve with additional Parmesan cheese.

NOTES

- Do not use cold stock as this will negatively affect the cooking process
- You can use Grana Padano and/or Pecorino cheese instead of Parmesan

THURSDAY



BEEF CHILLI

Beef CHILI



YIELD

4 SERVINGS



TIME

2 HOURS



DIFFICULTY

EASY

INGREDIENT	METRIC	US
CHILI		
Neutral oil	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 pepper
Chili powder	15 g	2½ tbsp
Garlic, minced	3 g	1 clove
Tomatoes, diced	800 g	1 28 oz can
Tomato sauce	225 mL	1 cup
Cumin, ground	1 g	½ tsp
Thyme, dried	-	¼ tsp
Kidney beans, drained	425 g	1 15 oz can

METHOD

1 Heat oil in a large pot or Dutch oven over medium heat. Crumble the beef into the skillet and then add onion and bell pepper. Cook until the vegetables are tender and the 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.

3 Add kidney beans to the chili and heat through. 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 and/or grated cheddar cheese

FRIDAY



CHARRED VEGETABLE RAGU

Charred VEGETABLE Ragu



YIELD

4 SERVINGS



TIME

1 HOUR



DIFFICULTY

EASY

INGREDIENT	METRIC	US
VEGETABLES		
Olive oil, extra virgin	15 mL	1 tbsp
Mushrooms, portobello, stemmed and quartered	650 g	4 large
Garlic	-	1 bulb
Yellow onion, quartered	150 g	1 onion
Celery, cut into thirds	40 g	2 stalks
Carrot, peeled and cut into thirds	60 g	2 carrots
RAGU SAUCE		
Olive oil, extra virgin	45 mL	3 tbsp
Mushrooms, cremini, stemmed and quartered	225 g	3 cups
Tomato paste	150 g	½ cup
Oregano, dried	4 g	2 tsp
Red wine, dry	100 mL	½ cup
Salt	4 g	1 tsp
Black pepper, freshly ground	1 g	½ tsp
PASTA		
Salt	For pasta water	-
Tagliatelle pasta	340 g	¾ lb
Parmesan cheese, grated	60 g	½ cup
Olive oil, extra virgin	30 mL	2 tbsp
Salt	To taste	-
Parmesan cheese, grated	For garnish	-

METHOD

1 Preheat broiler to low. Line a baking sheet with parchment paper.

2 In a large bowl, toss together olive oil, portobello mushrooms, garlic, yellow onion,

celery and carrots.

3 Spread mixture on baking sheet and broil until vegetables are charred in spots, flipping once, about 20 minutes. Let cool for 5 minutes.

4 Squeeze roasted garlic out of skins; discard skins. Transfer garlic and vegetable mixture to a food processor. Pulse until finely chopped; set aside.

5 In a large skillet, heat olive oil over medium-high heat. Add cremini mushrooms and cook until bottoms are browned, about 3 minutes. Stir and continue to cook until mushrooms are browned on all sides, about 5 minutes.

6 Add tomato paste and oregano and cook, stirring constantly, about 1 minute. Add red wine and cook until thickened, another additional minute.

7 Stir in roasted vegetable mixture and season with salt and black pepper. Remove from heat.

8 Bring a large pot of salted water to a boil. Add pasta and cook until a few minutes before al dente. Drain water, reserving 1½ cups of cooking liquid.

9 Transfer cooked pasta to skillet and heat over medium. Add Parmesan cheese and olive oil. Stir in reserved cooking liquid, gradually, until sauce is creamy. Season with salt.

10 Divide pasta and sauce among 4 bowls, garnished with additional Parmesan cheese.

NOTES

- Use any long pasta noodle you wish
- To make a vegan version of this recipe, simply omit the cheese
- Sauce can be prepared and refrigerated 3 days in advance

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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 Yellow onion Mushroom, portobello Mushroom, cremini Bell pepper, green Carrot Spinach Celery	2 bulbs 4 4 large 500 g 1 2 1 bunch 2 stalks
HERBS Parsley Basil Thyme, dried	1 bunch 1 bunch 1 bunch
SPICES & CONDIMENTS Tomato paste Tomato sauce Tomatoes, diced	125 g 225 mL 1 14 oz can, 1 28 oz can
MEAT & FISH Chicken, breast, boneless and skinless Ground beef	900 g / 2 lbs 450 g / 1 lb
CHEESE & DIARY Heavy cream Goat cheese Parmesan cheese	180 mL 115 g 275 g
GRAINS & PASTA Tagliatelle pasta Arborio rice	340 g / ¾ lb 300 g
MISCELLANEOUS Red wine White wine Kidney beans	375 mL (half bottle) 375 mL (half bottle) 425 g / 15 oz can

**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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