

This Week's Menu

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MONDAY

Honey Lemon Chicken with Asparagus

TUESDAY

Creamy Sun-Dried Tomato Pasta

WEDNESDAY

Mustard Herb Chicken with Egg Noodles

THURSDAY

Dijon Pork Chops with Asparagus

FRIDAY

Risotto Milanese



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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 - "Making a Splash" explores wine in cooking, as well as the most popular grapes and typical food pairings.

Both red and white wines are used in cooking, often to cut the richness of a dish and lend an acidic component. This issue includes recipes for risotto and pan sauces that incorporate wine as a balancing agent, as well as tips on what foods pair best with different flavor profiles. Our goal this week is to help you better understand wine and incorporate it in cooking and dining experiences, alike.

We hope you enjoy learning more about wine and gain a better understanding of how it can elevate cuisine.

MATT WALKER
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MONDAY



HONEY LEMON CHICKEN
WITH ASPARAGUS









4 SERVINGS

35 MINS

FASY

INGREDIENT	METRIC	US
CHICKEN		
Neutral oil	For greasing	-
Chicken breast, boneless and	900 g	2 lbs
skinless		
Salt	To taste	-
SAUCE AND ASPARAGUS		
Lemon juice	75 mL	⅓ cup
Honey	85 g	¼ cup
Soy sauce	15 mL	1 tbsp
Garlic, minced	9 g	3 cloves
Parsley, chopped	2 g	2 tsp
Salt	4 g	1 tsp
Black pepper, freshly ground	2 g	½ tsp
Lemon, sliced	-	1 lemon
Asparagus, ends trimmed	450 g	1 lb
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Parsley, chopped	For garnish	-

METHOD

- Preheat oven to 200°C / 400°F.
- Line a baking sheet with parchment paper and brush with neutral oil. Place chicken on baking sheet and season with salt. Set aside.
- In a large bowl, combine lemon juice, honey, soy sauce, garlic, parsley, salt and black pepper. Pour ¾ of the

- mixture over chicken. Arrange lemon slices over top.
- 4 Cover chicken with foil and bake until the chicken is almost cooked through, about 15 minutes. Uncover and arrange asparagus around the chicken.
- Pour remaining mixture over the asparagus; season the asparagus with salt and black pepper. Return to the oven and cook until the chicken reaches

an internal temperature of 75°C / 165°F, and the asparagus is

fork tender. Garnish with parsley. Serve.

NOTES

- Serve with a side of rice, potatoes or green salad if you desire
- Chicken thighs also work in this recipe but temperature will vary
- Alternatively replace asparagus with green beans, broccoli, or cauliflower

TUESDAY



CREAMY SUN-DRIED TOMATO PASTA

SUN-DRIED TOMATO Pasta



INGREDIENT	METRIC	US
PASTA		
Salt	For pasta water	-
Penne pasta	340 g	¾ lb
CREAM SAUCE		
Butter	30 g	2 tbsp
Garlic, minced	9 g	3 cloves
All-purpose flour	15 g	2 tbsp
Stock, chicken or vegetable	220 mL	1 cup
Heavy cream	120 mL	½ cup
Sun-dried tomatoes, in olive	25 g	⅓ cup
oil, drained/chopped		
Parmesan cheese, grated	20 g	¼ cup
Oregano, dried	1 g	¼ tsp
Basil, dried	1 g	¼ tsp
Red pepper flakes	1 g	¼ tsp
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Parsley, minced	For garnish	-

METHOD

- Bring a large pot of salted water to a boil over high heat, cook pasta noodles to al dente and drain water. Return noodles to pot.
- In a large skillet, melt butter over medium heat. Add garlic and cook, stirring, until fragrant, about 1 minute.
- **3** Whisk in all-purpose flour until lightly browned, about 1

- minute. Gradually whisk in stock and cook, whisking constantly, until incorporated, about 1 to 2 minutes.
- 4 Stir in heavy cream, sundried tomatoes, Parmesan cheese, oregano, basil and red pepper flakes and continue to cook until slightly thickened, about 1 additional minute. Season with salt and black pepper to taste.

5 Stir in pasta and combine well. Garnish with parsley and serve.

NOTES

You can use any short pasta chicken or sausage noodle you wish

• Additionally, you can add

Add additional vegetables if desired



Learn the three main functions of wine in cooking as well as key food pairings

Wine can be an important ingredient in cooking. Used in marinades, sauces and to simmer foods, it can impart wonderful flavor and help you achieve a wonderful balance in your dishes. Read on for more reasons to pop that cork!

WHY COOK WITH WINE?

When it comes to cooking, wine is used in three main ways – as part of a marinade, as a cooking liquid and as a flavoring agent in a finished dish. Wine intensifies and enhances the flavor of foods, but should be used conservatively because, like any seasoning, it can be overpowering. During the cooking process, the alcohol in wine evaporates but its concentrated flavor remains. Wine needs time to reduce, therefore, it should be added early in the preparation of a dish or it will give a harsh quality to foods.

Wine should only be used in cooking when it really compliments and elevates a dish. Beef Bourguignon, a classic french stew, is a wonderful example. Beef is braised in red wine (usually from the region of Burgundy), flavored with vegetables and then finished with pearl onions, mushrooms and bacon. Risotto is a classic Italian dish that calls for white wine to lend acidity and mussels soaked in white-wine broth are beloved.

DURING THE COOKING PROCESS, THE ALCOHOL IN WINE EVAPORATES BUT ITS CONCENTRATED FLAVOR REMAINS.





The best red wines to cook with are medium-bodied and low in tannins, like merlot. When it comes to white wine in cooking, crisp and dry varieties like pinot grigio and sauvignon blanc work well. Generally, you want to avoid wines that are significantly aromatic since their flavor will become more concentrated during cooking, as mentioned. Contrary to popular belief, it is not necessary to cook with premium wines. Save those to enjoy with your meal but do only choose wines in cooking that you would also enjoy drinking.

Of course, there are those who do not wish to cook with wine and there are always alternatives. Red wine is often swapped out for broths, lemon juice, and flavored vinegars and white wine for broths, apple cider vinegar or white wine vinegar. It all depends what recipe you are using but, when in doubt, use water!

HERO GRAPES

Two of the most popular winemaking grapes in the world are Cabernet Sauvignon and Chardonnay. Cabernet is most often associated with Bordeaux wines from France, where it is blended with Merlot and Cabernet Franc. It is also grown in California, South Africa, Australia, and Chile. Cabernet Sauvignon tends to be full-bodied, with high tannins and acidity.

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CABERNET SAUVIGNON AND
CHARDONNAY.

Chardonnay is grown around the globe, from the United States to New Zealand. This grape is very malleable and tends to be neutral-flavored, with the resulting wine being influenced by the terroir and oak. As such, the taste profiles change based on the winery or style of wine.

MORE GRAPES AND PAIRINGS

Originally from the Bordeaux region of France, the sauvignon blanc grape gets its name from the

french words for 'wild' and It is 'white.' grown in France. Canada. Chile. Australia, New Zealand, South Africa, and the United States. The flavor of sauvignon blanc typically crisp and fresh and when served cold, pairs very well with fish and cheese.

THE FLAVOR OF SAUVIGNON BLANC IS TYPICALLY CRISP AND FRESH AND, WHEN SERVED COLD, PAIRS VERY WELL WITH FISH AND CHEESE.

Riesling is a white wine that tends to be highly influenced by its terroir, meaning it is very influenced by where it is grown. Typically, it is high in acidity with flowery aromas and apple notes. The wine is almost never aged in oak, which means it tends to be lighter and

suitable for a wide range of foods. It is commonly eaten with white fish and pork and is one of the few wines that can stand up to stronger flavors like those found in Thai or Chinese cuisine.

Merlot is made across the world; however, there are two main styles. The New World style (such as wines from California) creates a full-bodied wine with intense fruit flavors, whereas the Old World style (such as wines from Bordeaux) produces more acidic, mediumbodied wine with softer fruit or

leafy vegetal flavors. New World merlots pair well with heavier foods such as grilled meats, whereas Old World wines pair best with foods. lighter like fish.

When pairing food and wine, similar flavors can work well

together. For example, lobster and chardonnay are a match made in heaven, but opposites may also pair well in some instances. Drinking a sweeter riesling wine is a wonderful contrast to a salty dish such as an Asian stir fry. When in doubt, go with wines that are known for their versatility; both sauvignon blanc and pinot noir are noted for this.



WEDNESDAY



MUSTARD HERB CHICKEN
WITH EGG NOODLES









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DIFFICULTY EASY

4 SERVINGS

40 MINS

INGREDIENT	METRIC	US
EGG NOODLES		
Salt	For pasta water	-
Egg noodles, wide	450 g	1 lb
Butter	75 g	5 tbsp
Salt	4 g	1 tsp
Black pepper, freshly ground	2 g	½ tsp
CHICKEN		
Chicken, breast, boneless and	900 g	2 lbs
skinless		
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Butter	30 g	2 tbsp
Olive oil, extra virgin	30 mL	2 tbsp
Garlic, minced	9 g	3 cloves
White wine	220 mL	1 cup
Dijon mustard	30 g	2 tbsp
Stock, chicken or vegetable	220 mL	1 cup
Butter	30 g	2 tbsp
Parsley, chopped	12 g	4 tbsp
Chives, chopped	2 g	2 tsp
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Parsley, chopped	For garnish	-

METHOD

- Bring a large pot of salted water to a boil over high heat, cook egg noodles to al dente and drain water. Return noodles to pot.
- Add butter and stir until melted. Season with salt and black pepper to taste.
- Slice chicken breasts in half horizontally so that you have thinner cutlets. Season both sides with salt and black pepper.
- In a large skillet, heat butter and olive oil over mediumhigh heat. In batches, add chicken

cutlets and cook until golden brown and an internal temperature of 75°C / 165°F is reached, about 3 minutes per side. Transfer to a plate.

Reduce heat to medium. Add garlic and cook, stirring, until fragrant, about 1 minute. Pour in white wine and cook until it's reduced by half, about 1 minute.

Stir in Dijon mustars stock. Add butter and cook, thickens, stirring, until sauce thickens, about 2 minutes. Add parsley, chives, salt and black pepper.

Return chicken cutlets to skillet, tossing in sauce to coat. Serve with buttered noodles, spooning the sauce over the top. Garnish with additional herbs.

NOTES

- Substitute grainy mustard for
 Serve chicken with any noodle Dijon for added texture
 - you desire

THURSDAY



DIJON PORK CHOPS
WITH ASPARAGUS

Dijon PORK CHOPS with Asparagus







4 SERVINGS

20 MINS

FASY

INGREDIENT	METRIC	US
DIJON PORK + ASPARAGUS		
Pork loin, chops, boneless	680 g	1½ lbs
Salt	4 g	1 tsp
Olive oil, extra virgin	30 mL	2 tbsp
Asparagus, sliced on an angle	450 g	1 lb
White wine	110 mL	½ cup
Dijon mustard	15 g	1 tbsp
Tarragon, chopped	6 g	2 tbsp

METHOD

- Season both sides of pork chops with salt.
- In a large skillet, heat olive oil over medium-high. Cook pork until browned on both sides, turning once, about 5 minutes. Transfer to a plate.
- **3** To the same skillet, add asparagus. Cook for 3

minutes, stirring. Add white wine and simmer for 2 minutes. Stir in Dijon mustard.

Return pork chops to skillet and nestle between asparagus. Cook until pork reaches an internal temperature of 60°C / 145°F, about 2 to 4 minutes, depending on the thickness of chops. Sprinkle with tarragon. Serve.

NOTES

- Substitute grainy mustard for
 Dijon for added texture
- Depending on the size of your skillet, you may need to work in batches

FRIDAY



RISOTTO MILANESE

Risotto MILANESE



INGREDIENT	METRIC	US
RISOTTO		
Butter	30 g	2 tbsp
Yellow onion, finely chopped	250 g	1 large onion
Rice, Arborio	450 g	1 lb
White wine	110 mL	½ cup
Stock, chicken or vegetable,	1½ L	6 cups
warmed		
Saffron, threads	4 g	1 tsp
Parmesan cheese, grated	125 g	1 cup
Butter	90 g	6 tbsp
Salt	To taste	-
Black pepper, freshly ground	To taste	-

METHOD

- In a large pan or Dutch oven, heat butter over medium. Add onion and cook until translucent, stirring occasionally, about 3 to 5 minutes.
- 2 Stir in Arborio rice and cook for about 3 minutes.
- Add white wine, 2 cups of stock and saffron. Turn heat to high until broth comes to a simmer and adjust temperature to maintain simmer. Cook until most of the liquid is absorbed, stirring frequently, about 3 minutes.
- Working % 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). Rice should be al dente when finished.
- Stir in Parmesan cheese. Remove from heat and add butter. Season with salt and black pepper. Serve.

NOTES

- Do not use cold stock as this will negatively affect the cooking process
- Add more or less stock depending on the consistency you desire (soupy versus tight)
- You can substitute approximately
 7 shallots for 1 large onion
- Alternatively, you can use saffron powder
- If desired, stir in 2 oz of raw bone marrow at the end of cooking
- Serve with a poached egg, if desired

••• WEEKLY SHOPPING •••

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



	T
PRODUCE	
Garlic	1 head
Lemon	3
Yellow onion	1 large
Asparagus	900 g / 2 lbs
HERBS	
Parsley	1 bunch
Chives	1 bunch
Tarragon	1 bunch
Basil, dried	
SPICES & CONDIMENTS	
Honey	
Red pepper flakes	
Sun-dried tomatoes, in olive oil	20 g
Saffron, threads	2 g
	3
MEAT & FISH	
Chicken, breast, boneless and	1.8 kg / 4 lbs
skinless	
Pork chops, boneless	680 g / 1½ lbs
CHEESE & DIARY	
Heavy cream	120 mL
Parmesan cheese	150 g
GRAINS & PASTA	
Penne noodles (or from Pantry	225 g
Essentials)	5
Egg noodles, wide	450 g / 1 lb
Arborio rice	450 g / 1 lb
Alborio rice	750 g / 1 tb
MISCELLANEOUS	
White wine	1 bottle
l	I

MAKE SURE YOU HAVE THE INGREDIENTS FROM THE 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

