

DOLLOP

VOL. 2021 - ISSUE 9

**FOR GOOD
MEASURE**

This Week's Menu

VOLUME 2021 – ISSUE 9

MARCH 1 – 5, 2021



MONDAY

Fettuccine Alfredo

TUESDAY

Creamy Tarragon Chicken
with Green Beans

WEDNESDAY

Penne with Tomato Sauce

THURSDAY

Chicken Fajitas

FRIDAY

Steak Diane with Green Beans

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?

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Editor's Letter

Welcome to your new issue of Dollop - "For Good Measure" shines a light on the importance of accurate measurement in cooking.

Measuring ingredients is seemingly simple but can actually be quite confusing, depending on what tools you're using and what it is that you're measuring. On top of that, measurement conversions further complicate things.

In this issue, you'll learn the different measurement systems, how to measure wet and dry ingredients, as well as recipes for chicken fajitas, fettuccine alfredo, and more.

We hope you enjoy this week's issue and the recipes included. Enjoy your time in the kitchen!



MATT WALKER
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MONDAY



FETTUCINE ALFREDO

Fettuccine **ALFREDO**



YIELD

4 SERVINGS



TIME

20 MINS



DIFFICULTY

EASY

INGREDIENT	METRIC	US
PASTA		
Salt	For pasta water	-
Fettuccine noodles	340 g	¾ lb
Pasta water, reserved	450 mL	2 cups
ALFREDO SAUCE		
Butter	50 g	¼ cup
Parmesan cheese, grated	45 g	¼ cup
Black pepper, freshly ground	To taste	-
Parmesan cheese, grated	For garnish	-

METHOD

- 1** Bring a large pot of salted water to a boil.
- 2** Cook fettuccine noodles, stirring occasionally, until just before al dente (a minute less than the package directions). Reserve 2 cups of pasta water. Drain remaining water.
- 3** In a large skillet, add 1 cup pasta water. Bring to a gentle simmer over medium-high heat, then whisk in butter,

a piece at a time, until melted. Whisking constantly, gradually add Parmesan cheese.

- 4** Add fettuccine to skillet and toss to coat. Add more pasta water if needed.

- 5** Serve topped with black pepper and more Parmesan cheese.



NOTES

- You can use any long pasta noodle
- You can use Grana Padano and/or Pecorino cheese instead of Parmesan
- Add a grilled chicken breast or shrimp if you desire
- Garlic bread makes a great accompaniment

TUESDAY



**CREAMY TARRAGON CHICKEN
WITH GREEN BEANS**

Creamy Tarragon **CHICKEN** with Green Beans



YIELD

4 SERVINGS



TIME

30 MINS



DIFFICULTY

EASY

INGREDIENT	METRIC	US
CHICKEN		
Chicken, breast, skinless & boneless	900 g	2 lbs
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Olive oil, extra virgin	30 mL	2 tbsp
TARRAGON SAUCE		
Olive oil, extra virgin	15 mL	1 tbsp
Shallot, chopped	80 g	2 shallots
Garlic, minced	6 g	2 cloves
White wine	160 mL	$\frac{2}{3}$ cup
Stock, chicken or vegetable	110 mL	$\frac{1}{2}$ cup
Heavy cream	120 mL	$\frac{1}{2}$ cup
Tarragon, finely chopped	3 g	1 tbsp
Salt	To taste	-
Black pepper, freshly ground	To taste	-
GREEN BEANS		
Green beans, trimmed	450 g	1 lb
Butter	45 g	3 tbsp
Garlic, minced	9 g	3 cloves
Salt	2 g	$\frac{1}{4}$ tsp
Black pepper, freshly ground	-	$\frac{1}{4}$ tsp
GARNISH		
Tarragon, chopped	For garnish	-
Lemon wedges	For garnish	1 lemon

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, shallots 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 or pan, bring water and green beans

to a boil on high heat, cooking for about 3 minutes. Drain green beans and wipe skillet dry with paper towel.

8 Add butter and garlic to skillet, stirring until fragrant, about 1 minute. Add green beans back in and toss with salt and black pepper.

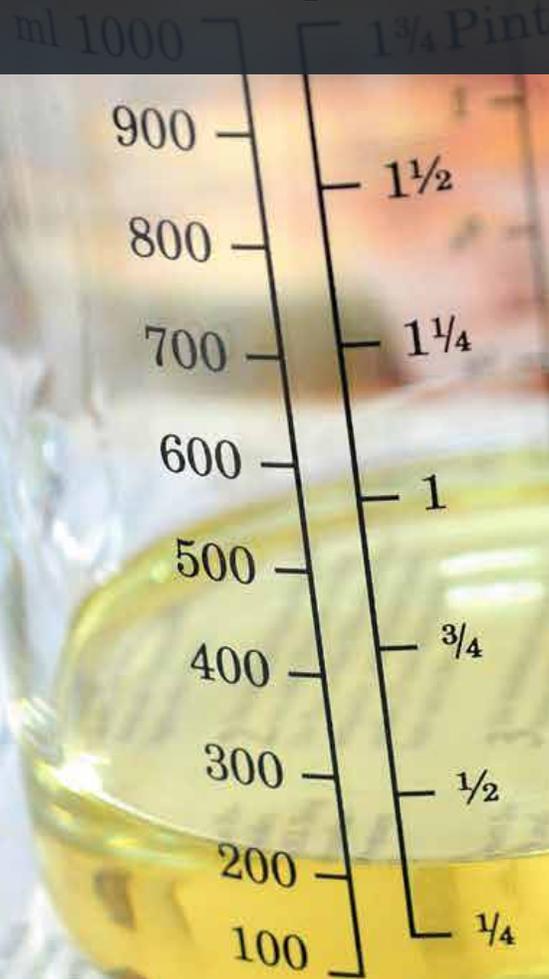
9 Garnish chicken with additional tarragon. Serve with green beans and a lemon wedge.

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 onion for shallots
- If you would like your sauce even thicker, allow it to reduce for longer in step 5
- Serve with another vegetable (i.e. broccoli, roasted potatoes) if desired

MEASUREMENTS & CONVERSIONS 101

Eyeballing and guesstimating ingredients can mean the difference between having a proper home cooked dinner and placing a last-minute pizza order.



Proper measurement is imperative to the success or failure of a recipe. Although cooking is more flexible than baking, you still need to follow the basic rules of measuring in order to yield good results.

IMPERIAL AND METRIC MEASUREMENT SYSTEMS

How often do you stumble upon an interesting recipe only to find out that the unit of measurement used is completely foreign to you?

Even though the majority of the world's countries run on the metric system, Liberia, Myanmar, and the USA still use imperial measurements, so the odds of coming across a recipe that uses units you're not familiar with are quite high. That being said, it's essential to know how to convert between these two measurement systems to be able to cook any recipe without having to worry about how you're going to measure your ingredients.

Cooking measurement conversions can be really confusing, but don't let this measurement madness sway you from trying new recipes. The key in converting measurements easily is knowing the difference in measuring wet and dry ingredients. Once you have that sorted out, it's so much easier to convert them to whichever measurement system you need.

THE KEY IN CONVERTING MEASUREMENTS EASILY IS KNOWING THE DIFFERENCE IN MEASURING WET AND DRY INGREDIENTS.





HOW TO MEASURE DRY INGREDIENTS

To properly measure dry ingredients such as flour, sugar, oats, cornmeal, and breadcrumbs, make sure to stir it first in its storage container before scooping it out. Dry ingredients such as flour tend to get compressed in its container, so it's important to loosen it up before measuring. Using a spoon, gently scoop out your dry ingredient from its container and transfer it to the measuring cup. Directly scooping the measuring cup into the container will just yield an inaccurate measurement.

Do not tap, shake, or pack the ingredient into the measuring cup to level it off. Instead, use the back of a knife or a flat blade spatula to even it out with the cup's top edge. The only exception to this rule is with brown sugar. Brown sugar must always be pressed or packed into your measuring cup.

You may have found that more recipe writers are including weight measurements in their recipes. That's because weight measurement is by far the best way to guarantee accuracy, especially in baking. If you don't own a digital kitchen scale yet, get one. They're not that expensive and they'll make your life a lot easier.

DRY INGREDIENTS SUCH AS FLOUR TEND TO GET COMPRESSED IN ITS CONTAINER, SO IT'S IMPORTANT TO LOOSEN IT UP BEFORE MEASURING.

HOW TO MEASURE WET INGREDIENTS

Use a liquid measuring cup to properly measure ingredients such as water, stock, milk, and other liquids. A liquid measuring cup is a transparent plastic or glass cup with measurement markings such as cups,

ounces, and milliliters printed outside the cup. These measuring cups also come with a handle and a pour spout for easy transfer.

To get the most accurate measurement, bend down and look at the liquid measuring cup at eye-level as you pour. Pour your liquid ingredient until the bottom of the meniscus is at the measurement you need.

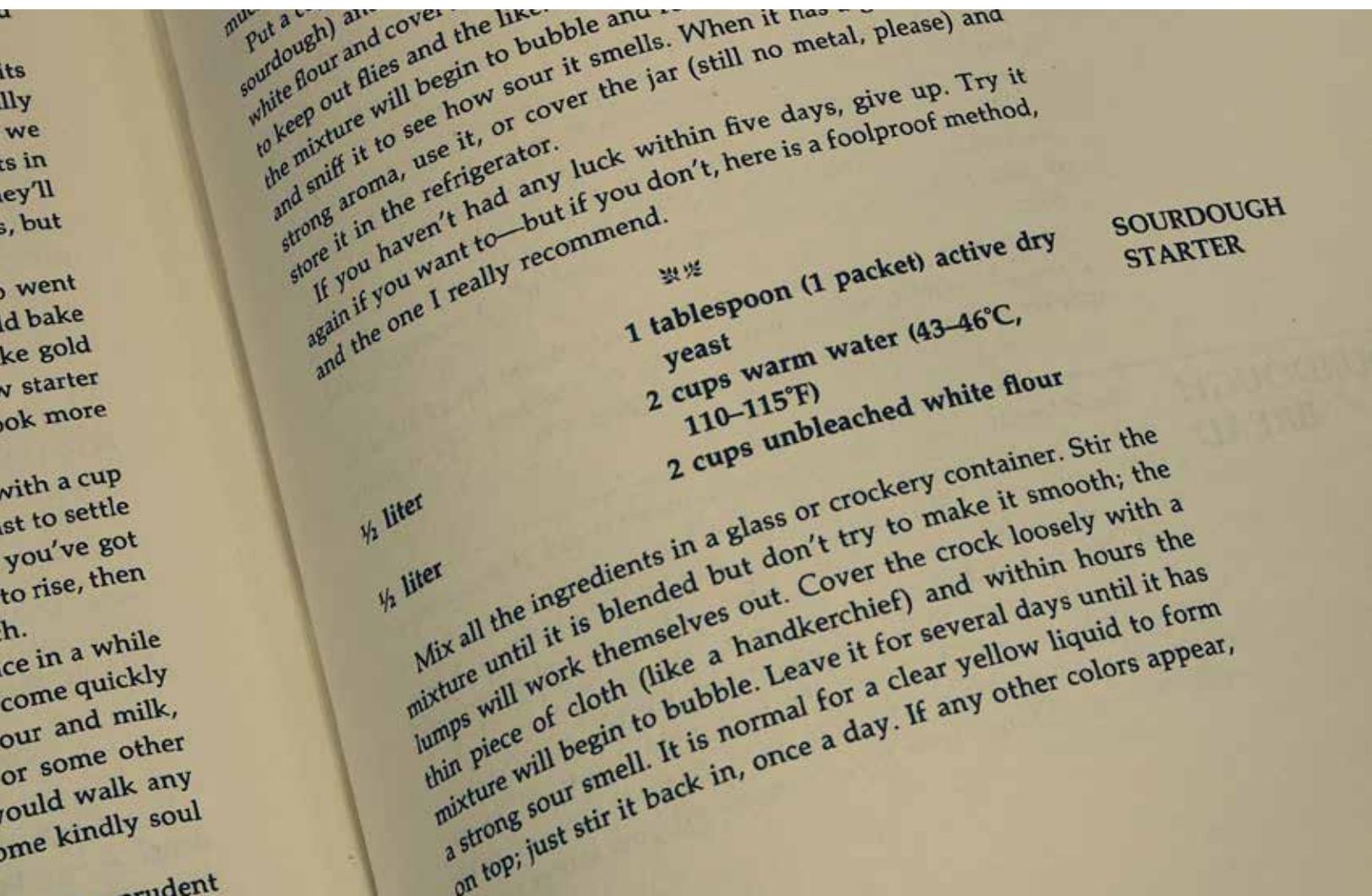
A small amount of liquid ingredients can be measured using a measuring spoon. Just make sure that you don't measure directly over your pot or mixing bowl to avoid spillage.

Overall, you really do need both dry and liquid measuring cups.

Technically, they hold the same volume, but they are specially designed to more accurately measure their respective ingredients.

HOW TO MEASURE VISCOUS INGREDIENTS

Viscous ingredients, such as peanut butter, yogurt, sour cream, jams, and hummus, can be measured just like dry ingredients. Spoon in the ingredient into your measuring cup and level it off without shaking, packing, and tapping. On the other hand, sticky ingredients such as molasses, maple syrup, and honey can be measured with either a dry or liquid measuring cup.



WEDNESDAY



PENNE WITH TOMATO SAUCE

Penne with **TOMATO** Sauce



YIELD

4 SERVINGS



TIME

40 MINS



DIFFICULTY

EASY

INGREDIENT	METRIC	US
SAUCE		
Tomatoes, whole	800 g	1 28 oz can
Butter	70 g	5 tbsp
Yellow onion, peeled and halved	150 g	1 onion
Salt	To taste	-
PASTA		
Salt	For pasta water	-
Penne pasta	340 g	¾ lb
Parmesan cheese, shaved	For garnish	-
Black pepper, freshly ground	To taste	-

METHOD

1 In a large saucepan, place tomatoes, butter, onion halves, and salt. Bring to a simmer over medium-high heat.

2 Lower the heat to maintain a gentle simmer and cook, stirring and crushing the tomatoes with a spoon occasionally, until droplets of fat appear on the surface of the tomatoes, about 45 minutes.

3 Bring a large pot of salted water to a boil. Cook penne pasta to al dente and drain.

4 Remove and discard the onion from the sauce. Break large chunks of tomato with a fork, if desired. Serve sauce over pasta with Parmesan cheese and black pepper.

NOTES

- Grana Padano cheese makes a more affordable substitute for Parmesan
- Serve this sauce over any pasta noodle you wish
- This sauce freezes well, so feel free to double the batch and freeze half of it

THURSDAY



CHICKEN FAJITAS

Chicken FAJITAS



YIELD

4 SERVINGS



TIME

30 MINS



DIFFICULTY

EASY

INGREDIENT	METRIC	US
SEASONING		
Olive oil, extra virgin	15 mL	1 tbsp
Lime juice	15 mL	1 tbsp
Chili powder	2 g	1 tsp
Paprika, smoked	1 g	½ tsp
Onion powder	1 g	½ tsp
Black pepper, freshly ground	1 g	½ tsp
Cumin, ground	1 g	½ tsp
Salt	to taste	-
CHICKEN		
Chicken breast, boneless & skinless	680 g	1½ lbs
Olive oil, extra virgin	30 mL	2 tbsp
FILLINGS		
Olive oil, extra virgin	15 mL	1 tbsp
Yellow onion, sliced	250 g	1 large onion
Red bell pepper, sliced	240 g	2 peppers
Green bell pepper, sliced	120 g	1 pepper
Lime juice	15 mL	1 tbsp
Flour tortilla, 15 cm / 6" diameter	-	8 tortillas
Cheddar cheese, grated	60 g	¼ cup

METHOD

1 In a large bowl, combine olive oil, lime juice, chilli powder, paprika, onion powder, black pepper, cumin and salt.

2 Cut chicken breast into strips and toss in spice mixture.

3 In a large skillet, heat olive oil over medium high heat. Add

chicken and cook for 3-5 minutes. Remove chicken from pan and set aside.

4 In the same skillet, add olive oil. Saute onions until they become soft, about 2 minutes.

5 Add red and green bell peppers and cook for an additional 2

minutes. Return chicken back to skillet and stir to combine.

6 Squeeze lime juice overtop and serve on tortillas, with grated cheddar cheese.



NOTES

- To prevent overcrowding your pan, you may need to cook chicken in batches
- Alternatively, you can use corn tortillas (remember they need to be heated)
- Garnish fajitas with toppings of your choice. Lettuce, tomatoes, salsa and sour cream all work well

FRIDAY



STEAK DIANE WITH GREEN BEANS

Steak **DIANE** with Green Beans



YIELD

4 SERVINGS



TIME

40 MINS



DIFFICULTY

MEDIUM

INGREDIENT	METRIC	US
STEAK		
Beef tenderloin, medallions	680 g	1½ lbs
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Butter	15 g	1 tbsp
DIANE SAUCE		
Butter	15 g	1 tbsp
Shallot, minced	40 g	1 shallot
Garlic, minced	3 g	1 clove
Mushrooms, sliced, preferably button	30 g	¼ cup
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Brandy	30 mL	2 tbsp
Dijon mustard	15 g	1 tbsp
Heavy cream	60 mL	¼ cup
Worcestershire sauce	10 mL	2 tsp
Parsley, chopped	3 g	1 tbsp
GREEN BEANS		
Green beans, trimmed	450 g	1 lb
Butter	45 g	3 tbsp
Garlic, minced	9 g	3 cloves
Salt	1 g	¼ tsp
Black pepper, freshly ground	-	¼ tsp

METHOD

1 Season both sides of steaks with salt and black pepper.

minute per side. Transfer to a plate tent with foil.

2 In a large skillet or saute pan, heat butter over medium-high heat. Add steaks and saute until lightly browned, about 1

3 Using the same skillet, heat butter over medium heat. Add shallot and garlic and cook, stirring, until fragrant, about 30

seconds.

4 Add mushrooms and season with salt and black pepper. Cook until softened, about 2 minutes.

5 Add brandy and cook until almost fully reduced, about 1 minute.

6 Add Dijon mustard and heavy cream and stir for about 1 minute. Whisk in worcestershire and parsley.

7 Add steaks back into skillet and turn to coat. Simmer until

heated through, about 1 minute.

8 In a large pan, bring water and green beans to a boil on high heat, cooking for about 3 minutes. Drain green beans and wipe skillet dry.

9 Add butter and garlic to skillet, stirring until fragrant, about 1 minute. Add green beans back in and toss with salt and black pepper.

10 Place steaks on plates and top with sauce from skillet. Serve with green beans.



NOTES

- Additionally, you can add fresh chives
- If you're comfortable, you can ignite the brandy in Step 5, either by tilting the pan or lighting with a long match. When flame goes out, continue with the next step
- Pairs well with Cabernet Sauvignon wine



WEEKLY SHOPPING LIST



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

PRODUCE	
Garlic	1 head
Yellow onion	1 large, 1 medium
Shallot	3
Lemon	1
Lime	1
Green beans	900 g / 2 lbs
Mushrooms, preferably button	30 g
Red bell pepper	2
Green bell pepper	1
HERBS	
Tarragon	1 bunch
Parsley	1 bunch
SPICES & CONDIMENTS	
Tomatoes, whole	1 x 800 g / 28 oz can
Curry powder	
Worcestershire sauce	
MEAT & FISH	
Chicken breast	1.6 kg / 3½ lbs
Beef tenderloin	680 g / 1½ lbs
CHEESE & DIARY	
Heavy cream	180 mL
Cheddar cheese	60 g
Parmesan cheese	120 g
GRAINS & PASTA	
Fettuccine noodles	340 g / ¾ lb
Penne noodles	340 g / ¾ lb
MISCELLANEOUS	
Flour tortilla, 15 cm / 6" diameter	8 tortillas
White wine	375 mL (half bottle)
Brandy	

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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