

Food

Week of August 26 | 2013



Roasted Chicken, your usual way

There are at least 100 ways to prepare and serve roasted whole chicken, but my two favorites are [Ina Garten's recipe](#) and buying one already prepared (I like the ones from Whole Foods). Once you have the chicken, there are at least 100 more ways to serve it: carved, with rice and peas; chopped on top of a salad; shredded in tacos; pulled and mixed into chicken salad. This last version is what we'll have this week: mayo, Dijon mustard, red onion, dried cranberries, celery, and salt.



Summer Garden Linguini

Prepare linguini according to package. While it's cooking, roast some cherry tomatoes, tossed in olive oil and salt, until they pop. Put them in a bowl and toss with chopped fresh basil, some lemon juice, olive oil and salt. Drain linguini and stir in sauce (or spoon on top).



Meatloaf

Bernard is the meatloaf cooker in our family, and he's tried dozens of recipes, all of which tasted good to me. [This one](#) was his most recent version, and we all thought it was good. He did put ketchup on it, of course, and he didn't add the prunes.



Provençal Chicken Stew (slow cooker)

Shake chicken pieces in a bag with flour and salt (I will use skinless, boneless chicken thighs, but any chicken pieces will do). Brown the chicken in butter (heavy skillet) and transfer to slow cooker. Add some olive oil to skillet and sauté chopped onion and garlic until softened and beginning to brown; deglaze with wine, let the alcohol cook off, and pour on top of chicken. Add 1 large can crushed tomatoes, bay leaves and seasoning (I use Herbes de Provence). Cook on low 8 hours. Serve with crusty bread and green salad. Garnish stew with fresh parsley and basil.



Melon and Prosciutto Risotto

This [recipe](#) is a new one, and it may be perfectly awful. I can't resist trying it, however, because it just sounds interesting and because I've almost never had a bad experience with a recipe from *Bon Appétit*. If you try it, too, let me know what you think. I will be using chicken stock and not vegetable broth, for the record. My back up plan will be to roast extra prosciutto and make prosciutto, lettuce and tomato sandwiches. Or peanut butter.

Weekly Shopping List 8.26.13

Produce

- Bananas
- Peaches
- Tomatoes
- Cucumbers
- Carrots
- Green beans
- Cantaloupe
- Green leaf lettuce
- Basil
- Parsley
- Celery
- Red onion
- Onions (yellow, white)

Pantry

- Chips
- Peanuts
- Trail mix
- Granola
- Cereal
- Peanut butter
- Crackers
- Arborio rice
- Crushed tomatoes
- Dried cranberries
- Linguini
- Chicken stock

Dairy

- Milk
- Yogurt (plain and fruit)
- Butter
- Parmesan cheese
- Cheddar cheese
- Mascarpone cheese
- Eggs
- Orange juice

Baked Goods

- Sandwich bread
- Sourdough boule

Paper Products

- Paper towels
- Toilet paper
- Kleenex

Herbs & Spices

- Herbes de Provence
- Bay leaves

Meat

- Deli meat for lunch
- Chicken thighs
- Whole chicken
- Prosciutto
- Ground beef
- Ground pork
- Bacon

Frozen

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Miscellaneous

- White wine
- Worcestershire sauce

Basics

- Salt
- Black pepper
- Sugar
- Olive oil
- White vinegar