

# Food

Week of September 17 | 2013



## **Black Bean Chili | Jalapeno Cornbread**

Deborah Madison's [black bean chili recipe](#) is my favorite of all, although I sometimes cheat and used canned black beans (and probably will this week). If time allows, then I'll make [Ina Garten's jalapeno cheddar cornbread](#) to go with. Otherwise, as you already probably know, I'll make Jiffy. And maybe a green salad with some buttermilk dressing.



## **Chicken | Wild Rice Blend | Buttermilk Cabbage Slaw**

I have been looking for some new chicken recipes, and may try [this one](#) for the slow cooker. Our go-to recipe, however, is [Ina's Grilled Lemon Chicken](#), which is as reliable as Ivory soap. We'll serve with [Lundberg's wild rice blend](#) (highly recommend) and a chopped slaw made of green cabbage, toasted corn, bacon and buttermilk dressing (thanks, Mel!).



## **Grilled Fish | Niçoise Platter**

We have a bushel of freshly dug potatoes sitting on a step in our basement, and they are truly delicious. I like to roast them with a bit of olive oil and kosher salt then serve warm/room temp on a platter with French green beans, grilled fish (I may use cod instead of tuna, since our kids like cod), lemon wedges and whole grain bread.



## **Sugared Bacon | Hash Browns | Eggs | Citrus Salad**

For this week's take on breakfast for dinner, I am delving into sugared bacon, which I love but have never made. [This recipe](#) is the one I'm going to try, though I'll probably cook on a Silpat mat instead of foil. We'll also make some fresh hash browns with said tub of fresh potatoes, dicing and cooking in a hot skillet with a great deal of butter. Scramble some eggs, toss some quartered citrus with mint in a bowl, and there's dinner.



## **Brie & Apple Sandwiches**

Odd as it may seem, everyone in our house loves brie. And apples. And sandwiches. Put it all together on some warm bread, and everyone's happy. I don't usually use a recipe, when in surfing for some ideas, I found [this one from Sunset magazine](#) that looks interesting – and different from how I usually make because of the apple butter. I will use French bread instead of rye because my people do not like rye bread.

# Weekly Shopping List 9.17.13

## Produce

- Citrus fruits
- Lemons
- Cabbage
- Carrots
- Celery
- Apples
- Arugula
- Jalapenos
- Green leaf lettuce
- Cilantro
- Scallions
- Mint
- New potatoes
- Corn
- French green beans
- Garlic
- Onions (red, yellow, white)

## Pantry

- Chips
- Nuts
- Trail mix
- Granola
- Cereal
- Peanut butter
- Nutella
- Crackers
- Lundberg's wild rice blend
- Jiffy cornbread mix (for backup)
- Apple butter
- Dijon mustard
- Mayonnaise

## Dairy

- Milk
- Buttermilk
- Heavy cream
- Yogurt (plain and fruit)
- Sour cream
- Butter
- Sharp cheddar cheese
- Brie
- Eggs
- Orange juice

## Baked Goods

- Sandwich bread
- Flour tortillas
- Baguette
- Whole grain boule

## Paper Products

- Paper towels
- Toilet paper
- Kleenex

## Herbs & Spices

- Buttermilk dressing mix
- Cumin
- Oregano
- Paprika
- Chili powder
- Thyme
- Onion powder
- White pepper
- Garlic powder

## Meat

- Chicken (whole or breasts)
- Bacon
- Fish (cod or tuna)

## Frozen

- Cod or tuna (if fresh not available)
- Alexia oven fries

## Miscellaneous

- Maple syrup

## Basics

- Salt
- Black pepper
- Brown Sugar
- Flour
- Cornmeal
- Baking powder
- Olive oil
- Vegetable oil