

Food

Week of October 14 | 2013



Farm Plate

Yellow squash & potato gratin | Stewed eggplant | Green salad

I found a [great-looking recipe at The Kitchen](#) for a squash/potato/goat cheese gratin that I'm going to try this week. I'll also make the last (probably) of the eggplant and serve with a green leaf lettuce salad. I will probably make some cornbread to go with, so I can be sure there are at least two things my kids will eat (they love squash).



Lemon-basil pesto chicken spaghetti | Cherry tomatoes

I harvested the last of the basil to make even more pesto for my winter freezer. I added lemon to this batch. I will poach and shred some chicken breasts then toss the chicken and some thin spaghetti in a good portion of pesto. Cherry tomatoes on the side, maybe with some sweet peppers.



Thai marinated flank steak & herb salad

The same Thai restaurant that served green curry salmon (from last week's post) also served a great flank steak salad. [This recipe from Serious Eats](#) looks very similar.



Egg with a hat | Pears & apples

Egg with a hat was one of my mother's signature dishes, served usually for breakfast and occasionally for breakfast-for-dinner on Sunday evenings. This story (and recipe) on [epicurious](#) pretty well describes exactly how I think of eggs with a hat and also provides the basic recipe. Note that her instructions call for a bit of butter; I would say lots. Serve with fresh, crisp orchard fruit.



Spring rolls | Fried rice

This [recipe](#) is Bernard's favorite, and it's the same one I included on my 2/25/13 menu. Reliable and easy for kids to help with, it makes for a fun dinner. Last time we had these for dinner, though, everyone was hungry again by 8:00. This time I'll make some vegetable fried rice to serve on the side and hope that does the trick. I don't usually use a recipe for fried rice (no surprise there), but as I was hunting online I saw [this one](#) on [kurryleaves.com](#) that looks interesting and different from how I usually prepare (which is onion/carrot/green peas/corn/ginger). I found fresh bok choy at the farmers market this week, so I'll throw that in, too.

Weekly Shopping List 10.14.13

Produce

- Lemons & limes (lots)
- Pears
- Cherry tomatoes
- Basil, mint, cilantro, thyme
- Eggplant
- Yellow squash
- Red potatoes
- Green leaf lettuce
- Mung bean spouts
- Ginger
- Scallions
- Celery
- Carrots
- Cabbage or bok choy
- Garlic
- Shallots
- Onions (red, yellow, white, pearl)

Pantry

- Basmati rice
- Spaghetti
- Pesto (if not making fresh or buying frozen)
- Nuts
- Trail mix
- Granola
- Cereal
- Peanut butter
- Nutella
- Crackers
- Chips for lunchbox

Dairy

- Milk
- Yogurt
- Butter
- Goat cheese
- Eggs
- Orange juice

Baked Goods

- Sandwich bread
- Flour tortillas
- Baguette

Paper Products

- Paper towels
- Toilet paper
- Kleenex
- Parchment paper

Herbs & Spices

- Thai chili powder or red chili flakes

Meat

- Flank steak
- Chicken breasts
- Shrimp
- Lunch meat for lunchboxes

Frozen

- Green peas
- Shrimp (if fresh not available)
- Pesto (if not making fresh or buying canned)

Miscellaneous

- Fish sauce
- Garlic chili sauce
- Hoisin sauce
- Soya sauce
- Rice vermicelli
- Rice wrappers

Basics

- Salt
- Black pepper
- Flour
- Olive oil
- Vegetable oil
- White vinegar
- Brown sugar