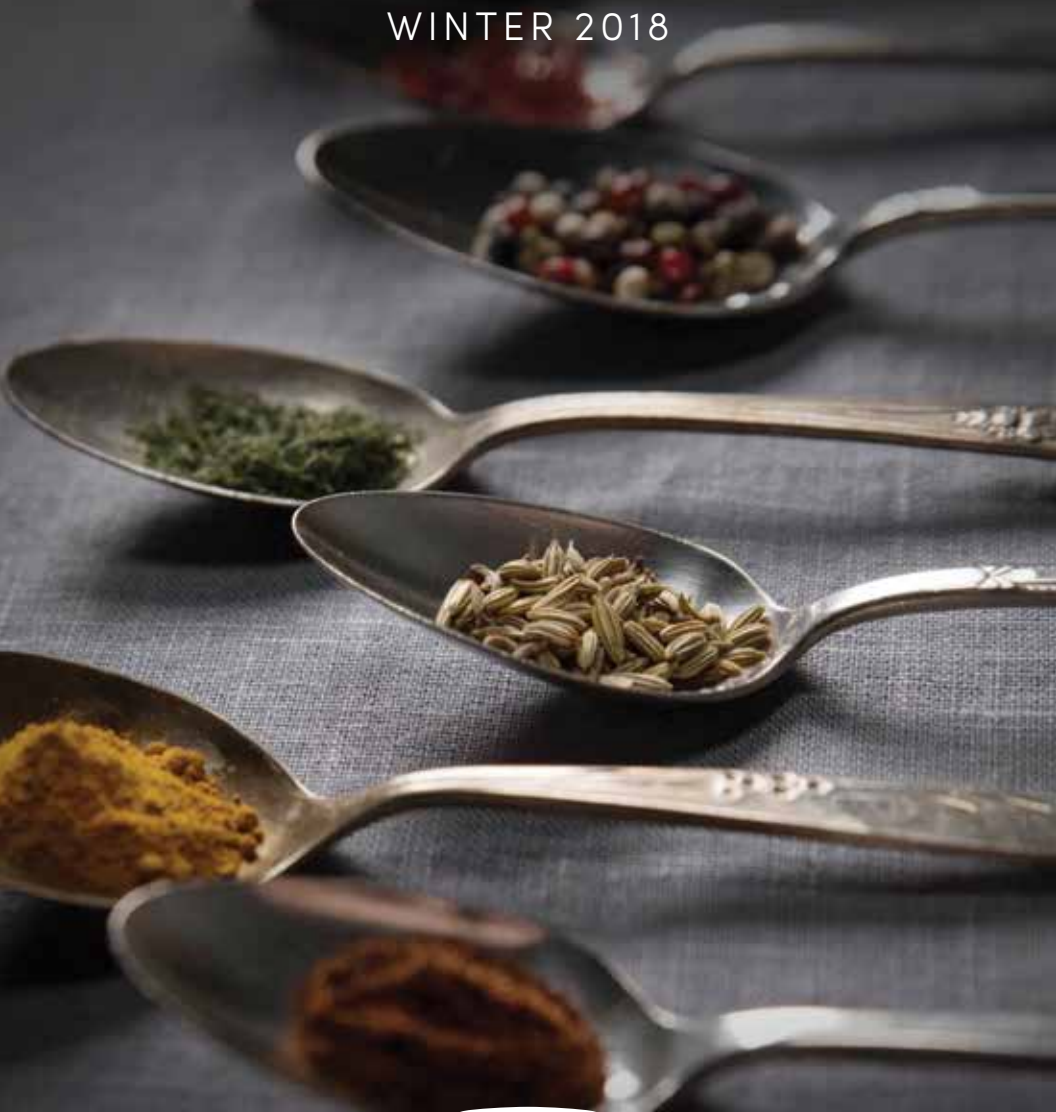


THE CUTTING BOARD

WINTER 2018



A TASTE OF THINGS TO COME

Soba noodles send us to the neon-lit streets of Tokyo. Satay brings us to a busy food market in Malaysia. Mushroom Marsala takes us to a cobblestone courtyard in Italy. Every meal offers a chance to be transported.

At Green Chef, we believe that food is the best way to connect with different people, cultures, and experiences. That's why it's our mission to bring interesting, delicious meals into your kitchen. Our team of world-class chefs carefully crafts restaurant-worthy recipes using only the best seasonal, certified-organic ingredients. In this issue of *The Cutting Board*, we share some of the ingredients inspiring our upcoming recipes — mark your calendars, because you won't want to miss them! We also share our recipe for Bahārāt Parsnip Fries and show you how to poach an egg. Your brunches will never be the same. We're so glad to have you along on the journey.



Dana Murrell, Executive Chef



VEGAN? LOOK FOR ORGANIC JADE PEARL RICE WITH HOISIN BBQ
TEMPEH - ON THE VEGAN MENU, THE WEEK OF JANUARY 8TH!

FEATURED INGREDIENT
DEBUTS JANUARY 1ST

JADE PEARL RICE

FROM
LOTUS FOODS
RICHMOND, CA

MOTHER OF PEARL

APPEARING IN THESE MENUS THE WEEK OF JANUARY 1ST

Gluten-Free, Family, Carnivore, and Omnivore

We're smitten with our organic jade pearl rice. Fresh bamboo juice gives this rice a verdant hue, a grassy aroma, and a slightly sticky texture — like sushi rice. These characteristics make jade pearl rice an ideal grain for dishes inspired by the foods of Japan, Korea, and Southeast Asia. We love it with ginger-marinated chicken, colorful vegetables, and tangy daikon kimchi.

WHAT A CATCH

APPEARING IN THESE MENUS THE WEEK OF JANUARY 8TH
Paleo, Family, Omnivore, and Carnivore

Seeking out sustainable and delicious seafood is a top priority for us. That's why we're thrilled to add barramundi to our menu. Also called Asian sea bass, barramundi is Best Aquaculture Practices certified and labeled a "Good Alternative" by the Monterey Bay Aquarium's Seafood Watch program. This lean white fish is high in omega-3 fatty acids, and has a mild flavor and flaky texture like halibut.

You'll love its versatility! Look for this new arrival soon in dishes like Italian Barramundi with Lemon-Basil Sauce.

FEATURED INGREDIENT
DEBUTS JANUARY 8TH

BARRA
MUNDI





FEATURED INGREDIENT
DEBUTS JANUARY 15TH

PURPLE SWEET POTATOES

VEGETARIAN OR GLUTEN-FREE? LOOK FOR ORGANIC PURPLE SWEET POTATOES IN *GADO GADO* WITH CRISPY RICE AND RED CURRY PEANUT SAUCE - ON OUR VEGETARIAN AND GLUTEN-FREE MENUS, THE WEEK OF JANUARY 15TH!

PURPLE REIGN

APPEARING IN THESE MENUS THE WEEK OF JANUARY 15TH
Vegetarian and Gluten-Free

Gorgeous, organic purple sweet potatoes are packed with antioxidants and vitamins A and C. They get their deep hue from anthocyanins, the same pigments that give cherries and autumn leaves their color. This stunning vegetable brings bold color to our *gado gado* – an Indonesian-inspired dish you won't want to miss.

VEGAN? LOOK FOR XO SAUCE IN THE TEMPEH WITH XO SAUCE RECIPE - ON THE VEGAN MENU, THE WEEK OF JANUARY 29TH!



**FEATURED RECIPE
DEBUTS JANUARY 22ND**

XO SALMON

**SUSTAINABLY SOURCED SALMON FROM
THE FJORDS OF NORWAY**

XOXOXO

APPEARING IN THESE MENUS THE WEEK OF JANUARY 22ND

Gluten-Free, Family, Omnivore, and Carnivore

An umami-rich condiment from Hong Kong, XO sauce is traditionally made with dried scallops and shrimp, smoked ham, hot pepper, and Shaoxing rice wine. Its name "XO" (or extra-old) is derived from cognac labeling to connote a high-quality ingredient. Our vegan version uses molasses, dried shiitakes, and beech mushrooms to create an incredible, bold flavor that pairs perfectly with seared salmon, sesame quinoa, and a bok choy salad tossed with mandarin orange.



FEATURED INGREDIENT
DEBUTS JANUARY 29TH

HAWAIJ SPICE BLEND

ORGANIC SPICES FROM
SMITH & TRUSLOW
DENVER, CO

HAWAIJ IS FROM YEMEN, BUT ITS FLAVORS ARE ALSO A PERFECT FIT FOR MEXICAN YELLOW CHICKEN - ON THE PALEO MENU, THE WEEK OF FEBRUARY 5TH!

GOING FOR GOLD

APPEARING IN THESE MENUS THE WEEK OF JANUARY 29TH

Gluten-Free, Family, Omnivore, and Carnivore

Hawaij (ha-WHY-edge), made golden with turmeric, is a spice blend commonly found in the cuisines of Yemen and Israel. In the Green Chef test kitchen, we've been using it in traditional ways — as a rub for meat and a seasoning for braises. We're also playing with its flexible flavor profile as a way to amp up color, aroma, and micronutrients in plenty of less traditional dishes to come.

POACHING IS ALSO A GREAT WAY TO COOK CHICKEN OR FISH WITHOUT ADDED OILS OR COOKING FATS.

POACH COACH

While poached eggs shine in eggs Benedict at brunch, poaching an egg is an easy way to add protein and healthy fat to dinner-worthy dishes, too, and it's easier than you might think. You'll love the poached eggs in our Arroz Caldo dish, on our Gluten-Free, Omnivore, Carnivore, and Family menus the week of February 5th.

INSTRUCTIONS

STEP 1 // PREP WATER Fill a medium-size pot two-thirds full with water. Bring to a simmer over medium-low heat. Add 1 tablespoon vinegar (distilled, apple cider, or white wine) and stir to combine.

STEP 2 // PREP EGG Crack an egg into a small bowl.

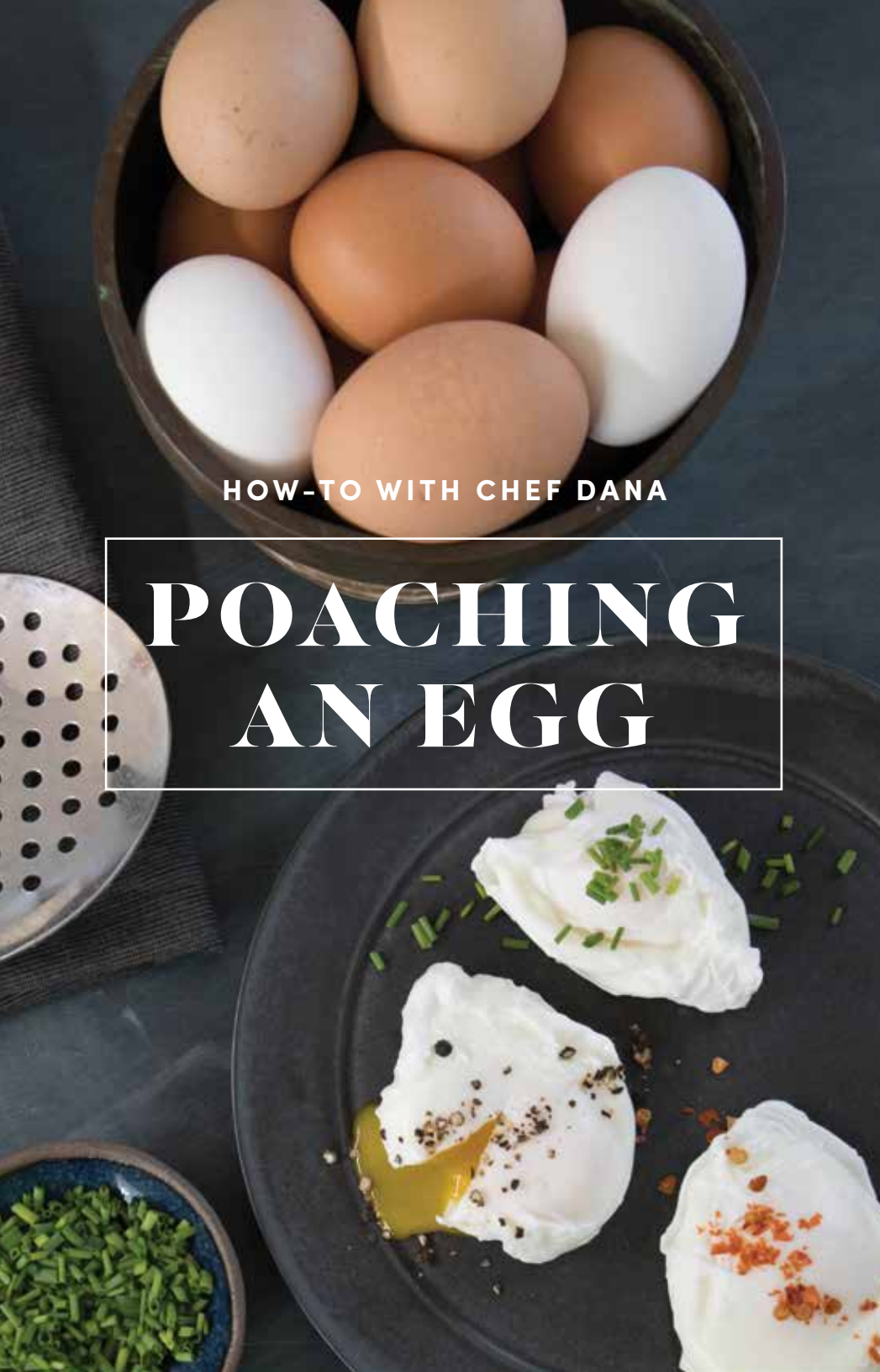
STEP 3 // POACH Stir the simmering water to make a gentle whirlpool. While holding the lip of the bowl very close to the surface of the water, pour the egg into the center of the whirlpool. Cook for 3-4 minutes, undisturbed, or until the white is opaque and the egg begins to float.

STEP 4 // ENJOY Remove the egg with a slotted cooking spoon. Season with salt and serve while yolk is still tender.



HOW-TO WITH CHEF DANA

POACHING AN EGG





RECIPE

BAHĀRĀT PARSNIP FRIES

BAHĀRĀT SIMPLY MEANS SPICES IN ARABIC

Our freshly-ground bahārāt is a blend of warming spices — allspice, cloves, cinnamon, and cardamom — mixed with savory black pepper, coriander, and cumin. Often used in Middle Eastern cooking to season meat or fish, it's also wonderful with the earthy sweetness of parsnips, roasted in the oven until crispy.

INGREDIENTS

2 whole parsnips (¼ to ½ pound)	1½ tsp bahārāt spice blend
1½ tbsp cooking oil (neutral high-heat oil, like canola oil)	Fine sea salt (to taste)

BAHĀRĀT SPICE BLEND

¾ tsp finely ground black pepper	⅛ tsp ground cardamom
½ tsp ground coriander	⅛ tsp ground cinnamon
½ tsp ground cumin	Pinch ground cloves
⅛ tsp ground allspice	Pinch ground nutmeg

INSTRUCTIONS

Preheat oven to 375°F.

STEP 1 // MAKE SPICE BLEND Place all the spices in a small bowl or ramekin. Stir to combine.

STEP 2 // CUT PARSNIPS Trim tops off parsnips and peel. Cut widthwise into about 3-inch long pieces. Cut each piece lengthwise into about ½-inch thick fries.

STEP 3 // SEASON PARSNIPS Place parsnips in a large mixing bowl. Drizzle with 1-2 tablespoons cooking oil. Season with 1½ teaspoons of the bahārāt spice blend. Salt to taste. Mix to evenly coat.

STEP 4 // ROAST PARSNIPS Spread parsnips out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-25 minutes, or until parsnips are browned and crisp, flipping halfway through.

REST STOP

RESTING A STEAK AFTER SEARING OR GRILLING IS CRUCIAL. WHEN COOKING, ALL OF THE JUICES ARE FORCED TO THE CENTER OF THE MEAT. RESTING ALLOWS THE TEMPERATURE OF THE STEAK TO EVEN OUT AND THE JUICES TO REDISTRIBUTE. ALLOW A STEAK TO REST AT LEAST 3 MINUTES PER INCH OF THICKNESS.



SHARE THE LOVE

Have a friend who would love **free** meals packed with organic ingredients? Want **\$25** off your next Green Chef order?

Just log into your account, click "Get \$25," then share your unique link with a friend. When they get their second delivery, you'll receive \$25 off your next order and you'll find more rewards to share the more you cook with us.



Green Chef is a USDA Certified Organic Company.
Look for the "USDA Organic" seal on our ingredients.



Green Chef's Gluten-Free, Paleo and Keto meals are certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.



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