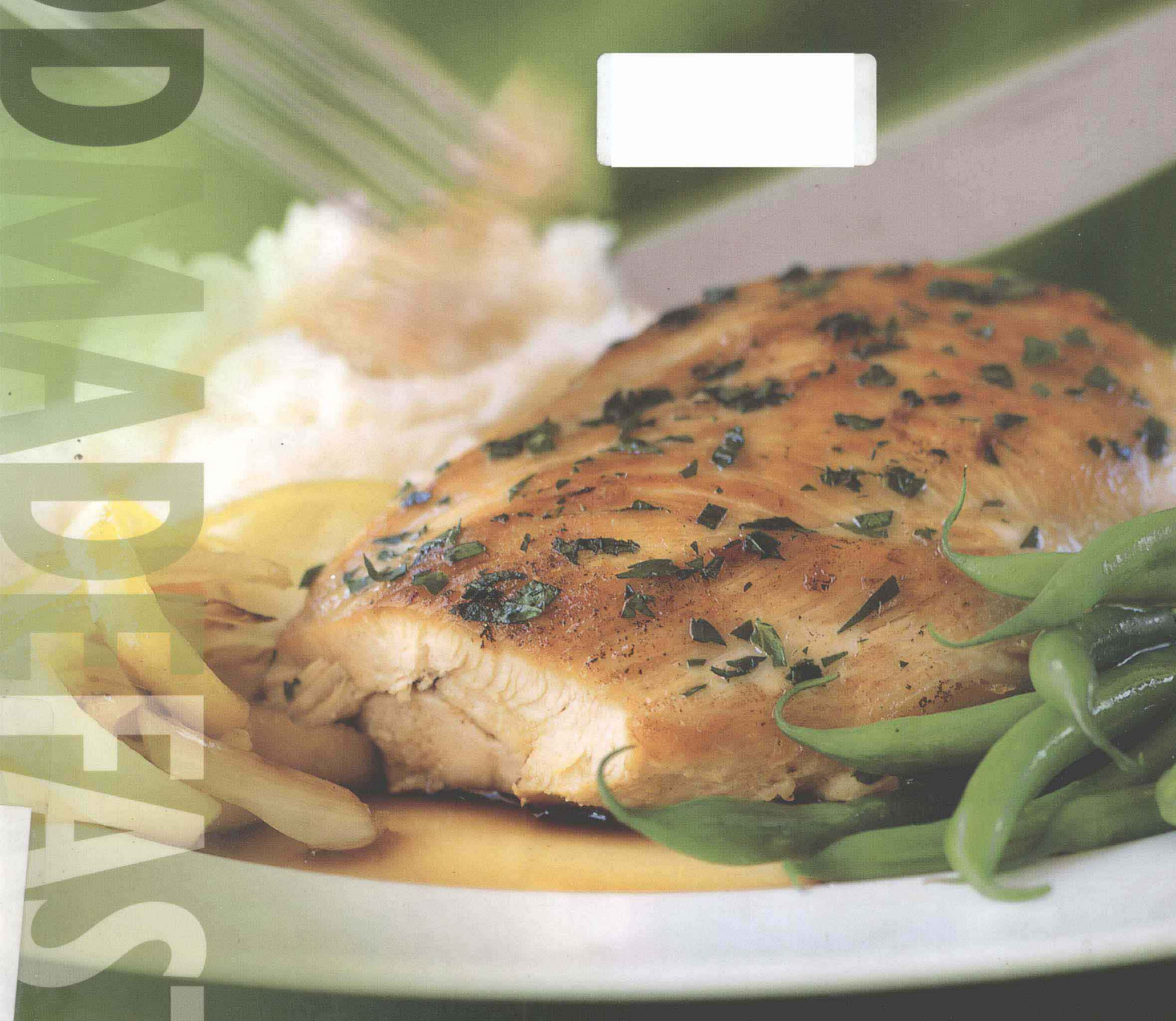
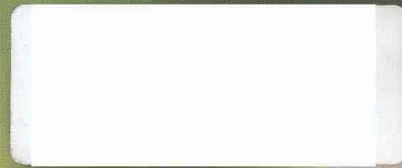


FOOD
CRAVINGS

WILLIAMS-SONOMA

weeknight





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A NOTE ON WEIGHTS AND MEASURES

All recipes include customary U.S. and metric measurements. Metric conversions are based on
 a standard developed for these books and have been rounded off. Actual weights may vary.



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WILLIAMS-SONOMA

FOODMADEFAST
weeknight

RECIPES

Melanie Barnard

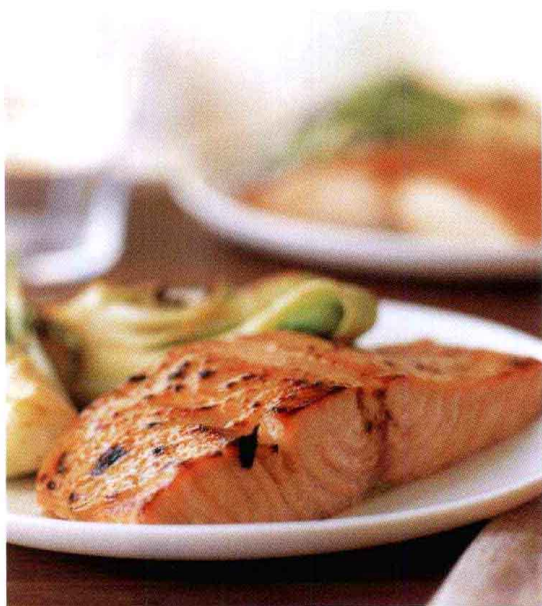
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about this book


Today, we care more than ever about the food we eat. Yet we also have less time to cook. Food Made Fast *Weeknight* is specifically designed for busy people who want to put delicious, fresh food on the table—even on weeknights when life is at its most hectic. These carefully crafted recipes will help you create healthy, satisfying meals with surprisingly little effort.

Recipes such as a Thai-inspired Lime Shrimp with Coconut Rice, a rich Chicken Corn Chowder, and a remarkably simple Steak with Herb Butter are made with just a handful of well-chosen ingredients. Most recipes can be served as complete one-dish dinners, or can be rounded out with a simple accompaniment, such as roasted potatoes or a crisp green salad. With these recipes and the helpful tips in Food Made Fast *Weeknight*, you'll find that dinner time can be a source of pleasure instead of stress.

A handwritten signature in black ink that reads "Chuck". The signature is written in a cursive, slightly stylized font with a large, looping 'C'.





A close-up photograph of a person's hand pouring a light-colored, chunky sauce from a metal spoon onto a white plate. The plate contains white rice, green peas, and pieces of cooked chicken. The background is blurred, showing a window with natural light.

20 minutes
start to finish

steaks with herb butter

Unsalted butter,

3 tablespoons, at room temperature

Fresh chives, 2 tablespoons snipped

Fresh rosemary,

1 tablespoon minced

Salt and freshly ground pepper

Rib-eye steaks, 4, each about 1 inch (2.5 cm) thick

SERVES 4

1 Prepare the herb butter

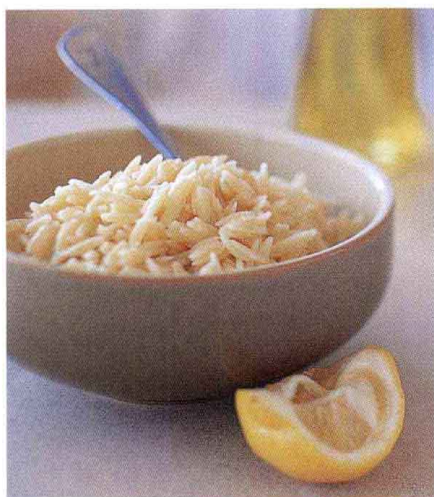
In a small dish, stir together the butter, chives, rosemary, and a pinch each of salt and pepper.

2 Cook the steaks

Meanwhile, prepare a gas or charcoal grill for direct-heat grilling over high heat and oil the grill rack. Or, preheat a broiler (grill). Season the steaks generously with salt and pepper, patting it firmly into the meat. Place the steaks on the grill rack, or put them on a baking sheet and place under the broiler. Cook, turning once, for 6–8 minutes total for medium-rare, or until done to your liking. Divide the steaks among 4 plates, top with the herb butter, and serve.







cook's tip

To complete the menu, serve the veal atop orzo pasta tossed with melted butter and a squeeze of lemon. Pass a side dish of braised spinach at the table.



veal cutlets gremolata

1 Prepare the gremolata

Grate 1 tablespoon zest from the lemons and squeeze 2 tablespoons juice. Set the juice aside. In a small bowl, stir together the zest, parsley, and garlic. Set aside.

2 Cook the veal

Season the veal with salt and pepper. In a large frying pan over medium-high heat, melt 1 ½ tablespoons of the butter. Add half of the veal and cook, turning once, until browned, about 2 minutes total. Transfer to a plate. Repeat with 1 ½ tablespoons of the butter and the remaining veal.

3 Prepare the sauce

Melt the remaining 1 tablespoon butter in the same frying pan over medium-high heat. Add half of the *gremolata* and cook, stirring constantly, for 1 minute. Add the wine and stir, scraping up the browned bits on the pan bottom. Cook the sauce until reduced by half, about 2 minutes. Stir in the reserved lemon juice and season to taste with salt and pepper. Return the veal and any juices from the plate to the pan and simmer for 1–2 minutes to heat through. Sprinkle with the remaining *gremolata* and serve.

Lemons, 2

Fresh flat-leaf (Italian) parsley, ¼ cup (⅓ oz/10 g) minced

Garlic, 3 cloves, minced

Veal scallops, 8, about 1 ½ lb (750 g) total weight, pounded to about ¼-inch (6-mm) thickness

Salt and freshly ground pepper

Unsalted butter, 4 tablespoons (2 oz/60 g)

Dry white wine, ¾ cup (6 fl oz/180 ml)

SERVES 4



tandoori-style halibut

Plain yogurt, 1 cup
(8 oz/250 g)

Lemon juice, from ½ lemon

Ginger, 2 tablespoons grated

Yellow onion, 1 small, finely
chopped

Garlic, 2 cloves, minced

Ground cumin, 1 teaspoon

Ground turmeric,
1 teaspoon

Ground coriander,
½ teaspoon

Ground allspice,
½ teaspoon

Cayenne pepper,
¼ teaspoon

Salt

Halibut fillets, 4, about
1 ½ lb (750 g) total weight,
skin removed

Steamed white rice,
for serving

SERVES 4

1 Prepare the yogurt marinade

In a shallow glass or ceramic dish just large enough to hold the halibut fillets in a single layer, stir together the yogurt, lemon juice, ginger, onion, garlic, cumin, turmeric, coriander, allspice, cayenne, and ½ teaspoon salt. Add the halibut to the marinade and turn to coat.

2 Cook the fish

Meanwhile, prepare a gas or charcoal grill for direct-heat grilling over medium-high heat and oil the grill rack. Or, preheat a broiler (grill). When ready to cook, remove the halibut from the marinade, discarding the marinade. Place on the grill rack, or put on a baking sheet and place under the broiler. Cook, turning once, until opaque throughout, 8–10 minutes. Spoon the rice onto 4 plates, top with the halibut, and serve.





cook's tip

You can substitute 1 tablespoon *garam masala*—a classic Indian spice mixture—for the cumin, turmeric, coriander, allspice, and cayenne pepper. Look for *garam masala* in South Asian markets and well-stocked grocery stores.