The Haps This Week @ La Boca 11.21.26

Your selections have been highlighted. All items should be kept refrigerated.
The following are serving suggestions/heating instructions.

Lemon Zest Ricotta Spread *House-made cheese with fresh lemon zest and a pinch of salt. Go sweet, go savory, you won't go wrong! This is rich and delicious; put it on anything from baguette to pasta – toast, fruit, cheese plate, or a dollop in soup.*

Spiced French Lentil Soup warming and hearty, the mirepoix and tender lentils are wholesome and satisfying. Serve with half a sandwich for an excellent lunch or dinner. ***Heat on the stovetop or microwave until hot through.***

Salted Maple Sweet Potato Halves Delicious as a side to any meal, Liz also likes eating one of these warmed with a fried egg on top for a tasty lunch. Drizzled with your favorite chili oil or condiments – so good! ***Heat: warm in foil, covered in the oven until hot through OR microwave: in a glass dish on medium, in one minute spurts, checking the center, until hot through.***

Curried Cauliflower Curry makes everything a little more interesting. We love this hot with anything, or even cold in a salad. ***To heat: in (either) microwave: in a glass dish on medium, until hot through -OR- non-stick sauté pan with lid: start with cold pan with 2T water and cover. Over low heat, warm until hot through. If you have an air fryer – try it there and prepare for greatness.***

Sesame & Soy Green Beans This agreeable green veggie gets jazzed up with a savory dressing that makes them irresistible. ***To heat: in (either) microwave: in a glass dish on medium, in one minute spurts, stirring between, until hot through -OR- non-stick sauté pan with lid: start with cold pan with 1T water and cover. Over low/medium heat, warm until hot through.***

Local Short Ribs Slow braised with veggies and stock, then pulled off the bone. Steven sautés the meat with sliced shiitake mushrooms and some reduced braising liquid – earthy and delicious. Served over Parmesan risotto. ***To heat: in (either) microwave: in a glass dish on medium, in one minute spurts, stirring between, until hot through -OR- non-stick sauté pan with lid: start with cold pan with 2T water and cover. Over low heat, warm until hot through. If you aim for restaurant-style presentation, heat risotto and short ribs separately, then once hot, plate the short ribs over top the risotto.***

Chicken Carbonara Classic and delicious spaghetti carbonara, with its parmesan cheese and bacon, peas and mushrooms, is topped with slices of tender pieces of herb & garlic marinated chicken. Directions: Heat in (either) microwave: in a glass dish on medium, in one minute spurts, stirring between, until hot through -OR- in a non-stick sauté pan with lid: transfer to cold pan with 4T water and cover. Over low heat, warm and stir occasionally until hot through.