

10TH ANNIVERSARY EDITION

150 Delicious Recipes Using Favorite Ingredients from the Greatest Grocery Store in the World

CHERIE MERCER TWOHY



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PREFACE

Lots of things have changed since I wrote my first I Love Trader Joe's cookbook. Back then, I owned a cooking school and had about five Trader Joe's stores within 15 miles.

I knew the captains by name and was in the stores daily—more frequently while writing the books. Life intervened, and I've closed the cooking school, moved 1,000 miles, and now live an hour and a half from my nearest TJ's. Has that diminished my love for all things Joe?

No!

I now keep a running TJ's shopping list on my phone and never pass up an opportunity to pop into a store when I find myself near one. I plan quarterly forays with a cooler, a practice I learned from many TJ's lovers across the country, who also travel for their Joe's fix. I think it might be even more fun to step inside the stores now that it's a bit of a pilgrimage. There's always something new, seasonal, and exciting to be sampled. Fun fact: Any item that doesn't need cooking or contain alcohol can be opened for you by a crewmember, and you can try before you buy! Also, in case you are too shy to ask, the return policy is basically "If you didn't like it, we'll refund your purchase price!" Obviously, these generosities are not to be abused—I know my readers appreciate the opportunity to try the new products and wouldn't dream of pushing limits.

—Cherie, April 2020





GENERAL TSAO PORK with RICE MEDLEY

The General Tsao sauce is on my "desert island" list. Please, Joe, don't ever put this on your dreaded "discontinued" list!

2 teaspoons olive oil

3 cubes frozen crushed garlic

1½ pounds pork tenderloin, cut into ½-inch-thick medallions (rounds)

½ cup Trader Ming's General Tsao Stir Fry Sauce

1½ cups chicken broth

handful of haricots verts (French green beans)

1/4 (30-ounce) box frozen Trader Joe's Rice Medley

½ (10-ounce) bag shredded carrots

In a large sauté pan, heat the oil and sauté the garlic over medium-high heat until aromatic, 1 to 2 minutes. Add the pork and sauté until it begins to brown, 4 to 5 minutes. Add the General Tsao sauce and chicken broth, and bring to a boil. Reduce the heat and simmer until the pork is cooked, 10 to 12 minutes.

While the pork cooks, prepare the rice according to package directions. Bring a saucepan of water to a boil and add the green beans. Boil until tender, about 5 minutes. Drain the beans, and toss in the shredded carrots and rice. Top with the pork and sauce.

SERVES: 4

PREP TIME: 10 minutes

COOKING TIME: 20 minutes

SPICY APRICOT-GLAZED PORK

The sweet apricot flavor paired with the spicy chili sauce is a big winner. It almost takes longer to preheat the oven than to put this dish together!

4 Trader Joe's Butcher Shop Natural Boneless Pork Loin Chops (about 1 pound)

½ cup Trader Joe's Apricot Preserves Made with Fresh Apricots (or orange marmalade)

2 tablespoons Trader Joe's Sweet Chili Sauce

1 tablespoon rice vinegar salt and pepper

Preheat the oven to 400°F. Lightly season the pork chops with salt and pepper. Stir together the apricot preserves, Sweet Chili Sauce, and rice vinegar. Brush the pork chops well with the apricot-chili sauce glaze and roast for 15 to 20 minutes, or to desired degree of doneness.

SERVES: 4

PREP TIME: 5 minutes

COOKING TIME: 20 minutes





CASHEW-CILANTRO SHRIMP

Barely cooked, the herby sauce maintains uber-fresh flavors in this super-quick dinner dish.

½ cup cashews

3 tablespoons grapeseed oil, divided

1 (0.75-ounce) package cilantro, stems trimmed but not completely removed

3 cloves garlic (or 3 cubes frozen garlic)

1 jalapeño, stem removed juice of ½ lime

1 tablespoons soy sauce

2 teaspoons brown sugar

I pound raw shrimp, defrosted, shelled, and deveined salt and pepper In a food processor, chop the cashews coarsely. Add 2 tablespoons of the grapeseed oil and the cilantro and pulse to combine. Add the garlic and jalapeño and chop. Add the lime juice, soy sauce, and brown sugar and whirl to combine. Season with salt and pepper. Set aside.

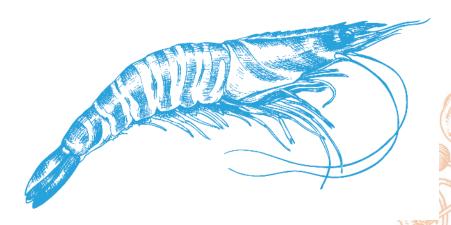
In a medium sauté pan, heat the remaining 1 tablespoon of grapeseed oil and sauté the shrimp until just pink. Add the cashew-cilantro sauce and toss to combine. Adjust the seasoning to taste with salt, pepper, and additional lime juice.

SERVES: 4

PREP TIME: 5 minutes

COOKING TIME: 10 minutes

Serve this over rice, or even better, the super-delish TJ's Scallion Pancakes from the frozen veg section.





GRILLED SWORDFISH with MANGO SALSA

This salsa is great with grilled chicken or pork as well—or just chips!

MANGO SALSA:

1 cup chopped fresh mango
1 jalapeño, seeded and minced
4 cup chopped red onion
4 cup chopped fresh cilantro
juice of 1 lime, or more as
needed

salt and freshly ground black pepper

pinch of cayenne pepper

SWORDFISH:

1½ pounds frozen swordfish or any firm-fleshed fish, defrosted

2 teaspoons grapeseed oil

GLUTEN-FREE

FOR THE MANGO SALSA: Combine the mango, jalapeño, onion, cilantro, and lime juice in a medium bowl. Let stand at least 30 minutes to meld the flavors. Adjust the seasoning as needed with salt, pepper, and more lime juice. Use a pinch of cayenne if you want more heat than the jalapeño provides.

FOR THE SWORDFISH: Season the fish with a little salt and pepper. In a medium sauté pan or skillet, heat the grapeseed oil over medium-high heat. Cook the fish until a knife blade inserted into the center comes out warm to the touch, 2 to 3 minutes per side. Serve with the salsa.

SERVES: 4 to 6

PREP TIME: 10 minutes, plus marinating time

COOKING TIME: 10 minutes

Seafood



SUGAR SNAP PEAS, CORN, and BACON with BASIL BUTTER

The basil butter is also great on freshly roasted or steamed ears of corn, or even on a steak or pasta.

BASIL BUTTER:

½ cup firmly packed basil leaves

1 cube frozen crushed garlic
½ cup butter
zest of 1 lemon and juice of half
salt and pepper

SNAP PEAS, CORN, AND BACON:

4 strips bacon, chopped
I (12-ounce) package fresh
Trader Joe's Sugar Snap Peas

½ cup Trader Joe's Corn and Chile Tomato-Less Salsa

GLUTEN-FREE

FOR THE BASIL BUTTER: Place the basil leaves in a food processor and chop finely. Add the garlic cube and butter, and process to combine. Add the lemon juice and zest, and process again. Season to taste with salt and pepper. Wrap in parchment paper or plastic wrap and chill until ready to use.

FOR THE SNAP PEAS, CORN, AND BACON: In a medium sauté pan, cook the bacon until almost crisp. Add the sugar snap peas and sauté over medium-high heat for 3 to 4 minutes, until tender. Remove from the pan with a slotted spoon, leaving excess bacon drippings behind. In a serving bowl, toss the peas and bacon with the corn salsa. Top with a tablespoon or two of basil butter and stir to melt the butter. Refrigerate or freeze the rest for another use.

SERVES: 2 to 4

PREP TIME: 5 minutes

COOKING TIME: 10 minutes

MEYER LEMON RASPBERRY CLOUDS

Meyer lemons are less acidic than regular ones, and their skin is deeply fragrant. If your TJ's doesn't have them in stock, use regular lemons and a little more sugar or some agave syrup.

4 eggs

½ cup sugar

1 cup heavy cream

2 teaspoons Meyer lemon zest

½ cup Meyer lemon juice (from about 2 medium lemons)

1 pint raspberries

VEGETARIAN, GLUTEN-FREE

Preheat the oven to 325°F. Whisk the eggs and sugar together, and then whisk in the cream. Whisk in the lemon zest and juice. Place six ramekins (or custard cups) in a larger baking pan with a high rim, divide the lemon mixture evenly between the ramekins, and add a few raspberries to each ramekin. Place the baking pan in the oven. Fill the baking pan with warm water halfway up the sides of the ramekins. Bake for 30 to 40 minutes, or until set but still jiggly. Serve hot, warm, or chilled.

SERVES: 6 **PREP TIME:** 15 minutes COOKING TIME: 40 minutes



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