

# Real Food Weekly

September 30, 2011

ISSUE 1

## "BACK POCKET DELIGHTS"

This weeks recipes are absolutely delicious staples that I always have in my back pocket for easy meals that delight the family and impress guests. The extra recipes feature basic traditional foods and healing teas that every home should know how to make and have on hand.

-Roz Mignogna



ROASTED HERBED CHICKEN WITH SWEET AND GOLDEN POTATOES

### WHAT'S FOR DINNER

- Roasted Herbed Chicken with Sweet and Golden Potatoes
- Grilled Steak with Fruity Salsa Fresca
- Coconut Crusted Salmon and Creamy Garlic Spinach with Ginger-Maple Butter
- Leftovers Creation ~ Chicken Cakes with Lemon Ginger Sour Cream

### EXTRAS

- Homemade Chicken and Vegetable Soup-The Essential Staple
- Grilled Cinnamon Peaches with Maple Mascarpone Cream
- Blue Cheese Vinaigrette

### NOURISHING ADDITIONS

Tummy Teas ~

- Ginger, Lemon and Mint Tea
- Kombucha Tea

### SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- Leftover chicken, fish or steak tacos
- Salmon Cob Salad made with veggies, hard-boiled eggs, leftover salmon, and the Blue Cheese Vinaigrette

### PLANNING NOTES

No special planning notes this week unless you're making Kombucha Tea, which takes a few weeks. All the recipes this week can be prepared right before serving!



GRILLED STEAK WITH FRUITY SALSA FRESCA



COCONUT CRUSTED SALMON AND CREAMY GARLIC SPINACH WITH GINGER-MAPLE BUTTER



CHICKEN CAKES WITH LEMON GINGER SOUR CREAM



HOMEMADE CHICKEN AND VEGETABLE SOUP



GRILLED CINNAMON PEACHES WITH MAPLE MASCARPONE CREAM



GINGER, LEMON, AND MINT TEA

# Shopping List

## *Back Pocket Delights*

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### **Be sure to check for ingredients you already have!**

If you are new to Real Food Weekly, you may need to buy more basic ingredients than normal for the first two weeks. Basic pantry ingredients are used in many of the meal plans, so soon you won't have to buy them because you'll already have them stocked in your pantry.

### **PRODUCE:**

3-5 medium sweet potatoes and/or gold potatoes  
1-2 avocados  
2 large tomatoes  
2 bunches of spinach  
2 bell peppers  
3 onions  
1-2 heads of garlic  
1 small ginger root (*buy a large one and store what you don't use in the freezer for future use*)  
*Fresh herbs*

thyme, sage, **and/or** rosemary  
cilantro  
flat leaf parsley  
mint (*for tea only*)

### *Fruit*

3-4 lemons  
1-2 limes  
1 mango (*frozen and thawed will work*)  
Watermelon (*optional- only 2 cups needed for recipes*)  
Peaches (or other seasonal fruit)- *for grilled peaches (extra recipe)*, 1 per person

### **For Homemade Chicken and Vegetable Soup (extra recipe):**

Mixed vegetables such as carrots, zucchini, broccoli, cauliflower

\*Consider extra lettuces and veggies for salads, tacos, etc.

### **MEAT AND FISH:**

1 whole chicken  
Rib-eye steak- about 6oz. per person  
Salmon filet- 6-8 oz. per person (*skin on*)  
**For Homemade Chicken and Vegetable Soup (extra recipe):**  
1 chicken or 6-8 pieces of bone-in chicken parts (*legs work well and are inexpensive*), also include organ pieces if provided  
\*If available, add organic chicken and/or beef liver and other organ meats to your shopping lists to secretly add to dishes for extra nutrition.

### **MY EXTRA MEALS THIS WEEK:**

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### **MY NOTES:**

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# Shopping List

## *Back Pocket Delights*

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### **MY NOTES:**

#### **EGGS AND DAIRY:**

Eggs (2 needed for recipes)

Butter

Sour Cream

Mascarpone cheese (or crème fraîche if not available)

Blue Cheese (optional, for salad dressing)

Cream

\*Consider extra milk, yogurt, eggs, cheeses, etc., for drinks, snacks and additional recipes

#### **PANTRY:**

Salt and Pepper

Extra Virgin Olive Oil

Frying fat (olive oil and/or butter may be used, but a traditional at like beef, chicken, or duck fat is preferred)

Vinegar (optional- for Homemade Chicken and Vegetable Soup)

Herbs de Provence (mixture of dry herbs like rosemary, thyme, basil, lavender, tarragon)

Garlic Powder

Arrowroot powder (available near spices, but affordable in bulk from a health food store)

Cinnamon

Vanilla extract

Maple Syrup (real- not corn syrup)

Honey, raw preferred (for tea only)

Finely shredded coconut flakes (unsweetened)

Cornmeal or Dry Breadcrumbs

For Kombucha Tea (extra recipe)- Black Tea and Sugar

\*Consider extra items for breakfast, lunches, snacks, and additional recipes such as tortillas for tacos, etc.

#### **SPECIALTY:**

For Kombucha:

1 kombucha mushroom or "scoby", available from:

[www.GEMcultures.com](http://www.GEMcultures.com) or [www.Kombucha2000.com](http://www.Kombucha2000.com)

1 cup kombucha from previous batch (will come with purchased scoby)

### **ROASTED HERBED CHICKEN WITH SWEET AND GOLDEN POTATOES**

Total Time: 60-80 minutes

*This recipe is made more than any other recipe in my kitchen. One of my favorite foods in the world is salty, crispy chicken skin. It's definitely a bummer when I eat a chicken with less-than-crispy skin. When you butterfly the chicken and roast at a high temperature at first, you get a fabulous chicken skin result without over-cooking the meat. I also never cut the backbone out of my chicken because the best skin and meat is on the backbone. Finally, some real, raw, cultured sour cream eaten alongside the chicken and potatoes will offer some good enzyme activity to this fully cooked meal. Enjoy!*

#### **Ingredients:**

1 whole chicken

Extra Virgin Olive Oil

Salt and Pepper

1 tablespoon Herbs de Provence

3-5 medium-sized sweet potatoes and/or golden potatoes

¼ cup butter

2-3 cloves of garlic, minced

1 tablespoon finely chopped fresh herbs such as thyme, sage, and/or rosemary

Sour cream (*optional*)

Preheat oven to 425°.

Butterfly chicken with sharp kitchen shears and lay in large roasting pan, breast-side up. Drizzle liberally with oil, then season well with salt and pepper. Sprinkle evenly with dry herbs. Place in oven for 20 minutes, then reduce oven temperature to 365°.

Once chicken is in oven, prepare potatoes by chopping into ½-inch cubes and placing in a roasting pan. Melt butter over low heat and sauté garlic for one minute. Pour garlic butter over potatoes and season to taste with salt and pepper (*about 1 teaspoon salt and ½ teaspoon pepper*). Add chopped herbs and toss potatoes until they are well coated with butter and seasonings. Add potatoes to oven with chicken when heat is reduced to 365°.

Continue roasting chicken and potatoes for 50-60 minutes, tossing potatoes every 15 minutes, until chicken skin is crispy and golden brown, and potatoes are soft and slightly caramelized. (*You may wish to add some of the cooking liquid from the chicken to the potatoes while roasting.*) Slice chicken pieces and serve with potatoes and sour cream (*optional*).

### GRILLED STEAK WITH FRUITY SALSA FRESCA

Total Time: 20 minutes

A mixed salad with basic oil and vinegar dressing may be added to complete this meal.

#### Ingredients:

Rib-Eye steak (about 6 oz. per adult)

Extra Virgin Olive Oil

Salt and Pepper

Garlic Powder

For Salsa:

1-2 avocados

2 large tomatoes

1 bell pepper

1 mango

2 cups watermelon cut into small cubes (*optional*)

½ cup onion, finely chopped

1 garlic clove, finely minced

2 tablespoons cilantro, finely chopped

zest and juice of ½ lime

Salt and Pepper

2 tablespoons Extra Virgin Olive Oil

Preheat outdoor grill (*or wait to heat indoor grill or skillet before cooking if cooking inside*). Bring steak to room temperature, drizzle both sides of steak with oil then liberally season with oil, salt, pepper, and garlic powder. Grill steak on both sides for 4-8 minutes, depending on thickness and desired doneness. Let steak rest for 5 minutes before serving.

For salsa, chop avocado, tomatoes, bell pepper, and mango into small cubes and place in large bowl. (*To cut mango, slice large halves lengthwise along both sides of the large center seed, then cut two final strips off remaining sides of seed. Hold mango halves in one hand and carefully cut a grid of squares in mango. Press rounded side of mango inside-out and carefully slice off the small cubes of fruit.*) Add watermelon, onion, garlic, cilantro, and lime. Season with salt and pepper, to taste, and drizzle oil over mixture. Gently toss until salsa is evenly mixed and incorporated. Serve salsa with steak.

### COCONUT CRUSTED SALMON AND CREAMY GARLIC SPINACH WITH GINGER-MAPLE BUTTER

Total Time: 25 minutes

#### Ingredients:

Salmon filet- 6-8 oz. per person (*skin on*)

Butter

Salt and Pepper

¼ cup fine coconut flakes

2 tablespoons cornmeal or dry breadcrumbs  
(\**cornmeal for GAPS*)

Extra Virgin Olive Oil

For Spinach:

2 tablespoons butter

2 cloves of garlic, minced

2 bunches spinach leaves, thoroughly rinsed and dried

¼ cup mascarpone cheese

Salt and Pepper

#### For Butter Sauce:

1/3 cup butter

1 teaspoon freshly grated ginger

1 teaspoon maple syrup

Preheat oven to 500°.

Grease a roasting pan with butter. Place salmon filet, skin-side up, in roasting pan. Season salmon skin liberally with salt and pepper, then evenly sprinkle coconut flakes and cornmeal/breadcrumbs over fish. Drizzle top of fish with oil, then place in oven. Roast for 8-10 minutes, depending on thickness, then change oven setting to broil, or transfer fish to broiler. Broil for 2 minutes to ensure a crispy, golden crust.

Fish should be just cooked, and still have a deep salmon-pink color. (*Salmon that is cooked to the point of being whitish-pink is usually dry and over-cooked.*)

For spinach, sauté garlic in butter for 2 minutes in a large saucepan. Add spinach and stir frequently until spinach is wilted. Stir in mascarpone until melted and smooth. Season with salt and pepper, to taste.

For butter sauce, melt butter in small saucepan and stir in ginger and maple syrup. Let butter sauce bubble for 15-30 seconds- but do not burn! Place spinach on serving plates, place a slice of the salmon filet over spinach, then drizzle with 1-2 tablespoons of ginger-maple butter sauce.

### CHICKEN CAKES WITH LEMON GINGER SOUR CREAM

Total Time: 25 minutes

A mixed salad with a simple vinaigrette dressing may be added to complete this meal.

#### Ingredients:

½ onion, roughly chopped  
1 clove of garlic, roughly chopped  
1 bell pepper, roughly chopped  
2 1/2 cups leftover chicken, cut or shredded into pieces

¼ cup flat-leaf parsley  
½ cup dry breadcrumbs  
¼ cup arrowroot powder  
2 eggs

¼ cup sour cream  
Salt and Pepper  
Extra Virgin Olive Oil *and/or* additional frying fat such as butter, chicken or beef fat

#### For Cream:

1 cup sour cream  
zest and juice of ½ lemon  
1 teaspoon ginger  
1 teaspoon garlic powder

Place onion, garlic, pepper, parsley, breadcrumbs, and arrowroot powder in a food processor. Pulse until finely chopped and incorporated. Add chicken and pulse a few times, until chicken is roughly chopped and incorporated into mixture. Add eggs and sour cream and liberally season with salt and pepper. Pulse food processor until mixture is evenly mixed. Heat ½ inch of frying fat in large skillet over medium-high heat. Form chicken mixture into patties and fry for 3-4 minutes per side, until golden brown.

For cream, whisk ingredients in medium bowl until smooth. Serve cream as a dip for chicken cakes.

### GRILLED CINNAMON PEACHES WITH MAPLE MASCARPONE CREAM

Total Time: 15 minutes

#### Ingredients:

1 peach per person, or other seasonal fruit such as plums or apples (*for grilling, it is best if fruit is firm*)  
¼ cup butter  
2 teaspoons cinnamon  
½ cup heavy cream  
¼ cup mascarpone cheese, at room temperature  
½ teaspoon vanilla extract  
1 tablespoon maple syrup

Preheat outdoor or indoor grill.

Melt butter in a small saucepan and stir in cinnamon. Run knife against the center pit of each peach, and slice around entire diameter. Twist peach until it breaks into two pieces and remove pit. Slice into ¼-inch thick medallions. Pour cinnamon butter over peach slices and carefully toss to completely coat peaches. Grill peaches over medium-high heat for 1 minute per side.

For cream, beat heavy cream with electric mixer until stiff peaks begin to form. Whisk in mascarpone, vanilla and maple syrup until smooth and incorporated. Serve cream with grilled peaches.

### BLUE CHEESE VINAIGRETTE

*\*This may also be made with a soft cheese like mascarpone or crème fraîche if the taste of blue cheese is undesired.*

¼ cup blue cheese, crumbled (*gorgonzola works best*)  
Juice of 1 lemon  
¼ cup Extra Virgin Olive Oil  
¼ cup sour cream  
Salt and Pepper, to taste

Whisk cheese in lemon until well blended. Continue whisking while slowly adding remaining ingredients. Keep refrigerated for up to 2 weeks.

### HOMEMADE CHICKEN AND VEGETABLE SOUP

Total Time: 4-8 hours (*mostly inactive cooking time*)

\*Watch this recipe at [www.RealFoodFamily.com!](http://www.RealFoodFamily.com)

*Every home, I repeat, every home should frequently have a pot of homemade chicken and vegetable soup brewing in the kitchen. Slowly made stocks are one of the leading traditional foods we can nourish ourselves with. Stock making, like many traditional food preparations, is becoming a lost art. Homemade soup stocks have been replaced by pre-made powdered soup base, made with meat-mimicking monosodium glutamate (MSG) and hydrolyzed vegetable protein. It isn't just a myth that good chicken soup will make you feel better. "Good broth will resurrect the dead," says a South American proverb. When made properly- with all the bones and organs- a good meat stock is full of minerals and soothing gelatin. Soups can be a wonderfully filling meal, or sipped as hot drink throughout the day. It is also a great way to get kids to eat multiple vegetables- just chop them up into small pieces.*

From [www.westonaprice.org/food-features/515-broth-is-beautiful.html](http://www.westonaprice.org/food-features/515-broth-is-beautiful.html).

Gelatin was found to be useful in the treatment of a long list of diseases including peptic ulcers, tuberculosis, diabetes, muscle diseases, infectious diseases, jaundice and cancer. Babies had fewer digestive problems when gelatin was added to their milk. The American researcher Francis Pottenger pointed out that as gelatin is a hydrophilic colloid, which means that it attracts and holds liquids, it facilitates digestion by attracting digestive juices to food in the gut. Even the epicures recognized that broth-based soup did more than please the taste buds. "Soup is a healthy, light, nourishing food" said Brillant-Savarin, "good for all of humanity; it pleases the stomach, stimulates the appetite and prepares the digestion."

*It's so tasty, too! So why don't you join the thousands of happy-pappy people, and... Make it!*

#### **Ingredients:**

2 tablespoons butter or olive oil

1 onion, sliced

1 whole chicken or 6-8 pieces of bone-in chicken parts (*legs work well and are inexpensive*),  
*also include organ pieces if provided*

2 garlic cloves, minced

1 teaspoon of mixed dried herbs, such as Herbs de Provence

Salt and Pepper

2 tablespoons vinegar (*optional- to help break down gelatin*)

2-4 cups of chopped vegetables, such as carrots, zucchini, broccoli, cauliflower, etc.

¼ cup fresh herbs, such as basil or flat leaf parsley, chopped (*optional*)

Heat butter or oil in a large stockpot. Sauté onions for 5 minutes, until translucent. Add chicken and garlic, letting chicken brown a little. Add enough water to fill stockpot. Season generously with salt and pepper, and add dried herbs and vinegar (*optional*). Cover and let simmer for 3-6 hours. Remove any foam that forms on the top of your stock. Carefully remove chicken parts and separate bones and cartilage from meat. (*You may cut large bones with sharp kitchen shears and add back to soup to continue simmering, extracting even more nourishing minerals from within the bones. Make sure to remove these bones before serving.*) Add vegetables and fresh herbs and let simmer until vegetables are soft. Add meat back to soup. Season with salt and pepper, as needed, and serve.

Your soup/stock should keep in your refrigerator for up to a week. A good stock has a golden shimmer when warm, and forms into a solid gelatin when cold. You may wish to use this recipe to make a large batch of rich stock to store in your freezer. Simply make the recipe, saving the meat for other uses (*like tacos, omelets, or sandwiches!*). Mash or blend the finished soup with an immersion blender and strain into a large bowl. Let cool completely before transferring to freezer bags or containers. \*Tip: store in multiple small containers for convenience.

### **TUMMY TEAS**

#### **GINGER, LEMON, AND MINT TEA**

*This is an easy-to-make homemade tea that is delicious and will soothe an upset stomach. The ingredients are also good for maintaining a happy tummy.*

Place 2 slices of lemon, a few mint leaves, and 1 teaspoon freshly grated ginger (or  $\frac{1}{2}$  teaspoon ginger powder) in a mug. Pour boiling water over ingredients and brew tea to desired strength. You may wish to add a small teaspoon of honey as a sweetener.

#### **KOMBUCHA TEA**

*Kombucha tea is said to aid in digestion, immunity, energy, weight loss, and more, and has become a very popular health food drink in America. Many claim Kombucha to be a wonder drink or elixir, used to address almost any ailment. With its effervescence tangy, sweet taste, it is a perfect replacement for processed sodas, energy drinks, or even beer and wine (although Kombucha is non-alcoholic). While delicious, pre-made options are available in most health food stores, store-bought Kombucha is astronomically more expensive than making it at home. You just have to be a little patient and work on your method until you get it just right. You can also add flavors to fully brewed tea such as freshly grated ginger, lemon, or a small amount of concentrated fruit juice. This is a cultured food, so once you invest in the equipment and your first starter “scoby” (the mushroom/fungus used to ferment the tea), the “mother” will produce “babies” every time you brew and ferment the tea, so you will be able to continue making this tea forever, as well as help your friends and family start brewing themselves!*

#### **Ingredients:**

3 quarts filtered water

1 cup sugar (*Evaporated Cane Juice Sugar suggested*)

Four black tea bags (*Organic Orange Pekoe Black Tea suggested*)

1 kombucha mushroom or “scoby”, available from:

[www.GEMcultures.com](http://www.GEMcultures.com) or [www.Kombucha2000.com](http://www.Kombucha2000.com)

1 cup kombucha from previous batch (*will come with purchased scoby*)

From [www.Kombucha2000.com](http://www.Kombucha2000.com):

#### **Recommended Equipment:**

stainless steel pot; skimmer ladle: cloth or paper towel; rubber band; gallon-size fermentation jars-5 inch in diameter, Kombucha electric heating panel; baster; funnel; pH test strips, stainless steel tea ball (*if using loose tea*).

#### **Preparation:**

1. Bring 3 quarts of distilled or purified water to boil in a stainless steel cooking pot (*stock pot*).
2. When boiling, add one cup (8oz.) of organic evaporated cane juice sugar. Boil for five minutes.
3. Turn off the heat, remove the cooking pot (in order to stop the boiling). Add four organic Orange Pekoe black tea bags or 4 teaspoons in a stainless steel tea ball, cover the pot with the lid. Let steep for 15 minutes.
4. Remove and discard tea bags or empty tea ball.
5. Allow sweetened tea to cool to room temperature, even if it takes overnight.

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6. When at room temperature, pour the sweetened tea into a one-gallon, 5-inch diameter size jar. (*This is where the tea will ferment.*)
7. Before pouring the cooled tea into the jar, pour one cup (8 oz.) of the starter tea (*which came with the mushroom*) into the jar. Then pour the cooled tea into the jar to ensure an even mixture of the tea with the starter. For future batches you may use your own Kombucha tea starter. In the event that no starter is available to you, you may use 8 oz. of organic, raw, unfiltered apple cider vinegar as a starter.
8. Place the Kombucha mushroom on top of the sweetened, cool tea, making sure that the darker rougher side faces down. (*Don't worry if it sinks to the bottom, it's O.K.*)
9. Cover Jar with a piece of loosely woven cloth (*the mushroom has to "breath". Cotton or linen or paper towel will do just fine.*)
10. Secure with a rubber band to keep cloth (*or paper towel*) in place and to keep out any insects or contamination.
11. Place the jar in a ventilated place (*preferably on a special Kombucha electric heating panel to keep the tea at an ideal constant temperature*) to ferment for at least 10 days, without moving it, but away from direct sunlight and kitchen odors, plants and pets. The ideal constant fermenting temperature, according to our several years of production experience, is 85°-89° Fahrenheit.
12. At about 10 days, remove cover and dip a pH test strip into the tea to measure the degree of acidity it has reached during the fermentation process (*degree of acidity to be no less than 3.0 pH*).
13. If it does not have a "bite", continue with the fermentation process for few more days and retest.
14. After the fermented tea has passed the tests, it can now be called "Kombucha Tea." Remove the mushroom that has formed on top of the "Kombucha Tea" If the "mother" and the "baby" mushroom are stuck to each other (*the baby on top of the mother*), separate the two carefully and place them in a jar with enough "Kombucha Tea" (*as a source of nourishment*) to cover it for future use or to give away. However after several batches discard the old mushroom.
15. Pour "Kombucha Tea" through a close mesh strainer and a funnel into a glass container. Store the "Kombucha Tea" in the refrigerator, ready for consumption.

**\* Using the pH strips (if available): If the pH test shows 3.0 or less on the pH scale, a further test with your taste buds is recommended. So take with the help of a baster a small quantity of sample to taste it. It should have a "sweet & sour" taste with a "bite". If the pH test shows higher than 3.0 pH let it ferment a few days more.**