

## “THINGS ARE GETTING ORANGE!”



HALLOWEEN CUPCAKES

### WHAT'S FOR DINNER

- Pot Roast with Sweet Potato Gratin Crust
- Sweet Potato and Pumpkin Shrimp Cakes with Zucchini Casserole
- Butter Herbed Fish with Garlic Wilted Spinach
- Chicken and Spaghetti Squash “Pasta” with baked prosciutto

### EXTRAS

- Halloween Cupcakes
- Salad Dressing (*Veggie Dip this week*)- Roasted Garlic and Bean Dip

### NOURISHING ADDITIONS

- Fermented Apple Cider

### SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- Leftover Chicken and Spaghetti Squash Hash-Cakes- mix leftovers with two eggs and form into patties, then fry in butter, coconut oil, or lard
- Pre-slice sweet potatoes at the beginning of the week to make chips for any meal of the day, or as a snack. Add different herbs or seasonings for different flavors.



POT ROAST WITH SWEET POTATO GRATIN CRUST



SWEET POTATO AND PUMPKIN SHRIMP CAKES WITH ZUCCHINI CASSEROLE



CHICKEN AND SPAGHETTI SQUASH “PASTA” WITH BAKED PROSCIUTTO

### MY EXTRA MEALS THIS WEEK:

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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. Go to **[www.RealFoodFamily.com/substitutes](http://www.RealFoodFamily.com/substitutes)** if you'd like a list of substitutes for various ingredients.

**PRODUCE:**

- Onion- 2
- Carrots
- Celery
- Garlic- at least 2 heads
- Sweet Potatoes- 5
- Zucchini- 4-6
- Spaghetti squash- 1
- Peas (frozen ok)
- Spinach- 4-6 cups

**FRUIT:**

- Sage
- Rosemary
- Flat-leaf parsley
- \*Consider extra lettuces and veggies for salads, tacos, etc.*

**MEAT AND FISH:**

- 3-5 pound beef chuck roast or brisket
- Prosciutto- 4-6 slices for recipes (*Find nitrite/nitrate free only, or use uncured bacon may be substituted*)
- 1 pound shrimp
- 1-2 pounds white fish, such as halibut, bass, or cod
- 2-3 cups cooked chicken, or about 1 pound of chicken to cook quickly, such as boneless thigh meat *\*cooked chicken may be leftover from making homemade chicken stock*
- Chicken Stock- 2 cups needed for recipes (*Homemade is always best. Find a recipe at [www.RealFoodFamily.com](http://www.RealFoodFamily.com)*)
- \*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.*

**EGGS AND DAIRY:**

- Cheddar Cheese
- Parmesan cheese
- Mascarpone cheese
- Butter
- Milk
- Cream
- Eggs
- For Fermented Apple Cider:**
- Whey, made from raw milk
- \*Consider extra milk, yogurt, eggs, cheeses, etc., for drinks, snacks and additional recipes*

# Shopping List

Things Are Getting Orange!

October 29, 2011

## MY NOTES:

### PANTRY:

Extra virgin olive oil

Salt and pepper

Red wine

White wine

Dry breadcrumbs

Flour

Pumpkin puree

Frying fat (*such as lard, coconut oil, ghee, or butter*)

### ***For Roasted Garlic and Bean Dip:***

1 can organic white kidney beans, or cannellini beans

### ***For Fermented Apple Cider:***

½ liter unfiltered apple juice

### ***For Halloween Cupcakes:***

1 package chocolate cake mix (*I use organic, gluten-free mix*)

5 oz. dark chocolate

powdered sugar

pumpkin jam (*I use “Pumpkin Butter” from Trader Joe’s*)

\*cupcake wrappers

### SPECIALTY:

***One of the recipes this week requires a baking dish with an oven-safe lid. Parchment paper or aluminum foil may be used as a substitute.***

## **POT ROAST WITH SWEET POTATO GRATIN CRUST**

Total Time: 4 hours

### *Ingredients:*

3-5 pound beef chuck roast or brisket, cut into 1-inch cubes  
salt and pepper  
extra virgin olive oil  
1 onion, chopped  
2 cups carrots, roughly chopped  
2 cups celery or fennel, roughly chopped  
2 garlic cloves, minced  
1 cup red wine  
1 ½ cups chicken stock (water may be substituted)  
1 tablespoon fresh sage, finely chopped  
2 teaspoons rosemary, finely chopped  
2-3 cups grated sweet potato (*about 2-3 medium sweet potatoes*)  
1 cup cheddar cheese  
4 tablespoons butter

Preheat oven to 300°F.

Season beef liberally with salt and pepper. Coat a large stockpot or Dutch oven with oil and bring to high heat. Sear beef cubes for 10 minutes, until browned on outsides. Remove beef from pot and set aside. Add onions, carrots, and celery and sauté for 10-12 minutes. Add garlic for 1 minute, then add wine, stirring to remove pits from bottom of pan. Stir in stock and herbs, season with more salt and pepper, then add beef. Cover and place in oven for 2 ½- 3 hours, until meat is extremely tender.

When beef is 45 minutes from being done, prepare sweet potatoes. In a large bowl, evenly mix grated sweet potatoes and cheese, plus salt and pepper. Remove pot roast from oven and spread sweet potato mixture evenly over top of pot roast. Dot with butter (*all of it*), then return pot to oven. Increase oven temperature to 375°F and let bake for 30 minutes. Remove from oven and let cool slightly before serving.

### ***SWEET POTATO AND PUMPKIN SHRIMP CAKES WITH ZUCCHINI CASSEROLE***

Total Time: 45 minutes

#### *Ingredients:*

¼ cup butter

½ onion, finely chopped

½ cup sweet potato, grated

½ cup celery, finely chopped

salt and pepper

1 garlic clove, minced

¼ cup cream

½ cup pumpkin puree

2 tablespoons flat-leaf parsley, finely chopped

1 cup dry breadcrumbs

1 cup Parmesan cheese, grated

1 pound raw shrimp, chopped

1 egg

½ - 1 cup frying fat (*such as lard, coconut oil, ghee, or butter*)

For Zucchini Casserole

4-6 zucchini, peeled into long strips (*Use a vegetable peeler to peel strips. Stop peeling when you reach the seeded pulp*)

¼ cup butter

2 tablespoons flour

1 cup milk

½ cup cheddar cheese, grated

1 cup peas

½ cup parmesan cheese, finely grated

Preheat oven to 375°F.

Sauté onions, sweet potato, and celery in butter for 8-10 minutes, season with salt and pepper, and add garlic for 1 more minute. Pour sauté mixture into a large bowl and add next 7 ingredients (through egg). Season mixture with more salt and pepper, then toss until evenly mixed. (*Prepare zucchini casserole at this point, then finish shrimp cakes*). Heat frying fat over high heat, then form shrimp mixture into patties and fry for 3-4 minutes per side, until crisp and golden brown on outsides.

For casserole, grease a small baking dish with butter and place zucchini strips in dish. Heat remaining butter in a small saucepan until beginning to bubble, then whisk in flour for 2-3 minutes. Whisk in milk and continue to stir until sauce thickens, then season with salt and pepper and stir in cheddar cheese and peas. Pour cheese and pea sauce over zucchini and gently toss to evenly incorporate the mixture. Top casserole with Parmesan cheese, then bake for 20-25 minutes, until a golden crust forms. Serve casserole with shrimp cakes.

### **BUTTER HERBED FISH WITH GARLIC WILTED SPINACH**

Total time: 25 minutes

*This recipe requires a baking dish with an oven-safe lid. Parchment paper or aluminum foil may be used as a substitute.*

#### *Ingredients:*

1-2 pounds white fish, such as halibut, bass, or cod  
salt and pepper  
½ cup butter, separated  
¼ cup white wine  
1 teaspoon rosemary, minced  
2 tablespoons flat-leaf parsley  
2 garlic cloves, minced  
4-6 cups spinach leaves

Preheat oven to 450°F.

Place fish in a baking dish and season liberally with salt and pepper. Heat ¼ cup butter in a small saucepan and stir in herbs. Pour herb mixture over fish, cover dish, then bake for 15 minutes, until fish is just cooked.

While fish is cooking, sauté garlic in remaining butter in a large saucepan. Add spinach to pan and stir until spinach is just wilted, not soggy. Season with salt and pepper, to taste, then serve with fish.

### **CHICKEN AND SPAGHETTI SQUASH “PASTA” WITH BAKED PROSCIUTTO**

Total Time: 60 minutes

#### *Ingredients:*

1 spaghetti squash  
salt and pepper  
2-3 cups cooked chicken, shredded (*or cook about 1 pound of chicken while squash cooks*)  
4-6 pieces of prosciutto  
¼ cup butter  
2 garlic cloves, minced  
½ cup mascarpone cheese  
1 tablespoon sage, finely chopped  
1 cup Parmesan cheese, finely grated

Preheat oven to 375°F.

Slice squash lengthwise and place in a large baking dish, flesh side down. Fill the dish with an inch of water, then bake for 30-45 minutes, until squash is soft. Place prosciutto on a baking sheet and bake for 10-15 minutes, until crispy. Crumble crispy prosciutto and set aside.

Meanwhile, sauté garlic in butter (*or cook chicken in butter first if using raw chicken*). Stir mascarpone, sage, and Parmesan into garlic sauce until melted. Season with salt and pepper, to taste, then stir chicken into mixture. Using a fork (*and a pot holder to handle hot squash*), scrape cooked spaghetti squash into chicken mixture, then gently stir to incorporate sauce and squash. Season with salt and pepper, as needed, then top with crispy prosciutto and serve.

## **HALLOWEEN CUPCAKES**

Total Time: 60 minutes

*This is a semi-homemade recipe and has been generalized, but was originally created using specialty ingredients (Pumpkin Butter from Trader Joe's and organic, gluten-free cake mix). These don't just have to be Halloween cupcakes. Take the jack-o-lantern décor away and you have a delicious dark chocolate and pumpkin cupcake.*

### *Ingredients:*

1 package chocolate cake mix (*I use organic, gluten-free mix*)

butter

eggs

\*cupcake wrappers

5 oz. dark chocolate

For Frosting:

½ cup cream cheese, at room temperature

½ cup butter, at room temperature

1 cup powdered sugar

¼ cup pumpkin jam (*I use "Pumpkin Butter" from Trader Joe's*)

Preheat oven as instructed on cake mix packaging. Prepare cake mix as directed, except use butter in place of vegetable oil and melt 4 oz. chocolate and butter together before mixing into cake batter. Bake batter in cupcake tin.

While cupcakes are baking, whip butter and cream cheese with an electric mixture until smooth. Add sugar and jam to cream mixture and whip for at least 10 minutes, until light and fluffy.

Bake cupcakes and frost them with pumpkin frosting. Using a pairing knife and parchment paper, carve stencil shapes into paper and place them over cupcakes. Finely grate chocolate over stencils then reveal your adorable cupcakes.

## **ROASTED GARLIC AND BEAN DIP**

Total Time: 65 minutes

### *Ingredients:*

1 whole head of garlic

extra virgin olive oil

salt and pepper

1 can organic white kidney beans, or cannellini beans, rinsed and drained

¼ cup mascarpone cheese

Preheat oven to 375°F.

Slice a thin layer off the top of the head of garlic.

Drizzle oil, salt and pepper over garlic and roast in oven for 45-60 minutes. Squeeze roasted garlic into a small food processor (*using oven mitts to protect from hot garlic*). Add beans, mascarpone cheese, plus additional salt and pepper, to food processor and puree until smooth. Serve as a dip for vegetables, as a spread for sandwiches, or as something else creative. Store in refrigerator for up to 2 weeks.

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## **FERMENTED APPLE CIDER**

*This is a traditional drink made a little more simply with store-bought juice. You may very well make fresh apple juice with a juicer. Either way, fermenting with whey adds valuable nutrition and digestibility to a typically high-sugar drink.*

### *Ingredients:*

½ liter unfiltered apple juice

¼ cup whey, made from raw milk

Mix ingredients in a large jar (*or the jar the juice came in*) and cover with cheesecloth or a towel. Leave at room temperature for 3 days. Cover tightly and transfer to the refrigerator. Juice will develop more effervescence over time, so release pressure every day or so to avoid an explosion when opening.