

“EURO TRIP”

This week features delicious classic European flavors. With a few unique spices and preparations, you can create unique dishes that will surely please the family.

-Roz Mignogna



LIVER (OR STEAK) AND CRISPY ONIONS WITH SWEET POTATO SPUDS



FRENCH STUFFED FISH WITH MUSHROOM SAUCE



SCHNITZEL WITH PARSLEYED POTATOES AND BRAISED CABBAGE

WHAT'S FOR DINNER

- Schnitzel with Parsleyed Potatoes and Braised Cabbage
- French Stuffed Fish with Mushroom Sauce
- Chicken and Vegetable Paprikash with Rice
- Liver (or Steak) and Crispy Onions with Sweet Potato Spuds
(liver alternate included)

EXTRAS

- Cherry, Berry and Apricot Tart
- *Salad Dressing* ~ Apricot Vinaigrette

NOURISHING ADDITIONS

- Sauerkraut

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- Leftovers Frittata- mix leftovers with 2 eggs per person, season with salt and pepper, top with grated cheese, and bake in a well-greased baking dish or pan at 400°F for about 3 minutes per egg.
- Make a delicious salad with leftovers and this week's salad dressing!

PLANNING NOTES

- Brown rice that has been soaked at room temperature overnight in water (*plus a little whey made from raw milk, if available*) is needed this week for the Chicken Paprikash recipe
- If using liver (*not steak*) for the Liver and Crispy Onions recipe, remove film on liver and soak in fresh lemon juice for 12-24 hours in the refrigerator before using for recipe.



CHICKEN AND VEGETABLE PAPRIKASH WITH RICE



CHERRY, BERRY AND APRICOT TART

November 05, 2011

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

Shopping List

Euro Trip

November 05, 2011

MY NOTES:

PANTRY:

Salt and Pepper

Ground Cinnamon

Coriander (*buy crushed, or whole seeds will need to be crushed*)

Dry Breadcrumbs

Brown rice

Arrowroot powder

Sweet paprika (*Hungarian*)

Garlic powder

Red Wine

White Wine

Extra virgin olive oil

Frying fat, such as lard or olive oil

For Cherry, Berry and Apricot Tart:

Apricot jam or preserves **also used in this week's salad dressing*

Sugar

Powdered sugar (*optional*)

Flour

Lard (*if using instead of or in additional to butter for pie crust*)

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

SCHNITZEL WITH PARSLEYED POTATOES AND BRAISED CABBAGE

Total Time: 45 minutes

Ingredients:

For cabbage

¼ cup butter

1 head of red or green cabbage, roughly chopped (*or as much as desired*)

salt and pepper

1 teaspoon crushed coriander (*if available*)

½ teaspoon ground cinnamon

½ cup red wine

For schnitzel:

1 pork cutlet or chicken breast per person, pounded to ¼ to ½ inch thick

2 eggs, beaten

salt and pepper

¾ cup breadcrumbs

¼ cup arrowroot powder

1 tablespoon sweet paprika

1 teaspoon garlic powder

½ cup frying fat, such as lard, butter, and/or olive oil

For potatoes:

6-8 medium gold potatoes (*about 1-2 per person*), skinned and chopped into cubes

1/2 cup butter

½ cup milk, plus more as needed

¼ cup flat-leaf parsley, finely chopped

First prepare cabbage by heating butter in a large skillet or pot. Sauté cabbage for 5-8 minutes, then season with salt, pepper, coriander, and cinnamon. Stir in wine plus ½ cup water. Let simmer for 30 minutes while preparing schnitzel and potatoes.

Preheat oven to 250°F and prepare ingredients for schnitzel: whisk eggs in a large dish and season well with salt and pepper; evenly mix breadcrumbs, arrowroot, paprika, garlic powder, and salt and pepper in a second large dish.

Before finishing schnitzel, prepare potatoes.

Place potatoes in a large pot and fill with water to cover potatoes. Bring water to a boil for 8-10 minutes, until potatoes are soft and flaky. Drain potatoes, then place back in the pot over low heat. Process potatoes with butter, milk, parsley, salt and pepper, to taste, using a potato ricer, masher, or immersion blender (*Use an electronic blender very carefully. Too much blending will cause potatoes to become like glue.*) Use enough milk for desired consistency and season as needed. Keep potatoes warm while finishing schnitzel.

Heat frying fat in a large skillet. Dip each meat cutlet in eggs, then breadcrumb mixture, shaking to remove excess. Fry cutlets for about 3 minutes per side, until golden brown. Keep schnitzel warm in the oven and repeat with remaining meat cutlets. Serve schnitzel with potatoes and braised cabbage.

FRENCH STUFFED FISH WITH MUSHROOM SAUCE

Total Time: 30 minutes

Ingredients:

½ cup dry breadcrumbs
salt and pepper
1 teaspoon garlic powder
¼ cup flat-leaf parsley, finely chopped
½ cup grated carrot
1 cup brie cheese, cut into small pieces
1 tablespoon extra virgin olive oil
1 thin white fish filet per person, such as sole or cod
¼ cup butter, plus a little extra
½ onion, chopped
1 ½ cups small brown mushrooms, such as crimini, sliced
¼ cup white wine
4-6 zucchini, cut into sticks (*as a side dish, optional*)

Preheat oven to 400°F.

Place breadcrumbs, salt and pepper, to taste, garlic powder, parsley, carrot, brie in a large bowl, drizzle with oil, and gently toss to evenly mix. Grease a large baking dish with butter. Lay fish filets flat on a working surface and gently season with salt and pepper. Scoop about ¼ cup of breadcrumb/cheese mixture into center of filets, then gently roll filets over filling. Carefully place stuffed fish filets in baking dish, seam side down, stuffing lost filling back into center of fish rolls. Sprinkle remaining filling over stuffed fish filets (*except brie pieces*), then dot with extra butter and place in the oven for 10-12 minutes, until fish is cooked.

While fish is cooking, melt ¼ cup butter over high heat in a large saucepan and sauté onions and mushrooms until soft and browned. Deglaze pan with wine, season with salt and pepper, and let simmer until sauce is reduced and thickened. Serve sauce with stuffed fish filets.

For an optional side dish, sauté zucchini sticks in butter until soft. Season with salt and pepper as needed, then serve.

CHICKEN AND VEGETABLE PAPRIKASH WITH RICE

Total Time: 45 minutes

**Unsoaked brown rice will increase cooking time. Allow about two hours for unsoaked rice, while only about 45 minutes for soaked rice.*

Ingredients:

¼ cup dry brown rice per person, soaked overnight
½-1 cup bacon, cut into small pieces
6-8 boneless chicken thighs, skin-on is best
salt and pepper
1 onion, chopped
½ cup celery or fennel, chopped
½ cup carrots, chopped
1 tablespoon sweet paprika
1/3 cup white wine
½ cup sour cream

Prepare brown rice by bringing equal parts rice and water, plus a liberal amount of salt, to a boil, then cover and let simmer over low heat for 30-40 minutes, until rice is soft.

Sauté bacon in a large saucepan or stockpot until crispy. Remove bacon pieces and set aside. Season chicken thighs with salt and pepper, then sear them in bacon fat for about 4-5 minutes per side, until a crispy deep golden brown crust is formed. Remove chicken from pan and set aside. Sauté onions, carrots, and celery in pan for 8-10 minutes, season with salt and pepper, then stir in paprika and wine. Let simmer until liquid reduces a little, stirring to remove bits from bottom of pan. Stir sour cream into sauce then return chicken and bacon pieces to pan. Let simmer together for 8-10 minutes, then serve with rice.

LIVER (OR STEAK) AND CRISPY ONIONS WITH SWEET POTATO SPUDS

Total Time: 45 minutes

Liver (from organically raised cows fed exclusively grass) is one of the most nourishing and nutrient-dense foods available in nature. Only eat liver if you are confident in the source. Liver may not be appealing to you, although it is a wise flavor to acquire (for nutrition reasons), but you may not be comfortable eating liver. Grass-fed steak is a good substitute for this recipe.

**Soak liver in fresh lemon juice for 12-24 hours before using in the recipe for a subdued flavor and stronger texture.*

Ingredients:

4-6 medium sweet potatoes (1 per person)

extra virgin olive oil

¼ cup butter

1 cup cheddar cheese, grated

4oz. liver (soaked in fresh lemon juice for 12-24 hours, and outer film removed) or steak per person (such as rib-eye or New York)

salt and pepper

2 teaspoons garlic powder

¼ cup extra virgin olive oil and/or frying fat

1 onion, sliced

2 tablespoons arrowroot powder

2 tablespoons dry breadcrumbs

sour cream (optional)

green onions, finely chopped (optional, for garnish)

Preheat oven to 425°F.

Slice sweet potatoes lengthwise and place, flesh side up, on a baking sheet or dish. Drizzle potatoes liberally with oil and salt and pepper, and roast for 25-30 minutes, until soft. Using an oven-mit and spoon, scoop center of sweet potatoes into a bowl, leaving a layer of sweet potato on skins. Mix butter and cheese into sweet potatoes in the bowl and mash until ingredients are incorporated. Scoop mixture back into sweet potato skins. Drizzle with a little more oil and/or dot with butter and return to oven and bake for 15 minutes. Prepare steak and onions while sweet potatoes are cooking.

Season liver/steak with salt and pepper and garlic powder and set aside. In a large bowl, evenly mix arrowroot powder and breadcrumbs, plus salt and pepper. Toss onions in mixture until well coated. Heat half of frying fat in a large skillet and sauté coated onions until crispy. Set onions aside, then add additional fat to pan (as needed) over high heat and sear liver/steak for 3-5 minutes per side, until cooked as desired. Serve steak and onions with sweet potato spuds, garnished with sour cream and green onions (optional).

CHERRY, BERRY AND APRICOT TART

Total Time: 1 hour (plus 30 minutes optional rest time for pie crust)

Ingredients:

Basic Pie Crust- see recipe below

12-16oz fresh or frozen cherries plus other berries (*raspberries, blueberries, etc.*)

½ cup apricot jam

2 tablespoons sugar as needed (*only if apricot jam is not very sweet*)

dash of salt

1 tablespoon arrowroot powder

juice of ½ lemon

powdered sugar, optional

Preheat oven to 375°F.

Press pie crust into a tart pan or pie pan. In a large bowl, gently toss remaining ingredients (*except powdered sugar*) until cherries and berries are evenly coated with other ingredients. Pour mixture into pie crust and bake for 30-40 minutes until crust is slightly golden and filling is bubbling. Let cool completely before serving topped with a dusting of powdered sugar (*optional*).

BASIC PIE CRUST

Prep Time: 10 minutes

Inactive Prep Time: 30 minutes

Servings: Yields single pie crust. **Double recipe for double pie crust.*

Ingredients:

1 ¼ cup flour, plus extra for dusting

½ teaspoon salt

¾ cup butter, chilled, cut into small cubes

¼ cup lard, chilled, cut into small cubes (*use butter if lard is not desired*)

1-2 tablespoons iced water

Pulse flour and salt in a large bowl or food processor (*hand blended dough usually results in a better texture, but takes more work*). Cut in butter and lard with a pastry cutter, or add butter and lard, one piece at a time while pulsing food processor until moist crumbs form. Slowly add ice water while mixing or pulsing food processor until dough begins to pull together, and stays together when pinched with fingers. Transfer dough to lightly floured surface and form into ball. Wrap in plastic wrap, flatten into thick disk, and refrigerate for 30 minutes until firm (*optional- again, this will result in a better texture*). Transfer chilled dough onto lightly floured surface and roll into large, thin disk, and bake according to recipe.

APRICOT VINAIGRETTE

Ingredients:

2 tablespoons apricot jam
juice of 1 lemon
salt and pepper, to taste
 $\frac{3}{4}$ cup extra virgin olive oil

Place all ingredients, except oil, in a small bowl and whisk until smooth. While whisking, drizzle in oil until mixture is smooth and emulsified. Season as needed and serve immediately or store in refrigerator for up to two weeks.

SAUERKRAUT

Sauerkraut is a very traditional recipe in Europe using a fermentation process with whey made from raw milk. This process adds valuable nutrition and enzyme properties. Store-bought sauerkraut, even from health food stores, typically uses vinegar to “pickle” the cabbage. This recipe is best made at home using the traditional method.

Ingredients:

1 head of cabbage, chopped
2-4 teaspoons salt
 $\frac{1}{4}$ cup whey

Place cabbage and salt in a large bowl and beat down using a wood spoon or other device until cabbage is less than $\frac{1}{4}$ its original size. Pour cabbage and liquid into a mason jar, or other jar with a tight lid. Pour whey into mixture, cover tightly, then shake to evenly mix. Remove lid and cover with a towel or cheesecloth (*keep pests out*) and let stand at room temperature for 3-7 days. Cover with a lid and transfer to refrigerator for up to 6 months (*or more*).