

## “BONJOUR!”

*French food and Italian food score a tie for me as my favorite type of food to make. The flavors of Italian food are splendid, but the ingredients of French food are a bit more traditional and nourishing. Think egg yolks, cream and butter. Oh yeah! Some French food can be very tricky to prepare, but typical country-style French cuisine is perfectly simple to make at home. This week I've collected some absolutely delicious French style recipes. My family absolutely loved them, and I'm sure yours will too!*



FISH FILETS WITH TAPENADE AND TOMATOES OVER ROASTED ZUCCHINI STRIPS



MUSTARD GLAZED STEAK WITH VEGGIE LENTIL SALAD



ROLLED TURKEY AND BRIE WITH ARUGULA SALAD

### WHAT'S FOR DINNER

- Fish Filets with Tapenade and Tomatoes over Roasted Zucchini Strips
- Mustard Glazed Steak with Veggie Lentil Salad
- Tangy Chicken Sauté with Green Beans
- Rolled Turkey and Brie with Arugula Salad

### EXTRAS

- Zucchini and Carrot Bread
- Salad Dressing ~ Mustard Vinaigrette

### NOURISHING ADDITIONS

- Olive and Anchovy Tapenade

### SUGGESTED EXTRAS

*(Recipes and shopping list items not included.)*

- A steak sandwich with arugula and drizzled with the Mustard Vinaigrette will be heavenly.
- Make homemade stock and use 1 cup for recipes and the rest to make delicious and nourishing chicken and vegetable soup for additional lunches, dinners or snacks.

### PLANNING NOTES

- To properly cook lentils for “Mustard Glazed Steak with Veggie Lentil Salad”, soak them overnight then cook for 20-40 minutes until soft. Store-bought pre-cooked lentils may be available at health food stores, but only use items with no added ingredients.
- A small bit of chicken stock is needed this week. You may wish to buy a whole chicken and cut pieces off for the “Vinegar Chicken” recipe. Use the remaining parts of the chicken to make a homemade chicken stock. Recipes for homemade chicken stock may be found at [www.RealFoodFamily.com](http://www.RealFoodFamily.com).



TANGY CHICKEN SAUTÉ WITH GREEN BEANS



ZUCCHINI AND CARROT BREAD

# Shopping List

Bonjour!

January 14, 2012

## MY EXTRA MEALS THIS WEEK:

**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:

4-6 medium zucchini, plus 2-3 for extra recipe "Zucchini and Carrot Bread"  
7-9 tomatoes  
green beans (2 meals)  
green onions  
garlic  
shallots  
2 onions  
small mushrooms, such as crimini or button  
1 cup arugula per person  
carrots for extra recipe "Zucchini and Carrot Bread"

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

### FRUIT

2 lemons

**\*Consider extra fruit for snacks.**

### FRESH HERBS:

Thyme

### M

#### EAT AND FISH:

1 white fish filet per person, thinly sliced, such as halibut or sole  
4-6 ounces of rib-eye, New York, or sirloin steak per person  
1-2 pieces of chicken per person, such as legs and thighs (or whole chicken- see planning notes above)  
1 pound ground turkey

**\*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.**

# Shopping List

Bonjour!

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## MY NOTES:

### EGGS AND DAIRY:

Butter, 1-2 cups plus 1 cup for extra recipes  
Parmesan cheese  
Feta cheese  
1 wedge brie cheese  
1 egg needed for recipes, plus 3 eggs for extra recipe "Zucchini and Carrot Bread"

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

### PANTRY:

Extra virgin olive oil  
Salt and pepper  
1 pound lentils, green or brown (\*some stores offer pre-cooked lentils with no added ingredients, which will save time)  
white wine  
white vinegar, such as white wine or white balsamic mustard (Dijon or plain yellow, depending on desired flavor- Dijon is stronger)  
chicken stock (see planning notes above for my tip on making homemade stock this week)  
honey (organic and raw preferred)  
anchovies (packed in oil)  
olives- kalamata and/or green  
**For extra recipe "Zucchini and Carrot Bread":**  
sugar  
cinnamon  
vanilla extract  
baking soda  
baking powder  
flour (I use finely ground whole wheat pastry flour)

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

### SPECIALTY:

Puff pastry sheets (2), try to find pre-made puff pastry with only flour, butter, and sugar (from a bakery or Trader Joe's). Avoid processed pastry made with hydrogenated oils and chemicals.  
**\*\*Finely pounded sheets of chicken breasts may be used instead of puff pastry, especially if you are avoiding flour products.**

## **FISH FILETS WITH TAPENADE AND TOMATOES OVER ROASTED ZUCCHINI STRIPS**

Total Time: 20 minutes

### *Ingredients:*

4-6 medium zucchini, sliced into thin strips  
extra virgin olive oil  
salt and pepper  
Parmesan cheese, finely grated  
1 white fish filet per person, thinly sliced,  
such as halibut or sole  
4-6 tablespoons "Olive and Anchovy Tapenade" (*extra recipe this week*)  
2-4 tomatoes  
2 tablespoons butter, melted

Preheat oven to 400°F.

Place zucchini strips on a large baking dish. Drizzle with oil, then sprinkle with salt, pepper, and Parmesan cheese. Place in oven for 10-15 minutes, until zucchini is softened and beginning to brown.

While zucchini is cooking, place fish filets in a baking dish and drizzle with oil, then a tiny bit of salt and pepper. Spread about 1 tablespoon of tapenade over each fish filet. Slice tomatoes into very thin medallions and place a few tomato slices over each fish filet. Sprinkle liberally with Parmesan cheese, then evenly drizzle butter over prepared filets. When zucchini is done, remove from oven and place oven setting on broil, or 550°F. Place fish dish in oven under broiler for 5-10 minutes, depending on thickness of fish filets, until fish is flaky and a golden cheese crust has formed. Serve immediately with zucchini strips.

## **MUSTARD GLAZED STEAK WITH VEGGIE LENTIL SALAD**

Total Time: 20 minutes, plus overnight soak and 20-40 minutes cook time for lentils.

*\*Store-bought pre-cooked lentils may be available at health food stores, but only use items with no added ingredients.*

### *Ingredients:*

1 ½ cups lentils, cooked  
1 cup green beans, chopped into small pieces  
4-6 ounces of rib-eye, New York, or sirloin steak  
per person  
salt and pepper  
extra virgin olive oil or other frying fat, such as beef tallow  
1 cup diced tomatoes  
¼ cup green onions, finely chopped  
1 clove of garlic, minced  
½ cup feta cheese, crumbled  
zest and juice of ½ lemon  
¼ cup shallots, minced  
4 tablespoons mustard  
½ cup white wine  
1 sprig of thyme leaves

***\*Pre-cook lentils by soaking overnight and boiling for 20-40 minutes, until soft. About 5 minutes before lentils are finished, add green beans to pot to boil for 5 more minutes. Strain lentils and green beans, and set aside.***

Season steak liberally with salt and pepper. Heat oil or fat in a large skillet and sear steak for 3-5 minutes per side (*depending on thickness*) for medium-rare, or until desired doneness is achieved.

While steak is cooking, gently toss tomatoes, green onions, garlic, feta cheese, lentils, green beans, and lemon zest and juice in a large bowl. When ingredients are evenly mixed, drizzle liberally with olive oil and season, as needed, with salt and pepper.

When steak is done, remove from pan and keep warm. Add shallots to pan, then stir in mustard, wine and thyme, removing bits from bottom of pan. Let sauce reduce until thickened. Serve steak with sauce poured over the top, with the lentil salad on the side.

## **TANGY CHICKEN SAUTÉ WITH GREEN BEANS**

Total Time: 45 minutes

### *Ingredients:*

1-2 pieces of chicken per person, such as legs and thighs  
salt and pepper  
2 tablespoons butter  
2 tablespoons extra virgin olive oil  
1 onion, sliced  
1/3 cup white vinegar  
2 tablespoons tomato paste  
1 cup diced tomatoes  
1 cup chicken stock  
Green beans, (*as much as desired*)

Season chicken liberally with salt and pepper. Heat butter and oil in a large skillet and brown chicken for 3-5 minutes per side. Remove chicken and set aside. Add onions to pan and sauté for 3-5 minutes. Stir in vinegar, tomato paste, tomatoes and chicken stock, and let simmer for 5 minutes. Add chicken back to pan, cover and let cook for 20 minutes, turning chicken after 10 minutes, until chicken is cooked and sauce is thickened. (*If sauce is too vinegar-y, add more stock and simmer until taste is pleasing.*)

While chicken is cooking, steam green beans until bright green and soft. Season lightly with salt and serve with chicken.

## **ROLLED TURKEY AND BRIE WITH ARUGULA SALAD**

Total Time: 45-60 minutes

*This recipe is a bit lavish for our regularly nutritious meals. I've made this with pre-made puff pastry (made only with butter, flour, and a small bit of sugar). For a more nutritious version, you may pound chicken breasts very thinly and use them instead of the puff pastry. Cooking time should be the same, just make sure the meat is cooked thoroughly.*

### *Ingredients:*

1 onions, chopped  
extra virgin olive oil  
2-4 tablespoons butter  
salt and pepper  
1 cup mushrooms, chopped, such as crimini or button  
1 pound ground turkey  
2 tablespoons thyme leaves, roughly chopped  
1 wedge of brie cheese  
2 sheets of puff pastry, slightly defrosted (*enough that it's pliable, but not so soft that it will rip when worked*)  
1 egg  
1 cup arugula per person  
1-2 tablespoons "Mustard Vinaigrette" per person

Preheat oven to 425°F.

Sauté onions in oil and butter until translucent and beginning to brown. Season with salt and pepper, then stir in mushrooms, turkey and thyme. Sauté for 8-10 minutes, until turkey is fully cooked and beginning to brown. Season with salt and pepper, as needed. Lay puff pastry sheets on a baking sheet and scoop half of turkey mixture onto center of sheet, leaving a wide border of pastry dough. Place large chunks of brie on top of turkey mixture. Beat an egg with a tablespoon of water and brush egg mixture along the pastry border. Roll the stuffed pastry into a log, pinching edges up to completely seal. Repeat with remaining pastry sheet, brie and turkey mixture. Brush tops of pastry logs with egg mixture. Bake for 15-20 minutes, until puffed and golden. Remove from oven and let set for 10 minutes before slicing. Serve slices of stuffed pastry with a pile of arugula drizzled with vinaigrette.

## ZUCCHINI AND CARROT BREAD

Total Time: 1 hour, 15 minutes

### Ingredients:

1 ½ cups zucchini, grated  
1 cup carrot, grated  
1 cup sugar  
2 teaspoons cinnamon  
1 teaspoon vanilla extract  
3 eggs  
dash of salt  
3 cups flour (*I use finely ground whole wheat pastry flour*)  
1 teaspoon baking soda  
¼ teaspoon baking powder  
1 cup butter, melted

Preheat oven to 350°F.

Place zucchini, carrot, sugar, cinnamon, vanilla extract, eggs and a dash of salt in a large bowl and mix well. Whisk flour, baking soda and powder in a separate bowl then stir into zucchini mixture until well blended. Stir melted butter into mixture until blended. Grease loaf pans with butter and pour batter evenly into pan. (*You may need to use more than one pan. I use one full size pan and one mini pan.*) Bake for one hour, until a knife dipped into loaf comes out clean. Let cool completely before slicing to serve.

## MUSTARD VINAIGRETTE

### Ingredients:

1 teaspoon honey  
1 teaspoon salt  
½ teaspoon pepper  
2 tablespoons mustard  
2 teaspoons white vinegar  
¾ cup extra virgin olive oil

Whisk honey, salt, pepper, mustard and vinegar in a small bowl. Slowly drip in oil while whisking until mixture begins to thicken, then continue whisking as you pour in remaining oil. Season, if needed, and serve immediately or store in refrigerator for up to 3 weeks.

## OLIVE AND ANCHOVY TAPENADE

### Ingredients:

2 cups olives (*kalamata and/or green*)  
10-12 anchovies  
zest of ½ lemon  
juice of 1 lemon  
¼ cup extra virgin olive oil  
½ teaspoon pepper

Place ingredients in a small food processor and pulse until ingredients are finely minced and blended. (*Do not puree.*) Store in refrigerator for up to 2 weeks.