

“MAMBO ITALIANO”

Who doesn't love Italian food? This week features delicious food of beautiful Italy that is more traditional and less typical of what Americans think of as “Italian food”. Ciao!



HOMEMADE MAYONNAISE WITH FRIED ARTICHOKE(S)



CIOPPINO



ROASTED GARLIC WHITE BEAN CHILI

WHAT'S FOR DINNER

- Tuscan Polpettone
- Cioppino
- Super Veggie Orrechiette with Steak
- Roasted Garlic White Bean Chili (with Bagna Couda Finishing Oil)

EXTRAS

- Fried Artichokes with Garlic Parsley Aioli

NOURISHING ADDITIONS

- Homemade Mayonnaise

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- Leftover pasta frittatas are SO good! Simply whisk 6-8 eggs together and mix in leftover pasta- or any leftovers! Season with salt and pepper and bake in a well buttered baking dish in a 375°F oven for 15-20 minutes, until eggs are set.
- Soft-boiled eggs are required for “Tuscan Polpettone” this week. Make some extra eggs and leave them in the boiling water for a few more minutes, to almost-hard-boil. I like hard boiled eggs where the yolk is just stiffened, not dry and powdery. Use these eggs for snacks, breakfast on the go, and toppings to salad.

PLANNING NOTES

- White Bean Chili requires white beans (white kidney or cannellini), which must be soaked overnight before continuing with recipe. This recipe also calls for an hour of roasting time for garlic. This may be done ahead of time and refrigerated.
- Chicken stock is needed this week, so plan ahead to make it from scratch if you can



TUSCAN POLPETTONE



SUPER VEGGIE ORRECHIETTE WITH STEAK

Shopping List

Mambo Italiano

January 28, 2012

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 if you'd like a list of substitutes for various ingredients.

PRODUCE:

- Onion- 4
- Garlic- 3+ heads
- Fennel bulb- 1
- Mushrooms
- Carrots
- Bell pepper
- Zucchini
- Artichoke hearts (*for extra recipe*), 2-4 per person, jarred is okay
- Tomatoes- 3-5 large
- *Consider extra lettuces and veggies for salads, tacos, etc.**

FRUIT

- 1-2 lemons
- *Consider extra fruit for snacks.**

FRESH HERBS:

- Thyme
- Rosemary
- Oregano
- Flat-leaf parsley
- Basil

MEAT AND FISH:

- 2 pounds ground beef
- 2-4oz. rib-eye or New York steak per person
- 12 oz. sausage (*nitrite/nitrate free- I use a sausage sweetened with maple syrup*)
- 2 pounds mixed fish and/or shellfish, such as halibut, shrimp, mussels, clams, scallops, etc. **For economic reasons, I don't often make this Cioppino (*the fish soup recipe this week*) with many different types of fresh fish and shellfish. I'll make it with good quality frozen wild seafood and it works just fine!
- Beef or chicken liver (*optional- keep frozen*)

Shopping List

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MY NOTES:

EGGS AND DAIRY:

- Eggs- 8-9
- Parmesan, Pecorino Romano, or cheddar cheese
- Butter
- Mascarpone cheese
- *Consider extra milk, yogurt, eggs, cheeses, etc., for drinks, snacks and additional recipes**

PANTRY:

- Extra Virgin Olive Oil
- Salt and Pepper
- Dry breadcrumbs
- Dry white wine
- Chicken stock (*homemade is best*)
- Fish Stock
- Fish stock is easily made by simmering whole fish and/ or fish heads in a pot for hours with aromatic herbs like onion, celery, and carrots, plus salt and pepper and herbs, if desired. Good quality store-bought fish stock is sometimes available, usually in the frozen foods section of a health food store.
- Garlic powder
- Tomato paste
- 1 pound orrechiette pasta (*or small shells if unavailable*)
- 1 pound white beans, such as white kidney beans, cannellini beans, or navy beans
- anchovy filets (*packed in oil*)
- Frying fat such as organic lard, beef tallow, coconut oil, olive oil, etc. (*for extra recipe*)
- (*Homemade mayonnaise is an extra recipe this week. You may wish to buy store-bought mayonnaise for the extra fried artichokes.*)
- For Homemade Mayonnaise:**
- Mustard
- White vinegar
- Plain olive oil or safflower oil
- *Consider extra items for breakfast, lunches, snacks, and additional recipes such as tortillas for tacos, etc.**

TUSCAN POLPETTONE

Total Time: 1 hour, 15 minutes
A fresh simple salad would be a perfect side dish to this rustic Tuscan meatloaf recipe.

- Ingredients:*
4 soft boiled eggs, peeled (*instructions below*)
extra virgin olive oil
1 large onion, chopped
½ cup mushrooms, chopped
½ cup carrots, chopped
½ cup bell pepper, chopped
2 zucchini, chopped
salt and pepper
¼ cup dry white wine
2 tablespoons butter
1/3 cup dry breadcrumbs
2 teaspoons garlic powder
2 tablespoons rosemary, thyme, and oregano, finely chopped
2 pounds ground beef
2 eggs
½ cup grated cheese, such as Parmesan, Pecorino Romano, or cheddar

Preheat oven to 400°F.
Soft boil eggs by adding eggs to a small saucepan, covering with water, and bringing to a boil for 3 minutes. Remove eggs from heat and cover with plastic wrap. Let cool, then peel eggs.
Sauté onions in olive oil over medium-high heat for 3-5 minutes, until translucent. Add mushrooms, carrots, bell pepper, and zucchini and sauté for 10-12 minutes, until vegetables are soft and beginning to caramelize. Season with salt and pepper, to taste, then deglaze pan with wine, stirring to remove bits from bottom of pan. Let simmer until wine is reduced, then stir in butter until melted and remove from heat.
Mix breadcrumbs, garlic powder, herbs, and a liberal amount of salt and pepper in a small bowl, then gently spread breadcrumb mixture evenly over a cutting board. In a large mixing bowl, mix beef with eggs, salt and pepper until blended. Press beef into a 12-inch by 10-inch rectangle over the breadcrumbs on the cutting board. Scoop vegetable mixture over beef, leaving a 1-inch border. Sprinkle cheese over vegetables then carefully set eggs in a row, lengthwise, over the cheese. (*Be carefully not to break yolks.*) Very carefully roll beef over filling into a large log. Pinch sides together to fully enclose filling. Slide meat loaf into a well-oiled baking dish. Spread remaining breadcrumb mixture over top of meat loaf. Drizzle liberally with oil, then set in oven for 30-40 minutes, until top of meat loaf has formed a golden crust. Let meat loaf set for 10 minutes before slicing with a serrated knife to serve.

SUPER VEGGIE ORRECHIETTE WITH STEAK

Total Time: 30 minutes
**I rarely recommend eating pasta, but being married to an Italian makes it impossible to avoid completely. I usually try to substitute flour pasta dishes with alternate grain pastas such as quinoa or brown rice, or I'll make it myself which lowers the amount of flour because of the use of eggs. For this recipe I use regular pasta but add a load of hidden nourishing ingredients to the sauce. The kids think it's a treat even though they're getting lots of nutrition!*

- Ingredients:*
2-4oz. rib-eye or New York steak per person
extra virgin olive oil
salt and pepper
garlic powder
1 pound orrechiette pasta (*or small shells if unavailable*)
2 tablespoons butter
1 onion, chopped
2 cloves of garlic, finely chopped
1 cup carrots, grated
1 cup zucchini, grated
2 cups tomatoes, seeded and chopped
¼ cup grated raw beef or chicken liver (*optional*)
¼ cup mascarpone cheese

Heat a few tablespoons of olive oil in a large skillet. Season steak liberally with salt and pepper and sear for 3-5 minutes per side, depending on thickness and desired doneness. Set steak aside.
(*Begin next step during this step.*) Bring a large stockpot of water to a boil and season with a small handful of salt. Add pasta to pot and cook for 8 minutes, until pasta is al dente (*soft with a little chew on the inside*).
While water is boiling and pasta is cooking, heat 2 tablespoons of oil and 2 tablespoons of butter in a large saucepan. Add onion and sauté for 3-5 minutes, until translucent and beginning to brown. Add garlic, carrots, zucchini, tomatoes, liver (*optional*), and season well with salt and pepper. Let simmer for 10-12 minutes, until vegetables are softened. Remove sauce from heat and use an immersion blender (*or blender or potato masher*) to gently puree half of the sauce. Stir in mascarpone until sauce is smooth and creamy. Thinly slice steak then stir steak and pasta into sauce. Let pasta set in sauce over very low heat, stirring often, for 5 minutes, then serve.

Cioppino

Total Time: 30 minutes
*Fish stock is needed for this recipe, as well as 2 pounds of mixed fish and shellfish. Fish stock is easily made by simmering whole fish and/or fish heads in a pot with aromatic herbs like onion, celery, and carrots, plus salt and pepper and herbs, if desired. Good quality store-bought fish stock is sometimes available, usually in the frozen foods section of a health food store. For economic reasons, I don’t often make this soup with many different types of fish and shellfish. I’ll make it with good quality frozen wild seafood and it works just fine!

Ingredients:
¼ cup butter
1 large onion, chopped
½ cup fennel, chopped
2 garlic cloves
¼ cup tomato paste
1 cup tomatoes, seeded and chopped
1/2 cup dry white wine
1 teaspoon thyme leaves
2 tablespoons basil, finely chopped
1 tablespoon flat-leaf parsley, finely chopped
salt and pepper
3 cups fish stock (or vegetable stock...chicken stock is a last resort)
2 pounds mixed fish and/or shellfish, such as halibut, shrimp, mussels, clams, scallops, etc.

Heat butter in a large saucepan or stockpot and sauté onions and fennel for 5 minutes. Add garlic for one minute then stir in tomato paste and tomatoes. Deglaze the pan with wine, stirring to remove bits from bottom of pan. Stir in herbs and season liberally with salt and pepper. Stir in stock and bring to a simmer for 5 minutes. Add fish and/or shellfish and stir very gently in simmering liquid until fish is cooked, shrimp is pink, and seashells have opened. (Discard any shells that have not opened.) Season as needed with salt and pepper, then sprinkle with additional chopped herbs to serve.

Fried Artichoke Hearts with Garlic Parsley Aioli

Total Time: 15 minutes
*This recipe calls for one egg white. If making the mayonnaise from scratch, you will have 1 egg white leftover, which can be used for this recipe.

Ingredients:
Frying fat, such as organic lard, beef tallow, coconut oil, olive oil, etc.
½ cup dry breadcrumbs
1 teaspoon salt
½ teaspoon pepper
1 teaspoon garlic powder
1 egg white
Artichoke hearts (jarred is fine, but rinse and dry for this recipe)
½ - ¾ cup “Homemade Mayonnaise” (recipe included in this week’s meal plan)
1 garlic clove, mashed into a paste
2 tablespoons flat-leaf parsley, finely chopped
lemons (optional)

Heat frying fat over high heat (until a pinch of breadcrumbs bubble up when dropped into fat). Mix breadcrumbs, salt, pepper, and garlic powder in a small bowl. Beat egg white with a dash of warm water in a separate bowl. Coat artichoke hearts in egg white, then coat with breadcrumb mixture, then fry for 2-3 minutes per side, until a golden crust forms. Transfer to a paper towel to drain and sprinkle with a dash of salt right when they come out of frying fat. Sprinkle artichokes with fresh lemon juice before serving. For aioli, simply fold garlic paste and parsley into mayonnaise until well blended. Serve with fried artichoke hearts.

Roasted Garlic White Bean Chili (with Bagna Couda Finishing Oil)

Total Time: 1-1 ½ hours, plus overnight soaking time for beans. Roasting garlic may be done ahead of time and kept in the refrigerator.
*Cooking time for chile (not garlic) can be dramatically reduced by using canned beans that have been thoroughly rinsed.

Ingredients:
1 pound white beans, such as white kidney beans or cannellini beans
2 heads of garlic
extra virgin olive oil
¼ cup butter
1 onion, chopped
12 oz. sausage (nitrite/nitrate free- I use a sausage sweetened with maple syrup)
1 cup carrots, grated
2 cups spinach leaves (packed when measured)
1 tablespoon thyme and rosemary, finely chopped
salt and pepper
3-4 cups chicken stock
For Bagna Cauda
2 tablespoons butter
3 garlic cloves, minced
5-6 anchovy filets

Soak beans in water overnight. Slice tops of garlic heads to expose cloves. Drizzle olive oil, salt, and pepper all over garlic. Cover garlic and roast for 1 hour, until garlic is soft and brown. While garlic is roasting, eat butter in a large stockpot and sauté onions for 3-5 minutes, until translucent and beginning to brown. Add sausage and sauté for 5 more minutes, until browned. Add the carrots, spinach, herbs, and beans, and season liberally with salt and pepper. Stir in stock and let mixture simmer for 1 hour, until beans are soft and chile has thickened. Squeeze roasted garlic into chile and stir to evenly distribute. Use an immersion blender (or blender or potato masher) to slightly blend and thicken chile (do not puree). For the bagna cauda sauce, sauté garlic in butter in a small saucepan for 1 minute, then stir in anchovies and let simmer until anchovies have dissolved. Pour sauce through a fine mesh sieve into a separate bowl or drizzle directly over chile to serve.

Homemade Mayonnaise

Ingredients:
1 egg, plus 1 egg yolk
1 teaspoon mustard
2 teaspoons white vinegar
½ teaspoon salt
1 cup oil- such as plain olive oil or safflower oil

Place eggs, egg yolk, mustard, vinegar and salt in a tall container (if you have an immersion blender) or blender. Blend until mixed, then begin to slowly drip oil into container while blending. When mixture emulsifies, add oil in a steady stream while blending until mixture thickens and stiffens (like mayonnaise!). Keep refrigerated for up to one week.