

# REAL FOOD WEEKLY

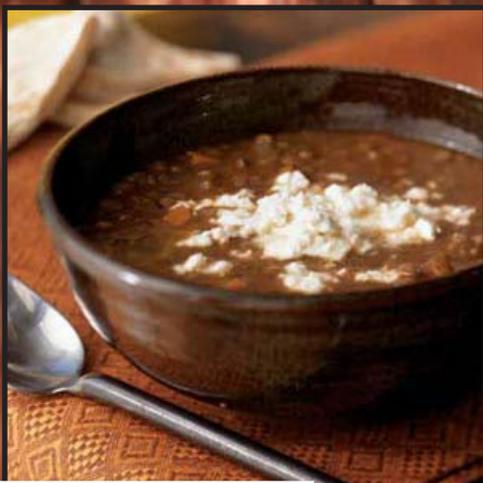
SEPT 29  
50<sup>TH</sup> ISSUE  
2012

## "SIMPLE COMFORTS"

*The weather is cooling and we have a tiny window of time when we see watermelons and pumpkins sitting next to each other at the market. Here in southern California we are pretending like the weather isn't still summer hot and getting excited about the new fall decorations lining the shops and our homes! This week's recipes are inspired by this change of year with comforting and nourishing soups and simple dinners.*



SIMPLE ASIAN STEAK AND VEGGIE BOWLS



LENTIL AND VEGETABLE SOUP



PAN SEARED CHICKEN WITH PEAS AND PARSLEY BUTTER



MY HUSBAND'S PERFECT CHOCOLATE CHIP COOKIES





# Shopping List

Simple Comforts

September 29, 2012

## My NOTES:

### **EGGS AND DAIRY:**

Parmesan cheese

Butter

### **FOR EXTRA CHOCOLATE CHIP COOKIE RECIPE:**

Extra butter

Eggs

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

### **PANTRY:**

Salt and Pepper

Garlic powder

Extra virgin olive oil

Flour and/or arrowroot powder

Red wine *(optional)*

White vinegar, such as white wine or white balsamic  
(chicken or beef stock- only if not making it  
homemade this week)

lentils- 1 pound

tomato paste

rice *(brown or white)*

### **FOR EXTRA CHOCOLATE CHIP COOKIE RECIPE:**

Four

Baking powder

Baking soda

Sugar- white, brown, and Powdered

Molasses

Vanilla extract

Semi-sweet chocolate chips

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

### LENTIL AND VEGETABLE SOUP

Total Time: 1 hour and 15 minutes, plus soaking lentils overnight

*\*This soup may also be cooked for many hours in a slow cooker over low heat.*

*Ingredients:*

**1 pound (1 ¼ cups) lentils, soaked overnight**  
**¼ cup butter**  
**1 onions, finely chopped**  
**1 cup carrots, finely chopped**  
**1 cup celery, finely chopped**  
**1 clove of garlic, finely chopped**  
**salt and pepper**  
**2 tablespoons tomato paste**  
**2 teaspoons thyme, finely chopped**  
**1 teaspoon rosemary, finely chopped**  
**5 cups chicken or beef stock**  
**1-2 cups mixed vegetables, roughly chopped, such as carrots, turnips, etc.**  
**Parmesan cheese, finely grated**

Heat butter in a large stockpot and sauté onions until translucent, about 5 minutes. Add carrots and celery and sauté for 5 minutes, then add garlic and season liberally with salt and pepper. Stir in tomato paste and herbs, then stir in chicken stock. Simmer for 45 minutes, stirring often. Remove soup from heat, then transfer half of soup to a blender, or use an immersion blender in the stockpot (preferred), to puree half of the soup. Return soup to heat and add roughly chopped vegetables. Simmer for another 10-15 minutes, until vegetables are soft, then serve soup topped with a small mountain of Parmesan cheese.

### SIMPLE ASIAN STEAK AND VEGGIE BOWLS

Total Time: 30 minutes

*Ingredients:*

**1-2 cups rice, rinsed well (2 cups if you want leftover rice)**  
**¼ cup butter**  
**1 onion, sliced**  
**1-2 bell peppers, seeded and sliced**  
**1 cup mushrooms, sliced**  
**1-2 garlic cloves**  
**2 cups of green beans, cut into 2 or 3-inch pieces**  
**salt and pepper**  
**extra virgin olive oil**  
**1 steak, such as Sirloin, Rib-Eye, New York, etc.**  
**2 teaspoons white wine or white balsamic vinegar**  
**soy sauce (optional)**

Place 1 part rice with 2 parts water in a medium stockpot with a teaspoon of salt and bring to a boil. Reduce heat to low and cover until water is fully absorbed.

Meanwhile, heat butter in a large skillet or saucepan. Sauté onion and bell pepper for 5-7 minutes, until softened. Add mushrooms, garlic and green beans and sauté for an additional 5 minutes. Season lightly with salt and pepper.

Press vegetables to the side of the pan and add a little oil to the hole in the center. Sear steak for 5-6 minutes per side, for medium rare. Remove steak from pan and let set for 5 minutes. Add vinegar to pan and stir with vegetables, removing bits from bottom of pan. Thinly slice steak, then add back to pan with vegetables. After 1 minute, turn off heat. Serve steak and vegetables over rice, sprinkled with soy sauce (optional).

### **PAN SEARED CHICKEN WITH PEAS AND PARSLEY BUTTER**

Total time: 30-40 minutes

*Ingredients:*

**6-10 cut chicken pieces (as much as needed)**  
**salt and pepper**  
**garlic powder**  
**extra virgin olive oil**  
**2-4 cups peas (frozen and thawed ok)**  
**¾ cup butter, ( ½ cup softened)**  
**½ cup flat-leaf parsley, finely chopped**  
**juice of 1 lemon**

Preheat oven to 375°F.

Season chicken liberally with salt, pepper, and garlic powder. Heat a few tablespoons oil in a large oven-safe skillet and sear chicken for 5 minutes on each side, until browned. Place chicken in oven for 15-25 minutes (*depending on thickness of pieces*) until fully cooked (*meat will be about 165°F and juice will run clear when sliced*). Remove chicken from pan and place the pan over medium heat. Squeeze lemon juice over pan, scraping bits from bottom of pan and creating a quick sauce.

Meanwhile, heat peas in a saucepan and stir in ¼ cup butter. Season with salt and pepper, to taste. In a medium bowl, mash ½ cup of butter with parsley and a few dashes of salt, until smooth. Serve chicken with peas, topped with a dollop of parsley butter and lemon sauce.

### **LAMB STEW**

Total Time: 2½ -6 hours

*\*This recipe may be made using a slow cooker all day over low heat.*

*Ingredients:*

**3-5 pound lamb roast or stew meat cut into small cubes**  
**salt and pepper**  
**extra virgin olive oil**  
**¼ cup butter**  
**1 onion, chopped**  
**3-4 carrots, chopped**  
**2-3 cups other vegetables, such as fennel, parsnips, turnips, etc., chopped**  
**¼ cup flour or arrowroot powder**  
**½ cup red wine (optional)**  
**4-6 cups beef or chicken stock**  
**2-4 tablespoons of herbs such as rosemary, thyme or oregano, plus a bay leaf (optional)**

Preheat oven to 225°F or set up a slow cooker. Heat a coating of oil in a large stockpot over medium-high. Season lamb with salt and pepper, then sear meat in pot for 6-8 minutes, until browned. Remove meat from pan and set aside.

Add butter to pan and sauté onions, carrots and other vegetables for 10-15 minutes. Stir in flour or arrowroot powder for 3 minutes, to toast flour, then stir in wine (*optional*), stock and herbs. Place in oven for 2-6 hours, until meat is incredibly tender. (*Or transfer contents of pan to a stockpot over low heat for many hours.*)

Before serving stew, remove bay leave and/or twigs from herbs and use a potato masher to lightly mash and thicken soup, as desired.

### **MY HUSBAND'S PERFECT CHOCOLATE CHIP COOKIES**

Prep Time: 15 minutes

Cook Time: 10-12 minutes

Servings: Yields about 18 cookies

*Ingredients:*

**1 1/3 cup flour**

**1/2 teaspoon baking powder**

**1/4 teaspoon baking soda**

**1/2 teaspoon salt**

**2/3 cup butter, at room temperature**

**1/3 cup sugar**

**1/3 cup brown sugar**

**1/3 cup powdered sugar**

**1 tablespoon molasses**

**1 large egg, at room temperature**

**1 teaspoon vanilla extract**

**1 cup chocolate chips**

Preheat oven to 350°.

Sift flour, baking powder, baking soda, and salt in large bowl. In a separate bowl, cream butter, Mascarpone, sugars, and molasses with electric mixer. Mix in egg and vanilla, then dry mixture in 3 parts, then chocolate chips until incorporated. Scoop dough into tall, pillar-like clumps on nonstick baking sheet. Bake for 8-12 minutes, until golden brown. Let cool for 5-10 minutes, and *(thoroughly)* enjoy!

### **HOMEMADE BEEF STOCK**

*Ingredients:*

**3-5 pounds beef stock bones**

**1 onion**

**2 cloves of garlic**

**2 tablespoons white vinegar**

**2-4 cups aromatic vegetables, such  
as carrots, celery, turnips, parsnips, etc.**

**2 teaspoons each of salt and pepper**

Place all ingredients in a large stockpot or slow cooker and fill with 6-10 cups of water (*depending on how much stock you'd like to make*). Cook over low heat for 6-12 hours, until stock is dark and rich. Strain through a colander or sieve and use immediately or let cool to store in refrigerator for 2-3 weeks.