

# REAL FOOD WEEKLY

October 6, 2012

## "BACK POCKET DELIGHTS"

ISSUE 51

*This weeks recipes are absolutely delicious staples that I always have in my back pocket for easy meals that delight the family and impress guests. The extra recipes feature basic traditional foods and healing teas that every home should know how to make and have on hand.*



PAN ROASTED CHICKEN WITH SWEET AND GOLDEN POTATOES AND GREEN BEANS



GRILLED STEAK WITH FRUITY SALSA FRESCA



CREAMY COCONUT GINGER POACHED SALMON AND KALE



CHICKEN CAKES WITH LEMON GINGER SOUR CREAM



HOMEMADE CHICKEN AND VEGETABLE SOUP



GRILLED CINNAMON PEACHES WITH MAPLE MASCARPONE CREAM



GINGER, LEMON AND MINT TEA

**MY EXTRA MEALS THIS WEEK:**

**WHAT'S FOR DINNER**

- Pan Roasted Chicken with Sweet and Golden Potatoes and Green Beans
- Grilled Steak with Fruity Salsa Fresca
- Creamy Coconut Ginger Poached Salmon and Kale
- *Leftovers Creation* ~ Chicken Cakes with Lemon Ginger Sour Cream

**EXTRAS**

- Homemade Chicken and Vegetable Soup
- Grilled Cinnamon Peaches with Maple Mascarpone Cream
- Blue Cheese Vinaigrette

**NOURISHING ADDITIONS (Recipe Review)**

- *Tummy Teas* ~
  - Ginger, Lemon and Mint Tea
  - Kombucha Tea

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

- Leftover chicken, fish or steak tacos
- Salmon Cob Salad made with veggies, hard-boiled eggs, leftover salmon, and the Blue Cheese Vinaigrette

**PLANNING NOTES**

- Buy a whole chicken and cut pieces off for the roasted chicken recipe, then use the remaining parts of the chicken for Homemade Chicken Soup.
- Kombucha Tea takes at least 11 days to make.





### **PAN ROASTED CHICKEN WITH SWEET AND GOLDEN POTATOES AND GREEN BEANS**

Total Time: 45 minutes

*Ingredients:*

**Extra virgin olive oil**  
**6-10 pieces bone-in, skin-on chicken**  
**salt and pepper**  
**herbs de provence**  
**½ cup butter, plus more for chicken**  
**1 sweet potato per person, peeled and cut into small cubes**  
**1 white potato per person, peeled and cut into small cubes**  
**green beans, as needed**

Preheat oven to 375°F.

In a large oven-safe skillet or saucepan, heat a coating of olive oil. Season chicken pieces with salt and pepper and sear in oil for 3-5 minutes per side, until skin is golden and easily releases from pan. Sprinkle chicken liberally with herbs de provence and dot with pieces of butter. Place in oven and roast for 20-25 minutes, until chicken pieces are fully cooked. Meanwhile, heat butter in a large skillet and sauté sweet and white potatoes over medium heat, stirring often, for 20-25 minutes, until potatoes are soft and golden on edges. While potatoes are cooking, bring a small stockpot to a rolling boil and season with a small handful of salt. Boil green beans just until softened and bright green. Serve chicken over green beans and potatoes, spooning pan juices from chicken over the top.

### **GRILLED STEAK WITH FRUITY SALSA FRESCA**

Total Time: 20 minutes

*A mixed salad with basic oil and vinegar dressing may be added to complete this meal.*

*Ingredients:*

**Rib-Eye steak (about 6 oz. per adult)**  
**Extra Virgin Olive Oil**  
**Salt and Pepper**  
**Garlic Powder**  
**For Salsa:**  
**1-2 avocados**  
**2 large tomatoes**  
**1 bell pepper**  
**1 mango**  
**2 cups watermelon cut into small cubes (optional)**  
**½ cup onion, finely chopped**  
**1 garlic clove, finely minced**  
**2 tablespoons cilantro, finely chopped**  
**zest and juice of ½ lime**  
**Salt and Pepper**  
**2 tablespoons Extra Virgin Olive Oil**

Preheat outdoor grill (or wait to heat indoor grill or skillet before cooking if cooking inside). Bring steak to room temperature, drizzle both sides of steak with oil then liberally season with oil, salt, pepper, and garlic powder. Grill steak on both sides for 4-8 minutes, depending on thickness and desired doneness. Let steak rest for 5 minutes before serving.

For salsa, chop avocado, tomatoes, bell pepper, and mango into small cubes and place in large bowl. (To cut mango, slice large halves lengthwise along both sides of the large center seed, then cut two final strips off remaining sides of seed. Hold mango halves in one hand and carefully cut a grid of squares in mango. Press rounded side of mango inside-out and carefully slice off the small cubes of fruit.) Add watermelon, onion, garlic, cilantro, and lime. Season with salt and pepper, to taste, and drizzle oil over mixture. Gently toss until salsa is evenly mixed and incorporated. Serve salsa with steak.

### **CREAMY COCONUT GINGER POACHED SALMON AND KALE**

Total Time: 25 minutes

*Ingredients:*

- 2 cups whole coconut milk**
- 2 teaspoons freshly grated ginger**
- 2 garlic cloves, minced**
- 1 tablespoon honey**
- 4-5 cups kale leaves, rinsed thoroughly and chopped**
- salmon filets, as much as needed, sliced into serving-size pieces**
- salt and pepper**
- butter**

Stir coconut milk, ginger, garlic and honey in a large saucepan over medium heat until it is bubbling. Add kale to pan, cover and simmer for 10 minutes until wilted. Push kale to the side of the pan and place salmon filets in pan. Cover again and poach fish for 3-4 minutes, until almost cooked. Remove salmon from pan and place in a baking dish, skin side up. Stir kale evenly in pan again, season with salt and pepper, and let simmer while finishing salmon.

Preheat broiler in oven on high heat.

Season top of fish with salt and pepper and dot with pieces of butter. Place under broiler for 2 minutes, until skin is crispy. Serve fish over kale that has been seasoned as needed.

### **CHICKEN CAKES WITH LEMON GINGER SOUR CREAM**

Total Time: 25 minutes

*A mixed salad with a simple vinaigrette dressing may be added to complete this meal.*

*Ingredients:*

- ½ onion, roughly chopped**
- 1 clove of garlic, roughly chopped**
- 1 bell pepper, roughly chopped**
- 2 1/2 cups leftover chicken, cut or shredded into pieces**
- ¼ cup flat-leaf parsley**
- ½ cup dry breadcrumbs**
- ¼ cup arrowroot powder**
- 2 eggs**
- ¼ cup sour cream**
- Salt and Pepper**

**Extra Virgin Olive Oil and/or additional frying fat such as butter, chicken or beef fat**

**FOR CREAM:**

- 1 cup sour cream**
- zest and juice of ½ lemon**
- 1 teaspoon ginger**
- 1 teaspoon garlic powder**

Place onion, garlic, pepper, parsley, breadcrumbs, and arrowroot powder in a food processor. Pulse until finely chopped and incorporated. Add chicken and pulse a few times, until chicken is roughly chopped and incorporated into mixture. Add eggs and sour cream and liberally season with salt and pepper. Pulse food processor until mixture is evenly mixed. Heat ½ inch of frying fat in large skillet over medium-high heat. Form chicken mixture into patties and fry for 3-4 minutes per side, until golden brown. For cream, whisk ingredients in medium bowl until smooth. Serve cream as a dip for chicken cakes.

## HOMEMADE CHICKEN AND VEGETABLE SOUP

Total Time: 4-8 hours (mostly inactive cooking time)

**\*Watch this recipe on The Reality Chef's YouTube Channel!**

Every home, I repeat, every home should frequently have a pot of homemade chicken and vegetable soup brewing in the kitchen. Slowly made stocks are one of the leading traditional foods we can nourish ourselves with. Stock making, like many traditional food preparations, is becoming a lost art. Homemade soup stocks have been replaced by pre-made powdered soup base, made with meat-mimicking monosodium glutamate (MSG) and hydrolyzed vegetable protein. It isn't just a myth that good chicken soup will make you feel better. "Good broth will resurrect the dead," says a South American proverb. When made properly- with all the bones and organs- a good meat stock is full of minerals and soothing gelatin. Soups can be a wonderfully filling meal, or sipped as hot drink throughout the day. It is also a great way to get kids to eat multiple vegetables- just chop them up into small pieces.

**From [www.westonaprice.org/food-features/515-broth-is-beautiful.html](http://www.westonaprice.org/food-features/515-broth-is-beautiful.html):**

Gelatin was found to be useful in the treatment of a long list of diseases including peptic ulcers, tuberculosis, diabetes, muscle diseases, infectious diseases, jaundice and cancer. Babies had fewer digestive problems when gelatin was added to their milk. The American researcher Francis Pottenger pointed out that as gelatin is a hydrophilic colloid, which means that it attracts and holds liquids, it facilitates digestion by attracting digestive juices to food in the gut. Even the epicures recognized that broth-based soup did more than please the taste buds. "Soup is a healthy, light, nourishing food" said Brillant-Savarin, "good for all of humanity; it pleases the stomach, stimulates the appetite and prepares the digestion."

*It's so tasty, too! So why don't you join the thousands of happy-pappy people, and... Make it!*

Ingredients:

**2 tablespoons butter or olive oil**

**1 onion, sliced**

**1 whole chicken or 6-8 pieces of bone-in chicken parts (legs work well and are inexpensive), also include organ pieces if provided**

**2 garlic cloves, minced**

**1 teaspoon of mixed dried herbs, such as Herbs de Provence**

**Salt and Pepper**

**2 tablespoons vinegar (optional- to help break down gelatin)**

**2-4 cups of chopped vegetables, such as carrots, zucchini, broccoli, cauliflower, etc.**

**1/4 cup fresh herbs, such as basil or flat leaf parsley, chopped (optional)**

Heat butter or oil in a large stockpot. Sauté onions for 5 minutes, until translucent. Add chicken and garlic, letting chicken brown a little. Add enough water to fill stockpot. Season generously with salt and pepper, and add dried herbs and vinegar (optional). Cover and let simmer for 3-6 hours. Remove any foam that forms on the top of your stock. Carefully remove chicken parts and separate bones and cartilage from meat. (You may cut large bones with sharp kitchen shears and add back to soup to continue simmering, extracting even more nourishing minerals from within the bones. Make sure to remove these bones before serving.) Add vegetables and fresh herbs and let simmer until vegetables are soft. Add meat back to soup. Season with salt and pepper, as needed, and serve.

Your soup/stock should keep in your refrigerator for up to a week. A good stock has a golden shimmer when warm, and forms into a solid gelatin when cold. You may wish to use this recipe to make a large batch of rich stock to store in your freezer. Simply make the recipe, saving the meat for other uses (like tacos, omelets, or sandwiches!). Mash or blend the finished soup with an immersion blender and strain into a large bowl. Let cool completely before transferring to freezer bags or containers. **\*Tip: store in multiple small containers for convenience.**

### **GRILLED CINNAMON PEACHES WITH MAPLE MASCARPONE CREAM**

Total Time: 15 minutes

*Ingredients:*

**1 peach per person (for grilling, it is best if peaches are firm)**

**¼ cup butter**

**2 teaspoons cinnamon**

**½ cup heavy cream**

**¼ cup mascarpone cheese, at room temperature**

**½ teaspoon vanilla extract**

**1 tablespoon maple syrup**

Preheat outdoor or indoor grill.

Melt butter in a small saucepan and stir in cinnamon. Run knife against the center pit of each peach, and slice around entire diameter. Twist peach until it breaks into two pieces and remove pit. Slice into ¼-inch thick medallions. Pour cinnamon butter over peach slices and carefully toss to completely coat peaches. Grill peaches over medium-high heat for 1 minute per side.

For cream, beat heavy cream with electric mixer until stiff peaks begin to form. Whisk in mascarpone, vanilla and maple syrup until smooth and incorporated. Serve cream with grilled peaches.

### **BLUE CHEESE VINAIGRETTE**

*\*This may also be made with a soft cheese like mascarpone or crème fraiche if the taste of blue cheese is undesired.*

*Ingredients:*

**¼ cup blue cheese, crumbled (gorgonzola works best)**

**Juice of 1 lemon**

**¼ cup Extra Virgin Olive Oil**

**¼ cup sour cream**

**Salt and Pepper, to taste**

Whisk cheese in lemon until well blended. Continue whisking while slowly adding remaining ingredients. Keep refrigerated for up to 2 weeks.



## TUMMY TEAS

### GINGER, LEMON, AND MINT TEA

This is an easy-to-make homemade tea that is delicious and will soothe an upset stomach. The ingredients are also good for maintaining a happy tummy.

Place 2 slices of lemon, a few mint leaves, and 1 teaspoon freshly grated ginger (*or ½ teaspoon ginger powder*) in a mug. Pour boiling water over ingredients and brew tea to desired strength. You may wish to add a small teaspoon of honey as a sweetener.

### KOMBUCHA TEA

Kombucha tea is said to aid in digestion, immunity, energy, weight loss, and more, and has become a very popular health food drink in America. Many claim Kombucha to be a wonder drink or elixir, used to address almost any ailment. With its effervescence tangy, sweet taste, it is a perfect replacement for processed sodas, energy drinks, or even beer and wine (*although Kombucha is non-alcoholic*). While delicious, pre-made options are available in most health food stores, store-bought Kombucha is astronomically more expensive than making it at home. You just have to be a little patient and work on your method until you get it just right. You can also add flavors to fully brewed tea such as freshly grated ginger, lemon, or a small amount of concentrated fruit juice. This is a cultured food, so once you invest in the equipment and your first starter “scooby” (*the mushroom/fungus used to ferment the tea*), the “mother” will produce “babies” every time your brew and ferment the tea, so you will be able to continue making this tea forever, as well as help your friends and family start brewing themselves!

*Ingredients:*

**3 quarts filtered water**

**1 cup sugar (Evaporated Cane Juice Sugar suggested)**

**Four black tea bags (Organic Orange Pekoe Black Tea suggested)**

**1 kombucha mushroom or “scooby”, available from:**

**[www.GEMcultures.com](http://www.GEMcultures.com) or [www.Kombucha2000.com](http://www.Kombucha2000.com)**

**1 cup kombucha from previous batch (*will come with purchased scooby*)**

**FROM [WWW.KOMBUCHA2000.COM](http://WWW.KOMBUCHA2000.COM) :**

**Recommended Equipment:**

stainless steel pot; skimmer ladle; cloth or paper towel; rubber band; gallon-size fermentation jars-5 inch in diameter, Kombucha electric heating panel; baster; funnel; pH test strips, stainless steel tea ball (*if using loose tea*).

**Kombucha Preparation:**

1. Bring 3 quarts of distilled or purified water to boil in a stainless steel cooking pot (*stock pot*).
2. When boiling, add one cup (8oz.) of organic evaporated cane juice sugar. Boil for five minutes.
3. Turn off the heat, remove the cooking pot (*in order to stop the boiling*). Add four organic Orange Pekoe black tea bags or 4 teaspoons in a stainless steel tea ball, cover the pot with the lid. Let steep for 15 minutes.
4. Remove and discard tea bags or empty tea ball.
5. Allow sweetened tea to cool to room temperature, even if it takes overnight.
6. When at room temperature, pour the sweetened tea into a one-gallon, 5-inch diameter size jar. (*This is where the tea will ferment.*)
7. Before pouring the cooled tea into the jar, pour 1 cup (8 oz.) of the starter tea (*which came with the mushroom*) into the jar. Then pour the cooled tea into the jar to ensure an even mixture of the tea with the starter. For future batches you may use your own Kombucha tea starter. In the event that no starter is available to you, you may use 8 oz. of organic, raw, unfiltered apple cider vinegar as a starter.
8. Place the Kombucha mushroom on top of the sweetened, cool tea, making sure that the darker rougher side faces down. (*Don't worry if it sinks to the bottom, it's O.K.*)
9. Cover Jar with a piece of loosely woven cloth (*the mushroom has to "breathe". Cotton or linen or paper towel will do just fine.*)
10. Secure with a rubber band to keep cloth (*or paper towel*) in place and to keep out any insects or contamination.
11. Place the jar in a ventilated place (*preferably on a special Kombucha electric heating panel to keep the tea at an ideal constant temperature*) to ferment for at least 10 days, without moving it, but away from direct sunlight and kitchen odors, plants and pets. The ideal constant fermenting temperature, according to our several years of production experience, is 85°-89° Fahrenheit.
12. At about 10 days, remove cover and dip a pH test strip into the tea to measure the degree of acidity it has reached during the fermentation process (*degree of acidity to be no less than 3.0 pH*).
13. If it does not have a "bite", continue with the fermentation process for few more days and retest.
14. After the fermented tea has passed the tests, it can now be called "Kombucha Tea." Remove the mushroom that has formed on top of the "Kombucha Tea" If the "mother" and the "baby" mushroom are stuck to each other (*the baby on top of the mother*), separate the two carefully and place them in a jar with enough "Kombucha Tea" (*as a source of nourishment*) to cover it for future use or to give away. However after several batches discard the old mushroom.
15. Pour "Kombucha Tea" through a close mesh strainer and a funnel into a glass container. Store the "Kombucha Tea" in the refrigerator, ready for consumption.

**\* Using the pH strips (if available): If the pH test shows 3.0 or less on the pH scale, a further test with your taste buds is recommended. So take with the help of a baster a small quantity of sample to taste it. It should have a "sweet & sour" taste with a "bite". If the pH test shows higher than 3.0 pH let it ferment a few days more.**