

REAL FOOD WEEKLY

October 13, 2012

“ROCK SOME FLAVOR”

ISSUE 52

This week's recipes are inspired by India and the Middle East, which means some interesting new flavor concepts for the typical American family. In my house, new=interesting="I guess I'll try it"=success! It's amazing how my picky kid that rarely eats a full plate of anything will suddenly eat an entire plate of grass-fed beef because it has a spiced sauce that looks and tastes like caramel (yet no sugar added!), or 2 full servings of cucumbers because there is a tangy frosting-like sauce on it (tzatziki). My Coconut-Almond Chicken Nuggets are always a hit, too. I scored with these recipes, and I hope you will score with your families, too!



BOMBAY CHICKEN MELTS



COCONUT-ALMOND CHICKEN NUGGETS WITH SWEET AND SOUR SAUCE



LAMB KOFTA WITH COCONUT SWEET POTATOES



BLUEBERRY GOAT CHEESE PIE



SPICED POT ROAST AND CUCUMBER TZATZIKI SALAD

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Spiced Pot Roast and Cucumber Tzatziki Salad
- Lamb Kofta with Coconut Sweet Potatoes
- Coconut-Almond Chicken Nuggets with Sweet and Sour Sauce
- Bombay Chicken Melts

EXTRAS

- Blueberry Goat Cheese Pie (believe me, it's good!)
- Garam Masala Spice Blend

NOURISHING ADDITIONS (Recipe Review)

- Naan bread
**Add a little grated or minced organic beef or lamb liver to ground lamb meatballs for some ultra-nutrition. Make sure to add this to your shopping list if it is locally available.*

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

- Add mixed green salads to meals this week. Make sure to include ingredients.
- Any leftovers could be served on Naan bread for a small meal or snack

PLANNING NOTES

- Chicken stock is needed this week and I, of course, recommend homemade. Because chicken breasts and thighs are needed this week, I recommend buying chicken legs and making stock with those (recipe and video at realfoodfamily.com). Use the leftover meat for other meals and snacks during the week!
- For Naan Bread, dough must rest/soak for many hours. I recommend making the dough in the morning then giving 30 extra minutes to make the bread before using for the **Bombay Chicken Melts**.

Shopping List

Rock Some Flavor!

October 13, 2012

My NOTES:

FOR NAAN (EXTRA RECIPE):

For Pie (extra recipe):

1 ½ cups butter

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

PANTRY:

Extra virgin olive oil

Salt and pepper

Honey

Vinegar (**white balsamic or other light colored vinegar**)

Chicken Stock- 2-3 cups (*Homemade is preferred. Water may be used, if needed.*)

All-purpose flour or Arrowroot powder (*best prices at health food stores*)

Almond meal (*finely ground almonds*)

Fine dry coconut flakes (*unsweetened*)

Dry breadcrumbs (*unseasoned*)

Coconut Milk (*2 cans regular, whole fat- not reduced fat*)

Dry dill (*optional*)

FOR GARAM MASALA SEASONING (NEEDED FOR RECIPES):

Cumin

Pumpkin pie spice

Cinnamon

Tumeric

Curry powder (*I try to only buy sweet curry powder, not spicy*)

**If not making Naan bread this week, you will need bread for Bombay Melts recipe*

For Naan bread and pie (extra recipes):

White or whole wheat flour (*or sprouted, spelt, kamut, millet, etc.*)

Active dry yeast

Baking soda

All purpose flour

Baking soda

Sugar- evaporated Cane Juice or rapadura sugar preferred

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

SPICED POT ROAST AND CUCUMBER TZATZIKI SALAD

Total Time: 30 minutes active, 3-8 hours inactive
**Use a slow cooker all on low heat for up to 8 hours.*

Ingredients:

Extra virgin olive oil
3-5 pound beef roast, such as chuck or brisket, cut into cubes
1-2 tablespoons flour or arrowroot powder
2 onions, chopped
1 tablespoon "Garam Masala" seasoning (from this week's recipes)
1-2 cups beef stock (if available) or chicken stock

FOR SALAD:

1 cup Greek yogurt
zest and juice of 1 lemon
2 tablespoons flat-leaf parsley, finely chopped
2 teaspoons dry dill (optional)
1 teaspoon white vinegar
salt and pepper
extra virgin olive oil, as needed

Preheat oven to 225°F.

Heat a coating of oil in a large oven-safe stockpot. Toss beef with flour to lightly coat then sear meat for 8-10 minutes, until browned. Add onions, Garam Masala spices, and enough beef stock to just cover meat. Season liberally with salt and pepper and stir contents together to evenly mix. Cover and place in oven (or transfer to slow cooker) for 3-5 hours, until meat is very tender. *(Or place on low heat in a slow cooker for up to 8 hours.)* Let pot roast cool while preparing salad.

Whisk yogurt, lemon zest and juice, parsley, dill, vinegar and a liberal amount of salt and pepper in a small bowl to evenly mix. Add enough oil to thin the sauce into the consistency of a thick salad dressing. Season, if needed, then serve with freshly sliced cucumbers. (I like to stack alternating layers of cucumber and yogurt dressing to serve with pot roast.)

LAMB KOFTA WITH COCONUT SWEET POTATOES

Total Time: 40 minutes

Ingredients:

1 pound ground lamb (beef may be substituted)
1 ½ tablespoons Garam Masala seasoning (from this week's recipes)
2 eggs
1 cup dry breadcrumbs
2 teaspoons salt
2-4 tablespoons butter, melted, plus 2 tablespoons for sweet potatoes
6-8 sweet potatoes, skinned and roughly chopped
½ cup coconut milk
2 teaspoons honey
salt and pepper
flat-leaf parsley, finely chopped (optional-for garnish)

Preheat oven to 400°F.

Mix lamb, seasoning, eggs, breadcrumbs and salt in a large bowl until evenly blended. Form ¼ cup-sized scoops of meat mixture into balls and place in a large baking dish. Drizzle melted butter over meatballs. Place in oven and bake for 25-30 minutes, until fully cooked and browned on top.

Meanwhile, bring a large stockpot of water to a rolling boil and add a small handful of salt. Boil sweet potatoes for 8-10 minutes, until soft. Drain sweet potatoes then place back in pot over low heat. Using a large fork or potato masher, mash potatoes with coconut milk, honey, 2 tablespoons of butter and salt and pepper to taste. Serve sweet potatoes with kofta (meatballs) and sprinkle with finely chopped parsley (optional).

COCONUT-ALMOND CHICKEN NUGGETS WITH GOOEY SWEET AND SOUR SAUCE

This is a wonderfully kid-friendly meal. You'll NEVER be tempted to get fast food nuggets again.

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients:

3-4 boneless chicken breasts or thighs,
cut into 1-inch cubes
2 eggs, lightly beaten
salt and pepper
½ cup arrowroot powder
½ cup fine coconut flakes
½ cup almond meal (finely ground almonds)
butter
extra virgin olive oil

FOR SAUCE:

2 tablespoons honey
2 teaspoons vinegar (any light colored
vinegar will work)
1 teaspoon soy sauce
1 tablespoon warm water
2 teaspoons arrowroot powder

Preheat oven to 375°.

Toss chicken in a mixture of eggs beaten with salt and pepper. Mix arrowroot, coconut, and almond meal in a large dish and season well with salt and pepper. Butter a large baking dish (you may need 2 baking dishes). Toss egg-coated chicken into dry mixture until well coated, and place chicken nuggets in the baking dish. Drizzle oil over chicken to ensure a golden crust. Bake for 25-30 minutes, and prepare sauce 10 minutes before the chicken is done.

For sauce, whisk honey, vinegar and soy sauce in a small saucepan. In a small bowl, whisk arrowroot with water until dissolved, then add mixture to pan. Whisk over medium heat until sauce thickens enough to coat the back of a spoon (sauce will thicken more as it cools). Serve warm sauce with chicken as a dip.

*A simple side salad with this week's salad dressing recipe is the perfect way to complete this meal.

NAAN BREAD

Total Time: 30 minutes active, 6-8 hours inactive

Ingredients:

1 teaspoon yeast
¾ cup warm water (about 100°F)
2 cups flour (White, whole wheat, or sprouted)
1 tablespoon sugar
dash of baking soda
1 teaspoon salt
2 ½ tablespoons whole, plain yogurt
2 tablespoons extra virgin olive oil

Mix yeast and water in a small bowl and let set for 10-15 minutes until cloudy and/or foamy.

Mix flour, sugar, baking soda and salt in a large mixing bowl. Whisk yogurt and oil into the yeast mixture, then stir into the flour mixture until evenly incorporated. Cover and place in a warm spot for 6-8 hours.

To bake naan, heat a nonstick skillet over medium-high heat. Wet hands thoroughly and scoop a ¼ cup-sized ball of risen dough. Pat dough between the palms of your hands and form a very thin disk of dough, then through the disk on the pan. Let cook for 1-2 minutes on one side, then about 30 seconds on the second side. (It is normal for some parts to get very dark.) Serve immediately or keep refrigerated for a few days.

BLUEBERRY GOAT CHEESE PIE WITH ALMOND CRUMBLE

Total Time: 1 ½ hours

**This recipe is very rich and definitely a treat. You can use healthier flour options, such as sprouted flour, kamut, spelt, etc., but obviously you will not get the same light texture as with unbleached all-purpose white flour.*

**Extra pie crust can be sprinkled with sugar and cinnamon for a pie-crust cookie treat.*

Ingredients:

FOR CRUST:

2 cups flour

1 teaspoon baking soda

½ teaspoon salt

12-16 tablespoons cold butter or organic lard (2/3 butter to 1/3 lard is a perfect blend!)

3-6 tablespoons iced water

FOR FILLING:

3 cups blueberries

¾ cup sugar

¼ cup arrowroot powder

zest and juice of 1 lemon

¼ cup goat cheese, finely crumbled

FOR CRUMBLE:

¼ cup flour

¾ cup almond meal

½ cup sugar

½ cup butter

To prepare crust, pulse flour, baking soda, and salt in a food processor. While pulsing, add small chunks of butter and/or lard until mixture has formed into fine crumbs that stick together when pinched with fingers. While pulsing mixture, add iced water very slowly until large chunks of crumbs form, but mixture has not yet turned into a fully incorporated dough. Transfer mixture to a floured baking sheet and work dough together until it forms a unified ball. Cover dough and refrigerate for 30+ minutes (optional). Roll out dough to a 12-inch round and transfer to a 10-inch pie dish. Press dough into sides of dish and pinch the edges to form a crust.

Preheat oven to 350°F.

To prepare filling, place all ingredients in a large mixing bowl and toss until blueberries are evenly coated with other ingredients. Pour mixture into the prepared pie crust.

To prepare crumble topping, place all ingredients in a mixing bowl and mix with a fork or your hands until large crumbs form. Pour crumble evenly over the top of the pie.

Bake pie for 60-70 minutes, until crust and crumble are golden brown and blueberry filling is bubbling. Let cool completely before serving and savoring every sweet bite!

BOMBAY CHICKEN MELTS

Total Time: 30 minutes

**I suggest serving a small side salad with this meal.*

Ingredients:

3 chicken breasts or thighs, sliced in half lengthwise then pounded into large flat pieces
extra virgin olive oil
salt and pepper
1 tablespoon curry powder
1 teaspoon tumeric
¾ cup sour cream, yogurt or crème fraiche
2-3 tomatoes, sliced into discs
½ onion, sliced very thinly
Naan bread (from this week's recipes) or regular bread slices
Mozzarella cheese slices (1 per serving)
Flat leaf parsley, finely chopped (optional)

Season flattened chicken with salt and pepper and sear for 5-6 minutes per side in oil in a hot pan, until fully cooked. While chicken is cooking, whisk curry powder and tumeric with yogurt, sour cream or crème fraiche in a small bowl, until blended. Remove chicken from heat, then stir yogurt mixture into pan until a bright yellow and creamy sauce forms.

Preheat broiler in oven to high heat. Place naan or bread slices on a baking sheet and top with a piece of chicken, a tomato slice, onion slices, an extra drizzle of the yogurt sauce, then a large slice of mozzarella. Repeat as needed for additional servings. Place baking dish in oven under broiler for 3-5 minutes, until cheese is melted and beginning to brown. Serve sandwiches topped with a sprinkle of finely chopped parsley and a side salad *(optional)*.

GARAM MASALA SEASONING

Ingredients:

¼ cup cumin
1 tablespoon pepper
2 tablespoons pumpkin pie spice
2 teaspoons cinnamon
2 teaspoons tumeric

Mix all ingredients in a bowl until well blended. Use immediately and/or store in an airtight container for months.