

REAL FOOD WEEKLY

October 19, 2012

"COZY FOOD"

ISSUE 53

Depending on where you live, it may or may not be getting a little chilly by now. Here in Southern California, mid-October can sometimes deliver the hottest days of the year, which we definitely have just endured.

We still love to celebrate the Fall, though! Cozy food is food that makes you feel good. Right about this time of year, people start getting in a festive mood. Adorable fall colors are decorating houses, and we are desperate for a cold day to give us an excuse to enjoy some "Cozy Food". Delicious, cozy food is the perfect way to bring the family together to warm our hearts and souls with the festivities of dinnertime. This week features things like butternut squash, maple syrup, apples, and raspberries. There are quite a few traditional food preparations to learn this week, meaning they enhance nutritional value, so read through the directions and get cooking!



CREAMY RUSTIC CHICKEN WITH PAN CARAMELIZED CARROTS



LACTO-FERMENTED RASPBERRY-ORANGE JUICE



BUTTERNUT SQUASH AND BEEF BROWN RICE RISOTTO



BEEF AND VEGGIE POT ROAST



MAPLE CRISPY NUTS



MAPLE GLAZED PORK TENDERLOIN WITH APPLE BUTTERNUT SQUASH SOUP

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Creamy Rustic Chicken with Pan Caramelized Carrots
- Beef and Veggie Pot Roast
- Maple Glazed Pork Tenderloin with Apple Butternut Squash Soup
- *Leftovers Creation* ~ Butternut Squash and Beef Brown Rice Risotto

EXTRAS

- Maple Crispy Nuts
- *Salad Dressing* ~ Creamy Butternut Squash Vinaigrette

NOURISHING ADDITIONS (Recipe Review)

Lacto-fermented Raspberry-Orange Juice

**Add grated or minced chicken liver to Butternut Squash Soup*

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

- Brown Rice or Quinoa Pasta with leftover meat mixed in a tomato sauce
- Mixed Salad with raspberries, Crispy Nuts, chopped leftover meat, and vinaigrette
- Make a huge batch of homemade chicken stock for the recipes this week, and save leftover stock and chicken meat to make a chicken and vegetable soup.

PLANNING NOTES

- Chicken stock is needed this week. Homemade is always best! A recipe can be found in the "recipes" section of **www.RealFoodFamily.com**. Since one recipe this week calls for chicken pieces, the most economical choice is to buy a whole chicken and cut all the parts away from the backbone. Make a stock with the backbone and innards (*if available*).
- For Risotto, soak brown rice for 12-24 hours before preparing recipe
- All Crispy Nuts recipes require soaking and drying nuts, which takes about 24 hours total (*almost entirely inactive time*).
- Raspberry-Orange Juice is a fermented beverage, and therefore takes 3+ days to prepare.

CREAMY RUSTIC CHICKEN WITH PAN CARAMELIZED CARROTS

Total Time: 45 minutes

Ingredients

8-10 varied pieces of chicken, such as bone-in thighs, legs, breasts, etc.

Extra virgin olive oil

Salt and pepper

1 onion

1 cup mushrooms, chopped

1 fennel bulb, chopped

2 garlic cloves, minced

2/3 cup red wine, chicken stock or water may be used

1 tablespoon fresh sage, finely chopped

1 tablespoon fresh rosemary needles, finely chopped

1 cup mascarpone cheese, sour cream, and/or heavy cream

FOR CARROTS:

2-3 carrots, cut/julienned into 5-inch sticks

2 tablespoons butter

2 teaspoons maple syrup

salt

Preheat oven to 350°F.

Coat chicken pieces with olive oil and salt and pepper. Heat more oil in a large skillet and sear chicken for 8 minutes per side. Remove from pan and set aside on a large plate. Add onions, mushrooms and fennel, and sauté for 8-10 minutes, until softened and possibly beginning to brown. Stir in garlic and sauté for 1 minute. Add wine (or chicken stock or water) and deglaze pan for 2 minutes, until liquid is simmering. Stir in herbs and mascarpone (or cream), then add chicken back to pot. Place in oven for 10-20 minutes, until sauce thickens and chicken is thoroughly cooked.

While chicken is in oven, simmer the carrots in a small saucepan with a little water until carrots are soft. Strain carrots and return pan to heat. Melt butter until bubbling and stir in maple syrup and a dash of salt. Add carrots to maple butter and gently stir to coat well. Serve carrots over chicken.

BEEF AND ROOT VEGETABLE POT ROAST

Prep Time: 30 minutes

Cook Time: 3-6 hours

This recipe may be made in a slow-cooker. Prepare ingredients as directed, then transfer to a slow cooker. Pot roast may be cooked in a slow cooker for up to 9 hours on low heat, if needed.

Ingredients:

3-5 pound beef brisket, such as chuck roast, cut into chunks

Salt and pepper

Extra virgin olive oil

1 onion, roughly chopped

2 fennel bulbs, roughly chopped

2 cups carrots, chopped

1 cup red wine

1 ½ cups beef or chicken stock, or water

1 large or 2 small sprigs of rosemary

Preheat oven to 250°F.

Season chunks of beef liberally with salt and pepper. Heat oil over high heat in a large stockpot or Dutch oven and sear beef until browned on outsides. *(This may be done in two or three batches. Don't overcrowd pan.)* Remove beef from pan and set aside. Add onion, fennel, and carrots and sauté for 10-15 minutes. Season liberally with salt and pepper. Deglaze pan with wine, scraping any cooked bits from bottom of pan, then stir in stock. Place the rosemary on top of mixture, cover with an oven-safe lid, then place in oven. Slow cook for 3-6 hours, until meat is incredibly soft. Serve as is, or with a salad or other raw vegetables.

MAPLE GLAZED PORK TENDERLOIN AND BUTTERNUT APPLE SOUP

Total Time: 45 minutes

*Ingredients***FOR SOUP:**

1 large (or 2 small, or 1½ medium) butternut squash- peeled, seeded, and cubed

2 zucchini, peeled and roughly chopped

3 apples, cored and roughly chopped

6 cups chicken stock

1 teaspoon cinnamon

1 tablespoon maple syrup

2 tablespoons butter

salt and pepper

sour cream, optional

***Nourishing Addition: Add organic chicken liver to soup while cooking**

FOR PORK:

1 pork tenderloin (2 for more than 3+ adult mouths)

salt and pepper

1 teaspoon cinnamon

1 teaspoon garlic powder

2 tablespoons extra virgin olive oil

2 tablespoons butter

2 teaspoons maple syrup

To prepare the soup, place the butternut squash, zucchini and apples in a large stockpot, then add stock. Bring to a boil over medium-high heat until vegetables are very soft, about 20-30 minutes.

***You may wish to add chicken livers to the soup at this point for extra nourishment. You will not notice much**

flavor difference with chicken livers unless you add a lot.

(Prepare pork while letting the soup cook.) Once vegetables are very soft, add cinnamon, maple syrup, butter, and salt and pepper, to taste. Using an immersion blender or standing blender, puree soup until smooth.

While soup is cooking, prepare pork by preheating the oven to 400°. Season pork liberally with salt and pepper, cinnamon, and garlic powder. Heat oil in an oven-safe pan and sear pork on all four sides, about 4 minutes per side. Dot the seared pork with pieces of butter, then transfer to oven for 20 minutes. Remove fully cooked pork from oven and place the tenderloin on a serving dish. Place pan over heat on the stove again and stir in remaining butter and syrup, stirring up bits from the bottom of pan, then turn off the heat. Slice pork into 1-inch thick medallions and drench them in the maple butter on each side.

Serve pork medallions with maple butter poured over the top of them, and serve the soup with a dollop of sour cream (*optional*). Enjoy!

BUTTERNUT SQUASH BROWN RICE RISOTTO WITH BEEF

Total Time: 30 minutes

This recipe is meant to be made with leftover beef pot roast and butternut squash soup. Instead of Arborio rice, traditionally used to make risotto, it is made with brown rice, a healthier alternative.

****For a traditional preparation, soak brown rice in water and a little raw milk whey for 12-24 hours. If rice is un-soaked, cook time will increase significantly.***

Ingredients:

2 cups brown rice, soaked for 12-24 hours in water and 1/4 cup whey
3 cups chicken stock or water
salt and pepper
1 cup leftover butternut squash soup
6 tablespoons butter
2 cups leftover beef pot roast
1/2 cup Parmesan cheese, grated
1/4 cup fresh herbs, finely chopped

Place rice and stock (*or water*) in a medium stockpot and bring to a boil for 5 minutes. Lower heat, cover, and let rice simmer until liquid is absorbed. Rice will be al dente (*not quite soft*). Add leftover soup to rice and stir over low heat for about 3 minutes.

Meanwhile, heat butter in a large saucepan and re-heat leftover pot roast. Add rice to pan and stir until thoroughly heated and incorporated. Stir in Parmesan and serve topped with fresh herbs.

MAPLE CRISPY PECANS

Crispy Nuts are used very often in my house as a snack, or dressed up for a treat, like in this recipe. The process of making crispy nuts activates enzymes and makes nuts more digestible. After soaking, nuts are dried in a warm oven until crispy, and may be stored for up to a month in the refrigerator.

Ingredients:

2 cups crispy pecans*

****To prepare crispy nuts, cover nuts in water with a liberal amount of salt, and soak for 12 hours. Drain nuts, spread on a baking sheet, and dry in a warm oven (150°F) for 8-12 hours, or until nuts are crispy.***

1/4 cup butter

1/2 cup maple syrup

1 teaspoon cinnamon

Heat butter in a large saucepan until bubbling. Stir in maple syrup and cinnamon, then add pecans. Stir until syrup is becoming sticky. Spread caramelized nuts on the baking sheet (*or on parchment paper for easy cleanup*) and let cool until caramel hardens. Serve immediately or keep refrigerated.

CREAMY BUTTERNUT SQUASH VINAIGRETTE

This recipe is made using leftover butternut squash soup.

Ingredients:

½ cup leftover butternut squash soup (cold)
¼ cup rice wine or white balsamic vinegar
½ cup mascarpone cheese, sour cream, or softened cream cheese
½ cup extra virgin olive oil
salt and pepper

Whisk soup and vinegar in a small bowl. Whisk in mascarpone or sour cream and oil until smooth. Season with salt and pepper, to taste. Serve immediately or store refrigerated for up to two weeks.

LACTO-FERMENTED RASPBERRY ORANGE JUICE

Lacto-Fermented beverages add beneficial bacteria and enzymes to enhance digestion and nutrition. The process also adds a natural effervescence that is enhanced when sealed in an airtight container and refrigerated. Be sure not to make my mistake when first making this drink...don't keep it sealed for more than 1-2 days, or it might explode on you when you open it!

Ingredients:

2 ½ cups fresh unpasteurized orange juice (may be from 12 freshly squeezed oranges)
12 oz package of frozen raspberries, pureed
1 cup drinking water
¼ cup whey made from raw milk

Mix ingredients in a large jar. Cover with a towel or cheesecloth for 3 days, then strain juice to remove raspberry pulp and seeds. Seal with an airtight lid and refrigerate. Juice will become more effervescent (*and better tasting*) with age. Make sure to release seal every 1-2 days to avoid an explosion when opening.