

REAL FOOD WEEKLY

ISSUE 55

November 3, 2012

"ORANGE TINTED GLASSES"

Things are getting orange! I can't believe it's already NOVEMBER!!! (Can you hear me freaking out?) Now that Halloween has passed, we are starting to see even more orange around us: pumpkins, leaves, flowers and decorations. You might even be thinking red and green already, but this week emphasizes pumpkin, sweet potato, spaghetti squash, carrots, golden apples and other classic, warm-colored foods of the season. Have a blessed week!



POT ROAST WITH SWEET POTATO GRATIN CRUST



PAN ROASTED PORK LOIN WITH KALE AND SWEET POTATO SAUTÉ AND APPLE PUREE



BUTTERED SPAGHETTI SQUASH AND MEATBALLS



PUMPKIN CAKES WITH LEMON GLAZE

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Pot Roast with Sweet Potato Gratin Crust
- Butter Herbed Fish with Wilted Spinach and Garlic
- Buttered Spaghetti Squash and Meatballs
- Pan Roasted Pork Loin with Kale and Sweet Potato Sauté and Apple Puree

EXTRAS

- Pumpkin Cakes with Lemon Glaze
- Roasted Garlic and Bean Dip (*perfect for dipping veggies or spreading on sprouted crackers or bread*)

NOURISHING ADDITIONS (Recipe Review)

- Fermented Apple Cider

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- Leftover Spaghetti Squash Hash Cakes- mix leftovers with two eggs and form into patties, then fry in butter, coconut oil, or organic lard.
- Pre-slice sweet potatoes very thinly at the beginning of the week to make chips for any meal of the day, or as a snack. Simply fry in butter, coconut oil, or organic lard. Add different herbs or seasonings for different flavors- even cinnamon and a dash of sugar for a treat!

PLANNING NOTES

- If you are making the Pumpkin Cakes this week, the recipe includes a way to make your own pumpkin puree instead of buying the canned version. This will take an extra 1 ½ hours to prepare, so plan accordingly.
- If you are making the Roasted Garlic and Bean Dip and you wish to use dry beans instead of canned, plan to soak beans overnight then boil for about 30 minutes before proceeding with recipe.

Shopping List

Orange Tinted Glasses

November 03, 2012

My NOTES:

EGGS AND DAIRY:

Butter
Parmesan Cheese

FOR PUMPKIN CAKES WITH LEMON GLAZE:

Extra butter
Whole milk or cream
Eggs

FOR ROASTED GARLIC AND BEAN DIP:

Mascarpone cheese

FOR FERMENTED APPLE CIDER:

Whey, made from separated raw milk or yogurt

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

PANTRY:

Extra virgin olive oil
Salt and pepper
Frying fat, such as olive oil, coconut oil, organic beef tallow or lard
Red wine
White wine
Cinnamon
Dry breadcrumbs (*unseasoned*)

FOR ROASTED GARLIC AND BEAN DIP:

2 cups dry organic white kidney beans, or cannellini beans, or 1 can

FOR FERMENTED APPLE CIDER:

½ liter unfiltered apple juice

FOR PUMPKIN CAKES WITH LEMON GLAZE:

Pumpkin puree- 15 ounces, *pumpkin puree from fresh pumpkins is an option and is noted in recipe
Brown or granulated sugar (*use evaporated cane juice, if possible*)
Powdered sugar
Flour
Pumpkin pie spice
Molasses
Baking powder
Baking soda

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

POT ROAST WITH SWEET POTATO GRATIN CRUST

*Total Time: 3-4 hours (*can be simmered in a slow cooker for up to 8 hours)*

Ingredients:

Frying fat, such as olive oil, coconut oil, organic beef tallow or lard

3-6 pound beef roast, such as rump, chuck or brisket, cut into 2-inch cubes

salt and pepper

2 onions, chopped

2 cups carrots, roughly chopped

2 cups celery, roughly chopped

3-4 garlic cloves, finely chopped

3-4 tomatoes, roughly chopped

1 cup red wine (optional)

1-2 cups beef or chicken stock (or water)

1 teaspoon cinnamon

1-2 bay leaves (optional)

¼ cup butter, plus extra to top sweet potato gratin

3-4 sweet potatoes, peeled and grated

Heat frying fat in a large stockpot. Season beef with salt and pepper, then sear beef cubes in pot for 10-12 minutes, until browned. Use a slotted spoon to remove beef from pan and set aside. Add extra fat to pot, if needed, then sauté onions, carrots and celery for 8 minutes. Add garlic and tomatoes for 3-4 minutes, then stir beef back into the pot. Stir in wine and enough stock or water to rise 1 inch below the contents of the pot. Season liberally with salt and pepper, then add cinnamon and bay leaves.

Cover stew and let simmer over low heat for 3-4 hours. *You may also let simmer in a 300°F oven, or in a slow cooker on low heat for up to 8 hours.

When stew is thick and meat is extremely tender, remove bay leaves and use 2 forks to pull and shred meat. Stew should be thickened.

Preheat oven to 400°F.

To prepare the gratin, you may transfer stew to individual oven-safe soup bowls, or finish the gratin over the entire stew in the stockpot. Evenly spread a layer of grated sweet potato over the stew so that you cannot see the stew. Dot liberally with butter and a dash of salt and pepper. Place in oven and bake for about 20 minutes, until sweet potato gratin is browned and crispy on edges. Serve immediately.

BUTTER HERBED FISH WITH GARLIC WILTED SPINACH

Total time: 25 minutes

This recipe requires a baking dish with an oven-safe lid. Parchment paper or aluminum foil may be used as a substitute.

Ingredients:

1-2 pounds white fish, such as halibut, bass, or cod
salt and pepper
½ cup butter, separated
¼ cup white wine
1 teaspoon rosemary, minced
2-4 teaspoons thyme, minced
2 garlic cloves, minced
4-6 cups spinach leaves

Preheat oven to 450°F.

Place fish in a baking dish and season liberally with salt and pepper. Heat ¼ cup butter in a small saucepan and stir in herbs. Pour herb mixture over fish, cover dish, then bake for 15 minutes, until fish is just cooked.

While fish is cooking, sauté garlic in remaining butter in a large saucepan. Add spinach to pan and stir until spinach is just wilted, not soggy. Season with salt and pepper, to taste, then serve with fish.

BUTTERED SPAGHETTI SQUASH AND MEATBALLS

Total Time: 40 minutes

Ingredients:

1 spaghetti squash
extra virgin olive oil
1 onion
2-3 garlic cloves, finely chopped
20 oz. ground beef
salt and pepper
¼ cup dry breadcrumbs
¼ cup butter, cut into small pieces
Parmesan cheese

Preheat oven to 400°F.

Slice ends off of squash and slice in half lengthwise. Place squash faced down in a large baking dish and fill with 1½ inch of water. Place in oven and bake for 30 minutes, until squash is soft.

Heat oil in a large skillet and sauté onion for 10 minutes, until just beginning to brown, then add garlic for 2 minutes. Transfer onion and garlic to a large bowl and add beef and a liberal amount of salt and pepper. Mix well to incorporate ingredients, then evenly mix in dry breadcrumbs. Grease a second baking dish with oil and form meat into ¼-cup sized balls and place in the baking dish. Bake meatballs for 20 minutes until fully cooked and brown.

Use 2 forks to scrape out squash from shell and place in a bowl. Add butter to squash and season lightly with salt and pepper, toss gently. Serve squash with meatballs, topped with a liberal amount of freshly grated parmesan cheese.

PAN ROASTED PORK LOIN WITH KALE AND SWEET POTATO SAUTÉ AND APPLE PUREE

Total Time: 40 minutes

Ingredients:

Frying fat, such as olive oil, coconut oil, organic beef tallow or lard
1-2 pork loins
salt and pepper
3-4 apples, peeled, cored and chopped
¼ cup butter
1 onion
2 sweet potatoes, peeled and chopped into small cubes
1 cup mushrooms, chopped
2 cups kale leaves (stems removed), chopped

Preheat oven to 400°F.

Heat frying fat in a large skillet. Season pork loin with salt and pepper and sear for 5-7 minutes per side, until a crispy brown crust forms. Transfer pork loin to a baking dish and place chopped apples around the pork in the baking dish, pouring oil from pan over pork and apples. Place in oven and bake for 20-25 minutes, until pork is fully cooked and just slightly pink in the center.

Meanwhile, return skillet over heat and sauté onions, sweet potatoes and mushrooms in butter for 15-20 minutes, until vegetables are soft and golden. *(Add a few tablespoons of water or stock to pan, if needed, to remove bits from bottom of pan.)* Add kale to skillet and cover for about 5 minutes, until kale is wilted and soft. Stir vegetables and season, as needed, with salt and pepper.

Transfer baked apples to a blender and pulse to puree. Serve sliced pork loin with vegetables, topped with pureed apple.

PUMPKIN CAKES WITH LEMON GLAZE

Total Time: 1 ½ hours

Ingredients:

1 cup butter
1 ½ cup brown or plain sugar
3 eggs
15 ounces pumpkin puree*
½ cup whole milk or cream
¼ cup molasses
3 cups flour
5 teaspoons pumpkin pie spice
1 ½ teaspoons baking powder
¾ teaspoon baking soda
½ teaspoon salt
1 ¼ cup powdered sugar
juice and zest of 1 lemon, separated

**If you'd like to make your own pumpkin puree, slice 2 small "pie pumpkins" in half, then scoop out seeds. Brush flesh with melted butter or coconut oil and place, flesh-side up, in a baking dish. Roast for about 1 hour, until flesh is very soft and is easily removed from the skin. Scoop roasted pumpkin into a bowl and mash into a puree.*

Preheat oven to 350°F.

Using an electric mixer (or strong arm), beat butter and sugar until light and fluffy. Whisk in eggs, one at a time, then add pumpkin, milk or cream, and molasses. Mixture should look curdled.

In a separate bowl, whisk together flour, pumpkin pie spice, baking powder, baking soda and salt. Slowly mix flour mixture into pumpkin mixture, until mixture is just incorporated. Do not over-mix.

Grease a muffin pan or loaf pan liberally with butter or oil. Transfer batter to pan and bake for 50-60 minutes, until a knife comes out clean when inserted into cake. Let cool completely.

Whisk powdered sugar and lemon zest in a small bowl, then slowly whisk in enough lemon juice to create a thick glaze. Pour glaze over pumpkin cakes, then serve.

ROASTED GARLIC AND BEAN DIP

Total Time: 65 minutes

Ingredients:

**2 cups dry organic white kidney beans,
or cannellini beans, or 1 can**
1 whole head of garlic
extra virgin olive oil
salt and pepper
¼ cup mascarpone cheese

If using dry beans, soak beans overnight then boil in salted water for about 30 minutes, until soft.

Preheat oven to 375°F.

Slice a thin layer off the top of the head of garlic. Drizzle oil, salt and pepper over garlic and roast in oven for 45-60 minutes. Squeeze roasted garlic into a small food processor (*using oven mitts to protect from hot garlic*). Add beans, mascarpone cheese, plus additional salt and pepper, to food processor and puree until smooth. Serve as a dip for vegetables, as a spread for sandwiches, or as something else creative. Store in refrigerator for up to 2 weeks.

FERMENTED APPLE CIDER

This is a traditional drink made a little more simply with store-bought juice. You may very well make fresh apple juice with a juicer. Either way, fermenting with whey adds valuable nutrition and digestibility to a typically high-sugar drink.

Ingredients:

½ liter unfiltered apple juice
¼ cup whey, made from raw milk
2 teaspoons cinnamon (optional)

Mix ingredients in a large jar (*or the jar the juice came in*) and cover with cheesecloth or a towel. Leave at room temperature for 3 days. Cover tightly and transfer to the refrigerator. Juice will develop more effervescence over time, so release pressure every day or so to avoid an explosion when opening.