

REAL FOOD WEEKLY

ISSUE 56

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“EURO INSPIRATION”

We're taking seasonal foods and applying them to classic dishes from across Europe. Enjoy German Schnitzel, French style mushrooms and fish, Hungarian Paprikash, and an Irish style steak (or liver) with onions and (sweet) potato spuds. The nourishing Lacto-Fermented Sauerkraut recipe is a traditionally prepared food that should be a staple for all nourished homes. Top it all off with a grain-free, paleo-friendly berry dessert!



BROILED FISH WITH CARAMELIZED MUSHROOMS



CHICKEN AND VEGETABLE PAPRIKASH



SCHNITZEL WITH BRAISED CABBAGE AND PARSLEYED POTATOES



GRAIN-FREE BLUEBERRY COBLER



STEAK AND CRISPY ONIONS WITH SWEET POTATO SPUDS

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Schnitzel with Braised Cabbage and Parsleyed Potatoes
- Broiled Fish with Caramelized Mushrooms
- Chicken and Vegetable Paprikash
- Steak (or grassfed liver) and Crispy Onions with Sweet Potato Spuds

EXTRAS

- Grain-free Blueberry Cobbler

NOURISHING ADDITIONS (Recipe Review)

- Sauerkraut
- Crispy Nuts (pecans)

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- Homemade chicken stock
- Easy chicken and veggie soups for meals and snacks
- Leftovers Frittata dinner
- Mix leftovers with eggs and bake with cheese on top.
- Seasonal fruits like apples and pears with raw milk cheese for snacks
- Mash leftover fish with sour cream and seasonings to make a creamy fish sandwich or dip
- For a kid lunch- quesadillas made with chopped up leftover chicken and veggies
- Sauerkraut salad with avocado, tomato and pomegranate seeds- awesome probiotic snack!
- Snack on crispy nuts

PLANNING NOTES

- If using liver (*not steak*) for the Steak and Crispy Onions recipe, remove film on liver and soak in fresh lemon juice for 12-24 hours in the refrigerator before using for recipe. This neutralizes the strong flavor and texture of the liver.
- White or brown rice is offered as an optional side dish for the Chicken Paprikash. Plan ahead to make the rice if you'd like it.

SCHNITZEL WITH PARSLEYED POTATOES AND BRAISED CABBAGE

Total Time: 45 minutes

Ingredients:

FOR CABBAGE

¼ cup butter

1 head of red or green cabbage, roughly chopped (or as much as desired)

salt and pepper

½ teaspoon ground cinnamon

½ cup white wine

FOR SCHNITZEL:

1 pork cutlet or chicken breast per person, pounded to ¼ to ½ inch thick

2 eggs, beaten

salt and pepper

¾ cup breadcrumbs

¼ cup arrowroot powder

1 tablespoon sweet paprika

1 teaspoon garlic powder

½ cup frying fat, such as lard, butter, and/or olive oil

FOR POTATOES:

6-8 medium gold potatoes (about 1-2 per person), skinned and chopped into cubes

½ cup butter

½ cup milk, plus more as needed

¼ cup flat-leaf parsley, finely chopped

First prepare cabbage by heating butter in a large skillet or pot. Sauté cabbage for 5-8 minutes, then season with salt, pepper, and cinnamon. Stir in wine plus ½ cup water. Let simmer for 30 minutes while preparing schnitzel and potatoes.

Preheat oven to 250°F and prepare ingredients for schnitzel: whisk eggs in a large dish and season well with salt and pepper; evenly mix breadcrumbs, arrowroot, paprika, garlic powder, and salt and pepper in a second large dish. Before finishing schnitzel, prepare potatoes.

Place potatoes in a large pot and fill with water to cover potatoes. Bring water to a boil for 8-10 minutes, until potatoes are soft and flaky. Drain potatoes, then place back in the pot over low heat. Process potatoes with butter, milk, parsley, salt and pepper, to taste, using a potato ricer, masher, or immersion blender (*Use an electronic blender very carefully. Too much blending will cause potatoes to become like glue.*) Use enough milk for desired consistency and season as needed. Keep potatoes warm while finishing schnitzel.

Heat frying fat in a large skillet. Dip each meat cutlet in eggs, then breadcrumb mixture, shaking to remove excess. Fry cutlets for about 3 minutes per side, until golden brown. Keep schnitzel warm in the oven and repeat with remaining meat cutlets. Serve schnitzel with potatoes and braised cabbage.

BROILED FISH WITH CARAMELIZED MUSHROOMS

Total Time: 20 minutes

**This recipe can be served with a salad or lightly steamed vegetables.*

Ingredients:

¼ cup butter

1 onion, sliced

2 cups brown mushrooms, sliced

white wine

chicken stock (optional)

salt and pepper

4-8 ounces of a light, white fish filet per person, such as sole, tilapia or halibut

mixed dried herbs

Preheat oven to 450°F.

Heat butter in a large saucepan and sauté onions and mushrooms over low-medium heat for 15-20 minutes, adding a tablespoon of wine or stock to pan to remove overcooked bits from bottom of pan, until mixture is deep golden brown and caramelized. Season, as needed, with salt and pepper.

Meanwhile, place fish filets in a large baking dish and pour ½ cup of wine in the pan. Season fish with salt, pepper and dried herbs. Place in oven and bake for 5-10 minutes, until fully cooked and flaky. Serve fish with caramelized mushroom mixture and a side of vegetables (optional).

CHICKEN AND VEGETABLE PAPRIKASH

Total Time: 40 minutes

**This dish can be served with white or brown rice, but is not included in the recipe.*

Ingredients:

¼ cup olive oil or organic lard

6-8 chicken thighs (boneless)

salt and pepper

1 onion, chopped

1 cup carrots, chopped

1 cup celery, chopped

1-2 cups kale leaves, chopped (no stems)

1 cup chicken stock, plus 2-4 tablespoons

2 tablespoons sweet paprika

1 cup sour cream

Heat oil or lard in a large stockpot. Season chicken thighs with salt and pepper, then sear chicken for 3-5 minutes per side to brown. Transfer chicken to a dish then add onion, carrots and celery to pan. Sauté vegetables for 10-12 minutes, then add chicken stock and kale. Cover to let kale wilt, then stir in paprika and add chicken back to pan. Let simmer, uncovered, for 15-20 minutes, then remove from heat and stir in sour cream. Season with salt and pepper, if needed, then serve.

STEAK (OR LIVER) AND CRISPY ONIONS WITH SWEET POTATO SPUDS

Total Time: 45 minutes

**Liver (from organically raised cows fed exclusively grass) is one of the most nourishing and nutrient-dense foods available in nature. Only eat liver if you are confident in the source. Liver may not be appealing to you, although it is a wise flavor to acquire (for nutrition reasons), but you may not be comfortable eating liver. Grass-fed steak is a good substitute for this recipe.*

**Soak liver in fresh lemon juice for 12-24 hours before using in the recipe for a subdued flavor and stronger texture.*

Ingredients:

4-6 medium sweet potatoes (1 per person)

extra virgin olive oil

¼ cup butter

1 cup cheddar cheese, grated

4oz. steak per person (such as rib-eye or New York)

or liver (soaked in fresh lemon juice for 12-24 hours, and outer film removed)

salt and pepper

2 teaspoons garlic powder

¼ cup extra virgin olive oil and/or frying fat

1 onion, sliced

2 tablespoons arrowroot powder

2 tablespoons dry breadcrumbs

sour cream (optional)

green onions, finely chopped (optional, for garnish)

Preheat oven to 425°F.

Slice sweet potatoes lengthwise and place, flesh side up, on a baking sheet or dish. Drizzle potatoes liberally with oil and salt and pepper, and roast for 25-30 minutes, until soft. Using an oven-mit and spoon, scoop center of sweet potatoes into a bowl, leaving a layer of sweet potato on skins. Mix butter and cheese into sweet potatoes in the bowl and mash until ingredients are incorporated. Scoop mixture back into sweet potato skins. Drizzle with a little more oil and/or dot with butter and return to oven and bake for 15 minutes. Prepare steak and onions while sweet potatoes are cooking.

Season steak/liver with salt and pepper and garlic powder and set aside. In a large bowl, evenly mix arrowroot powder and breadcrumbs, plus salt and pepper. Toss onions in mixture until well coated. Heat half of frying fat in a large skillet and sauté coated onions until crispy. Set onions aside, then add additional fat to pan (as needed) over high heat and sear liver/steak for 3-5 minutes per side, until cooked as desired. Serve steak and onions with sweet potato spuds, garnished with sour cream and green onions (optional).

GRAIN FREE BLUEBERRY COBBLER

Total Time: 45 minutes

Ingredients:

16 ounces blueberries (frozen ok)
2 teaspoons vanilla extract
¼ cup maple syrup, plus 2 tablespoons salt
1 cup raw or “crispy” pecans, finely chopped
1 ½ cups almond flour
2-3 tablespoons butter
freshly whipped cream (optional)

Preheat oven to 350°F.

Toss blueberries in a large bowl with vanilla, ¼ cup maple syrup and a dash of salt. In a separate bowl, mix pecans, almond flour, 2 tablespoons maple syrup and a dash of salt with a fork or pastry cutter. Add small pieces of butter and continue mixing until mixture turns into moist crumbs. Spread blueberry mixture in a small baking dish or in individual ramekins. Spoon a layer of nut crumble over the blueberries. Place in oven and bake for 25-30 minutes, until crust is golden and blueberries are bubbling into crust. Let cool, then serve with freshly whipped cream (optional).

SAUERKRAUT

Sauerkraut is a very traditional recipe in Europe using a fermentation process with whey made from raw milk. This process adds valuable nutrition and enzyme properties. Store-bought sauerkraut, even from health food stores, typically uses vinegar to “pickle” the cabbage. This recipe is best made at home using the traditional method.

Ingredients:

1 head of cabbage, chopped
2-4 teaspoons salt
¼ cup whey

Place cabbage and salt in a large bowl and beat down using a wood spoon or other device until cabbage is less than ¼ its original size. Pour cabbage and liquid into a mason jar, or other jar with a tight lid. Pour whey into mixture, cover tightly, then shake to evenly mix. Remove lid and cover with a towel or cheesecloth (keep pests out) and let stand at room temperature for 3-7 days. Cover with a lid and transfer to refrigerator for up to 6 months (or more).

CRISPY NUTS

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:

2-3 cups nuts, such as peanuts pecans, walnuts, almonds, etc.
salt
¼ cup whey, made from raw milk or yogurt (optional)

Cover nuts in water with a liberal amount of salt and whey, 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.