

REAL FOOD WEEKLY

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ISSUE 58

“A LITTLE MORE THANKS”

As a food blogger and meal planner, it is actually hard to put out a Thanksgiving week plan. Everyone usually has their holiday meal plans set in place because of traditions or potluck-style family dinners. I'd love to know if some of you used last week's Thanksgiving guide, but I kept working on more holiday recipes up until the big day. Now that the pressure of your Thanksgiving meal is off, and since we have so much time between Thanksgiving and Christmas this year, I thought I'd extend the celebration for another week. These are Thanksgiving-inspired, but not more of the same old traditional stuff. Maybe you'll like these recipes enough to save them for next year.

The "Gnarly Chicken Stock" recipe this week is a preview of my **farm-to-table turkey experience this week.*



GRAIN FREE VEGETABLE STUFFING



POMEGRANATE BRUSSELS SPROUTS



STUFFED BUTTERNUT SQUASH



GOEY-STUFFED BAKED POTATOES



GNARLY TURKEY STOCK

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Roasted Chicken with Grain Free Vegetable Stuffing
- Stuffed Butternut Squash
- Steak and Goeys-Stuffed Baked Potatoes
- Poached Halibut with Pomegranate Brussels Sprouts

EXTRAS

- Turkey Liver Pate

NOURISHING ADDITIONS (Recipe Review)

- Gnarly Turkey Stock (or just Homemade Stock)
- Crispy Nuts

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- Did you try the turkey, brie and cranberry sauce sandwich suggested from last week? Do the same this week, but you can use chicken instead of turkey if you don't have it.
- A frittata made with leftover Grain Free Vegetable Stuffing will be delicious. Mix eggs with leftovers and bake until set.
- Have extra baked potatoes leftover? Smash them into flat pancakes and fry them on both sides until golden and crispy. Top with Parmesan cheese...yum!
- I'll be making homemade chicken stock this week and serving easy chicken and vegetable soups for lunches and snacks, as well as sipping hot stock as a drink.

PLANNING NOTES

- Pecans are needed for the stuffing recipe, and I always prefer to soak and dry nuts before eating to aid in digestion and break down acids that are harsh on the body. This will take an extra 24 hours (almost entirely work-free), so plan ahead. The recipe to do this is under "Crispy Nuts".
- Chicken or turkey stock is needed this week, so if you'd like to make it from scratch, plan ahead to make it before proceeding with recipes.



ROASTED CHICKEN WITH GRAIN FREE STUFFING

Total Time: 1 hour, 15 minutes

Ingredients:

FOR CHICKEN:

1 roasting chicken, butterflied (*directions below*)

extra virgin olive oil

salt and pepper

mixed dried herbs

FOR STUFFING:

¼ cup butter

4-6 ounces loose sweet Italian sausage

8-10 anchovy filets (*1 small can, packed in olive oil*)

3 garlic cloves, finely chopped

1 onion, chopped

1 cup mushrooms, chopped (*about 6 small mushrooms*)

½ butternut squash, peeled and cut into 1-inch cubes

2-3 sweet potatoes, peeled and cut into 1-inch cubes

1 pomegranate (*about ½ cup seeds*)

1 tablespoon flat-leaf parsley, finely chopped

1 tablespoon fresh sage, finely chopped (*or 2 teaspoons dried sage*)

1 ½ cups almond meal

½ cup pecans (*preferably "Crispy Nuts"*), chopped

2 eggs

1 cup chicken or turkey stock and/or heavy cream (*I like to use a mixture of the two*)

Preheat oven to 425°F.

To butterfly chicken, use sharp kitchen scissors to cut up the entire side of the backbone. You may cut the backbone completely out by cutting the other side, or (*as I prefer*), simply cut the one side, then cut a 1-inch slit at the top of the breastbone. Open the chicken and place into a baking dish, breast-side up, pressing to flatten.

Coat the chicken with olive oil, then season liberally with salt, pepper and dried herbs. Place the chicken in the oven for 10 minutes, then reduce heat to 350°F, and continue to bake for 45-60 minutes, until fully cooked and juices run clear when cut.

Meanwhile, prepare stuffing by sautéing sausage in butter until browned. Transfer sausage to a large mixing bowl with a slotted spoon. Add onion and mushrooms to pan and sauté for 8-10 minutes, until golden. Add garlic and anchovy filets to the pan, stirring until anchovies disintegrate (*creating a variation of a Bagna Cauda sauce*).

Place butternut squash, sweet potatoes, pomegranate seeds and herbs in the mixing bowl with the sausage, then pour onion and mushroom sauce into bowl. Mix in almond meal, pecans and eggs until evenly blended. Season mixture with salt and pepper, then stir in stock and/or cream. Pour mixture into a buttered baking dish, spreading evenly into the dish. Bake with chicken at 350°F until all liquid is absorbed and the top is golden.



STUFFED BUTTERNUT SQUASH

Total Time: 1 hour, 20 minutes

Ingredients:

1-2 butternut squash, sliced in half lengthwise and seeds scooped out
¼ cup butter
1 onion, chopped
1 cup mushrooms, chopped
1 pound loose sweet Italian sausage (can be squeezed out of links)
¼ cup flat-leaf parsley, finely chopped
1 egg
salt and pepper
extra virgin olive oil

Preheat oven to 375°F.

Heat butter in a large skillet and sauté onions and mushrooms for 8-10 minutes, until browned. Transfer mixture to a large mixing bowl and add sausage, herbs and the egg. Season ingredients liberally with salt and pepper, then use your hands or a large fork to evenly mix ingredients. Use a spoon or melon-baller to scoop a boat out of the center of the butternut squash. Place the squash halves in a baking dish and fill centers with sausage mixture. Coat the stuffed squash with olive oil and sprinkle with salt and pepper. Fill the baking dish with ½-inch of water, then place in the oven and bake for 45-60 minutes, until squash is soft and filling has a golden crust. Garnish with freshly chopped parsley and slice to serve.

STEAK AND GOEY-STUFFED BAKED POTATOES

Total Time: 45 minutes

Ingredients:

1 russet potato per person
4-6 ounces steak per person, such as New York, Rib Eye or Sirloin
salt and pepper
frying fat, such as coconut oil, beef tallow, organic lard or olive oil
butter
brie cheese
flat-leaf parsley, finely chopped

Preheat oven to 350°F.

Poke potatoes multiple times with the end of a sharp knife. Place potatoes in a baking dish (optionally wrapped in aluminum foil) and bake for 45 minutes, until soft.

When potatoes are 15 minutes from being done, season steak liberally with salt and pepper. Heat frying fat over medium-high heat, then fry steak for 4-6 minutes per side for medium-rare. Let steak rest for 5 minutes before serving with potatoes.

Slice potatoes open lengthwise and use a fork to lightly mash the inside without breaking the skin. Serve potatoes with a tablespoon of butter and a thick slice of brie cheese, sprinkled with salt, pepper and finely chopped flat-leaf parsley.



POACHED HALIBUT WITH POMEGRANATE BRUSSELS SPROUTS

Total Time: 30 minutes

Ingredients:

4-6 ounces halibut filet per person
½ cup white wine (chicken stock may be substituted)
1-2 cups Brussels sprouts per person, sliced in half from top to bottom
¼ cup butter
salt and pepper
seeds of 1 pomegranate (about ½ cup of seeds)

Bring a medium stockpot of water to a rolling boil and season with a handful of salt. Boil Brussels sprouts until bright green and fork-tender. Drain Brussels sprouts, removing as much water as possible. Heat butter in a large saucepan and sauté Brussels sprouts until beginning to brown.

Meanwhile, prepare the fish. To poach fish, bring ½ cup water and ½ cup white wine (or stock) to a simmer over medium heat and place fish filets in the poaching liquid. Cover for 8-10 minutes, until fish is flaky and fully cooked.

Gently toss pomegranate seeds with Brussels sprouts then serve with fish.

TURKEY LIVER PATÉ

Total Time: 30 minutes

Ingredients:

1 turkey liver, approximately ½ cup
2 fresh, large eggs
2 tablespoons butter
2 medium onions, chopped
2 cups mushrooms, chopped
2 garlic cloves, finely chopped
¼ cup flat-leaf parsley, roughly chopped
½ cup kalamata olives, pitted
¼ cup olive oil
salt and pepper

Wash the uncooked liver and pat dry. Using a sharp paring knife, remove and discard all fat and membranes. Cut liver into half-dollar-sized pieces.

Place the eggs into a pot of boiling water. Cook 10 minutes, remove from water, let soak in cold water to cool, remove and discard shells.

In a large sauté pan over a medium flame, melt the butter and lightly brown the onions, mushrooms and garlic. Add the pieces of turkey liver and sauté until lightly brown, being careful not to overcook the liver, which should be pink inside. Season with sea salt and black pepper.

Place the parsley and olives into a large food processor and pulse to finely chopped. Add the hard-boiled eggs and pulse a few times. Add the sautéed liver mixture and pulse to incorporate. Scrape down any accumulation on the sides of the food processor.

Continue pulsing and adding small amounts of olive oil until the pate is creamy. Depending on the size of the turkey liver, you might use more or less of the olive oil. Taste and adjust the seasoning with salt and pepper. Serve with crusty sourdough bread or French bread. The pâté can be kept in the refrigerator 1-2 days.



HOMEMADE CHICKEN STOCK

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

***WATCH THIS RECIPE ON REAL FOOD FAMILY'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:

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.

¼ 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.*)

To make an Easy Chicken and Vegetable Soup:

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!*). Let stock cool completely before transferring to freezer bags or containers.

***Tip: store in multiple small containers for convenience.**



GNARLY TURKEY STOCK

****This recipe is made the same way as regular Homemade Chicken Stock, except I followed the truly traditional method of adding the hearts, livers, gizzard, legs, feet and heads to the stock,. Never throw away these parts if you have them from organic and pasture-raised birds. They are full of nutrition, unless the animal was sick and these parts could contain toxins.***

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 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.