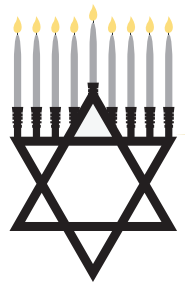




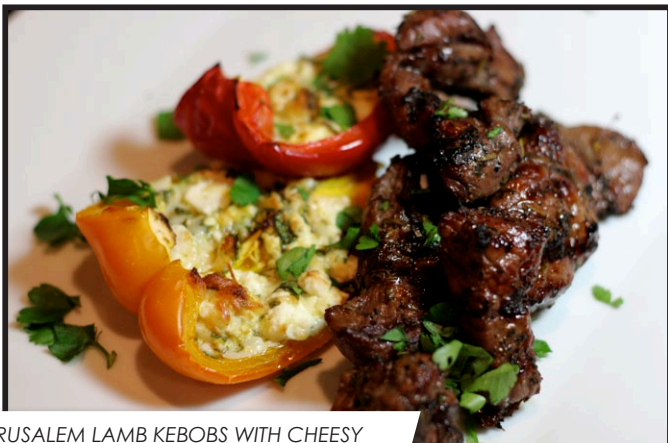
REAL FOOD WEEKLY



Kislev 24, 5773
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“SHALOM”

In our home we celebrate Christmas, but we also embrace Jewish holidays because of our Christian heritage in Judaism. Whether you seriously celebrate Hanukkah or not, celebrating holidays is always fun, and this one's traditional foods are delicious! Hanukkah began at sundown on Friday (December 7th) this year, so I've created some delicious new takes on traditional Hanukkah foods. This one was fun. I hope you like it!



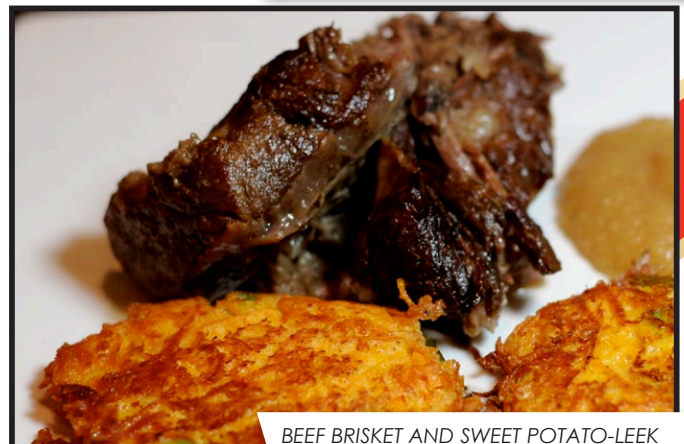
JERUSALEM LAMB KEBOBS WITH CHEESY STUFFED PEPPERS



MATZA BALL AND VEGETABLE SOUP



CHOCOLATE MATZO-FARFEL CRISPY NUT CLUSTERS



BEEF BRISKET AND SWEET POTATO-LEEK LATKA'S WITH APPLESAUCE

**BEEF BRISKET WITH SWEET POTATO-LEEK LATKES AND APPLESAUCE**

Total Time: 4+ hours (*slow cooking*)

Ingredients:

3-5 pound beef brisket (or chuck roast, etc.)

¼ cup olive oil, plus extra

2 tablespoons balsamic vinegar

3 garlic cloves, minced

2 teaspoons cinnamon

salt and pepper

1 onion, sliced

1 bottle of beer (substitute with 2 cups chicken or beef stock)

FOR LATKES:

4-6 medium sweet potatoes, peeled and grated

2 leeks, finely chopped (white and dark green parts removed, and cleaned well)

2 eggs

½ cup Parmesan cheese, finely grated (or crumbled)

salt and pepper

frying fat, such as beef tallow (or lard...but it's not exactly kosher!)

FOR APPLESAUCE:

2 cups pureed cooked apples (store-bought organic unsweetened applesauce)

1 tablespoon maple syrup

2 teaspoons cinnamon

1 teaspoon vanilla extract

dash of salt

Marinate beef brisket for 1-24+ hours with ¼ cup olive oil, vinegar, garlic, cinnamon, and a liberal amount of salt and pepper.

Preheat oven to 300°F.

Coat an oven-safe pot with oil and bring to high heat. Sear brisket for 5-8 minutes on one side until well browned. Lift brisket then add onions to pot and sear other side of the brisket on top of onions. Pour beer (*or chicken or beef stock*) over brisket then add enough water to almost cover brisket. Place in oven for 3-6 hours, until meat is extremely tender. Drain broth and save it for another dish.

Place grated sweet potatoes, leeks, eggs, cheese, and a liberal amount of salt and pepper in a mixing bowl and toss until well blended. Heat ½ inch of frying fat in a large saucepan over medium-high heat. Create patties with potato mixture and fry for 3-5 minutes on each side until browned. Drain on brown paper or paper towels, then serve with meat and applesauce.

For applesauce, place pureed apples in a small saucepan and stir in syrup, cinnamon, vanilla, and dash of salt. Heat until beginning to simmer and serve with brisket and latkes.



ISRAELI BBQ CHICKEN WITH CUCUMBER, FENNEL, FETA SALAD (YOGURT DRESSING)

Total Time: 45 minutes

The most economical way to approach the chicken recipes this week (BBQ and Soup) is to buy a whole roasting chicken and cut the chicken pieces from it to use for the BBQ recipe. Take the carcass and giblets and make the chicken stock with it.

Ingredients:

8-10 pieces of bone-in chicken (cut from a whole chicken or purchased already pieced)
1 cup "Israeli Marinade"
extra virgin olive oil

FOR SALAD

1 tablespoon lemon juice
zest of 1/2 lemon
1 teaspoon salt
1/2 teaspoon pepper
1/4 cup flat-leaf parsley, finely chopped
1/2 cup thick yogurt
2-4 cups cucumber, skinned and thinly sliced in medallions
1 fennel bulb, thinly sliced (remove fronds and core of bulb)
3/4 cup feta cheese, crumbled

Marinate chicken with marinade in the refrigerator for 1-24+ hours.

Preheat oven to 375°F.

Heat some oil over high heat in a large, oven-safe saucepan. Sear chicken for 3-5 minutes per side, until a golden crust forms. Place seared chicken in oven for 15-25 minutes, until thoroughly cooked (*meat reads 165°F and juices run clear when cut*).

For salad, whisk lemon juice, zest, salt, pepper, parsley and yogurt in a medium bowl until smooth. Gently toss in cucumber, fennel, and feta, until incorporated. Serve salad with chicken.

ISRAELI MARINADE

Use this marinade for this week's chicken BBQ recipe and lamb kebob recipe. Marinate meat for 24+ hours before continuing with recipe for ultimate flavor!

Ingredients:

4 garlic cloves, minced
4 teaspoons rosemary, finely chopped
2 tablespoon flat-leaf parsley, finely chopped
2 teaspoon cinnamon**
4 teaspoons salt
2 teaspoon ground pepper
2 teaspoons sugar (optional)
1 cup red wine
1 cup extra virgin olive oil

****For a more authentic flavor, use ground cardamom and cumin in addition to cinnamon.**

Place ingredients in a small food processor and blend until smooth. Keep refrigerated for up to 2 weeks.



JERUSALEM LAMB KEBOBS WITH CHEESY STUFFED PEPPERS

Total Time: 25 minutes, plus 24 hour optional marinade time

Ingredients:

FOR LAMB:

2 pounds lamb (as much as needed), cut into small cubes

1 cup Israeli Marinade (Base Recipe this week)

***skewers**

FOR PEPPERS:

1 bell pepper per person (red, orange, or yellow preferred)

1 cup cheddar cheese, grated

1 cup feta cheese, crumbled

¼ cup flat-leaf parsley and cilantro, finely chopped

1 tablespoon mustard

salt and pepper

extra virgin olive oil

Place lamb and marinade in a large container and shake or mix until lamb is well coated in mixture. Marinate for up to 24 hours, or let set while preparing peppers.

Prepare outdoor grill and preheat oven to 400°F.

Slice bell peppers into halves or thirds, removing seeds and stem, and creating "dishes". Place "dishes", hollow side up, in a baking dish. In a large bowl, mix cheeses, herbs, mustard, and salt and pepper until evenly blended. Pour ¼ cup cheese mixture into each bell pepper "dish". Drizzle olive oil evenly over peppers and place in oven for 10-15 minutes, until cheese mixture begins to brown.

Meanwhile, place marinated lamb on skewers and grill for 2-3 minutes per side. ("Grill" under a broiler in the oven if you can't grill outside.)

Serve kebobs with stuffed peppers, topped with extra chopped herbs (optional).

MATZO BALL AND VEGETABLE SOUP

Total Time: 15 minutes (with pre-made chicken stock)

Ingredients

½ cup butter

2 1/2 cups matzo farfel (crumbled matzo crackers and/or matzo meal)

6 eggs

2-4 tablespoons flat-leaf parsley

dash of finely chopped rosemary- optional

1 onion, minced

salt and pepper

1-2 zucchini, chopped

8-10 cups chicken stock

Melt butter in a medium saucepan and sauté matzo meal until just beginning to brown. Place in a large bowl and mix in eggs, herbs, onion, and salt and pepper, to taste. Mix until well blended. (Add more matzo meal if mixture is not holding together.)

Bring chicken stock to a soft boil in a large stockpot. Add zucchini to broth. Make golf-ball sized balls of the matzo meal and drop into boiling stock. Matzo balls should slowly rise to the top. Serve hot with a few extra chopped parsley sprinkled on top (optional).



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.**



CHOCOLATE MATZO CRISPY NUT CLUSTERS

**To aid in proper digestion, all nuts should be soaked for 12 hours, then dried in a warm oven (150°F) for 12+ hours until crisp. This is the recipe for making Crispy Nuts.*

Ingredients:

16 oz semisweet or dark chocolate
1 cup Crispy Nuts, such as pecans or almonds, chopped and toasted
1-1/2 cups crushed matzo crackers
salt

In the top of a double boiler over simmering water, melt the chocolate. Pour the melted chocolate into a large bowl. Add the nuts, matzo and a dash of salt to the bowl and mix thoroughly. Spoon the mixture onto a baking sheet lined with wax paper and refrigerate until chocolate is set. Keep cool until serving. Yum!!!

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.
1/4 cup whey, made from raw milk or yogurt (optional)
salt

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.