

# REAL FOOD WEEKLY

January 12, 2013

## "MEXICAN HOME COOKING"

ISSUE 65

*Most people think of burritos and chimmichangas when they think of Mexican food. Like most ethnic foods in America, we have a very narrow view of a foreign cuisine. This week's Mexican-inspired style of cooking is based on typical home cooking from various regions of Mexico. Have a great week!*



SPICED COFFEE HONEY-CARAMEL FLAN



CREAMY PAN ROASTED GREEN CHILE CHICKEN



FRIED STEAK WITH GREEN CHILE, PEPPER AND TOMATO SALAD



MUSHROOM AND VEGGIE CHEESY EGG DIP

## MY EXTRA MEALS THIS WEEK:

### WHAT'S FOR DINNER

- Creamy Pan Roasted Green Chile Chicken
- Mushroom and Veggie Cheesy Egg Dip
- Fried Steak with Green Chile, Pepper and Tomato Salad and "Refried" Veggie Beans
- Veracruz-Style Fish

### EXTRAS

- Spiced Coffee Honey-Caramel Flan

### NOURISHING ADDITIONS

- Veggie Puree Soup
- (Homemade Chicken Stock)

### PLANNING NOTES

- Soak beans 24 hours before making the Fried Steak....and "Refried" Veggie Beans recipe.
- Chicken stock is needed this week, so buy a whole chicken and cut the pieces needed for the "Creamy Pan Roasted Green Chile Chicken" and use the remaining pieces for a stock. Use chicken stock in recipes and for simple soups for snacks or meals.
- I didn't include brown rice in any recipes, but you might want to add it to your meals if you are not grain-free, as this is a staple of Mexican home cooking.
- The "Refried" Veggie Beans requires using the extra "Veggie Puree Soup" recipe. This soup is easy to make, especially if you have chicken stock on hand, so make it ahead of time to use for that recipe. Chicken stock may be substituted, but it won't be veggie beans.

***Be sure to check for ingredients you already have!***

If you are new to **Real Food Weekly**, you may need to buy more basic ingredients than normal for the first two weeks. Basic pantry ingredients are used in many of the meal plans, so soon you won't have to buy them because you'll already have them stocked in your pantry. Go to **[www.RealFoodFamily.com/substitutes](http://www.RealFoodFamily.com/substitutes)** if you'd like a list of substitutes for various ingredients.

**PRODUCE:**

Tomatoes- 8-10 (jarred, peeled tomatoes work well for the cooked recipes)

Onions- 3-4

## Garlic

Bell peppers 4-6

Mild green chiles, 4-5, such as Anaheim or Poblano  
(use plain canned green chiles if fresh ones are  
unavailable)

## Mushrooms

## Carrots

Celery

Zucchini

Extra of the above and additional vegetables as desired for "Veggie Puree Soup", such as broccoli, cauliflower, or cabbage

**FRUIT:**

**FOR EXTRA FLAN RECIPE:**

1 orange or lemon

\*Consider extra fruit for snacks.

### FRESH HERBS:

Cilantro (flat-leaf parsley may be substituted if cilantro is not desired)

## MEAT AND FISH:

4-6 ounces of steak per person, such as Rib-eye,

New York, Tri-tip or sirloin

6-10 pieces of chicken (1 whole chicken)

recommended- see Planning Note above)

4-6 filets of sea bass, or other firm-fleshed white fish

***\*If available, add organic chicken and/or beef liver and other organ meats to your shopping lists to secretly add to dishes for extra nutrition.***

### My Notes:

[illegible]

# Shopping List

Mexican Home Cooking

January 12, 2013

My NOTES:

## EGGS AND DAIRY:

Farmer's cheese, feta cheese or ricotta cheese  
(optional)  
hard cheese, grated, such as cheddar or gouda  
sour cream  
butter  
eggs

### FOR EXTRA FLAN RECIPE:

5 additional eggs  
2 cups heavy cream

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

## PANTRY:

Salt and Pepper  
Extra virgin olive oil  
Fat, such as organic lard, beef tallow, coconut oil  
or butter  
Beans  
Mixed dried herbs  
Green olives, pitted  
Capers  
Dry white wine  
Chicken Stock (Homemade recommended- see  
Planning Note above)

### FOR EXTRA FLAN RECIPE:

Honey- 2 ½ cups (raw, local honey recommended)  
Vanilla extract  
Cinnamon  
Coffee (finely ground)

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



## CREAMY PAN-ROASTED GREEN CHILE CHICKEN

Total Time 40 minutes

*Ingredients:*

**6-10 pieces of chicken**

**salt and pepper**

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

**1 onion, chopped**

**1 cup mild green chiles, chopped**

**1 cup dry white wine or chicken stock**

**1 ½ cups sour cream**

Season chicken liberally with salt and pepper. Heat frying fat over medium-high heat. Sear chicken for 5 minutes per side, until browned and chicken easily releases from the pan. Set seared chicken aside and add onions to the pan. Sauté for 5-7 minutes, then stir in green chiles and wine or stock, stirring to remove bits from the bottom of the pan. Add chicken back to the pan and reduce heat to low. Cover chicken and let cook for 15-25 minutes, until chicken is fully cooked and juices run clear when cut. Place chicken pieces on a serving dish. Remove pan from heat and stir sour cream into onions and chiles. Pour the green chile sauce over the chicken to serve.

## MUSHROOM AND VEGGIE CHEESY EGG DIP

Total Time: 30 minutes

*Ingredients:*

**¼ cup butter**

**1 onion, chopped**

**1½ cups mushrooms, sliced**

**2-4 tomatoes, seeded and sliced**

**salt and pepper**

**8-10 eggs**

**2 teaspoons mixed dried herbs**

**2-3 cups hard cheese, grated,**

**such as cheddar or gouda**

**mixed vegetables, such as carrots, celery  
and bell pepper, sliced into sticks for dipping**

Preheat oven to 350°F.

Heat butter in a skillet and sauté onions for 5 minutes. Add mushrooms and tomatoes to pan and sauté until onions and mushrooms are browned. Season with salt and pepper, then remove from heat and let cool.

Whisk eggs in a large bowl with salt, pepper and mixed dried herbs until smooth. Add enough cheese for mixture to become very thick- like it is a bowl of cheese coated with eggs. Pour the cheese and egg mixture into a baking dish. Spread sautéed vegetable mixture over the top of the egg mixture. Bake for 20 minutes, or until mixture is bubbling and still jiggling. *(If you cook this too long, the eggs will cook and become more like a frittata than a dip, which is okay, but not as smooth as if you take it out while the eggs are still a little undercooked.)* Serve with vegetables to dip.

### **FRIED STEAK WITH GREEN CHILE, PEPPER AND TOMATO SALAD AND "REFRIED" VEGGIE BEANS**

Total Time: 30 minutes

#### *Ingredients:*

**3 cups beans, soaked overnight**  
**¼ cup fat, such as organic lard, beef tallow, coconut oil or butter, plus 2-4 tablespoons**  
**2 cups "Veggie Puree Soup" from this week's recipes**  
**salt and pepper**  
**2-3 tomatoes, seeded and finely chopped**  
**1 large bell pepper, seeded and finely chopped**  
**½ cup mild green chiles, finely chopped**  
**1 garlic clove, minced**  
**¼ cup cilantro, finely chopped**  
**olive oil**  
**4-6 ounces of steak per person such as Rib-eye, New York, Tri-tip or sirloin**  
**farmer's cheese, feta cheese or ricotta cheese (optional)**

Drain beans and rinse them. Heat ¼ cup of fat (*preferably lard*) in a medium saucpan. Pour beans into fat and add 1 cup of Veggie Puree Soup. Stir often and let simmer until beans are soft. Use a potato masher or large spoon to mash beans until smooth. Add remaining 1 cup of Veggie Soup Puree and season beans liberally with salt and pepper. Let beans simmer in liquid, stirring often, until mixture thickens like refried beans. Season as needed, then keep warm until ready to serve. For salad, place tomatoes, peppers, chiles, garlic and cilantro in a mixing bowl with a coating of olive oil and salt and pepper. Toss gently to mix.

Cut steak into 1-inch cubes and toss with a coating of olive oil, salt and pepper. Heat 2-4 tablespoons of frying fat in a large skillet and fry steak cubes for about 5 minutes, stirring or shaking pan often until meat has a golden crust but is pink on the inside.

Serve steak topped with salad alongside a scoop of beans topped with pieces of fresh cheese (*optional*).

### **VERACRUZ-STYLE FISH**

Total Time: 30 minutes

#### *Ingredients:*

**6 tablespoons butter, divided**  
**4 garlic cloves, finely chopped**  
**½ onion, finely chopped**  
**4 tomatoes, seeded and chopped**  
**1 bell pepper, cut into strips**  
**salt and pepper**  
**½ cup chicken stock**  
**¼ cup cilantro, finely chopped**  
**½ cup green olives, finely chopped**  
**¼ cup capers**  
**4-6 filets of sea bass, or other firm-fleshed white fish**

Preheat oven to 375°F.

Heat 4 tablespoons butter in a large saucepan and sauté onions and garlic for 5 minutes. Add tomatoes and bell pepper for 5 minutes, then season liberally with salt and pepper and add chicken stock, stirring to remove bits from the bottom of the pan. Add cilantro, olives and capers to the pan and let simmer for 5 minutes.

In separate pan, heat 2 tablespoons of butter over high heat and sear fish for 3-4 minutes per side to brown. Place fish filets in a baking dish, then pour vegetable sauce over the top. Place in oven and bake for 10-12 minutes, until fish is fully cooked, but not too dry and flaky. Serve immediately.

### SPICED COFFEE HONEY-CARAMEL FLAN

Total Time: 1½ hours, plus 4+ hours in the refrigerator

*Ingredients:*

**Butter**

**1 cup honey plus ½ cup**

**2 tablespoons water**

**juice of ½ orange or lemon**

**2 cups heavy cream**

**2 teaspoons vanilla extract**

**1 tablespoon coffee, finely ground**

**1 teaspoon cinnamon**

**3 eggs, plus 2 egg yolks**

**dash of salt**

Preheat oven to 325°F.

Butter a round cake pan or flan mold. Prepare a larger pan or roasting pan to create a water bath for the cake pan.

Heat 1 cup honey with 2 tablespoons water in a small saucepan for 10 minutes. Do not stir the mixture, but shake the pan frequently to move the mixture as it caramelizes. Have a glass of cold water ready to test the honey-caramel. When honey darkens in color and turns into a gummy ball when dropped into the cold water, the caramel is done. Remove from heat and squeeze in the orange or lemon juice, shaking the pan to mix the juice in. Pour caramel into the cake pan or flan mold, turning the pan so that the caramel covers the bottom of the pan and a little up the sides of the pan.

Stir the cream, vanilla extract, coffee and cinnamon together in a medium saucepan and bring to a simmer. *(Do not let boil as this will cause the cream to bubble over.)* Strain the cream mixture into a mixing bowl. In a separate bowl, whisk eggs and egg yolks with remaining ½ cup of honey using an electric mixture until pale yellow and doubled in volume. While whisking, add small amounts of the cream mixture until completely blended. *(Do not add the cream mixture too fast or you will cook the eggs.)*

To ensure the custard is perfectly smooth, strain it as you pour it into the cake pan over the caramel. Place the pan into the larger pan and add enough water to come half-way up the sides of the flan pan, without letting water get into the custard. Bake for 40-60 minutes, or until flan is just barely set *(mixture will jiggle like jello, but does not seem to still be liquid.)*

Let flan cool in water bath, then transfer to the refrigerator for at least 4 hours to set. Run a butter knife along the sides of the flan to release from the sides of the pan. Place a cake dish or large serving plate over the flan and carefully flip to turn the flan out of the pan. *(Good luck!)* Serve immediately.

### VEGGIE PUREE SOUP

*Ingredients:*

**½ cup butter or coconut oil**

**1 onion, chopped**

**3-4 zucchini, chopped**

**4 tomatoes, chopped**

**5-6 garlic cloves, minced**

**4-5 carrots, chopped**

**\*2-3 cups other various chopped vegetables, such as broccoli, cauliflower, cabbage, or celery**

**10-12 cups of chicken Stock**

**salt and pepper**

Sauté vegetables in coconut oil for 10 minutes. Add the water and season liberally with salt and pepper. Bring to a small boil for 30 minutes, until vegetables are very soft. Use an immersion blender to puree soup until smooth, or carefully transfer to a blender to puree. Serve immediately or let cool completely then transfer to an air-tight container to store in the refrigerator. Soup can be eaten hot or cold.

### 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](http://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.**