

# REAL FOOD WEEKLY

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Whole Food Meal Plans from  
[www.RealFoodFamily.com](http://www.RealFoodFamily.com)

## Waitin' Out The Winter



MASHED PESTO BUTTERNUT  
SQUASH WITH BROILED FISH



CRANBERRY SUNFLOWER SEED  
CHICKEN WITH ROASTED  
SWEET POTATOES



SUNFLOWER SEED PESTO  
GLAZED FISH WITH CRANBERRY  
SPINACH POLENTA



WINE AND HONEY POACHED  
PEARS WITH MASCARPONE  
WHIPPED CREAM AND RED WINE

*pictured:*  
SLOW ROASTED BEEF ROAST WITH SOFT FENNEL, LEEKS AND BEANS







## **MASHED PESTO BUTTERNUT SQUASH WITH BROILED FISH**

Total Time: 1 hour

*Ingredients:*

**1 butternut squash, sliced in half lengthwise  
and seeds removed  
(select the squash size depending on amount  
of servings needed)**  
**extra virgin olive oil**  
**salt and pepper**  
**4 tablespoons "Sunflower Seed Pesto"**  
**6 tablespoons butter, divided**  
**4-6 ounces white fish filet per person,  
such as sea bass, halibut or cod**

Preheat oven to 375°F.

Place the halved and seeded squash in a baking dish, flesh side down, and fill the baking dish with one inch of water. Bake for 30 minutes, then use kitchen tongs to flip the squash flesh-side up. Drizzle the squash with olive oil, salt and pepper, then return to the oven for 20-30 minutes, until squash is very soft. Remove the squash from the oven again and dot the squash with pesto and butter (*about 4 tablespoons each*). Place back in oven for 10 minutes, then remove the squash from the oven.

When placing the butter and pesto on the squash, prepare the fish by simply placing the fish filets in a separate baking dish and drizzling with a little olive oil, salt and pepper. Dot the fish with the remaining 2 tablespoons of butter and place in the oven for 10 minutes (*during the squash's final 10 minutes*).

To serve, use a fork to mash and mix the squash inside of its skin. Serve the mashed squash with pieces of fish.

## **SLOW ROASTED BEEF ROAST WITH SOFT FENNEL, GREEN ONIONS AND BEANS**

Total Time: 3-5 hours (*mostly inactive*)

*\*This recipe can be made using a slow cooker.*

*Ingredients:*

**Frying fat, such as olive oil, coconut oil,  
organic beef tallow or lard**  
**3-5 pounds beef roast or stew meat,  
such as brisket or chuck roast, cut into cubes**  
**salt and pepper**  
**2 onion, roughly chopped**  
**2 cups red wine, beef or chicken stock  
and/or water**  
**1 large sprig of rosemary**  
**2 tablespoons white vinegar**  
**1-2 fennel bulbs, sliced thinly,  
keeping flesh attached to the root**  
**green beans**  
**whole green onions**

Preheat oven to 300°F or setup a slow cooker. Heat a layer of frying fat in a large stockpot. Season meat with salt and pepper, then sauté for 5-10 minutes, until beef has browned. Remove beef from pan and set aside in a dish, then add onions to pan for 5-7 minutes, until browned. Deglaze pan with wine, stock or water, stirring to remove bits from the bottom of the pan, then stir meat back into the pot. (*At this point transfer ingredients to a slow cooker, if desired.*) Add the rosemary to the pot at this point.

Cover the pot and bake the beef roast for 3-6 hours, until meat is extremely tender. Let cool while preparing the vegetables.

Bring 1-2 cups of water to a boil in a large saucepan or skillet and season the water with salt and vinegar. Boil vegetables for 6-8 minutes, until soft and brightened in color. Serve the beef roast over the softened vegetables.

## **CRANBERRY SUNFLOWER SEED CHICKEN WITH ROASTED SWEET POTATOES**

Total Time: 45-60 minutes

### *Ingredients:*

**1-2 sweet potatoes per person, peeled and cut into small cubes**  
**extra virgin olive oil**  
**6 tablespoons butter, divided**  
**salt and pepper**  
**6-10 pieces of bone-in chicken, such as legs and thighs or a whole chicken cut into pieces**  
**1 onion, chopped**  
**1/2 cup carrots, chopped**  
**1/2 cup celery, chopped**  
**1/3 cup white vinegar, such as white wine or white balsamic**  
**1/2 cup chicken stock (or water)**  
**1/4 cup sunflower seeds (raw with no shells)**  
**1/3 cup dried cranberries, chopped**  
**2 teaspoons thyme, finely chopped**  
**1/2 cup mascarpone cheese or crème fraiche**

Preheat oven to 400°F.

Toss sweet potatoes with a few tablespoons of oil, a liberal amount of salt and pepper, and 3 tablespoons of butter cut into small pieces. Place in oven and roast for 30-40 minutes, tossing every 10-15 minutes, until potatoes are soft and beginning to caramelize on edges. While potatoes are roasting, season chicken with salt and pepper and sear in a large skillet or saucepan coated with oil for 3-5 minutes per side, until a golden crust forms. Set chicken aside and add butter to pan. Saute onions, carrots, and celery for 8-10 minutes, then deglaze pan with vinegar. Let vinegar reduce for 4-5 minutes, then stir in stock (or water), sunflower seeds, cranberries, and thyme, and add chicken back to pan. Cover and let simmer for 15-20 minutes, until chicken is fully cooked. Gently stir mascarpone cheese or crème fraiche evenly into sauce to thicken, then serve chicken and sauce with roasted sweet potatoes.

## **SUNFLOWER SEED PESTO GLAZED SALMON WITH CRANBERRY SPINACH POLENTA**

Total Time: 30 minutes

### *Ingredients:*

#### **FOR POLENTA:**

**1/4 cup butter**  
**2 garlic cloves, minced**  
**16-18 ounces instant or quick-cook polenta**  
**1 cup milk**  
**1 cup cheese, such as cheddar or Fontina, grated**  
**1/4 cup dried cranberries, chopped**  
**2-3 cups fresh spinach leaves**  
**salt and pepper**

#### **FOR SALMON:**

**Butter**  
**1 salmon filet per person (or less, as needed)**  
**4-6 tablespoons "Sunflower Seed Pesto" (from this week's meal plan)**  
**Parmesan cheese, finely grated**

Preheat oven to 450°F.

Heat butter in a medium saucepan or stockpot and sauté garlic for 1-2 minutes. Stir in polenta and milk and bring to a simmer for 8-10 minutes, whisking often, until mixture is smooth and thick with no lumps. (You may need to add additional milk if mixture is not smooth.) Season polenta liberally with salt and pepper, then stir in cranberries and spinach. Stir until spinach is wilted and mixed in, then stir in cheese until it melts and polenta is smooth again. Keep warm while preparing salmon. Place salmon filets in a buttered baking dish and spread with an even layer of pesto. Sprinkle with Parmesan cheese, then place in oven for 10-15 minutes, depending on thickness of fish, until fish is flaky and fully cooked. Serve with polenta and an additional sprinkle of Parmesan cheese (optional).

## SUNFLOWER SEED PESTO

*Ingredients:*

- 3-4 cups basil leaves (about 2 large bunches)**
- ½ cup flat-leaf parsley leaves, packed**
- 2-3 garlic cloves, roughly chopped**
- ½ cup sunflower seeds (raw with no shells)**
- 2 teaspoons salt**
- 1 teaspoon pepper**
- 1 cup extra virgin olive oil**

Place basil, parsley, garlic, sunflower seeds, salt and pepper in a small food processor or blender. Pulse until finely chopped, then continue pulsing while slowly drizzling in olive oil. Transfer pesto to a small storage container and use immediately for recipes or store in refrigerator for up to 2 weeks.

## WINE AND HONEY POACHED PEARS WITH MASCARPONE WHIPPED CREAM AND RED WINE REDUCTION

Total Time: 7+ hours (*slow cooking*)  
*This recipe can be made in a slow cooker or in a warm oven overnight or all day.*

*Ingredients:*

- 6-8 pears, peeled with stems left on**
- 1 bottle of red wine**
- ½ cup honey**
- 2 teaspoons cinnamon**
- 1 cup heavy whipping cream**
- ¼ cup sugar**
- 1 teaspoon vanilla extract**
- ½ cup Mascarpone cheese, at room temperature**

Preheat oven to 250°F or prepare a slow cooker.

Bring wine and honey to a boil, whisking to thoroughly blend. Place pears in an oven-safe stockpot or in slow cooker, then carefully pour wine mixture over pears. Cover and slowly cook pears in liquid, turning once or twice, for 6-7 hours.

Carefully lift and remove poached pears from cooking liquid and set in a serving dish. Place wine mixture back over high heat and boil for about 20 minutes, until reduced into a thick syrup.

Meanwhile, place cream, sugar and vanilla in a large bowl and whisk until soft peaks form (*by hand or with an electric mixture*). Gently whisk Mascarpone cheese into whipped cream until well blended. Serve poached pears in a bed of red wine reduction with a large dollop of cream beside it, sprinkled with a dash of cinnamon and sugar.

## **KEFIR AND KEFIR TONIC SMOOTHIES**

Kefir is a cultured good-for-you yeast that begins with kefir grains. You will probably have to mail-order kefir grains unless you know someone else who makes it. Once you have it, though, you can continue making it and giving extra cultures to your friends! Kefir is excellent for smoothies and, much like other cultured foods, are excellent for your health, aiding in digestion, immunity, metabolism, and much more!

You can get your kefir grains from Cultures For Health.

Go to my resources page and click on the link:

**<http://realfoodfamily.com/real-food-and-natural-living-resources/#starters>**

### **BASIC KEFIR RECIPE**

Recipe is based on a recipe from Sally Fallon Morrell's Nourishing Traditions cookbook.

**2 cups fresh whole milk, non-homogenized and preferably raw**

**½ cup good quality cream (optional)**

**1 tablespoon kefir grains/kefir starter**

Place kefir grains in a fine strainer and rinse with filtered water. Place milk and optional cream in a clean wide-mouth, quart-size mason jar. If milk is cold, place jar in a pan of simmering water until milk reaches room temperature. Add kefir grains to milk, stir well and cover loosely with a cloth. Place in a warm place (65°F-76°F) for 12 hours to 2 days. Stir vigorously occasionally to redistribute the grains. Every time you stir, taste the kefir. When it achieves a tartness to your liking, the kefir is ready. It may also become thick and effervescent, depending on the temperature, incubation time, and the amount of curds you use. Pour the kefir through a strainer into another jar to remove the grains. Store in refrigerator. Use the grains to make another batch of kefir, or prepare them for storage by rinsing them well with water and placing in a small jar with about ½ cup filtered water. They may be stored in the refrigerator several weeks or in the freezer for several months. If they are left too long in storage, they will lose their culturing power.

### **KEFIR TONIC SMOOTHIE**

**1 cup frozen fruit, such as strawberries and banana**

**dash of lemon zest and juice**

**1 cup kefir**

**1 tablespoon coconut oil**

**1 raw egg yolk (ORGANIC/PASTURE-RAISED)**

**2 teaspoons maple syrup or honey (optional)**

Place ingredients and blend until smooth. Enjoy the goodness!

### 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.**