

REAL FOOD WEEKLY

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Spring's Around The Corner



SAUSAGE WITH BRAISED
FENNEL AND GARLIC



PASTA PRIMAVERA WITH BRIE



SLOW ROASTED LEG OF LAMB
AND PARSLEY POTATOES
AND GRAVY



MARSALA CHICKEN
SALTIMBOCCA WITH SPAGHETTI
SQUASH

pictured:
CREAMY ROASTED MUSHROOM SOUP

SLOW ROASTED LEG OF LAMB AND PARSLEY POTATOES AND GRAVY

Total Time: 3 hours

**Lamb may be roasted in a slow cooker for many hours over low heat.*

Ingredients:

2-4 tablespoons olive oil

1 large onion, sliced

3-5 pound leg of lamb (Bone in or out- it doesn't really matter.

Lamb shoulder or other less expensive piece of meat may be used)

salt and pepper

2 cups white wine

2-4 small potatoes per person, washed well, such as new potatoes or other small golden potatoes

(Peeled and roughly chopped sweet potatoes may be substituted for regular potatoes.)

½ cup butter, melted, plus 2 tablespoons

1 small bunch of flat-leaf parsley

2 garlic cloves

Parmesan cheese

2 tablespoons arrowroot powder or white flour

Preheat oven to 300°F.

Sauté onion in oil in a large oven-safe stockpot for 5 minutes. Season lamb liberally with salt and pepper, then sear for 5-7 minutes per side, until a dark crust forms. Deglaze pan with wine, then cover and place in oven for 2-3 hours, turning meat often, until meat is extremely tender.

When meat has 1½ hours of cooking time remaining, place potatoes in a baking dish and toss with melted butter and a liberal amount of salt and pepper. Puree garlic with parsley in a mini food processor or blender until finely ground. Toss potatoes with parsley mixture, reserving 2 teaspoons, then place in oven for 1 hour, turning often, until soft and flaky and slightly browned. Remove from oven and toss with remaining parsley puree and enough Parmesan cheese to coat the potatoes. Keep warm until ready to serve.

Remove finished lamb from oven and carefully remove meat and place in a serving dish. Gently shred meat into smaller pieces, and keep warm.

Melt 2 tablespoons butter in a small saucepan and whisk in arrowroot powder or flour until bubbling for 2-3 minutes. Place stockpot with cooking liquid over medium heat and whisk in roux (*butter and flour*). Simmer gravy, whisking often, until thick enough to coat the back of a spoon. (*Gravy will continue to thicken when removed from heat, so cook to just below desired thickness.*) Serve gravy over meat with potatoes.

SAUSAGE WITH BRAISED FENNEL AND GARLIC

Total Time: 1 hour

Ingredients:

**2-4 fennel bulbs, fronds removed
and sliced in half from top to bottom**
1/4 cup butter
extra virgin olive oil
**1 head of garlic cloves, unpeeled
but with loose husks removed**
salt and pepper
1/2 cup white wine
**2 tablespoons flat-leaf parsley,
finely chopped and separated**
**1-2 pounds high-quality Italian pork
or chicken sausage**

Heat butter and a few tablespoons olive oil in a large saucepan and sear fennel bulbs for 15 minutes per side, until deeply browned, adding garlic to pan with fennel. Turn fennel so that the flat sides are down and deglaze pan with wine. Shake pan to loosen bits from bottom of pan, add 1 tablespoons parsley, then cover and let simmer for 45-60 minutes, until fennel is extremely soft and sauce has become like a thin syrup.

Meanwhile, sear sausages in oil until browned. Remove from pan and slice into smaller pieces on an angle. Return sliced sausage to pan to finish cooking searing and cooking. Serve sausage with braised fennel and garlic, topped with remaining parsley.

CREAMY ROASTED MUSHROOM SOUP

Total Time: 45 minutes

Ingredients:

**2-3 cups small brown or white mushrooms,
chopped**
extra virgin olive oil
salt and pepper
1 onion, chopped
1 1/2 cups carrots, chopped
1 1/2 cups celery, chopped
2 garlic cloves, finely chopped
1 cup dry white wine
1/4 cup butter
1/4 cup flour or arrowroot powder
2-3 cups chicken stock
2 cups milk
1/4 cup flat-leaf parsley, finely chopped

Preheat oven to 375°F.

Spread mushrooms in a baking dish and toss with a coating of oil, salt and pepper. Roast in oven for about 20 minutes, until mushrooms are browned.

Coat a large stockpot with oil and saute onions, carrots and celery for 8 minutes. Add garlic for 1 minute, then stir in wine and let simmer until fully absorbed and evaporated. Press vegetables to the sides of the pan to create a well in the center and melt the butter in the well. Stir the flour and/or arrowroot powder into the butter for 2-3 minutes, until a thick paste forms. Stir in chicken stock, milk, parsley and roasted mushrooms and let simmer until soup thickens enough to coat the back of a spoon. Serve immediately.

MARSALA CHICKEN SALTIMBOCCA WITH SPAGHETTI SQUASH

Total Time: 45-60 minutes

Ingredients:

- 1 large spaghetti squash, sliced in half lengthwise and seeded**
- 8 tablespoons butter, divided**
- 4 teaspoons thyme, finely chopped, divided**
- salt and pepper**
- 1 onion, finely chopped**
- 2 garlic cloves, finely chopped**
- 1 cup artichoke hearts, finely chopped**
- 3 cups spinach leaves (or 1 cup frozen spinach, thawed and drained)**
- ½ cup Mascarpone cheese**
- 4-6 chicken breasts**
- extra virgin olive oil**
- ½ cup Marsala wine**

Preheat oven to 400°F.

Place spaghetti squash halves, flesh side down, in a baking dish and fill with 1-2 inches of water. Place in oven and bake for 30-45 minutes, until flesh is soft. Remove from oven and let cool, then use an oven mit to hold squash while using a fork to scrape flesh into a serving dish. Add 4-6 tablespoons of butter, salt and pepper, to taste, and 2 teaspoons of finely chopped thyme to squash until desired seasoning is achieved. Serve with chicken.

Meanwhile, heat 2-4 tablespoons butter in a large saucepan and sauté onion for 5-7 minutes, until translucent. Add garlic and artichoke for 3 minutes. Stir in spinach and 2 teaspoons of thyme and cover until spinach wilts. Season liberally with salt and pepper. Transfer mixture to a large bowl and stir in Mascarpone until incorporated.

Butterfly chicken breasts by slicing through center of meat, top to bottom, leaving 1 inch of meat un-sliced, then butterfly open. Place butterflied meat on a large cutting board and cover with a large sheet plastic wrap then pound with a meat hammer or heavy pan until meat is about ¼ inch thick. Season meat with salt and pepper. Stuff about ¼ - ½ cup of spinach filling into center of each butterflied chicken breast, then carefully roll into a log.

Heat a few tablespoons of oil in a large oven-safe skillet or saucepan, then carefully place stuffed chicken breasts in pan, seam side down. Let meat sear for 5 minutes, then pour wine into pan, gently stirring to remove bits around chicken. Season top of stuffed chicken with salt and pepper, then place pan in oven for 15-20 minutes, until chicken is fully cooked. Spoon reduced wine sauce over chicken, then serve with spaghetti squash.

PASTA PRIMAVERA WITH BRIE

Total Time: 30 minutes

**This is a vegetarian recipe. You may add pieces of cooked meat if desired.*

Ingredients:

1-1½ pounds rigatoni pasta (brown rice, quinoa, or other alternative pasta may be used)

salt and pepper

¼ cup butter

1 onion, chopped

½-1 cup mushrooms, chopped

½-1 cup carrots, chopped

½-1 cup celery, chopped

½-1 cup zucchini, chopped

4 medium tomatoes, seeded and chopped

2 garlic cloves, finely chopped

½ cup peas (frozen and thawed okay)

1 wedge of brie cheese, cut into cubes (cut when very cold)

1 teaspoon thyme, finely chopped

2 tablespoons flat-leaf parsley, finely chopped

Bring a large stockpot of water to a rolling boil, then season with a small handful of salt. Boil pasta for 8-10 minutes (*time may vary depending on type of grain*), until al dente (*soft, but slightly firm in the center*).

Meanwhile, sauté onions in butter for 5-7 minutes in a large saucepan. Add mushrooms, celery, zucchini, tomatoes, garlic, and peas, and continue to simmer for 15-20 minutes, until vegetables are very soft and form a chunky sauce. Season liberally with salt and pepper, then stir in herbs (*reserving a pinch of parsley for garnish, if desired*). Transfer pasta to sauce using a slotted spoon, or sauce to drained pasta in the stockpot, and let simmer together for 5 minutes. Remove from heat and fold in cubes of brie cheese, just to incorporate, leaving brie to gently melt in large chunks. Season as needed with salt and pepper, then sprinkle with parsley to serve.

LACTO-FERMENTED RASPBERRY ORANGE JUICE

Lacto-Fermented beverages add beneficial bacteria and enzymes to enhance digestion and nutrition. The process also adds a natural effervescent that is enhanced when sealed in an airtight container and refrigerated. Be sure not to make my mistake when first making this drink...don't keep it sealed for more than 1-2 days, or it might explode on you when you open it!

**To make whey, let raw milk stand at room temperature until completely separated, then strain well to separate curds from whey. You may also strain high quality plain whole milk yogurt by hanging by a wooden spoon in cheesecloth over a bowl overnight.*

Ingredients:

2 ½ cups fresh unpasteurized orange juice (may be from 12 freshly squeezed oranges)

12 oz package of frozen raspberries, pureed

1 cup drinking water

¼ cup whey made from raw milk

Mix ingredients in a large jar. Cover with a towel or cheesecloth for 3 days, then strain juice to remove raspberry pulp and seeds. Seal with an airtight lid and refrigerate. Juice will become more effervescent (and better tasting) with age. Make sure to release seal every 1-2 days to avoid an explosion when opening.

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.**