

# REAL FOOD WEEKLY

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ISSUE 73

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



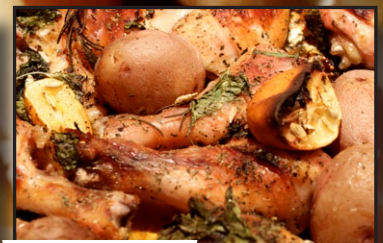
*TRI-TIP ROAST WITH SMOKED  
GOUDA MASHED POTATOES AND  
BALSAMIC GLAZE*



*ITALIAN SALAD*



*OATMEAL CUSTARD BREAKFAST*



*LEMON CHICKEN*

*pictured:  
SURF AND TURF TACOS*





# Shopping List

March 09, 2013

## My NOTES:

### **Eggs and Dairy:**

Butter  
eggs  
sour cream  
heavy cream and/or whole milk  
smoked gouda cheese (*use regular gouda if smoked is unavailable*)  
additional cheese such as cheddar, gouda, fontina and/or Parmesan  
sour cream

### **FOR EXTRA LACTO-FERMENTED RECIPES:**

whey, made from separated raw milk or yogurt

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

### **PANTRY:**

Salt and Pepper  
Extra virgin olive oil  
balsamic vinegar  
dried herbs, such as basil and thyme  
Dijon mustard  
honey  
ketchup (*organic sweetened with sugar, not corn syrup, is recommended*)  
pickles (*simple pickles with no added sugar or flavoring is recommended*)  
Tortillas, flour and corn or a corn/flour mixture (*homemade tortillas are recommended*)

### **FOR EXTRA PICKLE RECIPE:**

1 tablespoon seasonings, such as peppercorns, garlic, coriander seeds, mustard, seed, dill

### **FOR EXTRA OATMEAL RECIPE:**

maple syrup  
ground cinnamon  
ground nutmeg

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

## **TRI-TIP ROAST WITH SMOKED GOUDA MASHED POTATOES AND BALSAMIC GLAZE**

Total Time: 45-60 minutes

*Ingredients:*

**3-5 pound beef tri-tip**  
**extra virgin olive oil**  
**salt and pepper**  
**1 cup balsamic vinegar**  
**8-10 potatoes per person, peeled and roughly chopped**  
**1 cup heavy cream and/or whole milk**  
**1/2 cup butter**  
**1 cup smoked gouda cheese, grated**

Preheat oven to 400°F.

Coat beef with olive oil and a liberal amount of salt and pepper. Heat more oil in a large, oven-safe skillet or pan and sear beef for 3-5 minutes per side for a brown crust. Place seared roast in the oven for 15-20 minutes, then flip over and roast for an additional 15-20 minutes, until the roast is as tender as the palm of your hand under your thumb. *(The best way to eat tri-tip is medium-rare.)* Let beef rest for at least 10 minutes before slicing against the grain of the meat into 1/4-inch slices.

Place balsamic vinegar in a small saucepan and let simmer until it reduces into a syrup, thick enough to coat the back of a spoon.

Meanwhile, place potatoes in a large stockpot and add enough water to cover the potatoes. Add a small handful of salt to the pot and bring to a boil until potatoes are fork-tender. Strain the potatoes, then press through a potato ricer back into the pot. *(Use a potato masher if you don't have a ricer for more rustic mashed potatoes.)* Stir cream or milk, butter and cheese into potatoes over low heat until smooth and creamy. Season, as needed, with salt and pepper.

Serve slices of beef over a mound of potatoes, drizzled with balsamic glaze.

## **LEMON CHICKEN WITH ITALIAN SALAD**

Total Time: 1 hour

*Ingredients:*

**6-10 pieces of chicken**  
**3 lemons, quartered**  
**2-3 red onions, peeled and quartered**  
**1/2 cup butter, melted**  
**2-3 sprigs of rosemary**  
**salt and pepper**

*FOR SALAD:*

**4-6 cups romaine lettuce, chopped**  
**1 cup carrots, grated**  
**2-3 tomatoes, seeded and chopped**  
**1 cup cheese, such as cheddar, gouda, fontina and/or Parmesan, grated**  
**Lemon Herb Vinaigrette (from this week's recipes)**

Preheat oven to 375°F.

Place chicken pieces in a buttered baking dish with lemon and onion quarters arranged around the chicken. Pour melted butter evenly over chicken. Sprinkle rosemary leaves over the chicken, then season entire dish liberally with salt and pepper. Place the baking dish in the oven and bake for about 1 hour, until chicken is golden and fully cooked *(juices run clear when cut)*.

Meanwhile, prepare the salad by arranging lettuce, carrots, tomatoes and cheese in a serving bowl, then drizzle with the vinaigrette when you are ready to serve.

## ***SURF AND TURF TACOS***

Total Time: 30 minutes

*Ingredients:*

**olive oil or coconut oil**

**2 onions, sliced**

**2 bell peppers, seeded and thinly sliced**

**salt and pepper**

**1/2 pound raw shrimp, peeled and de-veined**

**2 cups leftover cooked beef, thinly sliced**

**1 cup sour cream**

**1/4 cup ketchup (use Easy Lacto-Fermented from this week's recipes, if available)**

**1/4 cup pickles, finely chopped**

*(use Homemade Pickles if available)*

**2 cups grated cheese, such as cheddar, gouda or fontina**

**tortillas (corn and/or flour)**

**flat-leaf parsley or cilantro, finely chopped**

Heat oil in a large saucepan and saute onions and peppers for 10-12 minutes over medium heat, until soft and slightly caramelized. *(Add a few tablespoons of water to the pan to help soften the vegetables, if needed.)* Add shrimp to the pan and saute for a few minutes, until the shrimp are cooked *(pink)*. Stir in beef to warm with other ingredients.

Place sour cream, ketchup and pickles in a small bowl and mix with a fork until a smooth sauce forms. Spread this sauce on the tortillas, then stuff with a serving of the meat and vegetables, topped with cheese and a sprinkling of fresh herbs.

## ***HOMEMADE TORTILLAS***

*A tortilla maker is used for this recipe, but you may just roll dough as thinly as possible into a disk and bake on a flat pan over the stove for 1-3 minutes per side. You may also have a simple tortilla press to flatten dough, then bake in a pan on the stove.*

Makes 10-12 tortillas

*Ingredients:*

**1/3 cup masa harina**

**1 2/3 cup all purpose or sprouted all purpose flour**

**2 tablespoons butter**

**3 tablespoons organic lard**

**3/4 tablespoon salt**

**3/4 cup very warm water**

Place all ingredients except water in a food processor and pulse until a coarse crumb forms. Slowly add water while pulsing until a ball of dough forms. Transfer dough to a floured surface and roll into a 3-inch round log. Heat tortilla press. Slice 1-inch disks from roll of dough. Use hands to press and flatten disk and cook with tortilla press according to manufacturer's instructions *(or on a skillet- see note above)*. Serve tortillas immediately, or store in an airtight container for a few days.

## MAGIC CHICKEN AND CHEESE QUICHE

Total Time: 45 minutes

*Ingredients:*

**1/4 cup butter, plus 2 additional tablespoons of melted butter**  
**1 onion, chopped**  
**1/2 cup carrots, chopped**  
**1/2 cup celery, chopped**  
**4-6 flour tortillas (use *Homemade Tortillas -flour only-* from this week's recipes, if available)**  
**10 eggs**  
**1/2 cup sour cream**  
**1 cup cheese, such as cheddar, gouda or fontina, grated**  
**1 cup leftover cooked chicken, chopped salt and pepper**

Preheat oven to 375°F.

Saute onions, carrots and celery in the 1/4 cup of butter in a large skillet for 8-10 minutes, until soft and beginning to brown.

Line a pie dish with the tortillas, overlapping so that the edges fall off the sides and you can fold them back into the pan to form a "rustic" side crust. Brush the tortilla crust with the additional melted butter.

Whisk eggs with sour cream in a large bowl, then stir in vegetable mixture, cheese, cooked chicken and a liberal amount of salt and pepper. Pour the egg mixture into the tortilla crust. Bake quiche for 25-30 minutes, until eggs are set and do not jiggle in the center. Let cool for 5-10 minutes before serving.

## OATMEAL CUSTARD BREAKFAST

Total Time: 10 minutes, plus overnight soaking of the oats

*Ingredients:*

**4 cups plain rolled oats per person salt**  
**1/4 cup butter**  
**1/2 cup heavy cream**  
**1 cup whole milk**  
**3-4 tablespoons maple syrup**  
**2 teaspoons ground cinnamon**  
**1/4 teaspoon ground nutmeg**  
**1 raw egg yolk per person**

Place oats in a large bowl with 1-2 teaspoons of salt and cover with water. Cover and let sit at room temperature overnight. (*You may wish to soak a larger amount of oats and store in the refrigerator so it is ready when needed for a quick breakfast.*)

Drain and rinse the soaked oats in a sieve, then place in a medium stockpot. Add butter, cream and milk to the oats and simmer over medium heat until the oats are soft and liquid is absorbed. (*Add more milk if needed*). Stir in syrup, cinnamon, nutmeg and egg yolks until oatmeal is thick and creamy. Serve immediately.

## **LEMON HERB VINAIGRETTE**

*Ingredients:*

- 2 teaspoons Dijon mustard**
- 1 teaspoon salt**
- ½ teaspoon pepper**
- 1 teaspoon honey**
- 2/3 cup lemon juice (1-2 lemons)**
- pinch of lemon zest**
- 1 cup extra virgin olive oil**

Place all ingredients except oil in a small bowl and whisk until smooth and blended. While whisking, slowly drizzle in oil until emulsified, then pour remaining oil in a steady stream, while whisking. Season as needed, then serve immediately or store refrigerated for up to 2 weeks.

## **SIMPLE HOMEMADE PICKLES**

*Ingredients:*

- 6-8 small cucumbers (such as pickling or Persian cucumbers)**
- 1 tablespoon salt**
- 1 tablespoon seasonings, such as peppercorns, garlic, coriander seeds, mustard seed, dill**
- ¼ cup whey, made from separated raw milk or yogurt**

Slice cucumbers into quartered spears, discs, or leave whole (*however desired*). Place cucumbers in a mason jar with salt, seasonings, whey, and enough water to rise above top of cucumbers. Seal with an airtight lid and place at room temperature for 7-11 days. Transfer to the refrigerator. Pickles can be eaten immediately or stored for several weeks or months.

## **LACTO-FERMENTED LEMONS (PRESERVED LEMONS)**

*Ingredients:*

- 5 whole lemons, plus juice of 2 lemons**
- 2 tablespoons salt**
- 3 tablespoons whey, made from separated raw milk or yogurt**
- dash of cinnamon**

Thinly slice 5 lemons, then cut slices in half. Place lemon slices in a large bowl and gently toss with remaining ingredients. Carefully pour all ingredients into a wide-mouth mason jar, then use a wooden spoon or meat hammer to press lemons down into the jar, until liquid comes above the lemons. Tightly close jar and place at room temperature for 2 weeks, turning daily. Transfer to refrigerator and store for many months. Cut away flesh and only use the preserved rind in recipes for a unique and surprisingly mellow salty lemon flavor.

## **EASY LACTO-FERMENTED KETCHUP**

Total Time: 5 minutes, plus 2-4 days

*Ingredients:*

- 2 cups organic ketchup**
- 2-4 tablespoons whey, made from separated raw milk or yogurt**
- 2 teaspoons sea salt**

Whisk ingredients until evenly mixed in a small bowl. Transfer to an airtight container, cover and leave at room temperature for 2-4 days. Keep in refrigerator for several weeks or months.



## 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.**