

# REAL FOOD WEEKLY

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



*CREAMY STUFFED SWEET  
POTATO SPUDS*



*ZUCCHINI PAPPARDELLE WITH  
SAUSAGE RAGU*



*ROASTED CHICKEN WITH  
COCONUT CRUSTED ZUCCHINI  
STRIPS*

pictured:  
STEAK AND ARTICHOKE WITH BROWN SAGE BUTTER, CREAMY POLENTA WITH CARAMELIZED ONIONS AND MUSHROOMS AND SAGE CHIPS





# Shopping List

April 06, 2013

## MY NOTES:

### **EGGS AND DAIRY:**

**\*whole-fat raw dairy always recommended, if available**

butter  
Parmesan cheese  
cheddar, fontina or gouda cheese  
sour cream (or make *Homemade Sour Cream* this week)  
milk  
eggs

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

whey made from separated raw milk or yogurt

### **FOR HOMEMADE SOUR CREAM:**

1 pint good quality cream  
whole-milk buttermilk or commercial *crème fraîche*

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

### **PANTRY:**

salt and pepper  
extra virgin olive oil  
coconut oil (*olive oil may be substituted*)  
marinara sauce *\*or make Homemade Marinara (see planning notes)*  
1 pound quick-cook polenta  
dry white wine (*chicken stock or water may be substituted*)  
coconut flour

### **FOR HOMEMADE MARINARA:**

balsamic vinegar  
tomato paste  
32 oz. diced tomatoes (*2 large cans or about 8 fresh tomatoes- San Marzano Roma tomatoes are best*)  
dash of sugar (*optional*)

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

## ZUCCHINI PAPPARDELLE WITH SAUSAGE RAGU

Total Time: 25 minutes

*\*If making Homemade Tomato Sauce, add 30-60 minutes)*

*Ingredients:*

**4-6 medium zucchini, sliced into large thick strips using a vegetable peeler**  
*(\*use real pappardelle pasta if you'd like, but grate zucchini into the sauce)*  
**2 tablespoons olive oil**  
**¼ cup butter**  
**1 pound loose Italian sausage**  
**4 cups marinara sauce**  
*(Homemade Marinara sauce recommended, from this week's recipes)*  
**Parmesan cheese, finely grated**

Bring a large stockpot of water to a rolling boil. Heat oil and butter in a large saucepan and sauté sausage until golden brown. Stir in tomato sauce and let simmer.

Season the boiling water with a small handful of salt and add zucchini strips (or pasta). Let boil for 6-8 minutes, until soft.

Using kitchen tongs, place "pasta" on a serving plate and top with the meat sauce and a garnish of freshly grated Parmesan cheese.

## HOMEMADE MARINARA

*Ingredients:*

**Extra virgin olive oil**  
**1 chicken liver (optional)**  
**¼ cup basil pesto (or pureed basil and garlic)**  
**2 tablespoons balsamic vinegar**  
**¼ cup tomato paste**  
**32 oz. diced tomatoes (2 large cans or about 8 fresh tomatoes- San Marzano Roma tomatoes are best)**  
**salt and pepper**  
**dash of sugar (optional)**

Heat a few tablespoons oil in a large stockpot and sauté liver (optional) and pesto. Stir in vinegar, tomato paste and canned tomatoes, and season liberally with salt, pepper, and a dash of sugar. Bring sauce to a simmer then puree with an immersion blender until smooth. (Use a regular blender if you don't have an immersion blender, then return sauce to pot.) Simmer over low heat for 30-60 minutes. Use immediately or let cool and store in the refrigerator.

## HOMEMADE SOUR CREAM

Real homemade sour cream is really more like Crème Fraiche, or European Sour Cream. This recipe is from Sally Fallon's Nourishing Traditions Cookbook, which you can find on my website on the resources page. To learn more about culturing dairy at home,

*Ingredients:*

**1 pint good quality cream**  
**1 tablespoon whole-milk buttermilk or commercial crème fraiche**

Start with the best quality cream you can find. Raw cream is best but pasteurized will do. Do not use ultrapasteurized cream. Place in a clean glass container. Add buttermilk or crème fraiche, stir well, cover tightly and place in a warm spot for 20-24 hours. Chill well before serving.

## CREAMY STUFFED SWEET POTATO SPUDS

Total Time: 45-60 minutes

### Ingredients:

**4-8 sweet potatoes**  
**extra virgin olive oil**  
**salt and pepper**  
**1 onion, chopped**  
**1 cup carrots, chopped**  
**1 cup celery, chopped**  
**1 pound loose sweet or Italian sausage**  
**2 garlic cloves, finely chopped**  
**¼ cup white wine, chicken stock or water**  
**¼ cup flat-leaf parsley, finely chopped**  
**1 cup sour cream**  
**2 cups cheese, grated, such as cheddar, fontina or gouda**  
**lettuce and dressing for side salads (optional)**

Preheat oven to 375°F.

Wash the whole sweet potatoes then slice in half lengthwise and place in a baking dish. Drizzle the sweet potatoes with olive oil and salt and pepper and bake for 30-40 minutes, until soft. Remove from heat and let cool. Increase oven temperature to 400°F.

Meanwhile, coat a large saucepan with olive oil and sauté onions, carrots and celery for 5 minutes. Add the sausage and garlic and sauté until the sausage is beginning to brown. Deglaze the pan with the wine (or stock or water) to remove bits from the bottom of the pan. When the liquid is evaporated, transfer the sausage mixture to a large mixing bowl. Scoop the cooked sweet potato out of each "spud" into the bowl, leaving the skins intact and also leaving a thin layer of sweet potato in the skin. Place the sweet potato shells back into the baking dish. Toss the scooped out sweet potato with the sausage mixture, adding the parsley, sour cream and a liberal amount of salt and pepper.

Spoon the sausage mixture back into the sweet potato shells. Top the stuffed "spuds" with a generous amount of grated cheese. Place the spuds in the oven for 5 minutes, until cheese is melted and beginning to brown.

## ROASTED CHICKEN WITH COCONUT CRUSTED ZUCCHINI STRIPS

Total Time: 1 hour, 15 minutes

### Ingredients:

**1 whole roasting chicken, butterflied (see note below)**  
**extra virgin olive oil**  
**salt and pepper**  
**mixed dried herbs**  
**4-6 medium zucchini, sliced in half then cut into ¼-inch strips**  
**2 eggs**  
**1 cup coconut flour**  
**coconut oil (olive oil may be used)**

To butterfly the chicken, use shark kitchen shears to cut along the side of the backbone, all the way through to the opposite end. *\*You may cut out the entire backbone by repeating on the other side, or leaving the backbone on the chicken to roast (as I do).* Using the shears or a sharp knife, cut a one-inch slit in the top of the breastbone, then turn chicken over into a large baking dish, breast-side up. Press to flatten. Preheat oven to 425°F.

Drizzle the chicken with olive oil then season with salt, pepper and mixed dried herbs. Place the chicken in the oven and after 15 minutes, reduce heat to 350°F. Bake for an additional 45-60 minutes. Let stand for 5-10 minutes before serving.

Meanwhile, prepare zucchini strips. Beat eggs with a splash of water in a large bowl. Add a little salt and pepper to the coconut flour in a separate bowl or large dish. Coat a large saucepan or skillet with coconut oil and heat over medium heat. Dredge the zucchini strips in the egg mixture, then coat with the coconut flour mixture, then fry in the coconut oil for 2-3 minutes per side until golden brown. Serve the zucchini with the chicken.

*\*Reheat the zucchini in the oven for 10 minutes while the chicken is if they are cold.*

*\*\*Use leftover meat for extra meals and then make simmer the bones for 12-24 hours to make a good stock.*

## **STEAK AND ARTICHOKE WITH BROWN SAGE BUTTER, CREAMY POLENTA WITH CARAMELIZED ONIONS AND MUSHROOMS AND SAGE CHIPS**

Total Time: 45 minutes

### *Ingredients:*

**3-4 artichokes**

**2 lemons, cut into quarters**

**salt and pepper**

**olive oil**

**1 onion, sliced**

**1 cup mushrooms, sliced**

**¼ cup white wine, chicken stock or water**

**¼ cup butter, plus an additional ½ cup**

**3 garlic cloves, finely chopped**

**1 pound quick-cook polenta**

**1 cup sour cream**

**¼- ½ cup milk**

**4-6 ounces steak per person, such as New York, Ribeye or Sirloin**

**sage leaves**

Bring a large stockpot of water to a rolling boil. Add lemon quarters and a small handful of salt to the water. Slice the pointy tops of the artichokes off and pull the outer layer of leaves off the artichoke. Slice the outer layer of skin off the stems of the artichokes, then place the prepared artichokes in the water for 15-20 minutes, until they are soft and the stems are fork tender.

Meanwhile, sauté onions and mushrooms in olive oil over medium heat until soft and caramelized. Add a tablespoon of wine (*or stock or water*) to the pan to deglaze when it gets too dry. Transfer onions and mushrooms to a serving dish. Use this pan to cook the steak after the polenta is done.

While onions and mushrooms are cooking, prepare polenta. Heat ¼ cup butter in a medium stockpot and sauté garlic for 2 minutes. Add polenta and sour cream. Whisk the polenta until it is smooth, thick and creamy, adding enough milk to achieve the texture of thick porridge. Keep warm.

Heat olive oil in the large pan used to make the onions and mushrooms. Season steak with salt and pepper and sear for 4-5 minutes per side for medium-rare. Let steak rest for a few minutes before serving.

While steak is resting, heat butter in a small saucepan or skillet. Fry sage leaves in the butter for 1-2 minutes, until crispy but not burned. Carefully remove sage leaves from the butter to dry. Butter should be browned at this point which will be used to dip the artichoke leaves.

Serve the steak with artichoke on the side and browned butter for dipping, and polenta topped with caramelized onions and mushrooms and sage leaves.