

REAL FOOD WEEKLY

April 13, 2013
ISSUE 77

Whole Food Meal Plans from
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SOY GLAZED SALMON WITH
VEGETABLE RICE SAUTÉ



CASHEW ORANGE CRUSTED
PORK LOIN WITH VEGETABLE
FRIED RICE



SWEET AND SOUR LEMON
SHRIMP SAUTE

pictured:
TERIYAKI ROASTED CHICKEN AND WOK VEGGIES

This Week's Menu

April 13, 2013

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Teriyaki Roasted Chicken and Wok Veggies
- Cashew Orange Crusted Pork Loin with Vegetable Fried Rice
- Soy Glazed Salmon with Vegetable Rice Sauté
- Sweet and Sour Lemon Shrimp Saute

EXTRAS

- Easy Egg Drop Soup
- Teriyaki Sauce
- Salad Dressing ~ Sesame Peanut Dressing (*not included in any recipes this week*)

NOURISHING ADDITIONS

- Fermented Fish Sauce

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- If you want more meat or fish dishes this week, use the Teriyaki sauce as a marinade or topping sauce.
- Use the Sesame Peanut Dressing to make delicious Asian style salads with fresh vegetables and leftover meat.

PLANNING NOTES

- Soaked brown rice is needed for this week's recipes. At the beginning of the week, soak a pound of brown rice overnight in water, salt, and little whey made from raw milk or yogurt (if available). Keep refrigerated in a covered container until ready to use, then strain and use for recipes. If you prefer, you may purchase pre-cooked brown rice (with no added ingredients).
- Crispy cashews (soaked and dried) are recommended for this week's "Cashew Orange Crusted Pork..." recipe. Soak nuts overnight then spread on a baking sheet and dry in a 160°F oven for 12-24 hours, until crispy. This process breaks down the nuts and adds enzyme activity for better digestibility.

Shopping List

April 13, 2013

MY NOTES:

EGGS AND DAIRY:

Eggs

Butter

Whey- made from separating raw milk or yogurt

(optional- suggested for soaking brown rice and nuts, and also for use in "Fermented Fish Sauce")

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

PANTRY:

Extra virgin olive oil

Salt and pepper

Rice vinegar

Coconut oil *(extra virgin or virgin)*

Soy sauce *(try to find a good authentic brand that usually a traditional fermenting brewing process- not reduced sodium brands)*

1 pound brown rice *(overnight soaking is suggested for recipes, otherwise buy pre-cooked brown rice with no added ingredients- at least 6 cups of pre-cooked rice)*

Sesame seeds

Raw Cashew Nuts

Honey

Maple syrup

Blackstrap molasses

Chicken stock- 2-4 cups plus 4-6 cups for extra recipes

FOR EXTRA SALAD DRESSING:

Coconut milk

Creamy peanut butter *(peanuts and salt only)*

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

SPECIALTY:

Toasted sesame oil

Seaweed Paper *(Nori)*

Chile oil *(optional)*

FOR EXTRA NOURISHING ADDITION "FERMENTED FISH SAUCE" RECIPE:

Tamarind paste

1 ½ pounds small fish, including heads *(anchovies could be used)*

bay leaves

whole peppercorns

TERIYAKI ROASTED CHICKEN AND WOK VEGGIES

Total Time: 60-80 minutes

**To butterfly chicken, use shark kitchen shears to cut along the side or sides of the backbone. (I enjoy eating the roasted meat on the backbone, so I keep it connected. You may also wish to cut the backbone completely out and use to make a simple chicken stock.) Cut a 1-inch slit in the top of the breast bone then turn chicken over and press down to flatten.*

Ingredients:

- 1 roasting chicken, *butterflied**
- ¾ cup "Teriyaki Sauce"**
(from this week's recipes), plus 2 tablespoons
- ¼ cup coconut oil (or olive oil)**
- 1 onion, sliced**
- 2 red and/or orange bell peppers, seeded and sliced into thin strips**
- 2-3 carrots, sliced into thin strips**
- 1 cup celery, roughly chopped**
- 2 cups spinach and/or boq choy leaves, roughly chopped**

Preheat oven to 425°F.

Place butterflied chicken, breast-side up, in a large baking dish. Season chicken with salt and pepper, then pour Teriyaki sauce evenly over chicken and place in oven. After 15 minutes, lower oven heat to 365°F, and continue roasting for 45-60 minutes until golden brown and fully cooked. Baste chicken with juice dripping every 15 minutes.

When chicken is 20 minutes from being done, heat oil over high heat in a large saucepan. Sauté onion for 8-10 minutes until beginning to brown. Add 2 tablespoons Teriyaki sauce, bell peppers, carrots and celery and sauté for 10 minutes. Stir in spinach/boq choy until leaves are wilted and mixture is evenly incorporated. Season, if needed, with salt and pepper, then serve vegetables with pieces of chicken.

SOY GLAZED SALMON WITH VEGETABLE RICE SAUTÉ

Total Time: 45 minutes, plus soak rice overnight*

**Soaking brown rice overnight reduces cooking time of up to 3 hours to only 45 minutes. The other option is to purchase pre-cooked organic brown rice which drastically reduces cooking time at home. Make sure pre-cooked options do not have added ingredients.*

Ingredients:

- 2 cups brown rice, soaked at room temperature for 7-12 hours in 4 cups of water plus 2-4 tablespoons whey, yogurt, or buttermilk**
- 2-4 cups chicken stock (optional)**
- salt and pepper**
- butter**
- 2 large salmon steak filets (or as much as needed for desired servings)**
- ¼ cup soy sauce**
- 1 tablespoon maple syrup**
- 1 garlic clove, minced**
- 1 onion, chopped**
- 1 bell pepper, chopped**
- ¾ cup carrots, grated**
- ½ cup green onions, scallions, or chives, minced**

Bring soaked brown rice plus 2 teaspoons salt, to a boil with 4 cups soaking liquid OR chicken stock in a medium saucepan, then cover and reduce to a simmer until rice is soft and cooked.

Preheat oven to 450°F.

Grease a baking dish with butter, and place salmon filets skin-side down in the pan. Whisk soy sauce, maple syrup, and garlic in a small bowl until smooth. Pour sauce evenly over salmon. Place in oven and bake for 10-15 minutes until salmon is just cooked through. *(Overcooked fish will be very light pink and dry.)*

While salmon is cooking, heat ¼ cup butter in a large saucepan and sauté onion for 5 minutes. Add bell pepper and carrots and sauté for 8 more minutes. Season vegetables with salt and pepper, then stir in cooked brown rice and half of the green onions.

Serve salmon over vegetable and rice sauté, then garnish with remaining green onions.

CASHEW ORANGE CRUSTED PORK LOIN WITH VEGETABLE FRIED RICE

Total Time: 40 minutes

**Soak nuts overnight then spread on a baking sheet and dry in a 160°F oven for 12-24 hours, until crispy. This process breaks down the nuts and adds enzyme activity for better digestibility.*

**At the beginning of the week, soak a pound of brown rice overnight in water, salt, and little whey made from raw milk or yogurt (if available). Keep refrigerated in a covered container until ready to use, then strain and use for recipes. If you prefer, you may purchase pre-cooked brown rice (with no added ingredients).*

Ingredients:

2 garlic cloves, roughly chopped
zest of 2 oranges
2 teaspoons freshly grated ginger
1 cup raw or soaked cashew nuts* (see note above)
2 teaspoons soy sauce
2 tablespoons extra virgin olive oil, plus extra
1-2 pork tenderloins (depending on size- make as much as needed)
salt and pepper

FOR RICE:

¼ cup coconut oil, plus 1 tablespoon
½ cup onion or shallot, finely chopped
1 garlic clove, finely chopped
1 bell pepper, seeded and chopped
3 eggs
2 teaspoons toasted sesame oil
½ teaspoon chile oil (optional)
1 sheet of seaweed paper, cut into thin slices (optional)
3 cups soaked or pre-cooked brown rice per person *(see note above)
1 cup peas
2 tablespoons soy sauce

Preheat oven to 400°F.

Place roughly chopped garlic, orange zest, ginger and nuts in a small food processor. Pulse until coarsely ground. Add 2 tablespoons oil and soy sauce and continue to pulse until finely ground. Place pork in a baking dish and season with salt and pepper. Spread nut mixture evenly over pork. Drizzle liberally with oil, then place in oven for 25-40 minutes, until fully cooked (*center of meat will be slightly pink*).

Meanwhile, heat ¼ cup coconut oil over high heat in a large saucepan. Saute onions, garlic and bell pepper for 5 minutes. In a small bowl, beat eggs with sesame oil and chile oil (*optional*). Push vegetables to the outer rim of saucepan and heat remaining tablespoon of coconut oil in center of pan. Pour egg mixture in oil and let set for 1 minute. Use a spatula to attempt flipping the egg "pancake" over for 30 seconds. Use spatula to cut egg pancake into thin strips, then add seaweed paper slices, rice, peas and soy sauce to pan. Saute until rice is soft. Season, as needed, with salt or soy sauce and pepper. Serve rice with thinly sliced medallions of pork.

SWEET AND SOUR LEMON SHRIMP SAUTÉ

Total Time: 30 minutes

Ingredients:

¼ cup coconut oil
2 tablespoons butter
1 onion, chopped
2 garlic cloves, finely chopped
2 bell peppers, seeded and chopped
**1 bunch of asparagus (about 8-10 stalks),
cut into 2-inch slices**
½ cup peas
**1-2 cups spinach leaves or boq choy leaves,
roughly chopped**
1 pound raw shrimp, peeled and de-veined
zest of 2 lemons
¼ cup rice vinegar
1 heaping tablespoon of honey
salt and pepper

Heat oil and butter over high heat in a large saucepan. Sauté onion for 5 minutes, then add garlic and bell pepper for an additional 10 minutes. Stir in asparagus, peas, spinach/boq choy, shrimp, lemon zest, vinegar and a liberal amount of salt and pepper. Let simmer for 10 minutes to let sauce reduce. Shrimp should be cooked and vegetables should be soft. Create a small hole in the middle of pan and stir in honey until dissolved. Gently toss sweetened sauce with other ingredients until evenly incorporated. Season, as needed, with salt and pepper, then serve immediately.

EASY EGG DROP SOUP

Total Time: 10 minutes

Ingredients

4-6 cups chicken stock
1 tablespoon soy sauce
3-4 eggs
**¼ cup green onions, scallions, or chives,
finely chopped**

Bring stock to a boil in a large stockpot, then turn heat off. Beat eggs with soy sauce in a medium bowl, then slowly pour a steady stream of egg mixture into stock, while stirring. Eggs will cook as they enter the stock. Serve soup topped with finely chopped green onions.

TERIYAKI SAUCE

Prep Time: 5 minutes
Servings: Yields 1 cup

Ingredients:

½ cup soy sauce
¼ cup sesame oil
2 tablespoons molasses
1 teaspoon red chili oil
2-3 cloves of garlic, minced
1 tablespoon ginger root, grated

Whisk all ingredients in a small bowl until smooth and blended. Store refrigerated for up to 2 weeks.

SESAME PEANUT DRESSING

Ingredients:

- 1 garlic clove, finely minced**
- dash of chile oil (optional)**
- 1 teaspoon sesame seeds**
- 1 teaspoon soy sauce**
- 1 teaspoon sesame oil**
- 1 teaspoon rice vinegar**
- 1 tablespoon coconut milk (use the thick, creamy part)**
- 1 tablespoon creamy peanut butter**
- ¼ cup extra virgin olive oil**

Whisk ingredients in a bowl until smooth and blended. Serve immediately or store refrigerated for up to 2 weeks.

FERMENTED FISH SAUCE

Fish sauce is a staple of traditional Asian cuisine. It is a potently nourishing food and can be used in soups and sauces in place of salt. It takes several weeks to make but can be stored for a very long time.

**Recipe is from page 157 of Sally Fallon's Nourishing Traditions cookbook.*

Ingredients:

- 1 ½ pounds small fish, including heads, cut up**
- 3 tablespoons sea salt**
- 2 cups filtered water**
- 2 cloves garlic, mashed**
- 2 bay leaves, crumbled**
- 1 teaspoon peppercorns**
- several pieces lemon rind**
- 2 tablespoon tamarind paste (available in African markets), optional**
- 2 tablespoons whey (made from raw milk or yogurt)**

Toss fish pieces in salt and place in a wide-mouth, quart-sized mason jar. Press down with a wooden pounder or meat hammer. Mix remaining ingredients and pour over fish. Add additional water to cover fish thoroughly. The top of the liquid should be at least 1 inch below the top of the jar. Cover tightly and leave at room temperature for about 3 days. Transfer to refrigerator for several weeks. Drain liquid through a strainer and store fish sauce in the refrigerator.