REAL FOOD WEEKLY

April 20, 2013
ISSUE 78

Whole Food Meal Plans from
www.RealFoodFamily.com

ITALIAN SAUSAGE CARBONARA

BUTTERMILK PANCAKES

GREEN BEAN AND POTATO SALAD

POTATO KALE LEEK SOUP

pictured:
PAN SEARED SALMON WITH GREEN BEAN AND POTATO SALAD

This Week's Menu

April 20, 2013

My Extra Meals This Week:

What's For Dinner

- Potato Kale Leek Soup
- Pan Seared Salmon with Green Bean and Potato Salad
- Asian-Style Stuffed Cabbage Rolls with Citrus Glaze
- Italian Sausage Carbonara *(Spaghetti Squash substitute for pasta-optional)*

Extras

- Leftovers Magic Quiche
- *Lemon Basil Vinaigrette*

Nourishing Additions

- Buttermilk Pancakes

Planning Notes

- Chicken stock is needed for some recipes this week. Homemade is best, so plan to make it ahead of time if you don't have some on hand.
- If you'd like to make the extra Buttermilk Pancakes recipes, plan to soak the flour overnight before continuing with the recipe.

Suggested Extras

(Specific recipes in quotations may be found at www.RealFoodFamily.com. Ingredients for these suggested extra recipes are NOT listed in the shopping list, so make notes of the extras you need to buy.)

BREAKFAST:

- "Soaked Oatmeal Custard"
- Eggs and Bacon with Sourdough Toast

LUNCH AND DINNER:

- Salads with leftover meats from dinner and Lemon Basil Vinaigrette *(this week's recipes)*
- Frittata made with leftover Italian Sausage Carbonara- *(mix leftovers with eggs and a little milk or cream and bake in a buttered baking dish topped with cheese until set. Serve with a side salad.)*

Shopping List

April 20, 2013

Be sure to check for ingredients you already have!
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If you are new to Real Food Weekly, you may need to buy more basic ingredients than normal for the first two weeks. Basic pantry ingredients are used in many of the meal plans, so soon you won't have to buy them because you'll already have them stocked in your pantry.
Having trouble finding the best quality whole foods? Shop the Real Food Family Marketplace!
www.realfoodfamily.com/shop-the-marketplace

Produce:

onion- 3-4
carrots
celery
zucchini
2 large leeks
kale
1 large spaghetti squash (*optional, used as an add-in or substitute for pasta in carbonara recipe)*
garlic
1 head of cabbage *(green savoy recommended, If available)*
mushrooms
1-2 pounds green beans
8-10 potatoes *(new or small red potatoes)*, plus 6 large potatoes

***Consider extra lettuces and veggies for salads, tacos, etc.**

Fruit

1-2 limes
2-3 oranges
2-3 lemons

FOR EXTRA PANCAKE RECIPE:
optional toppings: fresh fruit and/or berries

****Consider extra fruit for snacks.***

Fresh Herbs:

basil- large bunches
cilantro *(and/or flat-leaf parsley)*
chives or green onions

Meat and Fish:

1 pound loose Italian sausage
1 pound sweet loose sausage *(pork recommended)*
4-6 ounces of wild salmon per person
chicken stock- 6 cups *(Homemade stock is always recommended. See planning notes and purchase 6-10 pieces of chicken, such as drumsticks, and extra onions to make an easy homemade stock)*
****If available, add organic chicken and/or beef liver and other organ meats to your shopping lists to secretly add to dishes for extra nutrition.***

Shopping List

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My Notes:

Eggs and Dairy:

**whole-fat raw dairy always recommended, if available*
butter
eggs
Parmesan cheese
cream
sour cream

FOR EXTRA QUICHE RECIPE:

ricotta cheese
cheddar or fontina cheese
extra eggs

FOR EXTRA PANCAKE RECIPE:

buttermilk (*high quality unpasteurized buttermilk needed if soaking)*
optional toppings: cream *(whipped)*

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

Pantry:

salt and pepper
extra virgin olive oil
white vinegar
virgin coconut oil
soy sauce *(quality fermented soy sauce recommended)*
toasted sesame oil
arrowroot powder
honey
pasta- *I recommend Einkorn Pasta: www.realfoodfamily.com/einkorn-pasta (spaghetti squash may be used as a substitute for pasta)*
dry white wine *(chicken stock may be used instead)*

For extra pancake recipe:

flour *(I recommend Einkorn Flour- www.realfoodfamily.com/einkorn-flour)*
sugar
baking soda
optional toppings: real maple syrup, jam, honey, peanut butter

FOR EXTRA QUICHE RECIPE:

corn or flour tortillas

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

Potato Kale Leek Soup

Total Time: 35 minutes

Ingredients:
1/4 cup butter
1 onions, chopped
3 garlic cloves, finely chopped
1-2 large leeks, chopped and cleaned well
6 large potatoes, peeled and cubed
salt and pepper
6 cups chicken stock
2 cups kale, chopped *(stems removed)*
2 cups sour cream
Parmesan cheese, finely grated
1 egg yolk per person *(optional)*

Heat butter in a large stockpot and saute onions, garlic and leeks for 5-8 minutes. Add potatoes and season liberally with salt and pepper. Stir in stock and bring to a simmer for 15-20 minutes, until potatoes are very soft. Stir in kale and continue simmering for 5 minutes until kale is tender. Remove from heat and use an immersion blender or potato masher to partially puree the soup, thickening it but keeping it chunky. Stir in sour cream and season, as needed, with salt and pepper. Serve the soup topped with Parmesan cheese and an egg yolk stirred into every bowl *(optional)*.

Pan Seared Salmon with Green Bean and Potato Salad

Total Time: 30 minutes

Ingredients:
8-10 small potatoes, such as red or new potatoes, cleaned and quartered
salt and pepper
1 pound green beans, chopped into 2-inch pieces
1/2 cup "Lemon Basil Vinaigrette" *(from this week's recipes)*
2 tablespoons coconut or olive oil
2 tablespoons butter
4-6 ounces of wild salmon per person

Place potatoes in a large stockpot and cover with water. Add a small handful of salt and bring the potatoes and water to a rolling boil until potatoes are tender *(not mushy)*. Use a slotted spoon to transfer potatoes to a large bowl, then add green beans to the boiling water for 5 minutes, until bright green and tender *(not muddy green and mushy)*. *(You may wish to blanch the green beans by transferring them to iced water before adding them to the potatoes.)* Transfer the green beans to the bowl with the potatoes, using a slotted spoon, and let the vegetables cool to room temperature. Gently toss with the vinaigrette and season as needed with salt and pepper.

Meanwhile, heat the oil and butter in a large skillet over medium heat. Season the salmon on both sides with salt and pepper, then sear for 4-5 minutes per side, until fully cooked. Serve salmon with salad on the side.

Asian-Style Stuffed Cabbage Rolls with Citrus Glaze Dipping Sauce

Total Time: 45 minutes

Ingredients:
1 head of cabbage leaves
1/4 cup coconut oil
1 onions, chopped
1 1/2 cups carrots, chopped
1 1/2 cups celery, chopped
1 cup mushrooms, chopped
1 cup green beans, chopped into small pieces
3-4 garlic cloves, finely chopped
1 cup white wine or chicken stock *(or water)*
1 pound sweet loose sausage *(pork recommended)*
1/2 cup chives or green onions, finely chopped
1/2 cup cilantro, finely chopped *(or flat-leaf parsley)*
1 tablespoon soy sauce
2-4 teaspoons toasted sesame oil
salt and pepper

FOR SAUCE:
1 tablespoon honey
zest and juice of 1 lime
zest and juice of 1 orange, plus the juice of 1 additional orange
1 tablespoon soy sauce
1 garlic clove, finely chopped
1/4 cup water
1 tablespoon arrowroot powder

Bring a large stockpot of water to a rolling boil and season with a small handful of salt. Boil cabbage leaves *(in batches)* for a few minutes until soft. Carefully transfer cooked cabbage leaves to a large dish to cool.
Meanwhile, heat coconut oil in a large skillet or saucepan and saute onions, carrots, celery and mushrooms for 8-10 minutes until soft and beginning to brown. Add mushrooms, green beans and garlic for 3-4 minutes, then deglaze the pan with the wine *(or stock, or water)*. When liquid is almost completely absorbed, add the sausage and cook for 8-10 minutes, breaking it into small pieces, until the sausage is fully cooked and browned. Remove the pan from heat and stir in chives and cilantro, then stir in soy sauce and sesame oil. Season the mixture, as needed, with salt and pepper.
To make the dipping sauce, place the honey, lime and orange zest and juice and garlic in a small saucepan and bring to a simmer. Whisk the arrowroot into the water then whisk this into the saucepan. Let simmer until the sauce thickens enough to coat a spoon.
To prepare cabbage rolls, lay a cabbage leaf flat then place 2 tablespoons of the sausage mixture in the center. Tuck the sides of the cabbage leaf in then roll *(like a burrito)*. Serve the cabbage rolls with the dipping sauce on the side.

Italian Sausage Carbonara

(Spaghetti Squash substitute for pasta- optional)
Total Time: 20 minutes, *additional 25 minutes if using spaghetti squash

Ingredients:
1 pound spaghetti pasta *(or 1 large spaghetti squash)*
salt and pepper
olive oil or butter
1 pound loose Italian sausage
3-4 garlic cloves, finely chopped
3/4 cup white wine *(chicken stock may be used)*
6 egg yolks
1/2 cup Parmesan cheese, finely grated
1/2 cup cream
1/4 cup basil, finely chopped

If you are not going to eat pasta and would like to substitute with spaghetti squash, or would like to add the spaghetti squash to the pasta meal* **(which is awesome, too), *then follow these directions first:*
Preheat the oven to 375°F.
Slice the spaghetti squash in half lengthwise and remove the seeds. Place in a baking dish, flesh-side down, and fill with 2 inches of water. Bake for 30-45 minutes, until the squash is soft. Use a fork to pull the strings of "pasta" out of the skin of the squash.

Bring a large stockpot of water to a rolling boil, then add a small handful of salt. Boil the pasta for 8-10 minutes, until soft *(but not mushy)*.
Meanwhile, heat the oil or butter in a large skillet or saucepan and saute sausage, breaking into small pieces, until fully cooked and browned. Add garlic to the pan for 2 minutes, then deglaze with wine. Bring the wine to a simmer, then remove the pan from heat. While whisking the sauce, add the egg yolks, Parmesan cheese, cream and basil. Season sauce, as needed, with salt and pepper. Transfer the pasta *(and/or spaghetti squash)* directly to the sauce using a slotted spoon. Carefully stir to coat the pasta with the sauce, letting the heat from the pasta gently cook and thicken the eggs in the sauce. Do not stir over heat or the eggs will scramble. Serve topped with finely chopped basil.

Leftovers Magic Quiche

Total Time: 40 minutes

Ingredients:
1/4 cup butter
1 onion, chopped
1 cup carrots, chopped
1 cup celery, chopped
1 1/2 cup zucchini, chopped
1-2 cups leftover meat or fish, chopped
1 cup cheese, such as cheddar or fontina
1 cup ricotta cheese
8-10 eggs
corn or flour tortillas

Preheat oven to 375°F.
Heat butter in a large skillet and saute onions, carrots, celery and zucchini for 8-10 minutes. Place the cooked vegetables in a large mixing bowl and toss with leftover meat or fish, grated cheese and ricotta cheese. Season liberally with salt and pepper. In a separate bowl, whisk eggs with salt and pepper, then stir the whisked eggs into the vegetable, meat and cheese mixture.
Line a large pie pan with tortillas, layering to make a complete "pie crust". Pour the egg mixture over the tortilla crust. Bake for 25-30 minutes, until eggs are set. Let cool for 5-10 minutes before slicing to serve.

Lemon Basil Vinaigrette

Ingredients:
2 large handfuls of basil leaves, finely chopped
1 garlic clove, finely chopped
2 tablespoons honey
2 tablespoons white vinegar
zest of 1 lemon
juice of 2 lemons
2 teaspoon salt
1 teaspoon pepper
1 cup extra virgin olive oil

Whisk all ingredients, except olive oil, in a large bowl until smooth and blended. While whisking, slowly add drops of olive oil until the vinaigrette thickens or emulsifies, then whisk in the remaining olive oil with a steady stream. Use immediately or store in the refrigerator for up to 2 weeks.

Buttermilk Pancakes

Total Time: 30 minutes, plus overnight flour soak
**This recipe can be made without soaking the flour overnight, but I recommend this step to breakdown any phytic acid in the flour.*

Ingredients:
2 cups flour *(I recommend Einkorn Flour - www.realfoodfamily.com/einkorn-flour)*
3 cups buttermilk *(high quality unpasteurized buttermilk needed if soaking)*
1 tablespoon sugar
1 teaspoon salt
2 teaspoons baking soda
2 eggs
4 tablespoons butter, melted and cooled

OPTIONAL TOPPINGS:
butter
real maple syrup
jam
whipped cream
fresh fruit *(*berried may be mixed into the batter)*
honey
peanut butter

(First melt butter and set aside to cool.) Whisk the flour and buttermilk in a large bowl until blended. Cover with a kitchen towel or cheesecloth tied with string and set at room temperature overnight.
Heat a griddle pan to 375°F *(or a non-stick skillet may be heated over medium heat)*.
Whisk sugar, salt, baking soda and eggs into the flour mixture. Stir in the melted butter until the batter is smooth.
Butter the griddle pan or skillet and pour batter into circles and flip when the entire surface of the raw side of the pancake is bubbling. Keep the pancakes warm until serving with optional toppings.

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.