

REAL FOOD WEEKLY

May 18, 2013
ISSUE 82

Whole Food Meal Plans from
www.RealFoodFamily.com



SAUSAGE WITH BRAISED FENNEL AND GARLIC



PERSILLADE CHICKEN SAUTÉ



PRIMAVERA BRIE PASTA



*SLOW ROASTED LEG OF LAMB WITH
PARSLEY POTATOES AND GRAVY*



*SUNFLOWER SEED PESTO
GLAZED SALMON WITH
SPINACH POLENTA*

WHAT'S FOR DINNER

- Sunflower Seed Pesto Glazed Salmon with Spinach Polenta
- Persillade Chicken Sauté
- Sausage with Braised Fennel and Garlic
- Slow Roasted Leg of Lamb with Parsley Potatoes and Gravy

EXTRAS

- Primavera Brie Pasta
- Lemon Vinaigrette
- Sunflower Seed Pesto (*and dip option*)

NOURISHING ADDITIONS

- Lacto Fermented Lemonade

SOURDOUGH CLUB

*This section of your Real Food Weekly meal plan is optional and works in tandem with the "Sourdough Club" posts from www.RealFoodFamily.com/sourdough-club. *The Sourdough Club will not work for grain-free dieters, but you can use gluten-free flours to make sourdough.*

- This week: Purchase your Sourdough Starter from [**www.RealFoodFamily.com/sourdough-starter**](http://www.RealFoodFamily.com/sourdough-starter)

PLANNING NOTES

- Lacto-Fermented Lemonade takes at least 3-4 days to ferment, so plan ahead if you'd like to make it.
- If you are going to join our Sourdough Club, then all you have to do this week is purchase the starter and read the directions. Next week we will start activating the starter together, then the following week we will begin making recipes every week.
- Make the Lemon Vinaigrette at the beginning of the week to use for extra meals and snacks throughout the week.
- Make Homemade Chicken Stock and soak beans, if desired, for extra meal recipes during the week. (*See Suggested 7-day Plan*)

NUTRITION BITES

This week I'm suggesting you make Lacto-Fermented Lemonade. Lacto-fermentation uses the whey from separated raw milk or drained yogurt to enhance the nutrition of different foods. When you use whey to ferment juice, vegetables, fruits, etc., you let healthy bacteria and enzymes proliferate, so it becomes a "superfood" and naturally preserves the food. Lacto-fermenting is a great way to save on pro-biotic supplements because the homemade version is vastly higher in quality than what you will buy at the store.

SUGGESTED 7-DAY PLAN

Ingredients for the suggested extra recipes are NOT listed in the shopping list, so make notes of the extras you need to buy. Specific recipes in quotations may be found at www.RealFoodFamily.com. Many suggestions do not include recipes, but are simple meals that we assume you don't need a recipe for.

*In our house, Day 1 is Monday, but you can adjust the days however you'd like.

DAY 1:

breakfast: eggs and bacon

lunch: salad with leftovers and Lemon Vinaigrette

(this week's recipes)

**Kids- bite size pieces of leftover meat and veggies, dipped in lemon vinaigrette or Sunflower Seed Dip*

(this week's recipes)

dinner: Recipe #1: Sunflower Seed Pesto-Glazed Salmon with Spinach Polenta

DAY 2:

breakfast: cheesy grits: heat leftover polenta, then stir in whisked eggs and cheese

lunch: salad with leftover salmon and lemon vinaigrette

**Kids- bite size pieces of leftover fish and veggies, dipped in lemon vinaigrette or pesto dip*

dinner: Recipe #2: Persillade Chicken Sauté

DAY 3:

breakfast: veggie and cheese omelets

lunch: chicken and vegetable soup (**make "Homemade Vegetable Soup" at the beginning of the week- see planning notes*)

dinner: **Catch-up night- use up leftovers and unused ingredients in your kitchen*

DAY 4:

breakfast: eggs and toast with butter

lunch: beans and rice bowls topped with veggies and leftover meat (*use soaked beans if you prefer to not use canned- see planning notes*)

dinner: Recipe #3- Sausage with Braised Fennel and Garlic

DAY 5:

breakfast: veggie and cheese omelets

lunch: salad with leftovers and Lemon Vinaigrette or chicken and vegetable soup

**Kids- bite size pieces of leftover meat and veggies, dipped in lemon vinaigrette or pesto dip*

dinner: Pizza night! (*This is what we like to do on Fridays in our house. Purchase your favorite pizza dough- preferably*

from an artisan pizza restaurant that will sell their dough- then purchase your favorite fresh toppings and have a party!)

DAY 6:

breakfast: special weekend breakfast like pancakes, waffles, eggs benedict, etc.

lunch: smoothies made with fruit, yogurt, raw milk, raw egg yolks, coconut oil, etc.

dinner: Recipe #4- Slow Roasted Leg of Lamb with Parsley Potatoes and Gravy

**Start this recipe early because the slow-roasting takes a few hours.*

DAY 7:

breakfast: special weekend breakfast like pancakes, waffles, eggs benedict, etc.

lunch: Extra Recipe: Primavera Brie Pasta

dinner: **Catch-up night- use up leftovers and unused ingredients in your kitchen*

Shopping List

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Be sure to check for ingredients you already have! 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:

garlic- 2-3 heads

spinach leaves

onion- 3-4

2-4 small potatoes per person, such as new potatoes or small

golden potatoes

2-4 fennel bulbs

FOR EXTRA PASTA RECIPE:

mushrooms

celery

carrots

zucchini

tomatoes

peas (frozen and thawed okay)

NOTES:

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

FRUIT

2 lemons

FOR EXTRA LACTO FERMENTED LEMONADE:

8-9 additional lemons

***Consider extra fruit for snacks.**

FRESH HERBS:

Basil- 2 bunches

Flat-leaf parsley, 2-3 bunches

FOR EXTRA PASTA RECIPE:

thyme

MEAT AND FISH:

1 salmon filet per person (or less, as needed)

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)

1-2 pounds high-quality Italian pork or chicken sausage

6-10 pieces of chicken (a whole chicken cut into pieces is recommended. Use the extra pieces and parts of the chicken to make Homemade Chicken 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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NOTES:

EGGS AND DAIRY:

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

butter

milk (*whole, raw milk preferred*)

Cheddar or Fontina cheese

Parmesan cheese

FOR EXTRA PASTA RECIPE:

1 wedge of brie cheese

FOR EXTRA LACTO FERMENTED LEMONADE:

whhey 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

sunflower seeds- raw seeds only (*no shell*)

16-18 ounces instant or quick-cook polenta

white wine

arrowroot powder or white flour (small amount used in recipes)

Dijon mustard

honey

FOR EXTRA PASTA RECIPE:

1-1½ pounds rigatoni pasta (*Einkorn pasta recommended, brown rice or quinoa for gluten free. For Einkorn, go to*

www.realfoodfamily.com/einkorn-pasta and click on Jovial Foods.)

FOR EXTRA LACTO FERMENTED LEMONADE:

sugar

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

SUNFLOWER SEED PESTO GLAZED SALMON WITH SPINACH POLENTA

Total Time: 30 minutes

Ingredients:

FOR POLENTA:

¼ cup butter

2 garlic cloves, minced

16-18 ounces instant or quick-cook polenta

1 cup milk

1 cup cheese, such as cheddar or Fontina, grated

2-3 cups fresh spinach leaves

salt and pepper

FOR SALMON:

Butter

1 salmon filet per person (or less, as needed)

4-6 tablespoons “Sunflower Seed Pesto” (from this week’s meal plan)

Parmesan cheese, finely grated

Preheat oven to 450°F.

Heat butter in a medium saucepan or stockpot and sauté garlic for 1-2 minutes. Stir in polenta and milk and bring to a simmer for 8-10 minutes, whisking often, until mixture is smooth and thick with no lumps. *(You may need to add additional milk if mixture is not smooth.)* Season polenta liberally with salt and pepper, then stir in spinach until spinach is wilted and mixed in, then stir in cheese until it melts and polenta is smooth again. Keep warm while preparing salmon.

Place salmon filets in a buttered baking dish and spread with an even layer of pesto. Sprinkle with Parmesan cheese, then place in oven for 10-15 minutes, depending on thickness of fish, until fish is flaky and fully cooked. Serve with polenta and an additional sprinkle of Parmesan cheese *(optional)*.

PERSILLADE CHICKEN SAUTÉ

Total Time: 40 minutes

Ingredients:

½ cup flat-leaf parsley, packed

2 garlic cloves, finely chopped

6-10 pieces of chicken

salt and pepper

extra virgin olive oil

2 tablespoons butter

½ cup white wine

Create a “Persillade” by grinding the parsley with garlic in a mini food processor or blender. Season chicken with salt and pepper. Bring a few tablespoons of oil and butter to high heat in a large skillet or saucepan. Sear chicken for 5-7 minutes per side until a crispy golden crust forms. Deglaze pan with wine and stir in Persillade mixture, reserving about 2 teaspoons as a garnish. Cover for 15-20 minutes, until chicken is thoroughly cooked. Season sauce with more salt and pepper, if needed, then sprinkle with remaining Persillade and serve immediately with a simple side salad or steamed vegetables seasoned with sea salt and butter.

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**
- ¼ cup butter**
- extra virgin olive oil**
- 1 head of garlic cloves, unpeeled but with loose husks removed**
- salt and pepper**
- ½ 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.

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 (Einkorn pasta recommended, brown rice or quinoa for gluten free. For Einkorn, go to www.realfoodfamily.com/einkorn-pasta and click on Jovial Foods.)**
- 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.

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 (water may be substituted)

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.

LEMON 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.

SUNFLOWER SEED PESTO

Ingredients:

3-4 cups basil leaves (about 2 large bunches)
½ cup flat-leaf parsley leaves, packed
2-3 garlic cloves, roughly chopped
1/2 cup sunflower seeds
2 teaspoons salt
1 teaspoon pepper
1 cup extra virgin olive oil

Place basil, parsley, garlic, sunflower seeds, salt and pepper in a small food processor or blender. Pulse until finely chopped, then continue pulsing while slowly drizzling in olive oil. Transfer pesto to a small storage container and use immediately for recipes or store in refrigerator for up to 2 weeks.

To make an easy and delicious dip for veggies and leftover meat, mix 1/4 cup pesto with 1 cup sour cream. Season with salt and pepper, as needed.

LACTO-FERMENTED LEMONADE

Ingredients:

zest of 4 lemons, juice of 8 lemons
8 cups water
½-¾ cup sugar
¼ cup whey, made from separated raw milk or yogurt
1 teaspoon sea salt

Prepare lemonade by placing lemon zest, lemon juice, water and sugar in a small saucepan and simmer until sugar is dissolved. Taste and add sugar or water, as needed, to adjust flavor. Pour into an airtight container through a fine mesh sieve. *(To avoid spilling, you may strain lemonade into a larger container, then carefully pour into the airtight container.)* Stir whey and salt into lemonade until evenly mixed. Cover and leave at room temperature for 2-4 days, then transfer to refrigerator. Open container to release air every few days to avoid an explosion.

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.**