

# REAL FOOD WEEKLY

May 25, 2013  
ISSUE 83

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



PERSILLADE CHICKEN SAUTÉ



PRIMAVERA BRIE PASTA



SLOW ROASTED LEG OF LAMB WITH  
PARSLEY POTATOES AND GRAVY



SUNFLOWER SEED PESTO  
GLAZED SALMON WITH  
SPINACH POLENTA

presented by  
SUNFLOWER SEED PESTO GLAZED SALMON WITH SPINACH POLENTA

## **WHAT'S FOR DINNER**

- Baby Back Ribs
- Chicken and Asparagus Picatta
- Poached Salmon with Spring Pea Brown Rice Risotto
- Parmesan Chicken Fingers with Broccoli Rabe

## **EXTRAS**

- Strawberry Shortcake Tiramisu
- Cheesy Caramelized Onion Cornbread

## **NOURISHING ADDITIONS**

- Homemade Barbeque Sauce

## **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](http://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**

- Make the "Homemade BBQ Sauce" and "Olive Oil and Herb Puree" ahead of time so you have it ready for the Ribs recipe.
- If you are going to join our Sourdough Club, then make sure to purchase your starter and get it activated and ready for recipes. Next week the recipes will start.
- The "Baby Back Ribs" recipe is meant for Memorial Day and takes a few hours to slowly roast, so plan ahead for the cooking time.
- Make Homemade Chicken Stock and soak beans, if desired, for extra meal recipes during the week. (See Suggested 7-day Plan)

## **NUTRITION BITES**

Have you ever tried to make homemade barbeque sauce? You can actually make a basic BBQ sauce with balsamic vinegar and ketchup, but this recipe is particularly nourishing because of the anchovies. Don't be afraid of anchovies. They simply add a nice salty flavor to foods when used properly. Anchovies are highly sustainable and provide excellent nutrition, especially because you are eating the tiny bones that contain a ton of nourishing minerals.

The "Strawberry Tiramisu" recipe features a traditional egg yolk custard that has raw egg yolks in it. Be sure to purchase (or collect) organic eggs to ensure safety and nutrition, and enjoy the vast nutritional benefits of raw egg yolks, like Biotin, choline and healthy cholesterol!



## 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](http://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: MEMORIAL DAY HOLIDAY!

**breakfast:** holiday breakfast- something special like pancakes or eggs benedict

**lunch:** (leftovers from breakfast or simple snacks if breakfast was big)

**dinner:** Recipe #1: Baby Back Ribs, plus "Cheesy Caramelized Onion Cornbread" and "Strawberry Tiramisu" for dessert

\*make Homemade BBQ Sauce and Olive Oil and Herb Puree

### DAY 2:

**breakfast:** breakfast smoothies: frozen fruit, yogurt and/or milk, egg yolks and honey

**lunch:** mixed veggie salad with leftover meat

**dinner:** Recipe #2: Chicken and Asparagus Picatta

### DAY 3:

**breakfast:** omelets with toast

**lunch:** chicken and vegetable soup

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

### DAY 4:

**breakfast:** eggs and toast with butter

**lunch:** rice, beans and veggie bowls

**dinner:** Recipe #3- Poached Salmon with Spring Pea Brown Rice Risotto

### DAY 5:

**breakfast:** veggie and cheese omelets

**lunch:** chicken and vegetable soup

**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:** simple soup and/or salad

**dinner:** Recipe #4- Parmesan Chicken Fingers with Broccoli Rabe

### DAY 7:

**brunch:** special weekend brunch like pancakes, waffles, eggs benedict, etc.

**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](http://www.realfoodfamily.com/shop-the-marketplace)

## PRODUCE:

garlic- 2-3 heads

6-8 asparagus spears per person, bottom 1-2 inches cut off

2-3 stalks of broccoli rabe per person (regular broccoli may be used)

1 cup peas (frozen and thawed okay)

### FOR EXTRA CORNBREAD RECIPE:

onions- 1-2

red bell pepper

## NOTES:

**\*Consider lots extra lettuces and veggies for salads and side dishes this week**

## FRUIT

2-3 lemons

### FOR EXTRA STRAWBERRY SHORTCAKE TIRAMISU RECIPE:

3-4 cups strawberries (about 25 berries)

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

## FRESH HERBS:

flat-leaf parsley

## MEAT AND FISH:

1-2 large racks of baby back ribs

8-10 boneless chicken thighs or breast cutlets

2 pounds chicken tenders (or breast meat cut into thin strips)

1 salmon filet, per person

bacon (nitrite/nitrate free, organic preferred)

*\*Chicken stock is needed for recipes this week. Purchase a high quality stock if you are not making homemade 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

Parmesan cheese

heavy cream

### FOR EXTRA CORNBREAD RECIPE:

cheddar cheese

eggs

whole milk

### FOR EXTRA STRAWBERRY SHORTCAKE TIRAMISU RECIPE:

mascarpone cheese

eggs

heavy whipping cream

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

## PANTRY:

salt and pepper

extra virgin olive oil

tomato paste

balsamic vinegar

maple syrup

anchovy filets (high quality- packed in olive oil preferred)

flour (arrowroot powder may be substituted, which is grain-free)

dry breadcrumbs (almond or coconut flour may be substituted for grain-free)

white wine

capers

dried oregano

3 cups brown rice (par-cooked or pre-soaked; soak for at least 24 hours if you are starting with dry rice)

### FOR EXTRA CORNBREAD RECIPE:

organic cornbread mix (our favorite is from Trader Joe's)

### FOR EXTRA STRAWBERRY SHORTCAKE TIRAMISU RECIPE:

1, 8-ounce package of freeze-dried strawberries, crushed into a powder (optional)

1 pre-packaged or freshly made butter pound cake or lady finger cookies

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

## **BABY BACK RIBS WITH HOMEMADE BARBEQUE SAUCE**

Prep Time: 10 minutes  
Cook Time: 2-4 hours  
Servings: 4

### *Ingredients:*

**1-2 large racks of baby back ribs**  
**olive oil**  
**salt and pepper**  
**2 cups "Homemade Barbeque Sauce"**

Heat oven to 250°.

Glaze ribs with olive oil, salt and pepper and roast for 2-4 hours. Increase oven temperature to 375° and glaze the ribs with barbeque sauce. Let roast for an additional 30 minutes, then serve with a simple side salad or steamed vegetables.

## **CHICKEN AND ASPARAGUS PICATTA**

Total Time: 30 minutes

### *Ingredients:*

**4 tablespoons butter, divided**  
**extra virgin olive oil**  
**8-10 boneless chicken thighs or breast cutlets**  
**salt and pepper**  
**½ cup arrowroot powder or all-purpose flour**  
**2 garlic cloves, finely chopped**  
**½ cup white wine**  
**½ cup chicken stock**  
**zest and juice of 1 lemon**  
**6-8 asparagus spears per person,**  
**bottom 1-2 inches cut off**  
**1 tablespoon "Olive Oil and Herb Puree"**  
**1/3 cup capers**

Heat 2 tablespoons butter and a few tablespoons olive oil in a large saucepan over medium-high heat. Season chicken liberally with salt and pepper then dredge in arrowroot or flour, shaking to remove excess. Sear chicken for 4-5 minutes per side, until deep golden brown and crispy, then set aside.

Add 2 tablespoons butter to pan and sauté garlic for 1 minute. Add wine and stir to remove bits from bottom of pan. Stir in stock and lemon juice and zest. Bring to a simmer then add asparagus for 3-5 minutes, until bright green and slightly soft. Remove from pan and set aside. Let sauce continue to simmer until reduced and thickened. Stir in oil and herb puree and capers, then serve sauce over chicken and asparagus.

## **POACHED SALMON WITH SPRING PEA BROWN RICE RISOTTO**

Total Time: 30 minutes

*\*This recipe calls for brown rice that has been soaked overnight.*

*Ingredients:*

**1 salmon filet, per person**  
**¼ cup butter, melted**  
**½ cup white wine**  
**2-3 garlic cloves, crushed**  
**salt and pepper**  
**6 strips of bacon, chopped**  
**½ onion, chopped**  
**¼ cup white wine**  
**3 cups brown rice (pre-soaked)**  
**½ cup chicken stock**  
**1 cup peas (frozen and thawed okay)**  
**2 teaspoons "Olive Oil and Herb Puree"**  
**¼ - ½ cup heavy cream**

Preheat oven to 400°F.

Place salmon filets in a baking dish and cover with melted butter, wine, garlic, salt and pepper. Place in oven for 15 minutes, until fully cooked.

Meanwhile, sauté bacon until crispy and remove from pan. Sauté onions in bacon fat for 5-7 minutes, then deglaze pan with wine and add rice. Stir in stock, peas, and olive and herb puree. Continue to stir until stock is absorbed. Stir in cream until risotto is thick and creamy, then serve with rice.

## **PARMESAN CHICKEN FINGERS WITH BROCCOLI RABE**

Total Time: 30 minutes

*Ingredients:*

**2 pounds chicken tenders (or breast meat cut into thin strips)**  
**salt and pepper**  
**2 eggs**  
**¼ cup flour or arrowroot powder**  
**½ cup dry breadcrumbs (almond or coconut flour may be substituted for grain-free)**  
**½ cup Parmesan cheese, finely grated**  
**2 teaspoons dried oregano**  
**¼ cup butter, plus extra as needed**  
**extra virgin olive oil**  
**2-3 stalks of broccoli rabe per person**

Preheat oven to 375°F.

Beat eggs with salt and pepper in a small dish. Whisk arrowroot, breadcrumbs, and Parmesan in another dish. Grease a large baking dish with butter. Toss chicken pieces in egg mixture, then coat with dry mixture, shaking to remove excess. Place chicken tenders in baking dish, and repeat with remaining chicken. Drizzle liberally with oil, then bake for 20-25 minutes until golden brown.

When chicken is 10-15 minutes from being done, fill a saucepan with an inch of water and bring to a boil. Add a handful of salt, then add broccoli for 5-7 minutes until bright green and tender. Strain water, then add broccoli back to pan and stir in butter until melted. Toss to coat broccoli with butter. Season as needed, and serve with chicken.

## **STRAWBERRY SHORTCAKE TIRAMISU**

Total Time: 25 minutes

*\*This recipe calls for optional freeze-dried strawberries (usually available at Trader Joe's or health food stores). Use a rolling pin or other heavy device to crush strawberries into a powder.*

*\*This recipe also calls for a pre-made pound cake or lady finger cookies. Look for only basic ingredients, with no added preservatives or chemical ingredients. Or, find a basic recipe online and make your own!*

*Ingredients:*

**3-4 cups strawberries, sliced (about 20-25 strawberries)**

**juice of 1 lemon**

**2 tablespoons balsamic vinegar**

**2 tablespoons sugar, plus ¼ cup**

**3 egg yolks**

**8 ounces mascarpone cheese, at room temperature**

**1 ½ cups heavy whipping cream**

**1, 8-ounce package of freeze-dried strawberries, crushed into a powder (optional)**

**1 pre-packaged or freshly made butter pound cake or lady finger cookies**

Place sliced strawberries in a large bowl and gently toss with lemon juice, vinegar, and 2 tablespoons sugar. Let set while preparing cream.

Place egg yolks and ¼ cup sugar in a bowl and beat with an electric mixture or very strong arm until pale yellow and fluffy, and sugar has dissolved. Whisk in mascarpone cheese until smooth and blended. Add cream and whisk until smooth and cream has whipped and puffed up slightly. Do not over-beat or cream will separate and mixture will become oily. Finally, gently stir in strawberry powder.

Place thin sliced of cake or cookies on the bottom of a baking dish to create a base layer. Spread half of the strawberry slices, with juices, over the layer of cake/cookies. Spread half of the cream mixture over the strawberries. Repeat with one more layer of cake/cookies, marinated strawberries, and cream. Serve immediately or chill for a few hours in the refrigerator and serve.



## **CHEESY CARAMELIZED ONION CORNBREAD**

*I make this special treat with a delicious pre-made organic cornbread mix that I find at my local health food store. It is typically made with milk, eggs, and melted butter. The ideal way to make this is from scratch with a traditional Masa Harina flour, which is corn flour soaked in limewater.*

*Ingredients:*

**Cornbread mix, made with melted butter, eggs, and milk (not oil or water)**  
**2 tablespoons butter**  
**1 onion, sliced**  
**½ cup red bell pepper, finely chopped (optional)**  
**salt and pepper**  
**1 ½ cups cheddar cheese**

Preheat oven to 350°F (or as directed for cornbread mix).

Mix cornbread mix in a large bowl. Heat butter in a saucepan and sauté onions for 10-15 minutes, adding a tablespoon of water every few minutes, until onions are soft and brown. Stir in bell pepper for a 2-4 minutes, and lightly season with salt and pepper. Stir onions and peppers into cornbread batter, then stir in cheese. Butter a baking dish and bake cornbread as directed. Enjoy!

## **HOMEMADE BBQ SAUCE**

*Ingredients:*

**2 tablespoons oil**  
**2 garlic cloves, minced**  
**5-6 anchovies**  
**salt and pepper**  
**½ cup tomato paste**  
**½ cup balsamic vinegar**  
**6 tablespoons maple syrup**  
**1 cup water**

Sauté garlic and anchovies in oil for 3-4 minutes, then season with salt and pepper. Stir in tomato paste, balsamic vinegar, and maple syrup until smooth. Add water and simmer for 30-45 minutes, until smooth and thick. Keep refrigerated for up to 2 weeks.

## **OLIVE OIL AND HERB PUREE**

*Ingredients:*

**1 handful of flat-leaf parsley and basil**  
**2 cloves of garlic, finely chopped**  
**zest of 1 lemon**  
**1 teaspoon salt**  
**½ teaspoon pepper**  
**1 cup olive oil**

Puree herbs, garlic, lemon, salt and pepper in a small food processor or blender. Stir or mix in olive oil until evenly mixed. Use immediately or store in the refrigerator for up to 2 weeks.

\*Mix this puree with a little vinegar and extra oil for an easy salad dressing.

## 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.**