

REAL FOOD WEEKLY

June 15, 2013
ISSUE 86

Whole Food Meal Plans from
www.RealFoodFamily.com



*GLAZED FISH AND
PINEAPPLE KEBABS*



CHEESE SOUFFLÉ



ROASTED HERB CHICKEN



CORN

*pictured:
VEGETABLE QUINOA SALAD*

SUGGESTED 7-DAY PLAN:

(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. Ingredients for the suggested extra recipes are NOT listed in the shopping list, so make notes of the extras you need to buy.)

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

Day 1

breakfast: eggs, bacon, toast and raw milk breakfast

lunch: sandwiches, soup and/or salad using leftovers from last week

dinner: Recipe #1: Simple Grilled Steak with Vegetable Quinoa Salad

**Preparation ideas for extra meals this week:*

- Make *Homemade Mayonnaise, Basil Puree and Pesto Mayonnaise* to save time during the week
- chop vegetables for easy breakfasts, salads, etc.
- hard-boil eggs for extra snacks during the week
- Make *"Homemade Chicken Stock"* for easy meals or snacks for the week

Day 2

breakfast: Eggs sauteed with a little "Pesto Mayonnaise"

lunch: chicken and vegetable soup

dinner: Recipe #2: Roasted Herb Chicken, Artichoke and Corn

Day 3

breakfast: breakfast smoothies and toast with lots of butter

lunch: chicken sandwiches with vegetables and "Pesto Mayonnaise"

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

Day 4

breakfast: eggs, bacon, toast and raw milk breakfast

lunch: Extra Recipe: "Creamy Leftover Chicken and Quinoa Salad"

dinner: Recipe #3: Glazed Fish and Pineapple Kebabs

Day 5

breakfast: veggie and cheese omelets

**Sourdough Club: take your starter out of the refrigerator and let it come to room temperature.*

lunch: mixed salad and chicken and vegetable soup

dinner: Pizza or Pasta night! (This is what we like to do on Fridays in our house. Make your favorite pasta dish or 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!)

**Sourdough Club: feed your starter tonight and let it proof overnight.*

Day 6

brunch: Extra Recipe: Cheese Soufflé

dinner: Recipe #4: Shrimp, Summer Squash and Pineapple Saute over Rice
Extra Recipe: Balsamic Strawberries with Vanilla Cream

**Sourdough Club: feed your starter twice today- every 8-12 hours (overnight to Day 7).*

Day 7

brunch: Eggs Benedict with Pesto Mayonnaise instead of a traditional Hollandaise

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

**Sourdough Club: Make a recipe! Follow www.RealFoodFamily.com/sourdough-club for information and ideas.*

Shopping List

June 15, 2013

PRODUCE:

tomatoes
celery
cucumber
shallots (*or small onions*)
4 artichokes
corn
3-4 summer squash
garlic
onion- 1

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

FRUIT

lemons
pineapple
FOR EXTRA BALSAMIC STRAWBERRIES AND VANILLA CREAM RECIPE:

4-6 cups strawberries

***Consider extra fruit for snacks.**

FRESH HERBS:

flat-leaf parsley
basil (*large bunch*)

MEAT AND FISH:

Rib-Eye steak (*about 6 oz. per adult*)
1 whole chicken
1 pound raw shrimp, peeled and de-veined (*frozen and thawed okay*)
1 ½ pounds firm fish, such as sea bass or halibut

***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.**

EGGS AND DAIRY:

butter
eggs (*organic- raw yolks will be used*)

FOR EXTRA CHEESE SOUFFLÉ RECIPE:

milk
cheese, such as cheddar, fontina or other hard cheese
Parmesan cheese

FOR EXTRA BALSAMIC STRAWBERRIES AND VANILLA CREAM RECIPE:

heavy cream

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

PANTRY:

Extra virgin olive oil
olive oil (*not extra virgin*)
white balsamic vinegar
Salt and pepper
garlic powder
Herbs de Provence (*mixed dried herbs*)
Quinoa'
Dijon mustard
honey (*raw honey recommended*)
white or brown rice
dry white wine
soy sauce

FOR EXTRA BALSAMIC STRAWBERRIES AND VANILLA CREAM RECIPE:

balsamic vinegar
vanilla extract OR beans scraped out of a fresh vanilla bean
sugar

FOR EXTRA CHEESE SOUFFLÉ RECIPE:

dry breadcrumbs
flour and/or arrowroot powder

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

SPECIALTY:

Wooden skewers needed for kebabs

SIMPLE GRILLED STEAK

Total Time: 15 minutes

Ingredients:

Rib-Eye steak (about 6 oz. per adult)
Extra Virgin Olive Oil
Salt and Pepper
Garlic Powder

Preheat outdoor grill (or wait to heat indoor grill or skillet before cooking if cooking inside). Bring steak to room temperature, drizzle both sides of steak with oil then liberally season with oil, salt, pepper, and garlic powder. Grill steak on both sides for 4-8 minutes, depending on thickness and desired doneness. Let steak rest for 5 minutes before serving.

VEGETABLE QUINOA SALAD

Total Time: 15 minutes

Ingredients:

1 cup quinoa
salt and pepper
1 cup tomatoes, seeded and chopped
1 cup celery, chopped
1 cup cucumber, chopped
½ cup flat-leaf parsley, finely chopped
For the dressing:
¼ cup shallot (or onion), finely chopped
1 tablespoon Dijon mustard
2-3 teaspoons honey
1 teaspoon salt
½ teaspoon pepper
½ cup extra virgin olive oil

Place the quinoa in a small stockpot with 2 cups water and a large splash of salt. Bring to a boil, then let simmer for 10-12 minutes, until the liquid is absorbed and the quinoa is soft. Meanwhile, chop all the vegetables and place in a large bowl. Transfer the cooked quinoa to a large sieve and strain with cold water in the sink, then transfer the quinoa to the large bowl with the vegetables. Season with a little salt and pepper, then gently toss all the ingredients together.

To prepare the dressing, whisk all ingredients except the oil in a medium bowl. Slowly drizzle the oil into the mixture, while whisking, until a smooth dressing forms. Pour the dressing over the quinoa salad and toss to coat the salad evenly with the dressing. Season, as needed, with salt and pepper, then serve.

ROASTED HERB CHICKEN, ARTICHOKE AND CORN

Total Time: 1 ½ hours

Ingredients:

1 whole chicken
Extra Virgin Olive Oil
Salt and Pepper
1 tablespoon Herbs de Provence
4 artichokes
2 lemons, sliced
corn- as many whole ears as desired, husks removed
“Homemade Mayonnaise”
and/or “Pesto Mayonnaise” from this week’s recipes

Preheat oven to 425° and bring a pot of water to a rolling boil.

Butterfly chicken with sharp kitchen shears and lay in large roasting pan, breast-side up. Drizzle liberally with oil, then season well with salt and pepper. Sprinkle evenly with herbs. Place in oven for 20 minutes, then reduce oven temperature to 365°.

Slice ½ inch off the top of the artichoke and peel the stems (*if still attached*). Add a handful of salt and the lemons to the boiling water, then add artichokes. Let boil for 10-15 minutes, until soft, then remove and artichokes and place on a serving dish. Keep water boiling to prepare corn when chicken is out of the oven. When chicken is removed from oven, place corn in boiling water for 3-5 minutes until hot and brightened in color. Slice and serve chicken with vegetables and Homemade Mayonnaise or Pesto Mayonnaise.

GLAZED FISH AND PINEAPPLE KEBABS

Total Time: 20 minutes

**Serve with a simple side salad or steamed vegetables.*

Ingredients:

1 ½ pounds firm fish, such as sea bass or halibut cut into 1-2 inch chunks
½ pineapple, cut into 1-2 inch chunks
salt and pepper
½ cup butter
1 garlic clove, minced
¼ cup soy sauce
1 tablespoon honey
***This recipe requires skewers.**

Preheat outdoor grill (*or indoor grill pan*) on medium-high heat

Place fish and pineapple in an alternating pattern on skewers, then season lightly with salt and pepper. In a small saucepan, melt butter, then remove from heat and stir in garlic, soy sauce and honey. Place kebabs on grill for 3-4 minutes per side (*do not move during this time*), until fish is cooked and dark grill marks form. Serve immediately with a simple salad (*optional*).

SHRIMP, SUMMER SQUASH AND PINEAPPLE SAUTE OVER RICE

Total Time:

20 minutes (not including time to cook brown rice)

Ingredients:

Pre-cooked white or brown rice (soak overnight then boil in salted water until soft.)

1/4 cup butter

1 onion, finely chopped

3-4 summer squash, chopped

1/2- 3/4 cup pineapple, chopped

2 garlic cloves, finely chopped

1 pound raw shrimp, peeled and de-veined

1/2 cup dry white wine

salt and pepper

1/4 cup flat leaf parsley, finely chopped

Sauté onions in butter in a large skillet or saucepan over medium-high heat. When beginning to brown, add squash, pineapple garlic and shrimp. Deglaze pan with wine and let ingredients simmer until wine evaporates. Season as needed with salt and pepper, then stir in parsley and serve dish over cooked brown rice.

CHEESE SOUFFLÉ

Total Time: 40 minutes

Ingredients:

4 tablespoons butter, divided

1/4 cup dry breadcrumbs

1 cup milk

2 teaspoons mustard (Dijon or yellow)

3 tablespoons arrowroot powder or flour salt and pepper

1/2 cup cheese, grated, such as cheddar, fontina, or other hard cheese

1/2 cup Parmesan cheese, finely grated

4 eggs, separated, plus 1 egg white

Preheat oven to 375°F.

Coat the inside of a soufflé dish or multiple small soufflé dishes with butter and coat with breadcrumbs, shaking out excess. Heat milk in a saucepan until simmering, then whisk in mustard, arrowroot powder or flour, remaining butter, and salt and pepper, to taste. Whisk until mixture is smooth and thick, then remove from heat and add cheese, reserving 2-4 tablespoons Parmesan cheese, until melted and smooth. Add egg yolks to cheese mixture while whisking. In a large bowl, beat egg whites with an electric mixer or strong arm until stiff peaks form. Fold egg whites into cheese mixture until just incorporated, then pour into soufflé dish(es) until just below level with the top. Sprinkle soufflés with Parmesan cheese, then place soufflé dish(es) on baking sheet and bake for 25 minutes, until puffed and golden on top. Serve immediately with a simple side salad drizzled with this week's salad dressing.

CREAMY LEFTOVER CHICKEN AND QUINOA SALAD

Ingredients:

2 cups cooked chicken, chopped
2 cups leftover "Vegetable Quinoa Salad"
½ cup "Pesto Mayonnaise"

Gently toss ingredients together in a large bowl, then season, as needed, with salt and pepper to serve.

HOMEMADE MAYONNAISE

Prep Time: 5 minutes

Ingredients:

2 egg yolks
2 tablespoons white balsamic vinegar
Salt and Pepper,
(use white pepper if you have it)
1- 1 1/2 cups Olive Oil
(not Extra Virgin- use unrefined "light" if you can find it)

Place egg, vinegar, and salt and pepper, to taste, in a tall cup used with an immersion blender, or in a mini food processor, and pulse to blend. While pulsing, drizzle in oil until mixture emulsifies and becomes thick (like mayonnaise!) Keep refrigerated for up to 2 weeks.

For Pesto Mayonnaise, stir 1/4 cup "Basil Puree" into 1 cup "Homemade Mayonnaise" until blended. Store refrigerated for up to 2 weeks.

BASIL PUREE

Ingredients:

4-6 cups basil leaves
1 cup flat-leaf parsley leaves
4-5 cloves of garlic, roughly chopped
3 teaspoons salt
2 teaspoons pepper
1 cup extra virgin olive oil

Place all ingredients except oil in a food processor or blender and pulse until finely ground. While pulsing, slowly add oil until smooth puree forms. Use immediately for recipes, or store refrigerated in an air-tight container for up to 2 weeks.

BALSAMIC STRAWBERRIES WITH VANILLA CREAM

Total Time: 15 minutes *(not including marinating time)*

Ingredients:

4-6 cups strawberries, tops removed and sliced
1 cup Balsamic vinegar
¼ cup sugar, plus 2 tablespoons
1 cup heavy whipping cream
1 teaspoon vanilla extract OR beans scraped out of a fresh vanilla bean

Place sliced strawberries in a large bowl and toss with vinegar and ¼ cup sugar. Cover and refrigerate for at least 2 hours, up to 8 hours. Strain strawberries from marinating liquid, and transfer marinating liquid to a small saucepan. Place strawberries in a serving dish, or multiple serving dishes. Bring vinegar mixture to a soft boil and let simmer until reduced into a syrup. Meanwhile, whip cream with 2 tablespoons sugar and vanilla using an electric mixture or strong arm until soft peaks form. Serve strawberries topped with cream and drizzled with balsamic syrup. Yummm!!!!

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.**