

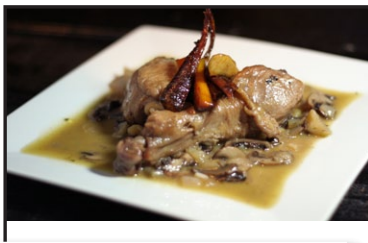
REAL FOOD WEEKLY

June 22, 2013
ISSUE 87

Whole Food Meal Plans from
www.RealFoodFamily.com



ROASTED GARLIC AND BEAN CHILI



*CREAMY RUSTIC CHICKEN
WITH PAN CARAMELIZED
CARROTS*



MIGNOGNA MANICOTTI



CIOPPINO



*RASPBERRY GALETTE
WITH BASIC PIE CRUST*

WHAT'S FOR DINNER

- Creamy Rustic Chicken with Pan Caramelized Carrots
- Cioppino
- Mignogna Manicotti
- Roasted Garlic and Bean Chili

EXTRAS

- Raspberry Galette with Basic Pie Crust
- Homemade Marinara
- Basil Pesto

NOURISHING ADDITIONS

- Homemade Sauerkraut

PLANNING NOTES

- *Make Basil Pesto, Homemade Marinara, Basic Pie Crust and Homemade Sauerkraut to save time during the week.*
- *Soak beans for "Roasted Garlic and White Bean Chili" all week long, changing the water every day.*
- *Fish stock is optional for the "Cioppino" recipe, but Chicken stock may be substituted, so make Homemade Chicken Stock before proceeding with the recipe, or add chicken stock to your shopping list. Chicken stock is also needed for the chili recipe.*

NUTRITION BITES:

- This week's Homemade Sauerkraut recipe is a lacto-fermented vegetable recipe. The process of lacto-fermentation is an ancient preservation method used in many cultures that transforms vegetables and fruits into ultra-nourishing foods, full of beneficial bacteria and enzymes. Proper fermenting methods cause lactobacilli, bacteria that occur on most living things, to proliferate and produce lactic acid that preserves food and inhibits putrefying bacteria. The proliferation of lactobacilli in fermented vegetables enhances their digestibility and increases vitamin levels while producing antibiotic and anticarcinogenic substances. Lactic acid also promotes the growth of healthy flora throughout the gut. Lacto-fermented vegetables and fruit are not meant to be eaten in large quantities, but as condiments, such as with meat, fish, or properly prepared grains. Once you master the basic method of lacto-fermentation, the flavor possibilities are endless with various types of vegetables, fruits and spices.
- Salt is used to start the fermentation process, but fresh (not dried) whey made from fresh raw milk or quality yogurt will reduce the amount of salt needed, as well as reduce the amount of time needed to ferment and help ensure successful preservation. Salt may be used alone for vegetable fermentation, but whey is essential for fermenting fruit.

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

NOTES:

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: Creamy Rustic Chicken

***Preparation ideas for extra meals this week:**

- Follow Preparation Notes above for this week's recipes
- 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: Butter a baking dish (or individual baking dishes) and whisk eggs with Homemade Marinara, then pour into the baking dish. Top with cheese and bake at 350°F until the eggs are set and cheese is melted

lunch: chicken and vegetable soup

dinner: Recipe #2: Cioppino

Day 3

breakfast: breakfast smoothies and toast with lots of butter

lunch: chicken sandwiches with leftover meat, cheese and vegetables

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

Day 4

breakfast: eggs, bacon, toast and raw milk breakfast

lunch: mixed vegetable salad with cheese, hard-boiled eggs and a basil vinaigrette (whisk "Basil Pesto" with a little oil and vinegar)

dinner: Recipe #3: Mignogna Manicotti

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: Weekend recipes, such as pancakes, waffles or eggs benedict

dinner: Recipe #4: Roasted Garlic and White Bean Chili

Extra Recipe: Raspberry Galette

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

Day 7

brunch: Weekend recipes, such as pancakes, waffles or eggs benedict

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.**

PRODUCE:

onions- 3-4
garlic- 3-4 heads
mushrooms
fennel- 3-4 bulbs
carrots
tomatoes
spinach
peas (frozen okay)

FOR HOMEMADE SAUERKRAUT:

1 medium cabbage

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

FRUIT

FOR RASPBERRY GALETTE:

2-3 cups raspberries (frozen okay)

***Consider extra fruit for snacks.**

FRESH HERBS:

sage and/or thyme
rosemary
basil- 1-2 bunches
flat-leaf parsley

MEAT AND FISH:

8-10 varied pieces of chicken, such as bone-in thighs, legs, breasts, etc.
2 pounds mixed fish and/or shellfish, such as halibut, shrimp, mussels, clams, scallops, etc. (frozen, okay)
4oz. loose Italian sausage
lard (optional- for pie crust. Butter may be substituted.)
chicken livers (optional- a nutrient-dense addition to Homemade Marinara)

***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
mascarpone cheese (sour cream may be substituted)
eggs
mozzarella cheese
ricotta cheese
Parmesan cheese

FOR HOMEMADE SAUERKRAUT:

whey made from separated raw milk or yogurt

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

PANTRY:

Extra virgin olive oil
salt and pepper
red wine (chicken stock or water may be substituted)
dry white wine
maple syrup
tomato paste
semolina flour (use all-purpose if unavailable)
all-purpose flour (if using an alternative flour, use something that is meant for pastries, or else crepes will be too thick to be able to flip)
1 pound white beans, such as white kidney beans or cannellini beans
anchovy filets
balsamic vinegar
sugar
FOR HOMEMADE SAUERKRAUT:
caraway seeds

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

CREAMY RUSTIC CHICKEN WITH PAN CARAMELIZED CARROTS

Total Time: 45 minutes

Ingredients

8-10 varied pieces of chicken, such as bone-in thighs, legs, breasts, etc.

Extra virgin olive oil

Salt and pepper

1 onion

1 cup mushrooms, chopped

1 fennel bulb, chopped

2 garlic cloves, minced

2/3 cup red wine, chicken stock or water may be used

1 tablespoon fresh sage, finely chopped

1 tablespoon fresh rosemary needles, finely chopped

1 cup mascarpone cheese, sour cream, and/or heavy cream

FOR CARROTS:

2-3 carrots, cut/julienned into 5-inch sticks

2 tablespoons butter

2 teaspoons maple syrup

salt

Preheat oven to 350°F.

Coat chicken pieces with olive oil and salt and pepper. Heat more oil in a large skillet and sear chicken for 8 minutes per side. Remove from pan and set aside on a large plate. Add onions, mushrooms and fennel, and sauté for 8-10 minutes, until softened and possibly beginning to brown. Stir in garlic and sauté for 1 minute. Add wine (or chicken stock or water) and deglaze pan for 2 minutes, until liquid is simmering. Stir in herbs and mascarpone (or cream), then add chicken back to pot. Place in oven for 10-20 minutes, until sauce thickens and chicken is thoroughly cooked.

While chicken is in oven, simmer the carrots in a small saucepan with a little water until carrots are soft. Strain carrots and return pan to heat. Melt butter until bubbling and stir in maple syrup and a dash of salt. Add carrots to maple butter and gently stir to coat well. Serve carrots over chicken.

CIOPPINO

Total Time: 30 minutes

**Fish stock is needed for this recipe, as well as 2 pounds of mixed fish and shellfish. Fish stock is easily made by simmering whole fish and/or fish heads in a pot with aromatic herbs like onion, celery, and carrots, plus salt and pepper and herbs, if desired. Good quality store-bought fish stock is sometimes available, usually in the frozen foods section of a health food store. For economic reasons, I don't often make this soup with many different types of fish and shellfish. I'll make it with good quality frozen wild seafood and it works just fine!*

Ingredients:

1/4 cup butter

1 large onion, chopped

1/2 cup fennel, chopped

2 garlic cloves

1/4 cup tomato paste

1 cup tomatoes, seeded and chopped

1/2 cup dry white wine

1 teaspoon thyme leaves

2 tablespoons basil, finely chopped

1 tablespoon flat-leaf parsley, finely chopped

salt and pepper

3 cups fish stock (or vegetable stock...chicken stock is a last resort)

2 pounds mixed fish and/or shellfish, such as halibut, shrimp, mussels, clams, scallops, etc.

Heat butter in a large saucepan or stockpot and sauté onions and fennel for 5 minutes. Add garlic for one minute then stir in tomato paste and tomatoes. Deglaze the pan with wine, stirring to remove bits from bottom of pan. Stir in herbs and season liberally with salt and pepper. Stir in stock and bring to a simmer for 5 minutes. Add fish and/or shellfish and stir very gently in simmering liquid until fish is cooked, shrimp is pink, and seashells have opened. *(Discard any shells that have not opened.)* Season as needed with salt and pepper, then sprinkle with additional chopped herbs to serve.

MIGNOGNA MANICOTTI

Total Time: 45 minutes *With marinara and pesto sauce already made.
Serve an easy Italian salad with this meal.

Ingredients:

FOR CREPES:

1 cup semolina flour (use all-purpose if unavailable)

1 cup all-purpose flour (if using an alternative flour, use something that is meant for pastries, or else crepes will be too thick to be able to flip)

4 eggs

1 tablespoon extra virgin olive oil

pinch of salt

FOR FILLING AND TOPPING:

Extra virgin olive oil

4oz. loose Italian sausage

4 cups spinach

½ cup peas (frozen and thawed okay)

1 ½ cup mozzarella cheese, cut into small cubes, plus 1 cup grated

1 cup ricotta cheese

1 egg yolk

salt and pepper

2-3 cups marinara sauce *Use this week's homemade recipe

½ cup Parmesan cheese, finely grated

Preheat oven to 375°F.

Whisk ingredients for crepes in a mixing bowl until smooth. Heat a nonstick skillet and pour ¼ - ½ cup batter into pan, rotating the pan until it is thinly coated with the batter. Cook for 1-2 minutes, until the sides start to lift up, then flip and cook for 30 more seconds. Set on a large plate and repeat with the rest of the batter.

For the filling, heat a little oil in a saucepan and sauté sausage until browned. Add spinach and let cook down until wilted. Place sausage mixture in a large mixing bowl, then gently mix in peas, cubes of mozzarella, ricotta, and egg yolk. Season with salt and pepper.

Coat a large baking dish with marinara. Place about 1/3 cup of filling in the center of a crepe and roll the crepe up like a burrito by folding in short sides first, then rolling. Place each rolled crepe, seam-side down, in the baking dish until it is full. *(If you have extra, you may fill an additional baking dish.)* Pour at least 1 cup of marinara over the top of the stuffed manicotti, then sprinkle evenly with grated mozzarella and Parmesan cheese. Bake for 20-30 minutes until cheese is bubbling and beginning to brown. Let cool for 10 minutes before serving.

ROASTED GARLIC WHITE BEAN CHILI (WITH BAGNA COUDA FINISHING OIL)

Total Time: 1-1 ½ hours, plus a few days of soaking time for beans. Roasting garlic may be done ahead of time and kept in the refrigerator.

**Cooking time for chile (not garlic) can be dramatically reduced by using canned beans that have been thoroughly rinsed.*

Ingredients:

- 1 pound white beans, such as white kidney beans or cannellini beans**
- 2 heads of garlic**
- extra virgin olive oil**
- ¼ cup butter**
- 1 onion, chopped**
- 12 oz. sausage (nitrite/nitrate free- I use a sausage sweetened with maple syrup)**
- 1 cup carrots, grated**
- 2 cups spinach leaves (packed when measured)**
- 1 tablespoon thyme and rosemary, finely chopped**
- salt and pepper**
- 3-4 cups chicken stock**

FOR BAGNA CAUDA

- 2 tablespoons butter**
- 3 garlic cloves, minced**
- 5-6 anchovy filets**

Soak beans in water for a few days.

Slice tops of garlic heads to expose cloves. Drizzle olive oil, salt, and pepper all over garlic. Cover garlic and roast for 1 hour, until garlic is soft and brown.

While garlic is roasting, eat butter in a large stockpot and sauté onions for 3-5 minutes, until translucent and beginning to brown. Add sausage and sauté for 5 more minutes, until browned. Add the carrots, spinach, herbs, and beans, and season liberally with salt and pepper. Stir in stock and let mixture simmer for 1 hour, until beans are soft and chile has thickened. Squeeze roasted garlic into chile and stir to evenly distribute. Use an immersion blender (*or blender or potato masher*) to slightly blend and thicken chile (*do not puree*).

For the bagna cauda sauce, sauté garlic in butter in a small saucepan for 1 minute, then stir in anchovies and let simmer until anchovies have dissolved. Pour sauce through a fine mesh sieve into a separate bowl or drizzle directly over chile to serve.

RASPBERRY GALETTE

Ingredients:

“Basic Pie Crust”

2 1/2 cups raspberries

1/4 cup sugar

1/4 cup all-purpose flour or arrowroot powder

1-2 teaspoons vanilla extract

Make the Basic Pie Crust if you do not have it already prepared.

Preheat oven to 350°F.

Roll the pie crust on a floured surface into a 14-16 inch disk, about 1/4-inch thick and place on a large baking sheet.

Gently toss the raspberries with sugar, flour or arrowroot powder and vanilla extract, until the raspberries are evenly coated. Pour the raspberries on the center of the pie crust and spread, leaving a 1-inch border. Carefully fold edges of the pie crust toward the center forming a 2-inch border of crust. Place in the oven and bake for 45-60 minutes, until the crust is golden and flaky. Let the galette cool completely before slicing to serve.

BASIC PIE CRUST

Prep Time: 10 minutes

Inactive Prep Time: 30 minutes

Servings: Yields single pie crust. *Double recipe for double pie crust.

Ingredients:

1 1/4 cup flour, plus extra for dusting

1/2 teaspoon salt

3/4 cup butter, chilled, cut into small cubes

1/4 cup lard, chilled, cut into small cubes

(use butter if lard is not desired)

1-2 tablespoons iced water

Pulse flour and salt in a large bowl or food processor (*hand blended dough usually results in a better texture, but takes more work*). Cut in butter and lard with a pastry cutter, or add butter and lard, one piece at a time while pulsing food processor until moist crumbs form. Slowly add ice water while mixing or pulsing food processor until dough begins to pull together, and stays together when pinched with fingers. Transfer dough to lightly floured surface and form into ball. Wrap in plastic wrap, flatten into thick disk, and refrigerate for 30 minutes until firm (*optional- again, this will result in a better texture*). Transfer chilled dough onto lightly floured surface and roll into large, thin disk, and bake according to needed recipe.

HOMEMADE MARINARA

Ingredients:

Extra virgin olive oil
1 chicken liver (optional)
¼ cup basil pesto (or pureed basil and garlic)
2 tablespoons balsamic vinegar
¼ cup tomato paste
32 oz. diced tomatoes (2 large cans or about 8 fresh tomatoes- San Marzano Roma tomatoes are best)
salt and pepper
dash of sugar (optional)

Heat a few tablespoons oil in a large stockpot and sauté liver (optional) and pesto. Stir in vinegar, tomato paste and canned tomatoes, and season liberally with salt, pepper, and a dash of sugar. Bring sauce to a simmer then puree with an immersion blender until smooth. (Use a regular blender if you don't have an immersion blender, then return sauce to pot.) Simmer over low heat for 30-60 minutes. Use immediately or let cool and store in the refrigerator.

BASIL PESTO- BASE RECIPE

**This recipe is used as a base recipe for other recipes, and therefore is not prepared like a traditional basil pesto. This pesto is very basic and excludes pine nuts and lemon zest.*

Ingredients:

1 large bunch of basil
2-3 garlic cloves, roughly chopped
salt and pepper
½ cup extra virgin olive oil
½ cup Parmesan cheese, finely grated

Place basil and garlic in a small food processor or blender and season liberally with salt and pepper. Pulse until finely chopped, then continue pulsing while slowly drizzling in olive oil. Transfer pesto to a small storage container and stir in Parmesan until evenly mixed. Use immediately or store in refrigerator.

HOMEMADE SAUERKRAUT

Prep Time: 15 minutes

Inactive Prep Time: 3 days

Servings: Yields 2 cups

Ingredients:

1 medium cabbage, cored and shredded
1 tablespoon caraway seeds
1 tablespoon salt
4 tablespoons whey,
or 1 additional tablespoon of salt
and 2 tablespoons lemon juice

Place ingredients and large bowl and mash for 10 minutes with large spoon or meat pounder until juices are released and cabbage size is reduced drastically. Transfer mixture to airtight glass jar and set out at room temperature for 3 days. Transfer to refrigerator. Sauerkraut will last up to 3 months.

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.**