

Real Food Weekly

ISSUE 41

“FLAVOR BABY!”

Don't be afraid of the title of this week. We are just adding a little bit of extra and unique flavor to our meals by introducing things like curry powder, goat cheese, and tangy sauces. These recipes are not too exotic, but they are inspired by Middle Eastern classics. The best part is that the recipes have been approved by a very picky little child of mine! My re-invented version of chicken nuggets with sweet and sour sauce are an all-time favorite in our house.



COCONUT-ALMOND CHICKEN NUGGETS WITH SWEET AND SOUR SAUCE



BEEF KOFTA WITH LENTIL AND CUCUMBER TZATZIKI SALAD



LAMB TAGINE WITH COCONUT SWEET POTATOES



BOMBAY CHICKEN (OR OTHER MEAT) MELTS WITH TOMATO SALAD



BLUEBERRY GOAT CHEESE PIE

WHAT'S FOR DINNER

- Coconut-Almond Chicken Nuggets with Sweet and Sour Sauce
- Beef (or Lamb) Kofta with Lentil and Cucumber Tzatziki Salad (Ground meat patties with a cucumber yogurt salad)
- Lamb Tagine with Coconut Sweet Potatoes
- Leftovers Creation ~ Bombay Chicken (or other meat) Melts with Tomato Salad

EXTRAS

- Blueberry Goat Cheese Pie (believe me, it's good!)
- Salad Dressing ~ Goat Cheese and Herb Dressing

NOURISHING ADDITIONS

- Soaked Dough Flatbread
- *Add a little grated or minced organic beef liver to hamburgers for ultra-nutrition. Make sure to add this to your shopping list.

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- Add mixed green salads to meals this week.
- Mix grated sweet potatoes, an egg, and leftover tagine in a bowl and sauté it all in butter for a “leftovers and sweet potato hash”. Add a tender-greens salad and it'll be perfect for breakfast, lunch or dinner!
- Any leftovers could be served on Yogurt Flatbread for a small meal or snack

PLANNING NOTES

- For the Lentil and Cucumber Tzatziki Salad, lentils must be soaked for 12-24 hours. You may substitute lentils with quinoa, so no soaking is necessary.
- For Soaked Dough Flatbread, soak flour in water/whey mixture for 12-24 hours before finishing recipe. If you must make whey from raw milk, then this will take a few more days.

COCONUT-ALMOND CHICKEN NUGGETS WITH GOOEY SWEET AND SOUR SAUCE

This is an ultimate kid-friendly meal. You'll NEVER be tempted to get fast food nuggets again.

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients:

2-3 pounds boneless chicken thighs, cut into

1-inch cubes

2 eggs, lightly beaten
salt and pepper

½ cup arrowroot powder

½ cup fine coconut flakes

½ cup almond meal (*finely ground almonds*)

butter

extra virgin olive oil

For sauce:

2 tablespoons honey

2 teaspoons vinegar (*red wine or any light vinegar will work*)

1 teaspoon soy sauce

1 tablespoon warm water

1 tablespoon arrowroot powder

Preheat oven to 375°.

Toss chicken in a mixture of eggs beaten with salt and pepper. Mix arrowroot, coconut, and almond meal in a large dish and season well with salt and pepper.

Butter a large baking dish (*you may need 2 baking dishes*). Toss egg-coated chicken into dry mixture until well coated, and place chicken nuggets in the baking dish. Drizzle oil over chicken to ensure a golden crust. Bake for 25-30 minutes, and prepare sauce 10 minutes before the chicken is done.

For sauce, whisk honey, vinegar and soy sauce in a small saucepan. In a small bowl, whisk arrowroot with water until dissolved, then add mixture to pan. Whisk over medium heat until sauce thickens enough to coat the back of a spoon (*sauce will thicken more as it cools*). Serve warm sauce with chicken as a dip.

***A simple side salad with this week's salad dressing recipe is the perfect way to complete this meal.**

BEEF (OR LAMB) KOFTA WITH LENTIL AND CUCUMBER TZATZIKI SALAD

(Ground meat patties with a cucumber yogurt salad)

Total Time: 30-45 minutes

***Lentils must be soaked in water for 12-24 hours**

Ingredients:

2 pounds ground beef and/or lamb

1 tablespoon curry powder (*if spicy, use with discretion*)

1 teaspoon salt

½ teaspoon pepper

½ cup flat-leaf parsley, finely chopped

¼ cup goat cheese

¼ cup extra virgin olive oil

For Salad:

1 cup lentils, soaked in water for 12-24 hours

1 cup chicken stock or salted water

1 cup fennel, chopped

¼ cup flat-leaf parsley, dill, and/or mint, finely chopped

2 tablespoons extra virgin olive oil

1 tablespoon rice vinegar

1 teaspoon honey

1 teaspoon salt

½ teaspoon pepper

¾ cup thick whole milk yogurt (*such as Greek style*)

¼ cup goat cheese, crumbled

1 cucumber, skinned and thinly sliced

*First, begin preparing salad by cooking soaked lentils in boiling stock or water until soft, about 20 minutes. (*If you absolutely can't soak them, you may cook them longer, but this will not add the nutritional benefit of soaking.*) Add fennel to stock during last 5 minutes of cooking. Strain lentils and fennel and set aside to let cool.

Mix first 6 ingredients for meat patties until well incorporated, then form into round patties. (*Let the meat patties sit while preparing the rest of the salad.*) Heat oil in a skillet and fry patties for 3-4 minutes per side, until just cooked.

For salad, whisk herbs, oil, vinegar, honey, salt, pepper, and yogurt in a large bowl. Add cooled lentils, fennel, goat cheese, and cucumbers and gently toss until incorporated. Serve salad (*tzatziki*) with meat patties (*kofta*).

LAMB TAGINE WITH COCONUT SWEET POTATO PUREE

Total Time: 2 ½ -4 ½ hours (*mostly inactive*)

Ingredients:

Extra virgin olive oil
2 pounds lamb meat- cubed stew meat, bone-in meat, etc.
salt and pepper
1 tablespoon curry powder
1 onion, chopped
1 fennel bulb, chopped (*discard center root part of fennel bulb*)
1-2 cups carrots, chopped
½ cup red wine
1 cup chicken stock or water
1 large sprig of rosemary needles, finely chopped
½ cup dried apricots, finely chopped
4-6 sweet potatoes (*depending on size*), peeled and cut into cubes
¼ cup butter
1 ½ cups coconut milk

Preheat oven to 300°F.

Coat the bottom of a large stockpot or Dutch oven with oil and heat over medium-high heat on stove. Season lamb well with salt, pepper, and curry powder, and sear in heated oil until outer edges are browned. Remove lamb from pan and set aside. Add onion, fennel, and carrots to pan and sauté for 8-10 minutes. Deglaze pan with wine, stirring to remove bits from bottom of pan, then stir in stock (*or water...but add salt*), rosemary, and apricot, plus a little extra salt and pepper. Place lid on pot and transfer to oven for 2-4 hours, until meat is extremely tender.

When meat is about 20 minutes from being done, place sweet potatoes in a pot with enough water to cover them. Bring to a boil for 10-12 minutes, until potatoes are soft. Strain out water and return sweet potatoes to pot over low heat. Using a large fork or potato masher, mash sweet potatoes with butter, coconut milk, and salt and pepper, to taste, until smooth and creamy. Serve stew with sweet potato mixture.

BOMBAY CHICKEN MELT

Total Time: 25 minutes

***Leftover cooked chicken is needed for this recipe. Chicken can come from leftover chicken nuggets, or homemade chicken stock.**

***A side salad is suggested for this recipe.**

Ingredients:

1 large tomato (*heirloom preferred*) per person, sliced into ½-inch rounds
extra virgin olive oil
salt and pepper
½ cup thick yogurt, such as Greek yogurt
1 tablespoon curry powder (*if spicy, then use with discretion*)
2-3 cups shredded cooked chicken
½ cup onion, finely chopped
1 slice of mozzarella and/or cheddar cheese per tomato slice (*about 3 per person*)

Preheat broiler.

Place round slices of tomato in a large baking dish greased with a little olive oil. Season tomato slices with salt and pepper.

In a large bowl, whisk yogurt and curry powder, then stir in chicken and onion. Place a scoop of the chicken mixture on each tomato, then top with a slice of cheese. Place dish under broiler for 10-12 minutes, until cheese is bubbling and slightly golden. Serve as is, or with a simple side salad.

BLUEBERRY GOAT CHEESE PIE WITH ALMOND CRUMBLE

Total Time: 1 ½ hours

**This recipe is very rich and definitely a treat. You can use healthier flour options, such as sprouted flour, kamut, spelt, etc., but obviously you will not get the same light texture as with unbleached all-purpose white flour.*

**Extra pie crust can be sprinkled with sugar and cinnamon for a pie-crust cookie treat.*

Ingredients:

For Crust:

- 2 cups flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 12-16 tablespoons cold butter or organic lard (*2/3 butter to 1/3 lard is a perfect blend!*)
- 3-6 tablespoons iced water

For Filling:

- 3 cups blueberries
- ¾ cup sugar
- ¼ cup arrowroot powder
- zest and juice of 1 lemon
- ¼ cup goat cheese, finely crumbled

For Crumble:

- ¼ cup flour
- ¾ cup almond meal
- ½ cup sugar
- ½ cup butter

To prepare crust, pulse flour, baking soda, and salt in a food processor. While pulsing, add small chunks of butter and/or lard until mixture has formed into fine crumbs that stick together when pinched with fingers. While pulsing mixture, add iced water very slowly until large chunks of crumbs form, but mixture has not yet turned into a fully incorporated dough. Transfer mixture to a floured baking sheet and work dough together until it forms a unified ball. Cover dough and refrigerate for 30+ minutes (*optional*). Roll out dough to a 12-inch round and transfer to a 10-inch pie dish. Press dough into sides of dish and pinch the edges to form a crust.

Preheat oven to 350°F.

To prepare filling, place all ingredients in a large mixing bowl and toss until blueberries are evenly coated with other ingredients. Pour mixture into the prepared pie crust.

To prepare crumble topping, place all ingredients in a mixing bowl and mix with a fork or your hands until large crumbs form. Pour crumble evenly over the top of the pie.

Bake pie for 60-70 minutes, until crust and crumble are golden brown and blueberry filling is bubbling. Let cool completely before serving and savoring every sweet bite!

SOAKED DOUGH FLATBREAD

Prep Time: 12-24 hours of soaking flour, 1 hour letting dough rise

Cook Time: 20 minutes

Whey is a basic culturing ingredient used often in a traditional food kitchen. You can get whey from letting a few cups of raw milk stand at room temperature for a few days, until milk solids (curds/cream cheese**) and liquid (**whey**) separates. Strain curds from whey and store separately for many months in the refrigerator. Buttermilk, yogurt, or lemon juice may be substituted if needed.*

This is an easy recipe to begin learning how to bake with flour that has been soaked, which is a process that breaks down anti-nutrients in processed grains and aids in digestion. This easy flatbread is delicious with any topping, or by itself with a little butter.

Ingredients:

2 cups whole wheat flour

½ cup water

½ cup whey (*or buttermilk, yogurt, lemon juice*)*

1 teaspoon yeast

¾ cups all purpose flour (*wheat flour may be used but bread will be more dense*)

1 teaspoon salt

1 teaspoon extra virgin olive oil

Whisk wheat flour with water and whey (*or substitute*). Cover and let soak at room temperature for 12-24 hours.

In a small bowl, mix yeast with 1 tablespoon warm water (*not too hot*), and let sit for 5 minutes. Using the dough hook on an electric mixer, or your strong hands, mix soaked flour with yeast mixture. Add all purpose flour, salt, and olive oil. Knead for 10-15 minutes on a floured surface. Cover and let dough rise in a warm place for 1 hour.

Preheat oven to 400°F. Transfer dough directly to a slightly floured baking sheet and form into a large flatbread shape. Bake for 20 minutes, until bread is beginning to turn golden on edges. Let cool, then serve immediately or store in the refrigerator.

GOAT CHEESE AND HERB DRESSING

Ingredients:

¼ cup goat cheese

¼ cup mixed fresh herbs, finely chopped

1 tablespoon lemon juice or vinegar

1 teaspoon honey

salt and pepper

½ cup extra virgin olive oil

Whisk all ingredients, except oil, in a small mixing bowl. While continuously whisking, drizzle in olive oil. Mixture should be smooth and emulsified. Refrigerate for up to two weeks.