

"MID WINTER BBQ"

It may be January, but this week was HOT in Southern California! We did some outdoor cooking this week, so whether you live here or are freezing somewhere else in the country, bring some summer to your life and enjoy these spins on classic barbeque! (Pardon the bad pictures this week...camera trouble.)

-Roz Mignogna



LENTIL AND VEGETABLE SOUP

WHAT'S FOR DINNER

- BBQ Chicken with Papa's Famous Potato Casserole
- BBQ Ribs with Simple Salad
- Lentil and Vegetable Soup
- Leftovers Creation: Lentil and Pumpkin Chili

BASE RECIPES

- Salad Dressing: Homemade Honey Mustard
- Homemade BBQ Sauce
- Homemade Mayonnaise

NOURISHING ADDITIONS

- Fermented Veggie Coleslaw
- *Add grated organic chicken or beef liver to the Lentil Soup and/or Chili for extra nourishment!

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

PLANNING NOTES

- Soak Lentils overnight before making recipe
- You will need whey made from raw milk and 3-5 days of preparation time for the Fermented Veggie Coleslaw. Use this recipe as a vegetable side dish to any of the dinner recipes this week.
- Make the BBQ Sauce and Homemade Mayonnaise at the beginning of the week and store in the refrigerator.
- Chicken stock is needed this week. Homemade is the most nutritious, so make sure to buy ingredients to make homemade stock if you'd like to make it. (Recipe is available to read or view by video at www.RealFoodFamily.com)

Shopping List

Mid Winter BBQ

January 7, 2012

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. Go to www.RealFoodFamily.com/substitutes if you'd like a list of substitutes for various ingredients.

PRODUCE:

8-10 red potatoes
(*sweet potatoes may be substituted for some or all of the red potatoes for those concerned with blood sugar issues or carbohydrate control.)
mixed salad greens, 1- 1 ½ cups per person
green onions
2 onions
carrots, 2 bunches
celery
garlic
Extra mixed vegetables for soup, such as zucchini, carrots, turnips, etc.
(*canned diced tomatoes are on the pantry list, but you may wish to use fresh tomatoes instead)
Cabbage and carrots needed for Fermented Veggie
Coleslaw recipe
*Consider extra lettuces and veggies for salads, tacos, etc.

FRUIT:

2-3 lemons
*Consider extra fruit for snacks.

FRESH HERBS:

Thyme
Rosemary

MEAT AND FISH:

8-10 pieces of bone-in chicken, such as thighs or legs
bacon (nitrite and nitrate free/ uncured)
Baby Back Ribs- 1 slab per 2-3 people

*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.

MY EXTRA MEALS THIS WEEK:

Shopping List

Mid Winter BBQ

January 7, 2012

MY NOTES:

EGGS AND DAIRY:

2 cups mixed hard cheese, grated, such as cheddar, jack, etc.
12 oz. cream cheese, softened
*heavy cream or cream cheese used for salad dressing
Butter
Parmesan cheese
Whey- made from separating raw milk at room temperature

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

PANTRY:

Salt and Pepper
Extra virgin olive oil
Olive oil (not extra virgin)
White vinegar
Balsamic vinegar
Maple syrup
1 pound lentils (brown or green...or both)
Chicken stock (6 cups needed this week- homemade is best!)
1 can 100% pumpkin puree
1 can diced tomatoes
tomato paste (1 cup, or 2-3small cans)
anchovies packed in oil (for honey mustard dressing)
**We are making homemade barbeque sauce and homemade mayonnaise this week. If you do not wish to make these from scratch, you may buy store-bought versions.

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

BBQ CHICKEN WITH PAPA’S FAMOUS
POTATO CASSEROLE

Total Time 45-60 minutes

Ingredients:
8-10 pieces of bone-in chicken, such as thighs or legs
salt and pepper
extra virgin olive oil
1 cup Homemade BBQ Sauce (*or store-bought*)
For Potatoes:
8-10 red potatoes, roughly chopped
(**sweet potatoes may be substituted for some or all of the red potatoes for those concerned with blood sugar issues or carbohydrate control.*)
8 oz. bacon, cooked and crumbled
1 cup green onions, finely chopped
2 cups mixed hard cheese, grated, such as cheddar, jack, etc.
8 oz. cream cheese, softened
salt and pepper
1/2 cup butter, melted

Preheat oven to 350°F.
Prepare potato casserole for baking first by boiling potatoes in a large pot of water until soft. Strain and transfer potatoes to a large mixing bowl. Cook and crumble bacon and add to bowl, along with green onions, grated cheese, cream cheese, salt and pepper, to taste, and butter. Toss until well blended, then transfer to a large baking dish. Bake for 25 minutes, until bubbling and begin to brown. (*Wait to bake potatoes until the chicken is ready to be placed in the oven, too.*) Season chicken with salt and pepper. Heat oil in a large saucepan and sear chicken pieces, in batches, for 3-5 minutes per side, until a golden crust forms. Transfer chicken pieces to a baking dish. Pour BBQ sauce evenly over chicken and bake for 25 minutes, until thoroughly cooked (*juices run clear when cut*).

BBQ RIBS WITH SIMPLE SALAD

Total Time: 2-3+ hours, mostly inactive
**The baby back ribs may also be cooked in a slow cooker on low heat for many hours!*

Ingredients:
Baby Back Ribs- 1 slab per 2-3 people
Salt and pepper
½ - 1 cup Homemade BBQ Sauce (*or store-bought*)
For Salad:
mixed salad greens, 1- 1 ½ cups per person
2 tablespoons “Homemade Honey Mustard” salad dressing, per person

Preheat oven to 300°F.
Place ribs in a large baking dish and season with salt and pepper, then evenly brush BBQ sauce over them. Cover with an oven-safe baking lid or aluminum foil and bake for 2-3 hours (*up to 8 hours on 250° heat*) until very tender. If sauce is too liquefied, pour into a saucepan and simmer until reduced and thickened, then pour back over ribs.
For salad, simply assemble salad greens and serve with Homemade Honey Mustard dressing.

LENTIL AND VEGETABLE SOUP

Total Time: 1 hour and 15 minutes, plus soaking lentils overnight
**This soup may also be cooked for many hours in a slow cooker over low heat.*
**Reserve leftover soup for “Lentil and Pumpkin Chili”*

Ingredients:
1 pound (*1 ¼ cups*) lentils, soaked overnight
¼ cup butter
1 onions, finely chopped
1 cup carrots, finely chopped
1 cup celery, finely chopped
1 clove of garlic, finely chopped
salt and pepper
2 tablespoons tomato paste
2 teaspoons thyme, finely chopped
1 teaspoon rosemary, finely chopped
5 cups chicken stock
1-2 cups mixed vegetables, roughly chopped, such as zucchini, carrots, turnips, etc.
Parmesan cheese, finely grated

Heat butter in a large stockpot and sauté onions until translucent, about 5 minutes. Add carrots and celery and sauté for 5 minutes, then add garlic and season liberally with salt and pepper. Stir in tomato paste and herbs, then stir in chicken stock. Simmer for 45 minutes, stirring often. Remove soup from heat, then transfer half of soup to a blender, or use an immersion blender in the stockpot (*preferred*), to puree half of the soup. Return soup to heat and add roughly chopped vegetables. Simmer for another 10-15 minutes, until vegetables are soft, then serve soup topped with a small mountain of Parmesan cheese.

LENTIL AND PUMPKIN CHILI

Total Time: 30 minutes

Ingredients:
2 tablespoons butter
½ onion, finely chopped
½ cup carrots, chopped
1 cup chicken stock
1 can diced tomatoes
1 cup pumpkin puree (*canned ok*)
1-2 cups leftover “Lentil and Vegetable Soup”
1 cup leftover cooked meat, such as chicken or pork
4 oz. cream cheese, cut into small pieces

Sauté onions in butter until translucent, then add carrots and chicken stock. Simmer until carrots are soft, about 8 minutes, then stir in tomatoes and pumpkin puree. When mixture is simmering, add leftover soup and meat and simmer until thickened. (*You may wish to mash or puree if smoother consistency is desired.*) Swirl in pieces of cream cheese right before serving.

HOMEMADE HONEY MUSTARD SALAD DRESSING

Ingredients:

2 teaspoons honey
2 teaspoons white vinegar or fresh lemon juice
1 teaspoon salt
½ teaspoon pepper
1 teaspoon Dijon mustard
2 tablespoons heavy cream or cream cheese
5-6 anchovies, packed in oil
1 cup extra virgin olive oil

Add all ingredients, except oil, to a mini-food processor and pulse until blended. Continue to pulse while slowly adding oil until thick and smooth dressing forms. Season as needed, then serve immediately or keep refrigerator for 1 week.

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.

FERMENTED VEGGIE COLESLAW

Total Time: 20 minutes, plus 3-5 days

Ingredients:

3 cups cabbage, finely shredded (*buy green and purple cabbage for added color*)
2 cups carrots, finely shredded
2-4 teaspoons salt
¼ cup whey
½ cup homemade or store-bought mayonnaise
pepper
zest and juice of ½ lemon

Place cabbage, carrots, and salt in a large bowl and beat down using a wood spoon or other device until vegetables are less than ¼ original size. Pour cabbage, carrots, and liquid into a mason jar, or other jar with a tight lid. Pour whey into mixture, cover tightly, then shake to evenly mix. Remove lid and cover with a towel or cheesecloth (*keep pests out*) and let stand at room temperature for 3-7 days. Cover with a lid and transfer to refrigerator for up to 6 months (*or more*).

To prepare coleslaw, drain fermented vegetables and mix evenly with mayonnaise, salt and pepper, to taste, and juice and zest of ½ lemon.

HOMEMADE MAYONNAISE

Prep Time: 5 minutes

Servings: Yields 1 1/4 cups

Ingredients:

2 egg yolks
2 tablespoons white balsamic vinegar
Salt and Pepper, (*use white pepper if you have it*)
1 cup 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.