

## “AH COCONUTS!”

*Coconuts offer wonderful nutrition, benefiting heart health, immunity, and prevention of cancer. Coconut oil is high in lauric acid, an important, yet commonly deficient fatty acid in most Americans. Coconut oil, coconut milk, and coconut meat is delicious, too! This week I feature the use of coconut oil, coconut milk, and shredded coconut in these awesome recipes. If you don't like coconut, don't worry- the coconut does not take over these recipes, just adds a little flare. If you like, you can substitute with olive oil and regular cream. These recipes were all big hits again at my house. I hope your family enjoys them, too!*



ALMOND-COCONUT SHRIMP WITH SWEET ORANGE SAUCE AND BRAISED CABBAGE



COCONUT ALMOND CREAM CHICKEN WITH CARAMELIZED CARROTS

### WHAT'S FOR DINNER

- Coconut Almond Cream Chicken with Caramelized Carrots
- Creamy Coconut Lamb Stew
- Almond-Coconut Shrimp with Sweet Orange Sauce and Braised Cabbage
- Thai Chicken Soup

### EXTRA

- Orange Coconut Almond Cake with Cinnamon Mascarpone Cream

### NOURISHING ADDITIONS

- Nourishing Coconut Smoothies

### SUGGESTED EXTRAS

*(Recipes and shopping list items not included.)*

- Make a Sloppy Joe sandwich with the leftover lamb stew.
- You'll probably not have leftover shrimp because they are SO good, but if you do, you can add them to a mixed vegetable salad.

### PLANNING NOTES

- Chicken stock is needed this week, so plan ahead for homemade if you don't want to buy pre-made stock.



CREAMY COCONUT LAMB STEW



THAI CHICKEN SOUP



ORANGE COCONUT ALMOND CAKE WITH CINNAMON MASCARPONE CREAM

# Shopping List

Ah Coconuts!

January 21, 2012

MY EXTRA MEALS THIS WEEK:

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](http://www.RealFoodFamily.com/substitutes) if you'd like a list of substitutes for various ingredients.

PRODUCE:

Carrots  
Fennel- 4-5 bulbs  
Zucchini  
1 head of cabbage- red or green  
Onion  
Garlic

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

FRUIT

2-3 oranges, plus 3 for extra cake recipe  
2 cups mixed frozen fruit for extra smoothie recipe

\*Consider extra fruit for snacks.

FRESH HERBS:

Thyme  
Rosemary

MEAT AND FISH:

6-10 pieces of chicken (as needed)  
3-6 pounds lamb roast, such as boneless leg or shoulder, cut into chunks  
1 pound raw shrimp, peeled

\*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, 2 for dinner recipes, plus 6 for extra cake recipe and 2 eggs for smoothie recipe  
Mascarpone cheese, for extra cake recipe

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

# Shopping List

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MY NOTES:

PANTRY:

Salt and pepper  
Extra virgin olive oil  
Extra virgin coconut oil  
\*2 cups frying fat, such as coconut oil, organic lard, etc.  
Dry white wine  
Chicken stock (homemade is best!)  
2-3 cups Coconut milk, plus 2 cups for smoothie recipe- whole-fat (reduced fat NOT recommended)  
Almonds- (buy thinly sliced, if available)  
Maple syrup  
Cinnamon  
Almond meal (also called almond flour or ground almonds. You may have to grind almonds yourself if you cannot find almond meal.)  
Shredded coconut (unsweetened)

\*Coconut flour, for extra cake recipe

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

SPECIALTY:

Nitrogreens (optional for smoothie recipe)- a ultra-green powder supplement by Biotics, available through Roz Mignogna's Nutritional Therapy Practice- contact [Roz@RealFoodFamily.com](mailto:Roz@RealFoodFamily.com)

COCONUT ALMOND CREAM CHICKEN  
WITH CARAMELIZED CARROTS AND  
FENNEL

Total Time: 45 minutes

- Ingredients:
- 2-3 large carrots, sliced into 4-6 inch thin sticks
  - 2-3 fennel bulbs, chopped into large chunks
  - extra virgin olive oil
  - salt and pepper
  - 8 tablespoons butter, divided
  - 2 teaspoons maple syrup
  - 6-10 pieces of chicken
  - 1 onions, chopped
  - 1 cup zucchini, grated
  - ¼ cup dry white wine or chicken stock
  - 1 cup whole coconut milk
  - ¼ cup thinly sliced almonds

Preheat oven to 400°F.  
Place sliced carrots and chopped fennel in a baking dish. Coat vegetables liberally with extra virgin olive oil, salt and pepper, and 2-4 tablespoons melted butter. Drizzle maple syrup over vegetables and toss to coat well. Place in oven and roast for 30 minutes, gently tossing halfway through cooking time, until vegetables are soft and slightly browned.  
For chicken, season chicken with salt and pepper. Heat some oil in a large skillet and sear chicken for 3-5 minutes per side, until a crispy golden crust forms. Remove chicken and set aside. Add onion to skillet and sauté for 3-5 minutes, until softened and translucent. Add zucchini to pan and deglaze with wine or stock, stirring to remove bits from bottom of pan. Stir in coconut milk and almonds, then add chicken back to pan. Cover and let simmer for about 20 minutes, until chicken is fully cooked. Season as needed, then serve with caramelized vegetables.

CREAMY COCONUT LAMB STEW

Total Time: 2-4 hours

- Ingredients:
- 3-6 pounds lamb roast, such as boneless leg or shoulder, cut into chunks
  - salt and pepper
  - extra virgin coconut oil
  - 1 onion, sliced
  - 1½ cups carrots, roughly chopped
  - 1½ cups fennel, cored and roughly chopped
  - 1 cup dry white wine
  - 1 tablespoon thyme and rosemary, finely chopped
  - 1 teaspoon cinnamon
  - 1 ½ cups whole coconut milk

Preheat oven to 300°F.  
Season lamb chunks liberally with salt and pepper. Heat oil in a large stockpot or Dutch oven and sear meat until dark crust forms on meat. Remove meat from pan and set aside. Add a little more oil to the pan, if needed, and sauté onions for 3-5 minutes. Add carrots and fennel and sauté for 5 minutes. Deglaze pan with wine, stirring to remove bits from bottom of pan. Stir in herbs and cinnamon, then add meat back to pan. Add enough water to equal the level of the meat, if needed, then cover pan and set in oven. Let stew cook for 2-4 hours, until meat is extremely tender and liquid is reduced. Remove pot from oven and set on stovetop again over low heat. Gently stir in coconut milk and let simmer for 10 minutes. Season with more salt and pepper, if needed and serve.

ALMOND-COCONUT SHRIMP WITH SWEET  
ORANGE SAUCE AND BRAISED CABBAGE

Total Time: 40 minutes

- Ingredients:
- 1 head of green or red cabbage, chopped
  - ¼ cup coconut oil
  - 2 tablespoons butter
  - salt and pepper
  - 2 teaspoons cinnamon
  - 1 cup chicken stock
  - 1 pound raw shrimp, peeled
  - ½ cup almond meal
  - ½ cup shredded coconut
  - 2 eggs
  - 2 cups frying fat, such as coconut oil, organic lard, etc.
  - Zest and juice of 2 oranges
  - 1 tablespoon maple syrup

Heat coconut oil and butter in a large skillet or saucepan and sauté cabbage for 10 minutes. Season with salt, pepper, and cinnamon, then add chicken stock. Cover and let simmer for 20-30 minutes, stirring often, until cabbage is soft and reduced in size. Season with more salt and pepper, as needed.  
While cabbage is cooking, bring frying fat to a high heat. Place almond meal and shredded coconut in a large bowl or dish, mixing to evenly blend. Beat eggs with a tablespoon of water in a second bowl. Create an assembly line for frying shrimp by using one hand (*egg hand*) to dip shrimp in egg mixture to coat, then drop coated shrimp in the dry mixture. Use the other hand (*dry hand*) to coat shrimp with dry mixture and place coated shrimp in frying fat. Fry shrimp for 2 minutes per side, until golden brown crust forms. Set fried shrimp aside and continue with remaining shrimp until all are cooked.  
For orange sauce, place orange zest and juice in a small saucepan with maple syrup. Let simmer until slightly reduced and thickened. Serve shrimp with just a drizzle of orange sauce and cabbage on the side.

THAI COCONUT SOUP

Total Time: 20 minutes

*\*Lemongrass and red curry paste are typically available in health food or specialty stores.*

- Ingredients:
- 2 tablespoons butter
  - 2 garlic cloves, minced
  - 2 tablespoons lemongrass, finely chopped (*if available*)
  - 2 teaspoons red curry paste (*an Indian food product, use if available*)
  - 2 cups boneless chicken (*cooked or raw, directions follow*)
  - 1 cup cabbage, roughly chopped
  - 1 cup coconut milk
  - 3-4 cups chicken stock
  - salt and pepper

Heat butter in a large stockpot, and sauté garlic, lemongrass, and curry paste for 3 minutes. Add chicken: if raw, sauté for 5-8 minutes until cooked; if cooked, add chicken and continue recipe immediately. Add cabbage and sauté for 3 minutes, then stir in coconut milk and chicken stock and bring to a simmer over medium heat for 10 minutes. Season with salt and pepper as needed, and serve.

### ORANGE COCONUT ALMOND CAKE WITH CINNAMON MASCARPONE CREAM

Total Time: 1 hour, 15 minutes

#### *Ingredients:*

6 eggs, separated  
½ cup sugar, plus 2 tablespoons  
dash of salt  
zest of 3 oranges, plus juice to use separately  
¼ cup butter  
1 cup almond meal (*ground almonds*)  
1 cup coconut flour  
1 cup mascarpone cheese, at room temperature  
2 teaspoons cinnamon

Preheat oven to 350°F.

Separate egg yolks from whites, placing in separate mixing bowls. Using an electric mixer, beat egg yolks with sugar, salt, and orange zest until very pale in color and sugar has dissolved (*pinch mixture with fingers to confirm that sugar has dissolved*). In a small skillet, sauté almond meal in butter over low heat, until slightly toasted. Mix almond meal with coconut flour in a small bowl, whisking well to eliminate clumps of almond flour. Add almond and flour mixture to egg yolk mixture, stirring to blend well. Using a clean mixer, beat egg whites until stiff peaks form. Slowly fold beaten egg whites into batter just until blended. Pour batter into a well-buttered 10 or 12-inch cake dish. Bake for 1 hour, then let cool completely.

Place orange juice and 2 tablespoons sugar in a small saucepan and simmer until reduced by half. Use a knife or fork to gently poke holes in top of cake. Evenly pour orange syrup over cake and spread until syrup is absorbed into cake. Gently turn cake out on a serving plate.

In a small bowl, whisk mascarpone with cinnamon until smooth. Evenly spread mascarpone mixture over cake, then serve.

### NOURISHING COCONUT SMOOTHIES

#### *Ingredients:*

2 cups mixed frozen fruit, such as strawberries, blueberries, banana, etc.  
2 cups whole coconut milk, raw milk, kefir, yogurt, or a mixture of all  
1-2 raw egg yolks (*not the egg whites*)  
1 tablespoon coconut oil  
\*1 scoop of Nitrogreens (*optional*)- a ultra-green powder supplement by Biotics, available through Roz Mignogna's Nutritional Therapy Practice- contact [Roz@RealFoodFamily.com](mailto:Roz@RealFoodFamily.com)

Place ingredients in a blender and blend until smooth. Enjoy the nourishment!