

## “CINCO DE MAYO”

*Happy Cindo de Mayo! What a great excuse to party with some Mexican flavors this week! I have a few of my Mexican-style recipes here, plus some delicious staples emphasizing sweet potatoes, which are excellent for stabilizing blood sugar, and herbs. The extra recipe, “Chicken Pazole”, is soooo good! Have a great week!*



REALLY GOOD TACOS



ROASTED HERBED CHICKEN WITH SWEET AND GOLDEN POTATOES



CHICKEN PAZOLE

- .....
- WHAT'S FOR DINNER**
- Roasted Herbed Chicken with Sweet and Golden Potatoes
  - Butter Herbed Fish with Garlic Wilted Spinach
  - Liver (or Steak) and Crispy Onions with Sweet Potato Spuds
  - Leftovers Creation ~ Really Good Tacos
- .....

- EXTRAS**
- “Horchata” Smoothie
  - Chicken Pazole
- .....

- NOURISHING ADDITIONS**
- Homemade Tortillas
- .....

- PLANNING NOTES**
- \*Cooked black beans are needed for “Really Good Tacos”. Soak beans overnight then boil in salted water until soft, or use store-bought canned beans if necessary.
  - Leftover cooked chicken meat from the roasted chicken is needed for “Really Good Tacos”
  - Liver (from organically raised cows fed exclusively grass) is one of the most nourishing and nutrient-dense foods available in nature. Only eat liver if you are confident in the source. Liver may not be appealing to you, although it is a wise flavor to acquire (for nutrition reasons), but you may not be comfortable eating liver. Grass-fed steak is a good substitute for this recipe.
  - \*Soak liver in fresh lemon juice for 12-24 hours before using in the recipe for a subdued flavor and stronger texture.
  - If you are making the extra recipe, “Chicken Pazole”, you need to soak hominy and white beans overnights
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STEAK AND CRISPY ONIONS WITH SWEET POTATO SPUDS



“HORCHATA” SMOOTHIE

### 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:**

3-5 medium-sized sweet potatoes and/or golden potatoes,  
plus 4-6 medium sweet potatoes  
Green chilies (optional- this can be canned or finely chopped Anaheim  
or Serrano chiles)

Cabbage

4-6 cups spinach leaves

Garlic

Onions- 2-4

**For extra recipe: "Chicken Pazole"**

Kale

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

#### **FRUIT:**

Limes- 3-4

**\*Consider extra fruit for snacks.**

#### **FRESH HERBS:**

2 mixed herbs, such as parsley, rosemary, or thyme  
cilantro  
green onions (optional)

#### **MEAT AND FISH:**

1 whole chicken

4oz. liver (soaked in fresh lemon juice for 12-24 hours, and outer film  
removed) or steak per person (such as rib-eye or New York)

1-2 pounds white fish, such as halibut, bass, or cod

Organic Lard (optional)

**For extra recipe: "Chicken Pazole"**

6-8 bone-in pieces of chicken (legs are best)

**\*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 NOTES:

#### EGGS AND DAIRY:

Butter

Sour cream

Queso Fresco (*optional- use sour cream as a substitute*)

Cheese- cheddar

**For extra recipe: "Horchata Smoothies"**

Milk

Egg yolks

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

#### PANTRY:

Extra virgin olive oil

Salt and pepper

Garlic powder

Herbs de Provence, or other dried herbs

Black beans (*to be soaked overnight, or buy canned black beans*)

Arrowroot powder or all-purpose flour

Dry breadcrumbs

White wine

**For extra recipe: Homemade Tortillas**

Masa Harina and All-Purpose Flour

**\*Buy Tortillas, if you are not making "Homemade Tortillas"**

**For extra recipe: "Horchata Smoothies"**

vanilla extract

cinnamon

maple syrup

**For extra recipe: "Chicken Pazole"**

adobo seasoning

white vinegar

hominy (*to be soaked overnight- canned may be used*)

½ pound white kidney beans/cannellini beans (*to be soaked overnight- canned may be used*)

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



## ***ROASTED HERBED CHICKEN WITH SWEET AND GOLDEN POTATOES***

Total Time: 60-80 minutes

*This recipe is made more than any other recipe in my kitchen. One of my favorite foods in the world is salty, crispy chicken skin. It's definitely a bummer when I eat a chicken with less-than-crispy skin. When you butterfly the chicken and roast at a high temperature at first, you get a fabulous chicken skin result without over-cooking the meat. I also never cut the backbone out of my chicken because the best skin and meat is on the backbone. Finally, some real, raw, cultured sour cream eaten alongside the chicken and potatoes will offer some good enzyme activity to this fully cooked meal. Enjoy!*

### *Ingredients:*

1 whole chicken  
Extra Virgin Olive Oil  
Salt and Pepper  
1 tablespoon Herbs de Provence or other dried herbs  
3-5 medium-sized sweet potatoes and/or golden potatoes  
¼ cup butter  
2-3 cloves of garlic, minced  
1 tablespoon finely chopped fresh herbs such as parsley, rosemary or thyme  
Sour cream (*optional*)

Preheat oven to 425°.

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°.

Once chicken is in oven, prepare potatoes by chopping into ½-inch cubes and placing in a roasting pan. Melt butter over low heat and sauté garlic for one minute. Pour garlic butter over potatoes and season to taste with salt and pepper (*about 1 teaspoon salt and ½ teaspoon pepper*). Add chopped herbs and toss potatoes until they are well coated with butter and seasonings. Add potatoes to oven when heat is reduced to 365°.

Continue roasting chicken and potatoes for 50-60 minutes, tossing potatoes every 15 minutes, until chicken skin is crispy and golden brown, and potatoes are soft and slightly caramelized. (*You may wish to add some of the cooking liquid from the chicken to the potatoes while roasting.*) Slice chicken pieces and serve with potatoes and sour cream (*optional*).

### **BUTTER HERBED FISH WITH GARLIC WILTED SPINACH**

Total time: 25 minutes

*This recipe requires a baking dish with an oven-safe lid. Parchment paper or aluminum foil may be used as a substitute.*

#### *Ingredients:*

1-2 pounds white fish, such as halibut, bass, or cod  
salt and pepper  
½ cup butter, separated  
¼ cup white wine  
1 teaspoon rosemary, minced  
2 tablespoons flat-leaf parsley  
2 garlic cloves, minced  
4-6 cups spinach leaves

Preheat oven to 450°F.

Place fish in a baking dish and season liberally with salt and pepper. Heat ¼ cup butter in a small saucepan and stir in herbs. Pour herb mixture over fish, cover dish, then bake for 15 minutes, until fish is just cooked.

While fish is cooking, sauté garlic in remaining butter in a large saucepan. Add spinach to pan and stir until spinach is just wilted, not soggy. Season with salt and pepper, to taste, then serve with fish.

### **REALLY GOOD TACOS**

Total Time: 20 minutes, plus 30 minutes to make homemade tortillas.

*\*Cooked black beans are needed for this recipe. Soak beans overnight then boil in salted water until soft, or use store-bought canned beans if necessary.*

#### *Ingredients:*

“Homemade Tortillas”, or store-bought corn or corn-flour blend tortillas  
¼ cup organic lard or butter  
1 onion, chopped  
1 ½ cups cooked black beans  
1 ½ cups cooked chicken meat  
¼- ½ cup green chilies (*optional- this can be canned or finely chopped Anaheim or Serrano chiles*)  
salt and pepper  
cheddar cheese, grated  
cabbage, shredded  
cilantro, roughly chopped  
lime, sliced into wedges  
queso fresco or sour cream (*optional*)

Heat lard or butter in a large saucepan or skillet and sauté onion for 8-10 minutes until beginning to brown. Add beans, meat, chiles, and optional leftover salad, season liberally with salt and pepper, and let simmer for 10-15 minutes, stirring often and gently mashing beans to make mixture smooth and thick. Build tacos as desired with tortillas, meat and bean filling, and topped with cheese, cilantro, cabbage, freshly squeezed lime juice and queso fresco or sour cream (*optional*)

## **LIVER (OR STEAK) AND CRISPY ONIONS WITH SWEET POTATO SPUDS**

Total Time: 45 minutes

*Liver (from organically raised cows fed exclusively grass) is one of the most nourishing and nutrient-dense foods available in nature. Only eat liver if you are confident in the source. Liver may not be appealing to you, although it is a wise flavor to acquire (for nutrition reasons), but you may not be comfortable eating liver. Grass-fed steak is a good substitute for this recipe.*

*\*Soak liver in fresh lemon juice for 12-24 hours before using in the recipe for a subdued flavor and stronger texture.*

### *Ingredients:*

4-6 medium sweet potatoes (1 per person)

extra virgin olive oil

¼ cup butter

1 cup cheddar cheese, grated

4oz. liver (soaked in fresh lemon juice for 12-24 hours, and outer film removed) or steak per person (such as rib-eye or New York)

salt and pepper

2 teaspoons garlic powder

¼ cup extra virgin olive oil and/or frying fat

1 onion, sliced

2 tablespoons arrowroot powder

2 tablespoons dry breadcrumbs

sour cream (optional)

green onions, finely chopped (optional, for garnish)

Preheat oven to 425°F.

Slice sweet potatoes lengthwise and place, flesh side up, on a baking sheet or dish. Drizzle potatoes liberally with oil and salt and pepper, and roast for 25-30 minutes, until soft. Using an oven-mit and spoon, scoop center of sweet potatoes into a bowl, leaving a layer of sweet potato on skins. Mix butter and cheese into sweet potatoes in the bowl and mash until ingredients are incorporated. Scoop mixture back into sweet potato skins. Drizzle with a little more oil and/or dot with butter and return to oven and bake for 15 minutes. Prepare steak and onions while sweet potatoes are cooking.

Season liver/steak with salt and pepper and garlic powder and set aside. In a large bowl, evenly mix arrowroot powder and breadcrumbs, plus salt and pepper. Toss onions in mixture until well coated. Heat half of frying fat in a large skillet and sauté coated onions until crispy. Set onions aside, then add additional fat to pan (as needed) over high heat and sear liver/steak for 3-5 minutes per side, until cooked as desired. Serve steak and onions with sweet potato spuds, garnished with sour cream and green onions (optional).

### **“HORCHATA” SMOOTHIE**

Total Time: 5 minutes, plus 1+ hours to freeze milk  
*This is not really a Horchata drink, traditionally made with starchy rice, but it is a delicious slushy drink that tastes just like Horchata, or maybe more like cinnamon-vanilla ice cream.*

#### *Ingredients:*

12 milk cubes, made by freezing milk in an ice cube tray  
2 cups milk  
2-4 raw egg yolks (*no egg white*)  
1 teaspoon vanilla extract  
2 teaspoons cinnamon  
¼ cup maple syrup

Puree ingredients in a blender until smooth. Top with a sprinkling of cinnamon, and enjoy!

### **HOMEMADE TORTILLAS**

*A tortilla maker is used for this recipe, but you may just roll dough as thinly as possible into a disk and bake on a flat pan over the stove for 1-3 minutes per side. You may also have a simple tortilla press to flatten dough, then bake in a pan on the stove.*

Makes 10-12 tortillas

#### *Ingredients:*

1/3 cup masa harina  
1 2/3 cup all purpose or sprouted all purpose flour  
2 tablespoons butter  
3 tablespoons lard  
¾ tablespoon salt  
¾ cup very warm water

Place all ingredients except water in a food processor and pulse until a coarse crumb forms. Slowly add water while pulsing until a ball of dough forms. Transfer dough to a floured surface and roll into a 3-inch round log.

Heat tortilla press. Slice 1-inch disks from roll of dough. Use hands to press and flatten disk and cook with tortilla press according to manufacturer's instructions (*or on a skillet- see note above*). Serve tortillas immediately, or store in an airtight container for a few days.

### **CHICKEN PAZOLE**

Total Time: 3-4 hours to make stock and chicken, 12-24 hours for overnight soak of hominy and white beans, plus 45 minutes to finish soup recipe

*\* Add extra water to the beginning stock of this recipe to save for other recipes. The stock of this recipe can be slow-cooked for up to 8 hours.*

#### *Ingredients:*

2-4 tablespoons extra virgin olive oil and/or butter  
1 onion, chopped  
1 tablespoon adobo seasoning  
6-8 bone-in pieces of chicken (*legs are best*)  
salt and pepper  
2 tablespoons white vinegar  
1 pound hominy, soaked for 12-24 hours  
½ pound white kidney beans/cannellini beans, soaked for 12-24 hours  
2-3 cups kale, roughly chopped  
¼ cup cilantro, finely chopped  
1 cup cabbage, finely sliced  
½ onion, finely sliced  
2 limes, sliced into wedges

Sauté oil or butter in a large stockpot and sauté onion for 5-8 minutes. Add adobo seasoning and chicken pieces, season liberally with salt and pepper, then add vinegar and 8-10 cups of water. (*Add 2-3 cups more water if you'd like to reserve some of the chicken stock for other recipes before continuing with recipe.*) Bring to a boil then reduce heat to simmer stock for 3-4 hours (*up to 8 hours over very low heat in a stockpot*).

*\*To increase nutrition and flavor of stock, you may want to use sharp kitchen shears to cut chicken bones while simmering to release marrow. This step makes it a little more difficult to extract meat for soup later, but is recommended, especially on large bones like legs.*

Remove chicken from stock using a slotted spoon and separate meat from bones. Set meat aside. Add hominy, beans, and kale to stock and let simmer for 30 minutes until hominy and beans are soft. Using an immersion blender (*or removing 1-2 cups of soup and placing in a blender*), blend soup very lightly to puree only a small portion of the soup to thicken it. Stir chicken meat into soup and season, as needed, with salt and pepper.

For serving, prepare cilantro, cabbage, finely sliced onion and lime wedges for optional toppings to soup.