

REAL FOOD *Weekly*

"On The Road"



We've been on vacation! This week's recipes are a collection based on the food we've enjoyed on the road trip up the coast of California. (Don't worry, this week's recipes are not "road food", in case you were wondering.) You'll notice that this week's meal plan looks a little different than usual, so I'm calling it the Real Food Weekly "Travel Style" Meal Plan. I've visited a few farmer's markets and organic produce stores during this trip and the fresh cherries are everywhere! I've included a delicious "Cherry Galette" and "Cherry Chutney", but you'll need to take the time to pit fresh cherries. Frozen pitted cherries are your next best option. There are quite a few recipes, so pay attention to the planning notes if you want to make everything. I also have a few substitute options to pay attention to. For instance, you can simply make shrimp if you can't serve whole crabs. I hope you enjoy the food this week as much as I have!

WHAT'S FOR DINNER

- Crab, Chowder and Salad
- Egg and Grits Benedict with Creole Sauce
- "Rotisserie" Chicken with Roasted Potatoes and Creole Sauce
- Brie, Ham and Cherry Chutney Sandwiches

- The Crab, Chowder and Salad may take a few hours to make (mostly inactive) so plan accordingly.
- If using fresh cherries for the "Cherry Chutney" or "Cherry Galette", you will have to take the time to pit them. You will also need a cherry pitter. Buy pitted cherries (typically frozen) if you'd like to avoid this process.

EXTRAS

- Cherry Galette
- Salad Dressing ~ Homemade Caesar Dressing

NOURISHING ADDITIONS

- Creole Sauce (with Homemade Mayonnaise)
- Lacto-Fermented Cherry Chutney

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- Chicken tacos would be a cinch this week with leftover "Rotisserie Chicken"

PLANNING NOTES

- Make the "Cherry Chutney" (Nourishing Addition) at the beginning of the week to have in time for the Brie and Ham sandwiches.
- Make the "Creole Sauce" at the beginning of the week as well.



Print and Shop

NOTES:

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:

Onion

Garlic

Celery

Carrots

Potatoes

Sweet potatoes (*optional, as a substitute for white potatoes*)

Romaine lettuce, for salads

Spinach

Additional vegetables for steaming as side dishes (*optional*)

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

Fruit

Lemons- 4-5

**Consider extra fruit for snacks.*

Fresh Herbs:

Rosemary

Thyme

Flat-leaf parsley

Meat and Fish:

2 pounds clams

1 pound other shellfish or firm fleshed fish, plus 1
dungenous crab per person (if available) or other shellfish,
such as shrimp or crawfish

Pre-cooked ham or bacon (nitrite and nitrate free)

1 whole roasting chicken

**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

Milk

Parmesan cheese

Brie cheese

Cheddar cheese

Eggs- 2 per person, plus a few extra

NOTES:

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

Pantry:

Extra virgin olive oil, plus plain olive oil or safflower oil for mayonnaise in “Creole Sauce”

Salt and pepper

White wine

White wine vinegar

Worcestershire sauce

Arrowroot powder

Sourdough bread (*find artisan bread with real sourdough cultures and simple ingredients*)

Quick cook grits or polenta (*cornmeal*)

Dried garlic

Dried onion

Paprika (*sweet*)

Dried oregano

Dried thyme

Anchovies- packed in oil

Mustard

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

CRAB, CHOWDER AND SALAD

Total Time: 60-80 minutes

**Shrimp may be substituted for crab.*

Ingredients:

2 pounds clams
1 pound other shellfish or firm fleshed fish
½ cup white wine
1 large sprig of rosemary
8 tablespoons butter, divided
1 onions, chopped
1 cup celery, chopped
1 cup carrots, chopped
2 cups potatoes, peeled and chopped into small cubes
salt and pepper
2 teaspoons Worcestershire sauce

¼ cup flour or arrowroot powder
4 cups milk
¼ cup flat-leaf parsley, finely chopped

For Crab:

1 dungenous crab per person (if available) or other shellfish, such as shrimp or crawfish
butter, for dipping
lemon wedges

For Salad:

Romaine lettuce, chopped (about 1 cup per person)
“Caesar Dressing” (from this week’s extra recipes)
Parmesan cheese, shaved

For soup:

Place clams and other shellfish in a large saucepan with wine, rosemary, and 1 cup of water. (Do not add firm fleshed fish now, add in small chunks to chowder when simmering at end of recipe.) Bring to a boil and let simmer, covered, until clams open. Discard clams that do not open. Remove clams and fish from stock and separate meat from shells, then strain cooking liquid well using a fine mesh sieve, reserving stock for soup. Heat 4 tablespoons of butter in a large stockpot and sauté onions, celery, carrots and potatoes for 8-10 minutes. Season liberally with salt and pepper and Worcestershire sauce, then stir in flour or arrowroot powder for 5 minutes. Add milk and bring to a simmer until thickened. Add parsley and reserved cooking liquid from clams and let chowder simmer for 20-30 minutes until thickened. Season as needed with salt and pepper, and serve.

To prepare crab or other shellfish, bring a pot of water to a rolling boil and season with a handful of salt. Boil shellfish until shells are bright red (or brightened in color)- about 5-8 minutes. Serve topped with a fresh squeeze of lemon and melted butter for dipping.

To prepare salad, place lettuce in a large serving bowl and toss with dressing. Top with freshly shaved Parmesan cheese.

EGG AND GRITS BENEDICT WITH CREOLE SAUCE

Total Time: 30 minutes

**Serve with simple side salad or steamed vegetables (optional).*

Ingredients:

For Grits/Polenta:

¼ cup butter
2 cloves of garlic, minced
2 cups quick-cook grits or polenta (*cornmeal*)
1 cup whole milk
salt and pepper
1 cup cheddar cheese
2 tablespoons white vinegar (*if using traditional egg poaching method*)
2 eggs per person
½ - 1 cup “Creole Sauce” from this week’s recipes
Steamed vegetables as a side dish (*optional*)

Melt butter in a medium stockpot and sauté garlic. Whisk in cornmeal and milk until smooth, and season with salt and pepper. When cornmeal is beginning to simmer, stir in cheese and season as needed. Continue to stir until smooth and keep warm.

Meanwhile poach 2 eggs per person using an egg poacher, or follow these directions using a stockpot: Bring a small stockpot of water to a soft boil and add 2 tablespoons white wine vinegar. Stir water until a continuous whirlpool forms and carefully crack 1-4 eggs into the water. Egg should cook and egg whites should slowly form into a ball (*the whites begin looking spread out*).

To serve, place a scoop of grits on a plate and top with eggs and sprinkle with a little salt, then drizzle with Creole Sauce. Serve optional steamed vegetables on the side.

“ROTISSERIE” CHICKEN WITH ROASTED POTATOES AND CREOLE SAUCE

Total Time: 1 hour, 15 minutes

**This “Rotisserie” chicken is actually made in the oven, but if you have an indoor or grill rotisserie, then bake your chicken that way!*

Ingredients:

1 whole roasting chicken
¼ cup butter, melted
salt and pepper
1 teaspoon dried garlic
1 teaspoon dried thyme
1 teaspoon dried oregano
4-6 white or sweet potatoes, peeled and chopped into cubes
½-1 cup Creole Sauce (*from this week’s recipes*)

Preheat oven to 400°F.

Place whole chicken in a bowl and coat with melted butter, salt and pepper and dried seasoning. Place potatoes in the bottom of a roasting pan fitted with a roasting rack or cooling rack placed in a roasting pan. Place chicken, breast side down on the roasting rack, then place in oven. Roast for 15-20 minutes per side (*back, side, other side, then breast-side up*), until chicken is golden. Baste chicken with juices and toss potatoes every time you turn the chicken. Serve chicken with potatoes, topped with Creole Sauce.

BRIE, HAM AND CHERRY CHUTNEY SANDWICHES

Total Time: 20 minutes

**This recipe requires pre-cooked ham or bacon and pre-fermented chutney. The chutney is optional, but a delicious addition.*

Ingredients:

Sourdough bread- 2 slices per person
1 thick slick of brie cheese per person
1-2 slices of pre-cooked ham or bacon per person (*no nitrites/nitrates*)
4-6 spinach leaves per person
1-2 tablespoons "Cherry Chutney" per person (*from this week's recipe*)
butter

Preheat a griddle or flat pan over medium heat.
Assemble sandwiches by spreading chutney on bread then layering brie, ham and spinach. Melt butter in the pan and sear sandwich for 2-4 minutes per side, until golden crust forms. Add butter as needed to ensure golden crust.

CAESAR DRESSING

2 garlic cloves
3 anchovy filets
1 egg yolk
1 tablespoon lemon juice
2 tablespoons white wine vinegar
1/4 cup Extra Virgin Olive Oil
Salt and Pepper

Place dressing ingredients in mini food processor and pulse until smooth. Serve immediately or store for up to 1 week in the refrigerator.

LACTO-FERMENTED CHERRY CHUTNEY

Ingredients:

3 cups cherries, pitted and roughly chopped
2 teaspoons sea salt
zest and juice of 1 lemon
1 teaspoon dried coriander seeds, crushed (*optional*)
1 teaspoon dried thyme
2 tablespoons honey
2 tablespoons whey, made from separated raw milk or honey
filtered water (*chlorine in water will hinder fermentation process*)

Place cherries and other ingredients, except water, in a large bowl and toss to mix. Pour ingredients into a wide-mouth mason jar and press down firmly using a wooden spoon or meat pounder to release juices. Add enough water to cover cherry mixture (*if needed*). Cover tightly and leave at room temperature for 2 days, then transfer to the refrigerator to store for months.

CHERRY GALETTE

**This recipe also includes "Basic Pie Crust" below*

Ingredients:

1 pound cherries, pitted (*frozen ok*)
½ cup sugar, plus a few extra teaspoons
2 tablespoons arrowroot powder
½ teaspoon salt
juice and zest of ½ lemon
"Basic Pie Crust" below
1 egg, beaten with a little water or milk

Preheat oven to 400°F.

Place cherries in a large mixing bowl with sugar, arrowroot, salt and lemon. Toss to evenly coat cherries. Roll out pie crust into a 14-inch disk and place on a baking sheet. Place cherries in center of disk, leaving a 2-inch border. Gently fold in edges, stuffing a little bit of the filling under the folds. Brush crust liberally with egg wash then sprinkle with sugar. Bake for 25-30 minutes, until a golden crust forms. Let cool, then serve.

BASIC PIE CRUST

Ingredients:

1 ¼ cup flour, plus extra for dusting
½ teaspoon salt
¾ cup butter, chilled, cut into small cubes
¼ 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.

CREOLE SAUCE

Ingredients:

1 egg, plus 1 egg yolk
1 teaspoon mustard
2 teaspoons white vinegar
1 cup oil- such as plain olive oil or safflower oil
2-1/2 Tbsp paprika
2 Tbsp salt
2 Tbsp garlic powder
1 Tbsp freshly ground black pepper
1 Tbsp onion powder
1 Tbsp cayenne (*or less if you do not want the spice*)
1 Tbsp dried oregano
1 Tbsp dried thyme

Place eggs, egg yolk, mustard, vinegar and salt in a tall container (*if you have an immersion blender*) or blender. Blend until mixed, then begin to slowly drip oil into container while blending. When mixture emulsifies, add oil in a steady stream while blending until mixture thickens and stiffens (*like mayonnaise!*). Place seasonings in a separate bowl and stir to mix. Gently stir seasonings into mayonnaise until smooth. Use immediately or keep refrigerated for up to one week.