

“LET’S GO OUTSIDE!”

I've been inspired this week by outdoor fun, color and flavor! Enjoy this week's summery recipes!



LEMON ROSEMARY CHICKEN WITH OLIVE BUTTER AND GARDEN RICE



BARBEQUE CHICKEN WITH CORN, ARTICHOKE AND HOMEMADE SPICED MAYONNAISE



GRILLED SALMON AND CORN CAESAR-ISH SALAD



DUTCH BABY PANCAKES

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Barbeque Chicken with Corn, Artichoke and Homemade Spiced Mayonnaise
- Barbeque Pot Roast
- Lemon Rosemary Chicken with Olive Butter and Garden Rice
- Grilled Salmon and Corn Caesar-ish Salad

EXTRAS

- Dutch Baby Pancakes
- Homemade Barbeque Sauce
- Homemade Seasoned Salt

NOURISHING ADDITIONS (RECIPE REVIEW)

- Easy Lacto-Fermented Ketchup

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- You will have many leftovers this week!
- Consider savory ingredients for the Dutch Baby Pancakes, omitting sugar and adding sautéed vegetables, herbs, spices and leftover meats. You have dinner!

PLANNING NOTES

Make the Homemade Barbeque Sauce, Homemade Mayonnaise and Homemade Seasoned Salt and the beginning of the week to save time.

Lacto-Fermented Ketchup is recommended for the Homemade Barbeque Sauce. If you haven't made it recently from previous meal plans, make it a few days before using for recipes.

Par-cooked brown rice is needed for the chicken and garden rice recipe. If you can't find a quality par-cooked brown rice with basic ingredients at the market, purchase dry brown rice and soak overnight before using for the recipe.

Shopping List

Let's Go Outside!

August 04, 2012

MY NOTES:

PANTRY:

Salt and Pepper
Extra virgin olive oil
Plain olive oil or safflower oil (*for homemade mayonnaise, or purchase store-bought mayonnaise*)
White wine
White vinegar, such as white wine or white balsamic
Kalamata olives, pitted
Mustard
Anchovy filets (*canned or jarred in olive oil is best*)
Flour and/or arrowroot
Par-cooked brown rice (if unavailable, soak brown rice overnight before making recipe)

For Homemade Seasoned Salt

(*or buy organic pre-made seasoned salt*):

Sweet paprika
Onion powder
Garlic powder

For Homemade Barbeque Sauce

(*or buy barbeque sauce with real food ingredients only*):

Organic Ketchup (*use homemade lacto-fermented if you have it from previous meal plans*)
*Organic Ketchup (*also needed if making easy lacto-fermented ketchup this week*)
Molasses
Honey
Cinnamon
Balsamic vinegar

For Dutch Baby Pancake:

Vanilla extract

Flour
Sugar
Cinnamon
Optional extras: whipped cream, maple syrup, berries or stone fruit, etc.

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

BARBEQUE CHICKEN WITH CORN, ARTICHOKE AND HOMEMADE SPICED MAYONNAISE

Total Time: 30 minutes

Ingredients:

6-10 pieces chicken
salt and pepper
extra virgin olive oil
½ cup Homemade Barbeque Sauce (*from this week's recipes*)
corn on the cob, as needed
artichokes, as needed
Homemade Mayonnaise (*from this week's recipes*)
Homemade Seasoned Salt (*from this week's recipes*)

Season chicken with salt and pepper. Heat oil in a large saucepan or skillet and sear for 5 minutes per side, until golden brown. Reduce heat and pour barbeque sauce evenly over chicken. Cover and let chicken cook for an additional 20 minutes until fully cooked.

Meanwhile, bring a large stockpot of water to a rolling boil and season with a small handful of salt. Boil artichoke until soft, then corn until soft and bright yellow. Serve vegetables with butter, salt and pepper, or mayonnaise seasoned, to taste, with seasoned salt.

HOMEMADE MAYONNAISE

Ingredients:

1 egg, plus 1 egg yolk
1 teaspoon mustard
2 teaspoons white vinegar
½ teaspoon salt
1 cup oil- such as plain olive oil or safflower oil

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!). Keep refrigerated for up to one week.

BARBEQUE POT ROAST

Total Time: 3-6 hours

Ingredients:

Extra virgin olive oil
¼ cup flour or arrowroot powder
salt and pepper
3-5 pound beef roast, such as chuck, rump or brisket, chopped into small cubes
1 onion, chopped
2-4 carrots, chopped
2-4 celery stalks, chopped
2 zucchini, chopped
½ cup barbeque sauce

Preheat oven to 300°F.

Heat oil in a large stockpot or Dutch oven. Toss beef in a large stockpot with flour, arrowroot, salt and pepper. Sear beef cubes in oil for 10 minutes, until browned well, then remove from pan and set aside. Add onion, carrots and celery to pan and sauté for 5-10 minutes, until beginning to brown. Add zucchini and barbeque sauce to pan, then add enough water to pan to rise half-way up ingredients. Cover and place in oven for 3-6 hours, until meat is extremely soft. Season, if needed, and serve.

LEMON ROSEMARY CHICKEN WITH OLIVE BUTTER AND GARDEN RICE

Total Time: 30 minutes

**This recipe uses par-cooked brown rice. Purchase par-cooked rice from the grocery store, or soak dry rice overnight.*

Ingredients:

6-10 pieces of chicken
salt and pepper
extra virgin olive oil
2 lemons, thinly sliced
2-4 sprigs of rosemary
½ cup white wine
¼ cup olives, chopped
4 tablespoons butter, divided

FOR RICE:

Extra virgin olive oil
1 onion, chopped
1 zucchini, chopped
2 garlic cloves, finely chopped
½ cup mixed fresh herbs, finely chopped, such as parsley, basil, and mint
1 cup par-cooked brown rice
2-4 tablespoons butter
salt and pepper

Season chicken with salt and pepper. Heat oil in a large skillet or saucepan and sear chicken for 5 minutes per side. Deglaze pan with wine, stirring to remove bits from bottom of pan, then evenly place lemon and rosemary over chicken. Cover and let simmer over low heat for 20 minutes, until chicken is fully cooked.

Meanwhile, prepare rice by heating oil in a large stockpot and sauté onion for 3 minutes. Add zucchini and garlic for 5 minutes, then stir in herbs, rice and 2 ½ cups water. Bring to a boil, then cover and keep over low heat until water is absorbed. Stir in butter and season with salt and pepper, as needed.

Remove cooked chicken from pan and place on a serving dish, discarding lemon and rosemary. Remove pan from heat, then add olives to pan. Slowly stir butter into pan, one tablespoon at a time, until sauce is smooth and glistening. Serve sauce over chicken, with rice.

GRILLED SALMON AND CORN CAESAR-ISH SALAD

Total Time: 25 minutes

Ingredients:

Salmon filets (*as much as needed*)
Extra virgin olive oil
Homemade Seasoned Salt (*from this week's recipes*)
2 cobs of corn
1-2 cups artichoke hearts, jarred or frozen and thawed
Lettuce, chopped, about 2 cups per person

FOR DRESSING:

1 garlic clove
5-6 anchovy filets
juice of 1 lemon
2 teaspoons white vinegar, such as white balsamic or white wine
1 tablespoon flat-leaf parsley (*or other fresh herbs*), finely chopped
1 cup sour cream
milk, as needed
salt and pepper

Preheat outdoor grill or indoor grill pan.

Coat salmon with oil and seasoned salt. Grill salmon for 2-4 minutes per side, depending on thickness, until light pink and flaky. At the same time, grill corn until grill marks form on each side. Carefully slice corn kernels off of corn cob.

Place lettuce, artichoke and sliced corn in a large serving bowl. Slice salmon and place over salmon.

Prepare dressing by placing garlic, anchovies, lemon, vinegar and herbs in a small food processor and puree until smooth. Stir mixture into sour cream and whisk until blended and smooth, adding enough milk for desired texture. Season, as needed, with salt and pepper. Serve dressing over salad.

DUTCH BABY PANCAKE

Total Time: 50 minutes

Ingredients:

6 eggs
¼ cup sugar
1 cup milk
2 teaspoons vanilla
1 cup flour
dash of salt
5 tablespoons butter, melted and cooled
Optional additional ingredients:
Lemon zest
Cinnamon
Berries
Stone fruits (*apricots, peaches, etc.*)
Whipped cream (*topping*)
Maple syrup (*topping*)

Preheat oven to 400°F.

Beat eggs and sugar with a whisk until light and fluffy. Whisk in milk, vanilla, flour and salt. Slowly pour in butter until batter is blended and smooth. Add additional ingredients, if desired.

Coat a large cast-iron skillet with butter and pour batter into skillet. Bake for 35-45 minutes, until pancake is puffed and set (*center giggles, but is not liquid*). Let cool for 5 minutes, then serve with whipped cream or other optional toppings.

BARBEQUE SAUCE

Ingredients:

1 cup ketchup (*use Homemade Lacto-Fermented if you have it*)
2 tablespoons molasses
¼ cup honey
1 teaspoon cinnamon
½ cup balsamic vinegar

Whisk ingredients in a small bowl until blended. Use immediately or store refrigerated for up to 2 weeks.

EASY LACTO-FERMENTED KETCHUP

Total Time: 5 minutes, plus 2-4 days

Ingredients:

2 cups organic ketchup
2-4 tablespoons whey, made from separated raw milk or yogurt
2 teaspoons sea salt

Whisk ingredients until evenly mixed in a small bowl. Transfer to an airtight container, cover and leave at room temperature for 2-4 days. Keep in refrigerator for several weeks or months.

HOMEMADE SEASONED SALT

Ingredients:

¼ cup salt
1 tablespoon sweet paprika
2 teaspoons onion powder
2 teaspoons garlic powder

Mix ingredients and store in an airtight container.