

## “Do THE SALSA”

*This week's recipes revolve around making delicious salsas as base recipes. The recipes are fresh and very simple- perfect for these hot summer days! I've made an incredible Yorkshire Pudding and Fish Benedict as a very special extra recipe for breakfast or brunch...or hey, make it for dinner! Make sure to look at the planning notes this week, too. Have a good one...and Do the Salsa!*



FAJITA BOWL WITH FRESH TOMATO AND TOMATILLO SALSA



TANGY HERBED CHICKEN AND SUMMER SQUASH



YORKSHIRE PUDDING AND FISH BENEDICT



GRILLED FISH CEVICHE STYLE WITH SALSAS

MY EXTRA MEALS THIS WEEK:

## WHAT'S FOR DINNER

- Tangy Herbed Chicken and Summer Squash
- Fajita Bowl with Fresh Tomato and Tomatillo Salsa
- Mexican Chicken Soup with Avocado and Sour Cream
- Grilled Fish Ceviche Style

## EXTRAS

- Yorkshire Pudding and Fish Benedict

## NOURISHING ADDITIONS (RECIPE REVIEW)

- Pico de Gallo Salsa
- Papaya Mango Salsa
- Simple Guacamole

## PLANNING NOTES

We are making a chicken soup this week which calls for chicken stock and cooked chicken. Buy a whole chicken this week and cut away parts for the “Tangy Herbed Chicken” recipe. Make a homemade stock overnight with the remaining chicken pieces and body using water, onion, salt and pepper. Strain the stock and carefully remove all pieces of chicken meat to use for recipe.

Save leftover fish (*about 1 cup if you can*) from “Grilled Fish Ceviche Style” to use for this week's extra recipe.

Make the salsas and guacamole at the beginning of the week to save time and have on hand for other meals.

# Shopping List

## Do the Salsa

August 18, 2012

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

**PRODUCE:**

Onion- 4

Bell pepper- 2-3

Tomatillos- 4-6 (*Use green tomatoes if unavailable*)

Shallot- 1-2

## Garlic

Carrots- 2-3

Celery- 2-3 stalks

Tomatoes- 3-4, plus 6-10 for salsa recipes

Zucchini and/or summer squash- 4-6

Avocadoes- 2-3, plus 3-4 for guacamole

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

**FRUIT:**

Lime- 3-4

Lemons- 5-6

***For Papaya Mango Salsa:***

1 mango

1 papaya

*\*Consider extra fruit for snacks.*

**FRESH HERBS:**

Cilantro

Mint and/or flat-leaf parsley

## Chives

### MEAT AND FISH:

12-16oz. steak, sliced, such as flank or sirloin

1-2 pounds wild fish, such as seabass, mahi mahi, or ahi

1 whole chicken (6-10 chicken pieces for recipes, plus 1-2 cups cooked meat and 6-8 cups of chicken stock- see planning note above)

*\*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.*

# Shopping List

*Do the Salsa*

August 18, 2012

## MY NOTES:

### **EGGS AND DAIRY:**

Butter

Sour cream

***For extra Yorkshire pudding eggs benedict recipe:***

2 eggs per person, plus 5 eggs

whole milk

extra butter

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

### **PANTRY:**

Extra virgin olive oil

Salt and pepper

Honey

Cayenne pepper (*optional*)

Dry white wine

***For extra Yorkshire pudding eggs benedict recipe:***

Flour

White vinegar

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

### TANGY HERBED CHICKEN AND SUMMER SQUASH

Total Time: 25 minutes

#### *Ingredients:*

extra virgin olive oil  
6-10 pieces of chicken  
salt and pepper  
¼ cup dry white wine  
2-3 zucchini or other summer squash, thinly sliced  
“Papaya Mango Salsa”, (from this week’s recipes, optional)

#### **FOR VINAIGRETTE:**

1 tablespoon honey  
juice of 2 lemons  
1 teaspoon salt  
½ teaspoon pepper  
¼ cup fresh herbs, finely chopped, such as mint and flat-leaf parsley  
½ cup extra virgin olive oil

Coat a large saucepan or skillet with oil and place over medium-high heat. Season chicken with salt and pepper, then sear chicken for 3-5 minutes per side, until golden. Add squash to pan then deglaze with wine, stirring to remove sticky bits from bottom of pan. Cover and let cook for 15-20 minutes, until chicken is fully cooked.

Meanwhile, whisk vinaigrette ingredients together until smooth and thickened. Uncover chicken and pour vinaigrette mixture in pan. Gently toss chicken and squash to coat and let simmer until sauce thickens. Serve with Papaya Mango Salsa (optional).

### FAJITA BOWL WITH FRESH TOMATO AND TOMATILLO SALSA

Total Time: 30 minutes

#### *Ingredients:*

Extra virgin olive oil  
1 onion, sliced  
1-2 bell peppers, seeded and sliced (use ½ bell pepper for salsa below)  
12-16oz. steak, sliced, such as flank or sirloin  
salt and pepper

#### **FOR SALSA:**

4-6 tomatillos  
1 shallot, finely chopped  
1 small garlic clove, minced  
3-4 large tomatoes, seeded and chopped  
½ bell pepper, seeded and finely chopped

Bring a medium stockpot of water to a rolling boil. Meanwhile heat oil in a large saucepan or skillet and sauté onion and bell peppers for 10-12 minutes, until soft and golden. (Add a few tablespoons of water, if needed, to help onion and peppers soften quickly.) Add steak to pan and sauté until caramelized on outsides and slightly pink on the inside. Season, as needed, with salt and pepper.

To prepare salsa, add a small handful of salt to boiling water, then drop tomatillos into water. Let boil for 3-4 minutes to blanch, then remove from water and let cool. Chop tomatillos and add to a bowl with other salsa ingredients. Gently toss salsa with a drizzle of olive oil and salt and pepper, to taste. Serve salsa with sautéed steak and vegetables.



### **MEXICAN CHICKEN SOUP WITH AVOCADO AND SOUR CREAM**

Total Time: 30 minutes, plus 3-6 hours to make chicken stock

#### *Ingredients:*

Extra virgin olive oil  
1 onion, chopped  
2-3 carrots, chopped  
2-3 celery stalks, chopped  
2-3 zucchini, chopped  
salt and pepper  
2-3 garlic cloves, finely chopped  
¼ cup cilantro, finely chopped  
dash of cayenne pepper (*optional*)  
6-8 cups chicken stock  
1-2 cups cooked chicken (*or raw chicken, chopped*)  
2-3 avocados, chopped into cubes  
sour cream (*optional*)

Heat oil in a large stockpot and sauté onions, carrots and celery for 3-5 minutes. Add zucchini and season liberally with salt and pepper. When vegetables are beginning to brown, stir in garlic, cilantro and chili powder. (*If using raw chicken, stir chicken into pan now.*) Add stock and bring to a simmer for 15-25 minutes, until vegetables are soft. Season, if needed, then serve topped with avocado, sour cream and a dash of chopped cilantro.

### **GRILLED FISH CEVICHE STYLE**

Total Time: 20 minutes, plus 1-2 hours marinating time

#### *Ingredients:*

1-2 pounds wild fish, such as seabass, mahi mahi, or ahi  
1 small onion, finely chopped  
1 tablespoon honey  
juice of 2 lemons  
pinch of cayenne pepper (*optional*)  
salt and pepper  
¼ cup butter  
“Papaya Mango Salsa”, “Pico de Gallo Salsa” and “Simple Guacamole” *from this week’s recipes*

Place fish in a large container or ziplock bag. Whisk onion, honey, lemon juice, cayenne pepper and a liberal amount of salt and pepper in a small bowl, then add to container with fish, turning to coat fish with marinade. Let fish marinate in refrigerator for 1-2 hours. Heat butter in a large skillet or saucepan and sear fish for 3-8 minutes (*depending on thickness*) until fish is just cooked through. Add remaining marinade to pan after fish is cooked and let simmer until thickened. Serve fish drizzled with reduced marinade and salsas and guacamole on the side.

### **SIMPLE GUACAMOLE**

#### *Ingredients:*

3-4 avocados, pitted and chopped into small cubes  
extra virgin olive oil  
salt and pepper  
juice of 1 lime  
2 teaspoons cilantro, finely chopped

Place avocados in a medium bowl with a drizzle of oil, a liberal amount of salt and pepper, lime juice and cilantro. Mash and mix with a fork until as smooth as desired. Serve immediately or store refrigerated (with the avocado pit) for a few days.

### **YORKSHIRE PUDDING AND FISH BENEDICT**

Total Time: 1 hour

*Ingredients:*

#### **FOR YORKSHIRE PUDDING:**

1 cup flour  
pinch of salt  
2 eggs  
2/3 cup milk  
butter

#### **FOR HOLLANDAISE:**

Juice of 1 lemon  
3 egg yolks  
½ cup butter, melted and still very warm (*but not too hot*)  
salt

#### **FOR EGGS BENEDICT:**

2 eggs per person  
white vinegar  
2 tablespoons butter  
1 cup cooked fish, shredded  
finely chopped chives  
salt and pepper

For Yorkshire Pudding, preheat oven to 425°F. Whisk flour and salt in a large bowl then create a well in the center of the bowl. Whisk eggs and milk in the center, then slowly mix in flour until batter is just incorporated. Place ½ teaspoon butter in each cup of a muffin pan and place in oven for 5 minutes to melt butter and heat pan. Quickly pour into muffin pan- filling each cup half way. Bake for 20 minutes until well-risen, crisp and golden.

For Hollandaise sauce, pulse lemon juice and egg yolks in a blender with a dash of salt. While pulsing blender, slowly add butter until mixture is thickened. \*Make sure butter isn't hot enough to cook the eggs and scramble the sauce. Season, as needed, with salt.

Bring a medium stockpot of water to a low boil and add a few teaspoons of vinegar. Stir water to create a whirlpool, then carefully crack eggs into water. Let eggs simmer until whites form around yolks, then carefully remove from pot with a slotted spoon. Meanwhile, gently eat fish with butter in a small skillet. Assemble eggs benedict by placing a Yorkshire pudding on a plate and topping with pieces of fish, one egg, a drizzle of Hollandaise sauce, and a sprinkle of salt, pepper and chives.

### **PICO DE GALLO SALSA**

*Ingredients:*

6-10 tomatoes (*depending on size*), seeded and chopped into small pieces  
1 onion, finely chopped  
2 cloves of garlic, finely chopped  
juice of 1 lime  
¼ cup cilantro, finely chopped

Place ingredients in a large bowl and gently toss until evenly blended. Serve immediately or store in an airtight container for up to 1 week. (*Storing will result in juices draining out of tomatoes.*)

### **PAPAYA MANGO SALSA**

*Ingredients:*

½ recipe of "Pico de Gallo Salsa"  
1 mango, seeded, peeled and chopped *\*see note below*  
1 cup papaya, chopped  
honey  
extra virgin olive oil  
juice of 1 lemon or lime

*\*To cut mango, stand the mango up and slice along the flat, round seed in the center. Slice the two sides of the mango, then slice the remaining strips of fruit around the sides of the seed. With the skin still on, gently slice a grid of cubes in the fruit without slicing through the skin. Unfold the mango halve so the cubes pop out of the skin and can easily be sliced off.*

Place salsa and fruit in a small bowl and gently toss with a drizzle of honey, oil and citrus juice to evenly mix. Serve immediately or store for a few days in the refrigerator.