

“PACIFIC RIM”

The theme this week is based on foods you might find in areas that border the Pacific ocean. We're using coconut milk, pineapple, and fresh tomato bruschetta. I'm making sure to get as much summer flavor in these last few weeks of summer's bounty. We'll be taking a turn for fall foods soon...I can't believe it!



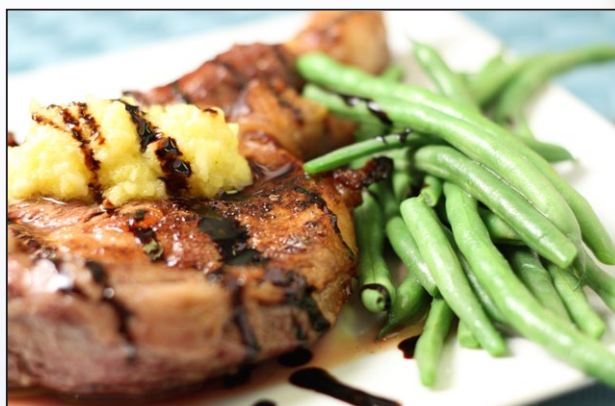
LUAU CASSEROLE



THAI COCONUT SOUP



CARAMELIZED CHICKEN BRIE & BRUSCHETTA SANDWICHES



STEAK WITH PINEAPPLE-GINGER CHUTNEY AND BALSAMIC GLAZE

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Caramelized Chicken Brie & Bruschetta Sandwiches
- Luau Casserole
- Steak with Pineapple-Ginger Chutney and Balsamic Glaze
- Thai Coconut Soup

EXTRAS

Homemade Chicken Stock
Pina Coladas

NOURISHING ADDITIONS (RECIPE REVIEW)

- Pineapple-Ginger Chutney

SUGGESTED EXTRAS (RECIPES AND SHOPPING LIST ITEMS NOT INCLUDED.)

Leftover "Luau Casserole" can be mixed and baked with eggs for a delicious breakfast, lunch or dinner fritatta.

PLANNING NOTES

If using brown rice for "Luau Casserole", soak rice overnight before continuing with recipe.

Buy a whole chicken and cut off pieces for chicken meat needs, then use the remaining parts for making Homemade Chicken Stock.

Make the Pineapple-Ginger Chutney a few days ahead of time to be lacto-fermented for the steak recipe. Or make a double recipe of the chutney to use fresh with the steak recipe, then add the whey and lacto-ferment to use with a future meal.

Shopping List

Pacific Rim

September 1, 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 if you'd like a list of substitutes for various ingredients.

PRODUCE:

Sweet potato- 1-2

Onion- 2

Garlic

Bell pepper

Mushrooms, such as crimini or button

Tomatoes- 4-5 medium

Cucumber- 1

cabbage

Green beans or other vegetable to steam for a side dish

Lemongrass (*if available*)

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

FRUIT:

Pineapple- 1-2

Lime- 3

***Consider extra fruit for snacks.**

FRESH HERBS:

Cilantro

Basil

Ginger root (*store in freezer for easy grating and longevity*)

MEAT AND FISH:

1 chicken- see planning note above for using 1 chicken for all recipes this week

Loose pork sausage (*you may need to squeeze meat out of sausage links*)- make sure you buy nitrite/nitrate free sausage with all natural ingredients

6-8oz steak per person, such as Ribeye, New York, or Sirloin

***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

Pacific Rim

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MY NOTES:

EGGS AND DAIRY:

Butter
Brie cheese
Whey- made from separated raw milk or yogurt (*for lacto-fermenting the chutney*)

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

PANTRY:

Salt and Pepper
Extra virgin olive oil
Balsamic Vinegar
Coconut Milk- 2-4 cans (*whole fat*)
Soy sauce
Real maple syrup
Rice (*white or brown- buy all natural par-cooked brown rice or soak overnight for use in recipe*)
Kalamata olives
Capers
French baguette (*optional- for sandwiches*)
Red curry paste (*if available*)
Honey

For chicken stock:

mixed dried herbs
white vinegar

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

CARAMELIZED CHICKEN, BRIE AND BRUSCHETTA SANDWICHES (WITH OR WITHOUT BREAD)

Total Time: 30 minutes

**This recipe can be a delicious layered chicken vegetable and cheese dish, or can be made into a gourmet sandwich on a French baguette.*

Ingredients:

Extra virgin olive oil, plus 2-4 tablespoons
 1 onion, chopped
 1 cup mushrooms, chopped, such as crimini or button mushrooms
 salt and pepper
 3 tablespoons balsamic vinegar, divided
 2 cups chicken meat, chopped, such as boneless thigh meat or breast meat
 4-5 tomatoes, seeded and chopped
 1/3 cup kalamata olives, pitted and chopped
 ¼ cup capers
 1-2 cups cucumber, peeled and chopped into small cubes
 ¼ cup basil, finely chopped
 Brie cheese- 1 wedge
 1 French baguette (*optional*)

Coat a saucepan or large skillet with oil and sauté onions and mushrooms for 8-10 minutes. Season with salt and pepper and deglaze pan with 1 tablespoon vinegar. Add chicken to pan and sauté for 10-12 minutes, until chicken is cooked and mixture has become covered with a golden glaze from the caramelized onions.

Meanwhile, place tomatoes, olives, capers, and cucumbers in a large bowl. Toss gently with basil puree, 2-4 tablespoons olive oil and 2 tablespoons vinegar. Season, as needed, with salt and pepper.

If serving without bread, place chicken mixture on a serving dish and top with thick slices of cheese and vegetable mixture. If making sandwiches, slice baguette in half lengthwise with a larger bottom half. Scoop out some of center of baguette to form a canal on both pieces (*make dry breadcrumbs for future recipes*). Assemble into sandwiches and slice to serve.

LUAU CASSEROLE

Total Time: 1 hour, or use a slow cooker for many hours

Ingredients:

1 ½ cups rice
 1 sweet potato, peeled and thinly sliced or grated
 1 onion, chopped
 1 bell pepper, chopped
 1 cup pineapple, cut into small cubes
 ¼ cup cilantro, finely chopped
 1 cup chicken meat, such as thigh meat, cut into small pieces
 1 cup loose pork sausage
 salt and pepper
 ½ cup butter
 1 ½ cups coconut milk
 1 tablespoon soy sauce
 1 tablespoon maple syrup

Preheat oven to 375°F, or set slow cooker on low heat. Soak and rinse rice 3 times while preparing other ingredients.

Place sweet potato, onion, bell pepper, pineapple, cilantro, chicken and sausage in a large bowl. Season liberally with salt and pepper and toss to mix evenly.

In a small saucepan, simmer butter, coconut milk, soy sauce and syrup until evenly mixed. Pour sauce over vegetable and meat mixture, then add rice. Toss all ingredients to evenly mix, then transfer to a large buttered baking dish. Bake for 1 hour (*or slow cook on low heat for many hours*) until casserole is bubbling and rice is soft. Serve with additional soy sauce, if desired.

STEAK WITH PINEAPPLE-GINGER CHUTNEY AND BALSAMIC GLAZE

Total Time: 20 minutes

Ingredients:

6-8oz steak per person, such as Ribeye, New York,
or Sirloin
extra virgin olive oil
salt and pepper
½ cup balsamic vinegar, or a mixture of vinegar
and red wine (*if you have it*)
“Pineapple-Ginger Chutney” (*from this week’s recipes*)
Green beans, or other vegetable to steam as a side dish
Butter

Preheat broiler in oven.

Coat steak with oil and a liberal amount of salt and pepper. Broil steaks in an oven-proof skillet for 4-6 minutes per side, depending on thickness, for medium-rare meat. Remove meat from pan and set on a serving dish. Place skillet over medium heat and deglaze pan with balsamic vinegar (*and wine, if available*). Set simmer until sauce is thickened into a glaze.

Meanwhile, bring a large stockpot of water to a boil to lightly boil or steam vegetables. When vegetables are soft, toss with salt, pepper and butter to serve.

Serve steak topped with chutney and glaze, with vegetables 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.

HOMEMADE CHICKEN AND VEGETABLE SOUP

Watch this recipe at www.RealFoodFamily.com/videos or on our YouTube Channel!

Every home, I repeat, every home should frequently have a pot of homemade chicken and vegetable soup brewing in the kitchen. Slowly made stocks are one of the leading traditional foods we can nourish ourselves with. Stock making, like many traditional food preparations, is becoming a lost art. Homemade soup stocks have been replaced by meat-mimicking monosodium glutamate and hydrolyzed vegetable protein soup mixes. It isn't just a myth that good chicken soup will make you feel better. "Good broth will resurrect the dead," says a South American proverb. When made properly- with all the bones and organs- a good meat stock is full of minerals and soothing gelatin. Soups can be a wonderfully filling meal, or sipped as hot drink throughout the day. It is also a great way to get kids to eat multiple vegetables- just chop them up into small pieces.

From www.westonaprice.org/food-features/515-broth-is-beautiful.html:

Gelatin was found to be useful in the treatment of a long list of diseases including peptic ulcers, tuberculosis, diabetes, muscle diseases, infectious diseases, jaundice and cancer. Babies had fewer digestive problems when gelatin was added to their milk. The American researcher Francis Pottenger pointed out that as gelatin is a hydrophilic colloid, which means that it attracts and holds liquids, it facilitates digestion by attracting digestive juices to food in the gut. Even the epicures recognized that broth-based soup did more than please the taste buds. "Soup is a healthy, light, nourishing food" said Brillant-Savarin, "good for all of humanity; it pleases the stomach, stimulates the appetite and prepares the digestion."

It's so tasty, too! So why don't you join the thousands of happy-pappy people, and...

Make it!

Ingredients:

2 tablespoons butter or olive oil

1 onion, sliced

1 whole chicken or 6-8 pieces of bone-in chicken parts (*legs work well and are inexpensive*), also include organ pieces if provided

2 garlic cloves, minced

1 teaspoon of mixed dried herbs, such as Herbs de Provence

Salt and Pepper

2 tablespoons vinegar (optional- to help break down gelatin)

2-4 cups of chopped vegetables, such as carrots, zucchini, broccoli, cauliflower, etc.

¼ cup fresh herbs, such as basil or flat leaf parsley, chopped (*optional*)

Heat butter or oil in a large stockpot. Sauté onions for 5 minutes, until translucent. Add chicken and garlic, letting chicken brown a little. Add enough water to fill stockpot. Season generously with salt and pepper, and add dried herbs and vinegar (*optional*). Cover and let simmer for 3-6 hours. Remove any foam that forms on the top of your stock. Carefully remove chicken parts and separate bones and cartilage from meat. (*You may cut large bones with sharp kitchen shears and add back to soup to continue simmering, extracting even more nourishing minerals from within the bones. Make sure to remove these bones before serving.*) Add meat back to soup. Add vegetables and fresh herbs and let simmer until vegetables are soft. Season with salt and pepper, as needed, and serve.

Your soup/stock should keep in your refrigerator for up to a week. A good stock has a golden shimmer when warm, and forms into a solid gelatin when cold. You may wish to use this recipe to make a large batch of rich stock to store in your freezer. Simply make the recipe, saving the meat for other uses (*like tacos, omelets, or sandwiches!*). Mash or blend the finished soup with an immersion blender and strain into a large bowl. Let cool completely before transferring to freezer bags or containers.

***Tip: store in multiple small containers for convenience.**

PINA COLADAS

Ingredients:

1 ½ cups pineapple, chopped
1 can coconut milk
zest and juice of ½ lime
¼ cup honey

Place ingredients in a blender and puree until smooth. Place half of the mixture in ice cube trays and freeze. Place the remaining mixture in the refrigerator. When cubes are frozen, transfer puree and frozen cubes back to blender and puree into a smoothie. You may wish to serve by dipping the rim of your serving glasses in lemon juice, then in sugar. Top with a pineapple slice!

PINEAPPLE-GINGER CHUTNEY

**This recipe can be served fresh without the lacto-fermentation process, or enjoy the added benefits of lacto-fermentation after a few days.*

Ingredients:

2 cups pineapple, roughly chopped
2-4 teaspoons ginger
zest and juice of 2 limes
2 teaspoons salt
For lacto-fermentation:
¼ cup whey, made from separated raw milk or yogurt

Place pineapple, ginger, lime zest and juice, and salt in a food processor and pulse a few times to blend. (*Serve now, or continue recipe for fermentation.*) Transfer mixture to a mason jar with an airtight lid. Add whey to the mixture and stir to evenly mix in. Let stand at room temperature for 3 days, then transfer to refrigerator. (*If bits of white foam form on top of chutney, it's okay! Simply remove with a spoon.*)