

“SURF’S UP!”

This week's meal plan was inspired by the awesome surf we've been having. I often find myself a surf widow- stranded at home because a good swell has taken over everything else in my husband's mind! The recipes aren't really about seafood in case you're assuming so...in fact I do not have seafood on the plan this week at all unless you'd like to substitute with fish for the chicken tacos or beef fajitas. The recipes are about food that surfers eat. When you ask the question, "what do surfers eat", it's kind of like asking what teachers or tennis players eat. It's kind of vague. But since I'm part of a surfing family, I can tell you that there are definitely local restaurants that surfers flock to, and it usually involves easy, inexpensive food that is really good. So, this week's recipes are inspired by the foods my surfer husband loves to eat. Oh, and the Kefir smoothies are inspired by a super healthy morning charger that is perfect for those waking up before dawn to catch the waves. Hang ten!



THAI COCONUT SOUP



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MARINATED CHICKEN TACOS

Total Time (not including 1-12 hour marinade or beans soaked overnight)

**If you have "Lacto-Fermented Pineapple-Ginger Chutney" from last week, use it instead of chopped fresh pineapple.*

Ingredients:

1/3 cup white vinegar
2 teaspoons salt
1 teaspoon pepper
2 garlic cloves, minced
zest and juice of 1 lime
4-8 boneless pieces of chicken
¼ cup extra virgin coconut oil or olive oil
¼ cup butter
1 onion, sliced
1 cup black beans, soaked overnight and or canned
½ cup pineapple, finely chopped or lightly minced in a food processor*
1-2 tablespoons honey
tortillas, such as "Homemade Tortillas"
lettuce, chopped
cheese, grated, such as cheddar

Place vinegar, salt, pepper, garlic, lime juice and zest and chicken in a sealed container and let marinate for 1-12 hours.

Heat oil and butter in a large skillet and sear chicken for 3-5 minutes per side, depending on thickness of meat. Remove chicken from pan and set aside, then sauté onions with beans and remaining chicken marinade until onions are caramelized and sauce thickens. Thinly slice chicken then add back to pan. Stir in pineapple and honey. Prepare tacos with warmed tortillas, cheese, lettuce and filling.

BALSAMIC FAJITAS

Total Time: 30 minutes

Ingredients:

2 cups tomatoes, chopped
¼ cup cilantro, finely chopped
extra virgin olive oil
salt and pepper
2 bell peppers, sliced
1 onion, sliced
2 garlic cloves, finely chopped
4-8oz. steak per person, such as Rib-eye, New York or Sirloin
¼ cup balsamic vinegar
3 tablespoons butter
corn and/or flour tortillas

Place tomatoes and cilantro in a serving bowl. Gently toss with a drizzle of olive oil and salt and pepper, to taste. Set aside.

Heat olive oil in a large skillet and sauté onion and bell pepper for 8-10 minutes, stirring often, until beginning to brown. Add a few tablespoons of water while cooking, if needed. Add garlic to pan and sauté for an additional 2-3 minutes, then season liberally with salt and pepper. Use a dash of vinegar, wine or water to deglaze pan, if needed, then transfer to a serving dish. In the same hot pan, add a little more oil and sear steak for 3-5 minutes per side, depending on thickness, seasoning with salt and pepper after searing. Remove steak from pan and let rest while you deglaze the pan with the balsamic vinegar. Let reduce by half until thickened. Slice steak into long, thin strips and add to balsamic syrup. Remove from heat and stir in butter, one tablespoon at a time, until balsamic glaze thickens. Build fajitas with steak and toppings, as desired.

CARNITAS AL PASTOR

Total Time: 3-4 hours (mostly inactive- slow cooker may be used)

**If using brown rice for this recipe, soak overnight or buy par-cooked for quick cooking time*

Ingredients:

3-5 pounds pork roast, such as butt or shoulder cut into large chunks

**extra virgin olive oil or extra virgin coconut oil
salt and pepper**

1 onion, chopped, plus ½ of an additional onion, finely chopped

3 garlic cloves, finely chopped

½ pineapple, pureed until smooth (using a food processor or blender)

2 tablespoons white wine or white balsamic vinegar

2 teaspoons cumin

2 teaspoons dried oregano

zest and juice of 2 limes

1-2 tablespoons honey

¼ cup cilantro, finely chopped

¼- ½ cup rice per person, white or brown

Preheat oven to 300°F, or set up slow cooker to low heat.

Heat oil in a large stockpot and sauté pork until browned, about 10 minutes. Season liberally with salt and pepper. Stir in 1 chopped onion, garlic, pureed pineapple, vinegar, cumin, oregano and lime zest and juice. Place in oven or slow cooker and let cook for at least 3 hours (*up to 8 in a slow cooker on low heat*) until meat is extremely tender and sauce is thickened. Use two forks to shred meat and stir into pan sauce. Stir remaining finely chopped ½ onion, cilantro and honey into meat and season, if needed, with salt and pepper. About 30 minutes before meat is done, boil and simmer rice (*1 part rice, 2 parts water*) with salt until fully cooked. Serve Carnitas Al Pastor over rice.

GRILLED PINEAPPLE BURGERS

Total Time: 30 minutes

Ingredients:

2 pounds ground beef

2 tablespoons onion, grated, plus 1 whole red onion, sliced into thin rings

2 teaspoons salt

1 teaspoon pepper

pineapple slices (*in rings*), one per burger

½ cup cheese, grated

¼ cup butter, at room temperature

hamburger bread or buns, as much as needed

lettuce

Place beef in a large bowl and mix evenly with 2 tablespoons grated onion, salt and pepper. Preheat outdoor grill, or indoor grill pan.

Take a small handful of beef and form into flat, round patties. Grill burgers for 3-5 minutes per side. When burgers are flipped, grill pineapples and onion slices for 1-2 minutes per side. Grill burger buns for 20 seconds per side.

To assemble and serve burgers, spread butter on inside of buns. Place a beef patty on the buns, then top with cheese, grilled pineapple and onion, and a lettuce leaf.

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

3/4 tablespoon salt

3/4 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.

BASIC KEFIR RECIPE

Recipe is based on a recipe from Sally Fallon Morrell's Nourishing Traditions cookbook.

2 cups fresh whole milk, non-homogenized and preferably raw

1/2 cup good quality cream (optional)

1 tablespoon kefir grains/kefir starter

Place kefir grains in a fine strainer and rinse with filtered water. Place milk and optional cream in a clean wide-mouth, quart-size mason jar. If milk is cold, place jar in a pan of simmering water until milk reaches room temperature. Add kefir grains to milk, stir well and cover loosely with a cloth. Place in a warm place (65°F-76°F) for 12 hours to 2 days. Stir vigorously occasionally to redistribute the grains. Every time you stir, taste the kefir. When it achieves a tartness to your liking, the kefir is ready. It may also become thick and effervescent, depending on the temperature, incubation time, and the amount of curds you use. Pour the kefir through a strainer into another jar to remove the grains. Store in refrigerator. Use the grains to make another batch of kefir, or prepare them for storage by rinsing them well with water and placing in a small jar with about 1/2 cup filtered water. They may be stored in the refrigerator several weeks or in the freezer for several months. If they are left too long in storage, they will lose their culturing power.

KEFIR AND KEFIR TONIC SMOOTHIES

Kefir is a cultured good-for-you yeast that begins with kefir grains. You will probably have to mail-order kefir grains unless you know someone else who makes it. Once you have it, though, you can continue making it and giving extra cultures to your friends! Kefir is excellent for smoothies and, much like other cultured foods, are excellent for your health, aiding in digestion, immunity, metabolism, and much more!

You can get your kefir grains from Cultures For Health. Go to my resources page and click on the link: <http://realfoodfamily.com/real-food-and-natural-living-resources/#starters>

KEFIR TONIC SMOOTHIE

1 cup frozen fruit, such as strawberries and banana
dash of lemon or lime zest and juice

1 cup kefir

1 tablespoon coconut oil

1 raw egg yolk (*organic/pasture-raised*)

2 teaspoons maple syrup or honey (*optional*)

Place ingredients and blend until smooth. Enjoy the goodness!