ISSUE 47

"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 surfer's 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

THAI COCONUT SOUP



THAI COCONUT SOUP

My Extra Meals This Week: WHAT'S FOR DINNER • Marinated Chicken Tacos • Balsamic Fajitas Carnitas Al Pastor • Grilled Pineapple Burgers EXTRAS Homemade Tortillas Nourishing Additions (Recipe Review) • Kefir Smoothies Suggested Extras (Recipes and Shopping List ITEMS NOT INCLUDED.) Make some chicken and vegetable soup this week and use the cumin, dried oregano and cilantro to give it a Mexican flare...yum!! PLANNING NOTES If you'd like to make the chicken and vegetable soup as suggested above, buy a whole chicken and use 4-8 boneless pieces for this week's taco recipe, then use the rest for the soup. Rice is on the list this week for the "Carnitas Al Pastor" recipe, so if you'd like to use brown rice, make sure to presoak overnight or purchase par-cooked brown rice. Black beans are needed this week for the taco recipe so soak dry beans overnight before making the recipe, or buy canned beans. If you'd like to make Homemade Tortillas for the tacos or fajitas this week, make them ahead of time or give yourself enough time to make them before the dinner recipes. Kefir for the kefir smoothies takes a few days to culture. Kefir (raw whole milk kefir is best) is also available at really good health food stores.

	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:	
Garlic Garlic	
Onions- 4-5	
Lettuce	
Tomatoes- 3-5	
Bell peppers- 2	
*Consider extra lettuces and veggies for salads, tacos, etc.	
Fruit:	
I-2 pineapples (1 if you have "Pineapple-Ginger Chutney" from last	
week's recipes)	
Limes- 4-5	
For extra "Kefir Smoothies" recipe, frozen fruit such as	
strawberries and banana	
*Consider extra fruit for snacks.	
Constact extra frant for stacks.	
Fresh Herbs:	
Cilantro	
Meat and Fish:	
4-8 pieces of boneless chicken (see planning note above if you'd like	
to buy a whole chicken)	
3-5 pounds pork roast, such as butt or shoulder	
4-8oz. steak per person, such as Rib-eye, New York or Sirloin	
2 pounds ground beef	
+TC	
*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.	
winted for extra risurtition.	
EGGS AND DAIRY:	
Butter	
Cheese, such as cheddar or fontina	
For extra "Kefir" recipe: 2 cups fresh whole milk, non-homogenized and preferably raw	
½ cup good quality cream (optional)	
1 tablespoon kefir grains/kefir starter	
*eggs for "Kefir Smoothies"	
*Consider extra milk, yogurt, eggs, cheeses, etc., for drinks,	
snacks and additional recipes	

	My Notes:
PANTRY: Extra virgin olive oil Extra virgin coconut oil (optional) Salt and pepper White vinegar- such as white wine or white balsamic	
Black beans, dry or canned (see planning note above)	
Tortillas (if not making Homemade Tortillas) Rice- white or brown (see planning note above) Bread or buns for hamburgers For extra Homemade Tortillas recipe: Lard (optional- use organic/pasture raised only)	
Flour Masa Harina (available in the Latin foods section or at health food stores)	
*Consider extra items for breakfast, lunches, snacks, and additional recipes such as tortillas for tacos, etc.	

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

1/4 cup extra virgin coconut oil or olive oil

¼ cup butter

1 onion, sliced

1 cup black beans, soaked overnight and or canned

 $\frac{1}{2}$ 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

1/4-1/2 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

½ 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 make 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

34 tablespoon salt

34 cup very warm water

Place all ingredients except water in a food processor and pulse until a course 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.

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

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

½ 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 ½ 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 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!