

“WELCOME FALL”

Today is the first day of fall! I LOVE this season! The food is so wonderful and I welcome the cooler weather! This week's recipes aren't necessarily classic autumn recipes, but they are inspired by late summer bounty and early fall flavors and comforting cooking methods. Here's to a wonderful season!



PAN ROASTED CHICKEN WITH CREAMY LEEKS AND WILTED GREENS



GARLICKY ZUCCHINI SOUP



SPAGHETTI SQUASH AND MEATBALLS

Shopping List

"Welcome Fall"

September 22, 2012

MY NOTES:

PRODUCE:

Spinach- 1 large bunch
peas (frozen and thawed okay)
onions- 3-4
garlic- 2-3 heads
spaghetti squash
bell pepper- 1
leeks- 1 large or 2-3 small
kale, chard and/or spinach (look for organic pre-mixed packages)

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

FRUIT

For extra pie recipe:

6-8 green apples
1 lemon

**Consider extra fruit for snacks.*

FRESH HERBS:

Basil

MEAT AND FISH:

4oz. loose Italian sausage
chicken liver (optional- for marinara)
1 whole chicken (see planning note above)
organic lard (optional- for extra pie crust recipe)

**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.*

EGGS AND DAIRY:

Butter (buy extra butter for pie crust recipe)
Eggs
mozzarella cheese
ricotta cheese
Parmesan cheese
mascarpone cheese or crème fraiche
whey, made from raw milk or yogurt (optional- for crispy nuts recipe)

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

Shopping List

"Welcome Fall"

September 22, 2012

MY NOTES:

PANTRY:

- Salt and Pepper
- Extra virgin olive oil
- Balsamic vinegar
- tomato paste
- 32 oz. diced tomatoes (2 large cans or about 8 fresh tomatoes- San Marzano Roma tomatoes are best)
- dry white wine
- semolina flour (use all-purpose if unavailable)
- all-purpose flour (if using an alternative non-grain flour, use something that is meant for pastries)
- nuts, such as pecans, walnuts or almonds (for extra Crispy Nuts recipe)

For extra recipe:

- Sugar
- Cinnamon

**Chicken stock and marinara are extra recipes this week, buy store-bought versions if you do not want to make these from scratch. Make sure to buy a good quality.*

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

PAN ROASTED CHICKEN WITH CREAMY LEEKS AND WILTED GREENS

Total Time: 40 minutes

Ingredients:

Extra virgin olive oil
6-10 pieces bone-in chicken pieces
salt and pepper
¼ cup butter
2-3 cups leeks, chopped, dark green part and base removed, rinsed well
4 cups chopped dark greens, such as kale, chard and/or spinach
½ cup dry white wine
¼ cup mascarpone cheese or crème fraiche

Heat oil in a large skillet or saucepan and sear chicken for 5 minutes per side, until a crisp brown crust forms, seasoning with salt and pepper after turning. Add butter in pieces around chicken, then add leeks and greens over chicken. Pour wine into the pan, then cover and let simmer on medium-low heat for 25 minutes, until chicken is fully cooked and greens are soft. Let simmer uncovered for 5 minutes to reduce liquid, then remove from heat and evenly stir in mascarpone or crème fraiche to serve.

SPAGHETTI SQUASH AND MEATBALLS

Total Time: 40 minutes

Ingredients:

1 spaghetti squash
extra virgin olive oil
1 onion
1 bell pepper, seeded and finely chopped
20 oz. ground beef
salt and pepper
¼ cup flour
4 cups marinara sauce
2-4 tablespoons butter
Parmesan cheese

Preheat oven to 400°F.

Slice ends off of squash and slice in half lengthwise. Place squash faced down in a large baking dish and fill with 1½ inch of water. Place in oven and bake for 30 minutes, until squash is soft.

Heat oil in a large skillet and sauté onion and bell pepper for 10 minutes, until just beginning to brown. Transfer vegetables to a large bowl and add beef and a liberal amount of salt and pepper. Mix well to incorporate ingredients, then evenly mix in flour. Grease a second baking dish with oil and form meat into ¼-cup sized balls and place in the baking dish. Bake meatballs for 20 minutes until beginning to brown. Meanwhile, heat marinara sauce. Add baked meatballs to sauce and let simmer while preparing spaghetti squash.

Use 2 forks to scrape out squash from shell. Add butter to squash and season lightly with salt and pepper. Serve squash with a layer of marinara and meatballs, topped with freshly grated parmesan cheese.

APPLE PIE CALZONES

Ingredients:

Basic Pie Crust (from this week's recipes)

6-8 green apples, peeled and chopped into small cubes

½ cup sugar

2-4 teaspoons cinnamon

juice of 1 lemon

dash of salt

½ cup flour

Preheat oven to 350°F.

Place apples, sugar, cinnamon, lemon juice, salt and flour in a large bowl and mix to evenly coat apples. Pull ½-cup sized pieces of dough and roll into 8-inch disks. Place a few spoonfuls of apple mixture on center of each pie crust disk and fold in half, pressing edges together and pinching to seal. Place calzones on a baking sheet (two may be needed). Use a knife to poke small slits in the tops of the calzones, then sprinkle them with sugar and cinnamon. Bake for 30 minutes, or until crust is lightly golden brown. Let cool then serve.

CRISPY NUTS

Crispy Nuts are used very often in my house as a snack, or dressed up for a treat, like in this recipe. The process of making crispy nuts activates enzymes and makes nuts more digestible. After soaking, nuts are dried in a warm oven until crispy, and may be stored for up to a month in the refrigerator.

Ingredients:

2 cups nuts, such as peanuts pecans, walnuts, almonds, etc.

salt

¼ cup whey, made from raw milk or yogurt (optional)

Cover nuts in water with a liberal amount of salt and whey, and soak for 12 hours. Drain nuts, spread on a baking sheet, and dry in a warm oven (150°F) for 8-12 hours, or until nuts are crispy.

BASIC PIE CRUST

Prep Time: 10 minutes

Inactive Prep Time: 30 minutes

*Servings: Yields single pie crust. *Double recipe for double pie crust.*

Ingredients:

1 1/4 cup flour, plus extra for dusting

1/2 teaspoon salt

3/4 cup butter, chilled, cut into small cubes

1/4 cup lard, chilled, cut into small cubes (use butter if lard is not desired)

1-2 tablespoons iced water

Pulse flour and salt in a large bowl or food processor (hand blended dough usually results in a better texture, but takes more work). Cut in butter and lard with a pastry cutter, or add butter and lard, one piece at a time while pulsing food processor until moist crumbs form. Slowly add ice water while mixing or pulsing food processor until dough begins to pull together, and stays together when pinched with fingers. Transfer dough to lightly floured surface and form into ball. Wrap in plastic wrap, flatten into thick disk, and refrigerate for 30 minutes until firm (optional- again, this will result in a better texture). Transfer chilled dough onto lightly floured surface and roll into large, thin disk, and bake according to needed recipe.

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.