

# REAL FOOD WEEKLY

December 15, 2012

ISSUE 61

## "ONE PAN PLAN"

As we prepare for Christmas, there is just way too much to do! I thought I'd plan multiple meals that can be made easily with one pot or pan. Leftovers can be used to make delicious, nourishing sautés that are super quick to make. Everything is grain-free unless you'd like to make Homemade Tortillas and tacos. I've been eating grain-free for a few months now but I still feed my children grains, so I've been making meals that can easily pair with brown rice, quinoa, or other properly prepared grains. The meals this week are perfect examples of grain-free meals that can easily be expanded with rice, etc. Hopefully this week will be easy for you because we've got lots of exciting Christmas recipes in store for next week!



CHICKEN, LEEK AND BUTTERNUT SQUASH SAUTÉ



ROASTED CHICKEN



PORK AND SWEET POTATO TACOS

# This Week's Menu



One Pan Plan

December 15, 2012

## MY EXTRA MEALS THIS WEEK:

### WHAT'S FOR DINNER

- Seared Pork Loin with Simple Mixed Salad
- Roasted Chicken and Butternut Squash
- Slow-Cooked Beef and Sweet Potatoes

### Leftovers Creations:

- Chicken, Leek and Butternut Squash Sauté
- Pork and Sweet Potato Tacos

### EXTRAS

- Salad Dressing: Honey Mustard and Herb Dressing

### NOURISHING ADDITIONS

- Homemade Sour Cream
- Homemade Tortillas
- Homemade Chicken or Beef Stock

### SUGGESTED EXTRAS

#### (Recipes and shopping list items not included.)

- Make the Homemade Chicken Stock this week and make chicken and vegetable soup for extra snacks and meals this week.

### PLANNING NOTES

- As with most weeks, chicken or beef stock is required. It is always good to have this nourishing ingredient on hand, so make this if you need it. Store extra in small containers in the freezer.
- Chicken, pork, cooked butternut squash and cooked sweet potatoes are all needed for the "Leftovers Creations" this week, so make sure to make enough for leftovers!
- Plan ahead to make the Homemade Tortillas, if desired, for the Pork and Sweet Potato Tacos. To keep this recipe grain-free, simply omit the tortillas.
- Serving the Chicken, Leek and Butternut Squash sauté over cooked rice is an option if you desire to add it, but not included in the recipe. Make sure to add a plan for preparing this.

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### My Notes:

[illegible]

Onions and other stock vegetables (*optional*)

**\*Consider extra fruit for snacks**

## Cilantro

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

3-5 pound beef roast, such as chuck, rump or brisket

Bone-in chicken pieces and parts and/or Stock Bones

***\*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.***

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### My Notes:

## EGGS AND DAIRY:

sour cream (optional- raw dairy is preferred)

1 tablespoon whole-milk buttermilk or commercial  
crème fraîche

**PANTRY:**

mixed dried herbs

all purpose or sprouted all purpose flour

***\*\*You may wish to purchase pre-made marinara sauce and basil pesto if you do not want to make it from scratch***





### **SEARED PORK LOIN WITH SIMPLE MIXED SALAD**

Total Time: 30-35 minutes

*Ingredients:*

**1-2 pork tenderloins (as much as needed)**  
**salt and pepper**  
**coconut oil or other frying fat**  
**1 tablespoon Dijon mustard**  
**Honey**  
**Lettuce and vegetables for a simple salad**  
**"Honey Mustard and Herb Dressing" from this week's recipes**

Preheat oven to 375°F.

Season pork liberally with salt and pepper. Heat oil or fat in an oven-safe skillet and sear pork for 5-7 minutes per side, until a golden crust forms. Spread mustard over pork, then drizzle lightly with honey. Place in oven for 15-20 minutes, until center is very light pink. Serve sliced pork medallions with a simple side salad.

### **ROASTED CHICKEN AND BUTTERNUT SQUASH**

Total Time: 1- 1 ½ hours

*Ingredients:*

**1 whole roasting chicken**  
**1-2 butternut squash, peeled, seeded and chopped into large cubes**  
**extra virgin olive oil or melted butter**  
**salt and pepper**  
**mixed dried herbs**

Using sharp kitchen shears, cut along the side of the chicken's backbone to separate. Jab the end of the shears about ½ inch from the top of the breast bone to cut a ½ inch slit. Place chicken, breast side up, in a very large baking dish and firmly press to flatten. Coat chicken and squash with olive oil or butter and salt, pepper and mixed dried herbs. Place in oven for 15-20 minutes, then reduce heat to 365°F for about 45 minutes, until chicken is golden brown and fully cooked (juices run clear when sliced), and squash is soft. Season, if needed, then slice chicken to serve.



### **SLOW-COOKED BEEF AND SWEET POTATOES**

Total Time 6-8 hours (*mostly inactive*)

*This recipe is perfect for throwing in a slow cooker quickly in the early morning, then leaving and coming home to a deliciously comforting meal.*

*\*This recipe is meant for a slow-cooker, but may be cooked over very low heat on a stove. Make sure you are home to supervise a pot over a live fire!*

*Ingredients:*

**3-5 pound beef roast, such as chuck, rump or brisket, cut into large cubes**

**1-2 sweet potatoes per person, peeled and cut into quarters or very large chunks**

**1-2 cups chicken or beef stock**

**salt and pepper**

**2 teaspoons mixed dried herbs**

**sour cream (*optional- raw dairy is preferred*)**

Place beef cubes and sweet potatoes in a large pot or slow cooker. Pour enough stock to come to 1-2 inches below the top of the ingredients. Stir in a liberal amount of salt and pepper and mixed dried herbs. Place on or over low heat and let cook for 4-8 hours, until meat and potatoes are very soft. Season, if needed, and serve with sour cream (*optional*).

### **CHICKEN, LEEK AND BUTTERNUT SQUASH SAUTÉ**

Total Time: 15 minutes

*\*This recipe is grain-free and delicious on its own, but you may wish to serve it over brown rice.*

*Ingredients:*

**¼ cup butter**

**1 large or 2 small leeks, dark green and root parts removed, chopped and cleaned well**

**1-2 cups cooked butternut squash, cut into small pieces**

**½ cup cooked chicken per person, shredded salt and pepper**

**brie cheese**

**pomegranate seeds**

**¼ cup cilantro, finely chopped**

Heat butter in a large skillet or saucepan. Sauté leeks for 5 minutes, until softened. Add squash and chicken, stirring until hot. (*Do not overcook or meat will dry out.*) Season with salt and pepper, as needed, then transfer to serving dishes. Place strips of brie cheese over mixture and top with cilantro and pomegranate seeds to serve.



### HOMEMADE CHICKEN STOCK

Total Time: 4-8 hours (mostly inactive cooking time)

**\*Watch this recipe on Real Food Family's 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 pre-made powdered soup base, made with meat-mimicking monosodium glutamate (MSG) and hydrolyzed vegetable protein. 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](http://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.)

#### TO MAKE AN EASY CHICKEN AND VEGETABLE SOUP:

Add vegetables and fresh herbs and let simmer until vegetables are soft. Add meat back to soup. 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!). Let stock cool completely before transferring to freezer bags or containers.

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



### **PORK AND SWEET POTATO TACOS**

Total Time: 10 minutes (*not including time to make Homemade Tortillas*)

*\*To keep this recipe grain-free, simply prepare taco filling and enjoy without the tortilla.*

*Ingredients:*

**½- 1 cup leftover pork per person,  
cut into small pieces**  
**½- 1 cup cooked sweet potatoes,  
cut into small pieces**  
**¼ cup cilantro and/or flat-leaf parsley,  
finely chopped**  
**sour cream and/or brie cheese**  
**tortillas, such as Homemade Tortillas from  
this week's recipes**

Heat pork and sweet potatoes in a skillet. Assemble tacos with pork and sweet potato, brie cheese or sour cream and a sprinkle of cilantro in a tortillas. Season, if needed, then serve.

### **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 organic lard**  
**¾ tablespoon salt**  
**¾ 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.





### **HOMEMADE SOUR CREAM**

*Real homemade sour cream is really more like Crème Fraiche, or European Sour Cream. This recipe is from Sally Fallon's Nourishing Traditions Cookbook, which you can find on my website on the resources page. To learn more about culturing dairy at home,*

*Ingredients:*

- 1 pint good quality cream**
- 1 tablespoon whole-milk buttermilk**
- or commercial crème fraîche**

Start with the best quality cream you can find. Raw cream is best but pasteurized will do. Do not use ultrapasteurized cream. Place in a clean glass container. Add buttermilk or crème fraîche, stir well, cover tightly and place in a warm spot for 20-24 hours. Chill well before serving.

### **HONEY MUSTARD AND HERB DRESSING**

*Ingredients:*

- 2 teaspoons Dijon mustard**
- 1 tablespoon finely chopped herbs, such as basil and/or flat-leaf parsley**
- 2 tablespoons white vinegar, such as white wine or white balsamic**
- salt and pepper**
- 1 tablespoon honey**
- 1 raw egg yolk**
- 1 cup extra virgin olive oil**

Whisk all ingredients, except oil, in a small bowl. While whisking, very slowly drizzle oil into mixture until it emulsifies, or thickens. When mixture has begun to emulsify, pour remaining oil in faster while continuing to whisk. Serve immediately or store in refrigerator for up to 2 weeks.