

REAL FOOD WEEKLY

December 22, 2012

ISSUE 62

"2012 CHRISTMAS WEEK"

It's already here...can you believe it! This week's recipes will be perfect for a one-day holiday celebration, but I designed the menu this week to work as delicious nightly meals. Simply choose an entrée and add the side dish that you want to make that night. I've included a way to slow roast a turkey, as opposed to the way I've directed in previous holiday meal plans. This is definitely my new favorite way to roast my turkey, so I hope you can try it. If you don't want to make a whole turkey, try slow-roasting a chicken instead. Directions for this are in the recipe. If you need some last minute homemade gifts, the "Candied Pecans and Holiday Chocolate Brittle" packaged in clear gift bags with ribbon will work well!

Have a Merry and Blessed Christmas!



CHEESY STUFFED MUSHROOMS



PUMPKIN, TURKEY AND WHITE BEAN STEW



GARLIC AND HERB PRIME RIB ROAST WITH FENNEL
AND HORSE RADISH-HOLLANDAISE SAUCE

This Week's Menu



2012 Christmas Week December 22, 2012

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Garlic and Herb Prime Rib Roast with Fennel and Horseradish-Hollandaise Sauce
- Slow-Roasted Turkey
- Crown of Lamb with Green Beans and Mushroom Gravy

Side Dishes:

- Cheesy Stuffed Mushrooms
- Christmas Salad with Honey-Mustard and Herb Dressing

Leftovers Creation:

- Pumpkin, Turkey and White Bean Stew

EXTRA GRAIN-FREE DESSERTS!

- Candied Pecans and Holiday Chocolate Brittle
- Grain-free Apple Cobbler

NOURISHING ADDITIONS

- Crispy Nuts
- Homemade Chicken 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

- Make a large batch of Crispy Nuts (pecans) ahead of time this week to use in multiple recipes.
- You can only make the Pumpkin, Turkey and White Bean Stew if you have leftover turkey, but you can make it with chicken if you are roasting a chicken instead.
- White beans are used in the stew this week, so soak white beans overnight if not using canned beans.
- Chicken stock is needed this week, so I recommend using homemade, so make this ahead of time if you don't already have some made. You can make the stock with turkey parts, if desired.

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My Notes:

[illegible]

- Onions
- Carrots
- Celery
- Garlic
- Pumpkin puree (*canned okay*)
- Fennel bulbs- 3-6
- Small brown mushrooms- 32 ounces
- Green beans- 1 pound
- Romaine lettuce
- One other leafy green lettuce, such as
leaf lettuce, baby greens, etc.

Pomegranate (seeds)
Pears

Green apples

***Consider extra fruit for snacks**

Flat-leaf parsley- 1 large bunch or 2 small bunches
Additional herbs, such as rosemary, basil, thyme
and/or sage

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

1 roasting turkey (*a roasting chicken may be substituted*)
4-8 pound beef prime rib roast
French-cut lamb chops- about 2 per person (*at least 10
are needed to make a "crown"*)

bone-in chicken pieces and parts (*turkey parts may be used as well*)

****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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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.

- Eggs
- Butter
- Brie cheese
- Mascarpone cheese or crème fraîche
- Parmesan cheese

Heavy whipping cream (optional)

- Salt and Pepper
- Extra virgin olive oil
- Frying fat, such as olive oil, organic lard or beef tallow
- White beans, such as white kidney beans
- Pumpkin puree (*canned okay*)
- White vinegar
- Dijon mustard
- Honey (*raw preferred*)
- Horseradish puree (*a pre-made sauce with basic ingredients will work*)
- Arrowroot powder (find in bulk for a good price at health food stores)
- Pecans
- Chicken stock (*Homemade is best- recipe included in meal plan*)

Maple syrup
Finely ground almond flour
Cinnamon
Vanilla Extract

Chocolate chips
Peanut butter

Parchment Paper

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

My Notes:

[illegible]



GARLIC AND HERB PRIME RIB ROAST WITH FENNEL AND HORSERADISH-HOLLANDAISE SAUCE

Approximate Time: 1-2 hours, depending on size of roast

Ingredients:

4-8 pound beef prime rib roast
extra virgin olive oil
salt and pepper (lots of salt!)
1/4- 1/2 cup "Garlic and Herb Puree"
3-6 fennel bulbs, sliced in half (cut firm root out of bottom of fennel bulbs)

FOR SAUCE:

2 egg yolks
2 teaspoons white vinegar
2 teaspoons to 1 tablespoon horseradish sauce (depending on desired flavor)
salt
1/2 cup butter, melted (but not too hot)

Preheat oven to 350°F.

Heat some oil in a large skillet. Season roast with salt and pepper and sear in pan for 3-5 minutes per side, until a dark crust forms. Place seared roast in a large roasting pan. Make little cuts over the top layer of the roast. Drizzle roast with more oil, then spread Garlic and Herb Puree over roast. Sprinkle with a generous amount of more salt. Toss fennel in a large bowl with oil and salt and pepper, to coat, then place in roasting pan around roast. Place pan in oven for 1-2 hours (*depending on size*), until meat is about 135°F internally, for medium-rare in center. Let rest for 10-30 minutes before slicing to serve.

For sauce, blend egg yolks, vinegar, horseradish, and a dash of salt with a blender or immersion blender. Continue blending and slowly drizzle in butter until sauce thickens. Season with more salt as needed, then serve with roast.

GARLIC AND HERB PUREE

Ingredients:

2 cups finely chopped herbs, such as basil, parsley, rosemary, thyme, and/or sage
4-5 cloves of garlic
2 teaspoons salt
1 teaspoon pepper
1 cup extra virgin olive oil

Puree ingredients in a food processor until smooth.

SLOW ROASTED TURKEY

Total Time: 6-10 hours

**Follow this recipe with a chicken instead of a turkey if you'd like. Only roast for 3-6 hours instead of 6-10.*

Ingredients:

1 roasting turkey
1/2 cup Garlic and Herb Puree (from this week's recipes)
1 cup chicken stock

Preheat oven to 275°F.

Place turkey on a roasting rack in a large roasting pan and smother with garlic and herb puree. Place chicken stock in the bottom of the roasting pan, then cover turkey with a roasting pan lid or aluminum foil. Bake for 6-10 hours, until skin is very crispy and golden. Let cool, then slice turkey to serve.



CROWN OF LAMB WITH GREEN BEANS AND MUSHROOM GRAVY

Total Time: 30-45 minutes

Ingredients:

**French-cut lamb chops- about 2 per person
(at least 10 are needed to make a "crown")**
Salt and pepper
**Frying fat, such as olive oil, organic lard
or beef tallow**
1 pound green beans, tops removed

FOR GRAVY:

¼ cup butter
3 garlic cloves, finely chopped
1 ½ cups mushrooms, finely chopped
2 tablespoons arrowroot powder
2 cups chicken stock
**2 tablespoons flat-leaf parsley, finely
chopped**

Preheat oven to 375°F.

Season lamb chops with salt and pepper. Heat a few tablespoons of frying fat in a large skillet and sear lamb for 3-4 minutes per side, until a golden crust forms. Transfer lamb chops to a baking dish. *If you'd like to make a "crown", carefully stand lamb chops up in a circle with bones arching away from the center. Bake for 10-20 minutes, depending on thickness, for medium-rare to medium doneness.

Meanwhile, prepare green beans and gravy. For green beans, bring a large stockpot of water to a rolling boil and add a small handful of salt. Boil green beans for 8-10 minutes, until bright green and softened. Strain from water and keep warm.

For gravy, sauté garlic in butter for 3 minutes in a medium stockpot. Add mushrooms for 3 minutes, then whisk in arrowroot powder, then stock. Keep whisking until a smooth gravy is formed. Stir in parsley.

Serve lamb and green beans topped with gravy.

CHEESY STUFFED MUSHROOMS

Total Time: 25 minutes

Ingredients:

**Small brown mushrooms, cleaned and
stems removed- about 5-8 per person**
Brie cheese
2 tablespoons butter
2-3 garlic cloves, finely chopped
½ cup dry white wine
¼ cup Mascarpone cheese or Crème Fraiche
Parmesan cheese

Preheat oven to 375°F.

Place mushrooms upside-down in a baking dish. Place a chunk of brie cheese in each mushroom- large enough to fill the hollowed out mushroom.

Heat butter in a medium saucepan and sauté garlic for 2 minutes. Stir wine into pan and let simmer until reduced by half. Remove from heat and stir in Mascarpone cheese until sauce is smooth. Pour sauce evenly over mushrooms, then top dish with a liberal amount of Parmesan cheese. Bake for 15-20 minutes, until cheese on top is beginning to lightly brown.



CHRISTMAS SALAD WITH HONEY-MUSTARD AND HERB DRESSING

Approximate Time: 20 minutes

Ingredients:

4 cups romaine lettuce, roughly chopped
4-6 cups other leafy green lettuce, such as Spinach, Green Leaf Lettuce, etc., chopped
1/2 cup pecans (preferably Crispy Nuts)
1/2 cup pomegranate seeds
1/2 cup pears, peeled and chopped

FOR DRESSING:

1/4 cup flat-leaf parsley, chopped
1 tablespoon Dijon mustard
2 tablespoons honey
1/2 cup Extra Virgin Olive Oil
Salt and Pepper, to taste

Mix lettuce, pecans, cranberries, and apples in large bowl. Place dressing ingredients in a small food processor and pulse until smooth and creamy. Add salt and pepper as needed. Toss salad with dressing and serve immediately.

PUMPKIN, TURKEY AND WHITE BEAN STEW

Total Time: 45 minutes

Ingredients:

1/4 cup butter
1 onion, chopped
1 cup carrots, chopped
1 cup celery, chopped
4-6 garlic cloves, finely chopped
2 cups white beans, soaked (or rinsed well if from a can)
1 cup pumpkin puree
2-3 cups turkey meat, cooked and chopped
2-3 cups chicken stock
1/4 cup flat-leaf parsley
salt and pepper

Heat butter in a large stockpot and sauté onion, carrots and celery for 8 minutes, until onions are translucent. Stir in garlic for 2 minutes, then stir in beans, pumpkin, turkey meat, and enough stock to rise to the same level of the ingredients in the pot. Simmer soup for 20 minutes, then use an immersion blender to puree half of the soup, making it thick yet still chunky. Stir in parsley, then season liberally, as needed, with salt and pepper.



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:

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.**



CANDIED PECANS AND HOLIDAY CHOCOLATE BRITTLE

Approximate time: 15 minutes.
(24 hours needed in inactive preparation time.)

Make the candied pecans first to use in other recipes. "Crispy Nuts" are preferred for this recipe, so give yourself 24 hours to soak and dry nuts for recipes.

Ingredients:

4-6 six cups pecans, roughly chopped
("Crispy Nuts" preferred)
1 teaspoon salt
½ cup butter
½ cup sugar
cinnamon

FOR HOLIDAY CHOCOLATE BRITTLE:

8 oz chocolate chips
5-6 tablespoons peanut butter
Parchment Paper needed for recipe

To make "Crispy Nuts," cover pecans with water in a large bowl and stir in salt. Cover and let soak for at least 12 hours. Strain nuts the spread on a large baking sheet and place in a warm oven (no higher than 150°F) for 12-24 hours, until nuts are dry and crispy.

*Recipe can be made with raw nuts, but "Crispy Nuts" are preferred because of the added nutritional and digestive benefit of soaking, and also a desired dry and crispy texture achieved. Melt butter in a large saucepan or skillet. Stir in sugar until dissolved. Stir in nuts until covered, and sauté for 8-10 minutes, stirring frequently, until sugar is dark golden brown and remove from heat. (*Special directions for "Holiday Chocolate Brittle" begins now. See below. Make sure to reserve 2 cups of candied pecans for "Candied Pecan Brussel Sprouts with Garlic Butter," "Christmas Salad with Honey Mustard and Herb Dressing," and "Pumpkin Pie with Cinnamon Pecan Streusel Topping.")

Spread immediately on a large baking dish covered with parchment paper, sprinkle liberally with cinnamon, and let cool completely. A hard caramel coating should cover nuts. Break apart into small pieces for use in recipes, or as a snack.

FOR HOLIDAY CHOCOLATE BRITTLE:

Remove 2 cups of "Candied Pecans" for other recipes, finishing the recipe above. While remaining nuts are still in pan, stir in chocolate and peanut butter until melted. Spread mixture on a large baking dish covered in parchment paper, sprinkle liberally with cinnamon, and let cool completely. Place in refrigerator until chocolate hardens, then break up pieces and serve.



GRAIN FREE APPLE COBBLER

Total Time: 45 minutes

Ingredients:

**4 cups green apples, peeled, cored,
and chopped into 1/2-inch cubes**
2 teaspoons vanilla extract
1/4 cup maple syrup, plus 2 tablespoons
2 teaspoons cinnamon
salt
1 cup raw or "crispy" pecans, finely chopped
1 1/2 cups almond flour
2-3 tablespoons butter
freshly whipped cream (optional)

Preheat oven to 350°F.

Toss apples in a medium saucepan with vanilla, 1/4 cup maple syrup, cinnamon and a dash of salt. Simmer until apples are soft.

In a mixing bowl, mix pecans, almond flour, 2 tablespoons maple syrup and a dash of salt with a fork or pastry cutter. Add small pieces of butter and continue mixing until mixture turns into moist crumbs. Pour apple mixture into a small baking dish or into individual ramekins. Spoon a layer of the almond crumble over the apples. Bake for 20-25 minutes, until crust is golden and apples are bubbling into crust. Let cool, then serve with freshly whipped cream (optional)

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
**1/4 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.