

REAL FOOD WEEKLY

December 29, 2012

"SIMPLE. CLEAN. EASY."

ISSUE 63

Are you ready for the New Year? After the holidays, almost everyone is desperate for a break- both in the kitchen and in their body. While a "Real Foodie" never really stays out of the kitchen, the recipes this week should be simple and refreshing, especially after all the heavy holiday foods and cooking. Cheers to a New Year!



SEARED STEAK AND ASPARAGUS



LEMON CHICKEN WITH BROCCOLI RABE



FISH FILETS WITH TAPENADE AND TOMATOES



SICILIAN MINT SAUCE OVER WHITE FISH



HORCHATA SMOOTHIE

FISH FILETS WITH TAPENADE AND TOMATOES OVER ROASTED ZUCCHINI STRIPS

Total Time: 20 minutes

Ingredients:

4-6 medium zucchini, sliced into thin strips
extra virgin olive oil
salt and pepper
Parmesan cheese, finely grated
1 white fish filet per person, thinly sliced, such as halibut or sole
4-6 tablespoons "Olive and Anchovy Tapenade" (extra recipe this week)
2-4 tomatoes
2 tablespoons butter, melted

Preheat oven to 400°F.

Place zucchini strips on a large baking dish. Drizzle with oil, then sprinkle with salt, pepper, and Parmesan cheese. Place in oven for 10-15 minutes, until zucchini is softened and beginning to brown.

While zucchini is cooking, place fish filets in a baking dish and drizzle with oil, then a tiny bit of salt and pepper. Spread about 1 tablespoon of tapenade over each fish filet. Slice tomatoes into very thin medallions and place a few tomato slices over each fish filet. Sprinkle liberally with Parmesan cheese, then evenly drizzle butter over prepared filets. When zucchini is done, remove from oven and place oven setting on broil, or 550°F. Place fish dish in oven under broiler for 5-10 minutes, depending on thickness of fish filets, until fish is flaky and a golden cheese crust has formed. Serve immediately with zucchini strips.

SEARED STEAK AND ASPARAGUS WITH TOMATO AND OLIVE TAPENADE

Total Time: 30 minutes

Ingredients:

Rib-eye or New York Steak, as much as needed for desired servings
Salt and pepper
Extra virgin olive oil
4-6+ asparagus spears per person

FOR TAPENADE:

1 cup "Olive and Anchovy" Tapenade (from this week's recipes)
6-8 tomatoes, seeded and chopped into very small cubes

Preheat outdoor grill on medium-high heat. Rub steaks liberally with salt and pepper, then toss asparagus in oil and salt and pepper. Sear steak for 3-6 minutes per side, depending on thickness, for medium-rare, then set aside. Add a little more oil to the pan and sear asparagus for 2-3 minutes per side. Meanwhile, gently stir tapenade and tomatoes in a medium-size mixing bowl. Season, as needed, then serve with grilled steak and asparagus.

OLIVE AND ANCHOVY TAPENADE

Ingredients:

2 cups olives (kalamata and/or green)
10-12 anchovies
zest of ½ lemon
juice of 1 lemon
¼ cup flat leaf parsley
¼ cup extra virgin olive oil
½ teaspoon pepper

Place ingredients in a small food processor and pulse until ingredients are finely minced and blended. *(Do not puree.)* Store in refrigerator for up to 2 weeks.

LEMON VINAIGRETTE

Ingredients:

2 teaspoons Dijon mustard
1 teaspoon salt
½ teaspoon pepper
1 teaspoon honey
2/3 cup lemon juice (1-2 lemons)
pinch of lemon zest
1 cup extra virgin olive oil

Place all ingredients except oil in a small bowl and whisk until smooth and blended. While whisking, slowly drizzle in oil until emulsified, then pour remaining oil in a steady stream, while whisking. Season as needed, then serve immediately or store refrigerated for up to 2 weeks.

SICILIAN MINT SAUCE OVER WHITE FISH

Total Time: 20 minutes

**This recipe may be served with a simple side salad or lightly steamed vegetables.*

Ingredients:

1-2 pounds firm white fish, such as halibut, seabass or cod
salt and pepper
¼ cup arrowroot powder and/or all-purpose flour
2 tablespoons butter
extra virgin olive oil
¼ of a medium onion, finely sliced
1 garlic clove, finely minced
2 teaspoons honey
1/3 cup fresh mint and oregano, finely chopped
2-3 tablespoons white balsamic vinegar or lemon juice

Season fish with salt and pepper, then dredge in arrowroot powder and/or flour, shaking to remove excess. Bring butter and ¼ cup olive oil to medium-high heat and sear fish for 3-5 minutes per side, depending on thickness, until fully cooked *(just beginning to flake)*.

Place remaining ingredients in a bowl and mix until well blended. Pour ½ cup olive oil in bowl, stirring to incorporate. Spoon sauce evenly over fish to serve.

LEMON CHICKEN WITH BROCCOLI RABE

Total Time: 20 minutes

Ingredients:

6-8 boneless chicken thighs
salt and pepper
extra virgin olive oil
½ cup lemon juice (about 2 lemons)
2 teaspoons flat-leaf parsley, finely chopped
1 garlic clove, finely chopped
2 tablespoons butter
1 bunch of broccoli rabe (as much as needed)

Season chicken with salt and pepper. Heat oil in a large skillet or saucepan for 3-4 minutes per side, until golden. Remove chicken from pan then slice into strips and set aside. Deglaze pan with lemon juice, then stir in parsley and garlic. Let sauce simmer for 3-4 minutes, until slightly reduced. Add broccoli rabe and strips of chicken to pan and continue simmering for 3-5 minutes, until broccoli rabe is bright green and softened and chicken is fully cooked. Remove from heat then stir butter into sauce. Season as needed with salt and pepper, then serve immediately.

“HORCHATA” SMOOTHIE

Total Time: 5 minutes, plus 1+ hours to freeze milk

**This is not really a Horchata drink, traditionally made with starchy rice, but it is a delicious slushy drink that tastes just like Horchata, or maybe more like cinnamon-vanilla ice cream.*

Ingredients:

12 milk cubes, made by freezing milk in an ice cube tray
2 cups milk
2-4 raw egg yolks (no egg white)
1 teaspoon vanilla extract
2 teaspoons cinnamon
¼ cup maple syrup

Puree ingredients in a blender until smooth. Top with a sprinkling of cinnamon, and enjoy!