

REAL FOOD WEEKLY

April 27, 2013
ISSUE 79

Whole Food Meal Plans from
www.RealFoodFamily.com



GRILLED STEAK WITH CRISPY
NUT HERB PUREE



CHICKEN-PEA SOUP



POACHED SALMON WITH SPRING
PEA BROWN RICE RISOTTO



LEMON BLUEBERRY SCONES

pictured:
CHICKEN AND ASPARAGUS PICCATA

This Week's Menu

April 27, 2013

WHAT'S FOR DINNER

- Chicken and Asparagus Piccata
- Grilled Steak with Crispy Nut Herb Puree
- Chicken-Pea Soup
- Poached Salmon with Spring Pea Brown Rice Risotto

EXTRAS

- Olive Oil and Herb Puree
- Lemon Blueberry Scones

NOURISHING ADDITIONS

- Crispy Nuts

PLANNING NOTES

- Chicken stock is needed for some recipes this week. Homemade is best, so plan to make it ahead of time if you don't have some on hand.
- If you'd like to make the extra Buttermilk Pancakes recipes, plan to soak the flour overnight before continuing with the recipe.

SUGGESTED EXTRAS

(Specific recipes in quotations may be found at www.RealFoodFamily.com. Ingredients for these suggested extra recipes are NOT listed in the shopping list, so make notes of the extras you need to buy.)

BREAKFAST:

- "Soaked Oatmeal Custard" topped with Crispy Nuts
- Eggs cooked in butter with peas is delicious!

LUNCH AND DINNER:

- Tacos made with leftover grilled steak and vegetables
- Salads with leftover salmon with a dressing made from the olive oil and herb puree mixed with extra olive oil and vinegar
- Pasta Verde- make a pasta sauce with leftover "Chicken-Pea Soup" and lots of chopped vegetables. I recommend Einkorn pasta (www.realfoodfamily.com/einkorn-pasta)

NUTRITION NOTES

- Nuts, grains and legumes are high in phytic acid which cause problems with digestion and block mineral absorption in the body, which can lead to serious deficiencies and diseases. When we soak and dry nuts, as in the Crispy Nuts recipe, we neutralize the phytic acid and make the nuts more digestible and healthy. This is the traditional and correct way to eat nuts. Raw and roasted nuts aren't the health food they're promoted to be unless they go through this process before consumption. Toasted nuts are even worse because when a manufacturer roasts them, all the delicate oils are released from the nut and go rancid very quickly. Your roasted store-bought nuts are most likely coated with a film of oxidized, rancid fat molecules- yuck! If you want roasted nuts, roast them yourself with some delicious seasonings right before eating. You'll notice a much better flavor, too. Try to get in the habit of preparing nuts properly by soaking and drying. Pine nuts, macadamia nuts and cashews are better to eat raw than other nuts, and don't need to soak and dry these types of nuts.

PLANNING NOTES

- "Crispy Nuts" are required for "Grilled Steak with Crispy Nut Herb Puree". Nuts must be soaked and dried, a 24 hour process. Make ahead, or use raw nuts as a substitute.
- Chicken stock is needed this week. Make homemade stock ahead and use for extra meals and snacks. A whole chicken may be purchased to make stock with leftover cooked meat, but cut out chicken pieces for "Chicken-Pea Soup".
- Pinto beans are needed for "Chicken-Pea Soup". Soak overnight for recipe.
- Brown rice that has been soaked overnight is needed for "Poached Salmon with Spring Pea Brown Rice Risotto"

RINT AND SHOP

- 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.
- Having trouble finding the best quality whole foods? Shop the Real Food Family Marketplace! www.realfoodfamily.com/shop-the-marketplace

Shopping List

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PRODUCE:

Garlic
Onions- 2
6-8 asparagus spears per person
capers (may be in canned foods section)
peas- 3 ½ cups (frozen okay)
select vegetables for grilling, such as bell pepper or zucchini

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

FRUIT

Lemons- 3-4

FOR EXTRA SCONES RECIPE:

Blueberries (frozen okay)

***Consider extra fruit for snacks.**

FRESH HERBS:

Flat-leaf parsley
Basil

MEAT AND FISH:

8-10 boneless chicken thighs or breast cutlets
chicken meat- such as thighs, breast, etc.
- see note above: chicken stock is needed this week
1 salmon filet per person
4-8oz. steak per person, such as top sirloin, flank, etc.
Bacon

***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
Heavy cream
Parmesan cheese (optional)
whey, made from raw milk or yogurt (optional)

FOR EXTRA SCONES RECIPE:

buttermilk or whey
eggs

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

PANTRY:

Salt and pepper
Garlic powder
Extra virgin olive oil
Arrowroot powder and/or all-purpose flour
White wine
Chicken stock
Pinto beans
Brown rice
Nuts- such as pecans, walnuts, or almonds

FOR EXTRA SCONES RECIPE:

Flour
Sugar
Baking powder

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

CHICKEN AND ASPARAGUS PICCATA

Total Time: 30 minutes

Ingredients:

4 tablespoons butter, divided
extra virgin olive oil
8-10 boneless chicken thighs or breast cutlets
salt and pepper
½ cup arrowroot powder or all-purpose flour
2 garlic cloves, finely chopped
½ cup white wine
½ cup chicken stock
zest and juice of 1 lemon
6-8 asparagus spears per person, bottom
1-2 inches cut off
1 tablespoon "Olive Oil and Herb Puree"
1/3 cup capers

Heat 2 tablespoons butter and a few tablespoons olive oil in a large saucepan over medium-high heat. Season chicken liberally with salt and pepper then dredge in arrowroot or flour, shaking to remove excess. Sear chicken for 4-5 minutes per side, until deep golden brown and crispy, then set aside. Add 2 tablespoons butter to pan and sauté garlic for 1 minute. Add wine and stir to remove bits from bottom of pan. Stir in stock and lemon juice and zest. Bring to a simmer then add asparagus for 3-5 minutes, until bright green and slightly soft. Remove from pan and set aside. Let sauce continue to simmer until reduced and thickened. Stir in oil and herb puree and capers, then serve sauce over chicken and asparagus.

GRILLED STEAK WITH CRISPY NUT HERB PUREE

Total Time: 25 minutes

**This recipe calls for "Crispy Nuts", which have been soaked and dried. Raw nuts may also be used.*

** This recipe uses an outdoor grill, but can also be grilled, seared or broiled inside.*

Ingredients:

4-8oz. steak per person, such as top sirloin, flank, etc.
extra virgin olive oil
salt and pepper
garlic powder
½ cup "Crispy Nuts"
½ cup "Olive Oil and Herb Puree"
Select vegetables, roughly chopped, such as bell peppers, zucchini, etc. (optional)

Preheat an outdoor grill on medium-high heat, or indoor grill pan.

Rub steak with olive oil and season liberally with salt, pepper, and garlic powder. Grill steak for 3-6 minutes per side, depending on thickness, for medium-rare. If grilling vegetables, season with oil, salt, pepper and garlic powder and grill until slightly blackened.

Meanwhile, grind nuts in a small food processor until very finely chopped. Stir nuts evenly into oil and herb puree and serve over steak and vegetables.

CHICKEN-PEA SOUP

Total Time: 30 minutes, plus

**The recipe calls for pinto beans that have been soaked (8-12 hours). Canned and drained beans may be substituted.*

Ingredients:

1/4 cup butter
1 onion, chopped
2-3 cups raw chicken meat, chopped
2 1/2 cups peas (frozen and thawed okay)
2 cups pinto beans, pre-soaked
6 cups chicken stock
1 cup heavy cream
salt and pepper
Parmesan cheese (optional)

Heat butter in a large stockpot and sauté onions for 8 minutes. Add chicken and sauté until browned. Stir in peas, beans and stock and bring to a simmer for 15 minutes. Using an immersion blender (or very carefully in a blender), puree soup until most of the peas have been pureed. Stir in cream and season, as needed, with salt and pepper. Serve soup topped with parmesan cheese (optional).

POACHED SALMON WITH SPRING PEA BROWN RICE RISOTTO

Total Time: 30 minutes

**This recipe calls for brown rice that has been soaked overnight.*

Ingredients:

1 salmon filet, per person
1/4 cup butter, melted
1/2 cup white wine
2-3 garlic cloves, crushed
salt and pepper
6 strips of bacon, chopped
1/2 onion, chopped
1/4 cup white wine
3 cups brown rice (pre-soaked)
1/2 cup chicken stock
1 cup peas (frozen and thawed okay)
2 teaspoons "Olive Oil and Herb Puree"
1/4 - 1/2 cup heavy cream

Preheat oven to 400°F.

Place salmon filets in a baking dish and cover with melted butter, wine, garlic, salt and pepper. Place in oven for 15 minutes, until fully cooked.

Meanwhile, sauté bacon until crispy and remove from pan. Sauté onions in bacon fat for 5-7 minutes, then deglaze pan with wine and add rice. Stir in stock, peas, and olive and herb puree. Continue to stir until stock is absorbed. Stir in cream until risotto is thick and creamy, then serve with rice.

OLIVE OIL AND HERB PUREE

Ingredients:

1 handful of flat-leaf parsley and basil
2 cloves of garlic, finely chopped
zest of 1 lemon
1 teaspoon salt
½ teaspoon pepper
1 cup olive oil

Puree herbs, garlic, lemon, salt and pepper in a small food processor or blender. Stir or mix in olive oil until evenly mixed. Use immediately or store in the refrigerator for up to 2 weeks.

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 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.

LEMON BLUEBERRY SCONES

Total Time: 1 hour

Ingredients:

3 cups flour
1/3 cup sugar
1 teaspoon salt
5 teaspoons baking powder
1 cup butter, cut into small pieces
2 egg, plus 1 egg for egg wash
½ cup buttermilk or whey made from raw milk or yogurt
zest of 1-2 lemons (depending on desired amount of lemon flavor)
½ cup blueberries, tossed in a little flour

Preheat oven to 350°F.

Place flour, sugar, baking powder and salt in a large food processor or large bowl and mix until blended. Cut butter into flour mixture until fine crumbs form. Transfer mixture to a large bowl if using a food processor. Form a well in the middle of flour mixture and mix the egg, buttermilk and lemon zest in it. Slowly stir egg mixture evenly into flour mixture just until incorporated- don't over-mix. Add blueberries when mixture is almost incorporated. Carefully free-form small handfuls of dough into clumps and place on baking sheet. In a small bowl, beat an egg with a few teaspoons of water. Brush a little of this egg wash over top of scones. Bake for 30 minutes, until slightly browned. Let cool then serve immediately.

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.**