

REAL FOOD WEEKLY

May 04, 2013
ISSUE 80

Whole Food Meal Plans from
www.RealFoodFamily.com



ZUCCHINI SAUSAGE GRATIN



ROASTED ZESTY CHICKEN WITH CREAMY
HOLLANDAISE OVER PASTA AND ASPARAGUS



GRILLED STEAK AND ASPARAGUS WITH
TOMATO AND OLIVE TAPENADE

pictured:
CREAMY LEMON GARLIC SHRIMP

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Creamy Lemon Garlic Shrimp
- Grilled Steak and Asparagus with Tomato and Olive Tapenade
- Zucchini Sausage Gratin
- Roasted Zesty Chicken with Creamy Hollandaise Over Pasta and Asparagus

EXTRAS

- Spring Quiche

NOURISHING ADDITIONS

- Zucchini and Cabbage Kraut

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:

- Eggs Benedict (use the method for Hollandaise that is in this week's roasted chicken recipe)
- "Soaked Oatmeal Custard"

LUNCH AND DINNER:

- Leftover chicken and/or steak tacos with grated zucchini and cabbage
- *Make "Homemade Chicken Stock" with the leftover bones from roasting chicken. Recipe included in this meal plan.

NUTRITION NOTES

- Recipes this week include anchovies, which are an incredibly nourishing and sustainable food. Hopefully you will not be afraid of the anchovies just because it is an "unusual" food. I try not to tell my family when there are anchovies in the food because if I don't tell them, they don't notice. When added to recipes as I have done this week, the anchovies simply add a salty flavor that most people enjoy. The reason they are so good for you is because they are very oily, which means they are high in Omega-3 fatty acids. You are also getting a ton of minerals because you are eating the whole fish- bones and all! The fish are just so small that the bones dissolve when cooked. Since heavy metals like mercury accumulate in body tissue, it is the large fish that pose the most risk of heavy metal toxicity in seafood, so these little guys are no threat. They are also very plentiful in the sea, so don't worry about destroying their population.
- This week's Nourishing Addition is a lacto-fermented alternative to classic sauerkraut. Hopefully you take advantage of these lacto-fermented recipes, because they provide a potent homemade pro-biotic due to the flourishing beneficial bacteria and enzymes growing as it ferments. Probiotics benefit digestion, immunity, skin clarity, detoxification and SO much more.

Shopping List

May 04, 2013

Be sure to check for ingredients you already have!

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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.

Having trouble finding the best quality whole foods? Shop the Real Food Family Marketplace!

www.realfoodfamily.com/shop-the-marketplace

PRODUCE:

garlic

Asparagus spears (desired servings for two meals)

6-8 tomatoes

onions- 2

3-4 zucchini

vegetables for steaming as a side dish, such as broccoli

or green beans (optional)

FOR EXTRA ZUCCHINI AND CABBAGE KRAUT:

3 extra zucchini

1 head of green cabbage

FOR EXTRA SPRING QUICHE RECIPE:

mushrooms (mushrooms may also serve as a substitute for bread if you grain-free)

green onions or chives

green peas (frozen okay)

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

FRUIT:

lemons- 4-5

***Consider extra fruit for snacks.**

FRESH HERBS:

basil

flat-leaf parsley

MEAT AND FISH:

1 pound raw wild shrimp (frozen okay)

4-8oz Rib-eye or New York Steak per person

1/2 pound sweet Italian sausage

1 whole chicken for roasting

FOR EXTRA SPRING QUICHE RECIPE:

organic lard (optional- butter may be used instead)

****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.***

Shopping List

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NOTES:

EGGS AND DAIRY:

***whole-fat raw dairy always recommended, if available**

butter
heavy cream
milk (optional- cream may be used)
eggs
Parmesan cheese

FOR EXTRA ZUCCHINI AND CABBAGE KRAUT:

whey made from separated raw milk or yogurt

FOR EXTRA SPRING QUICHE RECIPE:

more heavy cream, butter and eggs
goat cheese

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

PANTRY:

salt and pepper
extra virgin olive oil
rice (white or brown- optional)
Kalamata olives, pitted
anchovy filets (packed in oil preferred), 2-3 small tins
sourdough bread (if you are grain-free, purchase large mushrooms)
1 pound pasta (I recommend Einkorn pasta: www.realfoodfamily.com/einkorn-pasta) *pasta is optional if you are grain-free

FOR EXTRA SPRING QUICHE RECIPE:

flour, plus extra for dusting (I recommend Einkorn flour
- www.realfoodfamily.com/einkorn-flour)

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

CREAMY LEMON GARLIC SHRIMP

Total Time: 15 minutes

**Serve this over rice and/or steamed vegetables (optional)*

Ingredients:

1/4 cup butter

4 garlic cloves, finely chopped

zest and juice of 2 lemons

1 pound raw wild shrimp (frozen and thawed okay)

salt and pepper

1/2 cup heavy cream

1/4 cup basil, finely chopped

***cooked rice and/or steamed vegetables (optional)**

Heat butter in a large saucepan and saute garlic for 2-3 minutes. Add lemon zest and juice and then stir in the shrimp. Saute shrimp until pink and curled, then season with salt and pepper and stir in cream and basil. Let the cream simmer until the sauce is thickened, then serve over rice and/or steamed vegetables.

GRILLED STEAK AND ASPARAGUS WITH TOMATO AND OLIVE TAPENADE

Total Time: 30 minutes

**Steak can also be seared in olive oil in a hot pan if an outdoor grill is unavailable. Use the same cooking instructions.*

Ingredients:

4-8oz Rib-eye or New York Steak per person

Salt and pepper

Extra virgin olive oil

4-6+ asparagus spears per person

For Tapenade:

3/4 cup pitted Kalamata olives

6-8 anchovy filets (packed in oil preferred)

1 garlic clove, roughly chopped

1/2 cup basil leaves

1/4 cup flat-leaf parsley leaves

salt and pepper

1/4 cup extra virgin olive oil

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. Grill steak for 3-6 minutes per side, depending on thickness, for medium-rare. Grill asparagus for 2-3 minutes per side on the outer edges of the heated grill- not directly over high flames. Meanwhile, place olives, anchovies, garlic, basil, parsley, a sprinkle of salt and pepper, and oil in a food processor. Pulse until finely ground. Place mixture in a large bowl and gently toss with tomatoes until evenly incorporated. Season, as needed, then serve with grilled steak and asparagus.

ZUCCHINI CABBAGE KRAUT

This is a twist on traditional sauerkraut. Sauerkraut is a very traditional recipe in Europe using a fermentation process with whey made from raw milk. This process adds valuable nutrition and enzyme properties. Store-bought sauerkraut, even from health food stores, typically uses vinegar to "pickle" the cabbage. This recipe is best made at home using the traditional method.

Ingredients:

1 head of cabbage, chopped
2-4 teaspoons salt
3 zucchini, grated
1/4 cup whey

Place cabbage and salt in a large bowl and beat down using a wood spoon or other device until cabbage is less than 1/4 their original size. Stir grated zucchini with the cabbage until evenly mixed. Pour vegetable mixture and liquid into a mason jar, or other jar with a tight lid. Pour whey into mixture, cover tightly, then shake to evenly mix. Remove lid and cover with a towel or cheesecloth (keep pests out) and let stand at room temperature for 3-7 days. Cover with a lid and transfer to refrigerator for up to 6 months (*or more*).

ZUCCHINI SAUSAGE GRATIN

Total Time: 45 minutes

Ingredients:

1/4 cup butter
1 onion, chopped
8-10 anchovy filets
1/2 pound sweet Italian sausage
3 garlic cloves, finely chopped
3-4 zucchini, cut into small cubes
1/2 cup heavy cream or milk
2-3 cups sourdough bread, cut into cubes
(grain-free? try mushrooms instead)
1/2 cup kalamata olives, pitted and chopped
4 eggs
salt and pepper
Parmesan cheese, finely grated

Preheat oven to 400°F.

Melt butter in a large saucepan and saute onions, anchovies and sausage for 10 minutes, until browned. Add garlic to pan and stir for 2 minutes, then transfer entire contents of pan to a large mixing bowl. Stir zucchini, cream or milk, bread, olives, eggs and a liberal amount of salt and pepper with the sausage mixture in the bowl until everything is evenly mixed and coated with the eggs. Transfer mixture to a large buttered baking sheet then top with a liberal coating of Parmesan cheese. Bake for 25-30 minutes, until golden brown. Let cool for a few minutes before serving.

ROASTED ZESTY CHICKEN WITH CREAMY HOLLANDAISE OVER PASTA AND ASPARAGUS

Total Time: 60-70 minutes

**Pasta is optional if you are grain free.*

Ingredients:

1 whole chicken for roasting, butterflied*

extra virgin olive oil

salt and pepper

zest and juice of 2 lemons, separated

asparagus (about 6-8 spears per person)

1 pound pasta (I recommend Einkorn pasta:

www.realfoodfamily.com/einkorn-pasta)

2 egg yolks

1/2 cup butter, melted and still very warm

****To butterfly the chicken, use sharp kitchen shears to cut along one side of the chicken's backbone. After cutting all the way through, cut an inch of the top of the breadbone, then turn the chicken over and press down firmly to flatten.***

Preheat oven to 425°F.

Place the butterflied chicken in a large baking dish, breast-side up. Drizzle the chicken with olive oil, then season liberally with salt and pepper. Sprinkle the lemon zest evenly over the chicken. Place in the oven for 15 minutes, then reduce the oven temperature to 365°F and continue baking for about 45 minutes, until chicken is golden brown and thoroughly cooked (*juice runs clear when sliced*).

Meanwhile, bring a large stockpot of water to a boil. When chicken is about 20 minutes from being done, add a small handful of salt to the boiling water and cook the asparagus for about 6 minutes, until bright green and softened (not mushy). Transfer the asparagus to a serving dish using a slotted spoon, then cook the pasta (*optional*) for 8-10 minutes, until soft.

While the pasta is cooking, melt the butter. Place 2 egg yolks in a blender with the lemon juice and a dash of salt. (*I prefer using a tall glass and an immersion blender for this process.*) Blend the egg yolks and lemon juice until thick and lightened in color. While blending, slowly pour in the very warm butter. The sauce should thicken into a runny-mayonnaise texture. Season the sauce, as needed, with salt and pepper.

Serve sliced chicken with pasta and asparagus on the side, spooning the hollandaise sauce over the top.

SPRING QUICHE

**This recipe may be viewed with more pictures at:*

<http://realfoodfamily.com/food/recipes/a-spring-quiche/>

Total Time: 45 minutes

Ingredients:

8 duck eggs (or 10 chicken eggs)

1/2 cup heavy cream

salt and pepper

1 cup mushrooms, sliced

1 cup green peas

1/2 cup green onions or chives, finely chopped

1/2 cup goat cheese, pulled apart into small pieces

FOR THE PIE CRUST:

1 1/4 cup flour, plus extra for dusting

(I recommend Einkorn flour- ***www.realfoodfamily.com/einkorn-flour***)

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

To prepare the crust, 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 a ball. Wrap in a kitchen towel or plastic wrap, flatten into a thick disk, and refrigerate for 30 minutes until firm (optional- this will result in a better texture). Transfer chilled dough onto a lightly floured surface and roll into a large, thin disk.

Preheat your oven to 350°F.

Whisk eggs and cream in a large bowl with a liberal amount of salt and pepper. Stir in the remaining ingredients.

Line a pie dish or tart pan with the pie crust, pressing into the sides of the pan and cutting off the excess. (*See my bonus recipe below for how I used the excess pie crust and filling!!!*)

Carefully pour the egg mixture into the crust, leaving a centimeter or two of crust at the top. Place in the oven with a large baking sheet or dish on the rack below the quiche in case of spilling. Bake for 25-30 minutes, until the eggs are set (*a little jiggly but not wet*). Let cool for 10 minutes before slicing 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:

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.**