

# REAL FOOD WEEKLY

June 01, 2013

ISSUE 84

Whole Food Meal Plans from  
[www.RealFoodFamily.com](http://www.RealFoodFamily.com)



REALLY GOOD TACOS



POZOLE CON POLLO



SEARED STEAK WITH PICO DE  
GALLO SALSA AND BROILED  
ZUCCHINI



FISH WITH BEANS AND VEGGIE RICE



ROASTED PERSILLADE CHICKEN  
ON CARAMELIZED ONIONS AND  
MUSHROOMS

## WHAT'S FOR DINNER

- Roasted Persillade Chicken on Caramelized Onions and Mushrooms
- Seared Steak with Pico de Gallo Salsa and Broiled Zucchini
- Fish with Beans and Veggie Rice
- Pozole con Pollo

## EXTRAS

- Really Good Tacos
- Zucchini and Carrot Bread

## NOURISHING ADDITIONS

- Homemade Tortillas
- Homemade Chicken Stock

## SOURDOUGH CLUB

*This section of your Real Food Weekly meal plan is optional and works in tandem with the "Sourdough Club" posts from [www.RealFoodFamily.com/sourdough-club](http://www.RealFoodFamily.com/sourdough-club). \*The Sourdough Club will not work for grain-free dieters, but you can use gluten-free flours to make sourdough.*

- We are ready to make bread! Feed your dormant starter for 2-3 days before making a "Magic Boule". The recipe for the boule can be found here:
- <http://realfoodfamily.com/food/recipes/real-food-family-magic-sourdough-boule/>
- See my Suggested 7-Day Plan below for when I pull my starter out of the refrigerator to make bread.

## PLANNING NOTES

- 6-10 pieces of chicken are needed this week. I recommend buying a whole chicken, cutting the pieces out for your recipe, then making a large batch of Homemade Chicken Stock with the remaining chicken pieces.
- Canned beans are convenient, but dry beans are less expensive and don't come with them chemicals leached from aluminum cans. The phytic acid in dry beans takes days to breakdown, so to make the recipe with beans on Day 4 (if you're following the suggested meal plan), then start soaking your beans on Day 1. In our house we actually use BPA-free canned beans more often than dry, soaked beans. I rinse the canned beans well and feel better knowing that the beans are properly soaked and broken down.
- If using brown rice for "Fish with Beans and Veggie Rice", you will have to soak it overnight and simmer for a long time to cook it, or purchase par-cooked brown rice. I prefer using white rice.
- Hominy and kidney beans must be soaked for the "Pozole con Pollo" recipe.

## NUTRITION BITES

Did you notice I use LARD in my tortillas? Still think LARD is a health hazard? When lard is from organic, pasture-raised pigs, the fat is one of nature's best sources of Vitamin D. There is evidence that saturated fat is linked to heart disease, contrary to popular belief. Because lard is very balanced in Omega fatty acids and can handle high levels of heat for cooking, it is an excellent traditional fat to use in your kitchen. Don't believe me? Learn more from my post, "Why we try hard to eat LARD" here: <http://realfoodfamily.com/food/why-we-try-hard-to-eat-lard/>

## SUGGESTED 7-DAY PLAN

Ingredients for the suggested extra recipes are NOT listed in the shopping list, so make notes of the extras you need to buy. Specific recipes in quotations may be found at [www.RealFoodFamily.com](http://www.RealFoodFamily.com). Many suggestions do not include recipes, but are simple meals that we assume you don't need a recipe for.

\*In our house, Day 1 is Monday, but you can adjust the days however you'd like.

### Day 1-

**breakfast:** eggs and toast with butter and raw milk

**lunch:** Italian antipasti salad- veggies, olives, cheeses, pieces of cooked meat with olive oil, vinegar, salt and pepper

**dinner:** Recipe #1: Roasted Persillade Chicken

*\*make Homemade Chicken Stock for the week with leftover chicken pieces (see planning notes and recipe this week).*

*\*soak beans for a few days before making Recipe #3 if you are not using canned beans (see Planning Notes)*

*\*Preparation ideas for extra meals this week:  
chop vegetables for easy breakfasts, salads, etc.  
hard-boil eggs to eat for snacks or add to salads  
make break for sandwiches, or make a large batch of "Homemade Tortillas" from this week's recipes for multiple meals*

### Day 2

**breakfast:** breakfast smoothies: frozen fruit, yogurt and/or milk, egg yolks and honey, leftover pancakes (from last week, if available)

**lunch:** chicken sandwiches using leftover meat

**dinner:** Recipe #2: Seared Steak with Pico de Gallo Salsa and Broiled Zucchini

*\*Save leftover salsa for "Fish with Beans and Veggie Rice"*

### Day 3

**breakfast:** omelets with veggies, cheese and finely chopped leftover meat

**lunch:** chicken and vegetable soup

**dinner:** \*Catch-up night- use up leftovers and unused ingredients in your kitchen

*\*Make the Extra Recipe for "Zucchini and Carrot Bread"*

### Day 4

**breakfast:** breakfast sandwiches- eggs, cheese, plus extra meat or veggies

**lunch:** salad with cheese, hard-boiled eggs, leftovers

**dinner:** Recipe #3- Fish with Beans and Veggie Rice

### Day 5

**breakfast:** veggie and cheese omelets with a slice of "Zucchini and Carrot Bread"

*\*Sourdough Club: take your starter out of the refrigerator and let it come to room temperature.*

**lunch:** chicken and vegetable soup

**dinner:** Extra Recipe: "Really Good Tacos". Also make "Homemade Tortillas" tonight if you would like.

*\*Soak hominy and white kidney beans for tomorrow's "Pozole con Pollo" recipe*

*\*Sourdough Club: feed the starter tonight and let it proof overnight.*

### Day 6

**breakfast:** special weekend breakfast like pancakes, waffles, eggs benedict, etc.

*\*Sourdough Club: feed your starter again and let it proof for a few hours.*

**lunch:** use "Homemade Tortillas" to make leftover meat, veggie and cheese wraps

**dinner:** Recipe #4- Pozole con Pollo

### Day 7

**brunch:** special weekend brunch like pancakes, waffles, eggs benedict, etc.

**dinner:** \*Catch-up night- use up leftovers and unused ingredients in your kitchen

*\*Sourdough Club: Make the "Magic Sourdough Boule"*



# Shopping List

June 01, 2013

**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](http://www.realfoodfamily.com/shop-the-marketplace)**

**PRODUCE:**

garlic

onion- 3-5

mushrooms- small brown mushrooms preferred

1 medium zucchini per person, sliced into thin strips

6-10 tomatoes

cabbage

kale

**FOR EXTRA ZUCCHINI AND CARROT BREAD RECIPE:**

extra zucchini

carrots

***\*Consider lots extra lettuces and veggies for salads and side dishes this week***

**FRUIT**

limes- 4-6

**\*Consider extra fruit for snacks.**

## FRESH HERBS:

flat-leaf parsley

cilantro

## MEAT AND FISH:

6-10 pieces of chicken (I recommend buying and cutting a whole chicken- see Planning Notes)

Rib-eye or New York steak, 4-6oz. per person

1 filet of white fish per person, such as cod, halibut or seabass

6-8 bone-in pieces of chicken (legs are best)

**FOR HOMEMADE TORTILLAS:**

organic lard

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

butter

farmer's or feta cheese

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

# Shopping List

June 01, 2013

NOTES:

## **PANTRY:**

salt and pepper  
extra virgin olive oil  
olive oil, organic lard, or other high-heat cooking fat  
white wine  
white vinegar  
garlic powder  
black beans- BPA-free canned or dry beans that need to be soaked  
for a few days  
flour or arrowroot powder  
½ pound white kidney beans/cannellini beans

## **FOR HOMEMADE TORTILLAS:**

all purpose or sprouted all purpose flour (try Einkorn flour by Jovial  
foods: [www.realfoodfamily.com/einkorn-flour](http://www.realfoodfamily.com/einkorn-flour))  
masa harina

## **FOR EXTRA ZUCCHINI AND CARROT BREAD RECIPE:**

sugar  
cinnamon  
vanilla extract  
flour  
baking soda  
baking powder

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

## **SPECIALTY:**

adobo seasoning (found in Mexican seasonings area)  
1 pound hominy

## **FOR HOMEMADE TORTILLAS:**

masa harina

## ROASTED PERSILLADE CHICKEN ON CARAMELIZED ONIONS AND MUSHROOMS

Total Time: 45 minutes

*\*This recipe can be served with a simple side salad topped with this week's salad dressing (pictured).*

Ingredients:

**6-10 pieces of chicken**  
**salt and pepper**  
**extra virgin olive oil**  
**6 tablespoons butter, divided**  
**3 cloves of garlic, roughly chopped**  
**1 small bunch of flat-leaf parsley**  
**½ cup white wine**  
**1 onion, sliced**  
**1 cup mushrooms, sliced**

Preheat oven to 375°F.

Season chicken with salt and pepper. Coat a large skillet or saucepan with oil and 2 tablespoons butter and sear chicken over medium-high heat for 5 minutes per side, until a crisp golden crust forms. While the chicken is cooking, prepare the persillade sauce by placing garlic and parsley in a food processor with a liberal amount of salt and pepper. Pulse until finely ground. Pour contents into a small bowl and stir in ½ cup olive oil until evenly mixed. Transfer seared chicken to an oiled/buttered baking dish, then pour persillade sauce evenly over chicken. Bake for 20-25 minutes, until chicken is fully cooked (*liquid runs clear when sliced*).

Return the pan used for the chicken to heat and deglaze with wine. Add remaining butter, onions and mushrooms. Simmer over low heat for about 20-25 minutes until onions and mushrooms are soft and golden, adding more wine or water if pan gets too dry. Season with salt and pepper, to taste, then serve chicken over a bed of caramelized onions and mushrooms.

## SEARED STEAK WITH PICO DE GALLO SALSA AND BROILED ZUCCHINI

Total Time: 20 minutes

Ingredients:

**Rib-eye or New York steak, 4-6oz. per person**  
**Salt and pepper**  
**Garlic powder**  
**Extra virgin olive oil**  
**1 medium zucchini per person,**  
**sliced into thin strips**  
**¼ cup Pico de Gallo per person**  
**(this week's recipes)**  
**Farmers cheese, or Feta cheese, crumbled**

Preheat broiler on high heat.

Season steak liberally with salt, pepper, and garlic powder. Sear for 3-5 minutes per side in oil over a very hot pan. Place zucchini slices on a baking sheet and drizzle with oil and salt and pepper. Place under broiler until beginning to brown evenly. Serve steak with zucchini slices and Pico de Gallo on the side, then sprinkle with farmers cheese or feta cheese as desired (*optional*).

## PICO DE GALLO SALSA

Ingredients:

**6-10 tomatoes (depending on size), seeded and chopped into small pieces**  
**1 onion, finely chopped**  
**2 cloves of garlic, finely chopped**  
**juice of 1 lime**  
**¼ cup cilantro, finely chopped**

Place ingredients in a large bowl and gently toss until evenly blended. Serve immediately or store in an airtight container for up to 1 week. (*Storing will result in juices draining out of tomatoes.*)

## FISH WITH BEANS AND VEGGIE RICE

Total Time: 30 minutes

Ingredients:

**2 cups black beans, soaked or canned and rinsed**

**½ cup plus 2-4 tablespoons olive oil, organic lard, or other high-heat cooking fat**

**1 cup Pico de Gallo salsa (*This Week's Recipes*)**

**2 cups cooked rice (*white rice, or soak overnight and simmer in water until soft, or use store-bought pre-cooked brown rice*)**

**salt and pepper**

**1 filet of white fish per person, such as cod, halibut or seabass**

**1 cup flour or arrowroot powder  
cilantro for garnish (*optional*)**

Cook rice first and have it ready.

Heat 1-2 tablespoons oil, lard, or cooking fat in a large saucepan. Sauté beans, seasoning with salt and pepper, to taste, then mash with a fork or potato masher for desired consistency. In a separate saucepan, heat 1-2 tablespoons oil, lard, or cooking fat and sauté pre-cooked rice with salsa. Season, as needed, with salt and pepper. Keep beans and rice warm.

Heat ½ cup cooking fat in a saucepan until very hot. Sprinkle fish filets with salt and pepper, then dredge in flour or arrowroot powder, shaking to remove excess. Sear fish in hot fat for 3-5 minutes per side (*or less, depending on thickness*) until a golden crust forms. Set fish aside and repeat with remaining filets. To serve, layer rice, beans and fish and top with finely chopped cilantro.

## REALLY GOOD TACOS

Total Time: 20 minutes, plus 30 minutes to make homemade tortillas.

*\*Cooked black beans are needed for this recipe. Soak beans overnight then boil in salted water until soft, or use store-bought canned beans if necessary.*

Ingredients:

**"Homemade Tortillas", or store-bought corn or corn-flour blend tortillas**

**¼ cup organic lard or butter**

**1 onion, chopped**

**1 ½ cups cooked black beans**

**1 ½ cups cooked chicken meat**

**¼- ½ cup green chilies (*optional- this can be canned or finely chopped Anaheim or Serrano chiles*)**

**salt and pepper**

**cheddar cheese, grated**

**cabbage, shredded**

**cilantro, roughly chopped**

**lime, sliced into wedges**

**queso fresco or sour cream (*optional*)**

Heat lard or butter in a large saucepan or skillet and sauté onion for 8-10 minutes until beginning to brown. Add beans, meat, chiles, and optional leftover salad, season liberally with salt and pepper, and let simmer for 10-15 minutes, stirring often and gently mashing beans to make mixture smooth and thick. Build tacos as desired with tortillas, meat and bean filling, and topped with cheese, cilantro, cabbage, freshly squeezed lime juice and queso fresco or sour cream (*optional*).

## **CHICKEN POZOLE**

Total Time: 3-4 hours to make stock and chicken, 12-24 hours for overnight soak of hominy and white beans, plus 45 minutes to finish soup recipe

*\* Add extra water to the beginning stock of this recipe to save for other recipes. The stock of this recipe can be slow-cooked for up to 8 hours.*

Ingredients:

**2-4 tablespoons extra virgin olive oil  
and/or butter**  
**1 onion, chopped**  
**1 tablespoon adobo seasoning**  
**6-8 bone-in pieces of chicken (legs are best)**  
**salt and pepper**  
**2 tablespoons white vinegar**  
**1 pound hominy, soaked for 12-24 hours**  
**½ pound white kidney beans/cannellini  
beans, soaked for 12-24 hours**  
**2-3 cups kale, roughly chopped**  
**¼ cup cilantro, finely chopped**  
**1 cup cabbage, finely sliced**  
**½ onion, finely sliced**  
**2 limes, sliced into wedges**

Sauté oil or butter in a large stockpot and sauté onion for 5-8 minutes. Add adobo seasoning and chicken pieces, season liberally with salt and pepper, then add vinegar and 8-10 cups of water. *(Add 2-3 cups more water if you'd like to reserve some of the chicken stock for other recipes before continuing with recipe.)* Bring to a boil then reduce heat to simmer stock for 3-4 hours *(up to 8 hours over very low heat in a stockpot).*

*\*To increase nutrition and flavor of stock, you may want to use sharp kitchen shears to cut chicken bones while simmering to release marrow. This step makes it a little more difficult to extract meat for soup later, but is recommended, especially on large bones like legs.*

Remove chicken from stock using a slotted spoon and separate meat from bones. Set meat aside. Add hominy, beans, and kale to stock and let simmer for 30 minutes until hominy and beans are soft. Using an immersion blender *(or removing 1-2 cups of soup and placing in a blender)*, blend soup very lightly to puree only a small portion of the soup to thicken it. Stir chicken meat into soup and season, as needed, with salt and pepper.

For serving, prepare cilantro, cabbage, finely sliced onion and lime wedges for optional toppings to soup.



## ZUCCHINI AND CARROT BREAD

Total Time: 1 hour, 15 minutes

Ingredients:

**1 ½ cups zucchini, grated**  
**1 cup carrot, grated**  
**1 cup sugar**  
**2 teaspoons cinnamon**  
**1 teaspoon vanilla extract**  
**3 eggs**  
**dash of salt**  
**3 cups flour**  
**1 teaspoon baking soda**  
**¼ teaspoon baking powder**  
**1 cup butter, melted**

Preheat oven to 350°F.

Place zucchini, carrot, sugar, cinnamon, vanilla extract, eggs and a dash of salt in a large bowl and mix well. Whisk flour, baking soda and powder in a separate bowl then stir into zucchini mixture until well blended. Stir melted butter into mixture until blended. Grease loaf pans with butter and pour batter evenly into pan. *(You may need to use more than one pan. I use one full size pan and one mini pan.)* Bake for one hour, until a knife dipped into loaf comes out clean. Let cool completely before slicing to 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 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.**