

REAL FOOD WEEKLY

June 08, 2013

ISSUE 85

Whole Food Meal Plans from

www.RealFoodFamily.com



ITALIAN SAUSAGE STUFFED CANNELLONI



ROASTED PEPPERS



*TUSCAN BEANS WITH
CHICKEN*



FLORENTINE STEAK



*SICILIAN MINT SAUCE
OVER WHITE FISH*

SUGGESTED 7-DAY PLAN:

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

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

Day 1-

breakfast: egg and spinach saute

lunch: simple saute of shrimp and vegetables in butter and olive oil

dinner: Recipe #1: Bistecco di Firenze con Puntarelle e Peperoni

(Florentine Steak with Roman Salad and Roasted Peppers)

**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 and make this week's "Italian Marinated Eggs" extra recipe

Make "Homemade Chicken Stock" for easy meals or snacks for the week

If you'd like to make the extra recipe for Chocolate Polenta Pudding Cake this week, choose the day you'd like to make it and add it to your 7-day plan.

Day 2

breakfast: breakfast smoothies: frozen fruit, yogurt and/or milk, egg yolks and honey

lunch: chicken and vegetable soup

dinner: Recipe #2: Italian Sausage Stuffed Cannelloni

Day 3

breakfast: eggs, bacon, toast and raw milk breakfast

lunch: salad with "Italian Marinated Eggs" and Roman dressing

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

Day 4

breakfast: breakfast smoothies and toast with lots of butter

lunch: leftover steak or chicken sandwiches

dinner: Recipe #3- Fagioli Toscani con Pollo (Tuscan Beans with Chicken)

Day 5

breakfast: veggie and cheese omelets

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

lunch: mixed salad and chicken and vegetable soup

dinner: Pizza night! (This is what we like to do on Fridays in our house. Purchase your favorite pizza dough- preferably from an artisan pizza restaurant that will sell their dough- then purchase your favorite fresh toppings and have a party!)

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

Day 6

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

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

dinner: Recipe #4- Sicilian Mint Sauce over White Fish

**Sourdough Club: feed your starter twice today- every 8-12 hours (overnight to Day 7).*

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

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PRODUCE:

2-3 large bell peppers (red)
Garlic
Onions- 4-5
Romaine lettuce- 1 head
Spinach- 1 bunch
Tomatoes- 2

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

FRUIT

Lemon

FOR EXTRA CHOCOLATE CAKE RECIPE:

Oranges- 2-3

***Consider extra fruit for snacks.**

FRESH HERBS:

Flat-leaf parsley (Italian)
Basil
Oregano
Mint
Sage

MEAT AND FISH:

16-20 ounces steak, such as New York, Ribeye or Sirloin
6-10 pieces of boneless chicken
1 pound loose Italian sausage (or sausage squeezed out of links)
1-2 pounds firm white fish, such as halibut, seabass or cod

***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

Parmesan cheese
Butter
Ricotta cheese
Mozzarella cheese (dry)
Eggs (as much as desired for extra snack recipe- hard boiled)

FOR EXTRA CHOCOLATE CAKE RECIPE:

Milk
Heavy whipping cream
Eggs (4)

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

PANTRY:

Extra virgin olive oil
White balsamic vinegar (lemon juice may be substituted)
Salt and pepper
Dry breadcrumbs
Anchovy filets (packed in olive oil or salt)
Kalamata olives (pitted)
Tomato paste
1 pound Cannellini beans (must be dry beans that soak for 2-12 hours)
Cannelloni pasta (optional)
Arrowroot powder and/or all-purpose flour
Honey

FOR EXTRA CHOCOLATE CAKE RECIPE:

Coarsely ground cornmeal (polenta)
Sugar
Bittersweet chocolate -10 ounces
Cinnamon
Cayenne pepper
Vanilla

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

BISTECCO DI FIRENZE CON PUNTarelLE E PEPerONI

(Florentine Steak with Roman Salad and Roasted Peppers)

Total Time: 45-60 minutes

**Steak may be seared under an oven broiler as a substitute to an outdoor grill.*

Ingredients:

16-20 ounces steak, such as New York, Ribeye or Sirloin

Juice of 1 lemon

Salt and pepper

2-3 large bell peppers

extra virgin olive oil

2 cloves of garlic, minced and separated

4-6 anchovy filets

¼ cup Parmesan cheese, finely grated

1 head of Romaine lettuce leaves, cleaned and dried

2 tablespoons butter

¼ cup dry breadcrumbs

¼ cup flat-leaf (*Italian*) parsley, finely chopped

½ cup kalamata olives, pitted and finely chopped

Marinate steak in lemon juice and a liberal amount of salt and pepper while preparing other ingredients. Preheat outdoor grill (*or broiler*) after preparing salad ingredients, then grill right after finishing roasted peppers dish.

For peppers, coat peppers in oil and place under a broiler until skin begins to blacken. Rotate once or twice until all skin has begun to blacken. Place peppers in a paper lunch bag or plastic ziplock bag (plastic will work better, but may also be a chemical concern.) Let sit for at least 30 minutes while preparing other ingredients.

For salad, place 1 garlic clove and anchovies in a small food processor and puree into a paste. Transfer to a bowl and stir in ¼ cup olive oil and Parmesan cheese. Place lettuce leaves on a serving platter, sprinkle with salt and pepper, and pour dressing over leaves just before serving.

Melt butter in a small skillet or saucepan and sauté remaining minced garlic clove and breadcrumbs for 2-3 minutes, stirring often until toasted. Place breadcrumbs in a mixing bowl with the parsley, olives, and a liberal amount of salt and pepper. Remove peppers from bag and carefully remove stalks, seeds, and peel away skin. Slice into 1-2 inch strips and gently toss with breadcrumb and olive mixture.

Grill steak for 3-5 minutes per side, depending on thickness, for medium-rare. Serve steak with dressed salad and roasted peppers.

FAGIOLI TOSCANI CON POLLO

(Tuscan Beans with Chicken)

Total Time: 2-6 hours

**This recipe was created using slow-cooker. If time allows, beans and chicken can be simmered over higher heat for less time, but must be supervised.*

**Dry beans that have been soaked for 2-12 hours is required for this recipe.*

Ingredients:

6-10 pieces of boneless chicken

1 pound white cannellini beans or white kidney beans that have been soaked for 2-12 hours

1 onion, sliced

½ cup sage leaves

salt and pepper

1 bunch of spinach leaves (about 2 cups)

¼ onion, finely sliced

2 tomatoes, seeded and sliced

1 tablespoon white balsamic vinegar

Place chicken, beans and onions in a large stockpot or slow cooker. Fill with enough water to cover contents by 1-2 inches. Add sage leaves and a liberal amount of salt and pepper. Simmer in a slow cooker for up to 6 hours, until beans are soft. If you are able to supervise dish, bring to a boil and keep on a light simmer for 2 hours, until beans are soft. Stir spinach into beans and chicken just until wilted. Season as needed.

In a small bowl, gently mix onions, tomatoes, vinegar and salt and pepper to taste. Serve bean dish with a small serving of onion and tomato mixture.

ITALIAN SAUSAGE STUFFED CANNELLONI

Total Time: 45 minutes

**I don't usually recommend eating pasta, but this is an Italian week of recipes. You can find alternative grain pasta options or just serve the filling with melted cheese and skip the pasta altogether.*

Ingredients:

Extra virgin olive oil

½ onion, chopped

2 garlic cloves, minced

1 pound loose Italian sausage (or squeezed out of links)

¼ cup tomato paste

salt and pepper

¼ cup basil, finely chopped

1 ½ cups ricotta cheese

cannelloni pasta

2 cups mozzarella cheese, cut into large slices

Preheat oven to 400°F. Bring a large stockpot of water to a rolling boil.

Sauté onions in olive oil for 5-7 minutes, until translucent. Add garlic and sausage and sauté until sausage begins to brown. Add tomato paste and a liberal amount of salt and pepper. Continue to sauté until sausage is completely cooked. Remove from heat and stir in basil and ricotta and until smooth.

Meanwhile, season boiling water with a small handful of salt and cook pasta until very al dente (not quite fully cooked). Stuff pasta with sausage filling and place in a baking dish. Pour remaining filling (if any) over pasta, then top with mozzarella cheese. Bake for 8-10 minutes, until cheese is bubbling and beginning to brown. Let cool for 5 minutes, then serve.

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.

ITALIAN MARINATED EGGS

Ingredients:

Hard-boiled eggs, peeled (see cooking note below)
Large handful of fresh oregano, mint, and/or basil
1 garlic clove, roughly chopped
5-6 anchovy filets
dash of freshly ground pepper
2 tablespoons tomato paste
1 cup extra virgin olive oil

To hard-boil eggs, place eggs in a medium saucepan and cover with water. Bring to a boil then remove from heat and cover for 9 minutes. Remove from hot water, then let cool. Gently roll egg around to crack entire shell, then peel, using water if needed.

Place herbs in a small food processor and pulse until finely chopped. Add garlic, anchovies and pepper, then pulse until pureed with herbs. Transfer to a bowl and stir in tomato paste and olive oil until smooth and blended. Place peeled eggs in a fully-enclosable jar or container and pour marinade over eggs. Cover and let marinate for at least 1 hour before serving. Marinated eggs may be stored and enjoyed for up to 1 week. Preserve marinade for more batches of eggs, or use for other recipes.

BUDINO DI POLENTA E CIOCCOLATA

(Chocolate Polenta Pudding Cake)

Total Time: 60+ minutes

Ingredients:

2 cups milk

$\frac{3}{4}$ cups coarsely ground cornmeal (polenta)

$\frac{1}{2}$ cup, plus 3 tablespoons sugar, plus 1 tablespoon for optional whipped cream topping

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup orange juice and zest of $\frac{1}{2}$ large orange (separated- zest orange first)

8 ounces bittersweet chocolate, plus 1 tablespoon shaved chocolate for garnish

1 teaspoon cinnamon

$\frac{1}{8}$ teaspoon cayenne pepper

4 large eggs, separated

1 tablespoon vanilla extract

$\frac{1}{2}$ cup heavy whipping cream, plus 1 cup for optional whipped cream topping

Bring milk to a simmer. Meanwhile whisk cornmeal, $\frac{1}{2}$ cup sugar and salt in a metal bowl. Whisk hot milk and orange juice into cornmeal mixture. Clean out pan used to heat milk and half-fill with water and place over low heat. Place bowl with cornmeal mixture over the pan with water. Cover and cook for 40 minutes, stirring often, until polenta is thick and stiff.

Preheat oven to 350°F. Butter an 8-inch springform pan.

Use a knife or food processor to finely chop $\frac{2}{3}$ of chocolate and extra tablespoon. Roughly chop remaining chocolate into chunks. Remove polenta from heat and whisk in finely chopped chocolate, orange zest, cinnamon, pepper, egg yolks and vanilla. Place 1 cup of this mixture in a small bowl and whisk in $\frac{1}{2}$ cup cream.

Whip egg whites until frothy. Add 3 tablespoons sugar and whip until soft peaks form. Gently fold egg whites into chocolate mixture without cream, just until small ribbons of egg whites can be seen. Fold chocolate chunks into this mixture.

Pour half the egg white batter into the pan, then use a spoon to hollow out the center of the batter. Pour the chocolate mixture with cream into this center hole, then pour remaining egg white batter over everything. Bake for 1 hour until a knife comes out clean on sides of cake, and with streaks from center of cake. Let cool for 15 minutes.

Whip remaining $\frac{1}{2}$ cup cream with 1 tablespoons of sugar and a dash of vanilla until soft peaks form (optional). Top cake with shavings of chocolate and serve with fresh whipped cream.

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.**