

# Real Food Weekly

ISSUE 37

## “AMERICA THE BEAUTIFUL”

*It's Independence Day week! I have included a lot of recipes this week for a few reasons. 1) There are recipes that should be perfect for your holiday celebration, such as Baby Back Ribs with Classic Slaw, Chicago Style Dogs and American Cherry Pie. Add a fresh salad and freshly cut fruit (like watermelon...my favorite), and you have a party! 2) I've included a middle Eastern spice mixture that I use in two of this week's recipes to represent how beautifully multi-cultural this nation is! 3) All the "Nourishing Additions" are recipes from previous meal plans. Many times I have you make these recipes yet you don't have many recipes using them unless you find ways to use them on your own. This week's recipes feature using these Nourishing Additions and enjoying their bountiful nourishment. If you don't have these recipes made, you can either eliminate them from the recipe, or use store-bought versions (especially for mayonnaise and ketchup). I've also included the recipes and shopping list items (noted as extras) if you want to make them this week. Happy 4th!*



CORN WITH BAGNA COUDA AIOLI



CARAMELIZED CORN, TOMATO AND SALMON SAUTÉ



ROCKIN' CHICKEN PILAF



CHICAGO STYLE DOGS



SPICED STEAK SAUTÉ

### WHAT'S FOR DINNER

- Caramelized Corn, Tomato and Salmon Sauté
- Baby Back Ribs with Classic Slaw
- Rockin' Chicken Pilaf
- Spiced Steak Sauté

### EXTRAS

- Chicago Style Dogs
- American Cherry Pie (add chutney-optional) with Basic Pie Crust
- Rockin' Spice Blend
- Homemade Mayonnaise

### NOURISHING ADDITIONS (RECIPE REVIEW)

- Fermented Ketchup
- Homemade Sauerkraut
- Cherry Chutney
- Lacto-Fermented Lemons

### SUGGESTED EXTRAS

*(Recipes and shopping list items not included.)*

- No extras this week because there are too many recipes already.

### PLANNING NOTES

- Some of this week's recipes include the Nourishing Additions recipes. If you don't have these already made, you will want to use store-bought versions, or eliminate them from the recipe.
- Make the "Rockin' Spice Blend" at the beginning of the week for quick and easy meals.
- The "Rockin' Chicken Pilaf" includes a par-cooked brown or wild rice which is widely available now with only rice, water and salt. If you need to soak and pre-cook dry rice, make sure to add the extra time needed.
- Make sure to look through this week's recipes to plan what you will be making, then make sure you get any needed "extras" on the shopping list.



# Shopping List

*America the Beautiful*

**MY NOTES:**

## **EGGS AND DAIRY:**

Butter  
Parmesan cheese

### **For extras:**

Organic lard (*optional*)  
For Nourishing Additions (*only if you need or want to make them*):  
Whey, made from separated raw milk or yogurt

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

## **PANTRY:**

Extra virgin olive oil  
Salt and Pepper  
Par-cooked brown and/or wild rice (*add extra time to recipe if you buy dry rice and need to cook it*)  
Chicken stock **\*Homemade is always best**  
Dry white wine  
Balsamic vinegar  
Tomato paste

*If you don't have or don't want to make Homemade Mayonnaise, Homemade Ketchup or Homemade Sauerkraut, then purchase store-bought versions*

### **For "Rockin' Spice Blend":**

Turmeric  
Dried oregano  
Dried thyme  
Cinnamon  
Paprika (*sweet*)  
Garlic powder

### **For extras:**

Hot dog buns (*high quality ingredients only!*)  
Pickles (*or you may have homemade lacto-fermented ones from previous meal plans*)  
Mustard  
Almond extract  
Vanilla extract  
Nutmeg  
Flour  
Sugar

**For Nourishing Additions** (*only if you need or want to make them*):

Plain olive oil or safflower oil  
White vinegar  
Cayenne pepper  
Maple syrup  
Caraway seeds  
Coriander seeds  
Honey

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

### **CARAMELIZED CORN, TOMATO AND SALMON SAUTÉ**

Total Time: 25 minutes

#### *Ingredients:*

2 tablespoons butter  
2 tablespoons extra virgin olive oil  
6 tomatoes, seeded and chopped  
3-4 ears of corn, kernels cut off  
2-3 garlic cloves, finely chopped  
salt and pepper  
¼ cup dry white wine  
4-6 ounces salmon filet per person, cut into small pieces  
¼ cup basil, finely sliced  
Parmesan cheese, freshly shaved (*optional*)

Heat butter and oil in a large saucepan or skillet over medium heat. Sauté tomatoes, corn and garlic for 10-12 minutes, stirring often, until vegetables are sticky and golden in pan. Season with salt and pepper, then deglaze pan with wine, stirring to remove bits from bottom and sides of pan. Immediately add the salmon and basil (*reserve a little basil to garnish dish*), stirring for only 1 minute until salmon is just cooked. Season as needed then serve topped with a sprinkle of basil and shavings of Parmesan cheese.

### **BABY BACK RIBS AND CLASSIC SLAW**

Prep Time: 10 minutes

Cook Time: 30 minutes, up to 6 hours

Servings: 4

*Note: For cook time to be 30 minutes, boil ribs for 15 minutes, then place in hot oven (450°) for 15-20 minutes until toasted on outside. Long cook time results in very tender meat, so at least 2 hours is recommended.*

#### *Ingredients:*

1-2 large racks of baby back ribs  
½ cup “Fermented Ketchup”, or store-bought ketchup  
¼ cup balsamic vinegar  
1 small cabbage, shredded  
1 cup carrots, grated  
1/2 cup “Homemade Mayonnaise”, or store-bought mayonnaise (*no soy*)  
Salt and Pepper, to taste

Preheat oven to 300°F.

Whisk ketchup and vinegar in a small bowl until blended, then glaze ribs with sauce and roast for 2-6 hours, brushing with sauce often.

Meanwhile, bring large stockpot of water to boil and season with small handful of salt. Blanch cabbage and carrots for 1 minute in boiling water, then drain and rinse with ice cold water to stop cooking. Dry cabbage and carrots and mix in large bowl with mayonnaise, sauerkraut, and salt and pepper to taste. Serve slaw with hot ribs.

### **ROCKIN' CHICKEN PILAF**

Total Time: 45 minutes

*\*This recipe includes a par-cooked brown or wild rice which is widely available now with only rice, water and salt. If you need to soak and pre-cook dry rice, make sure to add the extra time needed.*

#### *Ingredients:*

Extra virgin olive oil  
6-10 pieces of chicken  
salt and pepper  
1 onion, chopped  
1 cup celery, chopped  
1 cup carrots, chopped  
1 ½ cups par-cooked brown rice and/or wild rice mixture  
1 ½ tablespoons "Rockin' Spice Blend" (*from this week's recipes*)  
½ cup chicken stock

Heat oil in a large stockpot over medium-high heat. Season chicken pieces with salt and pepper and sear for 5 minutes per side, until a golden crust forms. Remove chicken and set aside.

Sauté onion, celery and carrots for 5-8 minutes, then stir in rice and spices. Stir to evenly mix, then add chicken back to pan and add chicken stock. Cover and let simmer for 20-25 minutes, until rice and chicken are fully cooked. Season as needed with salt and pepper, then serve.

### **SPICED STEAK SAUTÉ**

Total Time: 20 minutes

#### *Ingredients:*

2 tablespoons butter  
2 tablespoons extra virgin olive oil  
1 onion, chopped  
2-3 zucchini, chopped  
1 pound beef steak, such as sirloin or flank steak, chopped into small strips  
1 tablespoon "Rockin' Spice Blend" (*from this week's recipes*)  
salt and pepper  
Steamed vegetables, butter and salt for side dish

Heat butter and oil in a large skillet or saucepan and sauté onions for 5 minutes. Add zucchini and sauté for an additional 5 minutes. Add steak and spice blend, stirring until beef is cooked as desired (*3-5 minutes for medium*). Season as needed with salt and pepper, then serve with a side of lightly steamed vegetables topped with butter and sea salt.

### CHICAGO STYLE DOGS

*\*Try to find nitrite and nitrate-free hot dogs made with 100% meat and spices. Also try to find hot dog buns with basic, whole-food ingredients. If you can't find them, just use a high-quality bread.*

#### Ingredients:

4-8 all-beef hot dogs  
2 tablespoons oil or fat (*optional*)  
Hot dog buns, toasted or warmed  
Pickles, chopped  
Hot peppers, such as jalapenos (*optional*)  
Tomatoes, chopped  
Mustard  
Onions, finely chopped  
**“Homemade Sauerkraut”**

Preheat outdoor grill unless you plan to sauté hot dogs in a skillet with fat.

Roast hot dogs in skillet with oil or fat for 10 minutes, until hot. Place hot dogs on buns and top with desired extras (*use all for a classic Chicago dog*).

### AMERICAN CHERRY PIE

Prep Time: 10 minutes  
Cook Time: 45-60 minutes  
Servings: 6-8

#### Ingredients:

##### “Basic Pie Crust”

4 cups cherries, pitted  
1/2 teaspoon almond extract  
1 teaspoon vanilla  
1 tablespoon lemon juice  
1 tablespoon cinnamon, plus 1 teaspoon  
Dash of nutmeg  
1/2 cup flour  
1 1/2 cups sugar, plus 1 tablespoon  
Dash of salt  
2 tablespoons butter, cut into small pieces

Preheat oven to 350°.

Divide dough into 2 equal parts and roll on lightly floured flat surface into 2, 12-inch circles. Place one circle in 12-inch pie pan, pressing dough evenly into sides of pan.

In a large bowl, toss cherries, almond extract, vanilla, and lemon juice. In a separate bowl, mix remaining dry ingredients, reserving 1 teaspoon cinnamon and 1 tablespoon sugar. Toss dry mixture with cherry mixture and pour into prepared pie dough. Transfer other pie dough circle on top of cherries and press sides to seal pie. Sprinkle with remaining teaspoon of cinnamon and tablespoons of sugar. Dot top of pie with butter and bake for 45-60 minutes, until crust is golden brown. Let cool completely before slicing to serve.

## ***BASIC PIE CRUST***

Prep Time: 10 minutes

Inactive Prep Time: 30 minutes

Servings: Yields single pie crust. \*Double recipe for double pie crust.

### **Ingredients:**

1 1/4 cup flour, plus extra for dusting

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

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 ball. Wrap in plastic wrap, flatten into thick disk, and refrigerate for 30 minutes until firm (optional- again, this will result in a better texture). Transfer chilled dough onto lightly floured surface and roll into large, thin disk, and bake according to needed recipe.

## ***ROCKIN' SPICE BLEND***

### ***Ingredients:***

2 teaspoons turmeric

2 teaspoons ground black pepper

2 teaspoons dried oregano

1 teaspoon dried thyme

1/2 teaspoon cinnamon

1 teaspoon paprika

1 teaspoon garlic powder

Place ingredients in a bowl and gently whisk until evenly blended. Use immediately or store in an airtight container. Add a label so you can use it again.

## ***LACTO-FERMENTED LEMONS (PRESERVED LEMONS)***

### ***Ingredients:***

5 whole lemons, plus juice of 2 lemons

2 tablespoons salt

3 tablespoons whey, made from separated raw milk  
or yogurt

dash of cinnamon

Thinly slice 5 lemons, then cut slices in half. Place lemon slices in a large bowl and gently toss with remaining ingredients. Carefully pour all ingredients into a wide-mouth mason jar, then use a wooden spoon or meat hammer to press lemons down into the jar, until liquid comes above the lemons. Tightly close jar and place at room temperature for 2 weeks, turning daily. Transfer to refrigerator and store for many months. Cut away flesh and only use the preserved rind in recipes for a unique and surprisingly mellow salty lemon flavor.

### **HOMEMADE MAYONNAISE**

#### *Ingredients:*

1 egg, plus 1 egg yolk  
1 teaspoon mustard  
2 teaspoons white vinegar  
½ teaspoon salt  
1 cup oil- such as plain olive oil or safflower oil

Place eggs, egg yolk, mustard, vinegar and salt in a tall container (*if you have an immersion blender*) or blender. Blend until mixed, then begin to slowly drip oil into container while blending. When mixture emulsifies, add oil in a steady stream while blending until mixture thickens and stiffens (*like mayonnaise!*). Keep refrigerated for up to one week.

### **LACTO-FERMENTED KETCHUP**

*\*Salt is used to start the fermentation process, but fresh (not dried) whey made from fresh raw milk or quality yogurt will reduce the amount of salt needed, as well as reduce the amount of time needed to ferment and help ensure successful preservation.*

#### *Ingredients:*

3 cups organic tomato paste  
¼ cup whey  
1 tablespoon salt  
½ cup maple syrup  
¼ teaspoon cayenne pepper (*optional*)  
3 cloves of garlic, mashed

Blend ingredients well using a food processor or blender, then continue with Basic Method, without adding any water.

Place ingredients into a mason jar. Close the jar very tightly with an airtight lid. Place at room temperature for 2-4 days, then transfer to a dark cool spot, such as the top shelf of a refrigerator, a wine cellar, or other area kept at around 40°F. Flavor and beneficial bacteria will increase with time, but fermented ketchup can be eaten immediately after the initial days of fermentation.

*\*Sometimes lacto-fermented foods can get bubbly or develop spots or white foam on top. This is no cause for concern, simply remove with a spoon. A failed fermentation will result in a putrid smell that would be too awful to consider eating. Successful lacto-fermentation will result in vegetables and fruits with a pleasantly soured taste that remain preserved for several weeks or months in cold storage.*



## **HOMEMADE SAUERKRAUT**

Prep Time: 15 minutes  
Inactive Prep Time: 3 days  
Servings: Yields 2 cups

### *Ingredients:*

1 medium cabbage, cored and shredded  
1 tablespoon caraway seeds  
1 tablespoon salt  
4 tablespoons whey, or 1 additional tablespoon of salt and 2 tablespoons lemon juice

Place ingredients in large bowl and mash for 10 minutes with large spoon or meat pounder until juices are released and cabbage size is reduced drastically. Transfer mixture to air-tight glass jar and set out at room temperature for 3 days. Transfer to refrigerator. Sauerkraut will last up to 3 months.

## **LACTO-FERMENTED CHERRY CHUTNEY**

### *Ingredients:*

3 cups cherries, pitted and roughly chopped  
2 teaspoons sea salt  
zest and juice of 1 lemon  
1 teaspoon dried coriander seeds, crushed (*optional*)  
1 teaspoon dried thyme  
2 tablespoons honey  
2 tablespoons whey, made from separated raw milk or honey  
filtered water (*chlorine in water will hinder fermentation process*)

Place cherries and other ingredients, except water, in a large bowl and toss to mix. Pour ingredients into a wide-mouth mason jar and press down firmly using a wooden spoon or meat pounder to release juices. Add enough water to cover cherry mixture (*if needed*). Cover tightly and leave at room temperature for 2 days, then transfer to the refrigerator to store for months.