

Real Food Weekly

ISSUE 40

“THIS AND THAT”

This Week has a strange range of flavors- basically two Asian style recipes and two comfort recipes... plus the extras This is just the way things worked out in our house this week. ☺ Everything's good, though, and the kids were extra happy with my dinners this week!



PAN-ROASTED CHICKEN WITH CREAMY POTATO SQUASH HASH



SHRIMP AND CORN CHOWDER



ASIAN MEATBALLS



FRIED CHICKEN WITH ASIAN GLAZE



SIMPLE CUCUMBER SALAD

This Week's Menu

This and That

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Fried Chicken with Asian Glaze
- Asian Meatballs and Simple Cucumber Salad
- Pan-Roasted Chicken with Creamy Potato Squash Hash
- Shrimp and Corn Chowder

EXTRAS

- Goey Cheesy Veggie Cornbread
- Asian Glaze
- *Salad Dressing*- Asian Peanut Vinaigrette

NOURISHING ADDITIONS (RECIPE REVIEW)

- Crispy Nuts

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- This week we made a delicious egg scramble with leftover meat and veggies from the “Pork and Veggie Kebabs”... Yum!

PLANNING NOTES

This week uses peanut butter in the Asian Glaze. To make things extra nourishing and properly prepared, you can soak and dry the “Crispy Nuts” using peanuts or almonds and make your own peanut butter by pureeing the Crispy Nuts into a smooth butter. Give yourself a full day or two before making the Asian style recipes if you'd like to do this.

For the recipes this week, we used one whole chicken cut up to feed our family of two adults and two small children. If you need to feed more “big” mouths (or tummies), you will probably need to buy a whole chicken then a pack of bone in legs or thighs...or both.

Chicken stock is needed this week. Make homemade stock ahead of time (or the day of making the Chowder recipe) using the leftover parts of the whole chicken.

FRIED CHICKEN WITH ASIAN GLAZE

Total Time: 40 minutes

Ingredients:

6-10 pieces bone-in, skin-on chicken
3-4 cups frying fat, such as organic beef fat (*tallow*)
or lard
½ cup “Asian Glaze”
Celery stalks

Heat fat in a large frying pan, creating about 3 inches of fat in the pan. Fry fat for 10 minutes per side, plus an additional 5 minutes per side, until chicken is fully cooked with an extremely crispy skin. While chicken is frying, prepare glaze and set in a large mixing bowl. Transfer fried chicken to the bowl and coat with glaze, shaking to remove most of glaze, leaving a very thin coating. Serve with celery stalks.

PAN-ROASTED CHICKEN WITH CREAMY POTATO SQUASH HASH

Total Time: 40 minutes

Ingredients:

Extra virgin olive oil
6-10 pieces chicken
¼ cup white wine
2 tablespoons butter
1 onion, chopped
8 small potatoes, sliced very thinly with a mandoline or grater
2 zucchini, grated
2 garlic cloves, minced
¼ cup milk
4 tablespoons crème fraiche, divided

Coat a large saucepan or skillet with oil and sear chicken for 5-6 minutes per side. Season chicken with salt and pepper, then add wine to pan. Cover and let simmer for 10 minutes, until chicken is fully cooked. When chicken is cooked, remove from heat and stir in 2 tablespoons crème fraiche with pan juices to form a sauce. .

Meanwhile, coat a second large saucepan or skillet with oil plus the butter. Sauté onion and potatoes until beginning to brown, then add zucchini and garlic. Continue to sauté until mixture is all browned, then add milk and simmer until mixture is thick, milk is absorbed, and potatoes are soft. Stir in 2 tablespoons crème fraiche, then season, as needed, with salt and pepper. Serve with chicken.

ASIAN MEATBALLS WITH SIMPLE CUCUMBER SALAD

Total Time: 30 minutes

**Depending on how much your family will eat (and we ate these delicious meatballs up very quickly), you may wish to double this recipe.*

Ingredients:

½ pound ground beef
½ pound ground pork
1 egg
¼ cup milk
¼ cup dry breadcrumbs
2 tablespoons soy sauce
1 teaspoon toasted sesame oil
1 teaspoon ground coriander
1 carrot, grated
1 zucchini, grated
extra virgin olive oil

For Salad:

1-2 cucumbers, peeled and very thinly sliced
salt and pepper
white vinegar, such as white wine or white balsamic
extra virgin olive oil
goat cheese

For Sauce:

2 tablespoons butter
2 garlic cloves, minced
2 tablespoons soy sauce
1 teaspoons toasted sesame oil
1 tablespoon vinegar
1 tablespoon honey

Preheat oven to 500°F.

Place all meatball ingredients, except oil, in a large bowl and mix until evenly blended. Oil a large baking dish and form ¼ cup-sized scoops of meat mixture into meatballs. Place meatballs evenly in baking dish. Drizzle meatballs with oil and bake for 20 minutes, or until golden and firm.

Meanwhile, prepare salad by placing cucumbers on a serving dish and lightly drizzling with salt and pepper, vinegar, oil, and crumbled goat cheese.

Also while meatballs are cooking, melt butter in a small saucepan and sauté garlic for 1 minute. Whisk in remaining sauce ingredients until blended, then simmer until sauce is thickened.

When meatballs are done cooking, evenly pour glaze over meatballs. Place back in oven for 3 minutes, then remove from oven. Let cool slightly, then serve with salad.

SHRIMP AND CORN CHOWDER

Total Time: 1 hour

Ingredients:

extra virgin olive oil
1 onion, chopped
salt and pepper
2 bell pepper, seeded and chopped
2 zucchini, chopped
1 cup carrots, finely chopped
1 cup celery, finely chopped
2 garlic cloves, chopped
2 cups corn kernels, from fresh corn or canned, drained and rinsed
8-10 cups chicken stock
1 pound raw shrimp, peeled and de-veined, then chopped
½ cup butter
½ cup flour (*arrowroot powder may be substituted*)
2 cups milk
½ cup Crème Fraiche
avocado slices (*optional*)

Coat a stockpot with oil and sauté chopped onion for 8 minutes, until beginning to brown. Add zucchini, carrots, celery, garlic, and corn for 8-10 minutes, then season with salt and pepper. Add shrimp and sauté for 2 minutes, then add chicken stock. Bring to a low simmer.

Meanwhile, in a small saucepan, melt butter over medium heat. Whisk in flour and let simmer, whisking often, for 5 minutes. Whisk in milk and simmer until very thick. Whisk in one cup of simmering stoup stock to temper cream mixture, then slowly whisk into soup. Let soup continue to simmer until thickened, then stir in crème fraiche and season as needed with salt and pepper. Serve soup topped with avocado sliced and a dash of salt (*optional*).

GOOEY CHEESY VEGGIE CORNBREAD

Total Time: 1 hour

This sweet cornbread is a treat in our house, but still a great way to pack a bunch of delicious organic veggies into the kids!

Ingredients:

Extra virgin olive oil
1 onion, sliced
1 bell pepper, seeded and sliced
1 zucchini, grated
2-3 carrots, grated
1 ear of corn, shucked (*kernels sliced off*)
salt and pepper
2 boxes of Trader Joe's Cornbread mix (*or other store-bought cornbread mix**)
3 eggs
1 cup butter, melted and cooled (*use butter instead of vegetable as called for on the box*)
1 ½ cups milk
2 cups cheese, grated

**I like using Trader Joe's mix because it has decently basic ingredients. Try to avoid things like corn syrup, hydrogenated and partially-hydrogenated oils, anything soy- like soybean oil, soybean flour, etc. These are especially NOT good for you.*

Preheat the oven to 350°F.

Coat a large saucepan with oil and sauté onions and bell peppers for 8-10 minutes, until browned. Add zucchini, carrots and corn, and season liberally with salt and pepper. Add a few tablespoons of water to the pan, stirring to remove bits from bottom of pan, then sauté for an additional 10 minutes until veggies are soft and lightly browned.

Prepare cornbread batter as directed on the package (*using butter instead of oil.*) Evenly mix in vegetables and cheese. Pour into large rectangular baking dish that has been buttered. Bake for 40 minutes, or until a knife inserted in the center comes out clean (*maybe a little cheese will be sticking to it- but no raw batter*). Let cool for at least 10 minute, then enjoy!

ASIAN GLAZE

Ingredients:

¼ cup honey
2 tablespoons white vinegar or lemon juice
2 tablespoons soy sauce
dashes of hot sauce (optional)
2 tablespoons creamy peanut butter (use homemade Crispy Nut butter if you have it)
2 teaspoons garlic powder

Place ingredients in a small bowl and whisk until smooth. Use immediately, or store refrigerated for up to two weeks. (For this week's recipes, reserve 2 tablespoons for

ASIAN PEANUT VINAIGRETTE

Ingredients:

2 tablespoons "Asian Glaze" from this week's recipes
2 tablespoons white vinegar
1/4 cup extra virgin olive oil

Place glaze and vinegar in a small bowl and whisk until smooth. While whisking, drizzle in oil until smooth and emulsified. Use immediately or store refrigerated for up to two 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 peanuts 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.