

# Fantastic Family Favorites

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**Coconut Chicken Soup**  
from *Eat Fat Lose Fat*, p. 182

1 can whole coconut milk  
3 cups chicken stock  
½ cup brown rice  
¼ tsp. crushed red chiles  
1-inch piece ginger, peeled and chopped  
1 tbsp. Thai fish sauce  
1 tsp. sucanat  
juice of 1 lemon  
1 tbsp. fresh basil leaves  
1 cup chopped cooked chicken meat

Place all ingredients except chicken in a medium pot over high heat, bring to a boil, then reduce heat and simmer about 1 ½ hours, or until rice is thoroughly cooked. Add the chicken about 15 minutes before serving.

**Caesar Salad**  
from *Eat Fat Lose Fat*, p. 242

romaine lettuce  
½ cup Parmesan cheese, freshly grated  
1 cup Caesar Salad Dressing (below)  
1 jar marinated artichoke hearts

**Caesar Salad Dressing**  
from *Eat Fat Lose Fat*, p. 238

About 2 tsp. smooth or grainy Dijon-style mustard  
5 tbsp. raw wine vinegar  
2 egg yolks  
2 cloves garlic, crushed  
1 cup extra-virgin olive oil or Mary's Oil Blend  
4 tsp. expeller-expressed flax oil

Dip a fork into jar of mustard and transfer about 2 tsp. to a small bowl. Add vinegar and mix. Add egg yolk and garlic. Add olive oil in a thin stream, stirring all the while with the fork, until oil is well mixed or emulsified. Add flax oil and use immediately or store in refrigerator.

## Mmm Meatloaf

2 pounds ground beef  
1 medium onion, chopped  
1 carrot, chopped  
1 stalk celery, chopped  
4 tbsp. butter  
1 tbsp. Dijon mustard  
1 tsp. dried thyme  
1 tsp. cracked pepper  
1 tsp. sea salt  
1 ½ cups oatmeal  
1 cup cream  
4 eggs  
1 tbsp. fish sauce

Saute onions, carrots and celery in butter until soft. Add mustard, thyme, pepper and salt, and stir around. Meanwhile, soak oatmeal in cream.

Mix meat with sautéed vegetables, soaked bread, egg and fish sauce. Form into a loaf and set in pan. Bake at 350 degrees for 1 ¼ hours.

## Rosemary Potatoes

from *Nourishing Traditions*, p. 397

2 pounds small red potatoes  
6 tbsp. butter  
1 tsp. dried rosemary or herbs de provence  
½ tsp. sea salt

Cook potatoes until just tender in a clay pot (2-3 hours, 250 degrees). Add butter, rosemary, salt. Bake at 400 degrees, shaking pan frequently, until golden brown.

## Apple Pie

adapted from *Betty Crocker's 40<sup>th</sup> Anniversary Edition Cookbook*, p. 90

Pie crust (below)

1/3 cup sucanat

1/4 cup unbleached flour

1/2 tsp. ground nutmeg

1/2 tsp. ground cinnamon

dash of salt

8 medium apples, thinly sliced

2 tbsp. butter

Preheat oven to 425 degrees. Prepare pie crust. Mix sugar, flour, nutmeg, cinnamon, and salt in large bowl. Stir in apples. Turn into pastry-lined pie plate. Dot with butter. Cover with top crust that has slits cut in it; seal and flute. Bake 40-50 minutes or until crust is brown and juice begins to bubble through slits in crust.

## Pie Crust

*by Cindy Farrington*

1 3/4 cups unbleached flour

1/2 cup melted butter or coconut oil

1/4 cup water

1/2 tsp. salt

Mix and roll out between two sheets of waxed paper.

## Oatmeal Cookies

*adapted from a recipe by Anne's mom*

2 eggs, beaten

1 cup butter

1 cup sucanat (original, white sugar)

1 cup brown sugar

2 cups unbleached or bulgur flour (original, white flour)

1 tsp. baking soda

1 tsp. baking powder

1/2 tsp. salt

1/2 tsp. vanilla

1 1/2 cups oatmeal

1/2 cup raisins

Mix. Bake at 375 degrees for 10-12 minutes. (Mom rolls each cookie in sugar before baking.)

## **Minestrone**

adapted from *Nourishing Traditions*, p. 210

2 quarts beef stock  
1 clove garlic, peeled and mashed  
2 cups cooked kidney beans  
1 cup pasta  
2 carrots, chopped  
1 can diced tomatoes  
1 cup chopped spinach  
fish sauce  
freshly grated Parmesan cheese for garnish

Bring stock to a boil and skim. Add garlic, beans, pasta, carrots, tomatoes, and spinach. Simmer for about 10 minutes. Season to taste and garnish with cheese.

## **Chicken Enchiladas**

adapted from *Nourishing Traditions*, p. 426

Cooked, chopped chicken meat  
1 onion, chopped  
1 clove garlic, peeled and chopped  
cayenne pepper  
oregano  
cumin  
approx. 10 tortillas  
2 cups grated raw Monterey Jack cheese  
green enchilada sauce  
crème fraiche for garnish  
salsa for garnish

Mix chicken with onion, garlic, and spices. Stir in some of enchilada sauce. Place chicken mixture in the center of each tortilla and roll up. Place in a greased 9x13 glass baking dish. Cover with additional enchilada sauce and grated cheese. Cover and bake at 325 degrees for 20-30 minutes. Serve with crème fraiche and salsa.

## **Mexican Rice**

adapted from *Nourishing Traditions*, p. 470

2 tbsp. butter  
2 tbsp. olive oil  
2 tsp. celery seeds  
1 onion, chopped  
1 tsp. cumin  
2 cups brown rice  
4 cups chicken stock  
1 tsp. sea salt  
1 tbsp. gelatin, optional  
1 clove garlic, peeled and chopped  
15 oz. can diced tomatoes

In a heavy pan, melt butter and olive oil. Saute celery seeds, onion and cumin until onion is soft. Add rice and sauté until milky. Pour in liquid, add salt, gelatin, oregano, and garlic. Bring to a rolling boil. Boil, uncovered, for 10-15 minutes, or until the water has reduced to the level of the rice. Reduce heat to low, cover tightly, and cook for 2-3 hours. Do not remove lid during cooking. Before serving, stir in diced tomatoes.

## Crème Brulee

1 quart heavy, soured raw cream  
8 medium egg yolks  
½ cup sucanat or Rapadura  
1 tbsp. vanilla extract  
8 rounded tsp. Sucanat or Rapadura

Heat cream gently with vanilla, but do not let it boil. Beat egg yolks with sugar until smooth and well blended. Beat vanilla and hot cream into yolk mixture. Pour into 8 4-inch ramekins. Set dishes in very shallow pans of warm water. Bake 45-60 minutes in a 300-degree oven until custard sets and forms a crust on top.

Let custards cool, cover lightly with waxed paper and chill 4 hours in the refrigerator. To serve, sprinkle 1 rounded teaspoon sugar over the top of each. Place under the broiler until the sugar melts, being careful not to burn. Let the casseroles cool and then return to refrigerator until melted sugar forms a crust. Serve very cold.

## Breakfast Cereal

from *Eat Fat Lose Fat*, p. 258

6 cups freshly ground whole-wheat or spelt flour  
3 cups whole milk  
1 cup water  
¼ cup homemade whey  
2 tsp. baking soda  
¼ cup melted coconut oil or butter  
½ cup maple syrup  
1 tsp. sea salt  
1 tsp. pure vanilla extract  
1 tsp. ground cinnamon  
1 tsp. pure maple flavoring

In a large bowl, mix flour with milk, water, and whey. Cover and leave at room temperature overnight. In the morning, add the remaining ingredients and more water, if needed, to make a pourable batter. Preheat oven to 350 degrees. Prepare two 9x13 baking pans with coconut oil. Pour half the batter into each. Bake for 35-45 minutes, or until a toothpick inserted in the center comes out clean.

Remove from oven and lower oven temperature to 200 degrees. Allow cereal to cool and then crumble up onto baking sheets. Bake until completely dry and hard, about 1 hour. To get a uniform size, process briefly in batches in a food processor. Store in airtight containers at room temperature.

To serve, add raw milk or cream diluted with water and raisins or fresh fruit. Allow cereal to soften in the milk or cream slightly before eating.



## **Chicken Pesto Salad**

from *Eat Fat Lose Fat*, p. 191

1 cup cilantro-coconut pesto  
2 cups cooked, chopped chicken  
1 onion, chopped  
2 red peppers, sliced into thin strips  
1 green peppers, sliced into thin strips  
sea salt to taste

## **Sauerkraut**

from *Nourishing Traditions*, p. 92

1 medium cabbage, cored and shredded  
1 tbsp. caraway seeds (optional)  
1 tbsp. sea salt  
4 tbsp. homemade whey

In a bowl, mix cabbage with caraway seeds, sea salt, and whey. Pound with a wooden pounder or a meat hammer for about 10 minutes to release juices. Place in a quart-sized, wide-mouth mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the cabbage should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage. The sauerkraut may be eaten immediately, but it improves with age.