

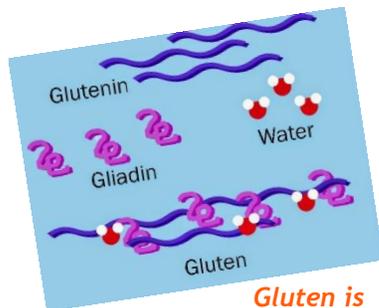


STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: AMERICA'S CULINARY INTERVENTIONALIST

IN THIS ISSUE: GLUTEN AND PASTA

Gluten: A Primer



Gluten is formed when wheat proteins are combined with water and agitated (kneaded); without water, there is no gluten.

To borrow a phrase, gluten free is YUGE! Less than 18 months ago, the gluten-free market passed 23 billion (yes, billion with a "B") in annual sales. Just four years earlier, that market stood at just over 11 billion dollars per year. That is a growth rate any hedge fund manager would salivate over.

And all this originated because gluten can give you a case of *shpilkis* in your *genechtgazoink*. For those with a true type of immunologic reaction to ingestion of gluten, known as celiac

disease, the incidence seems to be holding to its historic precedent; about 1% of the population. There is perhaps another roughly 6% of the population that may suffer from some form of gluten intolerance. That means for over 90% of the population, their *genechtgazoinks* are able to function completely unencumbered. Yet given those numbers, over 30% of adults in the US strive to avoid gluten in the pursuit of better health.



Check out the recipe featured on Culinary CPR with Dr. Mike and Chef Luca Paris on page 2

And that pursuit is no free ride (it rarely, if in fact ever, is). Gluten-free foods can be significantly costlier than their wheat-ier contemporaries.

That extra expense and loss of the heady breadly aroma and texture of such baked goods might be justified in light of healthful outcomes. But alas; *Zut alors!*

Gluten-free options are often not only more expensive, but may be worse for overall health. They often contain many additional artificial flavors, additives, stabilizers and the like.

Additionally, their base constituents may be corn or rice flour. That is whole other loaf for another day on GMO corn and arsenic in rice flour.

Suffice to say, however, if we know what gluten is; then it becomes much easier to make an informed decision. Because we are then actually informed.

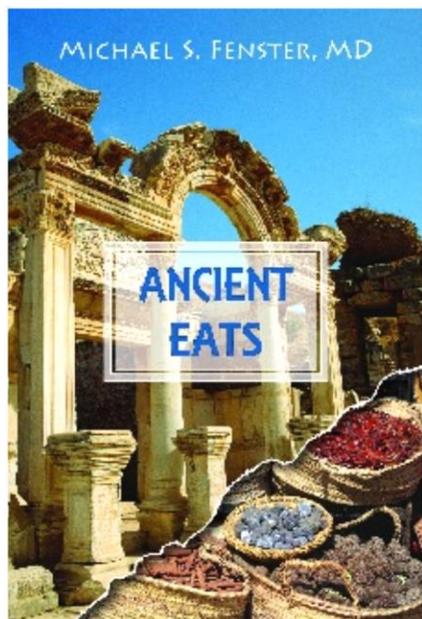
To read more follow the link [here](#)





- 1 lb. assorted wild mushrooms, stems trimmed, wiped clean, and thinly sliced
- 1/4 cup chopped shallots
- 1 tablespoon chopped garlic
- 2 teaspoons minced fresh thyme leaves
- 1 teaspoon salt

- Add the Parmesan and adjust the seasoning, to taste.
- Add the pasta, stir to coat with the sauce, and cook until the pasta is heated through, 1 minute.
- Remove from the heat and divide among 4 serving bowls or plates.
- Sprinkle each serving with chives & more cheese if needed and serve immediately.



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Bucatini Pasta Con Funghi e Crema



- 1/2 teaspoon freshly ground black pepper
- 2 cups heavy cream
- 1/2 cup finely grated Parmesan
- 2 tablespoons finely chopped chives

Directions:

- In a large pot of boiling salted water, cook the pasta until *al dente*. Drain and return to the pot. Cover to keep warm.
- In a large sauté pan, heat the oil over medium-high heat.
- Add the mushrooms and cook, stirring, until soft, 3 to 4 minutes.
- Add the shallots, garlic, thyme, salt, and pepper, and cook, stirring, until fragrant, 2 minutes
- Add Sherry wine to deglaze and let evaporate for a minute
- Add the cream, increase the heat to high, and bring to a boil.
- Reduce the heat and simmer until the sauce thickens enough to coat the back of a spoon, about 5 minutes.



Bucatini Pasta Con Funghi e Crema

by Chef Luca Paris

Ingredients:

- 1 lb. bucatini pasta
- 2 tablespoons olive oil

HEALTHY BYTES BY THE NUMBERS

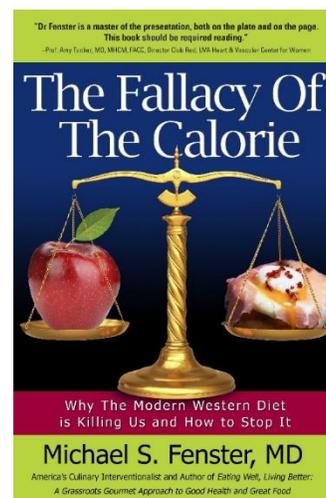
30-40%

The percent of protein in flour that is made from gliadins. Thus, the higher protein a flour is, the more gliadin it contains.

~10%

HMW-glutenins constitute only about 10% of total flour protein. However, they are the most important determinant in making quality bread.

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



Pick up your copy of the critically acclaimed book at [Amazon.com](#).