



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: BUTTER & VIKINGS

Like Buttah! Fat is PHAT; Palatable, Healthful and Tasty!



There have been few foods as maligned and misunderstood as butter.

Butter has long been an important dietary staple of many societies around the globe. From the 5,000-year-old bog butter of Ireland to the subcontinent of India where ghee (a type of clarified butter) remains not only a cooking staple, but also a medicine; butter has been important nutritionally, culturally, religiously, and perhaps most pertinent in the present, tastefully.

Yet if butter were a person, today there would be a GoFundMe page to stop the bullying and banter. You see, butter is the ultimate victim of fat shaming. Back in the day when everything was simpler and more confused, it was conventional wisdom that dietary cholesterol and fat—particularly saturated fat—would increase not only your waistline, but your cholesterol level. That meant an early death from cardiovascular disease.

Such an obvious and straightforward connection opened the door for replacements as butter went the way of lard and tallow; left on the floor of a culinary abattoir. So we invented things to look, cook, and taste like butter while, of course, not actually being butter. So while we couldn't "Believe It's Not Butter," we chowed down artificially created trans-fatty acids (TFAs) that detonated in our arterial walls like time delayed IEDs.

And while now, over fifty years since the government delivered us unto the aisles of low-fat, fat-free, less fat, and a host of other tasteless substitutions, we begin to turn the massive ship of guidelines and recommendations onto a proper course; generations remain lost in a sea

of misinformation. As Mark Bittman opines:

"the industry's idea of "low fat" became the emblematic SnackWell's and other highly processed "low-fat" carbs (a substitution that is probably the single most important factor in our overweight/obesity problem), as well as reduced fat and even fat-free dairy, on which it made billions of dollars. (How you could produce fat-free "sour cream" is something worth contemplating.) ... And let's not think about the literally millions of people who are repelled by fat, not because it doesn't taste good (any chef will tell you that "fat is flavor") but because they have been brainwashed.

Why would you buy a processed food that tastes worse than what it was designed to replace, doesn't exist in nature, and helps kill you?"



Don't miss this week's Culinary CPR with Dr. Mike & Chef Luca! Recipes on page 4!

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IT'S A CODE DELICIOUS!



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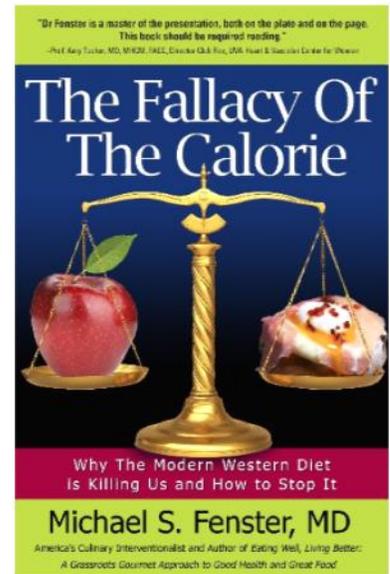
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Call in during Code Delicious with Dr. Mike every Wednesday 2 to 3 pm Eastern with questions or comments. Better yet, Tweet us @WCWD!

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The Fallacy of The Calorie

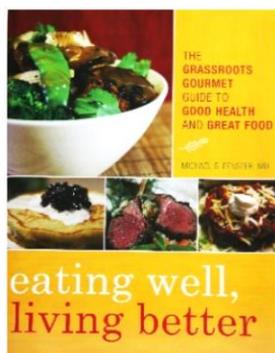
If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

PSYCHOLOGY TODAY

Read all of Dr. Mike's monthly columns in Psychology Today; just follow the link below

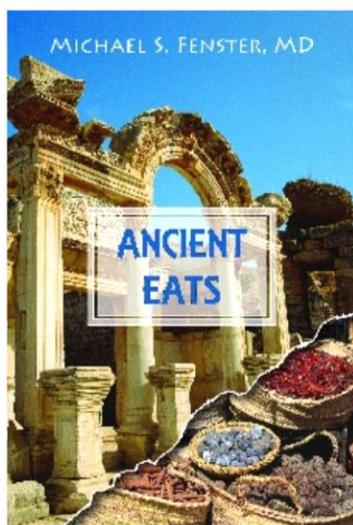
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[Psychology Today Column](#)



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Don't forget to order Dr. Mike's first book, with over 100 recipes, to complete your collection: [Eating Well, Living Better](#)



Ancient Eats

Be the first to know the most! Pre-order Dr. Mike's latest book due Fall 2016, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: [AE Amazon Link](#) and get special pre-order discount pricing!

HEALTHY BYTES BY THE NUMBERS

4%

The percentage **decrease** in the risk of developing type 2 diabetes with each daily 14gram serving of butter

0%

The increased risk of cardiovascular disease or stroke when you eat butter



In Ancient days, everything was organic and non-GMO!

Why indeed?

Because of the "fat is bad" fallacy, butter which is the dairy product highest in fat became emblematic of America's ills. It became the poster and practice of what was wrong with the American diet and what needed to be avoided at all costs.

Except it was the conventional wisdom that was wrong.

Like Buttah!

Continued from Page 1

Pimpin, L., Wu, J. H., Haskelberg, H., Del Gobbo, L., & Mozaffarian, D. (2016). Is Butter Back? A Systematic Review and Meta-Analysis of Butter Consumption and Risk of Cardiovascular Disease, Diabetes, and Total Mortality. *PLoS One*, 11(6):e0158118. doi:10.1371/journal.pone.0158118.

A recent meta-analysis sought to examine "the evidence for the relationship between butter consumption and long-term health." Their analysis combined nine trials involving fifteen countries and over 600,000 people. Of significant interest, was the fact that there was not one randomized, controlled clinical trial (RCT). Despite the excommunication of an entire food source from the gastronomic pantheon, replete with warnings, guidelines, recommendations, and dire prophecy; not once did anyone ever look to compare the outcomes of butter consumption to what was being proffered in its place.

What is the relationship between butter with all its evil saturated fat and the risk of developing cardiovascular disease (CVD)? Nothing, nada, zero; as the researchers concluded, "butter intake was not significantly associated with CVD." Same for risk of stroke.

What about the risk of developing type 2 diabetes (T2D) through the consumption of butter? Other recent research has suggested that those "with diabetes have a 50% increased risk of dying following an acute myocardial infarction (AMI) compared with those who've had a heart attack but don't have diabetes." If fat makes you fat, and obesity is a risk factor for developing diabetes (as we have been led to believe), then butter clearly is the "die" in diabetes.

(Follow the link to [Psychology Today](#) to read the complete article)

Culinary CPR!

Sneek Peek!!

A Look into Ancient Eats:

Viking Style Lamb Breast with
Pickled Cabbage and Arame,
Turnip Purée and Seasonal
Vegetables

(Adapted from "Pickled Kale Lamb" by
Daniel Serra and Hanna Tunberg; *An
Early Meal: A Viking Age Cookbook and
Odyssey*- reprinted with permission)

Ingredients:

- For the Lamb:
 - 1 Lamb Breast
 - 1 Tbs ground cumin
 - 2 Tbs Dijon mustard
 - 2 tsp. ground coriander
 - 6- 8 ounces sauerkraut
(I used a live culture
mix of sauerkraut and
arame)
 - Salt & freshly ground
black pepper
 - 1-2 cups of mead (or
use white wine with 1
Tbs honey for each
cup)
 - 1-2 cups of chicken
broth
 - 1 *bouquet garni*
(thyme, parsley,
oregano)
- For the Turnip Purée:
 - 1 pound of peeled
turnips, quartered
 - Reserved cooking
liquid
- Seasonal Greens:
 - 12 ounces of mixed
seasonal greens
 - ¼ cup garlic scapes or
2 cloves, finely minced
 - 2 Tbs butter



Directions:

For the Lamb:

Lay the breast cap side down, after removing any excess fat. The meat fibers should be running left to right across the width of the breast. Season with the cumin and coriander. Spread the mustard over the flesh and then spread the sauerkraut on top of that. Reserve any liquid from the sauerkraut. Season with salt and pepper.

Roll the lamb toward you, tightly tucking in each layer. Tie off with butcher twine. Heat some oil over medium high heat until smoking. Add the lamb breast and cook each side until browned; approximately 2 minutes per side.

In a Dutch oven or other oven proof deep baking vessel, add any remaining liquid from the sauerkraut. Add mead and chicken stock (1:2) so that the liquid comes up ¾ of the way to the top of the lamb breast. Add the *bouquet garni* and allow to rest several hours to overnight.

Preheat the oven to 250 degrees F. Remove from the refrigerator and allow to come to room temperature. Add the turnips and bake for several hours (4-6),

turning as needed. The meat should be fork tender.

To Serve:

Remove the lamb breast and allow to rest. Remove the *bouquet garni* and discard. Remove the turnips and reserve. Run the cooking liquid through a strainer to remove any debris. Using a fat separator, remove as much fat as possible. Alternatively, you can cool the liquid and remove the solidified fat if not serving immediately.

In a food processor, add the turnips, 1 Tbs of butter and drizzle the cooking liquid in until the mixture is a smooth, gravy like consistency.

In a medium sauté pan over medium heat, add the remaining butter. To that add the scapes and cook until browned, or if using minced garlic cook until softened. Add the greens and cook quickly until just wilted; 1 to 2 minutes.

To serve, assemble the greens on the base and slice the lamb breast crosswise. Top with a drizzle of the purée and garnish.

The Analysis

Special thanks to Daniel for allowing me to adapt his recipe, which is featured in ***Ancient Eats Volume I: The Ancient Greeks & The Vikings*** (Koehler Books September 2016). Special thanks to him for also parsing the Viking section for any historical inaccuracies. Any such errors which occurred are totally mine.



GRAND ROUNDS



Cheers!

Dr. Mike on Health with Eraldo!



The Set!

The meal includes a little food for thought with The Fallacy of the Calorie!



Squeezing in...

Another B&N book signing along the way. Check the calendar at Cardiochef.com to see if I'm making a house-call in your neighborhood!

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