



# STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: SOURCING

## A Getting Back to the Source



### The Terroir of Food

It is deep into the summer.

It is the time of year when the heat reaches profoundly into us. Carried quite literally on heavy water vapors; the humidity is palpable with each breath. And with each long, slow lungful of the dog days that drag on, the oppressive moisture clings to us. From the inside to the outside where we wear it is an unwanted, heavy cloak; it is a hothouse that seems fit for neither man nor beast.

But it is a produce paradise. This is the time of year it is easy to be green. And

purple. And orange. And red. And every nuance and shade the covers the horticultural spectrum. So when we enter the air-conditioned corridors of the market, enjoying a brief respite; when we see that unblemished, perfectly round, intensely red tomato, we cannot but help but reach the conclusion that has been so insidiously and meticulously crafted for us to stumble upon.

An assumption planted for us to grasp. That this is a real, fresh garden tomato. That this has spent its entire life up until its most recent arrival to our market, becoming the fruit of the vine. There it blossomed from bud to flower. There lazing sunnily in God's own green acre, it captured the essence of sunlight. It drew deep of the earth itself. It swelled with the waters of life. It transformed all of these to a sweet succulence that is the taste and texture of a perfectly vine-ripened, fresh garden tomato picked at the perfect moment of peak flavor and brightness. That this, quite simply, is the real food that nature intended.

But not all that glitters is gold, nor all that is red in the produce department a tomato. When we grasp the fruit its flesh

does not yield gently to our soft caress. It is hard and uncaring, like some plastic doppelgänger. And when we bring it close it does not greet us with the soft perfume of summer; but with a cold and difference that offers no hope of either taste or texture.

For this tomato never saw the sun. It knew only the harsh glow of the grow light. The soil was no loamy nest, but dirt enhanced for rapid growth. The species of tomato was not picked for flavor, but for function. It was produced for rapid growth, large size, water retention – especially useful when sold by weight – and uniformity of product. Each tomato so exactly like the rest that mechanical harvesting is not only possible, but profitable.

And it did not develop the distinctive deep



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

vermillion solar blush that marks this summer berry by being sun kissed. It was picked green.

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IT'S A CODE DELICIOUS!



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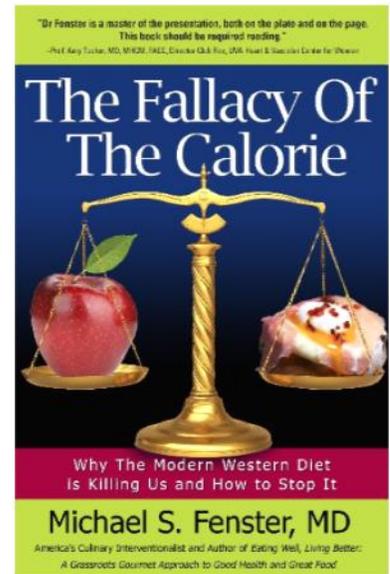
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### Tweet Us!

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

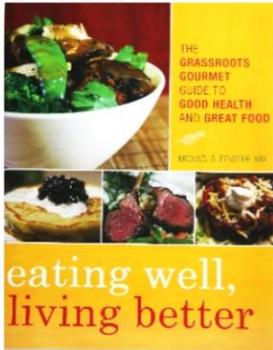
If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

### PSYCHOLOGY TODAY

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

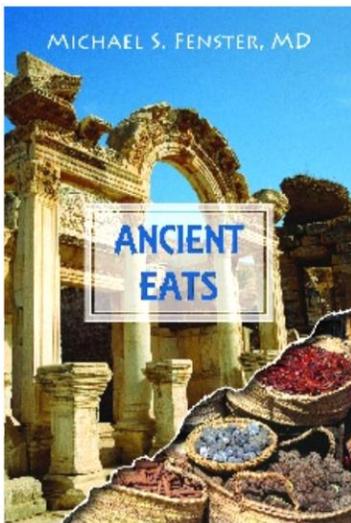
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### Have It All

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 October 1, 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

43%

The overall percentage of salmon labeled "wild caught"; that actually were according to a 2005-6 Consumer Reports study

6%

The percentage of red snapper found to actually be red snapper after DNA testing. One of the most frequently substituted seafood items in the U.S.

Under ripe, rock-hard, and green; it travels well with minimal damage during its long transport. And just before it makes its faux debut amongst the fruits and vegetables, it is gassed with ethylene oxide. And with the application of some horrible botanical spray tan, the fake food makeover is complete.

That is one of the dark sides of our modern food pathways; what looks truly at its penultimate and desirable, may not be. Real

### Getting Back to the Source *The Terroir of Food*

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freshly harvested foods can be on your grocer's shelf, on ice at the fishmonger, or in the craft butcher's display case quite literally overnight. The average fish travels 5,475 miles before making an appearance on your dinner plate.



But that distance creates openings for nefarious tampering and tinkering. A decade ago Consumer Reports tested twenty-three salmon fillets that were labeled as wild caught. Only ten, were in fact wild salmon. And even when something is as billed, industrially mass-produced faux food like tomatoes can be used to create the illusion of a summer's day; when in reality it is a dark winter's night in Anchorage, Alaska. Given the current state of modern global agribusiness, it is wise to heed the warning; "Winter is coming." And the markets are full of terrors.

Are you getting what you think you're getting?

We can no longer simply rely on our sight to convey to us if the information about our food is accurate; not when we cannot tell if the vibrancy of the carrots are due to carotenes or orange dye. We must engage all our senses. Most importantly, we must engage our brains. We must no longer be consumers blindly accepting what is proffered to us. We must become chefs; at least to the extent that we learn how to, and we properly engage in, sourcing our food.

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

# Culinary CPR!

## Lamb Meatball Sliders on Naan Bread with warm chick pea salad

By Chef Luca Paris

### Ingredients:

Serves 2 to 4

For the kefta:

- 3 tablespoons minced red onions
- 3 tablespoons minced herbs (mix of Italian parsley, cilantro, and mint)
- 2 to 3 garlic cloves, minced
- 1 1/4 teaspoons kosher salt
- 1 teaspoon ground cumin
- 3/4 teaspoon Smoked Paprika
- 1/2 teaspoon freshly ground black pepper
- 1-pound ground lamb or beef
- 1 teaspoon olive oil

For the yogurt sauce:

- 1/2 cup plain yogurt
- 1 heaping teaspoon minced herbs (mix of Italian parsley, cilantro, and mint)
- 2 teaspoons lemon juice, or to taste
- Pinch of kosher salt

For the chickpeas:

- 2 tablespoon olive oil, plus more for serving
- 1 tablespoon minced red onion
- 1 large clove garlic
- 1 (15-ounce) can chickpeas, drained
- 1 teaspoon harissa paste
- 3/4 teaspoon ground cumin (preferably toasted and ground yourself)

- 1/2 teaspoon pimentón (smoked Spanish paprika) or paprika
- Kosher salt, to taste
- 1/4 cup chicken stock or water
- 1 teaspoon lemon juice
- 1 tablespoon minced herbs (mix of Italian parsley, cilantro, and mint), for garnish



To serve:

Store-bought naan breads

For the kefta, toss the onions, minced herbs, garlic, cumin, salt, and pepper together in the bowl of a stand mixer fitted with the beater blade (or a large mixing bowl) and mix until combined. Add the ground lamb and beat until all of the ingredients are incorporated, about 1 minute. Cover bowl with plastic wrap and chill for 30 minutes to an hour while you finish getting everything else ready for dinner.

Grab a handful of meat, form into an oblong, sausage-like shape. Repeat with remaining meat. (You can also form them into any shape you like, such as flat patties, meatballs, or torpedoes, and cook them skewered or un-skewered.) Heat a large griddle or grill pan over medium-high and generously coat with cooking oil. Once the oil is sizzling, add the skewers and cook until deep golden brown on one side, 3 to 4 minutes. Flip and continue cooking until meat is cooked through, 3 to 4 minutes more.

For the yogurt sauce, combine the yogurt, herbs, lemon juice, and salt in a small bowl and set aside.

For the chickpeas, heat the olive oil in a skillet over medium heat. Add the onions and cook until softened, 1 to 2 minutes, followed by the garlic for another 20 seconds or so. Add the chickpeas, harissa, cumin, pimentón, and a generous pinch of salt. Pour in the chicken stock and increase heat to high; simmer until the mixture is almost dry. Remove from heat and stir in lemon juice and herbs. Taste and adjust seasoning. Drizzle with additional olive oil before serving.

### The Analysis

Here is where sourcing (see article on [page 1](#)) can make all the difference! Look for lamb (breeds bred specifically for meat often offer superior flavor) that is allowed to pasture on a natural diet. This means looking for organic, 100% grass-fed lamb.

Such product is a great source of the anti-inflammatory omega-3 polyunsaturated fatty acids (PUFAs). Such meat also has a much lower omega-6 to omega-3 ratio compared to conventionally produced offerings. According to some studies, such lamb offers almost 50% more alpha linolenic acid (ALA). ALA is the building block for many of our bodies important omega-3 PUFAs and one we must get from our diet. It is an essential fatty acid. Ounce for ounce, a conservative estimate places lamb at delivering roughly 70% of the punch of such well known anti-inflammatory powerhouses as sesame seeds! And with a sublime, tasty flavor as well.

In addition, the omega-6 fatty acids that such meats do contain have elevated levels of conjugated linoleic acid (CLA); almost twice as much. An increased intake of CLA to be associated with improved immune and inflammatory function, improved bone mass, improved blood sugar regulation, reduced body fat, and better maintenance of lean body mass.

## 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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