



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: PORCINI MUSHROOM
DUSTED BEEF TENDERLOIN MEDALLIONS

Porcini Mushroom Dusted Beef Tenderloin Medallions With a Porcini Mushroom and Sherry Cream Sauce

“Where’s the beef?”

In my forthcoming book; *Food Shaman: The Art of Quantum Food*, myths are dispelled. These include the idea that it somehow acceptable to compare the taste, flavor, and healthful components of grass-finished, pasture-raised beef to industrial CAFO mega-market offerings.

Join Chef Luca and I this week as we give you a sneak peek into the reality behind sourcing like a chef and why it not only pleases the palate; but it feeds both body and soul. Along the way, you’ll learn some secrets to making a perfect sauce and how to use dried mushrooms; a year-round staple!

Listen in to the show for tips on sourcing & prep!



Porcini Mushroom Dusted Beef
Tenderloin Medallions With a Porcini
Mushroom and Sherry Cream Sauce

Join Chef Luca Paris and Dr. Mike this week on Code Delicious as we discuss the benefits of foods like dried mushrooms to use year round and the differences in taste and health benefits depending on how you source your beef

Presented by Chef Luca Paris

Growing up in a Northern Italian household we always had a pound of dry porcini mushrooms around. It was a pantry item of ours and we would use it for anything from risotto to stuffing a pork loin to a cream version of chicken marsala. Dry porcini mushrooms have a strong and deep flavor that can handle starchy or cream sauces, and not get over powered by the other components.

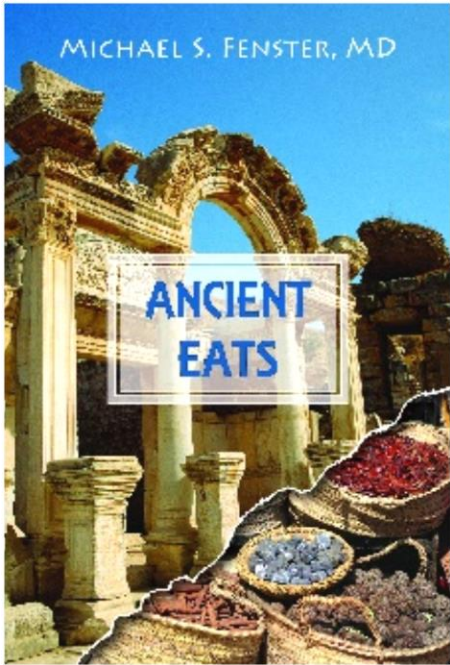
I store mine in the freezer until I need them

Ingredients:

- 4oz Beef Tenderloin 8 Medallions
- Olive Oil 4 Tblsp
- Salt 3/4 tsp
- Black Pepper 1/2 tsp
- Dried Porcini Mushrooms 2 oz (1 oz Ground Fine; 1 oz to Bloom in Sherry Wine)
- Butter unsalted, 1/4 cup
- Dry Sherry 1/2 cup
- Flat-Leaf Parsley, chopped fresh 1/4 cup
- Garlic, chopped fine 1 tsp
- Shallots, chopped fine 3 tsp
- Heavy Cream 3/4 cup



(continued on page 2)



Ancient Eats-NOW AVAILABLE!!

You can now order Dr. Mike's latest book, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: [Ancient Eats](#)



*Natural and scrumptious foods like free range and pastured heritage breed meats from **Butcher Box** are great source of nutrition and flavor!*

Porcini Mushroom Dusted Beef Tenderloin Medallions With a Porcini Mushroom and Sherry Cream Sauce (continued from Page 1)



Directions:

Soak & Pulse:

Take one ounce of the Roland dried porcini mushrooms and add it to the sherry wine. Let it sit for up to a day in the sherry as it reconstitutes and flavors the sherry also. The other ounce should be put into a spice grinder and ground to a fine dust. (I use a small coffee grinder dedicated to all my dry spices). Coat the beef tenderloin medallions with the porcini dust mixed with some kosher salt and cracked black pepper.

Sear:

Preheat a heavy bottom sauté pan or skillet on medium high heat. Add the oil and let heat up but not smoke heavily. Once the pan is ready, add the beef tenderloin medallions only four at a time searing on one side for about two minutes and then turning to sear the other side for another two minutes. Once turned add half of the butter and begin to spoon baste the tenderloins. After the 4 to five minutes remove the tenderloins to rest on a napkin covered plate and cover with foil. Do the same for the next 4 medallions

Create the Sauce:

In that same pan with the oil and butter, add the shallots & garlic sauté until soft. Deglaze the pan with the mushroom sherry stock (be careful not to flambé). Reduce the alcohol by half and add the cream. Reduce the cream and add salt and pepper to taste.

Serve:

Once the sauce is reduced, place the medallions on your plated with sides like roasted potatoes and cauliflower au gratin. And spoon the sauce over the medallions.

HEALTHY BYTES BY THE NUMBERS

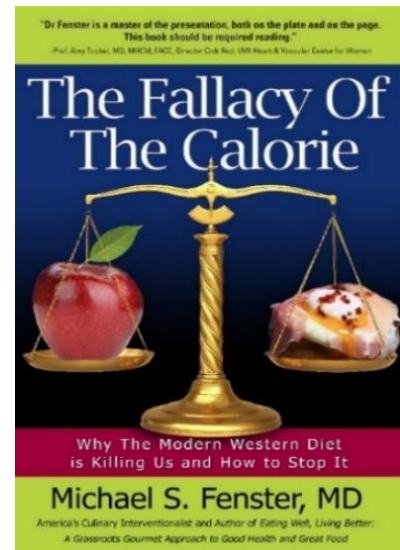
50%

The percentage of daily Vitamin D from 4-5 mushrooms (1 serving) if they are exposed to UV light while growing

33%

The amount 1 serving of mushrooms (technically a fungi) counts toward the recommended daily servings of vegetables

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.