

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: TOP CHEF

### Top Chef-Keene Style

*“If you're not the one cooking, stay out of the way and compliment the chef.”  
~Michael Strahan*

This week I am pleased to announce several happenings that will occur later this month; just in time to set the Holiday tone!

Firstly, on Wednesday evening on November 15<sup>th</sup>, I will be doing a special book dinner at Luca’s Mediterranean Café in beautiful downtown Keene, New Hampshire.

We will be discussing-and eating- Ancient Eats of the Mediterranean as discussed in my most recent book of the same name.

Each attendee will get a signed copy of the book, as well as an opportunity to taste the fruits of the research.

A sample menu is presented at the end of this article. The participants will also



**Red Wine Poached Pears (recipe page 2)**

be getting a sneak peek at the newest book, *Food Shaman: The Art of Quantum Food*. I will be sharing a reading from one of the chapters.

But the festivities don’t stop there! The next evening, I will be the guest judge at the annual charity event; Top Chef-Keene. This event is a mix of Chopped and Iron Chef as The Doctors battle The Nurses for culinary bragging rights!

Plan to attend both events and then complete the long weekend enjoying the beauty of a New England fall!

For info & tickets call: 603.358.3335!

### The Ancient Eats Menu!



Presents  
The Chef Cookbook Dinner Series  
Featuring Michael Fenster  
6 PM Wednesday November 15<sup>th</sup>, 2017

*Check out some incredible recipes from his book Ancient Eats as Chef Luca and his team make them come to life and meet Dr. Mike in person & you will also receive a copy of the book! Enjoy a Menu Style Assortment of amazing food with wonderful conversation!*



#### Honey & Thyme Herbed Shrimp

Local Honey infused with Fresh Thyme, Oregano & Dill  
Extra Virgin Olive Oil & Lemon Zest Dressed Watercress



#### Sesame Crusted Tuna with Myrtilots

Feta & Olive Oil Spread over Grilled Crostini

#### Slow Braised Pork Stew with Roasted Root Vegetables

Marinated Pork Shoulder with Zahtar Spice Blend  
Over Israeli Cous Cous



#### Honey and Barley Tartlet Shell

Honey Sweetened Mascarpone and Blueberries



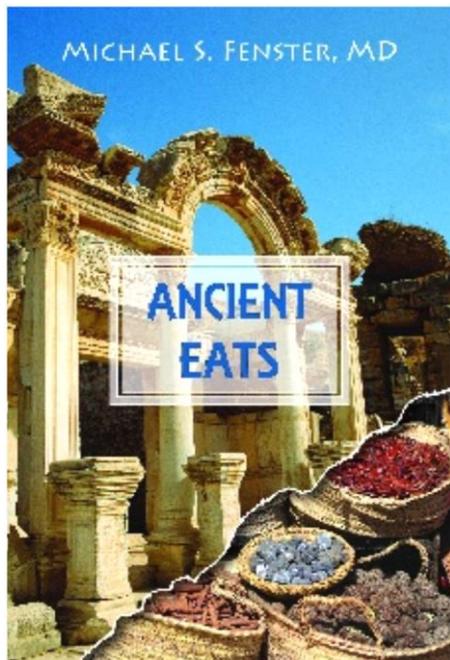
\$50.00 per person  
Call to get your ticket for the Dinner  
603-358-3335

Price includes Tax and Gratuity  
Beverages can be purchased separately that evening



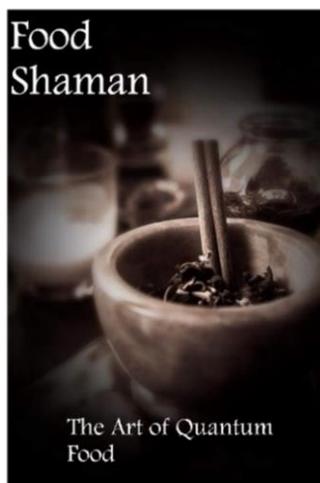
(Recipe on page 2)

IT'S A CODE DELICIOUS!



### Ancient Eats-NOW AVAILABLE!!

You can now order Dr. Mike's latest book, *Ancient Eats Volume 1: The Ancient Greeks & The Vikings*, on Amazon.com here: [Ancient Eats](#)



Be on the lookout for Dr. Mike's latest groundbreaking book, *Food Shaman: The Art of Quantum Food* (Post Hill Press) coming soon!

### Poached Pears

(Continued from Page 1)



### Port Wine Poached Pears

Presented by Chef Luca Paris  
Co Owner & Executive Chef / Luca's Mediterranean Café  
Host of "What's Cooking with Luca"

#### Ingredients:

- 1/2 bottle (1 1/2 cups) Port Wine
- 1 lemon
- 1 navel orange, quartered
- 3/4 cup maple sugar
- 1/2 vanilla bean, split, or 1/4 teaspoon vanilla extract
- 1 cinnamon stick
- 3 star anise
- 4 small ripe pears (any variety), peeled

#### Directions:

Step 1: In a small saucepan, off the heat, combine the wine, the juice from the lemon and orange, 1 of the squeezed orange quarters, the maple sugar, vanilla, cinnamon stick, and star anise

Step 2: Add the pears and bring to a boil. Reduce heat and simmer, uncovered, turning the pears occasionally, until they're easily pierced with the tip of a knife, about 25 minutes. Using a slotted spoon, transfer the pears to individual plates.

Step 3: Remove and discard the orange quarter and spices. Return the liquid to a simmer and cook until syrupy and reduced by two-thirds, about 15 minutes, depending on size of pan. Spoon the sauce over the pears.

### HEALTHY BYTES BY THE NUMBERS

15%

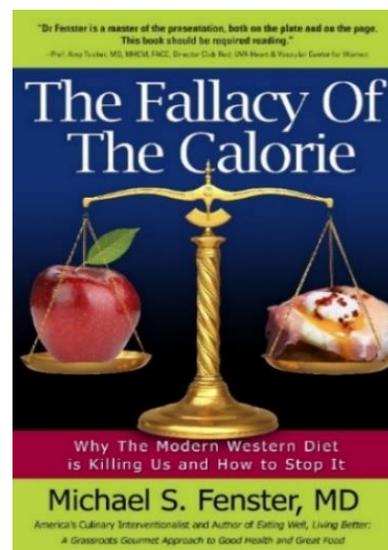
The amount of broccoli added to the diet to increase the health of the gut microbiome (-1.75 cups of certain cultivars)

5%

The equivalent amount of Brussel sprouts for the same effect (-2/3 of a cup)

Troy D. Hubbard, Iain A. Murray, Robert G. Nichols, Kaitlyn Cassel, Michael Podolsky, Guray Kuzu, Yuan Tian, Phillip Smith, Mary J. Kennett, Andrew D. Patterson, Gary H. Perdew. Dietary broccoli impacts microbial community structure and attenuates chemically induced colitis in mice in an Ah receptor dependent manner. *Journal of Functional Foods*, 2017; 37: 685 DOI: 10.1016/j.jff.2017.08.038

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](#).

Don't miss a new show every Wednesday at 7am Eastern on [RadioMD.com](#) or catch the podcasts on [iTunes](#) or [heartradio.com!](#)