



OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: TOP CHEF PART 2

Gold Awards and Top Chef-Keene Style Part 2

“If you want to become a great chef, you have to work with great chefs.”
-Gordon Ramsay

The dates are getting closer!

To pump you up for the special Wednesday evening (November 15th) book dinner at Luca’s Mediterranean Café in beautiful downtown Keene, New Hampshire; check out Dr. Mike Cooks!

My pilot cooking series hosted on Healthination.com just won a Gold Davey award for the best On-Line Video/Film in the highly competitive Health & Fitness Category! You can view the videos here: [Dr. Mike Cooks](#)

We will be discussing-and eating-Ancient Eats of the Mediterranean and each attendee will get a signed copy of the book, *Ancient Eats!*



Veal Chop Valdostano (recipe page 2)

The next evening I will be the guest judge at the annual charity event; Top Chef-Keene.

There will be a host of activities in and around Kitchen Stadium that evening. Plan to be a part as The Doctors battle The Nurses for culinary bragging rights!

Why not attend both events and then complete the long weekend enjoying the beauty of a New England fall!

Both Chef Luca and I look forward to seeing you there, don't miss these events!

For info & tickets call: 603.358.3335!

The Ancient Eats Menu!



Presents
The Chef Cookbook Dinner Series
Featuring Michael Fenster
6 PM Wednesday November 15th, 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 Myzithras
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



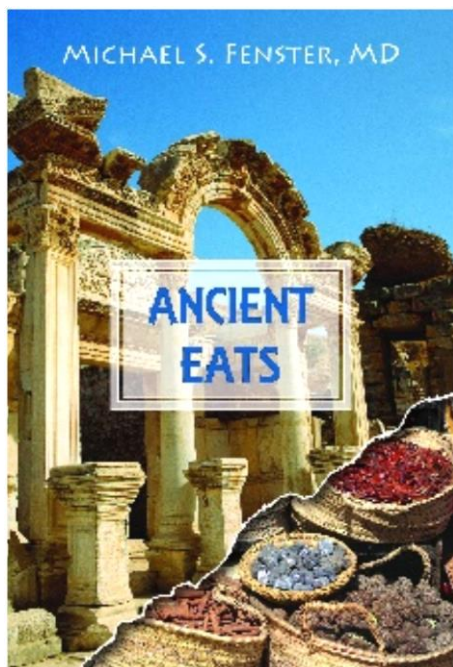
\$50.00 per person
Call to get your ticket for the Dinner
603-358-3335

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



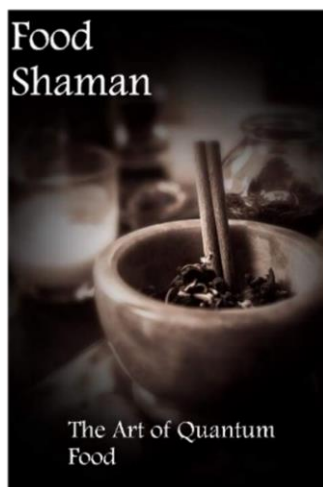
(Recipe on page 2)

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!

Veal Chop Valdostano (Continued from Page 1)



Veal Chop Valdostano

Presented by Chef Luca Paris

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

Ingredients:

- 4 oz. Fontina cheese
- 4 large, thin slices prosciutto
- 4 baby white veal chops, 12 oz. each including bone
- 1/2 cup flour
- 1/4 tsp. salt
- 1/8 tsp. white pepper
- 1/3 cup olive oil
- 6 oz. butter
- 1 tsp. chopped garlic
- 1 Tbs. chopped onions
- 1/2 cup dry white wine
- 8 oz. exotic mushrooms (porcini, shiitake, or Portobello, to name a few examples), sliced 1/4 inch thick

Directions: Preheat the oven to 400 degrees.

1. Cut the Fontina cheese into four thick, narrow, long slices. Place Cheese on each chop and wrap the prosciutto around the cheese.
2. Mix the salt and white pepper into the flour, and sprinkle this on the veal chops. (Don't dredge.)
3. Heat the olive oil very hot in a large skillet. Brown the chops, two at a time, to a medium-dark, crusty brown on both sides. Remove the chops and repeat with the second two.
4. Put all four chops onto a roasting pan and into the oven at 450 degrees. Roast the chops for 12-15 minutes, until top is brown and crusty and the cheese is oozing out the sides a little.
5. After cooking all chops, pour the excess oil from the skillet, leaving only a film. Return to medium heat and add the butter, onions, and garlic, and cook until the onions are clear.
7. Add the white wine and bring to a boil, whisking the bottom of the pan to dissolve the pan juices. Reduce the wine by about half, then add the mushrooms and cook until they're soft.
8. Whisk in the whipping cream and bring to a light boil. Lower the heat to a simmer and cook for two or three more minutes to a light sauce consistency. Add salt and pepper to taste.

9. Nap the veal chops with the sauce and lots of the mushrooms.

HEALTHY BYTES BY THE NUMBERS

23%

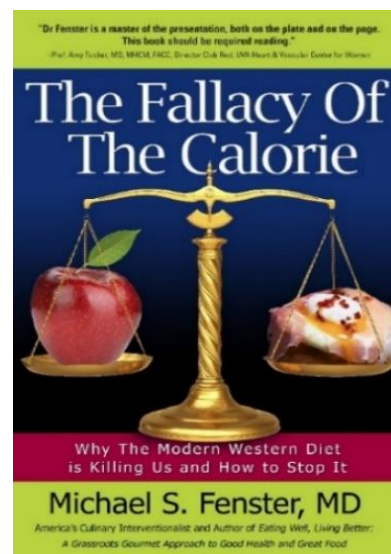
The amount of sodium reduced from daily intake when people added spice to their diet

6%

The reduction in systolic blood pressure in those consuming more spicy foods

Qiang Li, Yuanting Cui, Rongbing Jin, Hongmei Lang, Hao Yu, Fang Sun, Chengkang He, Tianyi Ma, Yingsha Li, Xunmei Zhou, Daoyan Liu, Hongbo Jia, Xiaowei Chen, Zhiming Zhu. Enjoyment of Spicy Flavor Enhances Central Salty-Taste Perception and Reduces Salt Intake and Blood Pressure *Journal of Hypertension*, 2017; <https://doi.org/10.1161/HYPERTENSIONAHA.117.099508>

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 [iheartradio.com!](#)