



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: CULINARY CPR: PORK
SHANKS

Procuring The Unconventional:

A Strike Against Boss Hog



*"A dog's got
personality.
Personality goes a long way."*

-Jules Winnfield; Pulp Fiction (1994)

Conventional can be defined as that "which is concerned with what is generally held to be acceptable at the expense of individuality and sincerity; based on or in accordance with what is generally done or believed."

Throughout the history of human kind, including the recountable past, there have been those among us that assert that theirs is the conventional wisdom. Some go further and proclaim that they

themselves set or define the very convention itself. This ill, conceited notion of superiority causes both caste and castigation among the different groups which necessarily comprise any society. The geometry of such an approach is inevitably a pyramid that has a single clique that sits upon its pinnacle.



*Check out this week's recipe
featured on Culinary CPR
with Dr. Mike and Chef Luca
Paris on page 2*

The past has exposed the folly of such an approach time after time; the horrors and atrocities committed in the fanatical, single, and simple minded approach to perfecting a master race still reside within generational telling. If the dangers and logic against such a pursuit are as unassailable as we declare them to be; why do we allow it to craft our menus and dictate our diets?

Red meat is unfairly maligned as a uniformly unhealthful choice. Yet, the term red meat consists of a diverse group of protein sources: beef, lamb, bison, goat, and any number of wild game sources such as deer, elk, and moose. Pork can intermittently be found included in these studies that seek to explore the health ramifications of such comestibles in the diet.

As the most commonly eaten meat on the planet, pork accounts for approximately 40% of all such protein consumed worldwide and therefore deserves significant consideration. Careful and thoughtful contemplation of the risks and benefits of the many different choices available should be the de rigueur of the day. Yet our porcine predilections are driven by forces that favor profit over palate. Once again, the engines of eatery that supply the modern Western diet offer us up a singularly industrially manufactured adulteration of the original and seek to persuade us that this is convention. They proclaim that this singularity is our only choice.

IT'S A CODE DELICIOUS!



This week on Code Delicious: Chef Luca Paris shares his Apple Cider Braised Pork Shanks. Check out the recipe below.



Add apple cider and broth; bring to a gentle boil. Return shanks to casserole. Tuck the meat into the liquid so that they're mostly submerged. Cover shanks with the vegetables. Simmer for 2 hours with lid on or until the meat is very tender. Uncover casserole; remove shanks. Simmer until liquid is reduced to 2 cups of sauce. Strain sauce to discard cinnamon stick, bay leaves and thyme stems.

Serve shanks with sauce and roasted vegetables

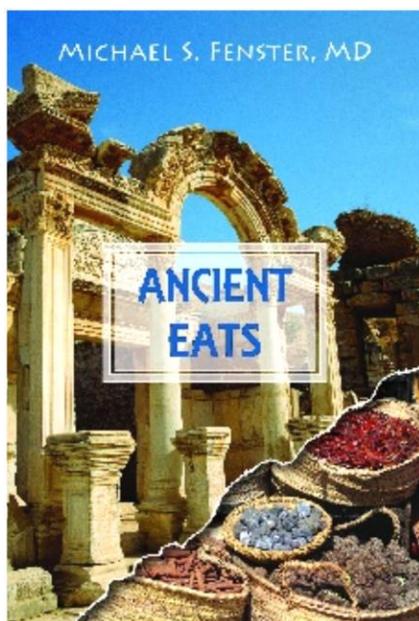
HEALTHY BYTES BY THE NUMBERS

22%

The percent increase in omega-3 PUFAs in organic, pastured meat versus conventional production

40%

The decrease in overall saturated fat in organically raised pork versus conventional
Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, The Fallacy of The Calorie!



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: [AE Amazon Link](#)



Another braised pork; pork belly

Apple Cider Braised Pork Shanks by Chef Luca Paris

Servings: 6

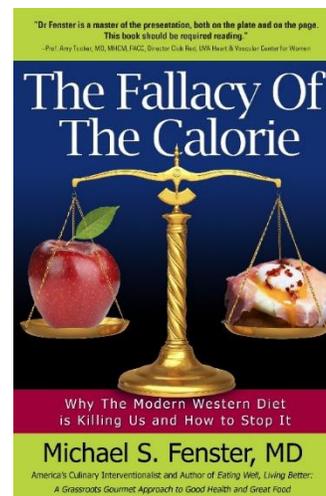
Ingredients

- 2 oz. canola oil
- 6 pork leg shanks, about 1 pound each
- Salt to taste
- Pepper to taste
- ½ lb. smoked slab bacon sliced thick
- 1 stick cinnamon
- 1 medium onion, roughly chopped
- 2 bay leaves
- 2 thyme sprigs
- 6 garlic cloves, peeled; crushed
- 3 cups apple cider
- 3 cups chicken broth
- 1 large carrot, peeled; 1-inch sliced
- 2 celery ribs, cut into 2-inch pieces

Directions:

In a deep heavy casserole, heat oil until shimmering. Season pork shanks liberally with salt and pepper. Cook shanks over medium-high heat until browned all over, for about 10 minutes. Remove from pot.

Add Slab Bacon to pot and sear till golden brown. Add cinnamon stick, onion, bay leaves, thyme and garlic, one at a time, waiting 30 seconds before adding each in the order listed.



Pick up your copy of the critically acclaimed book at Amazon.com.