



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: PAN SEARED SNAPPER

Red Snapper

***“Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.”
~ Maimonides***

These days few of us procure our own seafood. In our modern world, it seems more appropriate to talk about teaching a person to *source properly*. If we can do that, we can feed them for a lifetime (and that lifetime will be more delicious, healthier and longer than simply receiving the drive-thru fried fish patty). If you have never seen a live fish or worked fresh fillets; fish are not square.

Considering that in terms of restaurant fraud and purposeful mislabeling, red snapper is the most substituted fish; it is a great place to start.

Red snapper is one of a number of different snapper species in US waters. Substitution is often with other species, such as mutton snapper or silk snapper. Real red snapper has bright red skin, and light-colored flesh. Because red snapper.



It is not what is known as a fatty fish like salmon and tuna, and therefore not quite as rich in omega-3 polyunsaturated fatty acids.

With that being said, red snapper does remain a good source for these healthful and flavorful compounds. In a 100g serving there are 0.31 grams of omega-3 fatty acids. This concentration of omega-3 fatty acids is roughly equal to the amount provided by a 3-ounce serving of shrimp, catfish, crabs or scallops.

As a lean source of protein, red snapper is also rich in selenium, vitamin A, and

potassium; all nutrients critical to good health.



**Pan Seared Red Snapper
With Parsnip & Spinach Puree
By Chef Luca Paris**

Ingredients:

Snapper fillets

- 6-ounce snapper fillets
- Salt and ground black pepper
- 3 tablespoons olive oil
- 2 tablespoons unsalted butter
- 2 sprigs fresh thyme, tarragon, chives or another herb
- 1 tablespoon chopped flat-leaf parsley, optional

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Pan seared snapper (continued from Page 1)

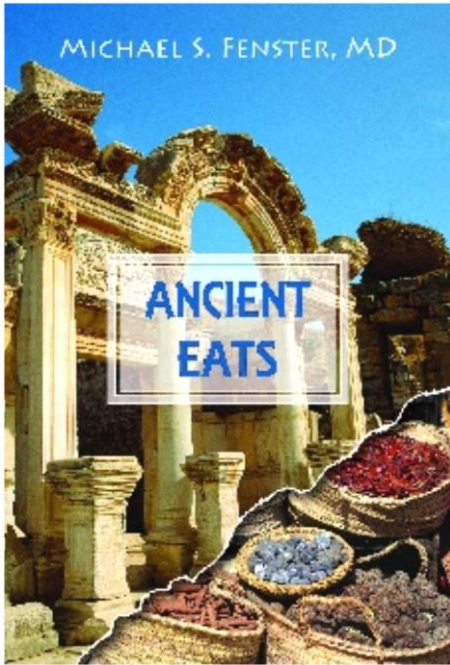
Parsnip Spinach Purée

Ingredients

- 1 pound parsnips, peeled, thinly sliced
- 1 lb. fresh baby Spinach
- 2 garlic cloves, thinly sliced
- ½ cup heavy cream
- ½ cup whole milk
- 2 tablespoons unsalted butter
- Kosher salt

Puree:

Bring parsnips, garlic, cream, milk, and butter to a boil in a medium saucepan. Reduce heat, cover, and simmer until parsnips are very soft, 10–15 minutes. Uncover, add spinach and cook until liquid is reduced by half, about 5 minutes; season with salt. Purée in a blender until smooth.



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Directions:

Fillets:

Pat fillets dry with a paper towel. Season on both sides with salt and pepper.

Heat a heavy 10-inch nonstick or cast-iron skillet over high heat. When the pan is hot, add the oil. Place the fillets in the pan, skin side down, laying them down away from your body. Press down gently with a spatula for about 20 seconds to prevent curling.

Lower heat to medium and let sizzle until fish is golden and caramelized around edges, about 2 to 3 minutes. Carefully flip fillets and add butter and thyme to pan. Tilt pan slightly to let the melted butter pool at one end. Use a spoon to baste the fish with the pooled butter. Continue basting until golden all over and cooked through, 45 to 90 seconds more, depending on the thickness of your fish. Serve immediately with chopped parsley.

HEALTHY BYTES BY THE NUMBERS

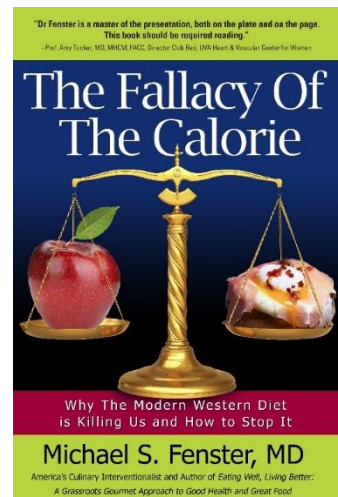
70%

The RDA of selenium found in just one 100gram serving of Red Snapper

40%

The percent decrease in death from CVD seen in men consuming at least 35g of fish per day
Kris-Etherton, P. M., Harris, W. S., Appel, L. J., & committee, N. (2002). Fish Consumption, Fish Oil, Omega-3 Fatty Acids, and Cardiovascular Disease. *Circulation*, 106:2747-2757.

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