



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: THE BIG O: ORGANICS

Salty Language

This week found salt back in the news (follow the link [here](#))! As I have written about extensively over the last several years, the evidence for dietary sodium reduction and health benefit is so weak as to be nonexistent.

Yet, for political and monetary reasons the anti-salt campaign of misinformation continues to march on. Governmental



recommendations, professional organizations like the American Heart Association backed with the likes of over \$600 million earmarked for such programs as The Million Hearts Initiative, and others continue to push us into misguided and potentially detrimental territory.

An article published in the *International Journal of Epidemiology* performed by Columbia University's Mailman School of Public Health found once again that contrary to public portrayal by many so-called experts and policy pushers, the data reveals a

conundrum of consternation. Low salt, no salt and salt alternatives are a costly scam. This week we will chat with some folks to unearth the truth-the dietary sodium connection lies in the processed foods that make up over 75% of daily dietary intake; not from properly seasoned fresh foods! Ever wonder about standardized and iodized table salt versus "natural" salts or sea salts? What about "finishing salts"? All the information worth its salt will pour out this week!

Culinary CPR!

This week Chef Luca and Dr. Mike will create and share a dish



with an exotic, Asian flavor profile; Chicken Thigh "Satay" with Peanut Sauce!

This recipe is a versatile, simple yet sensuous

pairing of poultry, produce and peanuts.

Only STAPH members get the recipe and the healthful insights in The Diagnosis found in each issue! This item is a perfect topping for Pad Thai noodles, lettuce wraps or Vietnamese style spring rolls. Check out page 4 for all the tasty bits!

EPIC TIMES

Read the latest of Dr. Mike's monthly Epic Times columns; just follow the link below

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[Epic Times](#)



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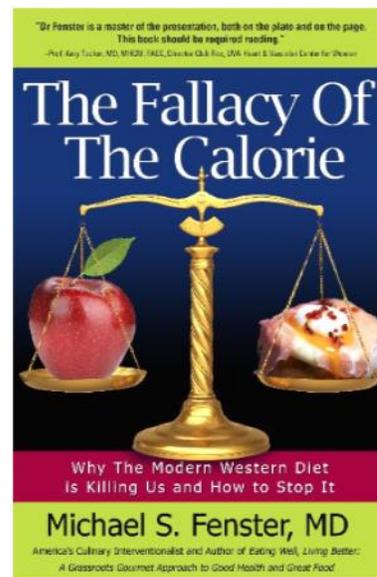
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Call in during Code Delicious with Dr. Mike every Wednesday 2 to 3 pm Eastern with questions or comments. Better yet, Tweet us @WCWD!

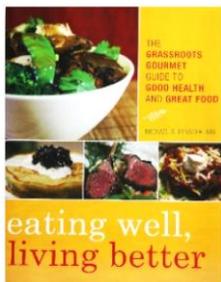


The Fallacy of The Calorie

If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

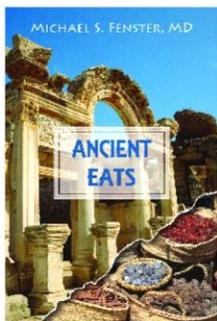
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HEALTHY BYTES BY THE NUMBERS

56%

The percentage increase of healthful omega 3-type PUFAs in organic versus conventional milk

47%

The percentage increase of healthful omega 3-type PUFAs in organic versus conventional meat



Data continues to accumulate that the METHOD of food production; organic versus industrial, can have a huge impact on both flavor and function. Significant nutritional differences are demonstrated in recent analyses between organic meats and milk versus conventional.

PSYCHOLOGY TODAY

Read all of Dr. Mike's monthly columns in Psychology Today; just follow the link below

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[Psychology Today Column](#)

Less than a decade ago, all the expert consensus was a condescending "No" to the Big "O". I am, of course, talking about organics here.

There was no evidence of any type of nutritional benefit, they claimed. And while there were demonstrable lower levels of pesticides and other compounds, both conventionally produced and organic products fell well within the governmentally determined safe limits, they shrugged. Finally, to add insult to injury; the conventional wisdom thumbed its nose at

The Big "O"

(Srednicka-Tober, D., et al. (2016). Composition difference between organic and conventional meat: a systematic literature review and meta-analysis. *British Journal of Nutrition*, 115: 994-1011.;

Srednicka-Tober, D., et al (2016). Higher PUFA and n-3 PUFA, conjugated linoleic acid, alpha tocopherol and iron, but lower iodine and selenium concentrations in organic milk: a systematic literature review and meta analysis. *British Journal of Nutrition*, 115: 1043-1060.)

the prospect that there could be any improvement in taste – certainly not one to justify the price differential.

Enter two very well done meta-analyses. One examined the existing data regarding organic versus conventional milk. What they found was a very significant and superior nutritional profile in organically produced milk. The benefits extended into the composition, types and percentages of certain fats. This is important because any benefit found in the milk fats should logically extend to those products that are rich in or produced from milk fats; cream, butter and cheese.

The other study examined the difference in roughly 70 studies that compared the difference between industrially produced and processed meats (beef, pork, lamb, goat, and poultry) and those organically raised. Once again, there was a significant difference in the amount and type of saturated fatty acids and more importantly a huge difference in the composition, content and percentage of polyunsaturated fatty acids. Specifically, there was a 47% increase in the omega-3 type fatty acids. This gives organically produced meats a fat profile that is more akin to that found in fish and seafood and a potent reason for its recommendation to be included as part of a healthful dietary approach.

Read the complete story in my monthly *Epic Times* column [here](#).

Culinary CPR!

Lettuce Chicken Thigh Wrap “Satay” with Peanut Sauce

By Chef Luca Paris

MARINATED GRILLED CHICKEN THIGHS

- 1 cup plain Greek yogurt
- 1 teaspoon freshly grated ginger
- 1 teaspoon minced garlic
- 1 teaspoon cumin
- 1 teaspoon dark chili powder
- 1-2 pounds chicken strips cut from chicken thighs boneless and skinless
- ¼ cup peanut oil, for grilling
- 2 dozen butter Bibb lettuce leaves
- ¼ cup fresh cilantro leaves

Directions:

In a mixing bowl whisk together the yogurt, ginger, garlic, and cumin & chili powder. In a plastic re-sealable bag add the chicken strips and the marinade and making sure they are covered totally. Seal the bag and let the chicken marinate in the refrigerator for up to 2 hours. Place a grill pan over medium heat and brush it with oil to prevent the meat from sticking. Grill the chicken for 3 to 5 minutes on each side, until nicely seared and cooked through. Serve the chicken on a platter with lettuce leaves and cilantro; accompanied by a small bowl of peanut sauce on the side. Entice your guests to use the lettuce leaves as wraps adding chicken, the peanut butter sauce and cilantro leaves or cilantro oil to the wrap.

PEANUT SAUCE

- ¾ cup fresh peanut butter
- ¼ cup soy sauce
- 2 teaspoons Red Chili & Garlic Sauce
- ¼ teaspoon Sriracha Chili Sauce (more according to your desired heat level)
- 2 tablespoons dark brown sugar
- 2 limes, juiced
- ½ cup hot water

- ¼ cup chopped fresh cilantro or cilantro oil (check out recipe below)

Combine the peanut butter, soy sauce, red chili & garlic sauce, Sriracha, brown sugar, and lime juice and hot water in a blender. Puree until it is smooth. Pour the sauce into a nice serving bowl and garnish with the chopped cilantro or drizzle cilantro oil. Serve with chicken wraps. The peanut butter sauce can be used with Pad Thai noodles as well.

CILANTRO OIL

- 1 bunch cilantro
- 1 cup extra virgin olive oil
- salt and white pepper

Prepare a small pot of water boiling on the stove. “Blanch” the cilantro by adding it to the boiling water for about 10 seconds, making sure the leaves are in the water the whole time.

“Shock” the cilantro by removing it from the boiling water and adding it to an ice and water bath. Drain the cilantro and pat dry. In a blender add your cilantro, salt, white pepper and extra virgin olive oil. Blend until it is smooth on medium speed for about 2 to 3 minutes. Store this mixture overnight in your refrigerator so the herb pieces that weren’t fully pureed can settle and still add flavor overnight.

The next day filter the oil through a coffee filter or cheesecloth and store in the refrigerator until needed.

NOTE: When using extra virgin olive oil you will find that it thickens when refrigerated. Allow the cilantro oil to come to room temperature and it will regain its regular viscosity. This and other herb oils will keep up to two weeks without losing too much of its color and flavor. You can use this same method for numerous herb oils!



The Diagnosis: This recipe has a number of places where the quality of the components can make all the difference between a healthful dish – or not! The choice of a Greek yogurt made from organic versus nonorganic milk can have a significant impact in terms of the amount of healthy omega-3 polyunsaturated fatty acids (PUFAs). Choosing the yogurt with live active cultures makes this a living food and incorporates the flavors and healthful properties increasingly being recognized by the consumption of fermented food products.

Adding any number of fresh, organic vegetables to the chicken provides much-needed vitamins, minerals, nutrients and soluble dietary fiber; as well as great texture and flavor. This soluble fiber serves as a prebiotic; necessary fodder for our intestinal minions if we are to reap the benefits of a healthy gut microbiome. Some recent studies have suggested that a serving of organic fruits and vegetables is the equivalent of two servings of conventional produce.

Likewise, the choice of an organic chicken can result in not only a more scrumptious, but a more salubrious bird, as well. Organic poultry, according to a recently published meta-analysis in the *British Journal of Nutrition*, is significantly lower in mono-unsaturated and saturated fatty acids such as myristic and palmitic acid.

Organically raised chickens were significantly higher in polyunsaturated fatty acids. Specifically, there were increased amounts of the omega-3 type polyunsaturated fatty acids.

These chickens have a fat profile that is very similar to that found in fish and seafood. The character, composition, quality and quantity of the different types of fats found in fish like salmon is believed to be a major reason for the health benefits associated with the diet that is rich with these ingredients.

In fact, the classic Thai flavor profiles; salty, sour, sweet and heat are just as delicious on a grilled salmon or grouper filet as they are on the chicken. The use of lettuce wraps or rice Pad Thai noodles also improves the nutritional profile by avoiding the issues associated with the consumption of modern wheat.

Each component of the dish; the marinade, the peanut sauce, and the cilantro oil are building blocks that can be successfully utilized in any number of other dishes.

GRAND ROUNDS



The Mistress

Dr. Mike cavorting with the Mistress of Mayhem at the Fontainebleau in South Beach Miami



There should be a Capt. in there...

Dr. Mike with Nate from Boyz II Men backstage during a Halloween taping of a segment of The Daily Buzz



Ocean Models

Hamming it up in the kitchen after taping an episode on Ocean Models; teaching top fashion models how to cook and make chocolate molten cakes! Oh, the devil's in more than the chocolate!

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