



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: PARM

Parma

"It was all downhill from there. Eventually, the boneless chicken breast replaced the chicken breast as America's favorite tasteless meat product, and then boneless skinless chicken breast, and somewhere in between the birth of my ultimate nemesis: The Chicken Patty. How things went quite so far downhill that the patty found its way into ANY Italian food is beyond me, but I can assure you this dish isn't what anyone back in Italy had in mind when they sent Vito through Ellis Island with an eggplant recipe ~ Gordon Vivace, No, That's Not Tiramisu: A Discussion of Italian Cooking Principles and Keeping Tradition Alive in the Contemporary Kitchen.

This week on Code Delicious Chef Luca and I discuss an all-time classic; Parma (chicken, eggplant, or veal). This dish is so iconic we had to do a two-part



Chicken Parm...you taste so good....

episode, but we are giving you the entire recipe here in week one!

Here is Chef Luca's recipe for a guaranteed Code Delicious:

EGGPLANT PARMIGIANA

Presented by Chef Luca Paris,
Co-Owner & Executive Chef
Luca's Mediterranean Café

Ingredients:

For the marinara:

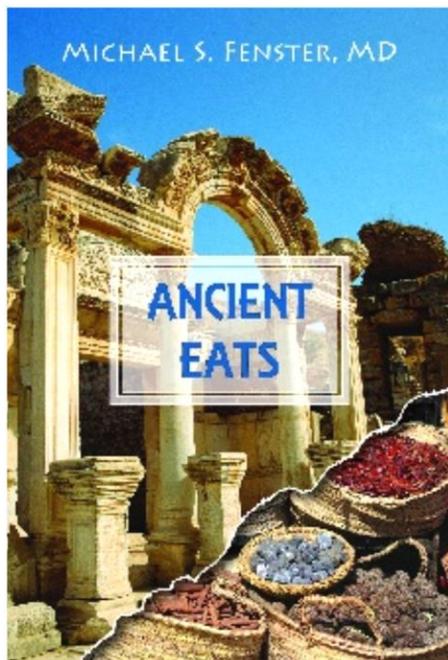
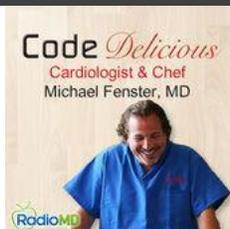
- Use your favorite Marinara Recipe; we will do a show on ours soon!!!!

For the eggplant cutlets:

- 2 large, firm eggplant; peel & trim sides from top and bottom then slice into long thin planks 1/4-to 1/2-inch thick
- Salt
- all-purpose flour
- Pepper
- 6 large eggs
- 4 cups breadcrumbs
- 2 cups freshly grated Parmigiano-Reggiano cheese
- A small handful flat leaf parsley, finely chopped
- 1 tablespoon granulated garlic,
- Safflower and/or olive oil, for frying
- 1 pound fresh mozzarella, thinly sliced

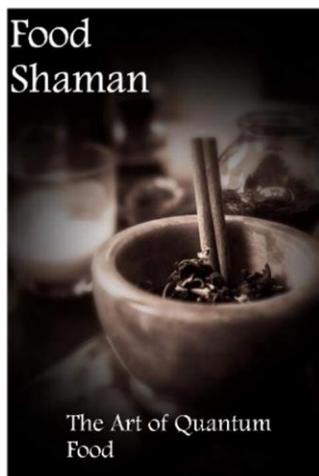
(continued on page 2)

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* coming soon!

Parma
(continued from Page 1)



The ultimate Parma (Here chicken, but you can use eggplant (as in recipe) or veal) with fresh from scratch red sauce, home-made mozzarella, and fresh herbs. Mange!

Set up breading station with three dishes: in one, place the flour seasoned with salt and pepper, in the second, beat the eggs and season with salt and pepper and in the last, mix the breadcrumbs with grated cheese, parsley, and garlic.

Place a very large skillet on the stove and pour in 1/4 inch of oil; preheat over medium to medium-high heat. Set a wire rack on a rimmed baking sheet and place it next to the frying pan.

Bread 3 to 4 planks of eggplant at a time first in flour, shaking off excess, then the eggs, draining off any excess and lastly in the breadcrumbs, pressing the coating onto planks.

Fry eggplant in batches until deep golden and crisp; drain on wire rack.

Preheat broiler to high.

Build eggplant parm on a broiler-proof pan or baking sheet and transfer to dinner platters or use a broiler-proof sizzler pan.

Shingle 2 to 3 planks of eggplant cutlets on the pan and top with marinara, sliced mozzarella and a sprinkle of parm. Broil to brown and bubble the cheese.

HEALTHY BYTES BY THE NUMBERS

14%

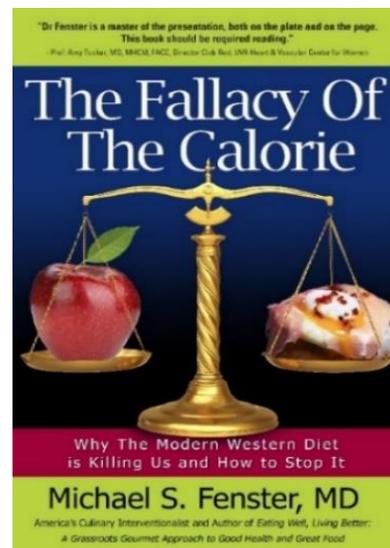
The decrease in early mortality associated with the consumption of a high saturated fat diet (13.2%) over a low saturated fat diet (2.8%).

23%

The reduction in early mortality when consuming a high-fat diet (over 35% of daily total energy derived from fat) compared to a low-fat (approximately 10% of daily total energy derived from fat) approach

Mahshid Dehghan, Andrew Mente, Xiaoho Zhang, et.al. Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from five continents (PURE): a prospective cohort study. Lancet. 2017. [http://dx.doi.org/10.1016/S0140-6736\(17\)32252-3](http://dx.doi.org/10.1016/S0140-6736(17)32252-3)

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.