



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: PARM PART 2

Parma Part Deux

"That's the spring cheese." Sal was cracking the next wheel, which was stamped with an autumn date...

"It's like a different cheese....It tastes like hay!"

"Yes!" Sal was openly delighted. "I knew you were going to be able to taste how different this cheese is! Most Americans don't even notice, but that cheese is so different that, back in the old days, it was sold under a different name. The Parmesan made from December to March, when the cows were in the barn, was called 'invernengo'- winter cheese- because the flavor is so distinct."

— Ruth Reichl, *Delicious!*

This week on Code Delicious with Dr. Mike we continue Culinary CPR, Parmigiana Part 2 with Chef Luca Paris. Chef continues to share his secrets to this Italian classic, including topics like different cheese toppings. Buffalo versus Cow milk mozzarella, to add or not add



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

Parmigiana, sauces and herbs are all discussed.

Thinking about subbing out authentic mozzarella for some no-fat or skim cheese in a (misguided!!) attempt to make the dish healthy? Then read on and see how a recently published trial (September, 2017 in 3 articles in *The Lancet*) backhands the recent AHA recommendations to avoid saturated fats like coconut oil. The article concludes with a link to the full discourse published in [Psychology Today](#). Read, share, and read again!!

EGGPLANT PARMIGIANA (in case you missed the recipe last week)

Ingredients:

For the marinara:

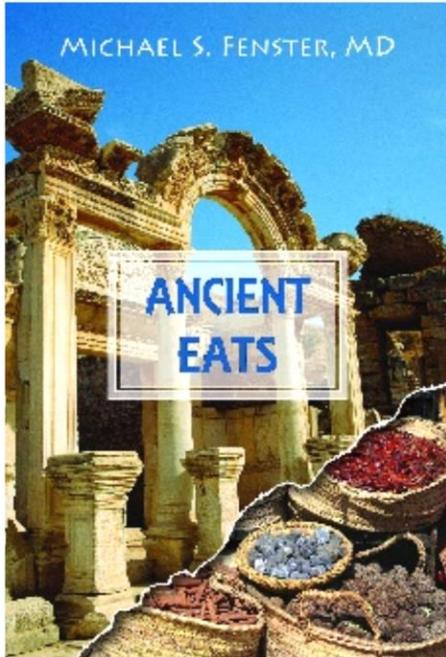
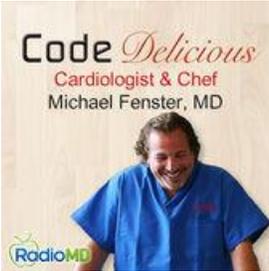
- Use your favorite Marinara Recipe; we will do a show on ours soon!!!!

For the eggplant cutlets:

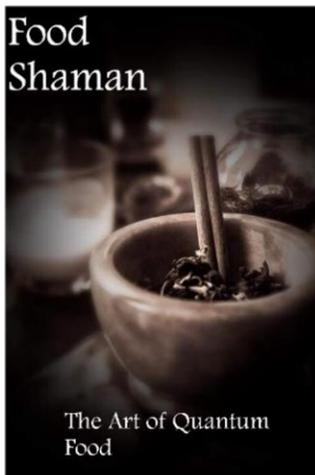
- 2 large, firm eggplant; peel & trim sides from top and bottom then slice into long thin planks 1/4-to 1/2-inch thick
- Salt
- all-purpose flour
- Pepper
- 6 large eggs
- 4 cups breadcrumbs
- 2 cups freshly grated Parmigiano-Reggiano cheese
- A small handful flat leaf parsley, finely chopped
- 1 tablespoon 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 I: 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

20%

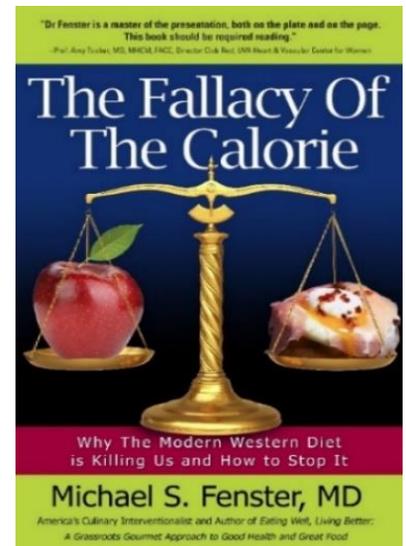
The decrease in stroke risk associated with the replacement of a high carbohydrate diet with a high saturated fat diet.

13%

The percentage of saturated fat in the high-fat diet that demonstrated a reduction in early mortality, stroke. This was achieved with no increased risk of MI (heart attack) or increase in any kind of cardiovascular (CVD) mortality.

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.