



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: CONFIT

Confit-ti

*"I love heating duck confit, saucisson de canard, confit gizzards, saucisson de Toulouse, poitrine and duck fat with those wonderful Tarbais beans, spooning it into an earthenware crock and sprinkling it with breadcrumbs."
-Anthony Bourdain*

Confit.

So mysterious, so desirable. We read it on the chalkboards of high end restaurants and the ultra-hip gastro pubs. We watch the celebrity chefs reduced to drooling, quivering Pavlovian idiots at its mere mention.

But what the heck is it?

This week on *Code Delicious with Dr. Mike: Culinary CPR*, my kitchen compatriot Chef Luca Paris and I decipher and decode confit.

Confit is a French culinary term which means something cooked in its own fat,



Confit is versatile in a number of dishes like this Rosti topped with duck confit, spinach & mushrooms

usually this refers to duck which is slow roasted for hours until the tender thighs literally fall off the bone; juicy, flavorful and succulent.

It likely originated as one of the oldest methods to successfully preserve food, particularly meats. Cooking the meat low and slow submerged in its own fat is

an economical use of precious resources; as all forms of meat were back in the day.

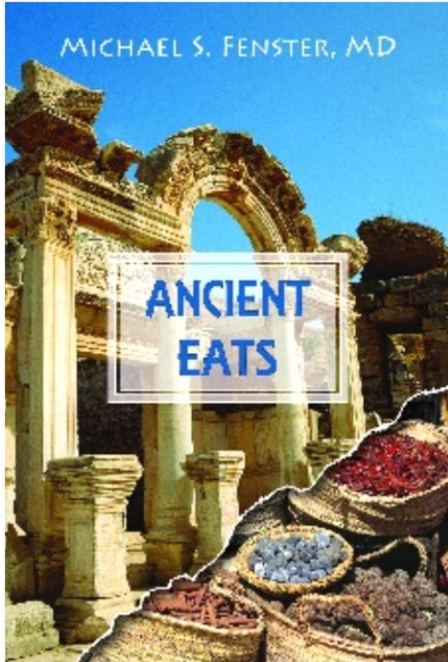
Interestingly, it may also be one of the most healthful as well (for details pick up a copy of [Ancient Eats](#)). By using such a preparatory method, the "tougher" bits like the collagen found in joints and connective tissue is incorporated into the dish.



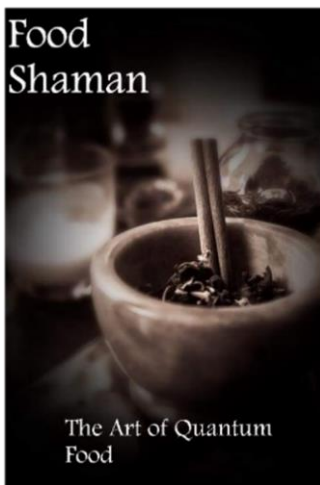
This week Chef Luca & Dr. Mike are back in action. Tune in to Culinary CPR this week and join us to revel as the confit-ti flies; melted nirvana in every bite!

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CHANGES COMING IN 2018!!!



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* (Post Hill Press) coming June 12th, 2018!

Confit (Continued from Page 1)



Cassoulet, that classic French wintertime culinary celebration loaded with confit, is the dish of which Chefs like Bourdain speaks so highly.

Studies on ancient and contemporary societies in which the inhabitants are healthier, compared to those consuming the modern Western diet, all of some version of *confit*. Variations on *confit* type methods can be seen in the rage and claims for consuming "bone broth".

Bone broths are like stock, using a water base as opposed to the animal's native fat to render the proteins. However, by using the fat, one can then seal the meat in a jar with a "fat cap". This allows storage without refrigeration for long periods as the cooked meat is isolated from contact with the air and external environment; negating effects of spoilage and oxidation.

Obviously, as comestibles without fat that they can be cooked in; vegetables and fruits cannot technically be prepared by the *confit* method. However, in general parlance this usually refers to vegetables slow cooked or roasted in a fat like olive oil.

For fruits, it generally involves preserving using sugar or simple syrups.

It is well worth giving this method a try, especially the next time you're preparing duck or even a simple chicken. *Bon Appetit!*

Get a head start on these positive lifestyle choices, delicious food and *The Art of Quantum Food* by checking these short videos out! You can view the videos here: [Dr. Mike Cooks](#)

HEALTHY BYTES BY THE NUMBERS

5%

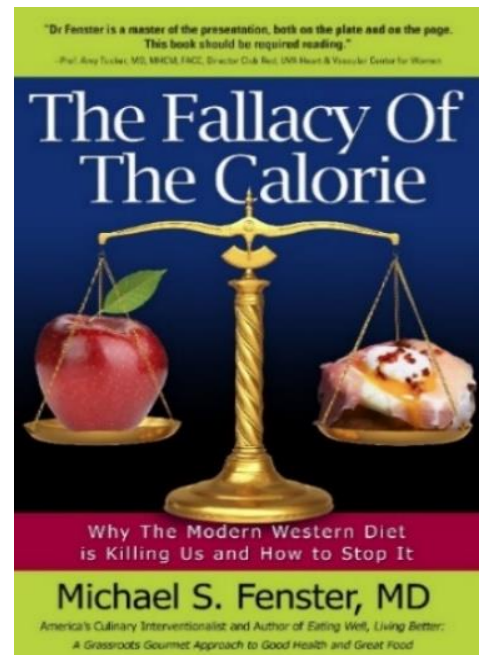
The decrease in systolic blood pressure seen after utilizing sauna therapy (30-minute sauna; statistically significant and equivalent to single agent hypertensive therapy with pharmacologics).

9%

The decrease seen in diastolic blood pressure in the same study (also statistically significant).

Laukkanen, Tanjaniina *et al.* Acute effects of sauna bathing on cardiovascular function *Journal of Human Hypertension* (2017)
doi:10.1038/s41371-017-0008-z

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.

Don't miss a new show every Wednesday at 7am Eastern on [ChefDrMike.com](#) or catch the podcasts on [iTunes](#) or [iheartradio.com!](#)