



# STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: VALDOSTA CHOP

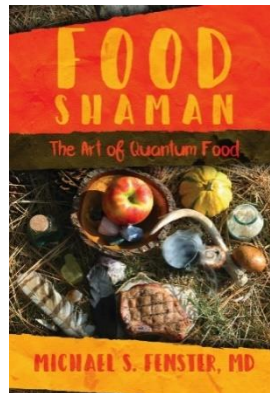
## JOURNEYS INTO QUANTUM FOOD

*"Recent data including many individual studies and meta-analyses support a strong negative health effect that seems to correlate solely with processed meats, including low-fat deli meats....  
Newsflash: not all meat is the same."*

*~Chef Dr. Mike, The Food Shaman*



*This week on Culinary CPR, Veal Valdosta!*



*The NEW groundbreaking book on The Food Experience available from Post Hill Press June 12<sup>th</sup>, 2018! Click to Pre-order!*

### Veal Chop Valdostano Presented by Chef Luca Paris

#### Ingredients:

- 4 oz. Fontina cheese
- 4 large, thin slices prosciutto
- 4 baby white veal chops, 12 oz. each including bone
- 1/2 cup flour
- 1/4 tsp. salt
- 1/8 tsp. white pepper
- 1/3 cup olive oil
- 6 oz. butter

- 1 tsp. chopped garlic
- 1 Tbs. chopped onions
- 1/2 cup dry white wine
- 8 oz. exotic mushrooms (porcini, shiitake, or Portobello, to name a few examples), sliced 1/4 inch thick.

#### Directions:

Preheat the oven to 400 degrees.

1. Cut the Fontina cheese into four thick, narrow, long slices. Place Cheese on each chop and wrap the prosciutto around the cheese.



*Culinary CPR with Chef Dr. Mike & Chef Luca Paris prove they have the chops! Try this recipe with veal, pork, or chicken breast!*

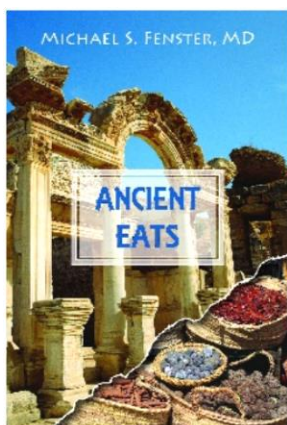
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THE NEW SHOW IS HERE!!!

### .LIFE CHANGING.

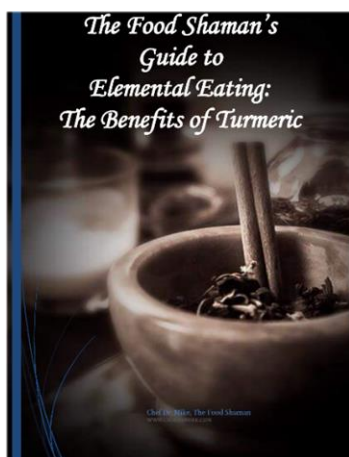


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



### Ancient Eats-Still Available!!

Order Dr. Mike's latest book, *Ancient Eats Volume 1: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)) before Foods Shaman hits the shelves



Only newsletter subscribers get the free monograph companions to *Food Shaman: The Art of Quantum Food*.

### Valdosta Chop (Continued from page 1)



Chicken version of the same

Directions (continued):

2. Mix the salt and white pepper into the flour, and sprinkle this on the veal chops. (Don't dredge.).
3. Heat the olive oil very hot in a large skillet. Brown the chops, two at a time, to a medium-dark, crusty brown on both sides. Remove the chops and repeat with the second two.
4. Put all four chops onto a roasting pan and into the oven at 450 degrees. Roast the chops for 12-15 minutes, until top is brown and crusty and the cheese is oozing out the sides a little.
5. After cooking all chops, pour the excess oil from the skillet, leaving only a film. Return to medium heat and add the butter, onions, and garlic, and cook until the onions are clear.
7. Add the white wine and bring to a boil, whisking the bottom of the pan to dissolve the pan juices. Reduce the wine by about half, then add the mushrooms and cook until they're soft.
8. Whisk in the whipping cream and bring to a light boil. Lower the heat to a simmer and cook for two or three more minutes to a light sauce consistency. Add salt and pepper to taste.
9. Nap the veal chops with the sauce and lots of the mushrooms.

You can view Doc's award winning cooking videos here: [Dr. Mike Cooks](#). Check out The Food Shaman's latest musings at [Psychology Today.com](#)

### HEALTHY BYTES BY THE NUMBERS

7%

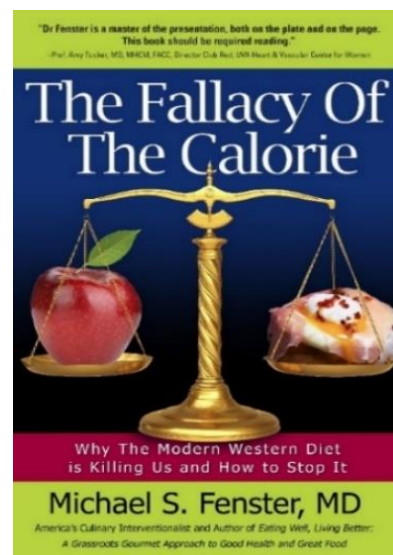
The percentage increase in bone mineral density of women consuming a Mediterranean dietary approach

5%

The percentage of higher lean mass index on women pursuing Mediterranean diet versus women with low compliance to a Mediterranean dietary approach

*Mediterranean Dietary Pattern is Positively Associated with Bone Mineral Density and Lean Mass in Postmenopausal Women: a Cross-Sectional Study.* *Thais Rasia Silva, Carolina C. Martins, Poli Mara Spritzer. Endo2018 National Meeting, Chicago 2018 Abstract Mon301*

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 [chefdr mike.com!](#)