



# STAPH Meal: Society To Always Procure Healthfully Newsletter

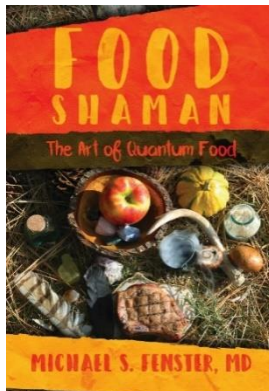
OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN  
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: NORTH ATLANTIC COD  
WITH TOMATO CAPER SALSA

## JOURNEYS INTO QUANTUM FOOD: Culinary CPR

*"We not only are what we eat; we eat what we are. And what we are is seasoned by our culture and society, as much as it is by internal drivers."*

*~ Food Shaman: The Art of Quantum Food (June, 2018)*



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

### Merluzo con Salsa di Pomodoro e Caperi (North Atlantic Cod with Tomato Caper Salsa)

*Ingredients:*

- cherry or grape tomatoes; 1 pint, halved
- capers; 2 tsp, rinsed and chopped
- fresh oregano; 1 Tbs., chopped
- balsamic vinegar; 1 tsp.
- shallots; 1 tsp., diced
- kalamata olives; ¼ cup, diced



*North Atlantic Cod with Tomato Caper Salsa*

- fresh parsley
- pepperoncini; ¼ cup, roasted and sliced
- kosher salt
- black pepper
- skinless northern cod fillet, 1 ½ to 2 lbs; cut into 4 even pieces
- all-purpose flour (organic); 1/3 cup
- extra-virgin olive oil; 4 Tbs.



*Culinary CPR with Chef Dr. Mike & Chef Luca Paris!*

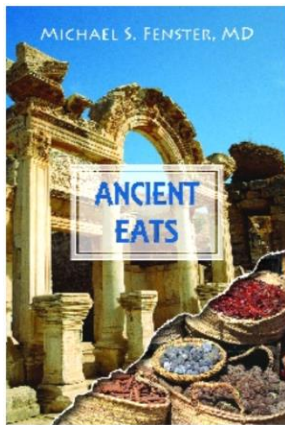
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THE NEW SHOW IS HERE  
COMING FALL 2018!!!

**.LIFE CHANGING.**

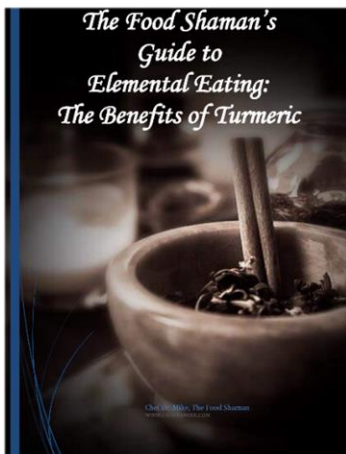


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



### Ancient Eats-Still Available!!

Order Dr. Mike's latest book, *Ancient Eats Volume I: 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.

## Merluzo con Salsa di Pomodoro e Caperi

(Continued from page 1)



*Cod is a versatile fish great for those still refining their fish cooking techniques*

### Directions:

In a medium bowl, mix the tomatoes, capers, pepperoncini, parsley oregano, vinegar, oil, olives, 1/2 tsp. salt, and 1/4 tsp. pepper.

This mixture can be made two or three hours in advance and must sit out at room temperature at least a half hour before using it as the sauce for the fish

Season the fish with 3/4 tsp. salt and 1/4 tsp. pepper and dredge it in the flour, shaking off the excess. Heat the oil in a 12-inch (preferably nonstick) ovenproof skillet over medium-high heat until shimmering hot.

Add the fish, evenly spaced, and cook without touching until it browns and releases easily from the pan (check by gently lifting one of the corners), about 3 minutes.

Flip the fish, add white wine and lemon juice to keep fish moist while it continues to cook, transfer to the oven till flaky.

Roast until the fish is just firm to the touch and opaque when you pry open a thicker piece with a paring knife, 3 to 6 minutes.

Let the fish rest for a couple of minutes and then serve with the tomato mixture spooned over it. Serve with flavored cous-cous and baby arugula salad.

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

~30%

The cardiovascular risk reduction switching from the modern Western diet to a Mediterranean approach *without* restricting calories

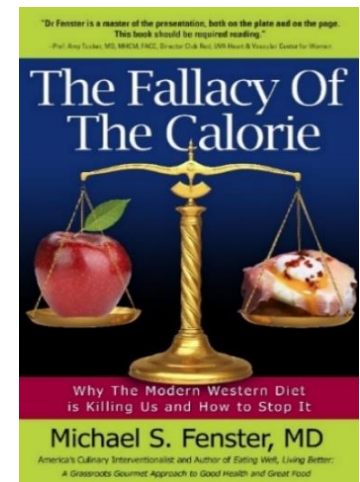
>20%

The percentage of Hispanic children aged 2-3 years old consuming 2 or more sugar sweetened beverages per meeting definition of obesity

*Pathways and mechanisms linking dietary components to cardiometabolic disease: thinking beyond calories Obesity reviews; doi: 10.1111/obr.12699, May, 2018.*

*K. L. Stanhope, M. I. Goran, A. Bosity-Westphal, J. C. King, L. A. Schmidt, J.-M. Schwarz, E. Stice, A. C. Sylvetsky, P. J. Turnbaugh, G. A. Bray, C. D. Gardner, P. J. Havel, V. Malik, A. E. Mason, E. Ravussin, M. Rosenbaum, J. A. Welsh, C. Allister-Price, D. M. Sigala, M. R. C. Greenwood, A. Astrup and R. M. Krauss*

**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!](#)