



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: MOUSSAKA

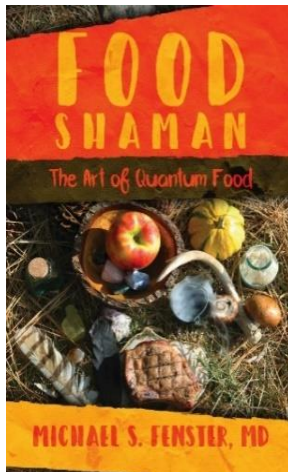
JOURNEYS INTO QUANTUM FOOD: Culinary CPR

"When we see the French eat cheese, butter, and drink wine, living not only a more joyful culinary existence, but a healthier one... we should start looking at what they are doing and re-examine our theories. Instead the so-called experts label all of these occurrences a 'paradox.'"

~ Food Shaman: The Art of Quantum Food (available now)



Eggplant done right is the key to a great moussaka



The NEW groundbreaking book on The Food Experience available NOW

This week you want to tune in as Chefs Dr. Mike and Luca discuss ways to make sure your moussaka is not a gloppy, watery mess. Done right, this Mediterranean classic is a scrumptious staple, with many local and regional variations abounding. It makes a lovely fall dinner, and can be done ahead of time for convenient service!

Mousakka

Ingredients:

Meat Sauce:

- 1/4 cup olive oil
- 2 lbs. ground lamb
- 2 onions, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- 2 teaspoons dried basil
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 15 ounces seasoned tomato sauce

Cream Sauce:

- Shallots fine diced
- 1/4 teaspoon salt
- 12 ounces cream

2 lbs. eggplants

Olive oil

3 potatoes peeled & sliced thin

1 cup white cheddar cheese

2 cup grated Parmesan

1 cup seasoned bread crumbs

(Continued on page 2)

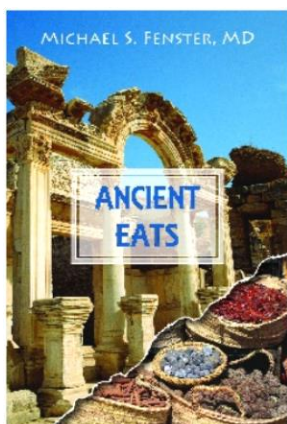
STAY TUNED FOR EXCITING FOOD
SHAMAN NEWS FOR FALL 2019!!!



**American
Heart
Association®**

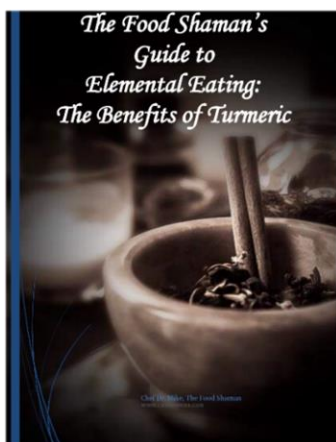
life is why™

Join Chef Dr. Mike as he delivers the keynote address for the AHA Go Red for Women Program during Heart Month; February 2019 in Anchorage, Alaska!



Ancient Eats-Still Available!!

Order Dr. Mike's food based historical tales, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)) whilst you pick up your copy of Food Shaman



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

Moussaka (Continued from page 1)



Moussaka is a delicious meal any time of day.

Directions:

Heat 1/4 cup oil; sauté finely ground meat, onion and garlic until lightly browned; add oregano, basil, cinnamon, salt, and tomato sauce; Cover and simmer slowly about 30 minutes; uncover and simmer slowly another 30 minutes.

Prepare cream sauce (reduce cream, shallots and salt until thick) and eggplant; cut ends from eggplant and cut in 1/2-inch-thick rounds

Oil the eggplant, prepare a grill pan on high heat, and grill eggplant on both sides.

Shallow-fry potato rounds in olive oil until golden-brown

ASSEMBLE:

Layer of potatoes, overlapping slightly, season lightly.

Layer of eggplant; sprinkle some Parmesan, cheddar and bread crumbs over eggplant.

Layer meat sauce, freshly grated cheeses, crumbs and cream sauce until all is used.

Bake 45-50 minutes at 350 degrees or until flecked golden-brown on top.

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

>16%

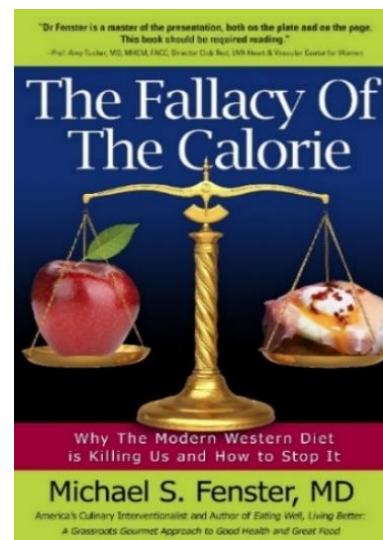
The percentage reduction of early mortality, heart attack or stroke in those consuming ≥ 2 servings of dairy per day

0%

The difference in outcomes between full-fat or low-fat dairy

Dehghan, M. et al. Association of dairy intake with cardiovascular disease and mortality in 21 countries from five continents (PURE): a prospective cohort study. *Lancet*, 2018 [http://dx.doi.org/10.1016/S0140-6736\(18\)31812-9](http://dx.doi.org/10.1016/S0140-6736(18)31812-9)

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 [chefdrmike.com!](#)