



STAPH Meal: Society To Always Procure Healthfully Newsletter

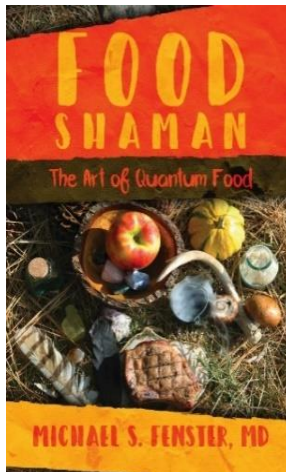
OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: ACORN SQUASH RISOTTO

JOURNEYS INTO QUANTUM FOOD: Culinary CPR

"Being mindful and grateful for your food and nature will improve your food experience and life. Taste the food, embrace the flavor, savor the moment, and experience the mindful benefits"

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



The NEW groundbreaking book on The Food Experience available NOW

A fantastic way to experience the fall flavors of winter squash are in a hearty, creamy risotto. This dish can easily be converted to a vegan friendly alternative by substituting olive oil for butter in roasting the squash. Use vegetable instead of chicken stock, delete the pancetta and you're still left with a fabulous fall feast with great Mediterranean flavors!



Squash risotto can be combined with proteins like this tempting short rib!

Acorn Squash Risotto with Tart Cherries and Ricotta Salata

Ingredients:

Acorn Squash

- 2 tbsp. unsalted butter
- 2 Acorn squash, cut half, seeds removed
- 1 tsp kosher salt
- 1 tbsp. brown sugar

Risotto

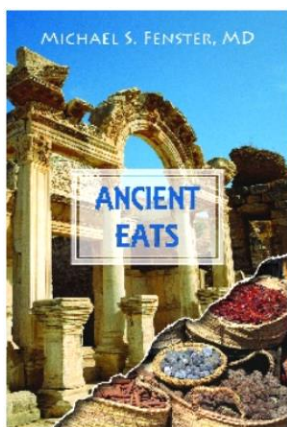
- 5 cups chicken stock
- 1 tbsp. olive oil
- ¼ lb. Pancetta, small dice
- ¼ cup minced shallots
- 1 cup Canarolli rice
- 2 tsp finely chopped fresh sage
- 1 tsp finely chopped fresh thyme
- ½ cup white wine
- ½ cup dry tart cherries

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

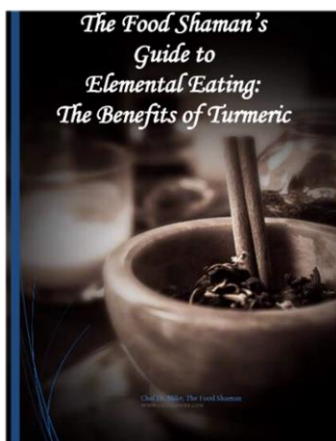


Join Chef Dr. Mike as he delivers the keynote address for the AHA Go Red for Women Program during Heart Month; February 2019 in Anchorage, Alaska!



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*.

Acorn Squash Risotto with Tart Cherries and Ricotta Salata

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Any variety of winter squash is delicious!

Directions:

Acorn Squash: Cut acorn squash in half. Roast them cut side up on a baking sheet for 50 minutes or until the flesh is just tender. Let the squash cool for 20 minutes. Spoon out the flesh, chop it and add it to the risotto. Keep the skins for service

Risotto: Bring chicken stock to a boil over high heat. Reduce the heat to low and keep warm. Heat olive oil in a heavy-bottomed sauce pan; add the pancetta and sauté until lightly browned. Add the shallots, stirring until softened. Pour in the Canarolli rice, sage and thyme cook for 4 minutes, and stirring until well coated. Turn the heat to high and add the white wine; simmer until mostly absorbed. Add the hot stock ½ cup at a time, stirring constantly until absorbed by the rice. Continue to add stock ½ cup at a time, stirring to release the starch. Check rice for doneness after 18 minutes; rice should be al dente but cooked through. Stir in Italian parsley, kosher salt, pepper and dry tart cherries. Gently fold in the squash.

Place the Acorn Squash shell on a large plate slicing a little off the bottom to create a flat surface, add the risotto to the squash like it was a bowl. Shave Ricotta Salata over the top.

HEALTHY BYTES BY THE NUMBERS

13%

The percentage improvement in sleep quality seen in those consuming a primarily Mediterranean dietary approach compared to those who do not follow such an approach

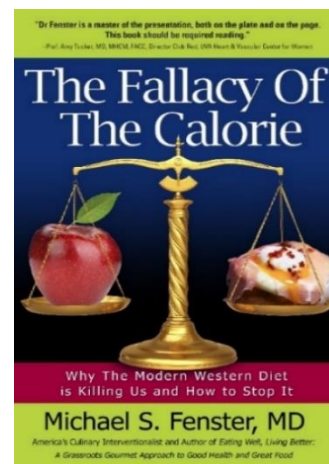
10%

The percentage reduction in risk of depression seen in those consuming a primarily Mediterranean dietary approach compared to those who do not follow such an approach.

Mamalaki, Eirini et al. Associations between the Mediterranean diet and sleep in older adults: Results of the Hellenic longitudinal investigation of aging and diet study. *Geriatrics and Gerontology* 2018:

<https://doi.org/10.1111/ggi.13521>

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!](#)