



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: STEAK AU POIVRE

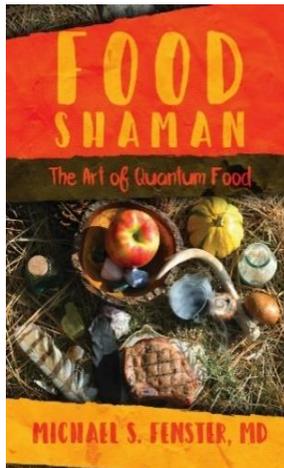
JOURNEYS INTO QUANTUM FOOD: Culinary CPR; Steak au Poivre

"Whether you cook for Michelin critics or for yourself, be authentic. Use wholesome ingredients and allow them to speak their flavors honestly."

~ The Food Shaman



Whatever ingredient you source, we are learning that HOW we raise it, is as important as WHAT it is



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Whatever ingredient you decide to use, we are learning that increasingly, HOW we raise it may be the most critical component of all. Perhaps nothing embodies this more than when choosing red meat.

Intuitively, we grasp that an ultra-processed \$0.99 fast food burger is not the same in character, quality, or composition as a heritage piece of grass finished beef. Science is now

demonstrating that what Nature provides, not only tastes better, but is better for us!

Steak au Poivre (By Chef Luca Paris)

Ingredients:

- 4 tenderloin steaks, 6 to 8 ounces each and no more than 1 1/2 inches thick
- Kosher salt
- 2 Tbs. whole peppercorns
- 1 Tbs. unsalted butter
- 1 tsp. olive oil
- 1/3 cup Cognac, plus 1 teaspoon
- 1 cup heavy cream

Directions:

Remove the steaks from the refrigerator for at least 30 minutes and up to 1 hour prior to cooking. Sprinkle all sides with salt.

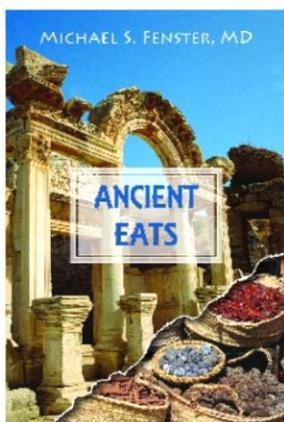
Coarsely crush the peppercorns with a mortar and pestle, the bottom of a cast iron skillet, or using a mallet

(Continued on page 2)

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



Chef Dr. Mike will be delivering exciting news on one of the very first University accredited Culinary Medicine courses in the country!



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



Visit iTunes or check the archives to get all the chef's secrets and recipes for every episode of Culinary CPR!

Steak au Poivre *(Continued from page 1)*



The Food Shaman rocking the Red Carpet at the recent American Heart Association Go Red for Women where he gave the Keynote Address!

Spread the peppercorns evenly onto a plate.

Press the fillets, on both sides, into the pepper until it coats the surface. Set aside.

In a medium skillet over medium heat, melt the butter and olive oil.

As soon as the butter and oil begin to turn golden and smoke, gently place the steaks in the pan.

For medium-rare, cook for 4 minutes on each side. Once done, remove the steaks to a plate, tent with foil and set aside.

Pour off the excess fat but do not wipe or scrape the pan clean.

Off of the heat, add 1/3 cup Cognac to the pan and carefully ignite the alcohol with a long match

Gently shake pan until the flames die.

Return the pan to medium heat and add the cream.

Bring the mixture to a boil and whisk until the sauce coats the back of a spoon, approximately 5 to 6 minutes.

Add the teaspoon of Cognac and season, to taste, with salt.

Spoon Sauce on the plate add steaks to the plate and enjoy!

HEALTHY BYTES BY THE NUMBERS

18%

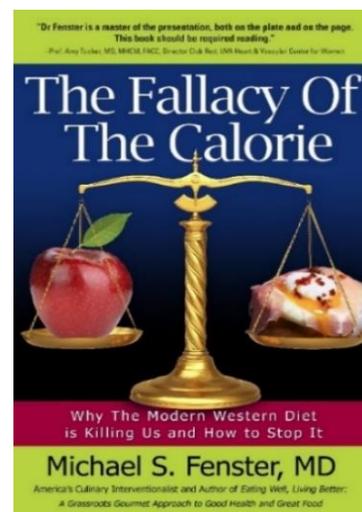
The percentage of beneficial omega-3 PUFAs that grain fed beef delivers compared to those same breeds that are grass finished

66%

The percentage of total polyunsaturated fatty acids (PUFAs) that grain fed beef has compared to grass finished

Daley CA, Abbott A, Doyle PS, Nader GA, Larson S. A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef. Nutr J. 2010;9:10. Published 2010 Mar 10. doi:10.1186/1475-2891-9-10

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.

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