



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: PASTA CARBONARA

JOURNEYS INTO QUANTUM FOOD: Culinary CPR-Pasta Carbonara

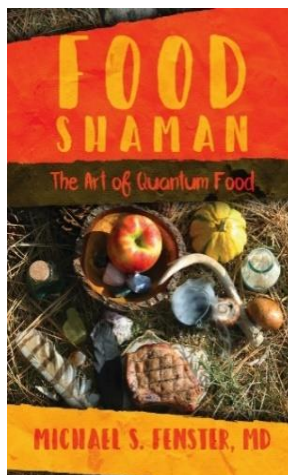
*"What you see on your plate is
your story; is it an epic adventure
or a tragedy?"*

~ The Food Shaman,



*Making fresh pasta like this squid ink pasta is
easy, economical, and gives you control over the
quality; most importantly-it's delicious!*

This week we introduce a new wrinkle to
Culinary CPR!



*The Amazon Best Seller Available NOW. Ahead of
the curve in looking at food, flavor, and function*

For selected recipes, there will be some
video footage available to help you with
all the tricks and tips Chef Luca and I
discuss during the Culinary CPR
segments. These are the Recipe Rewind
videos which will be accessible on the
Chef Dr. Mike YouTube page.
This week Chef Luca shares a recipe for
pasta carbonara.

As discussed on the show, you can use
can purchase dried pasta (100%
semolina durum or imported Italian
pasta recommended) or make your own.
For the adventurous, here's a simple
basic pasta recipe (with or without squid
ink). It can be made on a countertop by
hand, or in a stand mixer with dough
hook attachment.

Fresh Pasta Dough Recipe:

- 400g high quality pasta flour
(semolina durum, tipo "00",
organic preferred)
- 1 tsp. salt
- 4 eggs
- 2 egg yolks
- 1 Tbs. olive oil
- 1 Tbs. squid ink (optional for
squid ink pasta)

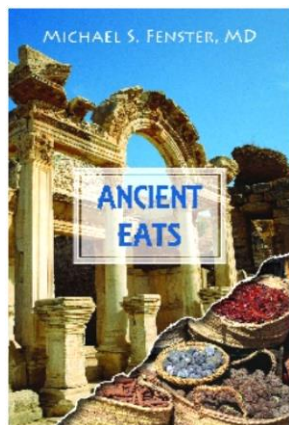


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STAY TUNED FOR EXCITING FOOD
SHAMAN NEWS FOR FALL 2019!!!



Great pasta comes from 4 simple ingredients; proper flour, eggs, olive oil, and salt. Quality matters.



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



Wherever you go, remember to practice *The Art of Source-ry!*

Culinary CPR: Pasta Carbonara

(Continued from page 1)



Squid Ink Pasta Carbonara

Pasta Carbonara (serves 4)

- 1 pound of pasta
- 2 ounces cheese such as Parmesan or Pecorino Romano
- 4 ounces bacon, pancetta, or guanciale
- 2 eggs plus 2 yolks
- Fresh ground black pepper
- 1 tsp. salt
- 1 Tbs. olive oil

Heat a large pot of salted water to a rolling boil. In a bowl, whisk together eggs, yolks, cheese, and salt. Season generously with black pepper.

Heat oil in a skillet over medium heat, and cook bacon until crispy. Drain off all the fat except 1 Tbs. Remove bacon. Add pasta to the water and cook until a bit firmer than *al dente* and drain, reserve 1 cup pasta water.

Add bacon and pasta to skillet. Cook for 1 minute or so. Add in egg mixture, adding some reserved pasta water if needed for creaminess. Top with additional cheese. Serve immediately.



Variation: Squid ink pasta with mushroom, pea shoots, poached egg & prosciutto

HEALTHY BYTES BY THE NUMBERS

0%

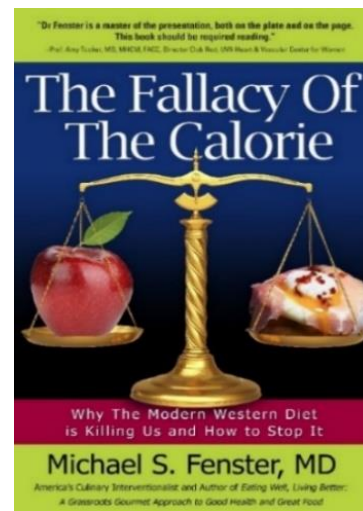
The benefit of dietary supplements in terms of reductions of overall mortality, cardiovascular disease, or cancer

153%

The percentage increased rate of death (per 1000 person-years) seen in those taking calcium supplements in excess of 1000mg/day

Chen F, Du M, Blumberg JB, Ho Chui KK, Ruan M, Rogers G, et al. Association Among Dietary Supplement Use, Nutrient Intake, and Mortality Among U.S. Adults: A Cohort Study. *Ann Intern Med.* [Epub ahead of print] doi: 10.7326/M18-2478

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!](#)