



# STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: PAN SEARED DUCK BREAST

## JOURNEYS INTO QUANTUM FOOD

*"To begin cooking duck at one in the morning is one of the finest acts of madness that can be undertaken by a human being who is not mad."*

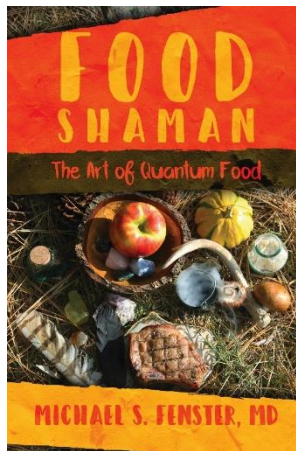
*-Manuel Vázquez Montalbán, La Soledad Del Manager*

This week's phenomenal recipe by Chef Luca Paris!

*Pan Seared Breast of Duck with Sweet & Spicy Mango Sauce  
Mashed Sweet Potatoes*

### Ingredients:

- 2 Duck Breasts (4) Halves
- Spice Rub:
  - Rosemary
  - Allspice
  - Garlic Powder
  - Juniper
  - Thyme
  - Oregano
  - Pepper
  - Salt
- 1 Tbsp. Olive Oil



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

### Directions:

Mix all spice rub ingredients together and rub thoroughly over the duck halves. Heat cast iron skillet and add a tablespoon of oil to the hot pan. Sear the duck 5 minutes on each side. Finish off in the oven at 350 degrees for 5 minutes. Duck can be served medium rare.

Sweet & Spicy Mango Sauce:

- Tsp Olive Oil

- 1 Mango diced fine
- 1/4 Jalapeño Pepper diced
- Pinch Crushed red pepper
- 4 oz Bourbon
- Cup Vegetable broth
- Pinch of sugar

In a sauce pan, sauté olive oil, mango, jalapeno pepper and crushed red pepper. Add bourbon and reduce all alcohol. Add vegetable broth and sugar. Reduce 5-8 minutes.



*Culinary CPR with Chef Dr. Mike & Chef Luca Paris is back!! Download the podcast now!*

(Continued on page 2)

THE NEW SHOW IS HERE!!!



## Pan Seared Breast of Duck with Sweet & Spicy Mango Sauce

### Mashed Sweet Potatoes (continued from page 1)



Join us each Wednesday morning as we launch a new *Journey into Quantum Food* with Chef Dr. Mike, The Food Shaman. Download the podcast at [chefdrmike.com](http://chefdrmike.com) or iTunes

#### Sweet Mashed Potatoes:

- 4 Sweet Potatoes peeled and diced large
- 2 tsp brown sugar
- 2 oz honey
- 1/2 stick of butter
- Pinch of cinnamon

Boil potatoes until soft. Drain and add all other ingredients. Puree with hand mixer.

Only newsletter subscribers will get the absolutely FREE monograph companions to the new book & show. Make sure you and all your friends and loved ones are subscribed; the latest is an update on the Benefits of Turmeric!

Get a head start on positive lifestyle choices, delicious food and *The Art of Quantum Food* by checking out this short videos series! You can view the videos here: [Dr. Mike Cooks](http://Dr.MikeCooks)

[Check out The Food Shaman's latest musings at Psychology Today!](#)

#### HEALTHY BYTES BY THE NUMBERS

90%

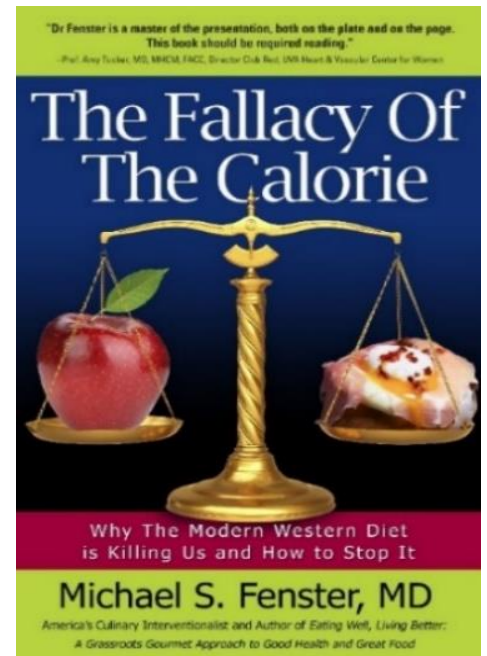
The percentage of Americans with detectable levels of glyphosate (the active agent in Round up) detectable in their blood, according to a recent government report

2700%

The percent increase in Roundup® applied from 1987 to the present in the US

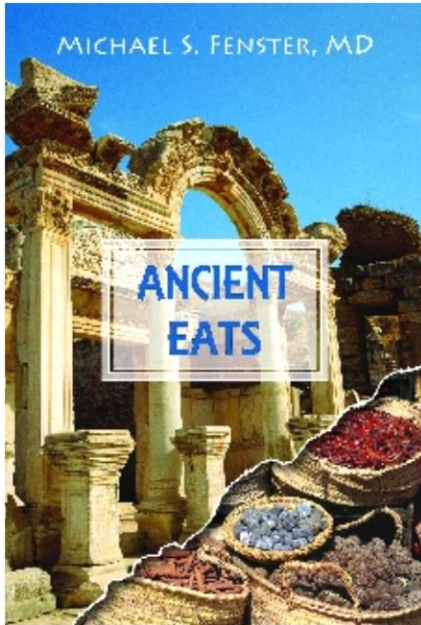
*Minority Staff Report; Prepared for Members of the Committee on Science, Space & Technology; U.S. House of Representatives; February 2018*

**Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!***



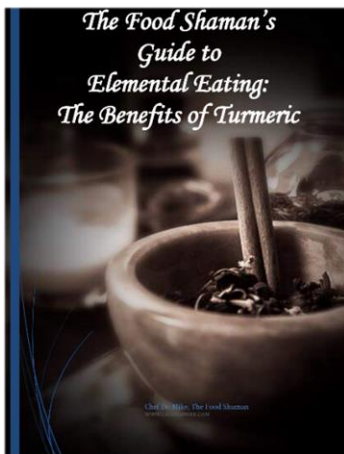
Pick up your copy of the critically acclaimed book at Amazon.com.

Don't miss a new show every Wednesday at 7am Eastern on [ChefDrMike.com](http://ChefDrMike.com) or catch the podcasts on iTunes or [chefdrmike.com](http://chefdrmike.com)!



### Ancient Eats-NOW AVAILABLE!!

You can now order Dr. Mike's latest book, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: [Ancient Eats](http://AncientEats)



Only newsletter subscribers get the free monograph companions to *Food Shaman: The Art of Quantum Food*. Make sure you sign up for the new show each week!!