



STAPH Meal: Society To Always Procure Healthfully Newsletter

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

IN THIS ISSUE: OYSTERS ROCKEFELLER

JOURNEYS INTO QUANTUM FOOD

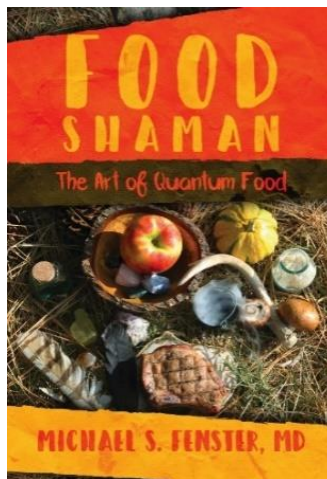
*"Food is life and life is a miracle."
~ Food Shaman*



Professional chef or home cook; the quality of our ingredients matters!

This week at The Cauldron we chat Valentine's Day dishes with Chef Luca Paris on the latest episode of Culinary CPR.

And what could be more fitting for a Valentine's Day dish than oysters! Chef Dr. Mike and Luca explore the long history of oysters as an aphrodisiac food.



*The Amazon Top 10 best seller is now available.
Read what the buzz is about! to order!*

Chef Luca shares his recipe for a simple, but delectable V-Day dish sure to wow your company; Oysters Rockefeller. The creation of this dish evidence is credited to Antoine's Restaurant in the French Quarter of New Orleans, dating back to the late 1800's.

But the idea of oysters as a food of love dates back before the Romans, although they may have done amongst the most to popularize that aspect of their consumption. The Irish oysters of

Galway were so prized by the Romans, that it is rumored that they would literally pay the weight of the oysters in gold to purchase them. While nowhere as expensive, this dish delivers culinary gold in every bite!



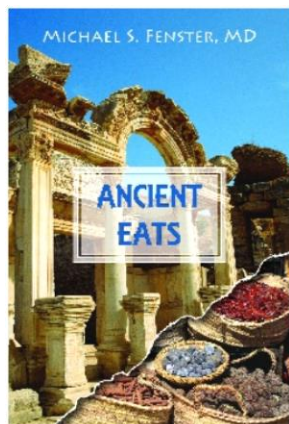
Join Chef Dr. Mike in Anchorage, Alaska February 27th, 2019 as he delivers the Keynote address for The American Heart Association Go Red for Women campaign. He will also be giving a breakfast chat and cooking demo!

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NEWS IS COMING!!!

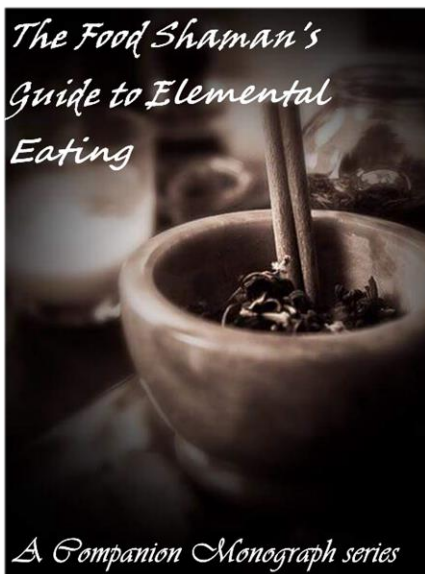


Join Chef Dr. Mike and Chef Luca at an upcoming event! Details on the blog, social media and upcoming newsletters!



Ancient Eats-Still Available!!

Order Dr. Mike's previous book, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)) Grab a copy with Food Shaman now!!



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

Oysters (Continued from page 1)



Check out all of our oyster recipes at www.chefdrmike.com

Ingredients:

- 3 tablespoons unsalted butter
- 2 garlic cloves, minced
- 1/4 cup bread crumbs, Panko preferred
- 2 shallots, chopped
- 3 cups chopped baby spinach
- 1/4 cup Pernod/Absinthe/Ouzo
- Salt and pepper, to taste
- Dash Tabasco sauce if preferred
- 2 tablespoons olive oil
- 1/3 cup grated Parmesan
- 1 tablespoon chopped parsley
- 2 dozen oysters, on the half shell
- Rock salt
- Lemon wedges, for garnish

Mignonette Sauce:

- 2/3 cup champagne vinegar
- 2 shallots, minced
- 1 tablespoons cracked black peppercorns
- 1 tablespoon chopped parsley
- 1/2 lemon, juiced

Directions:

Melt butter in a skillet.
Sauté the garlic in butter for a few minutes and
Place the bread crumbs in a mixing bowl and add half the garlic butter, set aside.

Add shallots and spinach, to the left over garlic butter, cook for 3 minutes until the

spinach wilts. Deglaze the pan with Pernod. Season with salt and pepper, add a dash of red pepper sauce.

Allow the mixture to cook down for a few minutes.

Finish off the bread crumbs by mixing in olive oil, Parmesan and parsley, season with salt and pepper. Spoon a teaspoon of the spinach mixture on each oyster followed by a teaspoon of the bread crumb mixture.

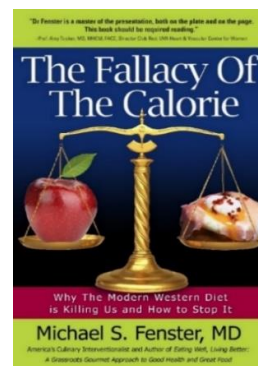
Sprinkle a baking pan amply with rock salt. Arrange the oysters in the salt to steady them. Bake in a preheated 450 degree F oven for 10 to 15 minutes until golden. Serve with lemon wedges and red pepper sauce.

How to Make the Sauce

In a small bowl whisk together all ingredients. Cover and chill 1 hour before serving with oysters. Yield: 3/4 cup

You can view Chef Dr. Mike's Davey Gold Award winning cooking videos here: [Dr. Mike Cooks](#). Check out [The Food Shaman's latest musings at Psychology Today!](#)

Learn more about salt, sugar, fats, and real versus processed foods in the book that broke it open, *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!](http://chefdrmike.com)