



# Mark's Daily Apple

## READER-CREATED COOKBOOK



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Submitted by Darlene

# CARNE ASADA



## INGREDIENTS

- 1 1/2 pounds (grass fed) flank steak
- 4 garlic cloves, finely chopped
- 1 jalapeno pepper, finely chopped
- 1/4 cup finely chopped cilantro
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon oregano
- Pinch cayenne pepper
- 2 limes, juiced
- 1 orange, juiced
- 8 to 12 ounces beer (or beef broth)

Carne asada, which translates as “roast meat,” is a festive and flavorful dish of thinly sliced marinated beef. The key to making amazing carne asada is a marinade that strikes the right balance of spicy, sweet and savory flavors. Any cook who loves carne asada is likely to have their own secret blend of herbs, spices and marinating liquid and we’re thrilled Darlene has shared hers.

## DIRECTIONS

Slice the flank steak on the diagonal into thin strips.

Combine all ingredients in a large Ziploc bag or in a shallow dish (meat should be completely covered in liquid). Marinate in the refrigerator at least 3 hours.

Take out and drain off the marinade. Lightly salt the steak. The meat can be cooked in a skillet with coconut oil or grilled. Cook 3–6 minutes on each side for medium-rare.



# KOREAN-STYLE SHORT RIBS

Submitted by Christian Chun



## INGREDIENTS

- 2 pounds beef short ribs. For Korean short ribs, “flanken-style” is the preferred cut.

### Marinade:

- 1/2 apple, skin on
- 1 kiwi, peeled
- 1/2 Asian pear, skin on (optional)
- OR use 2 cups blackberries instead of other fruit
- 1/2 cup wheat-free tamari
- 1/4 cup unseasoned rice vinegar
- 1 tablespoon sesame oil
- 4 stalks of scallions, chopped
- 1/2 onion, chopped
- 2-4 garlic cloves

Korean short ribs have an irresistible combination of sweet, salty and spicy flavors. Traditionally, the sweetness comes from sugar or corn syrup, usually half a cup or more. Thanks to Christian Chun, who submitted a fruit-based marinade for Korean-style short ribs, you can lose the processed sugar without losing a bit of flavor.

Fruit provides all the sweetness the ribs need. Christian’s recipe combines apple, Asian pear and kiwi. For a slightly different but equally delicious marinade, try using antioxidant-rich blackberries.

## DIRECTIONS

Chop the fruit up into chunks and put all marinade ingredients into a blender until smooth. Pour the marinade over meat into a Ziploc bag, an air-tight container or a bowl wrapped tightly with plastic wrap. Make sure the meat is completely covered with the marinade. Refrigerate for at least 4 hours and up to overnight.

Grill ribs four minutes on each side for rare and a minute or two longer for medium rare. The ribs can also be cooked under a broiler, but might take 3-5 minutes longer to cook.

Korean-Style Short Ribs can be served with Romaine lettuce leaves and an optional garnish of thinly sliced garlic, thinly sliced Korean hot pepper or jalapeno, and scallion salad. *cont'd...*



# KOREAN-STYLE SHORT RIBS, CONT'D



## INGREDIENTS, Scallion Salad

- 1 bunch of scallions (about 12 scallions)
- 1 teaspoon unseasoned rice vinegar
- 1 tablespoon wheat-free tamari
- 1 teaspoon sesame oil
- 1/2 teaspoon wasabi (optional)

### *To make scallion salad:*

Chop most of the white part off the scallions and trim the top so the onion is about four inches long. Using the tip of a knife, cut the green stalks into very thin strips. A pair of scissors will also work well for this.

Submerge the sliced scallions in a bowl of ice water to make them curl. If the green stalks aren't sliced thinly enough, they won't curl. Remove scallions and dry. Toss with remaining ingredients.



Submitted by Cherie Randall

# SHEPHERD'S PIE



## INGREDIENTS

- 1 head cauliflower
- 4 tablespoons butter
- 1–3 tablespoons cream (optional)
- salt & pepper taste
- 3 tablespoons olive oil
- 1 medium onion, chopped
- 1 cup frozen organic peas & carrots, thawed
- 3/4 cup frozen organic green beans, thawed
- 1 pound ground grass-fed beef or bison
- 1 tablespoon coconut flour or almond flour
- 3/4 cup beef stock or broth
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried

Shepherd's Pie is comfort food at its best. Flavorful ground meat is mixed with a simple blend of peas, carrots and green beans, and in the recipe Cherie Randall submitted for the Primal Blueprint Cookbook Contest, topped with a creamy layer of buttery cauliflower puree. Once you've tasted the smooth texture and rich flavor of cauliflower whipped with butter you'll want to start eating it straight out of bowl with a spoon. Alone, ground meat and frozen vegetables may not seem like anything special, but when combined with the cauliflower puree into Shepherd's Pie, the result is the type of home cooked meal all of us wish was waiting for us at the end of a long day.

## DIRECTIONS

Preheat oven to 400°F. Break the cauliflower into chunky pieces and steam until just tender. Put in the food processor with 2 tablespoons butter and process until smooth. Add salt & pepper to taste. Optional: Add cream 1 tablespoon at a time until smooth but still fairly thick. Set aside.

Heat oil in a skillet over medium-low heat. Add onion and sauté several minutes until soft. Add beef and cook for about 5 minutes, stirring to break up the meat so it browns evenly. Add peas, carrots and green beans and cook another five minutes. *cont'd...*



# SHEPHERD'S PIE, CONT'D



Stir in the coconut flour. Add broth and herbs and reduce the heat to low and simmer, stirring occasionally, for about 5 minutes. Add salt and pepper to taste. Remove from skillet and put into a 9-inch pie pan. Spread the cauliflower over the top.

Scatter 2 tablespoons of butter cut into small pieces on top of the cauliflower. Bake 30–35 minutes.

# ITALIAN SAUSAGE MEATBALLS WITH FRESH HERBS

Submitted by Shalon



## INGREDIENTS

- 1 lb ground beef (or bison)
- 1 lb sweet Italian sausage
- 2 cloves garlic, minced
- 1 sprig fresh rosemary, minced
- 3 sprigs fresh thyme, minced
- 1 long sprig fresh oregano, minced
- 1/4 cup roughly chopped flat leaf parsley
- 1/2 small yellow onion, roughly chopped
- 1/2 cup almond meal
- 2 eggs, whisked
- tsp red pepper flakes
- A few grinds black pepper
- 1/4 cup cream (optional)
- 1/2 cup finely shredded parmesan (optional)
- 1/4 cup bacon fat

Perhaps there is a more eloquent way to say it, but Shalon perfectly describes the flavor of the meatballs she entered in the Primal Blueprint Cookbook Contest with this quote: "They satisfy my mmm, goodness requirement." It's true. "Mmm" is likely to be the first thing out of your mouth when you take a bite, thanks to a flavorful combination of ground beef (or bison) and sweet Italian sausage. You can also do what Shalon does and keep your freezer well-stocked; whenever hunger hits, defrost a few for a convenient protein-packed snack. Makes 20 large or 30 medium meatballs.

## DIRECTIONS

Remove the Italian sausage from its casing. Mix all of the ingredients, except bacon fat, together until well combined. With lightly oiled hands, roll the meatballs into the desired size.

To cook, heat bacon fat in a saute pan over medium to medium-high heat. Once hot, add the meatballs. Fry 5–7 minutes, until bottom is browned.

Turn meatballs to opposite side and fry until that side is nicely browned, another 5–7 minutes. Cut one open to determine if it is fully cooked on the inside. If not quite done, turn heat to low and cover pan for a few more minutes or put meatballs in a warm oven while you fry another batch.



Submitted by Aleta and Mom

# FRITTATA ALETA



## INGREDIENTS

- 1 Tbsp olive oil
- 2 Tbsp finely chopped onion
- 1/2 cup or more finely chopped red cabbage
- 1 cup finely chopped kale
- 1 finely chopped red or yellow pepper
- 6 beaten eggs
- A sprinkle of dried or fresh herbs (like oregano or basil)
- Sausage to serve on the side

Eight-year-old Aleta is already thinking like a chef. Not only did she create a frittata packed with nutrients and flavor but she also chose vegetables with a stunning array of colors. Waves of dark green kale, purple cabbage and red pepper will brighten your morning when you sit down to Aleta's frittata. Almost any combination of vegetables and meat can be sautéed into a frittata, although we're especially fond of this combination. Although she deserves it, we can't give Aleta all the credit for her submission to the Primal Cookbook Challenge. Mom acted as her able sous chef and helped Aleta buy her ingredients at a local farmers' market.

## DIRECTIONS

Preheat broiler. Warm olive oil in an ovenproof pan and sauté onions until they begin to soften. Add cabbage and sauté about three minutes then add kale and peppers.

Continue to sauté until kale wilts. Add salt and pepper to taste. Pour in eggs, stir quickly then let cook until it just barely begins to set.

Put the frittata under a broiler until the top is golden and the eggs are cooked through, 3–5 minutes.



Submitted by Amy Schoenherr

# OMELET MUFFINS



## INGREDIENTS

- 6 eggs
- 1/4 – 1/2 cup cooked meat, cut or crumbled into small pieces
- 1/2 cup diced vegetables
- 1/4 tsp salt
- 1/8 tsp ground pepper
- 1/8 cup mayonnaise
- 1/8 cup water
- Optional Ingredient Idea: Make a Mexican Omelet Muffin by adding 1/4 cup shredded cheese, onions, and lightly drained salsa to the eggs

A grab-and-go breakfast is exactly what Amy Schoenherr had in mind when she submitted her recipe for Omelet Muffins. This easy and clever variation of a regular old omelet can be made in batches of a half-dozen or more and eaten throughout the week. Amy's muffins, made almost entirely from eggs, are little powerhouses of protein, fat, nutrients and flavor. Mixing in a little water and mayonnaise keeps the eggs fluffy and moist while they bake. Other than that, what you mix in for added flavor is up to you. Anything you love adding to an omelet—diced vegetables, meat, and some cheese if you're so inclined—you can add to this recipe to create your own personal omelet muffin.

## DIRECTIONS

Preheat oven to 350°F. Generously grease 6 muffin tins with butter or coconut oil or for easier removal line with paper baking cups. The baking cups also help the muffins hold their shape. In a bowl, beat the eggs. Add meat, vegetables, salt, ground pepper, and any other ingredients and stir to combine.

Spoon or scoop into the muffin cups. Bake for 18–20 minutes until a knife inserted into the center of an muffin/omelet comes out almost clean. The omelets will continue to cook for a minute or two after removed from the oven. Remove the omelets from the muffin cups and serve, or cool completely and store for another day.



# NO OAT OATMEAL... IT'S NO-ATMEAL!

Submitted by Doug Descant



## INGREDIENTS

- 1 small handful of walnuts
- 1 small handful of pecans
- 2 tablespoons ground flax seed
- 1/2–1 teaspoon ground cinnamon
- 1 pinch of ground nutmeg
- 1 pinch ground ginger
- 1 tablespoon almond butter
- 1 banana, mashed
- 3 eggs
- 1/4 cup unsweetened almond milk (add more if you prefer it a little runny)
- 2 teaspoons pumpkin seeds
- 1 handful of goji berries or fresh berries

Pronounced “note-meal” (as in, no oatmeal), Doug’s recipe is for all you ex-cereal lovers out there and for anyone who needs a warm bowl of comforting goodness on a cold winter morning. As Doug says, “it’s a hot meal full of essential proteins and fats, not to mention the necessary vitamins and minerals, in order to stay energized for the cold weeks ahead.” Just thinking about eating No-atmeal for breakfast is guaranteed to coax you out of bed in the morning.

## DIRECTIONS

Add walnuts, pecans, flax seed and spices to a food processor and pulse it down to a course grain, making sure to stop before it’s totally ground into a powder. Set aside.

Whisk together eggs and almond milk (Doug uses a Blender Bottle) until the consistency thickens a little bit into a loose custard. Thoroughly blend together the mashed banana and almond butter and add it to the custard, mixing well.

Stir in the nut mixture. Microwave or gently warm on the stove until the “no-atmeal” reaches your desired consistency; this should only take a few minutes. In both cases, stir the mixture frequently as it cooks. Sprinkle pumpkin seeds and berries on top. Add more almond milk if you want. Lick the bowl clean!



# ALMOND BANANA PANCAKES

Submitted by Jack Etherington



## INGREDIENTS

- 2 ripe bananas
- 1 egg
- 1 heaping tablespoon of almond butter

Try as we might, many of us find the temptation of pancakes too hard to resist. Maybe it's the sweet, buttery aroma of the batter on the griddle or the soft doughy texture, or that eating something with the word "cake" in it for breakfast just feels so deliciously naughty. But it doesn't have to be. There are decent Primal substitutes. Pancakes made with almond meal or coconut flour are a good option, but can be pretty heavy and, for some, overly filling. And then there's this dish sent in by Jack Etherington for the Primal Cookbook Challenge. His Almond Banana Pancakes contain just three ingredients: banana, egg and almond butter. You can whip up a batch in five minutes flat and top the pancakes with a pat of butter, a scoop of nut butter, or fresh berries.

## DIRECTIONS

Mash the bananas, add the egg and mix well. Stir in the almond butter, adding more than a tablespoon if you want a more pancake-like texture.

Warm butter in a pan and pour batter into small cakes. Brown on each side and serve warm.



# WATERCRESS BACON SOUP

Submitted by Danielle Thalman



## INGREDIENTS

- 4-8 slices bacon
- One bunch of watercress (wash and separate the leaves and stems then chop the stems up fine)
- 1 red onion, finely chopped (or white onion)
- 3 garlic cloves, finely chopped
- 4 cups meat stock
- Inner leaves of celery (to add flavor to the broth)
- Optional Ingredients: For a richer broth, add 1/4-1/2 cup heavy cream or a peeled and cubed potato. To turn the soup into an even heartier meal, grill a NY steak while the soup is simmering and plop half the steak into each bowl of soup.

Whether you live in an area being hit by a winter cold snap or you're lucky enough to be basking in a balmy climate, there is comfort to be found in a bowl of soup. There is however, a bit of an art to selecting just the right ingredients and we think Danielle Thalman has done just that with her Watercress Bacon Soup. Our first soup entry for the Primal Blueprint Cookbook Contest strikes just the right balance of home cooked comfort food (there's bacon in it!) and intriguing, complex flavor from a green called watercress.

## DIRECTIONS

Start by frying the bacon in a large, deep frying pan. Then remove the bacon, chop it up and set it aside; use the bacon grease (or olive oil if desired) to sauté the onion and garlic until browned. Then add the watercress stems, crumbled bacon, stock and celery leaves (If using cream or potato, add now). Simmer for at least 30 minutes with a lid on then add the watercress leaves and simmer for another 5-10 minutes.

Pluck out the celery leaves. Add salt and pepper if needed, but the watercress and bacon should already provide adequate seasoning. Makes two big meal-sized servings or 3-4 smaller "lunch side dish" servings.



# ARCTIC CHAR CHOWDER

Submitted by *Mike Cheliak*



## INGREDIENTS

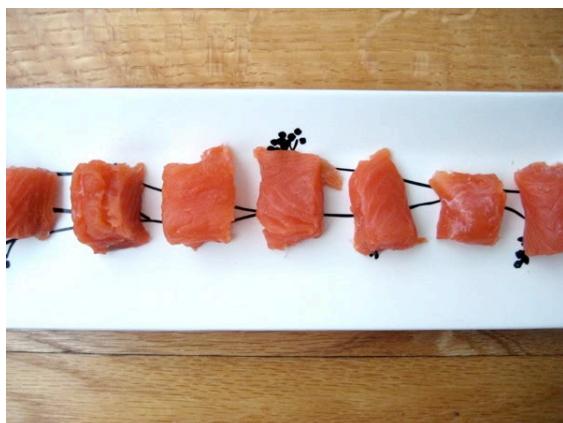
- 1.5 pounds Arctic Char (or wild salmon). Thicker fillets are easier to cut into cubes.
- 1/4 cup butter
- 1/2 cup chopped onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1–2 cups vegetable broth
- 28-ounce can crushed tomato (no salt added)
- 1/2 tsp thyme
- 1 whole bay leaf
- salt and pepper to taste
- 1/2 cup heavy cream (optional)

The Arctic Char (or Wild Salmon) Chowder recipe sent in by Mike Cheliak will undoubtedly unite both lovers of creamy broths and tomato based broths. Filled with generous chunks of fish and tomatoes, it is chowder that will satisfy your hunger and your need for Omega 3s and powerful antioxidants like lycopene. The bit of cream added at the end provides a delicious, rich texture but is entirely optional, as the chowder is just as flavorful without it. Mike suggests using wild Arctic Char for this chowder, a fish that is related to both trout and salmon in looks and flavor. Its natural habitat is the icy waters of the ocean and higher altitude lakes in North America and Europe.

## DIRECTIONS

Make sure all bones are removed from the fish and typically for chowder, it's best to also remove the skin. You can do this by using the tip of a sharp knife to separate the meat from the skin, or ask to have it done for you when you buy the fish. Cut the fish into 3/4 inch cubes and salt and pepper lightly.

Melt butter in a heavy pot over medium heat. Add the onion, celery and carrots and cook for 5 minutes. Add the broth, tomatoes, thyme and bay leaf. Cover and let simmer for 15 minutes. Add the fish and cream. Mix to incorporate cream and then simmer, covered or uncovered, for another 10–15 minutes, stirring occasionally. Remove the bay leaf. Adjust the seasoning if needed and if you have any fresh herbs on hand (tarragon or thyme are especially good) add a bit for extra flavor.



Submitted by Aaron Blaisdell

# KOMBU EGG SOUP



## INGREDIENTS

- 3–4 cups water
- 2 cups beef stock (more for richer stock; chicken stock may be substituted)
- 1 five-inch long piece of dried kombu, cut into thin (1/2") strips
- 1/2 teaspoon (or to taste) miso paste
- 1 carrot, pre-cooked or raw, sliced into discs (carrots saved from home-made stock work perfectly)
- 4–6 hard boiled eggs, peeled but left whole (preferably from pastured hens)
- Sea salt to taste

Just when you think you've had every type of soup out there, something new comes along. Like this recipe for Kombu Egg Soup sent in by Aaron Blaisdell. As Aaron so rightly reminded us, "sea vegetables are often an overlooked component of our ancestral diet, even among us primal types." Kombu Egg Soup is incredibly nourishing and while the flavor of sea vegetables might be an acquired taste, in this soup you'll find it to be fairly mild. Kombu is sun-dried kelp, black in color and sold in strips that are about an inch wide and six or seven inches long. Packages of Kombu can be found in some grocery stores and at many Asian markets. In this soup, kombu flavors the broth and can be left in or discarded before eating. What it leaves behind are easily absorbed minerals (especially iodine) and a variety of vitamins, such as B-12. Kombu has been considered a health food and a base for broth in Asia for centuries, although for many of us in the west, it's just catching on.

## DIRECTIONS

Bring water and kombu slices to a gentle boil. Add miso paste and stir. Simmer for four minutes. Stir once more, then remove kombu pieces from broth or leave them in, your choice.

Add carrots and whole eggs and simmer for four more minutes. Turn off heat, add salt to taste and stir well. Pour into large soup bowls and savor as the steam lifts your spirits! The warm, rich broth is the perfect foil for the dry yolk. If Aaron really wants a sea-weed kick, he sprinkles a little dulse on top of the finished soup (dulse is another variety of sea vegetable and can be bought ground up, to use as a seasoning.)



Submitted by Anonymous

# CHICKEN AND SHRIMP SOUP



This soup recipe comes from a military man who prefers to keep his real identity undercover. He did, however, decide to declassify his Chicken and Shrimp Soup recipe for the Primal Blueprint Cookbook Challenge, and we're glad he did. The soup follows one of our favorite soup-making methods, which is throwing a bunch of healthy stuff in a pot and letting it simmer to deliciousness.

## DIRECTIONS

On medium heat, melt bacon fat or other fat in a large cooking pot. Add onions, yellow pepper, jalapeno, celery and carrots. Cook five minutes. Add garlic and cook for an additional two minutes. Don't let the garlic brown.

Add tomato and the cauliflower "rice". If you want soup that's a little less soupy and more like meat and vegetables with a little broth, simply add a few more cups of cauliflower rice. *cont'd...*

## INGREDIENTS

- 1/4 cup bacon fat, lard or olive oil
- 1 medium onion, chopped
- 1 yellow pepper, chopped
- 1 jalapeno pepper, chopped
- 2 stalks celery, chopped
- 2 medium carrots, chopped
- 2 tbsp chopped garlic
- 2 cups diced tomatoes
- 2 cups cauliflower "rice" or more to taste (for 2 cups worth take a bag of defrosted frozen cauliflower or 1/2 a head of fresh cauliflower and put in food processor or food "chopper" and process until cauliflower is the size and shape of rice)
- 1/2 tsp cayenne pepper
- 1/2 tsp black pepper
- 1/2 tsp paprika
- 1 tsp garlic powder
- 1 tsp sea salt
- 2 cups chopped chicken (For those on the go, rotisserie chicken works very well)
- 8 cups chicken stock
- 1 bag peeled and cleaned, uncooked shrimp
- 1/4 cup chopped scallions, or green onions
- 1/2 cup chopped cilantro



# CHICKEN AND SHRIMP SOUP, CONT'D



Add cayenne pepper, black pepper, paprika, garlic powder, and salt and sauté a few minutes then add chicken and cook for about five minutes, stirring frequently.

Turn down heat to low/medium. Add chicken stock and simmer 20–30 minutes. Add shrimp, scallions, and cilantro and simmer for an additional 5–10 minutes.

# SWEET AND SALTY PRIMAL TRAIL MIX

Submitted by Sara Hatch



## INGREDIENTS

- 1/2 cup each raw walnuts, almonds, and pecans
- 1/2 cup each raw pumpkin seeds and sunflower seeds
- 1 tablespoon coconut oil
- 1 tablespoon vanilla
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 teaspoon sea salt
- 1/4 cup or less raw honey
- 1/2 cup chopped dried apricots
- 1/2 cup dried cranberries (sweetened with apple juice)

The great thing about making your own snack food at home is that you control what goes into it. Sara Hatch adds a teaspoon of sea salt and 1/4 cup of raw honey to her Sweet and Salty Primal Trail Mix to give it tons of flavor and a sticky, clumpy texture similar to granola. When you make this recipe in your own kitchen, tailor it to your own sweet/salty preference. However you make it, this trail mix is still a fresher, healthier option than most store-bought versions. The combination of nuts and seeds brings plenty of healthy protein and fat to this snack mix. You can toss the nuts and seeds together raw, but Sara's touch of baking them briefly in the oven give the nuts a rich, toasted flavor and slight crunch that's hard to beat.

## DIRECTIONS

Preheat oven to 350°F. Roughly chop nuts and mix with seeds, coconut oil, vanilla, cinnamon and nutmeg. Spread on a cookie sheet or rimmed baking pan lined with parchment paper, and sprinkle with half of the salt. Toast in the oven for 2–5 minutes, stirring occasionally to be sure the nuts and seeds are merely toasted, not burned (keep a watchful eye).

Take pan out of the oven and let cool, then add the remaining salt and drizzle the honey over the top. Toast in oven for another 5 minutes, stirring often (I keep my oven cracked for this). Remove from oven, mix thoroughly with apricots and cranberries and let cool. It will be clumpy and sticky like granola when done. You should end up with 12–14 quarter-cup servings (approximately).



# FAT GUACAMOLE DEVILS

Submitted by Tamara Baysinger



## INGREDIENTS

- 2 hard boiled eggs
- 1/2 avocado
- 1 teaspoon hot sauce (or more to taste)
- 1/2 teaspoon lime juice
- salt & pepper to taste

Deviled eggs have been around as long as any of us can probably remember, although you don't see them at parties as often as you once did. You might, however, start seeing them served more often again if enough people see the recipe for Fat Guacamole Devils Tamara Baysinger entered in our Primal Blueprint Cookbook Challenge. Her take on deviled eggs eliminates the mayonnaise and uses avocado instead. This loads the eggs with even more healthy fat and gives the filling a creamy, rich texture. A teaspoon or so of lime juice and hot sauce liven things up and just like that you've got a flavorful, interesting new take on a classic recipe.

## DIRECTIONS

Peel and halve the eggs and spoon their yolks into a small bowl. Mash the yolks with the avocado, hot sauce and lime juice; add salt and pepper to taste.

Refill egg white halves with yolk mixture, and enjoy!



# ZUCCHINI CHIPS WITH SPICY SALSA

Submitted by Diana



## INGREDIENTS

- 1 or more large zucchini and/or yellow squash
- 1 dehydrator (or your kitchen oven)
- salt (optional)
- onion powder (optional)

When many people hear the word “chips” the next thing that pops into their mind is “potatoes.” As we all know here, however, chips can be made out of any number of vegetables. Parsnips, beets and rutabagas work well and as Diana pointed out with her snack recipe, so do zucchini and yellow squash. She uses a dehydrator to make her chips, but they can also be made in the oven. To get a crispy, crunchy chip that isn’t burned, the slow method is best, and by slow, we mean practically a whole day at your oven’s lowest possible heat level. Some people recommend leaving the door slightly cracked so air can circulate. *If you don’t have that kind of time, try this fast method: slice zucchini thinly, dip in egg white and then a light coating of coconut flour. Bake in a 425°F oven for 30 minutes, flipping once.*

However, it can’t be denied that by far the easiest and most fool-proof way to make chips is in a dehydrator. They come out crispy and crunchy every time, which is exactly the texture we want when a snack-attack strikes. Diana’s recipe for zucchini chips is as good as we’ve ever tried. We love the simplicity of it. Make sure to try her salsa too, because nothing makes a chip taste better than a little something to dip it in.

## DIRECTIONS

Cut squashes into 1/2 inch slices. Season lightly with salt, onion powder or any other spices you like. Dehydrate in the dehydrator. If you’re using an oven, set oven to low, place squash directly on the racks and let them dry. It may happen over night, or may take a couple of days. Serve with home-made salsa. *cont'd...*



# ZUCCHINI CHIPS WITH SPICY SALSA, CONT'D



## INGREDIENTS, Spicy Salsa

- 6 roma tomatoes
- 2 bell peppers
- 3 jalapenos (more or less for hotness)
- 1/2 onion
- 4 cloves garlic
- 1 tbsp olive oil
- 1 lime, juiced
- cayenne pepper sauce to taste

*To make spicy salsa:*

Chop veggies into medium to large chunks, coat with olive oil and roast in oven at 400°F until lightly roasted. Add garlic, olive oil, lime juice, and cayenne pepper sauce and lightly pulse in food processor until chopped, OR chop veggies into small pieces by hand, mince garlic, place in a bowl and mix in olive oil, lime juice and cayenne pepper sauce.

# SUNFLOWER SESAME CRACKERS WITH SHRIMP PATÉ

Submitted by Girl Gone Primal



## INGREDIENTS

- 1 cup each of sunflower and sesame seeds
- A little bit of water – about 1/4 cup

Saying these Sunflower Sesame Crackers submitted by Girl Gone Primal aren't real crackers just because they aren't made from flour doesn't really seem right. They look like crackers. They taste like crackers. Most importantly, they withstood the ultimate cracker test: dip-ability. You can dip Sunflower Sesame Crackers into any number of Primal dips and they won't shatter into a pile of crumbs.

As Girl Gone Primal suggests, adding herbs or spices to this cracker dough is an option, and adding salt is up to you, too. GGP uses equal parts sunflower and sesame seeds when she makes these crackers, but you can adjust the ratio to your own tastes. We've also included GGP's recipe for Prawn Paté, which is delicious spread on top of these crispy crackers.

## DIRECTIONS

In a food processor (or by hand), create a sort of flour from the sunflower seeds. It will take about 2–3 minutes for the seeds to break down and turn into a more flour-like consistency, although it will be thicker and heavier. Add the sesame seeds and pulse a few times (or mix in by hand), then slowly add water, stirring or pulsing until a thick paste forms that can be rolled out. Between two greased pieces of baking (parchment) paper, roll out the paste as thinly as you can. Remove the upper piece of parchment. Lightly score the batter into squares with a sharp knife, and sprinkle with salt and pepper/herbs if you'd like. Bake at 350°F until golden and crisp, about 20 minutes. Allow to cool thoroughly before gently breaking into squares as scored. *cont'd...*



# SUNFLOWER SESAME CRACKERS WITH SHRIMP PATÉ, CONT'D



## INGREDIENTS, Shrimp Paté

- 1 /2 pound peeled, cooked prawns
- 2 tablespoons lemon juice
- 2 tablespoons chopped parsley
- 3 tablespoons chopped dill
- several tablespoons salted butter, softened (optional)

*To make shrimp paté:*

Place all ingredients in a food processor, and combine thoroughly. Adding butter will give the paté a smoother, richer texture. If you don't want to add butter, just use more lemon juice.

Chill and serve as is, or you can level off the top of the prawn mixture, melt more butter and pour it gently over the top. Chill for an hour before serving.

# SUSHI WITH A TWIST

Submitted by Marissa Davidson



## INGREDIENTS

- Sheets of nori seaweed
- 1/4 lb (or more) of favorite sliced meat or fish
- Avocado
- Thinly sliced cucumbers
- Thinly sliced carrots
- Any other veggies of choice

Reader Marissa Davidson makes rice-less sushi as a snack all the time, and then she puts yet another twist on the recipe by using thinly sliced roast beef instead of raw fish. The rich flavor of beef paired with the nori seaweed creates that elusive and thrilling flavor combination known as umami. For the same affect, you can also try thin slices of seared flank steak. As for other fillings, use any vegetables you like. Avocado, cucumber and carrot are most typical, but consider greens like watercress or spinach to add flavor and nutrients. Take Marissa's lead and be creative—and let us know what you come up with!

## DIRECTIONS

Lay the nori shiny side down on a sushi mat. Place sliced meat on top of the nori. Spread avocado over meat in a thin layer or lay slices lengthwise about an inch from the bottom of the nori. Add a small pile of thinly sliced veggies at the bottom of the nori, too.

Fold the front edge of the nori over the toppings. After each fold, squeeze the roll to secure it tightly. Slice the roll into bite-sized pieces.



# COCOA AND COCONUT SNACKS

Submitted by Jonas Colting



## INGREDIENTS

- Almonds
- Walnuts
- Pecan nuts
- Hazel nuts
- Pumpkin seeds
- 3–6 dates
- 2–4 tablespoons virgin coconut oil

### To taste:

- Unsweetened cocoa powder
- Freshly ground coffee
- Shredded coconut

Professional endurance athlete Jonas Colting knows a little bit about tapping into his own power and energy. Unlike store bought energy bars, the ingredient list is short and simple, and can be modified to your own taste. He doesn't provide exact measurements for Colting's Cocoa and Coconut Snacks—this is one of those "throw everything together" recipes that make cooking easy and fun. In fact, we think Jonas' advice for this recipe is a good motto for all cooking endeavors: "Experiment to find your perfect mix of taste and texture. It really doesn't matter, it's all good and healthy!"

## DIRECTIONS

As a general guideline for your first batch, using a 1/2 cup of each nut will yield more than a dozen little balls. Run the nuts and pumpkin seeds in a food processor until ground into a fine flour. Remove the nut flour and grind the dates and shredded coconut in the food processor until smooth.

Mix these ingredients together with coffee and cocoa powder according to taste. Finally, add the coconut oil and mix it all together by hand. Roll the paste into small nibbly balls and sprinkle them in shredded coconut. These snacks should be refrigerated to become firm.



# PORK TENDERLOIN WITH CILANTRO PESTO

Submitted by Susan Rosenberg



## INGREDIENTS

- 2 pounds of pork tenderloin

### Marinade:

- 4 tablespoons olive oil
- 2 teaspoons sesame oil
- 2 tablespoons rice wine vinegar
- 2 cloves of garlic, chopped
- 1 inch fresh ginger, peeled and chopped

What drew us in to the pork recipe submitted by Susan Rosenberg was not the pork itself, although any meal involving pork tenderloin is bound to be good. The pork preparation is simple and straightforward, involving nothing more than searing medallions in a pan. It is what Susan serves with the tenderloin, a creamy variation of pesto with flavors ranging from slightly spicy and sweet to cool and pungent, that makes us swoon. The rich texture and bold flavor add an addictive flavor to the pork tenderloin or whatever you choose to serve it with. While the flavor mostly comes from the cilantro and ginger, the almond butter and coconut milk add just the right amount of creaminess.

## DIRECTIONS

Slice the tenderloin into rounds of 1-inch thickness. Mix oils and vinegar, add garlic and ginger. Marinate the pork slices in a non-reactive glass container for at least 2 hours or overnight, turning at intervals to marinate both sides of the slices.

To cook the pork, heat some coconut oil, lard, or olive oil in a large skillet over medium-high heat. Quickly sear the slices, turning once, until just cooked through. Do not crowd the pan, cook in batches as needed so they sear and don't steam. Keep each batch warm in a warm oven or covered in foil wrap. *cont'd...*



# PORK TENDERLOIN WITH CILANTRO PESTO, CONT'D



## INGREDIENTS, Cilantro Pesto

- 1 bunch of cilantro, leaves only
- 2 large garlic cloves
- 1-inch piece of ginger, peeled and sliced thin
- 1 tablespoon fish sauce
- 1/4 cup olive oil (or less, to taste)
- 1 teaspoon sesame oil (or more, to taste)
- 1/4 cup almond butter
- 1 teaspoon honey (optional)
- 1/2 – 1 cup coconut milk
- sea salt to taste

*To make pesto:*

Blend sauce ingredients in blender or food processor until smooth, adding coconut milk until preferred consistency is reached.

To serve: Put a few slices of pork on a plate with a little bit of pesto on each slice, or serve pesto on the side. (A little pesto goes a long way, flavor-wise.) Serve with cooked greens with sesame seeds and sliced red peppers for a nice color combo.

# CROCK POT PORK-STUFFED PEPPERS

Submitted by Katerina Shchyelkunova



## INGREDIENTS

- 2 pounds ground pork (or a combination of pork and beef)
- 4 large green peppers
- 1 large onion
- 2 carrots
- 4 cloves of garlic
- 1/2 head of cauliflower
- 6 ounce can of tomato paste
- 1 tablespoon dry oregano
- 1 tablespoon dry or fresh tarragon
- Salt and pepper to taste

The recipe for Crock Pot Pork-Stuffed Peppers that Katerina Shchyelkunova submitted satisfies a craving for unfussy but extremely satisfying comfort food. The green peppers will hold their shape while cooking and become individual little serving dishes filled with a mild but flavorful blend of ground pork and vegetables.

Katerina sometimes uses ground beef or a combination of ground meats. We can also imagine using diced tomatoes instead of paste and bold spices for those with a more adventurous palate. Left as is, however, this recipe will greet you at the end of the day with its comforting aroma, and provide a meal that the whole family will love.

## DIRECTIONS

Cut the tops of the peppers and clean the seeds out. Arrange peppers in the Crock-Pot standing up and make sure they fit securely. Grate onion, carrots, garlic and cauliflower in the food processor. You can also just chop them into small pieces with a knife if you don't have a food processor.

In a big bowl, combine ground pork, shredded vegetables, seasonings and tomato paste. Add salt and pepper to taste. Stuff the peppers with the mixture and arrange leftover meat between the peppers. Add half a cup of water, cover and cook on low for 8–10 hours. If you don't have a slow-cooker, the dish can be cooked in the oven, covered, for 1–2 hours.



# MEDITERRANEAN STUFFED PORK LOIN

Submitted by Jade Kendall



## INGREDIENTS

- 1-2 pound pork tenderloin
- 1 red pepper, finely chopped
- 1-2 garlic cloves, finely chopped
- 6 oz spinach
- 1/4 cup chopped nuts (any kind that sounds good)
- Pitted kalamata olives
- Olive oil or butter for sautéing
- Optional: 1/4 cup crumbled Feta cheese

Regardless of any opinions we might have about the Mediterranean Diet, this stuffed pork loin with a Mediterranean flair is right up our alley. The recipe for Mediterranean stuffing, made from red peppers, spinach, olives, garlic, nuts and an optional sprinkle of feta cheese (we couldn't resist throwing some in), was sent in by Jade Kendall. A pork loin is a fine cut of meat, tender and easy to cook, but because it's the leanest cut of pork it also tends to be the least flavorful. This is where Jade steps in with a perfect solution: stuffing. Breadcrumbs are nowhere to be found in his rich and flavorful filling that evokes the best of Mediterranean cooking.

## DIRECTIONS

Drizzle some olive oil or butter in a frying pan over medium heat. Add red peppers and garlic to the pan. After a few minutes add the spinach and cook until it wilts. Remove from heat.

Butterfly cut the pork tenderloin (cut vertically down the middle until almost through, but not quite through the pork). Place saran-wrap over the butterflied pork and pound it as flat as you can without breaking through the pork (use a meat tenderizing hammer for best results). Once the pork is thin, then add the ingredients from the pan on top of the pork, spreading it all over. Add the nuts, and optional feta cheese and olives. *cont'd...*



# MEDITERRANEAN STUFFED PORK LOIN, CONT'D



Gently roll the pork into a tube/roll. If you are using a smaller pork loin, or were not able to pound it very thinly, you may just be folding the loin over rather than rolling it. In this case, securing the loin with toothpicks or kitchen twine will be necessary.

Drizzle the pork with olive oil and butter and bake at 375°F for about 40–60 minutes (depending on the size of the pork roll). When the pork is cooked to your liking, let it cool slightly and then slice.

Submitted by Pat Levine

# GARLIC PULLED PORK



## INGREDIENTS

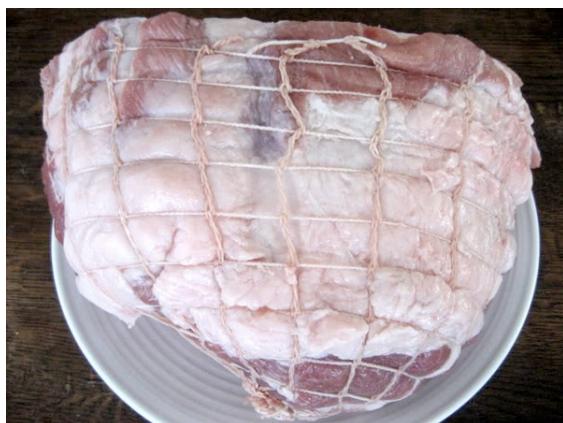
- 1 pork shoulder cut (butt or picnic), weighing 3–4 pounds
- 1–2 tablespoons kosher salt
- 1/2 teaspoon cumin
- 1 teaspoon of black pepper
- 1–2 tablespoons of granulated garlic or garlic powder
- optional: 6 fresh garlic cloves, peeled
- The juice of one lime (or sour orange, if you can get one)
- 1 onion
- 1 bay leaf

Search through a few cookbooks or food blogs for a pulled pork recipe and you'll find that everyone has a slightly different approach. We like the approach Pat "Allbeef Patty" Levine submitted for the Primal Blueprint Cookbook Challenge because it's straightforward and fool-proof and still has tons of flavor. As Pat told us, "the beauty is that it's very affordable and it's more of a "method" than a recipe"—which means you can alter the seasonings to your own taste. The method Pat speaks of is slow-cooking at a low temperature. Low and Slow is the best way to cook less-expensive, tough cuts of meat. One of these cuts is pork shoulder, which is sold most often as either a Boston Butt (upper shoulder) or Picnic (lower shoulder). Either will work for this recipe.

## DIRECTIONS

Mix together salt, cumin, black pepper and granulated garlic. Juice the lime over the seasonings and rub the mixture all over the pork. If you love garlic as much as Pat does, you might want to use fresh garlic, too. Use a knife to slice six thin cuts in the pork and push each clove securely inside each cut. You don't want the fresh garlic to fall out and touch the cooking vessel or it will burn and affect the flavor of the meat.

The meat should sit out of refrigeration a half hour before you put it in the oven. This ensures that it will cook evenly throughout. If you want to let the meat marinate in the rub longer than this, put it in the fridge for an hour or even overnight. *cont'd...*



# GARLIC PULLED PORK, CONT'D



When you're ready to cook, preheat the oven to 250°F. Place the roast in a pan with one sliced onion and a bay leaf. Cover and roast for three to four hours, or until the middle of the roast reads about 190° and falls apart easily when pulled with a fork.

Let the roast rest for twenty minutes or so, then uncover. You'll notice a lot of liquid at the bottom. Use it as a sauce for the meat, which you will now viciously attack with two forks. It'll fall apart pretty readily, and you'll get the idea of the shredding method after a couple of pulls. Enjoy!

# LAMB'S LETTUCE AND SPINACH SALAD

Submitted by Richard Freund



## INGREDIENTS (1 Serving)

- 1–2 cups Lamb's Lettuce
- 1–2 cups raw spinach
- 1/2–1 cup grated red cabbage
- 1/2 pound wild salmon fillet

We can't think of a better green to welcome in spring than one with an adorable name like Lamb's Lettuce. Lamb's Lettuce (or mâche, or field greens, or Rapunzel...) is unique not only for its delicate rosette shape, but also for its buttery texture. It's usually served in salads, but can also be thrown into soup or wilted slightly in a quick sauté with oil. Richard Freund's Lamb's Lettuce and Spinach Salad recipe has such a vibrant, green color that we feel healthy just looking at it. Richard cuts up thin slices of green apple to give his salad a little sweetness and crunch, which together with the Lamb's Lettuce, spinach and cabbage creates a new flavor combination that will pull you out of a salad rut.

## DIRECTIONS

Although the salmon can be cooked any way you like, poaching is a quick and easy method. Preheat the oven to 350°F. Place the salmon in a baking pan with just enough water to cover the bottom of the pan. Cover with foil and bake until done, approx. 10 minutes for a 1/2 pound fillet.

Mix together the greens, top with salmon and drizzle dressing on top. *cont'd...*



# LAMB'S LETTUCE AND SPINACH SALAD, CONT'D



## INGREDIENTS, Apple Walnut Oil Dressing

- 1 quarter of a green apple, cut into matchsticks (skin on)
- 1 tablespoon apple cider vinegar
- 2 teaspoons minced shallot
- 1/3 cup walnut oil
- salt and pepper to taste

*To make dressing:*

Put apple slices in a blender and pulse a few times to break them up. Add vinegar and shallot, then drizzle in oil with the blender running. Blend until the dressing has a thick, but smooth consistency. Add salt and pepper to taste.

# ZESTY LEMON-LIME SEAFOOD SALAD WITH HOMEMADE SALSA

Submitted by Michelle DeLorenzo



## INGREDIENTS (4 Servings)

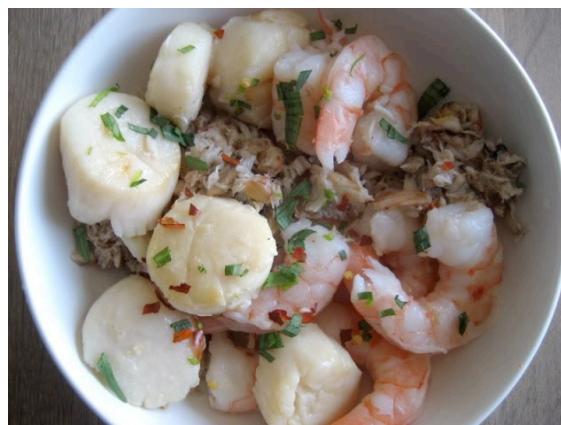
- 1/2 pound cooked lump crabmeat (or lobster meat)
- 1/2 pound cooked shrimp
- 1/2 pound cooked sea scallops
- 1 tablespoon of chopped fresh tarragon
- 2 tablespoons of lemon juice
- 1/2 tsp red pepper flakes
- Tabasco sauce, to taste
- Salt to taste
- 2 avocados
- Your favorite greens

This open-minded approach to salad is exactly what we loved about Michelle DeLorenzo's Lemon-Lime Seafood Salad. She made seafood the star, bedded it on a layer of dark greens and avocado and got rid of dressing entirely in favor of a zesty salsa. The seafood in Michelle's salad has a fresh, light flavor from lemon and herbs, and a spicy kick from red pepper flakes and Tabasco. The salsa Michelle uses as a dressing is a straightforward blend of tomato, garlic, onion and cilantro, but roasting the tomatoes beforehand gives the salsa a richer flavor than simply using raw tomatoes.

Michelle admits this is her favorite salad not only because it's a flavorful protein boost, but also because she loves making people at work jealous with her salad creations. "It encourages them to make salads for lunch themselves," she explains, "instead of hitting the truly frightening cafeteria." Luckily, Michelle's recipe serves four, so you just might have enough to share with those jealous co-workers...

## DIRECTIONS

In a medium bowl, combine seafood, tarragon, lemon juice, red pepper flakes and Tabasco sauce and place in the refrigerator to chill. *cont'd...*



# ZESTY LEMON-LIME SEAFOOD SALAD WITH HOMEMADE SALSA, CONT'D



## INGREDIENTS, Salsa

- 1 medium onion, chopped
- 2 1/2 cups coarsely chopped roasted tomatoes
- 2 garlic cloves, finely chopped
- 1/4 cup coarsely chopped cilantro
- 2 tablespoons lime juice
- 1 teaspoon olive oil
- Salt to taste
- To spice it up, add hot sauce or finely chopped jalapeno to taste

### *To make salsa:*

Combine all the salsa ingredients. For a chunky salsa, stir the ingredients in a bowl. For a smooth salsa, blend in the blender. Letting the salsa sit for awhile helps the flavors blend.

\*\*The salsa can be made with raw tomatoes, but if you'd like to roast them for more flavor start by preheating the oven to 375-400°F. Slice each tomato in half and drizzle with olive oil. Roast for at least 1 hour, until tomatoes are soft. Longer roasting evaporates some of the moisture and intensifies the flavor.

Cut the avocados in half, remove the pits, and gently scoop the meat out of the shells keeping the shape intact. Slice each avocado half into thin slices. Place your greens of choice in four bowls and top with 1/4 of the seafood mixture, 1/4 of the salsa and fan the avocado slices on top. Delicious!

# THAI-INSPIRED SALAD OF AWESOME

Submitted by Tara Gravenstine



## INGREDIENTS (4–6 Servings)

- 1 bunch spinach, roughly chopped
- 2 cups loosely packed fresh mung bean sprouts (optional)
- 1 cup snow peas, julienned (i.e. cut into matchsticks)
- 1 small can bamboo shoots (or water chestnuts), julienned
- 1 red bell pepper, julienned
- 1 bunch scallions, julienned or chopped
- 1/2 cup chopped cilantro
- 1/2 cup chopped basil
- 1/3 cup chopped mint
- 1 mango, diced
- 1 avocado, diced
- 2 medium tomatoes, diced

What really makes the flavor in this salad pop are three herbs easily found at any grocery store or farmers' market: basil, mint and cilantro. In Tara's salad, the trio of basil, mint and cilantro is aromatic and refreshing and brightens the mild flavors of mung bean sprouts, bamboo shoots (or water chestnuts), avocado, snow peas and red pepper.

Tara's Thai-inspired dressing has all those delicious salty, sour, spicy flavors inherent in Thai cuisine. A key ingredient is fish sauce, and while that might not sound appealing, fish sauce is one of those secret ingredients that heightens flavor in a good way. We topped the salad with chopped, grilled chicken breast for protein, although thin slices of steak (hmm...or maybe shrimp....) would be delicious, too. And, as Tara says, "some grated coconut on top of the salad would not be amiss."

## DIRECTIONS

Chop, julienne and mix ingredients together! Drizzle with Thai-inspired dressing (next page). *cont'd...*



# THAI-INSPIRED SALAD OF AWESOME, CONT'D



## INGREDIENTS, Thai-Inspired Dressing

- juice and zest of 2 limes
- 1/2 cup olive oil
- 2 teaspoons fish sauce
- 1 teaspoon soy or tamari sauce
- 2 teaspoons finely minced garlic
- 2 teaspoons ginger juice\* (or grated ginger root)

*To make dressing:*

Combine all ingredients in a bowl and mix.

\*Ginger juice can be made by chopping up ginger and squishing it in a mortar and pestle, or in a bowl with a spoon.

# BACON, CHICKEN AND AVOCADO SALAD

Submitted by Lauren Seaver



## INGREDIENTS (4 Servings)

- 1/4 pound bacon, or 4–5 slices, cut into 1/2 inch bits
- 8 boneless, skinless chicken thighs, chopped into 2 inch pieces, seasoned with salt and pepper
- 1 avocado – peeled, pitted and cut into 1-inch chunks
- 1 head romaine lettuce, chopped
- 1/4 cup chopped red onion
- 1/2 cup chopped walnut
- 1 apple – cut into 1 inch chunks (optional)

Lauren Seaver had us with the first three ingredients in her salad: bacon, chicken and avocado. What is there not to love? This combination is not new to most of you, in fact, you might even throw it into salads all the time. But if it's been awhile, let us remind you how insanely delicious this simple combination is. Lauren turns the flavor dial up a notch by garnishing with chopped walnuts, red onion and apple. All in all, this is exactly the type of salad that satisfies our hunger and provides the type of protein and good fat we all need to get through the day.

## DIRECTIONS

In a pan over medium heat, cook the bacon “bits” until crisp. Remove and set aside, but save the bacon grease in the pan. Next, add the chopped and seasoned chicken thighs to the pan and sauté in the bacon grease. Cook the chicken and turn so that every side is browned. Allow it to simmer over low heat while you prepare the rest of the salad.

Toss the chopped romaine, avocado, chicken and bacon together. Top with red onion, walnuts and apple. Dress with your favorite vinaigrette, or use Lauren's (next page). *cont'd...*



# BACON, CHICKEN AND AVOCADO SALAD, CONT'D



## INGREDIENTS, Basil Apple Vinaigrette

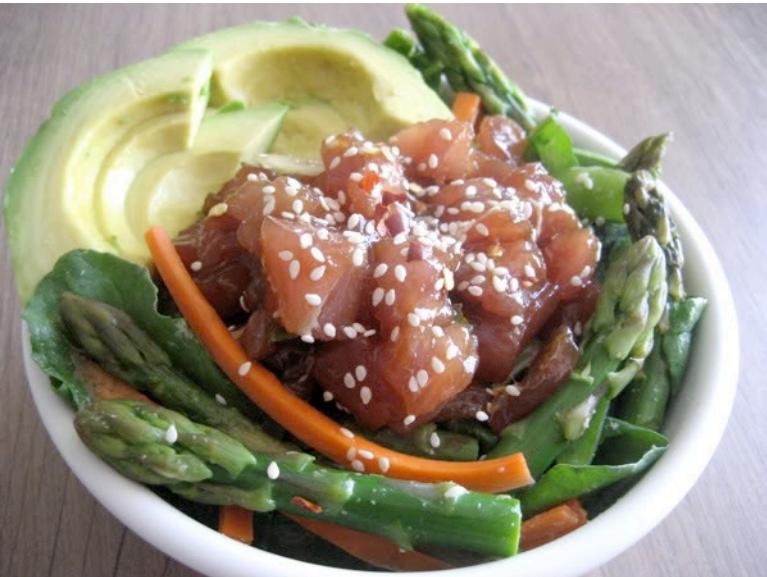
- 1/4 cup balsamic vinegar
- 2 tablespoon apple cider
- 1 shallot, minced
- 2 cloves garlic, minced
- 1 teaspoon mustard
- pinch salt
- pinch black pepper
- 1/3 cup extra virgin olive oil

*To make vinaigrette:*

Mix all ingredients except olive oil (using a whisk, food processor, or blender). Slowly add in olive oil drop by drop to make an emulsion (like you would when making mayo) until it is all incorporated.

# PRIMAL POKE SALAD

Submitted by Shaleah Poster



## INGREDIENTS (2 Servings)

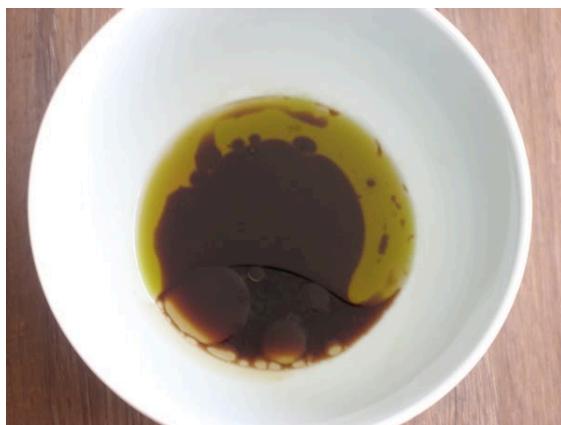
- 1–2 tablespoons tamari
- 2 tablespoons avocado oil
- 1 tablespoon sesame oil
- 1/2 cup sliced green onion
- 1/4 cup finely chopped white onion
- 1/2 pound sashimi grade tuna, cut into cubes
- Crushed red pepper to taste
- Plenty of limu if you're lucky enough to find it
- A handful of your favorite leafy greens (delicate and crunchy greens work well, like arugula + romaine)
- 1–2 green onions, very thinly sliced at an angle
- 1–2 carrots, cut into matchsticks
- A half dozen or so lightly cooked asparagus spears, cut into 1-inch pieces
- A generous handful of snow peas, cut in half
- 1 tablespoon tahini, thinned with 1 or 2 tablespoons of water
- 1–2 tablespoons crushed sesame seeds
- 1 avocado, thinly sliced

Let's start by clarifying that the "poke" in this salad is pronounced Po-keh, and refers to pieces of raw fish flavored with tamari, onions and other seasonings. Poke is a traditional Hawaiian dish and the heart and soul of this salad recipe submitted by Shaleah Poster. Shaleah's maternal family is from Hawaii, so her Primal Poke Salad deliciously combines her heritage and her Primal lifestyle.

## DIRECTIONS

For the poke, mix tamari and oils together. Add the rest of the ingredients and mix gently. Let chill while you make the salad.

For the salad, toss all but last two ingredients together in a large bowl. Divide the salad into individual bowls and split the poke between them. Garnish with sesame seeds and sliced avocado.



# SIMPLE SPINACH SALAD WITH GRILLED STEAK AND RASPBERRY VINAIGRETTE

Submitted by Reni Westmoreland



## INGREDIENTS (1 Serving)

- 3 cups baby spinach
- A few slices red onion
- Small handful walnuts
- Small handful pecans
- 4 oz grilled steak or other protein

In Reni's salad, raw spinach leaves are coated in a lively vinaigrette made with olive oil, raspberry vinegar, mustard and garlic. Sweet and tart with a subtly fruity flavor, the raspberry vinaigrette tastes like summer bursting out of the bowl. Nuts go especially well with fruit vinaigrettes, and we liked Reni's combination of sweet pecans and subtly bitter walnuts. Steak is the protein of choice for this salad, because as Reni says, "We ALWAYS have leftover steak." Yet another simple but genius reminder from Reni: the best protein for a salad is often whatever is leftover from dinner the night before. So go ahead, throw chicken or salmon or any other leftover protein into this salad. The raspberry vinaigrette, although bold, is surprisingly versatile and will pair well with just about anything.

## DIRECTIONS

Put spinach in a bowl and mix with nuts and onions. *cont'd...*



# SIMPLE SPINACH SALAD WITH GRILLED STEAK AND RASPBERRY VINAIGRETTE, CONT'D



## INGREDIENTS, Raspberry Vinaigrette

- 1/4–1/2 cup Raspberry vinegar
- 1/2 cup Olive oil
- 1 tablespoon Dijon mustard
- 1 tsp minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

*To make dressing:*

Mix together dressing ingredients. Add dressing to taste. Lay thinly sliced steak on top, either cold or warmed up. Enjoy!

# BACON, EGG, AVOCADO AND TOMATO SALAD

Submitted by Vanessa Query



## INGREDIENTS

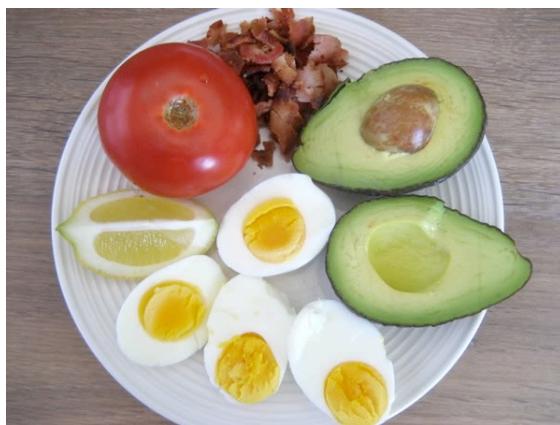
- 1 ripe avocado, chopped into chunks
- 2 boiled eggs, chopped into chunks
- 1 medium-sized tomato, chopped into chunks
- Juice from one lemon wedge
- 2-4 cooked pieces of bacon, crumbled (optional)
- Salt and pepper to taste

You've probably heard of BLTs and BLTAs, but have you heard of BEATs? Bacon, Egg, Avocado and Tomato salad is a favorite around here for breakfast, lunch or dinner. When Vanessa Query sent us her quick and easy recipe for the Primal Blueprint Reader-Created Cookbook Challenge it was actually an EATs (Egg, Avocado and Tomato salad). However, it should come as a surprise to no one that we couldn't resist crumbling crispy, fatty bacon on top.

The bacon adds even more protein and flavor to the salad and seasons it with a salty, smoky flavor. The egg and avocado add plenty of healthy fats, so no drizzle of oil is needed for this salad, although you can add a spoonful of mayo if you like. Vanessa makes her version with a generous squirt of lemon that heightens the flavor and also cuts through the richness, lightening and brightening the salad.

## DIRECTIONS

Mix all ingredients together, stirring not too much, but just enough to make some of the avocado and egg into mush.



# CURRIED SALMON SALAD

Submitted by Amy McMillin



## INGREDIENTS (1 Serving)

- 1 4–6 oz salmon fillet (for anyone on a tight budget, consider using canned salmon instead)
- 1/2–1 tablespoon coconut oil (for cooking fresh salmon)
- 2 cups romaine lettuce, shredded
- 1/2 avocado, cut into chunks
- 2 tablespoon sliced or slivered almonds
- 2–3 tablespoon chopped green onions

For busy college students like Amy McMillin, easy-to-prepare meals that make the most out of a limited food budget are a necessity. “I like to make salads with fewer ingredients using unique combinations,” Amy told us, which is how she came up with her recipe for Curried Salmon Salad for the Primal Blueprint Reader-Created Cookbook. Salmon, lettuce, avocado, slivered almonds and green onions mixed with the complexity and bold flavors of an array of ground spices—garam masala, turmeric, coriander, cumin, cinnamon and cayenne—makes this a delicious Primal dish.

## DIRECTIONS

Season salmon with coriander, cumin and garam masala then pan-fry the fillet in coconut oil. Flake salmon into small pieces and mix with other ingredients. *cont'd...*



# CURRIED SALMON SALAD, CONT'D



## INGREDIENTS, Coconut Milk Dressing

- 2-3 tablespoons coconut milk (or more, depending on how much dressing you like on your salad)
- 1/2 teaspoon turmeric
- 1/4 teaspoon garam masala
- 1/2 teaspoon coriander
- 1/2 teaspoon cumin
- 1/4 teaspoon cinnamon
- dash of cayenne pepper
- optional: 1/2 tsp of coconut flour to thicken dressing

*To make dressing:*

Whisk dressing ingredients together and drizzle over salad.

Submitted by Rich Freund

# AROMATIC WHOLE GRILLED CHICKEN



## INGREDIENTS

- 1 whole chicken
- 1 tablespoon salt
- 1 tablespoon ground pepper (try a mix of white and black)
- 1–2 tablespoons smoked sweet paprika (or just sweet paprika if you can't find the smoked variety)
- 1 tablespoon chili powder
- 1 tablespoon garlic powder or dried minced garlic
- 1 teaspoon turmeric

As reader Rich Freund has pointed out when submitting the following recipe, meals like whole roasted chicken are just as good, if not better, when cooked on a grill. The trick lies in a culinary technique with an extremely technical term: spatchcocking (we swear we did not make that term up). Neither did Rich, although he has perfected the technique on his own backyard barbecue. Spatchcocking involves slicing the bird down the backside to remove the backbone before cooking. This makes a chicken more flexible so you can flatten the bird out, insuring that all parts cook evenly. A spatchcocked chicken can be seasoned or marinated any way you like, but you're definitely going to want to give Rich's dry rub a try.

## DIRECTIONS

Get the grill started first, so it comes up to at least 325°F before you put the bird on. Mix the dry ingredients together and set the rub aside. Set the chicken breast-side down and remove anything that's inside the cavity. Using a sharp knife or kitchen shears, cut down each side of the backbone to remove it. The backbone runs right down the middle of the chicken. When the backbone is removed, the chicken will fold open. Rub the bird with olive oil then rub the spice mix generously all over the bird.

Cook the chicken with the grill lid on, checking and turning the bird every 15 minutes. Watch out for flare-ups and try to avoid letting the chicken come in direct contact with flames. Cook until an internal temperature of at least 165°F is reached.



# CHICKEN CURRY CLAFOUTI

Submitted by Katie Hudgens



## INGREDIENTS

- 6 eggs
- 6 tablespoons melted butter cooled to room temp. + 1 pat for greasing pan
- 3/4 cup cream, half & half or coconut milk
- 4 cups cooked, chopped chicken
- 2 tablespoons curry spice, or to taste
- Salt & Pepper to taste

Almond flour and coconut flour can be perfect substitutes for traditional flour in many Primal baked goods, but they don't always provide a texture that is as light and airy as we want. This is why we were so pleased when Katie Hudgens sent us a recipe for baked clafouti that eliminates flour entirely. Her Chicken Curry Clafouti bakes up into a rich, savory pastry with a texture that's so smooth and buttery it made us wonder why we ever thought clafouti needed flour in the first place.

## DIRECTIONS

Preheat oven to 400°F. Butter a 10" round or 13×9" baking dish. Whisk together eggs, butter & cream until frothy. Mix in chicken and spices and pour into baking dish.

Bake about 45 minutes or until top is golden brown and puffy.



# SESAME CHICKEN AND “RICE” WITH FIERY GINGER AND CHILE SAUCE

Submitted by Peter Yong



## INGREDIENTS, Chicken

- 1 whole chicken
- 1 teaspoon sea salt
- 2 cloves peeled garlic
- 4 slices ginger
- 4 whole scallions
- 2 tablespoons dark sesame oil, or more to taste

## Cauliflower Rice

- 2-3 cups cauliflower rice (cauliflower grated in the food processor)
- 2 tablespoons coconut oil
- 5 peeled and minced shallots
- 5 peeled and minced garlic cloves
- 1/2 teaspoon salt

This traditional dish, typically called Hainanese Chicken and served with regular rice, is a simple and mild combination of flavors. It was Peter Yong's favorite dish at a local restaurant and we're glad he "Primalized" it and shared the results with all of us for the Primal Blueprint Reader-Created Cookbook Challenge. The chicken and cauliflower that make up the heart of the meal are simmered in a soothing ginger and scallion-infused broth. The exact ingredients that create the sauce served with Hainanese Chicken vary from cook to cook. We find Peter's version, a bold blend of tart lime, spicy ginger and loads of garlic, irresistible.

## DIRECTIONS

To prepare the chicken, wash and remove innards. Rub the chicken with salt. Crush garlic and ginger slightly with the flat of a knife and stuff the inside of the chicken with garlic, ginger and scallions.

Bring 12 cups of water (or enough to just cover the chicken) to a boil in a large pot. Add the chicken with breast side down. Simmer covered for 15–20 minutes, then turn the chicken and simmer for another 15 to 20 minutes until done. Remove chicken, draining any liquid back into the pot and reserving the stock. *cont'd...*



# SESAME CHICKEN AND “RICE” WITH FIERY GINGER AND CHILE SAUCE, CONT'D



## INGREDIENTS, Chile Sauce

- 2 fresh Thai chilies, with seeds removed
- 3 tablespoons peeled and finely chopped ginger
- 3 tablespoons peeled and finely chopped shallot
- 3 tablespoons peeled and finely chopped garlic
- 3 to 4 teaspoons lime juice
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon salt

## Garnish

- sliced tomatoes
- sliced cucumbers
- chopped parsley

Plunge the chicken into ice water. After 5 minutes, remove and drain the chicken, then rub with sesame oil and let cool to room temperature.

Prepare the sauce by blending chiles, shallots, garlic and ginger in a food processor until a paste. Transfer into a bowl and stir in 1/2 cup of the reserved chicken stock while it's still boiling hot. Add lime juice, vinegar and salt. Stir to combine and let sit while preparing the rest of the meal.

To make the cauliflower rice, process about 1/2 of a medium sized head of cauliflower in a food processor until the texture is rice like. Heat coconut oil in a saucepan. Once hot, add shallots and garlic and stir-fry until fragrant and soft. Add cauliflower rice and stir-fry another 3 to 4 minutes. Add salt and 3 cups of the reserved chicken broth. Bring to a boil over high heat. Boil until the liquid evaporates to the level of the rice and steam holes appear. Turn heat to low and simmer for 30–40 minutes until liquid is absorbed.

Chop chicken into bite size pieces. If you have a sharp knife or cleaver you can just chop up the meat up with the bones. Add salt and more sesame oil if desired. Serve over the top of the cauliflower rice and garnish with tomatoes, cucumbers and parsley. Drizzle the chile sauce on top.



# CRISPY NUT AND HERB FRIED CHICKEN WITH CREAMY AVOCADO

Submitted by Jeanne Chun



## INGREDIENTS

- 2 chicken cutlets
- 4 eggs
- 4 cups raw, unsalted nuts of your choice
- 1/2 cup finely chopped herbs of your choice
- 1/4 – 1/2 cup cooking oil of your choice
- 1 avocado, sliced
- Salt & pepper to taste

Jeanne Chun supplied this recipe that cooks up into a richly flavorful, finger-lickin' good version of fried chicken. Jeanne blends several types of nuts together with herbs for her chicken coating, which yields a hearty and delicious crust. Plus, the extra protein from the nuts is so satisfying that you'll find yourself getting full without overeating. This means there might be leftovers, which is a lucky predicament that's easily taken care of...Jeanne's fried chicken just happens to be fantastic over salad the next day.

## DIRECTIONS

Finely grind nuts in food processor, but don't grind them so long that they turn into paste. Combine the ground nuts with the chopped herbs. Add salt and pepper to taste. Lightly beat raw eggs in large bowl. Dip chicken cutlets in the egg wash and coat both sides with the nut mixture.

Heat oil in skillet over medium heat. Place chicken in skillet and cook until browned on both sides and cooked through, about five minutes a side. Top with avocado slices before serving.



# SPICY CHICKEN AND BACON POPPERS

Submitted by *Anonymous*



## INGREDIENTS

- Makes 6–8 poppers
- 1 large chicken breast
- 6–8 pickled jalapenos or pepperoncinis
- 3–4 strips of bacon

Pull out a plate of Spicy Chicken and Bacon Poppers and we guarantee this spicy bite-sized, protein-packed snack will go fast. Each bite is a perfect combination of spicy pepper, juicy chicken and salty, crispy bacon. The MDA reader that submitted this recipe stacks up as many pickled jalapenos on the popper as one can stand for an extra-spicy version, but you can modify the recipe to tone down the heat. As if this recipe wasn't mouthwatering enough, our reader had to take it one step further by suggesting we dip the poppers in our favorite creamy dressing. Since we happened to have a batch of homemade Ranch dressing in the fridge we gave it try. Not to be overly dramatic, but the combination of cool, creamy dressing with the spicy, salty popper was pretty much like heaven.

## DIRECTIONS

Cut chicken breast into 1" cubes. Marinate the chicken with salt and pepper, jerk seasoning or your favorite seasoning and oil. Place 1–2 slices of pickled jalapeno on each piece of marinated chicken or slice open a pepperoncini and put a piece of chicken inside. Wrap 1/3 – 1/2 of a piece of bacon around the chicken and secure each popper individually with toothpicks or spear multiple poppers on a skewer.

Over medium heat, grill the poppers until the chicken is cooked through and the bacon is crisp, about 8–10 minutes a side.



# BUTTER CHICKEN IN A SILKY SAUCE

Submitted by Alison Mollenhauer



## INGREDIENTS

- 4 pounds chicken thighs, chopped into 1-inch cubes
- 6 garlic cloves, crushed
- 2 teaspoons garam masala
- 3 teaspoons ground coriander
- 3 teaspoons ground cumin
- 1 teaspoon chilli powder
- 1 teaspoon paprika
- 3/4 cup Greek-style (thick) yogurt
- 7 tablespoons butter, chopped
- 1 tablespoon white vinegar
- 3 tablespoons tomato paste
- 4 large tomatoes, peeled and chopped
- 6 cardamom pods (crush pods slightly to release seeds and more flavor)
- 1 cinnamon stick
- 1 1/2 cup cream or coconut milk
- 1/2 cup fresh coriander, coarsely chopped

Alison Mollenhauer was right on when she named the recipe she submitted for the Primal Blueprint Reader-Created Cookbook Contest “Butter Chicken” instead of simply “Chicken Curry”. Yes, the recipe has spices like garam masala, cumin and cardamom. Yes, the air in your kitchen will be heavy with the enticing aroma of curry. But it’s the silky, rich, lick-the-back-of-your-spoon texture that really stands out in this dish. The credit goes to a generous amount of butter and the addition of cream or coconut milk, mellowing the spices and turning this fairly simple dish into something luxurious.

## DIRECTIONS

Combine chicken, garlic, spices and yogurt in a covered container. Refrigerate for an hour or two. Melt butter in a deep pan. Add vinegar, tomato paste, tomatoes, cardamom and cinnamon. Boil rapidly, stirring until sauce is thick (approximately 20 minutes). Reduce heat to a simmer and add chicken. Continue to simmer, stirring occasionally until chicken is cooked through. Add cream or coconut milk, simmer a few minutes more, and garnish with chopped cilantro.



# CAJUN BLACKENED CHICKEN LIVERS WITH LEMON AND GARLIC

Submitted by Nicola Aylin



## INGREDIENTS

- 1 pound chicken livers
- 1 tablespoon sweet paprika
- 1 teaspoon cayenne pepper (or less, depending on how spicy you like it)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 3/4 teaspoon black pepper
- 3/4 teaspoon white pepper (optional)
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 2 tablespoons butter or olive oil
- 6 cups spinach leaves, lettuce leaves or half a head iceberg lettuce, shredded
- 1 tablespoon butter or olive oil
- Juice of one lemon
- 1 clove of garlic, crushed

Cajun Blackened Chicken Livers with Lemon and Garlic is the first offal recipe for the Primal Blueprint Reader-Created Cookbook, and for those of you a little hesitant to venture into the world of offal, this is a safe and delicious place to start. Nicola Aylin's easy and richly flavorful recipe combines an array of spices with chicken liver and fresh greens doused in lemon, garlic and butter. As far as liver goes, chicken liver is quite mild and has a smooth texture. The spicy seasoning blend sprinkled on top dominates the dish and gives the liver a crispy coating that contrasts with the smooth, rich middle. Laying the liver on a bed of salad greens lightens up the dish and makes Cajun Blackened Chicken Livers with Lemon and Garlic the perfect summer lunch or dinner.

## DIRECTIONS

Trim chicken livers, discarding connective tissue and separating larger livers into two lobes. To make Cajun seasoning, mix together paprika, cayenne, garlic and onion powders, black and white peppers, thyme, oregano and salt. Add livers to the seasoning mixture and toss to coat then brush livers with either melted butter or olive oil. *cont'd...*



# CAJUN BLACKENED CHICKEN LIVERS WITH LEMON AND GARLIC, CONT'D



Choose your cooking method:

a) Preheat broiler to highest setting. Place liver on a rimmed baking sheet and on top rack in oven, broil under high heat. Turn once, until blackened on outside and centre of thickest part is pink, about 8 minutes.

OR:

b) Place chicken livers in a cast iron pan pre-heated to medium and cook on both sides, about 2–3 mins per side.

Place hot chicken livers on lettuce or spinach. Combine butter or olive oil, lemon juice, and 1 clove of crushed garlic in a hot pan until garlic is very lightly browned, then drizzle over livers and greens as a warm dressing.

# TENDER BEEF TONGUE WITH ONIONS AND GARLIC

Submitted by Kerry Carlson



## INGREDIENTS

- 1 beef tongue
- 1 medium onion, finely chopped
- 1 shallot, finely chopped
- 2 cloves garlic, minced
- 1 jalapeno (optional), sliced in half or minced
- Pinch of red chili flakes
- 1 bay leaf

When Kerry Carlson submitted an offal recipe for the Primal Blueprint Reader-Created Cookbook Contest, the first words of the email were “don’t be afraid.” In the interest of full disclosure, we have to admit we were just a tiny bit afraid. It’s not every day, after all, that we bring home beef tongue from the market. But once we reminded ourselves that tongue is simply another part of the animal, no different than eating beef ribs, shank, loin or brisket, our fear started to subside. It also helped that Kerry’s preparation method is incredibly simple. So you see, there really isn’t anything to be afraid of. If you’ve ever considered eating more of a cow than just a steak, or if you’re simply looking for a bargain cut of meat, now is the perfect time to give tongue a try.

## DIRECTIONS

Put all ingredients into a pot and cover with water. Bring to a boil and then turn it down to a simmer for about 3 hours until tender. Let cool until you are able to handle. Peel off skin and slice.

You can also cook it all day in a Crock Pot with a little bit of liquid or braise it in the oven like a roast, or for a faster method, put in a pressure cooker for just over an hour.



# CRISPY LIVER HASH BROWN PATTIES

Submitted by Evelyn Haapala



## INGREDIENTS

- 1 pound minced beef liver
- 1–2 raw potatoes, peeled
- 1 raw carrot, peeled
- A fist-sized piece of celery root, peeled
- 1 onion
- 1 tablespoon fresh marjoram or 1 teaspoon dried
- A pinch of black pepper and salt
- 1–2 tablespoons melted butter or olive oil

When most people think of beef liver, the next thing that comes to mind is fried onions. While liver and onions is certainly an easy way to serve this particular type of offal, it's definitely not the only way. Primal readers have all sorts of suggestions for preparing beef liver, and we were particularly drawn to Evelyn Haapala's recipe for Crispy Liver Hash Brown Patties. Fry these liver hash brown patties up in a pan of butter and we're betting even the pickiest eaters in your house will want to try a bite. You can enjoy Liver Hash Brown Patties with a side of Evelyn's coleslaw, the crispy texture and tart-sweet flavor is just right with the richness of liver.

## DIRECTIONS

Grate the vegetables and mince the onion. Mix these with the minced liver. Add spices and melted butter.

Heat butter or oil in a pan and drop small portions of the liver mixture into the pan to form patties. Fry the patties several minutes on each side until nicely browned. *cont'd...*



# CRISPY LIVER HASH BROWN PATTIES, CONT'D



## INGREDIENTS, Coleslaw

- 1 cabbage, grated
- 2 carrots, grated
- 1 granny smith apple, grated
- 1/2 – 1 cup hazelnuts, crushed
- 1/4 – 1/2 cup raisins or dried cranberries
- 1/4 cup white balsamico, white wine vinegar, or cider vinegar
- 1 tablespoon warm water
- 1 teaspoon honey
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 2 teaspoons mustard
- 1 teaspoon horseradish
- Salt and pepper to taste

*To make coleslaw:*

In a large bowl mix together grated cabbage, carrot and apple with hazelnuts and raisins. Whisk together remaining ingredients and pour over coleslaw. Mix well and enjoy!

# GRILLED BEEF HEART WITH ROASTED CHILI PEPPERS

Submitted by Richard Freund



## INGREDIENTS

- 2-4 chili peppers for roasting
- One beef heart
- 1 tablespoon of cumin
- 1 teaspoon salt
- 1 teaspoon black pepper (or 2 tablespoons of your favorite seasoning rub)

Braising is a good cooking method for a heart since simmering any tough cut of meat in liquid for a long period of time is tenderizing. But if you don't have hours to braise or if turning on your oven in the heat of summer is the last thing you want to do, grilling is the way to go. This gives the meat a nice crispy coating, which is an ideal way to avoid the softer, chewier texture that a heart can sometimes have. When grilling, the trick to tenderness is slicing the meat very thinly after it's cooked. Richard Freund uses this method in the Grilled Beef Heart with Roasted Chili Peppers recipe he sent in for the Reader-Created Cookbook Challenge. His idea of tossing the tender strips of heart with thinly sliced, roasted chili peppers creates the perfect appetizer and turns the heart into a cut that looks a lot like steak. This summer appetizer couldn't be easier and although it's a little adventurous, it's well worth a try.

## DIRECTIONS

Roast or grill chili peppers until skin is black, then remove the skin in a basin of water or under running water. Remove the stem (and seeds for less heat) and slice thinly. Slice the beef heart in half lengthwise, which will reveal the white inner gristle and maybe even a valve. Remove both with a knife or kitchen scissors.

Rub the heart halves with the spices. Over medium-high heat, grill the heart until the outside becomes crispy and the inside is still slightly pink. Slice the beef heart into thin strips and mix with the peppers. Serve with lime or lemon juice and a drizzle of olive oil.



# SLOW-COOKED “HEART ON FIRE” WITH CREAMED KALE

Submitted by Christopher Williams



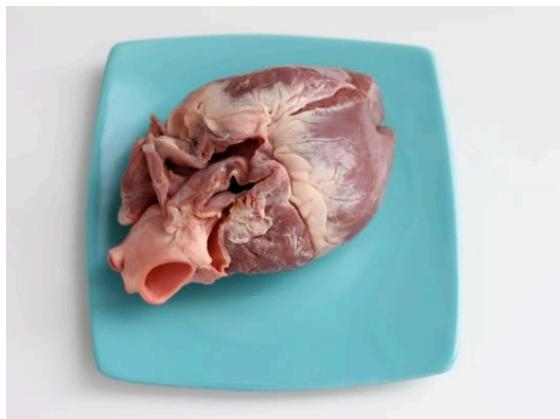
## INGREDIENTS

- 1-2 hearts
- 2 chopped carrots
- 3 chopped celery hearts
- 1 chopped onion
- 2-3 (depending on size) chopped garlic cloves
- 3 chopped jalapenos (de-seeded to tame the spiciness)
- 3/4 cup coconut flakes
- 1 teaspoon cayenne powder
- 1 teaspoon chilli powder
- 1 teaspoon red pepper
- 1 teaspoon smoked paprika
- 1/2 teaspoon allspice
- 1/2 teaspoon cloves
- 2 teaspoons cilantro flakes (or 1-2 tablespoons finely chopped fresh cilantro)
- 1 large bunch of kale, sliced
- 1/2 can of coconut milk

Christopher Williams’ “Heart on Fire” recipe is the perfect recipe for easing into offal. If you can manage to get the heart into a slow-cooker, then you don’t have to think about it for another 6 hours. The scent that fills your kitchen will be rich and aromatic, heavy with an array of spices like cloves, allspice and paprika. The spices Christopher uses aren’t just for aroma, though, they pack a fiery kick that gives this dish its name. Christopher tames the fire by serving the slow-cooked heart on a creamy bed of kale simmered in coconut milk, bringing a cooling element and loads of extra nutrition to this dish.

## DIRECTIONS

Cut the heart in half and remove any valves and connective tissue with a sharp knife or kitchen shears. Put 3/4th or so of the carrot, celery, onion, garlic, jalapenos, coconut flakes and spices in the bottom of the Crock-Pot to make a good base. Place the heart in the Crock-Pot and cover it with the remaining veggies and spices. Add a cup or so of liquid (broth or water) and cook on low for about 6 hours. When the heart is cooked, put the kale in a large pan, pour in the coconut milk and sauté until kale reaches desired softness (I like mine a little on the firmer side). Slice the heart into small pieces. Serve over kale.



# SHRIMP “GROK-AMOLE” SALAD

Submitted by Amanda Low



## INGREDIENTS (Servings 3–4)

- 1 pound cooked and peeled shrimp
- 3–4 ripe avocados, peeled and chopped into 1/2" chunks
- 3–4 ripe red tomatoes, chopped
- 2–3 green onions, finely chopped
- 1 large orange or yellow pepper, chopped
- 1 jalapeño pepper, seeded and finely chopped
- 3–4 cloves of garlic, finely chopped
- Juice of 1–2 limes
- Olive oil
- A handful of fresh cilantro leaves, chopped
- Salt and pepper
- Optional: a sprinkle of powdered chipotle pepper (Amanda and her husband love the smokey flavor of chipotle)

Some meals are just meant to be eaten underneath a bright blue sky with the hot summer sun shining down, and in our opinion, Shrimp “Grok-amole” is one of them. Cold, plump shrimp doused liberally in lime juice and tossed with juicy red tomatoes, crunchy orange pepper, spicy jalapeño and as many avocados as you can fit in the bowl is our idea of good summer eating. Thank Amanda Low for inventing Shrimp “Grok-amole” salad. Amanda lives on the Vancouver Island coast and enjoys an abundance of fresh seafood that she buys from fisherman at the town dock. The avocado in Shrimp “Grok-amole” is complemented by two colorful sidekicks (orange pepper and red tomato), that add flavor and give this salad a bright and cheerful summer look. As a matter of fact, there is so much flavor in this salad that it doesn’t require a formal dressing. Lots of lime juice and a drizzle of olive oil is all you need. Then grab a fork, head outside and dig in.

## DIRECTIONS

Put all vegetables and shrimp in large bowl. Drizzle lime juice and a little olive oil on top, sprinkle with cilantro and salt and pepper to taste, mix and enjoy.



# SALT AND PEPPER SQUID

Submitted by Nicola Aylin



## INGREDIENTS

- 2 pounds squid, cleaned (most fish counters will clean it for you)
- 1/2 teaspoon black peppercorns
- 1/2 teaspoon Sichuan peppercorns
- 1 teaspoon salt
- 2 tablespoons olive, palm or coconut oil
- 1 large or 2 small peppers, either a spicy variety or bell peppers if you prefer mild
- 1 small bunch of spring onions or scallions

The texture of squid is a bit chewy, a trait exaggerated by overcooking, which is why a quick sauté is an ideal way to prepare it. In the recipe, Nicola Aylin makes this simple cooking method more interesting by sprinkling the squid with Sichuan peppercorns. Served hot out of the pan for dinner or chilled for lunch the next day, Salt and Pepper Squid is delicious either way. It's a meal that can stand alone, but Nicola likes to serve it with the Cucumber and Seaweed Salad in the Primal Blueprint Cookbook. You could also serve it over a simple bed of mixed greens.

## DIRECTIONS

Many fish counters sell calamari that is already cleaned. If the body is separated from the tentacles you can buy just the body, or throw in some tentacles, too, for variety. For this recipe, Nicola cuts along one side of each squid pouch to open it out flat. She then scores the inner side in a diamond pattern with the tip of a small, sharp knife and then cuts the squid into 2-inch squares. We found that using kitchen shears to cut the squid into rings was a fast alternative.

Heat a frying pan over a high heat. Add the black peppercorns and Sichuan peppercorns and dry-roast them for a few seconds, shaking the pan now and then, until they darken slightly and become aromatic. *cont'd...*



# SALT AND PEPPER SQUID, CONT'D

Submitted by Nicola Aylin



Tip the peppercorns into a mortar and crush coarsely with the pestle, then stir in the sea salt flakes. If you don't have a mortar and pestle, then put the peppercorns between two sheets of parchment paper and whack and roll over them with a rolling pin until crushed.

Heat a wok or a large, heavy frying pan over high heat until smoking. Add half the oil and half the squid and stir-fry it for 2 minutes, until lightly colored. Scoop onto a plate, then cook the remaining squid in the same way.

Return the first batch of squid to the wok with the second batch and add 1 teaspoon of the salt and pepper mixture (the rest can be saved for other recipes). Stir together for about 10 seconds, then add the fresh peppers and onions and saute another few minutes.

# SHRIMP, SAUSAGE AND SUMMER SQUASH CASSEROLE

Submitted by *Rachel Virden*



## INGREDIENTS

- 4–5 pounds yellow crookneck squash (or zucchini), sliced
- 1 onion, finely chopped
- 6 slices bacon, chopped into pieces
- 1/2 pound Italian sausage (spicy or regular)
- 1 pound raw shrimp (peeled/deveined/tails off), chopped into bite-sized pieces
- 2 eggs
- Butter, if needed for sautéing
- Optional seasonings: salt, pepper, Cajun seasoning or hot sauce, Parmesan cheese

Two words in the seafood recipe submitted by Rachel Virden for the Primal Blueprint Reader-Created Cookbook Contest caught our eye immediately: Summer and Squash. Yes, we loved the combination of shrimp and sausage (who wouldn't?) and the intensely savory flavor that only comes from sautéing with bacon fat. We were amazed by the way a few simple ingredients baked up into such a rich and satisfying dish. But what made us really happy was discovering a new, inventive way cook up summer's seemingly endless bounty of squash.

## DIRECTIONS

Preheat oven to 350°F. Cook the bacon and sausage together in a large soup pot or other deep pot. When fat begins to render, add the onion. Sauté until bacon is slightly crispy, sausage is crumbled and cooked and onion is soft. Add the sliced squash (it may be easiest to add it in several batches) and stir to coat with meat and rendered fat.

Turn the heat to high. This is necessary to quickly cook off any moisture the squash releases so that the squash can brown and caramelize, rather than "boil" in its own water. If the sausage and bacon have not rendered enough fat to cook the squash, then add some butter to the pot. The squash is done once it is slightly browned and there is no liquid sitting in the pot. By this time, the squash will have reduced by about half. Season with your choice of salt, pepper, Cajun seasoning and/or hot sauce. *cont'd...*



# SHRIMP, SAUSAGE AND SUMMER SQUASH CASSEROLE, CONT'D



Remove the pot from the stove and let it cool slightly.

Beat the eggs in a small bowl and pour over the squash mixture. Add the raw shrimp and 1–2 handfuls of grated Parmesan cheese (optional). Stir to combine all ingredients then pour into a casserole dish. If you like, top the dish with a few pats of butter or sprinkle with Parmesan cheese.

Bake until hot and bubbly, approx. 30 minutes. (It is important to not cook the shrimp prior to baking the casserole. The shrimp will get overcooked and rubbery if you do.) Enjoy!

# SOUS VIDE SALMON WITH SALMON SKIN “BACON”

Submitted by Szara Loring



## INGREDIENTS

- A wild salmon fillet (about 3/4 inch thick) with skin on
- A few tablespoons of fat (beef or pork drippings or olive oil)
- Salad Greens
- Blackberry Vinaigrette (see recipe below)

## Tools

- Thermal picnic cooler (3–5 gallons)
- Ziploc bag large enough for salmon
- Thermometer

Szara's recipe for Sous Vide Salmon made us realize you don't necessarily need expensive, professional sous vide equipment to try the cooking technique out. Turns out, all you need is a cooler, a large Ziploc bag and a thermometer. "Sous vide" basically translates as "under vacuum" and refers to cooking food in an airtight bag submerged in a temperature-controlled water bath. Unlike stovetops, ovens, or grills, which invariably become hotter or cooler as food cooks, a temperature-controlled water bath insures that the food is cooked at the exact same temperature the entire time.

Topping off Szara's tender and flavorful sous vide salmon fillet is a crispy treat we like to call salmon skin bacon. Without any further ado, we bring you sous vide cooking at home. Sure, your family might look at you funny when you pull dinner out of a cooler, but that's all part of the fun.

## DIRECTIONS

First, remove the skin from the salmon. This is easiest to do if you add a few tablespoons of fat to a skillet and sear the salmon, skin side down, for 3 minutes. Remove the salmon from the pan and use a knife to separate the skin from the meat. Set the skin aside.

Next, heat several gallons of water and monitor it with a thermometer until the water reaches 130°F. When it reaches 130°, pour the water into the cooler. *cont'd...*



# SOUS VIDE SALMON WITH SALMON SKIN “BACON”, CONT'D



## INGREDIENTS, Blackberry Vinaigrette

- 1/4 cup sherry vinegar
- 1 tablespoon minced shallots
- 1 tablespoon honey, or less to taste
- 2 teaspoons Dijon mustard
- 1 tablespoon fresh tarragon, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon fresh-ground black pepper
- 1/2 cup extra-virgin olive oil
- 1 cup blackberries, roughly chopped

Put the salmon in a large Ziploc bag. Partially close the seal, leaving approximately 1 inch open for air to escape. To create the most airtight seal possible, slowly lower the unsealed bag into the water. Once the bag is almost entirely submerged, then finish sealing the bag. There should be no air left in the bag.

Release the bag into the water, trying to position it (if possible) so that the bag has water all around it and is not just lying on the bottom of the cooler. Close the lid on the cooler and let the fish cook undisturbed for 45 minutes. You cannot overcook the fish so it can go longer if you need it to.

To make the salmon skin bacon, heat more oil in a pan and sear both sides of skin until crispy. Salt to taste and break into small pieces. Take salmon from the water bath, remove from the bag and place on a bed of greens tossed with blackberry vinaigrette. Top with salmon skin bacon bits.

*To make vinaigrette:*

Combine vinegar, shallots, honey, mustard, tarragon, salt and pepper in a mixing bowl. Slowly add the olive oil while whisking continuously. Stir in the blackberries and adjust seasoning to taste.

# TOMATO GARLIC MUSSELS

Submitted by Lynn Koch



## INGREDIENTS

- 2 pounds of mussels, well-cleaned (see instructions below)
- 2 tablespoons butter
- 4 cloves of garlic, thinly sliced or minced
- 1 hot pepper, sliced (cored and peeled, if desired)
- 2 large, ripe tomatoes, coarsely chopped
- 1/4 – 1/2 cup dry white wine
- Pinch of sea salt
- Small handful of basil, sliced
- Large bunch of parsley, chopped

Who gathers their own shellfish, you ask? It just so happens that Lynn Koch does, when she spends her summers on Three Mile Harbor on the South Fork of Long Island in New York. According to Lynn, the area “has many creeks and when I feel motivated, I kayak into one of them when the tide is still fairly low and take mussels from the creek beds. I pretend I am a hunter-gatherer, and get wonderful exercise, fun and food from the experience.” The shells bring a briny flavor to the broth and quickly open, revealing plump and juicy mussels ready to be enjoyed. Scoop them into bowls with plenty of thick broth on top and dig in!

## DIRECTIONS

A healthy mussel is one with a shell that stays closed as you rinse them off, but opens wide once it is cooked. If a mussel shell doesn't open after being boiled for 3–5 minutes, it's not meant to be eaten. Also not meant to be eaten is the “beard,” or stringy clump of dark thread that sometimes hangs out of the shell. Pull this off when you rinse and rub the shells thoroughly before cooking.

Once mussels are cleaned, melt the butter in a large pot and add the garlic. Sauté until the garlic starts to become golden and add the pepper. Cook until the pepper is soft. Add the tomatoes and cook until they have expressed their juices. Add the white wine and simmer rapidly until the sauce is reduced by 1/2. Add the salt and stir. Add the mussels, cover the pot and check periodically until most all the mussels have opened, 3–5 minutes. Toss with the basil and parsley.



# LOBSTER, GRAPEFRUIT AND AVOCADO SALAD WITH CREAMY CITRUS DRESSING

Submitted by Kerry Carlson



## INGREDIENTS

- 2 avocados (halved and shelled)
- 2 small lobster tails
- Small bunch cilantro coarsely chopped
- 1 grapefruit, (Kerry likes ruby red) sectioned into 16 pieces
- Chopped, cooked bacon slices
- Mixed mesclun greens

When you're in the mood for something decadent, or a special occasion arises, or it's a Tuesday and for no particular reason at all you're craving lobster, MDA Reader Kerry Carlson's Lobster, Grapefruit and Avocado Salad with Creamy Citrus Dressing is one to turn to. Kerry's lobster salad is flavored by a bold combination of tart grapefruit, creamy avocado and salty bacon. This trio of contrasting flavors will wake up your taste buds and demand they take notice of what you're eating. Each bite is a celebration of varying textures and flavors, and when one of those bites also includes a chunky piece of lobster meat, you're really in for a treat.

## DIRECTIONS

To cook the lobster tails, one of these two methods work well. 1. Bring a pot of salted water to a boil. Add the lobster tail and boil for 7–10 minutes. OR: 2. Using kitchen shears, cut lengthwise down the middle of the top shell. Pull the shell open slightly and drizzle a little butter over the lobster meat. Preheat the oven broiler to high and broil for 7–10 minutes.

Remove the lobster shells and take out the meat. Cut into chunks and mix with cilantro and grapefruit. Spoon the mixture over the open avocado halves and place over baby greens. *cont'd...*



# LOBSTER, GRAPEFRUIT AND AVOCADO SALAD WITH CREAMY CITRUS DRESSING, CONT'D



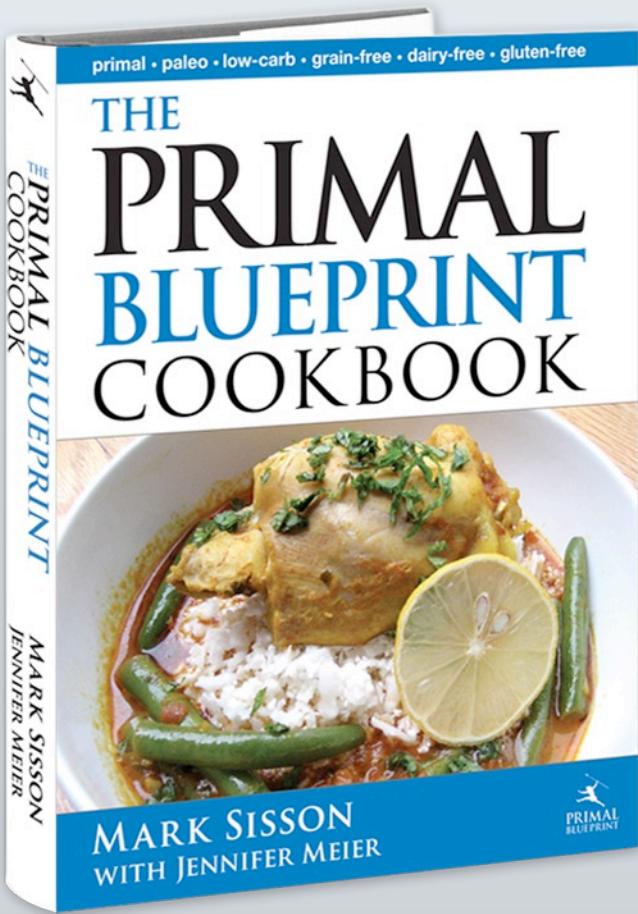
## INGREDIENTS, Creamy Citrus Dressing

- 1/2 lime, juiced
- 1 lemon, juiced
- 1 1/2 teaspoon Dijon mustard
- 1/2 teaspoon garlic, finely chopped
- 1 small shallot, finely chopped
- 1/4 cup olive oil
- 1/4 cup mayo (bacon mayo would work well here also)
- Salt pepper to taste

*To make dressing:*

Whisk all ingredients for the creamy citrus dressing together until well blended. Drizzle over lobster salad. Top with bacon bits and enjoy!

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