



## MEAL PLAN 16.21 Recipe Compilation

*May 25th, 2016*

### Slow Cooker "Carnitas"

*Yields: 66P, 9C, 0F*

#### Ingredients:

- 5 pounds pork, dark meat (labeled carnitas, cushion, shoulder) trimmed of fat and cut into orange size chunks
- 10 cloves garlic, smashed
- 2.5 tablespoons kosher salt
- 4 oranges, quartered
- 1 quart water
- 2 oz. Tamari or coconut aminos
- 1 tablespoon Mexican oregano
- 1 tablespoon Cumin
- 3 bay leaves
- 1/2 tablespoon annatto (optional)
- 2 tablespoons chipotle puree or 2 chipotle in adobo
- Red onion, minced (to garnish)
- Cilantro, to garnish

#### Preparation Instructions:

1. Combine all ingredients in the crock of your slow cooker.
2. Place slow cooker on a foil lined sheet pan and cook on high for 12 hours.
3. Break pork chunks apart with a spoon and serve immediately with red onion and cilantro, or portion into pint containers and freeze for up to 6 months.

## **Sesame Orange Peel Chicken**

*Yields: 20 balanced blocks*

### **Ingredient List for Chicken:**

- 1 ¾ pounds chicken breast, boneless/skinless, sliced into cutlets (20P)
- 1 tablespoon Sriracha
- 2 teaspoons toasted sesame oil (6F)
- 1 tablespoon Tamari (wheat free soy) or coconut aminos
- 1 teaspoon sesame seeds
- 1 small handful fresh cilantro, roughly chopped
- 2 tablespoons maple syrup (3C)

### **Preparation Instructions:**

1. Combine all ingredients in a mixing bowl and mix well. Place in the fridge and allow to marinate while you prep your veggies.

### **Ingredient List for sauce:**

- 1 cup water
- 2 tablespoons Tamari or coconut aminos
- ¼ cup maple syrup (6C)
- 2 tablespoons arrowroot (2C)
- 1 tablespoon sriracha

### **Preparation Instructions:**

1. Combine all sauce ingredients in a mixing bowl and whisk until well incorporated.

### **Ingredient List for Veggies:**

- 2 cups onion, julienned (2C)
- 2 cups celery, ABC (Asian Bias Cut) (1C)
- 2 cups zucchini, ABC (1C)
- 2 red bell peppers, ABC (1C)
- Peel of 2 oranges, ABC
- 1 tablespoon olive oil, for sautéing (9F)
- 2 teaspoons toasted sesame oil, for sautéing (6F)
- 1 handful fresh cilantro, for finishing
- Sesame seeds, for garnish

**Preparation instructions: (for the veggies on the Orange Peel Chicken)**

1. Heat a 14” sauté pan over high heat and add olive oil.
2. When pan and oil are hot, place marinated chicken breasts in oil and cook for 2-3 minutes.
3. Turn breasts over and cook for 2-3 additional minutes. Remove to a bowl using the last breasts to sop up/clean the fond from the pan.
4. Add sesame oil to pan and when it is hot, add onions, celery, zucchini, peppers and orange peel.
5. Sauté veggies for 6 minutes tossing every 90 seconds.
6. While veggies are cooking, slice chicken into strips, then, at the 6 minute mark, add the chicken back to the pan and toss.
7. Whisk the sauce mixture once again and add it to the pan. Stir to incorporate and watch the arrowroot thicken.
8. Bring to a simmer, season one final time as you see fit. Add fresh cilantro, toss once more and plate. Garnish with sesame seeds and Poila!
9. Serve family style or portion into containers and refrigerate for up to one week or freeze for up to 6 months.

**Mexican Style Avo-Mango Shrimp Cóctel**

*Yields: 8P, 8C, 16F*

**Ingredient List:**

- 1 lb wild shrimp, pre-cooked
- 2 tablespoons tomato paste
- 1/3 cup chicken stock
- 1 tablespoon Worcestershire sauce
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- pinch kosher salt
- pinch black pepper
- 1/4 large red onion, diced
- 1 tomato, diced
- 1 avocado, diced
- 1 / 2 mango, dice
- 1/2 jalapeño, diced
- 1 handful cilantro, diced

**Preparation Instructions:**

1. Begin by making the sauce for the shrimp. Whisk together tomato paste, chicken stock, Worcestershire, honey, apple cider vinegar, and salt.
2. Place shrimp in mixture and let marinate while cutting the veggies and fruits.
3. Add veggies and fruit to mixture and season to your liking with salt and pepper.
4. Serve with Super Radical Plantain Chips and enjoy!

## *Thai Turkey Throwdown*

*Yields: 46P, 35C, 90F*

### Ingredient List:

- 1/4 cup olive oil
- 1/2 cup fresh ginger, roughly chopped
- 1/2 cup fresh garlic, roughly chopped
- Kosher salt, to taste but typically 6 grams per pound of ground meat (so 30 grams in this case)
- Freshly ground black pepper, to taste
- 5 pounds ground turkey
- 4 cups yellow onion, small dice
- 2 1/2 pounds carrots, shredded
- 2 pounds mushrooms, sliced or quartered
- 4 cans bamboo shoots, sliced and roughly chopped
- 4 cans water chestnuts, sliced and roughly chopped
- 10 cups light coconut milk, I look for the cheapest stuff that is only water and coconut
- 1/3 cup Sambal plus what you'll use to garnish
- 10 "spooges" fish sauce, I use Red Boat
- 1 large bunch cilantro, roughly chopped plus what you'll need to garnish

### Preparation instructions:

1. Heat olive oil in two 14" saute pans over high heat. When oil runs like water when pan is tilted side to side, add the ginger and garlic and stir well. Season the top side of the turkey with salt and pepper and place, seasoned side down in the oil, garlic and ginger. Season top side of turkey with salt and pepper.
2. Add onions around the edge of the turkey so that they prevent exposed garlic and ginger from overcooking. After 60 seconds, begin to break up the turkey, but do not turn it yet. Maintain the original seasoned side down so that it has a chance to caramelize.
3. After 3-5 minutes, begin to turn turkey, then add carrots and stir well to incorporate. Allow to cook for 6 minutes, then add the mushrooms, stir gently, and cook for 5 minutes.
4. Add bamboo shoots, water chestnuts and coconut milk and bring entire mixture to a simmer. Stir well, break up any turkey chunks, and when mixture has reached a simmer, season with Sambal and fish sauce.
5. Stir one final time, then cut the heat. **If you are serving immediately:** gently fold in cilantro and call your "Paleo Pups" to the table. **If you are going to reheat and eat at another time:** cool mixture completely before adding the cilantro as this will prevent the cilantro from turning an off green color.
6. Portion out into individual containers, garnish with Sambal, fish sauce and cilantro and refrigerate for up to 5 days or freeze for up to 6 months.

## **Chipotle Bison Stuffed Yams**

*Yields: 8P, 8.5C, 31/15.5F*

### **Ingredient List:**

- **1 pound ground bison (I used [The Honest Bison](#) brand)**
- **3 smallish yams or sweet potatoes, precooked and sliced in half the long way**
- **1 yellow onion (medium sized), diced**
- **8 cloves garlic, minced**
- **2 Poblano peppers, roasted, seeded, skinned and diced**
- **2 chipotle peppers with 1 tablespoon adobo sauce**
- **1 avocado, diced**
- **Drizzle of Massie Mayo**
- **Cilantro sprigs, to garnish**
- **Olive oil, as needed**
- **Kosher salt and black pepper, to taste**

### **Preparation instructions:**

1. Heat a 10" sauté pan until hot, then add some olive oil. Season the flesh side of the yams with salt and pepper and place, seasoned side down in the olive oil.
2. Heat a 14" sauté pan until hot, then add some olive oil. Season the top side of the buffalo with salt and pepper and place, seasoned side down in the olive oil. Season the top side of the buffalo and break into large chunks, leaving the initial seasoned side in contact with hot olive oil.
3. Add the garlic to the buffalo pan and stir to distribute evenly into pooled olive oil, then add the onions.
4. Turn the heat on the yams down and place an inverted sauté pan or lid on the top of the pan so that it will trap the moist heat and warm the yams from the top side as well.
5. Break up buffalo and stir in onions and garlic. Then, add Poblanos, chipotles and adobo sauce. Use your spoon to break up the chipotles and distribute evenly.
6. Cook until bison is done, approximately 8 minutes.
7. Cut the heat on both pans, transfer the yams to a plate, top with bison mixture, top with avocado, a drizzle of Massie Mayo, and some fresh cilantro sprigs.
8. This is a great make-ahead meal. If you are going to prep for the week, portion and freeze, then leave the avocado and mayo out until after you reheat the food. Then, travel with a squeeze bottle of mayo and a few avocados in your quiver.
9. Share with your friends and smile because you are a *Culinary Ninja* and you are...

## **Shrimp and Sausage Stuffed Zucchini**

*Yields: 16P, 3C, +F if you add the mayo*

### **Ingredient List:**

- **3 zucchini, cut in half the long way and scooped out**
- **1 egg**
- **12oz, hot Italian sausage**
- **12oz wild caught shrimp, roughly chopped**
- **Salsa Chipotle, Massie's Mayo and fresh Cilantro as garnish**

### **Preparation Instructions:**

1. Place zucchini boats on a foil lined sheet pan and season with kosher salt, pepper and olive oil.
2. Roast in a preheated 350°F oven for 10 minutes.
3. While zucchini boats are roasting, mix one egg, 12 ounces hot Italian sausage, and 12 ounces roughly chopped wild shrimp in a mixing bowl.
4. Remove zucchini from the oven and stuff with shrimp and sausage mixture.
5. Return the pan to the oven and roast for 15 minutes or until the stuffing reaches an internal temp of 165°F.
6. Transfer stuffed zucchini to individual plates, or a large platter if you're serving family-style, top with salsa chipotle, mayo, and fresh cilantro and enjoy!

## **Salsa Chipotle**

### **Ingredient List:**

- **7oz. Can of Chipotle in Adobo**
- **14oz. Crushed Tomatoes**
- **1 Medium Onion, large dice**
- **Juice of 2 Limes**
- **1 Handful Fresh Cilantro, rinsed (approximately half of one large bunch)**
- **10oz. Water**
- **1.5 Teaspoons Kosher Salt (to taste)**

### **Preparation Instructions:**

1. Combine all ingredients in a blender and blend on high until smooth.
2. Tone down heat by adding more lime juice or tomato product.
3. Season with Kosher salt to your liking.
4. Refrigerate for up to two weeks, or freeze for up to six months.

## **Massie Mayo**

***\*if needed, if not change "1" to "0" on second tab of grocery list spreadsheet***

*Yields: 2P, 288F - makes about 2 cups*

### **Ingredient List:**

- **1 egg plus one yolk**
- **1 teaspoon granulated garlic**
- **1 teaspoon Dijon mustard, or ground mustard**
- **Juice of ½ lemon**
- **2 cups extra light olive oil (DO NOT USE EXTRA VIRGIN!!!)**
- **Kosher salt, to taste**

### **Preparation Instructions: (mayo)**

1. Add eggs, garlic, Dijon and lemon juice to a food processor, blender, or a mixing bowl.
2. Turn on the food processor or blender and slowly drizzle in olive oil making sure it is emulsified (creamy looking) as you go. If using a mixing bowl, whisk like a mad man/woman and also be sure to maintain emulsion.
3. Once all olive oil has been added, test the mayo for flavor. Add salt as desired.
4. Use a rubber spatula to transfer to a zip loc bag, then, cut a small hole in the corner of the bag and pipe the mayo into a squeeze bottle.
5. Stores in the fridge for 2-3 weeks, but I doubt it will last that long...