

**Master Cooking Class of Wise Traditions Cooking with Sally Fallon Morell
RECIPE LIST***

VIDEO CONTENTS

- Video Part I: Fish Filets with Julienne of Vegetables
Brown Rice
Flaky Pie Crust
- Video Part II: Potato Wedges Cooked in Duck Fat
Filling for Cranberry Pear Pie
Radicchio Orange Salad with Sautéed Onions on Top
Flaky Pie Crust, continued
Cream Sauce for Fish
Fish Soup
Balsamic Salad Dressing
- Video Part III: Roast Chicken with Arrowroot-Thickened Sauce
Chicken Liver Pate
Steamed Green Beans with Butter-Onion Garnish
Leg of Lamb with Gravy
Coconut Pie Crust
Filling for Coconut Custard Pie
- Video Part IV: Cheater's Yogurt Dough
Custard for Vegetable Quiche
Roast Chicken, continued
Sauce for Chicken
Salad of Baby Greens with Sugared Pecans and Blue Cheese
Butter-Onion Garnish for Green Beans
Gravy for the Lamb
Whipped Cream

MENU & RECIPES

MENU 1

Menu: Fish Filets with Julienne of Vegetables and Cream Sauce
Potato Cooked in Duck Fat
Radicchio Orange Salad with Balsamic Dressing
Cranberry Pear Pie

FISH FILETS WITH JULIENNE OF VEGETABLES AND CREAM SAUCE

Serves 6

1 whole fish, about 4-5 pounds, very fresh, gutted and scales removed
4 tablespoons butter
2 large onions, peeled and chopped
1 large carrot, peeled and chopped
1 cup white wine or dry vermouth
Several sprigs fresh parsley
3 bay leaves
1 tablespoon peppercorns
2 zucchinis, cut in a julienne

2 large carrots, cut in a julienne
2 tablespoons melted butter
2 cups crème fraiche

Remove the filets from the fish and cut into 6-8 equal pieces. Place in pyrex casserole that has been rubbed with butter. Brush filets with melted butter, sprinkle with salt and cover with the julienne of zucchini and carrots. Cover and reserve in the refrigerator.

Meanwhile, sauté the chopped onion and carrot in 4 tablespoons butter. When vegetables are soft, add 1 cup white wine or dry vermouth and bring to a boil. Add the fish carcass and enough water to cover the carcass. Tie the parsley and bay leaves together and add to the pot. Bring to a boil and skim any scum that comes to the top. Reduce to a simmer and add the peppercorns. Cover and simmer ½ hour.

Remove the fish carcass from the soup and set aside. Strain about 12 cups of the stock into a large stainless-steel frying pan and bring to a boil. Skim any scum that comes to the top. (Reserve remaining stock for soup.) Add the crème fraiche and boil vigorously, stirring occasionally, until the sauce reduces to the thickness of heavy cream and coats a wooden spoon. Meanwhile, bake the fish in a 350-degree oven about 10 minutes or until cooked through. Keep the fish warm until serving time.

To serve, place a piece of fish with julienne of vegetables in a shallow soup bowl and pour the sauce over the fish. Garnish around the edges with potato wedges cooked in duck fat.

POTATO WEDGES COOKED IN DUCK FAT

Serves 6

3 large baking potatoes
¼ cup duck fat
Sea salt

Place duck fat in a large rectangular Pyrex dish and melt in an oven set at 375 degrees. Peel potatoes, cut in half lengthwise, and cut each half into three wedges. (Reserve peels for potassium broth.) Pat potatoes dry with paper towels and place in the melted fat. Brush with the fat and turn once so they don't stick. Sprinkle with sea salt. Bake at 375 about ½ hour until browned but still tender, turning occasionally with a spatula to prevent sticking.

QUICK POTASSIUM BROTH

Place potato peels in a pan with water. Bring to a boil and simmer for about ½ hour. Strain out the potato peels and drink the broth hot, in a mug, with a pinch of salt.

RADICCHIO ORANGE SALAD

Serves 6

6 navel oranges
2 large heads radicchio
3 onions, peeled and chopped
1/3 cup lard or bacon fat
1/2 cup balsamic dressing

Sauté onions in lard or bacon fat until browned (this can also be done in an oven). Cut the peels off the oranges, cut out the orange wedges and arrange around the edge of 6 salad plates. Shred the radicchio and place a portion in the middle of each plate. Place about 1 tablespoon dressing on each pile of radicchio. Top with sautéed onions.

BALSAMIC DRESSING

Makes about ½ cup

1 teaspoon Dijon mustard
2 tablespoons balsamic dressing
About 6 tablespoons olive oil

Place mustard in a bowl and mix in balsamic dressing with a fork. Slowly add the olive oil, mixing with the fork, to create an emulsion.

FISH SOUP

Makes 2-3 quarts

Fish broth and carcass from first recipe
Leftover julienne of zucchini and carrot
Miso

Strain fish broth into a container and chill in the refrigerator. When chilled, pour into a medium stock pot, leaving residue behind. Remove fish flesh from the cooled carcass and chop fine. Add the chopped fish and reserved julienne of zucchini and carrot to the pot and bring to a simmer. Ladle into individual bowls and stir a spoonful of miso into each bowl.

FLAKY PIE CRUST

Makes enough for one pie crust and lattice-work top

1 1/3 cups unbleached flour
1 tablespoon maple sugar
1 teaspoon salt
1 stick butter, from the freezer
2 egg yolks
3 tablespoons chilled water

Sift the flour, maple sugar and salt into a food processor fitted with a chopping blade. Cut frozen butter into pieces and strew over the flour. Pulse the food processor several times until the butter is cut into pea-sized pieces. Dribble the egg yolk over the mixture and then pulse a couple of times. Turn food processor to on and pour in the chilled water. Turn off immediately. Place crust on waxed paper and squeeze into a ball. Chill well.

Roll out on a floured pastry cloth. Line a pie plate, reserving about 1/3 for lattice work on top. Fill the pie with fruit filling and make a lattice on top.

CRANBERRY PEAR PIE

Makes one pie

1 recipe flaky pie crust

12 ounces fresh cranberries

1 cup maple syrup

6 large ripe pears

4 ½ tablespoons arrowroot dissolved in 2 tablespoons cold water

Line a 9-inch pie plate with flaky pie crust dough, reserving the rest for the lattice. Place cranberries and maple syrup in a sauce pan. Peel and core the pears and cut into ½-inch pieces, adding to the maple syrup as you cut. Bring the syrup to a boil and cook, stirring, for several minutes until the cranberries begin to pop. Add the arrowroot mixture and cook another minute, stirring constantly. Let cool slightly. Pour into the pie shell and make a lattice to cover the pear mixture. Bake at 350 degrees for about 45 minutes.

MENU 2

Menu: Roast Chicken with Arrowroot-Thickened Sauce
Steamed Green Beans with Butter-Onion Garnish
Brown Rice

ROAST CHICKEN WITH ARROWROOT-THICKENED SAUCE

Serves 6-8 or 4 with leftovers

2 pastured chickens

4-6 tablespoons butter, melted

Grated zest from 1 organic lemon

Sea salt and pepper

1 onion, peeled and sliced

½ cup brandy

1 quart chicken broth

3 tablespoons arrowroot dissolved in 2 tablespoons water

Cut chicken along the back bone (use scissors for this) and open up to make a “butterfly.” Strew onions in a stainless-steel baking pan and set the chickens over the onions. Mix melted butter with lemon zest and paint the mixture on the chickens. Sprinkle with sea salt and black pepper.

Bake at 400 degrees for 45 minutes or until chicken is well browned all over. Reduce heat to 200 and bake another 45 minutes.

Remove chicken to a platter and deglaze the pan with brandy. Add the chicken broth and boil down for about 15 minutes. Strain into a saucepan and add the arrowroot mixture a little at a time until the desired thickness is obtained.

LEFTOVER SUGGESTIONS FOR CHICKEN

Chicken Curry; Chicken a la King; Chicken salad; Chicken soup; Chicken tacos or enchiladas

STEAMED BROWN RICE

Serves 6-8

3 cups brown rice
Filtered water
2 tablespoons apple cider vinegar or whey
4 tablespoons butter or bacon drippings
½ teaspoon cardamom seeds
6 cups chicken broth or combination of broth and water

Place the rice in a bowl, cover with water and stir in vinegar or whey. Cover and leave overnight in a warm place.

Pour the rice through a strainer and shake dry. In a heavy casserole, sauté the brown rice in butter and cardamom seeds or bacon drippings until it begins to turn white. Add the 6 cups liquid and bring to a boil. Boil until the water reduces to the level of the rice. Cover and turn heat down to lowest possible setting. Allow the rice to steam in the casserole for several hours.

STEAMED GREEN BEANS WITH BUTTER-ONION GARNISH

Serves 4-6

About 2 pounds green beans, ends and strings removed
About 6 tablespoons butter
½ cup dehydrated onions

Slice the beans sideways in a food processor. Place in the top of a two-part vegetable steamer and steam until tender—this may take about 15 minutes. Meanwhile, melt the butter in a small cast iron skillet until it foams. Add the dehydrated onions and sauté, stirring, until the onions turn golden brown.

Place the beans in a serving dish and toss with the butter-onion mixture.

CHICKEN LIVER PATE

Makes 3-4 cups

About 2 pounds chicken livers from pastured chickens
4 tablespoons lard or bacon drippings
½ cup brandy
1 cup chicken broth
2 cloves garlic, mashed
1 teaspoon dried mustard
1 teaspoon dried dill
1 teaspoon peppercorns
½ teaspoon rosemary
About ½ cup softened butter
Sea salt

Dry the livers and cut off any membrane. In a cast iron skillet, sauté livers in lard or bacon drippings until browned. Deglaze with brandy. Add chicken broth and seasonings (except salt) and boil down until liquid is reduced by about half.

Allow to cool slightly. Process in a food processor until very smooth. Add butter and process until well blended. Season with sea salt to taste. Transfer to ramekins or small crocks, cover and chill well. May be frozen. Serve at room temperature.

SALAD OF BABY GREENS WITH SUGARED PECANS AND BLUE CHEESE

Serves 6-8

About 8 cups baby greens
1 small red onion, peeled and very thinly sliced
1 cup crispy pecans, chopped
4 tablespoons butter
¼ cup maple sugar
½ pound blue cheese
About ¾ cup balsamic dressing

Sauté crispy pecans in butter. Add maple sugar and stir around until the pecan pieces are well coated. Let cool.

Mix baby greens with onion, crispy pecans and balsamic dressing. Serve with crumbled blue cheese.

CHEATER'S YOGURT DOUGH

Enough for two 10-inch tart pans

1 cup plain whole yogurt
1 cup (1/2 pound) butter, softened
2 ½ cups freshly ground spelt or soft winter wheat flour
1 cup unbleached white flour
2 teaspoons sea salt
unbleached white flour

Cream yogurt with butter. Blend in flour and salt. Cover and leave in a warm place for 12-24 hours. Roll on a pastry cloth using unbleached white flour to prevent sticking. Use to line 2 10-inch tart pans.

VEGETABLE QUICHE

For 2 10-inch tarts

¼ cup butter or bacon drippings
4 leeks, trimmed, washed and thinly sliced
2 red peppers, seeded and cut into a julienne
6 egg yolks
1 cup crème fraîche
Pinch nutmeg
2 ½ cups grated Monterey Jack cheese
2 tart pans lined with cheater's yogurt dough

Sauté leeks in butter until soft. Strew onto one tart pan lined with yogurt dough. In the same pan sauté the peppers until soft. Strew onto the second tart pan lined with yogurt dough. Sprinkle one cup grated cheese on each tart.

Blend the egg yolks, crème fraiche and nutmeg. Pour over each tart and sprinkle ¼ cup grated cheese on each. Bake at 350 degrees for ½ hour.

MENU 3

Menu: Leg of Lamb with Gravy
Mashed Potatoes
Steamed Spinach
Stuffed Tomatoes
Coconut Custard Pie

LEG OF LAMB WITH GRAVY

Serves 6-8

1 leg of lamb
½ stick butter
4 tablespoons Dijon mustard
1 medium onion, peeled, quartered and sliced
Sprig of fresh rosemary
About ½ cup unbleached white flour
1 quart beef stock
Sea salt to taste

Strew onions in a stainless-steel baking pan. Place lamb on a rack over the onions. Melt butter with Dijon mustard and brush all over the leg of lamb. Top lamb with a sprig of rosemary.

Place in an oven pre-heated to 400 degrees. Reduce heat to 350 and bake at 20 minutes per pound. When lamb is medium rare (you may use a meat thermometer), remove from the oven and keep warm while making the gravy.

For the gravy, you should have the onions well browned and plenty of fat in the pan. Place over medium heat on the stove and stir in the unbleached white flour. Stir until well amalgamated. Whisk in the beef stock and bring to a boil, stirring constantly. Strain the gravy into a sauce pan and allow to simmer, stirring frequently. If gravy is too thin, boil down; if too thick, add some water. Season to taste with sea salt.

LEFTOVER SUGGESTIONS FOR LAMB

Leg of Lamb Soup (Recipe in Nourishing Traditions); Lamb Curry with Coconut Milk (Recipe in Eat Fat Lose Fat); Shepherd's Pie

MASHED POTATOES

Serves 6-8

About 6 baking potatoes
1 stick butter
1 cup crème fraiche or regular cream
Sea salt to taste

Peel the potatoes and place in the top of a two-part vegetable steamer. Cover and steam until tender.

Cut butter into slices and place in a large bowl. Dump hot potatoes over the butter and mash with a potato masher. Add about ½ cup cream and mash until all is smooth. If potatoes are too thick, you may add a little raw milk or water. Season to taste with sea salt.

STEAMED SPINACH

Serves 6-8

1 large box organic baby spinach
3 tablespoons butter

Place spinach in a large pot and add about ¾ cup water. Steam until spinach is tender. Remove to a bowl with a slotted spoon and press liquid out with a potato masher. Top with butter.

STUFFED TOMATOES

Serves 8

4 large tomatoes
1 cup sourdough bread crumbs
½ stick butter, softened
½ cup grated Parmesan cheese
½ teaspoon fine herbs
Sea salt and pepper

Cut tomatoes in half around the equator. Scoop out the seeds and place, cut side up, in a buttered Pyrex rectangular pan. Sprinkle with salt and pepper. Mix bread crumbs, butter, cheese and fine herbs and spread about a tablespoon on each tomato. Bake at 350 degrees for about ½ hour or until topping is browned.

VEGETABLE SOUP

Serves 6-8

¼ cup butter, lard or bacon drippings
2 large onions, peeled and chopped or 4-6 leeks, trimmed, washed and chopped
3 carrots, peeled and sliced
1 cup white wine or dry Vermouth
1-2 quarts chicken broth
2 baking potatoes, peeled and cut into chunks
3 zucchinis, ends removed and sliced
Bouquet garni of parsley, thyme and bay leaves tied together
1 tablespoon peppercorns
1 cup crème fraiche
Sea salt to taste

Gently sauté onions or leeks and carrots in butter, lard or bacon drippings until soft. Add wine or vermouth to the pot and bring to a boil. Add chicken broth and enough water to make 2 quarts, and bring to a boil. Skim off any scum that comes to the top. Reduce to a simmer. Add potatoes, bouquet garni and peppercorns. When potatoes are soft, add the zucchini. When zucchini is soft, remove the bouquet garni. Remove from heat and blend with a handheld blender. Season to taste with sea salt. If soup is too thick, thin with a little water. Blend in crème fraiche or add crème fraiche to the soup once served.

COCONUT PIE CRUST

For 1 pie pan

3 cups desiccated coconut
½ cup melted butter
5 tablespoons maple sugar

Mix all ingredients and press into a buttered pie plate. Bake at 325 for about ½ hour or until nicely browned

COCONUT CUSTARD PIE

Makes 1 pie

3 eggs
½ cup maple sugar
1 can whole coconut milk
1 teaspoon vanilla
1 tablespoon brandy or rum
Pinch nutmeg
Pinch sea salt
1 recipe coconut pie crust (above)
Whipped cream

Cream eggs with maple sugar. Blend in coconut milk, vanilla, brandy or rum, nutmeg and sea salt. Pour into the pie shell and bake at 350 degrees for about 45 minutes or until a toothpick comes out clean. Allow to cool and top with whipped cream.

WHIPPED CREAM

Makes about 2 cups

2 cups whipping cream
1 tablespoon maple sugar
1 teaspoon powdered vanilla

Beat whipping cream until it thickens and expands in volume. Quickly beat in maple sugar and vanilla. Chill well.

*Not every recipe is shown in the video but given here so that you can make your full meal.