



Week Three Participant Manual:

Fat is Our Friend

Figuring Out the Fats



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JOURNALING

- What are your thoughts about man-made low-fat foods?
- What is one thing you need to do have a healthier relationship with fat in your diet?



The Secrets of a Healthy Kitchen

Fat is Your Friend (some fats, anyway)

Smoking Point of Fats

- The smoking point is the temperature at which a cooking fat will start to smoke.
- The cooking fat starts to burn at the smoking point and releases free radicals, which are often linked to cancer.
- It is important to lower the heat and not allow your fats to reach their smoke point as this is when the fat's structure will change and health benefits become lost.
- Helpful Website: Information on the quality of cooking fats and smoke points: <http://whatscookingamerica.net/Information/CookingOilTypes.htm>

Anti-Inflammatory Benefits of olive oil

- The polyphenols found in olive oil are what are known to decrease inflammation in the body.
- In heart patients, olive oil and its polyphenols have been shown to lower blood levels of C-reactive protein (CRP), which is blood measurement for assessing the presence of excess inflammation.
- Approximately 1-2 tablespoons of extra virgin olive oil per day have been shown to provide anti-inflammatory benefits.

Omega-3s are Awesome

- Not only are omega three fatty acids good for heart health, they have also been shown to aid in cognition, mood, decreasing inflammation, and the risk of certain types of cancer.
- Research is indicating that we can attain these benefits from eating an omega-3 fatty acid rich fish, like salmon, once per week!
- A great source of omega-3 fatty acids to consider is canned salmon. The bones of the canned fish are pretty much dissolved allowing them to be consumed safely. And this makes canned salmon a wonderful source of calcium.

The Yolk of an Egg

- Vitamin D is a fat soluble vitamin. It is only found to be naturally occurring in a few foods and egg yolks are one of them.
- Vitamin D is important for many things in the body. Some examples are bone health and the immune system.
- The yolk also contains the essential nutrient choline. This nutrient is a component of many cell structures especially, *phosphatidylcholine* which is a large component of the brain. So choline, as a part of the diet, is important for healthy brain function. It is also necessary for communication to take place between nerves and muscles. In addition, it has also been shown to help decrease inflammation.
- So next time you have an egg, say yes to both the white and yellow parts!

Alright for Olives

- Here is an interesting fact about olives; they are almost always cured before eating. Olives picked directly from the tree are way too bitter to be eaten.
- There are so many varieties of olives, but one thing is for sure, they are all primarily made up of monounsaturated fat.
- The type of olive selected does not greatly affect the healthy fat content. So go ahead, choose the ones that are most pleasing to your palate.

Absolutely Avocados

- Avocados are loaded with heart healthy monounsaturated fats. And these fats are the same fats that are found in the healthy olive oil that the Mediterranean people have been cooking with forever!
- Avocados are also a good source of fiber. It is interesting to see a food that is a good source of fat and fiber all in one.
- And the benefits of fiber go on and on. Some highlights are that it helps with blood sugar and cholesterol control.
- So enjoy your avocados in many different ways. Make sure when using them you scoop out the outer dark green layer that is located along the inside portion of the skin. This is where all the fiber is found.



Flavorful Cooking Techniques

How to Deglaze a Pan to Make a Sauce

Deglazing

This technique removes the meat, poultry, or fish bits that have been browned and stick to the bottom of the pan. These browned bits are loaded with flavor. Use these brown bits by deglazing the pan with a liquid and then use to make a flavorful sauce.

1. Remove the cooked meat, poultry, or fish.
2. Add liquid of choice to pan that contains the brown bits.
 - a. Suggestions of liquids:
 - i. Stock of choice
 - ii. Wine
 - iii. Water
 - iv. Or a combination of any of the above
3. Turn heat to high and scrap off the brown bits until it semi-dissolves in the liquid.
4. Keep stirring until sauce is reduced to approximately half the amount of liquid you started with.
5. Adjust seasonings, add herbs of choice, or consider adding a tiny bit of olive oil or butter.

Notes:

- When the pan has been deglazed you can simply pour this mixture onto or into final product.
- If you are aiming to make ½ a cup of sauce, add approximately 1 cup of liquid. When you add more liquid, you may want to adjust flavor by using the suggestions on step 5.

Basting

This technique is a way to add flavor to meats and keep them moist. Usually a melted fat, juice from the cooking meat, sauce, or another liquid of choice is used in the basting process.

1. Once meat of choice has been seared, add basting ingredient to the pan along with whatever herbs or spices you're using such as garlic, shallots, and fresh, sturdy herbs such as thyme, sage, and rosemary, etc.
2. Using a long-handled spoon, quickly and repeatedly spoon up basting ingredient and pour it back over the meat.
3. Repeat step two occasionally through cooking process.

Recipes

Salmon in Dill Sauce

You'll Need

- 1 pound of salmon steaks
- Salt
- Pepper
- 1/2 Tablespoon butter
- 1/2 cup sour cream
- ½ teaspoon dried dill

Directions

- Melt the butter in a skillet on medium low heat.
- Cook salmon in the heated skillet approximately 4 minutes on each side.
- Salt and pepper to taste each side of the salmon
- When salmon is done move it to a serving platter.
- Put the sour cream and dill in the skillet and turn heat off.
- Sour cream should be warm after a few minutes.
- Pour over salmon and serve.

Play with your Food

- Dill is a wonderful herb and grows like weed! Consider planting some dill. It can grow well in a small household herb garden. Also alter the recipe as you wish. You may feel the recipe needs a bit more dill to meet your liking. Or try fresh dill. The ratio to substitute a fresh herb for a dried herb is approximately 1 Tablespoon of the fresh herb equals 1 teaspoon of the dried.
- Add some capers to the final product

Beer Braised Pork Tacos

You'll Need

- 3 pounds boneless pork shoulder
- 1 tablespoon olive oil
- 3 garlic cloves, diced
- 1 medium onion, diced
- 1 fresh Cubanelle, Anaheim or banana pepper, diced
- ½ can chipotle peppers in adobo sauce
- 1, 12 ounce bottle pale ale beer
- 1/8 cup apple cider vinegar

For the Spice Rub

- 1 tablespoon salt
- 1 tablespoon pepper
- 1 tablespoon chili powder
- 1 tablespoon brown sugar
- 3 teaspoons white sugar
- ½ tablespoon garlic powder
- ½ tablespoon onion powder
- ½ tablespoon cumin

Directions

- Combine ingredients that make up spice mixture. Then rub on the outside of pork shoulder until pork is completely covered. Set extra spice mixture aside.
- Let pork shoulder sit for 30 minutes.
- Pre-heat the oven to 325 and heat the oil in a Dutch oven over medium high heat.
- Place the pork into the pot and sear on all sides, forming a crust.
- Remove the shoulder from the pot and place the vegetables in the same pot.
- Saute the vegetables for a few minutes, then add the vinegar and the chipotles with adobo sauce.
- Stir together and scrape the bottom of the pot to free up extra flavorings.
- Return pork to pot along with beer and any excess spice from rub.
- The liquid should come about half-way up the side of the pork.
- Bring the liquid to a boil, then cover and remove from stovetop and place in the oven.
- Cook the pork until it is tender and falls apart, about 2 ½ to 3 ½ hours. Check every 40 minutes and if liquid completely evaporates add more beer to pot.
- When pork is cooked, remove from oven and shred pork with a fork. The pork should be tender enough that it will fall apart with little effort.
- Serve in warmed tortilla shells with toppings of choice.

Play with Your Food

Suggested Toppings:

- Vinegar based Cole slaw
- Green salsa
- Squirt of lime juice
- Diced tomato
- Shredded lettuce
- Diced red or green onion
- Cilantro



Guacamole

You'll Need

- 1 ripe avocado
- 1 tomato, finely chopped
- 1/4 small onion, finely chopped
- Fresh lime juice to your liking
- Dash of Tobasco sauce
- Salt & Pepper to taste
- Tortilla Chips

Directions

- Cut a ripe avocado into 4 pieces and scoop out inside from shell. Add avocado to mixing bowl and mash with a fork.
- Add tomato and onion to avocado.
- Squeeze lime over mixture.
- Add salt and pepper to taste.
- Add Tobasco sauce.
- Mix well, adjust flavors, serve and enjoy!

Play with your Food

- Leave out the Tobasco sauce.
- Add a pinch of chili pepper.
- Use a red onion.
- Add a pinch of chili powder
- You can also use this as a topping for a salad.



Sautéed Kale

You'll Need

- 1 ½ pounds chopped kale, stems removed
- 2 tablespoons olive oil
- 3 cloves finely chopped garlic
- Salt
- Crushed red pepper
- Freshly grated Parmesan cheese

Directions

- Heat oil in a skillet. Add crushed red pepper and garlic and sauté until fragrant.
- Next add kale and sauté until softened.
- Serve topped with some freshly grated Parmesan cheese

Play with Your Food

- Add some freshly diced tomato
- Add some Kalamata olives



Roasted Cauliflower

You'll Need

- 1 head cauliflower, cut into, 2-inch pieces
- ¼ to 1/3 cup olive oil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- ½ teaspoon cumin (more if you'd like)
- Chopped parsley for garnish

Directions

- Heat the oven to 425° F.
- Place the cauliflower florets in a large roasting pan and toss with the olive oil (enough to coat), salt, pepper, and cumin.
- Roast until cauliflower is tender and lightly browned, stirring once during roasting process, approximately, 35 to 40 minutes

Play with your Food

This recipe is wonderful just with cauliflower but you can add other veggies if you would like. Sliced onions and carrots work well with the cauliflower. Or you can use this recipe as a template and simply choose other vegetables to roast. Just make sure to adjust the amount of olive oil, seasonings, and cooking time appropriately. Be creative and switch up the seasonings you choose to use. Curry is a spectacular spice to enjoy with roasted carrots. Go ahead give it a try.



Olive Tapenade

You'll Need

- 2 cloves garlic, peeled
- 1 cup pitted Kalamata olives
- 1 tablespoon capers
- 3 tablespoons chopped fresh parsley
- 1 tablespoon lemon juice
- 2 tablespoons olive oil

Directions

- Place the garlic cloves into a blender or food processor; pulse to mince.
- Add the olives, capers, parsley, lemon juice, and olive oil.
- Blend until everything is finely chopped.

Play with your Food

- Try this recipe with chives instead of parsley or just add some chives to the tapenade.
- Try 2 teaspoons of red wine vinegar instead of the lemon juice.