



Topic
Food & Wine

Subtopic
Food

Eat for Your Health

Simple Science and Fantastic Flavor

Course Guidebook

Julia Nordgren, MD





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4840 Westfields Boulevard, Suite 400

Chantilly, VA 20151-2299

USA

1-800-832-2412

www.thegreatcourses.com



Julia Nordgren, MD

Dr. Julia Nordgren is a Clinical Instructor of Pediatrics at Stanford Medicine. She earned her MD from Dartmouth Geisel School of Medicine and is board certified in Pediatrics. She is also a graduate of The Culinary Institute of America (CIA). She shares her unique expertise in food and health with patients in her medical practice and medical students at Stanford, where she teaches culinary medicine. She speaks regularly at the prestigious Healthy Kitchens, Healthy Lives conference, presented by the CIA and the Harvard T. H. Chan School of Public Health. She also authored the cookbook *The New Family Table*.

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1

Simple Science, Fantastic Flavor



NAKED BURRITOS

Serves: 6

INGREDIENTS

- 1 fresh pineapple
- 3 tbsp olive oil (approximately 3 tbsp, divided, adding more as needed)
- 1 red bell pepper
- 1 yellow bell pepper
- 2 large yellow or white onions
- salt and pepper, to taste
- 1 tsp chili powder
- 2 tsp smoked paprika
- 2 cups cooked brown rice (cooked according to package instructions)
- one 15-oz. can pinto beans, rinsed and drained
- 1 ½ to 2 lb. boneless, skinless chicken breast
- 1 cup plain Greek yogurt
- 2 tbsp habanero sauce (Cien Chiles brand preferred)
- 3 limes, cut into wedges
- 1 head romaine lettuce, leaves separated and cleaned
- 1 cup cheddar and Monterey Jack cheese blend, shredded
- 1 avocado, sliced or diced
- ¼ cup cilantro, chopped
- 12 medium tortillas, whole wheat or corn and flour blend (optional—if you want your burritos “clothed”)

METHOD

1. Preheat oven to 350°F.
2. Cut peppers into strips.
3. Slice one onion into ½-inch strips. Cut the other into medium dice (about ¼-inch cubes).
4. Cut pineapple into ½-inch planks, lengthwise, removing core.
5. Place peppers on one side of a baking sheet and pineapple on the other. Depending on amount, you may need two baking sheets. Toss lightly with salt, pepper, and 1 tablespoon of olive oil.
6. Roast in oven until soft and starting to brown, turning once during cooking, for about 20 minutes total cooking time. Set aside in serving dish tented with foil to keep warm.
7. Sauté onion in a medium-sized pot using 1 tablespoon of oil. While stirring, add smoked paprika and chili powder. Cook until onion is translucent and spices are fragrant.
8. Add cooked rice and beans to the pot. Warm through for about 10 minutes.
9. Place chicken between two sheets of parchment paper and pound with a rubber mallet to an even ½-inch thickness. Season both sides liberally with salt and pepper. Add smoked paprika, if using.

10. Heat 1 to 2 tablespoons of oil in a large sauté pan. Add chicken and sauté over medium-high heat until nicely browned on each side, about 4 minutes per side.
11. Set chicken aside on a cutting board or baking sheet with a cooling rack. Tent with foil to keep warm.
12. For traditional burritos, wrap tortillas in foil and place in oven at 300°F.
13. Slice avocado and limes.
14. Arrange all ingredients on a large platter so that each person can assemble their own burrito, using either a lettuce leaf or tortilla as a wrapper.

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2

Heart-Healthy Foods for the Family



MEDITERRANEAN VEGGIE FEAST

Serves: 6

INGREDIENTS

- ¼ cup, plus 2 tbsp olive oil (adding more as needed)
- one 28-oz. can diced tomatoes
- one 15-oz. can white northern beans
- one 15-oz. can chickpeas
- 1 eggplant, skin on, diced
- 1 pkg sliced baby portabella mushrooms
- 2 garlic cloves, minced
- ½ cup white wine
- 1 to 2 tsp dried oregano
- 8 oz. feta cheese
- 2 firm-ripe avocados
- a loaf of bread like a baguette, or a loaf of sliced sourdough

METHOD

1. Preheat oven to 350°F.
2. Drizzle about 2 tbsp olive oil into a 9-by-13-inch oven-safe baking dish.
3. Add the can of tomatoes, the can of beans, and the can of chickpeas, and season with salt and pepper. Place in the oven.

4. Heat a large sautoir (skillet with straight, tall edges) to medium high and add $\frac{1}{4}$ cup olive oil. Add the eggplant.
5. Cook and stir for 2 to 3 minutes, adding more oil if it seems to be drying.
6. Add the mushrooms and garlic. Season with salt and pepper. Add oregano.
7. When the eggplant and mushrooms are browned and getting a little soft, add the white wine. Cook for a few minutes more until the liquid has been absorbed into the vegetables.
8. Add the eggplant and mushroom to the tomatoes and beans. Put back in the oven and cook so that all the flavors come together, about 15 to 20 minutes.
9. For the last few minutes of cooking, sprinkle the feta cheese on top.
10. Serve with sliced avocado and bread.

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3

Eating to Reduce Inflammation



MIXED GREENS SALAD WITH FRUIT AND NUTS

Serves: 4

INGREDIENTS

DRESSING

- 4 tbsp extra-virgin olive oil
- 2 to 3 tbsp balsamic vinegar*
- salt and pepper (as needed)

SALAD

- ½ cup chopped pecans
- 3 cups mixed greens, such as baby spinach and kale
- 1 pint fresh blackberries
- salt and pepper

METHOD

DRESSING

1. Place all ingredients in a jar with a tight-fitting lid.
2. Shake vigorously until all ingredients come together.
3. Taste and adjust seasoning.

* Aged balsamic works well here, but you can use a white balsamic vinegar for a lighter flavor.

SALAD

1. In a dry, non-stick skillet, toast the pecans until fragrant, about 2 minutes. Set aside on a plate lined with paper towel to cool.
2. If greens are not prewashed, rinse leaves thoroughly in cold water and spin dry with a salad spinner.
3. Place greens in a large stainless steel mixing bowl and season with salt and pepper.
4. Add the dressing slowly, coating only so that each leaf glistens but there is no dressing pooling at the bottom of the bowl.
5. Divide greens onto plates. Top with berries and nuts.

ROASTED SALMON WITH LEMON

Serves: 4

INGREDIENTS

- 1 ½ lb. salmon, fresh, wild-caught preferred
- 2 small or 1 large lemon
- kosher salt (as needed)
- pepper (as needed)
- olive oil (as needed)

METHOD

1. Line a 9-by-13-inch baking sheet with aluminum foil.
2. Heat oven to 375°F.
3. Place salmon on a lined baking sheet. Drizzle with olive oil and season with salt and pepper.
4. Quarter the lemon and place it on the baking sheet.
5. Cook salmon until firm and brown on the top, about 15 minutes.
6. Remove from oven, squeeze roasted lemon juice on top, and sprinkle again with kosher salt.
7. Serve immediately.

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4

Eat, Sleep, and Be Merry



STOVETOP POPCORN

Serves: 1

INGREDIENTS

- 1 tbsp high-heat cooking oil, such as avocado oil
- ½ cup popcorn kernels
- ¼ tsp salt

METHOD

1. Heat oil in a medium saucepan over high heat.
2. Add popcorn kernels and cover with lid, cracking lid slightly so that steam can escape.
3. As popcorn starts to pop vigorously, shake pan gently, holding on to lid with potholder to prevent sliding.
4. When popping stops, pour popcorn into a large serving bowl and sprinkle with salt.



JULIA'S SOOTHING HOT BEVERAGE

Serves: 1

INGREDIENTS

- ½ tsp fresh ginger, peeled and grated
- 1 lemon, sliced paper-thin
- ½ tsp honey (optional)

METHOD

1. Add grated ginger and thinly sliced lemon to a mug.
2. Fill the mug with boiling water.
3. Add honey, to taste.



TURKEY CHILI

Serves: 8 to 10

INGREDIENTS

CHILI

- 1 to 2 tbsp olive oil
- 1 yellow onion
- 2 to 3 garlic cloves, minced
- 2 tsp smoked paprika
- 1 tsp chili powder
- 1 tsp cumin
- 1 lb. ground turkey, thigh meat preferred
- 1 yellow bell pepper, chopped
- 2 carrots, chopped
- 2 stalks celery, sliced
- one 15-oz. can pinto beans, rinsed
- two 15-oz. cans chickpeas, rinsed
- one 28-oz. can diced tomatoes with juice
- 3 cups stock (vegetable or chicken)
- one 4-oz. can diced green chiles
- ½ tsp salt
- ¼ tsp pepper

CHILI TOPPINGS

- 1 cup cheddar cheese, shredded
- 1 ripe avocado, sliced
- ½ bunch cilantro, roughly chopped

METHOD

1. In a large pot or Dutch oven, heat oil until shimmering.
2. Add onion and cook 2 to 3 minutes, stirring frequently.
3. Add garlic and cook for 30 seconds.
4. Add smoked paprika, chili powder, and cumin, and cook for several minutes more until onion is soft and mixture is fragrant.
5. Add turkey meat and cook until meat is browned, about 5 to 7 minutes.
6. Add yellow pepper, carrots, celery, pinto beans, chickpeas, and green chiles. Cook on medium heat for 5 to 7 minutes.



7. Add tomatoes, stock, salt, and pepper.
8. Bring up to a boil, then turn down to a simmer.
9. Simmer for at least 30 minutes and up to 2 hours. Longer cooking time will lend to more flavor.
10. Ladle into individual bowls and top with shredded cheddar cheese, sliced avocado, and a generous sprinkle of cilantro.

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5

Breakfast and the Sugar Spike



FETA, SPINACH, AND TOMATO OMELET

Serves: 1

INGREDIENTS

- 2 tsp avocado oil, or butter if preferred
- 1/2 of a ripe plum tomato (1/4 cup), diced, water and pulp removed
- 1 cup baby spinach
- 2 eggs
- salt and pepper, to taste (just a pinch of each will do!)
- 1 oz. feta cheese (optional)

METHOD

1. Heat 1 teaspoon of the oil or butter in a small non-stick skillet over medium heat.
2. Add the tomato and cook until a bit soft, 1 to 2 minutes. Add spinach and cook until a bit wilted, about another minute. Set aside.
3. Add the other teaspoon of oil and turn heat down to medium-low.
4. Whisk the eggs in a bowl and add to the pan. Season to taste with salt and pepper.

5. Cook slowly, turning the pan and using a rubber spatula to lift the cooked egg and allow the liquid egg to move around the pan.
6. When egg is almost set, add the vegetables and feta cheese, if using.
7. Fold over in half and transfer to a plate.
8. Serve immediately.

BREAKFAST SAUSAGE BOWL

Serves: 4

INGREDIENTS

- 1 tbsp avocado oil or olive oil
- 2 cups finely chopped cauliflower (can use “riced” fresh cauliflower from the produce or frozen section of the grocery store)
- 14-oz. pkg plant-based breakfast sausage
- ¼ cup flat-leaf parsley leaves, roughly chopped



METHOD

1. Heat oil in a sauté pan over medium heat. Add chopped cauliflower. Cook for about 7 to 8 minutes until a bit soft.
2. Add sausage and cook, stirring frequently, until heated through and ingredients are all well incorporated, about 5 to 6 minutes.
3. Take off heat and stir in chopped parsley.
4. Serve immediately.

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6

Understanding the Science of Sweetness



STRAWBERRY-PECAN YOGURT

Serves: 1

INGREDIENTS

- 8 oz. plain Greek yogurt
- 1/8 tsp (a few drops) vanilla extract
- 1/2 tsp maple syrup, or more to taste
- 4 to 5 fresh strawberries, sliced
- 1/8 cup (small handful) chopped pecans or other nuts. You can also use sunflower seeds, pumpkin seeds, or flax seeds.

METHOD

1. Mix yogurt with vanilla and maple syrup. Place in a glass jar. Layer nuts or seeds, yogurt, and sliced berries. Repeat with a second layer of each in the same order.
2. Stir just before eating. Can be prepped 2 to 3 days in advance.

BETTER-FOR-YOU BANANA BREAD

Serves: 8

INGREDIENTS

- avocado oil cooking spray
- 2 large, very ripe bananas
- 1 egg
- 1 cup einkorn flour (or all-purpose flour)
- ½ cup almond meal (if nut allergic, just use a total of 1 ½ cups of einkorn or all-purpose flour)
- ¼ cup sugar (raw cane sugar or plain white sugar is fine)
- ⅓ cup avocado oil or melted butter
- 1 tsp vanilla extract
- 1 tsp baking soda
- ⅛ tsp salt



METHOD

1. Prepare a 5-by-9-inch bread pan by spraying all sides with avocado oil cooking spray and lining the bottom with parchment paper. Leaving parchment overhanging on the sides allows for easy removal during cooling.
2. Preheat oven to 350°F.
3. In a large mixing bowl, mash the bananas until some small chunks remain. Whisk in the egg. Stir in the flour and almond meal until well combined.
4. In a separate bowl, whisk the rest of the ingredients together. Fold into flour mixture, taking care not to overmix.
5. Pour batter into a prepared pan and bake until a toothpick inserted in the middle of the bread comes out clean, about 40 to 50 minutes.
6. Cool on a wire rack for 10 minutes, then remove from pan. Allow to cool completely on wire rack before cutting.

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7

Mental Health and the Mind- Gut Connection



MISO RAMEN BOWLS

Serves: 2

INGREDIENTS

- 4 oz. uncooked ramen noodles or soba noodles (dry or in a soft refrigerated package)
- 2 tbsp brown miso paste
- ½ cup water
- 1 cup vegetable broth
- 1 carrot, grated
- 1 scallion, thinly sliced

METHOD

1. Heat water in a small saucepan until simmering (small bubbles visible on bottom and edges of pan but not vigorously boiling). Stir in miso paste until dissolved. Add vegetable broth and heat to a gentle simmer, taking care not to bring it to a full boil. Keep warm while preparing noodles.
2. Cook noodles according to package directions. Drain and divide into two bowls.
3. Top with grated carrot, scallion, and miso broth.
4. Serve immediately.

RICE WITH KIMCHI AND SEAWEED

Serves: 1

INGREDIENTS

- 1 tsp olive oil
- ½ cup cooked rice, white or brown (leftover rice is perfect for this)
- ¼ cup prepared kimchi (available in the refrigerator section of the grocery store)
- ½ sheet nori (seaweed), sliced into very thin ribbons
- a few drops rice wine vinegar, to taste



METHOD

1. Heat olive oil in a small pan.
2. Add cooked rice and stir until warmed through, about 3 minutes.
3. While that is cooking, put the nori ribbons in a 300°F oven just so they warm through, about 3 to 5 minutes.
4. Place cooked rice in a bowl. Top with kimchi and warmed nori. Season to taste with rice wine vinegar.

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8

Feeding Your Brain to Protect Your Memory



WHOLE WHEAT COUSCOUS WITH PISTACHIO PESTO

Serves: 4

INGREDIENTS

- zest and juice of 1 small lemon
- 1 bunch parsley, rinsed and dried
- ¼ cup shelled pistachios
- ¼ cup olive oil
- 1 or 2 pinches of salt
- 1 tbsp boiling water, as needed
- 2 cups cooked whole wheat couscous, prepared according to package directions



METHOD

1. Pulse the parsley, pistachios, olive oil, and lemon zest and juice in a food processor until a paste forms, scraping down sides of bowl as needed. Toss with couscous. If pesto is too thick to toss, add 1 tablespoon of boiling water, and continue stirring in couscous.
2. Serve on its own or with grilled salmon or roasted chicken.

BLACKBERRY COBBLER WITH EINKORN FLOUR

Serves: 4 to 6

INGREDIENTS

FRUIT FILLING

- 3 cups frozen blackberries
- zest and juice of 1 small lemon
- (about two 10-oz. bags)

TOPPING

- 1 cup einkorn flour
- 1/4 cup brown sugar
- 1 cup thick rolled oats
- 2 tbsp olive oil
- 1/4 tsp kosher salt
- 3 tbsp cold butter, cut into small cubes

METHOD

1. Preheat oven to 350°F.
2. Toss frozen blackberries with lemon juice and zest, and put in the bottom of an 8-inch square baking dish.
3. Put topping ingredients in a medium stainless steel mixing bowl. Mix with your fingers until the butter is incorporated and has the shape of small peas. Press mixture over blackberries.
4. Bake for 35 to 40 minutes until the topping is brown and bubbling with berry juices.
5. Let cool for just a few minutes and then serve warm.

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9

How to Get the Protein You Need



SHRIMP TACOS

Serves: 4

INGREDIENTS

SLAW

- 3 cups green cabbage, shredded
- 2 limes, juiced
- 1 bunch cilantro, stems removed, leaves coarsely chopped
- pinch of salt

SHRIMP FILLING

- 2 tsp avocado oil
- kosher salt, to taste
- pinch of red chili flakes (optional)
- freshly ground black pepper, to taste
- 1 lb. large or jumbo shrimp, peeled and deveined, defrosted if frozen
- 8 small tortillas

METHOD

1. Place green cabbage in a large mixing bowl. Toss with lime juice. Season generously with salt. Stir well and set aside.

2. Heat tortillas by placing on a dry, hot pan, such as a cast-iron skillet, for about 1 minute per side. Tortillas should slightly brown on each side. As each tortilla is warmed, stack them and wrap in aluminum foil until ready to serve.
3. Heat oil in a sauté pan until shimmering. Add chili flakes, if using.
4. Add shrimp and cook, stirring occasionally, until pink on the outside and no longer translucent in the middle, 3 to 5 minutes. Season with salt and pepper.
5. Unwrap tortillas and place two on each plate. Divide slaw and shrimp on tortillas and garnish with chopped cilantro.



PEANUT BUTTER ENERGY BITES

Makes 16 bites

INGREDIENTS

- 1 cup dates
- 1 cup all-natural peanut butter
- 1 cup rolled oats
- 1 tsp vanilla extract
- 4 oz. dark chocolate, 70% cacao or more (optional)

METHOD

1. In a food processor, pulse dates, peanut butter, oats, and vanilla extract just until a smooth paste forms. Do not overprocess.
2. Roll into balls about 1 ½ inches in diameter.
3. Set onto a baking sheet lined with parchment paper.
4. Melt chocolate, if using, in a double boiler (or stainless steel mixing bowl set over a pot of simmering water).
5. When chocolate is melted, dip each peanut butter ball in chocolate and put back on the parchment-lined tray.
6. Chill in the refrigerator to set, about 1 hour.
7. Store in an air-tight container in the fridge.

READING

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10

The Keto Diet and Low- Carb Eating



ORANGE CHICKEN

Serves: 4

INGREDIENTS

- 2 oranges
- 1 lb. boneless, skinless chicken breast, cut into cubes
- ½ tsp salt, divided
- ½ tsp pepper, divided
- 2 tbsp avocado oil, divided
- 1 tsp sesame oil, divided
- 1 garlic clove, minced
- 1 medium onion, diced
- 1 tsp chopped ginger
- 1 orange bell pepper, diced
- one 15-oz. can water chestnuts, sliced
- small head of broccoli, cut into small florets
- 3 thinly sliced scallions
- ¼ tsp white sesame seeds
- ¼ tsp black sesame seeds

METHOD

1. Zest and juice the oranges. Set aside zest for the end of the recipe, and place juice in a glass dish for marinading.
2. Place cubed chicken in the orange juice. Add ¼ teaspoon of salt and ¼ teaspoon of pepper, and let marinate for at least 1 hour or up to 24 hours.

- 3.** Heat 1 tablespoon of avocado oil and ½ teaspoon of sesame oil in a large sauté pan. Add onion and cook for 3 to 4 minutes. Add 1 teaspoon of ginger. Add the vegetables. Add the garlic. Sprinkle with ⅛ teaspoon of salt and ⅛ teaspoon pepper, or to taste.
- 4.** Cook over a high heat until desired doneness, about 3 to 6 minutes. Remove from heat and set aside.
- 5.** Remove chicken from marinade. Discard excess marinade.
- 6.** Add remaining 1 tablespoon of avocado oil and ½ teaspoon of sesame seed oil to pan.
- 7.** Add chicken in a single layer, and lightly sprinkle with remaining salt and pepper, about ⅛ teaspoon each.
- 8.** Sauté chicken for 6 to 8 minutes (depending on size of cubes), turning once. Chicken should be firm and browned.
- 9.** Stir in orange zest, sliced scallions, and white and black sesame seeds. Stir over heat until warmed through.
- 10.** Veggies and chicken can be combined in the sauté pan to be served in one dish or in separate bowls so that guests can make their own combinations of veggies and chicken.

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11

Amp Up Your Food Prep and Veggie Technique



STEEL-CUT OATS

Makes 4 to 5 servings

INGREDIENTS

- 3 cups water
- 1 cup steel-cut oats
- ¼ tsp salt
- 1 tsp vanilla extract
- ½ cup blueberries or raspberries

METHOD

1. Bring water to a boil in a medium saucepan.
2. Add steel-cut oats, salt, and vanilla.
3. Cover pan with lid, turn down to a simmer, and cook for 20 minutes.
4. Top each serving with ½ cup blueberries or raspberries.



STEAMED CARROTS

Serves: 4

INGREDIENTS

- 1 cup water
- 4 to 5 medium-sized carrots, cut into matchsticks (peeling optional)
- Salt and pepper, to taste
- 1 to 2 tsp butter

METHOD

1. Bring 1 to 2 inches of water to a boil in a heavy-bottomed pot with a steamer inserted.
2. Place carrots in the steamer and cook until desired doneness, 6 to 8 minutes.*
3. Season with salt, pepper, and butter as desired.

* If prepping carrots ahead of time, plunge carrots into an ice bath for 1 minute to stop cooking process before storing. Season with salt, pepper, and butter when reheating.

ROASTED BROCCOLI

Serves: 4

INGREDIENTS

- 1 head broccoli, cut into florets
- 1 tbsp oil, such as olive oil or avocado oil
- 2 to 3 generous pinches of salt
- 2 to 3 grinds fresh pepper
- 1 garlic clove, minced or pressed
- 1 to 2 tsp soy sauce (optional)

METHOD

1. Preheat a baking sheet and oven at the same time to 350°F.
2. Toss broccoli in oil, salt, pepper, and garlic. Mix well.
3. Spread on the baking sheet and cook until lightly browned on edges, about 8 to 10 minutes.
4. Optional: When done, toss with a teaspoon of soy sauce. Taste. Add second teaspoon of soy sauce if desired.

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12

**Build Flavor
with Umami
(with or without
Meat)**



PAPPARDELLE BOLOGNESE

Serves: 6 to 8

INGREDIENTS

- 1 tbsp olive oil
- 1 small yellow onion, diced
- 2 cloves of garlic, minced
- 2 tbsp tomato paste
- 2 medium carrots, diced
- 2 stalks celery, diced
- 8 oz. ground beef or meat substitute
- 8 oz. mushrooms, chopped or pulsed in food processor
- 1 tbsp Worcestershire sauce
- 1 whole nutmeg piece for grating or ground nutmeg, about $\frac{1}{8}$ tsp
- $\frac{1}{2}$ cup dry white wine
- $\frac{1}{4}$ cup whole milk
- 1 large can (28 oz.) diced tomatoes with juice
- 1 tsp dried oregano
- salt and pepper, to taste, approximately $\frac{1}{4}$ tsp each
- freshly grated parmesan, for serving
- 1 lb. pappardelle

METHOD

1. In a large Dutch oven, heat olive oil over medium-high heat.
2. Add onion and cook until soft and translucent, about 6 minutes.

3. Add garlic and cook a minute more.
4. Add tomato paste and cook, stirring frequently, until incorporated into the onions and garlic.
5. Add carrots and celery and cook 5 to 6 minutes more, until soft.
6. Season with salt and pepper.
7. Add ground beef or meat substitute and mushrooms, and cook while breaking up with a wooden spoon until meat is browned.
8. Add Worcestershire sauce.
9. Grate the nutmeg piece over the meat using a microplane, about $\frac{1}{8}$ teaspoon.
10. Add mushrooms.
11. Add wine and simmer until the volume of wine is reduced by about half.
12. Add milk and simmer again until volume reduces by about half.
13. Add tomatoes and oregano. Keep seasoning with salt and pepper.
14. Cook pappardelle according to package directions, taking care not to overcook.

15. Simmer the sauce while you cook everything else, at least 30 minutes minimum, but the longer the better. The taste gets richer with more cooking.
16. Add pasta to a large serving bowl and top with sauce.
17. Use tongs to mix pasta and sauce together.
18. Top with shredded parmesan cheese.

CAESARESQUE SALAD WITH CAPERS AND PINE NUTS

Serves: 4

INGREDIENTS

- 3 anchovies or brown miso paste*
- 1 garlic clove
- 1/8 tsp kosher salt
- 1/4 cup extra-virgin olive oil
- 1 tbsp champagne vinegar
- 2 tbsp freshly squeezed lemon juice
- 1 egg yolk (from a pasteurized egg)
- freshly ground black pepper

* The umami flavor here comes from the classic use of anchovies, but in a pinch, a tablespoon of brown miso does the trick!

12. Build Flavor with Umami (with or without Meat)

- 1 head romaine lettuce, outer leaves removed and inner leaves chopped, washed, and dried**
- 2 tbsp capers
- 2 tbsp pine nuts
- parmesan cheese, for serving

** Romaine lettuce is the only lettuce that holds up well to the creamy, garlicky dressing.



METHOD

1. On a cutting board, mince the anchovies and garlic finely. Spread this out with the back of your knife and add salt. Pull again into a pile and mince some more. Repeat until this is a fine paste.
2. Place anchovy paste in a small bowl and add the vinegar.
3. Whisk in the olive oil until smooth. Then, whisk in the egg yolk until smooth and the mixture comes together (is emulsified).
4. Add the pepper.
5. Toss the romaine with the dressing until all leaves are coated lightly and evenly. Do not overdress.
6. Pile dressed lettuce onto a large serving plate or bowl.
7. Use vegetable peeler to create thin slices of parmesan cheese to top salad.
8. Top with capers and pine nuts.

READING

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