



*The Drink Tank 387*

# Our Paleo



*Doing the whole Paleo thing can be kinda tough. It's like Atkins, in that you can't eat Grains or much in the way of carbs, but it's a bit easier, I think. The "Steak and Kale" aspect of it excites me!*

*These are the recipes Vanessa and I have been using on our pass through Paleo!*



*Chapter I*

# Our Paleo Adventures



## INGREDIENTS

**1.5 - 2 pounds of Pork Shoulder Chops**

**1 cup coconut or cashew or almond milk + more for later.**

**1 large white or yellow onion**

**1 tblsp Bavarian Seasoning**

**2 tblsp Smoked Hot Paprika**

**3 large cloves of garlic**

**1 pinch garlic powder**

**1 pinch onion powder**

**1 teaspoon lemon pepper**

**salt and pepper to taste**

## Section 1

# Pork Strogalash

*Start by cutting the pork into bite-sized pieces, then the onion into 1/2 inch pieces. Start by sauting the onions for a minute, then add the pork and brown. When the pork is properly browned, add the garlic, pepper, salt, Bavarian Seasoning (and if you can't find it, mix equal parts brown mustard, thyme, rosemary, dried mint, and granulated garlic) and the onion powder. add one cup of the whatever Milk you chose, and bring to a quick boil, stirring constantly. Right as it boils, add the Paprika, then lower the heat to medium-low and let simmer for 20 minutes, stirring about every five. You may need to add more of the milk as you go. After about 30 minutes, remove from heat and let sit for 5 minutes. Taste and add salt and pepper if needed.*



## Section 2

# Bigos

### INGREDIENTS

**1 large Ham Hock, preferably smoked**

**1 package spicy Italian Sausage (or, for you purists, kielbasa or Wild Boar Sausage)**

**1 pound pork stew meat (or, if available, Venison)**

**1 32 oz. jar of Saurkraut (or 32 oz. of homemade kraut, either way)**

**1 large onion, cut into strips**

**2 cloves Garlic, finely minced**

**1 10 oz can of crushed tomatoes**

**3 or 4 handfulls of Kale or Spinach**

**2 tblsp of Olive Oil**

**juice and zest of 1 lemon**

**3 tblsp Smoked Paprika**

**1 tblsp Bavarian Seasoning**

**1 teaspoon red pepper flake**

**1 1/2 teaspoon black pepper**

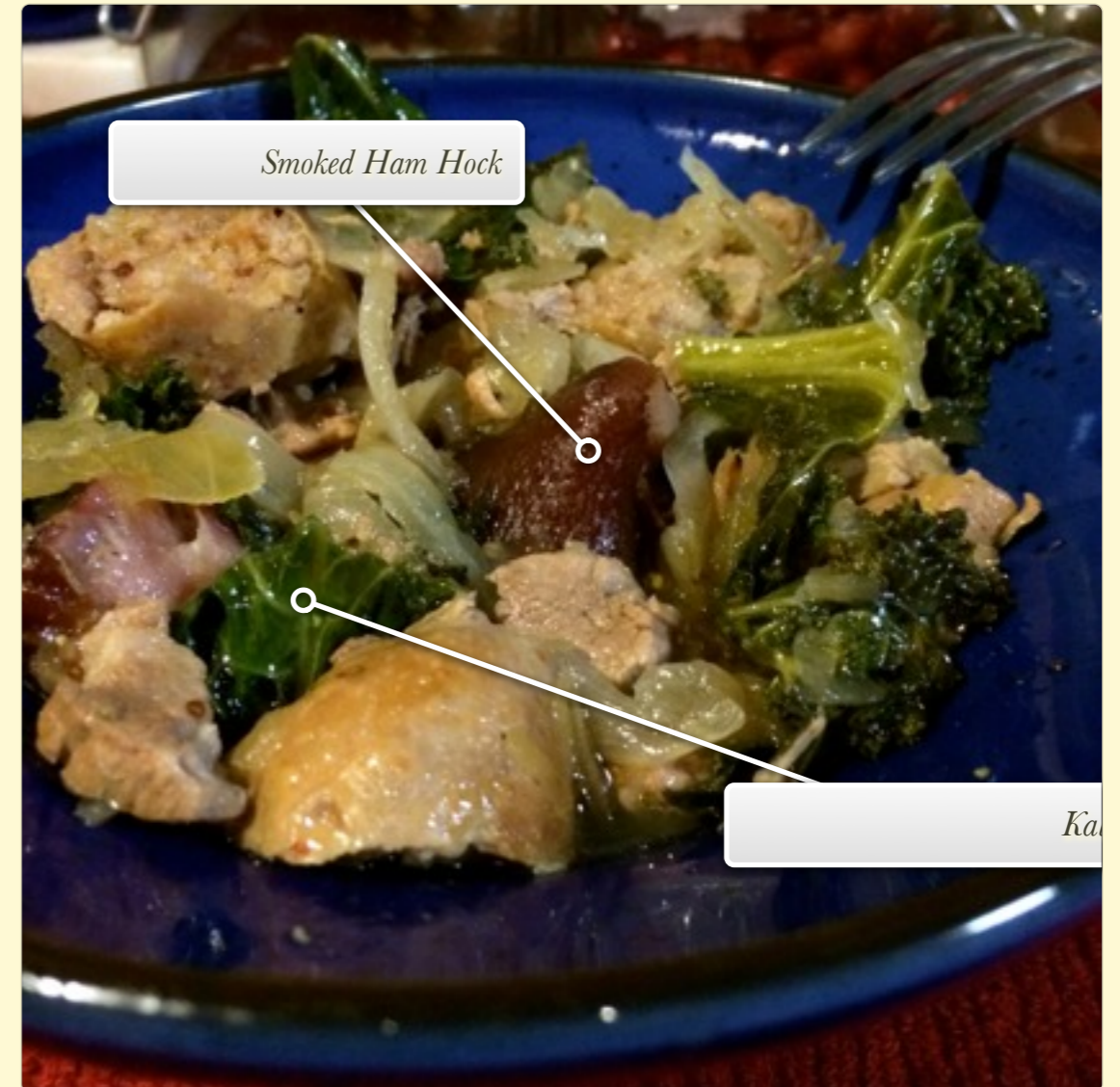
In your crockpot, start by adding spices to Crockpot warming on high.

When the place starts to smell like the spices, add the oil. Allow oil to heat for ten minutes or so, then add the saurkraut, onion and garlic. Allow to cook for one hour, turn crockpot to low, and add hamhock. Allow to cook for one more hour, then add stew meat and sausage.

Allow to cook for at least 2 to 3 hours, stirring occasionally.

After all that, add the Kale and/or Spinach on top, sprinkling with salt, pepper lemon zest and juice. re-cover and cook 20 minutes, then stir kale and/or spinach into mix and serve.

### Interactive 1.1 Lorem Ipsum dolor amet, consectetur





## INGREDIENTS

**2 - 3 pounds of boneless, skinless Chicken Thighs**

**1 8oz jar of Huy Fong Chili Garlic sauce.**

**1/4 cup Rice Wine Vinegar**

**Juice and zest of 1 lemon (or 2 Thai Limes, zested and juiced)**

**3 tblsp minced fresh ginger (or 2 tblsp Ginger Powder)**

**3 tblsp paprika**

**1 teaspoon Curry Powder**

**1 teaspoon Tumeric**

**1 tblsp cashew butter**

**1 large onion, cut into strips**

**1 cup coconut milk**

**Coconut Oil**

**Salt and Pepper to taste**

## Section 3

# Marinated Chicken Thaighs...

*In a large ziplock bag, add thighs, Chili Garlic, Vinegar, lemon juice, curry powder, and ginger. Mix together to coat chicken and marinate in fridge at least over-night (preferably 2 to 3 days)*

*In another pan, saute onions in a little Coconut oil until translucent. Add coconut milk, lemon zest, Tumeric, and Cashew Butter. Simmer together for at least 30 minutes.*

*Melt coconut oil over medium heat and add things to sear, approx. 3 minutes a side.*

*After second side is browned, add chicken to coconut milk mixture and simmer for 15 minutes. Remove the chicken. Use a thickener of some sort to tighten up the sauce a bit.*

*Note - you can top with some spinach which adds a nice flavor, or slice-up some Fennel for a neat little counterpoint.*



## Section 4

# Crack Spice Pork Loin

### Ingredients for Pork Loin

**1 half an entire pork loin (or a whole Pork Loin, just double everything else and get a REALLY BIG Zip-Lock) and LEAVE FAT CAP ON!!!**

**1 1/2 cups Tajir fruit seasoning spice (or salsa en polvo)**

**1 teaspoon each of dried thyme, oregano, and basil.**

**2 teaspoons dehydrated onion**

**1 teaspoon granulated garlic**

Pre-heat oven at 375

Mix dry ingredients in a ziplock, add pork loin and shake to cover the loin completely in the spice herb mix.

Place in oven for 15 minutes fat side up, then turn over and cook an additional 10 to 15 minutes. Alternately, you can cook on a grill on foil, 15 minutes Fat side up, then turn and cook an additional 10 minutes.

**Interactive 1.2** Pork Loin covered in Crack Spice aka Tajir fruit seasoning





# Vanessa's Recipes

Because she can actually cook, unlike the other guy we got recipes from...





## INGREDIENTS

1 bunch of Curly-topped Kale (Or Kale of your choice)

1 cup raw cashews (or salted, if you must)

1 cup of chopped red bell pepper

1/3 cup Nutritional Yeast

4 tblsp Olive Oil

1 squeeze lemon juice

2 teaspoons salt

2 teaspoons onion powder

1 1/2 teaspoon of garlic powder

1 teaspoon cayenne pepper (1/2 if you don't like heat)

1/4 to 1/2 cup water

## Section 1

# Kale Chips

*Throw all but the kale into a blender and blend until the consistency of a cheese sauce, adding water until smooth.*

*Make sure kale is bone dry. Clean leaves with damp paper towel, then dry. **MUST BE DRY!** Remove center vein, and tear leaves into large pieces following the vein patterns on the leaves. Bigger pieces are easier to spread.*

*Pre-heat oven to 300 degrees.*

*Put 1/3 of the kale in a large mixing bowl, slowly add an amount of the 'cheese sauce' and mix by hand. Add more kale, toss with more cheese sauce and repeat until all is done. Make sure each leaf is liberally coated on both sides, but not clumpy.*

*Line baking tray with parchment paper, then arrange kale in a single layer, spreading leaves as flat as possible. Place tray in oven for 10 minutes, then rotate tray and bake another 15 minutes. If they're still wet to the touch after that, add another five minutes, but kale can quickly overcook, so keep an eye on it.*

*Remove from oven and allow to cool on tray for at least five minutes.*

*HINT! If you've got a big batch, cut parchment paper to size and load the paper with the kale, then as the trays come out, remove the cooked set on the paper and put the newly loaded parchment paper on!*

*Realistically, this makes two servings... at least around our house.*





## Section 2

# Roast Cabbage Steaks

### Ingredients

**1 head Cabbage - sliced into 1/2 inch thick slices**

**Oil of your choice (we use Bacon Fat, Coconut, or Olive Oil)**

**Salt**

**Lemon Pepper**

**Garlic powder**

**Lemon juice**

*Pre-heat oven to 375*

*Spread oil of your choice on the cabbage slices as if you're buttering toast. Sprinkle seasonings and lemon juice on the slices. Arrange on baking sheet and roast on middle rack of oven for 40 minutes or until edges are brown and crispy!*

*Goes great with steak!*





## INGREDIENTS

1. Double batch of Cheesy Kale Chip Sauce (recipe on page 7)
2. Kale, 1 small bunch
3. 1.5 pound ground beef (leaner is better)
4. 1/2lb Chorizo or Spicy Italian Sausage
5. 2 cups diced mushrooms
6. 2 large carrots, grated
7. 1 small sweet onion
8. Salt
9. 1 teaspoon Cumin

## Section 3

# Kale Cheesy Cassarole-like Thing

Pre-heat oven to bake at 350

Prepare the kale just like the kale chip recipe using 1/2 of the Cheesy Sauce until you get to the part where you put it in the pan.

Saute the mushrooms, onion, adding salt, cumin, then set aside and mix in the grated carrot. Brown the beef and chorizo (or any spicy uncased sausage, really) and combine with the sauted veg.

In a large glass baking dish, lay down 1/3 of the kale on the bottom, flattening any clumpy pieces. Then layer on about 1/2 of the meat and veg mixture. Repeat another layer of kale, and then meat and veg, and finally a last layer of Kale. Add the rest of the Cheesy sauce on top. Put in the oven for 25 minutes, turn and put in for another 25 minutes. You may want to add additional time under the broiler to give the sauce on top a chance to brown, but keep an eye on it cause it can burn!

Serves 6 to 8.

