

Paleo French Cuisine



by Chef Alain Braux



Paleo French Cuisine

A Paleo Practical Guide with Recipes

By Chef Alain Braux, C.E.P.C., C.M.B.

B.S. Holistic Nutrition

Executive Chef and Nutrition Therapist

At People's Pharmacy, Austin TX

Copyright © 2013 by Alain Braux International Publishing, LLC.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any form of information storage and retrieval system, without the written permission of the author, except where permitted by law.

ISBN-13: 978-0-9842883-3-5

ISBN-10: 0-9842883-3-3

Paleo French Cuisine. A practical guide is a trademark of Alain Braux. Alain Braux International Publishing, LLC.

Disclaimer: This book has been written as an educational tool only. It is not a substitute for the informed medical recommendations of your personal physician or other qualified healthcare provider. The information within these pages is designed to help you learn about and understand your current health condition. My hope is that this book will allow you to have a better dialogue with your healthcare providers and make your life easier.

The publisher and the author of this book are not responsible for any products and services mentioned or referred to in this book, and disclaim any liability regarding the information offered in this book. They also disclaim any responsibility for any damage, loss, or expense to property arising out of, or relating to, the text in this book. If you have any doubts as to the validity of the information given, please do not purchase this book. Thank you for your understanding.

Before starting a new diet plan or lifestyle change, or beginning or modifying an exercise program, please check with your personal physician to make sure that the changes you plan to make are right for you. Sincerely, **Chef Alain Braux.**

For information regarding this and other Alain Braux International Publishing, LLC books and speaking engagements, please contact Chef Alain Braux through www.AlainBraux.com or at alainbraux@gmail.com.

Edited by **Rebecca Rider at Prestige Professional Copywriting**

Cover design by **Tatiana Vila at Vila Design**

Cover painting by **Ana Gallo at Ana Gallo Architect**

Back photograph by **Athena Danoy**

Manufactured in the United States of America. (March 2013)

Table of Contents

Table of Contents	4
Heard on The Grapevine	9
Foreword.....	10
Introduction to Paleo French Cuisine	12
The Modern American Position on Paleo Diet	13
The Paleo Diet	14
Why Should We Eat Some of Our Food Raw?.....	15
Your Paleo Health.....	17
Dr. Seignalet’s Ancestral Take on Paleo.....	17
Dr. Seignalet’s Point of View on Sickness	20
Why is Our Food Killing Us?	24
My Personal Impressions on the Modern Paleo Diet.....	25
How Does Our Food Makes Us Sick?	30
Frankenfood, Anyone?.....	30
The Fat Confusion	37
Sugar, the Sweet Killer	41
Prevention, Prevention and More Prevention	46
Raw vs Paleo French	49
Vive la Différence!!!.....	49
Chef Alain’s Cuisine.....	55
The Basics of Paleo French Cuisine	55
All You Can Eat Foods.....	57
In Moderation	59
Foods to Avoid.....	60
How to Shop Paleo French	62
My Shopping Beliefs	62
Fresh Food Shopping.....	63
At Your Local Farmers’ Market	63
At Your Grocery Store.....	64
Produce Department.....	65
The Dirty Dozen + 2 and Cleaner 15	65
Bulk Food Section	67
Fresh Fish and Shellfish Counter	73
Fresh Meat Counter	74
Deli	79
Paleo French Cooking Techniques	80
Unhealthy Food Preparations.....	80
Healthy Food Preparations.....	83
Paleo	87
French	87
Recipes.....	87
Paleo French Appetizers	88
Champignons Marinés Crus - <i>Raw Marinated Mushrooms</i>	88

Dates et Amandes Enrobées de Lard - <i>Bacon-wrapped Almond and Dates</i>	89
Feuilles de Choux de Bruxelles Croustillantes - <i>Crispy Brussels Sprout Leaves</i>	90
Houmous de Courgettes Grillées - <i>Grilled Zucchini Hummus</i>	91
Millefeuilles de Pamplemousse Rose à la Tapenade d'Olive - <i>Pink Grapefruit Millefeuilles with Olive Tapenade</i>	92
Pruneaux aux Pommes et au Bacon - <i>Apple-Stuffed, Bacon-Wrapped Prunes</i>	93
Tapenade. <i>Tapenade</i>	94
Tranches de Courgettes au Citron et Aneth - <i>Zucchini Chips with Lemon and Dill</i>	95
Verrine de Concombre et Pommes Vertes - <i>Raw Apple Cucumber Mint Verrine</i> ..	96
Paleo French Baked Good	97
Pizza Paleo Fait Maison - <i>Homemade Paleo Pizza</i>	97
Paleo French Breakfast	99
Galettes aux Amandes et Coco - <i>Almond Coconut Pancakes</i>	99
Biscuits aux Canneberges et Noix - <i>Cranberry Walnut Scones</i>	100
Biscuits aux Herbes et Pecans – <i>Herbs and Pecan Scones</i>	101
Galettes aux Amandes et Bananes - <i>Almond Banana Pancakes</i>	102
Muffins Framboises et Frangipane - <i>Raspberry Muffins Frangipane</i>	103
Œufs au Four aux Tomates et Lard - <i>Egg, Tomato and Bacon Almost Muffins</i>	104
Œufs Brouillés aux Merguez - <i>Merguez Scrambled Eggs</i>	106
Petits Gâteaux aux Carottes et Bananes - <i>Carrot Banana Muffins</i>	107
Petit Dejeuner aux Pecans Sans Flocons d'Avoine - <i>Pecan Not-Meal Breakfast</i>	109
Paleo French Eggs	110
Œufs Pochés aux Verdures Sautées - <i>Poached Eggs Over Sautéed Greens</i>	110
Omelette Paysanne - <i>Peasant Omelet</i>	111
Piperade Basque - <i>Basque Piperade</i>	112
Paleo French Fish and Seafood.....	113
Cabillaud au Beurre aux Herbes et Tomates Confites - <i>Cod with Herbs-Flavored Butter and Sundried Tomatoes</i>	113
Boulettes de Colin sur Compote de Tomates au Citron - <i>Colin dumplings on Stewed Tomato with Lemon</i>	114
Cabillaud Méditerranéen - <i>Mediterranean Baked Cod</i>	116
Carpaccio de Langoustines avec sa Vinaigrette de Pomme Verte et Céleri - <i>Shrimp Carpaccio with Green Apple and Celeriac Dressing</i>	117
Chili au Thon - <i>Tuna Chili</i>	118
Chili Concarneau - <i>Seafood Chili Stew</i>	119
Crevettes au Paprika et Chorizo et Mélange de Légumes - <i>Paprika Shrimp with Chorizo and Vegetables Medley</i>	120
Filet de Daurade Royale aux Petits Légumes et à la Coriandre - <i>Fillet of Sea Bream with Vegetables and Coriander</i>	121
Filet d'Ombre Chevalier aux Champignons Shiitake - <i>Arctic Char Fillet with Shiitake Mushrooms</i>	122
Filets de Loup à l'Orange, au Garam Masala et à la Bourrache - <i>Filletts of Sea Bass with Orange, Garam Masala and Borage</i>	123
Galette de Rouget aux Patates Douces - <i>Mullet and Sweet Potato Cake</i>	124
Saumon à la Sauce Moutarde et Fenouil - <i>Salmon with Mustard, Dill Sauce</i>	125
Saumon au Four et Crumble aux Amandes - <i>Almond Crumbled Salmon</i>	126
Saumon au Bouillon avec Fenouil et Chou Frise - <i>Broth-Sautéed Salmon with Fennel and Kale</i>	128
Paleo French Meats: Beef and Bison	129

Bifteck Mariné à la Provençale - <i>Provençal Marinated Steak</i>	129
Boeuf Bourguignon - <i>Beef Bourguignon</i>	130
Boeuf Stroganoff - <i>Beef Stroganoff</i>	132
Côte de Boeuf, Ail et Fleur de Sel - <i>Beef Rib with Garlic and Fleur de Sel</i>	133
Daube de Bœuf à la Provençale. <i>Provençal-style Beef Stew</i>	134
Pain de Viande aux Herbes du Midi. <i>Southern France Meat Loaf</i>	136
Sauce Bolognaise Minute - <i>Quick Bolognese Sauce</i>	137
Tournedos Rossini - <i>Tenderloin Rossini</i>	138
Paleo French Meats: Bison	139
Chili au Bison - <i>Bison Chili</i>	139
Ragout de Bison aux Canneberges. <i>Bison Cranberry Stew</i>	140
Paleo French Meats: Chicken	142
Emincé de Poulet à la Citronnelle - <i>Sliced Chicken Breast with Lemongrass</i>	142
Poitrine de Poulet Garni au Pesto et Abricots - <i>Apricot and Basil Pesto Chicken</i>	143
Poulet à l'Ananas et Citron Vert - <i>Chicken Thighs with Pineapple and Lime</i>	144
Red Wine Chicken Stew - <i>Coq au Vin Rouge</i>	146
Poulet Basque - <i>Basque-style Chicken</i>	148
Paleo French Meats: Lamb	149
Daube Provençale d'Agneau au Vin Blanc. <i>Provençal Lamb Stew with White Wine</i>	149
Paleo French Meats: Pork	151
Côtes de Porc Grillées à la Moutarde et Sauge. <i>Grilled Pork Chops in Mustard and Sage</i>	151
Filet de Porc à l'Orange et au Cumin - <i>Orange and Cumin Pork Loin</i>	152
Filet de Porc aux Pruneaux - <i>Pork Tenderloin with Prunes</i>	153
Saucisses au Four aux Pommes et Poires - <i>Oven-Roasted Sausages with Apples and Pears</i>	154
Ma Façon Rapide de Préparer un Filet de Porc - <i>My Quick Way to Prepare Pork Tenderloin</i>	156
Sauté de Porc aux Pruneaux et Marrons - <i>Pork Tenderloin with Prunes and Chestnuts</i>	157
Paleo French Meats: Rabbit	158
Lapin au Cidre et aux Pruneaux - <i>Rabbit Cider Stew with Prunes</i>	158
Paleo French Meats: Turkey	159
Pain de Viande à la Dinde du Texas - <i>Texas Turkey Meatloaf</i>	159
Paleo French Meats: Veal	160
Poitrine de Veau Farcie et Pommes Roties au Miel - <i>Stuffed Veal Breast with Honey-Roasted Apples</i>	160
Paleo French Meats: Venison	162
Chevreuil aux Cerises et à l'Orange. <i>Venison in Cherry and Orange Sauce</i>	162
Paleo French Salads	163
How to Create Your Own Paleo Composed Salad	163
Salade au Saumon Fumé et Courgette - <i>Smoked Salmon and Zucchini Salad</i>	167
Salade aux Epinards avec Figs et Noix - <i>Figs, Walnuts and Spinach Salad</i>	168
Salade de Carottes et Canneberges - <i>Carrot Cranberry Salad</i>	169
Salade de Céleri-rave aux Pommes et Pecans - <i>Celeriac Salad with Apples and Pecans</i>	170
Salade de Champignons de Paris aux Herbes - <i>Herbed Mushroom Salad</i>	171
Salade de Pamplemousse et de Fruits de Mer - <i>Grapefruit and Seafood Salad</i>	172
Salade de Mesclun aux Pamplemousse - <i>Grapefruit Mixed Greens Salad</i>	173

Salade de Roquette aux Fraises et sa Vinaigrette au Miel - <i>Arugula Salad with Strawberries and Honey Vinaigrette</i>	174
Salade d'Endives aux Agrumes et au Poulet - <i>Endive and Chicken Salad with Citrus Fruits</i>	175
Salade de Thon Surprise - <i>Tuna Salad Surprise</i>	176
Salade d'Endives aux Pommes et Noix de Grenoble - <i>Endive Salad with Apples and Walnuts</i>	178
Salade Sucrée-Salée de Poulet et Melon - <i>Sweet and Sour Chicken Salad with Melon</i>	179
Salade Tiède de Topinambours et Radis aux Noisettes - <i>Warm Jerusalem Artichoke and Radish Salad with Hazelnut</i>	180
Taboulé de Semoule de Chou-Fleur - <i>Tabbouleh of Cauliflower Semolina</i>	181
Wraps de Salade, Jambon et Carottes - <i>Salad, Ham and Carrots Wraps</i>	182
Paleo French Sauces, Dips and Spreads.....	183
Bechamel Paleo d'Alain - <i>Alain's Paleo Béchamel</i>	183
Vinaigrette de Santé d'Alain. <i>Alain's Healthy Salad Dressing</i>	184
Mayonnaise Paleo à l'Huile de Coconut et Olive - <i>Paleo Coconut Olive Mayonnaise</i>	185
Sauce Guacamole aux Tomatillos - <i>Tomatillo Guacamole</i>	186
Sauce Pesto au Basilic, Menthe et Pecan - <i>Basil, Mint, Pecan Pesto Sauce</i>	187
Sauce Pesto aux Pépites de Citrouille et Coriandre - <i>Pumpkin Seed and Cilantro Pesto</i>	188
Vinaigrette d'Avocat et Coriandre Fraiche - <i>Avocado Arugula Vinaigrette</i>	189
Paleo French Side Dishes	190
Carottes Tiedes à la Marocaine - <i>Warm Moroccan Carrots</i>	190
Curry de Courgettes Rapide aux Herbes - <i>Quick Curry Zucchini Curry with Herbs</i>	191
Epinard Sauté au Poivron Rouge et Citron - <i>Spinach Sauté With Red Bell Pepper and Lemon</i>	192
Gratin de Choux Fleur - <i>Cauliflower Gratin</i>	193
Haricots Verts Rôtis aux Noisettes. <i>Roasted Haricots Verts with Hazelnuts</i>	194
Légumes Rôtis aux Herbes Provençales - <i>Slow-Roasted Provencal Veggies with Herbs</i>	195
Patates Douces et Epinards Sautés aux Herbes - <i>Broth-Sauteed Spinach and Sweet Potatoes</i>	196
Patates Douces et Pommes aux Épices - <i>Spiced Sweet Potatoes and Apples</i>	197
Patates et Merguez Sautées - <i>Sautéed Potato and Merguez</i>	198
Poireaux et Carottes à la Menthe - <i>Lemon Mint Leeks & Carrots</i>	199
Purée de Patates Douces au Noix de Pecans - <i>Mashed Sweet Potatoes with Pecans</i>	200
Rutabagas Sautés aux Oignons et au Lard - <i>Rutabaga Hash with Onions and Bacon</i>	201
Ratatouille - <i>Ratatouille</i>	202
Topinambours à l'Ail à l'Étouffée. <i>Braised Garlic Roasted Jerusalem Artichokes</i>	204
Paleo French Soups.....	205
Soupe aux Champignons, Lard et Moutarde - <i>Mushroom, Bacon and Mustard Soup</i>	205
Soupe à la Citrouille et ses Pépins Rotis - <i>Squash Soup with Roasted Pumpkin Seeds</i>	206

Soupe à l'Oignon au Vin Rouge. <i>Red Wine Onion Soup</i>	208
Soupe au Chou Vert et à la Saucisse Fumée - <i>Green Cabbage and Smoked Sausage Soup</i>	210
Soupe aux Fanes de Radis et Pommes - <i>Radish Tops and Apple Soup</i>	211
Soupe de Betterave au Craquant de Lard - <i>Beet Soup with Crunchy Bacon</i>	212
Soupe de Moules Noix de Coco et Chorizo - <i>Mussel Soup with Coconut and Chorizo</i>	213
Soupe de Potiron au Fenouil et Pastis - <i>Pumpkin Soup with Fennel and Pastis</i> ..	214
Soupe de Santé Verte d'Alain. <i>Alain's Healthy Green Soup</i>	215
Soupe Froide d'Épinards et d'Avocat. <i>Cold Spinach and Avocado Soup</i>	216
Soupe Gaspacho Ibérienne - <i>Raw Iberian Gazpacho</i>	217
Soupe Glacée aux Carottes, Ananas et Menthe - <i>Chilled Carrot, Pineapple and Mint Soup</i>	218
Soupe Provençale à la Sauge et Ail. <i>Provençal Sage and Garlic Soup</i>	219
Soupe Vichyssoise à la Citrouille. <i>Butternut Squash Vichyssoise Soup</i>	220
Paleo Desserts – Yes, Desserts	221
Compote de Pruneaux au Vin Rouge et Cannelle. <i>Red Wine and Cinnamon Prune Compote</i>	221
Cookies Paleo Double-Choco - <i>Double-Chocolate Chip Paleo Cookies</i>	222
Coupe de Canneberges aux Pommes Fraîches - <i>Cranberry and Fresh Apple Cup</i>	223
Crème au Chocolat Gourmet - <i>Gourmet Chocolate Pudding</i>	224
Crème Chantilly à la Crème de Coco - <i>Coconut Whipped Cream</i>	225
Crème Pâtissière Paleo - <i>Paleo Pastry Cream</i>	226
Mousse au Chocolat Paleo - <i>Paleo French Chocolate Mousse</i>	227
Poires au Vin Rouge et à la Cannelle - <i>Pears in Red Wine and Cinnamon</i>	228
Pommes Cuites au Four avec Crème de Coco. <i>Baked Apples with Coconut Whipped Cream</i>	229
Poires Pochées au Vin Blanc et à la Crème de Noix de Cajou - <i>Pears Poached in White Wine with Cashew Cream</i>	230
Pots de Cocos aux Framboises. <i>Coconut Raspberry Pots</i>	232
Rochers à la Noix de Coco et Amandes - <i>Coconut Almond Rocks</i>	233
Salade de Fruits et sa Sauce au Gingembre. <i>Fruit Salad with Fresh Ginger Dressing</i>	234
Salade de Mangues et Framboises à la Menthe - <i>Mango and Raspberry Salad with Mint</i>	235
Soufflé aux Framboises Léger comme un Nuage. <i>Light as a Cloud Raspberry Soufflé</i>	236
Salade Rouge de Pamplemousse et Orange. <i>Red Grapefruit and Orange Salad</i> ..	238
Acknowledgments	243
Chef Alain Braux's Bio	245
Would You Like to Know More about Chef Braux?.....	247

Heard on The Grapevine

Chef Braux has done it again - another original, intelligent, and delicious cookbook - this time filled with Paleo Diet recipes that we haven't seen or tasted before. These original Paleo recipes are filled with unusual flavors, variety, and nutrient density that anybody can enjoy. I look forward to sharing this book with my patients. My real hope is that someone comes along, chooses 12 of these recipes and decides to sell them prepared to go. Congratulations!

- **Dr. Janet Zand, OMD. Author of *Smart Medicine for a Healthier Child***

Prior to enjoying Alain Braux's latest book triumph *Paleo French Cuisine* I thought that to be somewhat oxymoronic idea, mistakenly associating all traditional French food with the stereotypical crusty baguette and beret. Thankfully, this book has clarified those muddy waters. This is akin to a field-guide for healthy gourmards, providing you with a step-by-step process from farmers market to table. Full of helpful information, from the roots of the paleo movement, to the link between health and food to simple tips for healthy shopping, ingredient selection, healthy food preparation and finally - the fantastic recipes. Of course you'll see the Classics of French Cuisine in the *Coq au Vin*, but also the new and delightful *Raspberry Muffins* *Frangipane* or *Gourmet Chocolate Pudding*. If you're laboring under the delusion that paleo cooking is all meat and boring in its selection then this is exactly the book you need!

- **Dr. Amy Neuzil, ND author of *DIY Health: For Women*.**

Chef Alain Braux has created another mouthwatering masterpiece in *Paleo French Cuisine*. The depth of information about the background of the Paleo movement, Chef Alain's expertise on healthy food preparation, and the delicious recipes with a French twist make this book essential for anyone tempted by the benefits of eating Paleo.

The recipes and resources in this book inspire creativity in the kitchen so that living a healthy, clean lifestyle becomes a pleasure, instead of a chore. This book promises to be a staple in my kitchen and a critical resource for my clients.

- **Dr. Julia Strickler, ND. Doctor of Naturopathy**

Foreword

If you are one of my previous Readers, Champions, Supporters, Friends and Family, welcome back! I sincerely hope this new practical health book about cooking and eating Paleo with a French twist will help you live a healthier, more vibrant and happier food life.

So far, my health education books have helped you lower your cholesterol with *How to Lower Your Cholesterol with French Gourmet Food*, live gluten and dairy-free with *Living Gluten and Dairy-Free with French Gourmet Food* and, more recently, prepare healthy food on a tight budget with *Healthy French Cuisine for Less Than \$10/Day*.

Why did I write this new book, you may wonder? As I continue my journey through food and healing, during a previous episode, I discovered that I was allergic to gluten. I wrote a book to address that subject. Being French, it was not easy to deny myself the French baguettes, croissants and *pains au chocolat* of my youth, but I am proud to say that I am 95% gluten and dairy-free. What? You don't really expect me to be 100% perfect, do you? I am only a human being after all. As long as I know I am cheating a little, and am willing to suffer the consequences of my limited transgressions, I will survive, even though my skin will itch as a reminder of my transgression.

But there was that 5 % left. What could I do to improve on that? My good friend Elizabeth Shirley, my tough-love but caring mentor at People's Rx Westlake, stayed on my case about dropping all grains out of my diet. Really? I thought I was already stretching my limits with the gluten-free diet, so now, no grains at all? I guess life is a series of small steps toward self-improvements, food-wise or otherwise. I did not oblige right away. After all, I was proud to have (almost) gotten rid of gluten in my diet. Could I push even further? You know me. I can't resist a challenge.

Elizabeth had been raving about this new diet (but really quite old in principle) called the Paleo Diet. I thought, "for sure it's another one of these fad diets", and you already know how I feel about these. But, to my surprise, as I studied its principles, it made sense to the nutrition-therapist side of my brain. The chef-side of my brain got involved too and I became more and more excited about the food challenge.

To add to the excitement, a few months ago, my boss, Bill Swail, asked me to develop Paleo recipes for his To Go business. It is said: "There are no coincidences." In this case, it was the perfect confluence of my new-found

interest and my boss's needs. How could I say no? You know how it goes: what Bill wants, Bill Gates (I know, it's pretty bad but I could not resist). So I started to work on his project and, of course, the book idea eventually popped up.

As you already know, I cannot just do things like everyone else. I have to put my French twist on this diet and make it my own. I am not a doctor or scientist, but I will approach this from two different angles: as a nutrition therapist and as a chef.

As a nutrition therapist, I wish to share my impressions on it as well as insert the opinion of my favorite French doctor, Dr. Seignalet. As a chef, I want to offer you creative, fresh and tasty food choices. So, although the Paleo principles will not be new for a few of you, I am combining the accepted wisdom of Paleo started by Dr. Cordain, then expanded by Mark Sisson and Robb Wolf, and adding my French 2 centimes to it. I hope it helps you see the Paleo diet in a new light and with new, fun recipes.

I had also wanted to address the growing and hard-to-ignore sweet elephant in the room: diabetes. I am not referring to Type 1 which one is born with, but to Type 2 which is self-induced through bad diet and lifestyle choices. I had wanted to address this issue for a while now but felt that there had already been millions of books written on the subject. Then, through my research, it came to my attention that the Paleo diet could be the ideal diet for this modern-time scourge. And it is, if you follow its principles.

Don't get me wrong. It still will take you a strong will to eliminate all the foods and drinks that have created this condition in the first place. Sugar, like any other drug, is a highly addictive substance. I sincerely believe that with the proper knowledge I will provide you – and will power (you're on your own there) – you should be able to correct your condition and heal yourself from this self-induced illness one step at a time.

Please understand. This diet is not as much a weight-loss diet as much as it is a get-rid-of-food-allergies-and-stay-lean diet. Your goal on this path should not be to lose weight but to change your lifestyle to become allergy-free. Losing weight is a side effect.

Now, it's up to you to start the first step through health and sugar recovery. *Un, deux, trois, quatre.* One, two, three, four, etc...

Bonne Chance and Bon Appétit!

Introduction to Paleo French Cuisine

Now, you know I don't like to use the word "diet", for I think this should be a lifestyle choice, so here is a more apt title: "Paleo French Cuisine. A practical guide." I offer my beliefs compared to the many versions of the modern Paleo Diet. After researching different authors and a bunch of websites, I distilled it down what makes sense to me and added my 2 cents. It may not be pure Paleo in the hard-core way, but it presents my interpretation of it combined with my experience as a French chef and nutrition therapist.

I also wanted to introduce you to my French inspiration when it comes to nutrition: Dr. Seignalet, the author of *l'Alimentation ou la Troisième Médecine* ("Food or the Third Medicine"). I discovered him and his work about 5 years ago when I went back to France for a while for a little soul searching to try to figure out what I really wanted to do when I grew up. After reading his book and his passion for healing through food and diet the tasty way, I decided to focus on the healing power of food as a nutritherapist to complement and enhance my experience as a chef to help people with all sorts of food-related health issues.

I believe that we haven't yet shed a bright enough light on the power of food to heal and to prevent sickness. Food is our only source of nourishment but most people see it as something they must do in order to stay alive and completely ignore its nourishing and health-creating and health-restoring powers. They mostly become aware of its negative effects when it's too late. As I always say "Eat crap and you will feel like crap!"

We should stop taking our food for granted and respect its ability to not only feed us but to keep us alive and healthy. Most people eat without thinking of the consequences of that act. We should be more aware of food's nourishing powers. We should focus on quality, not quantity. We should listen to our body more than we listen to those ads on TV. We should remember that stuffing our faces is not the same as feeding our soul. We talk about soul food but we don't really pay it the attention it deserves.

I want to help you, teach you, and show you how good food is not only good for you but also for your soul. I hope to accomplish that with this book.

A Votre Santé - To Your Health

Chef Alain Braux

The Modern American Position on Paleo Diet

Our Great-Great-Great Paleo Ancestors' Brief History

We are told that life on earth appeared about 3.5 billion years. Humans appear on the scene about 20 million years ago, followed by the Australopithecus Lucy (about 3.5 million years ago), then Homo Habilis, and finally, by Home Erectus. Our genetic baggage corresponds exactly to the Cro-Magnon, also known as the Homo Sapiens (about 100,000 years), considered to be our direct ancestor.

Uh, Oh! Here Comes the Complicated Nutritional Stuff

According to Eaton S. B. and his colleagues, in temperate climates, the Paleo human subsisted on about 35% animal food and 65% plant, nut and seed sources. Compared to our modern diet, theirs contained more protein (33% vs. 12%), but a similar amount of carbohydrates (46%) though in a different combination: 42% complex carbs and 1-4% simple carbs vs. 29% complex and 17% simple carbs now.

On the lipids side (fats), they ingested about 21% of fats, 9% of that from animal sources, the rest from plants, nuts and seeds, versus 42% now, 40% coming from animal sources. Another important fact to know is that their polyunsaturated fats to saturated fat ratio went from 1.41 to 0.44 now, which means they ingested more plant-based than animal-based fats. I guess it was easier chasing plants than animals.

Their food cholesterol levels were similar to ours at 520 mg/day then vs. 480 mg/day now. They ate a lot more fiber, 100 to 150 g/day vs. about 20 g/day now (higher fiber content is better for digestive transit). They also lived on a lot less sodium than we do: about 700 mg/day then vs. 2,300 to 7,000 mg/day now. We have to assume they did not have a salt shaker on their dinner table. Their calcium intake also was healthier (around 2,000 mg/day) than now (average of 750 mg/day). And finally, their vitamin C intake was about 440 mg/day vs. about 90 mg/day now. In colder climates they would ingest more protein, more lipids and fewer carbohydrates to help them survive harsher and colder temperatures.

The Paleo Diet

Is That Why We Should Eat Like Paleo Men and Women?

According to our current nutritional values, it looks like the Paleo diet was better balanced than ours. Because their protein came from wild animals roaming free, not from farm-raised animals, their fat intake was not only lower (fewer animal-sourced fats) but also of better quality, since the animals were feeding on grass and wild plants and so contained more natural omega-3 fatty acids. These meats also contained sufficient amounts of cholesterol (yes, we do need good cholesterol to keep our glands happy).

Since Paleo men and women munched on wild-grown plants, nuts and seeds, they tended to absorb more unprocessed polyunsaturated fats, not as much saturated fat, and no highly processed polyunsaturated oils. In doing so, their diet was rich in complex carbohydrates (good for long-term energy levels and healthy blood sugar levels) and offered plenty of insoluble fiber (good for intestinal transit). These plants contained enough natural sodium and plenty of vitamin C and A (anti-scorbutic and strong antioxidant effects to destroy free radicals).

Since their diet did not contain modern grains and processed grain products (loaded with simple carbs), their body did not suffer from grain-related allergies. Their only source of sweetener was honey and even then, it was not that easy to get. I am sure that in some regions, they had access to the sweet juice of cane but it was not processed into white sugar yet. No chocolate chip cookies from the corner bakery in those days!

According to our modern nutritional precepts, that's really all we need to know to keep a balanced and healthy body. Of course, all that chasing around for their food – or their food chasing them – provided all the aerobic exercise they needed. No need for them to go to the gym.

What About the Use of Fire For Cooking?

This is where modern Paleo diets and Dr. Seignalet disagree the most. Humans have used fire for about 400,000 years, but cooking with fire began around the Neolithic period, about 8,000-10,000 B.C. So, although some scientists claim that humans used fire for cooking during the Paleolithic era, Dr. Seignalet maintains that hunters-gatherers ate all their food raw and so should we. Unlike the modern Paleo proponents' claims, his position is that

since they mostly did not cook their food then, why cook it now. So his diet is based only on eating raw food. You may wonder why.

Why Should We Eat Some of Our Food Raw?

Well, if you think about it, cooking food kills the enzymes in our food that help us digest and process it. Yes, our body provides some of the enzymes needed to break down our food (amylases, proteases, lipases, etc.) but not enough to do a good job of it, especially when it comes to plants. Ideally, we need the enzymes coming directly from our food, especially vegetables, for easier digestion.

For our purpose we will only address the enzymes involved in food decomposition and needed in the digestive process: they are called hydrolases. Some of them break down proteins (proteases), some carbohydrates (carbohydrases or amylases), and others, fats (lipases). Lastly, lactase helps us digest the lactose sugar in milk. Plants also come with their own enzymes to help break down fiber (cellulases). So, some people cooking all their food will have trouble digesting it and take enzyme supplements to do exactly what comes for free with your food. Does it make sense to you? Not to me. Sure, there are hard core raw foodies out there but they're not typically aligned with the Paleo movement.

So, Why Do We Cook Our Food?

Modern Paleo seems to encourage cooked food as a higher percentage of the diet than raw food. I realize that for most people, eating raw meat (besides tartar or sushi) is a tough sell. So I will teach you healthy meat cooking methods. It is also true that in some cases, some of the root vegetables are more easily digested when lightly cooked (light steaming or al dente water cooking). So I will explain that too.

Can Some Forms of Cooking Be Dangerous to Us?

A negative effect of some methods of cooking food is that it transforms some of its components into potentially dangerous elements for our health. For example, grilling creates a toxin called heterocyclic amine (HA), which is a well-researched carcinogen. Mount Sinai Medical Hospital also found that meats cooked at high temperatures contain a greater amount of compounds called advanced glycation end products (AGEs) that cause more tissue damage and inflammation than foods cooked at lower temperatures. Other cooking methods can cause serious health issues too.

So, in my opinion, here are the cooking methods we should absolutely not use: deep fat frying, grilling, barbecuing, high-temperature cooking, and the worst of all, microwaving. Why? I tell you why in the Unhealthy Cooking Methods section below.

So, How Should We Cook Our Food Then?

My suggested cooking methods are light steaming, blanching, simmering, quick sautéing or stir frying, quick broiling, “en papillote”, broth poaching, and , of course, not cooking at all. I am will give you more details below.

Your Paleo Health

Dr. Seignalet's Ancestral Take on Paleo

Modern man does not eat the same way as in the old days. You could say duh! And I would agree with you, but somehow it seems to be lost on the vast majority of people accustomed to eating industrialized prepared food. They have lost the common sense knowledge of eating fresh and unprocessed food. I specially point to the post-second-world-war generations that were born and raised in a food environment polluted by fast food marketing and the (supposedly) easiness of eating packaged stuff (sorry, I have a hard time calling it food). Admittedly, they are too busy to waste their time cooking fresh food when they have to exercise to lose the weight they gained eating the same "stuff" that caused them to gain that weight in the first place. Ironic, isn't it?

Some of the illnesses that used to be rare in the old days (cancer, heart disease, assorted digestive distresses – IBS, Crohn's disease, colon inflammation, celiac disease, autism, etc.) are becoming more prevalent nowadays. Thus, it is only logical to go back to an ancestral way of eating to prevent or heal these afflictions.

Dr. Kousmine, Dr. Burger (don't even go there) and Dr. Fradin

Three of Dr. Seignalet's precursors had created hypotoxic (low toxin levels) diets before he came to his own conclusions. Dr. Kousmine already postulated in the 1950s that we should go back to a way of eating predating the industrial age. Another pioneer, Dr. Burger, suggested in the 1960s that we go back to the Neolithic way of eating from about 5,000 years ago. Dr. Kousmine's success has been authenticated by a significant number of doctors. Dr. Burger's theories have been verified by some doctors and other reliable witnesses.

In the 1980s, Dr. Fradin denounced the dangers of occidental alimentation responsible for a strong increase in degenerative diseases: atherosclerosis, cancers, auto-immune diseases, diabetes, and many others. In his day, he created a hypotoxic diet very beneficial to his patients. These three unconventional doctors perfected very effective nutritional diets.

On top of that, they discovered how modern food production made people sick. Dr. Kousmine explained the dangers of industrial food production, the

frequent lack of vitamins and minerals, and dangers of polyunsaturated fats. Dr. Burger constructed a theory about the incapacity of human enzymes to help digest modern food. Dr. Fradin criticized the lack of omega-3 fatty acids in modern diet, the over-cooking and processing of food, dairy products, grains and fat-soluble toxic elements.

So, even though humans live longer lives, in many cases, they do not live healthier lives. On the contrary! Some afflictions that used to be rare or exceptional are more and more frequent to the point of epidemics: obesity, type-2 diabetes, Crohn's disease, asthma and all sorts of food allergies.

Degenerative Diseases on the Rise

Degenerative diseases are spreading faster than they used to. Arthritis, osteoporosis, and atherosclerosis causing cardiovascular diseases, are striking more and more people. Cancer, a rare occurrence in the old days, has more than doubled in the past few years and kills more than ever. Have you noticed how nowadays, you frequently know or hear of someone dying of cancer among your friends and family? I personally can count three so far and probably more are coming. Rare brain diseases (Alzheimer disease, Parkinson's disease, and senility, dementia, and Huntington's disease) seem to have become more common these days. Why?

How is it possible, with all the progress that medicine has made over the past century, that medicine still cannot explain the mystery behind these modern-world illnesses? It seems obvious to me that, although it claims otherwise, modern medicine does not really know how to deal with these maladies. If it knew, there would be less sickness and misery, fewer clinics and more healthy people. The main reason is that modern medicine focuses on treating the consequences of bad diet instead of preventing those consequences in the first place. Of course, working on prevention would not be as profitable for the huge medical business machine, would it?

Are We Allowed to Be Sick on Purpose?

I will not even address the conspiracy theorists who claim that there is a grand design behind our increased *mal d'être* (dis-ease state). It may be true, but that is not the *raison d'être* for this book. One thing is very obvious and clear to me: our modern food and its production methods are making us sick. What still amazes me to this day is how little most people are aware of this state of affairs. If that were the case, they would avoid these foods. Unfortunately, it seems to me that people have given up their God-given

right to make their own choices and instead have given that power into the hands of the modern healer: the doctors and surgeons of this world that will fix you only after you are sick. I still like the ancient Chinese way of doing medicine. In the old days, a village doctor would receive a monthly stipend from his community only if he kept them healthy. As long as they were sick, he would not get paid. Can you imagine what a revolution would that be if we adopted this ancient healing wisdom? Doctors then would focus more on helping people and keeping them healthy.

Is the Concierge Doctor the Wave of the Future?

I recently read that a few upscale doctors, fed up with the current health system, are offering concierge services to their best customers. For a certain amount of money per year (way above my pay rate), they offer privileged access to these premium accounts: immediate office visits without having to wait weeks to be seen, home visits, 24-hour complete access by cell phone and text. Wow! I want that. Too bad I can't afford it, like most of us. So, I guess we'll have to do a better job taking care of our own health because it's not going to get better anytime soon for the 99%. Self-care and preventive care is the best care we deserve and should be able to enjoy. Doesn't it make sense to you? It does to me.

Dr. Seignalet's Point of View on Sickness

The Role of the Small Intestine in Modern Illnesses

Many known factors can be the cause for our general ill feelings:

- Genetic factors: enzyme deficiencies, predisposition to digestive problems, or allergies.
- Assorted environmental factors, including our modern diet full of processed food (including gluten and milk proteins, as well as food degraded by high-temperature cooking).
- Digestive system damages: the excess use of antibiotics and anti-viral medicines destroys our internal friendly bacteria flora, thus creating the opportunity for harmful bacteria and viruses to invade our intestinal system, rendering it porous (leaky gut syndrome). Our leaky gut then facilitates the passage of protein molecules and bacteria-laden food in our bloodstream. This, in turn, causes a chronic inflammation state due to an immune response from T-cells which create an assortment of auto-immune diseases: assorted food allergies, dairy and gluten intolerance or celiac disease (autoimmune sensitivity to gluten from wheat and other grains) and even eczema, lupus and multiple sclerosis.
- Additionally, modern Paleo scientists add the anti-nutrients lectins, phylates and saponins contained in grains and legumes as another factor in creating additional autoimmune responses. Lectins are carbohydrate-binding proteins created by nature to help protect plants from their natural predators. Originally, they were not meant to be eaten by humans. To the human body, lectins are toxic and inflammatory. When they are present, they can bind to our organs' (joints, kidney, pancreas and brain) cell membranes and cause antigen or antibody reactions leading to more autoimmune disorders. They are resistant to cooking as well as to digestive acids and enzymes. Some of that toxicity can be reduced by soaking, germinating, fermenting and cooking, but the Paleo diet proponents suggest that we eliminate them completely from our daily diet.

Inadequate Modern Diet

Our genetic heritage from our Paleolithic hunter-gatherer ancestors would not have had time to adapt to the modern diet. This mismatch is a key to understanding certain diseases.

So All of This Would Lead to...

From Dr. Seignalet's point of view, aside from genetic reasons, there are three major internal environmental reasons for illnesses due to food processing: auto-immune pathology, clogging pathology and elimination pathology. Let me explain them separately.

Auto-Immune Pathology

A number of autoimmune diseases involve food protein and small intestine hyper-permeability by inducing immune responses against foreign intestinal proteins that pass through our leaky intestine wall into our bloodstream or, in some cases, against our own cells contaminated by chemical pollutants (hetero-immune diseases). These could be:

- Rheumatology: ankylosing spondylitis, inflammatory arthritis, rheumatoid arthritis, scleroderma, Sjögren syndrome and systemic lupus erythematosus.
- Hepatology: autoimmune hepatitis, primary biliary cirrhosis, primary sclerosing cholangitis.
- And other autoimmune and hetero-immune diseases such as: acute anterior uveitis, Addison's autoimmune disease, celiac disease, dermatitis herpetiformis, Graves' disease, multiple sclerosis, Guillain-Barré syndrome, idiopathic peripheral neuropathy, IgA nephropathy, Peyronie's arthritis disease, polyarteritis nodosa and Wegener's granulomatosis.

Clogging Pathology

When food wastes exceed the body's capacity to eliminate them, they accumulate in the extracellular environment, causing immune system fatigue. Some invading molecules, of similar structures to that of the host body, may penetrate into the cells of different organs and can alter their

proper functioning or jeopardize their long-term survival. This clogging state could create the following health issues:

- Rheumatology: arthritis, fibromyalgia, gout, osteoporosis and tendonitis.
- Neuropsychiatry: Alzheimer's disease, amyotrophic lateral sclerosis, autism, dystonia, endogenous depression, headache, Parkinson's disease and schizophrenia.
- Metabolic diseases such as: diabetes mellitus type 2, hypoglycemia, hyperventilation, weight gain and obesity.
- Other unclassified diseases: atherosclerosis, various malignancies, accelerated aging, and athletes' problems.
- Other possible multifactorial diseases such as cancers.

Elimination Pathology

Food residue or bacteria should be captured by our immune system and transported to their natural excretory system, but if that system is damaged, those toxins can build up, causing inflammation of the target organ such as:

- Digestive tract: colitis, Crohn's disease, gastritis.
- Skin system: acne, eczema, hives, psoriasis.
- Bronchial system: bronchitis, chronic asthma.

External Environmental Issues

There are many outside sources of pollution in our modern world: radiation from nuclear sources, solar radiation, ozone radiation and so on, x-ray radiation, electromagnetic radiation; air pollution from coal plants and car exhaust fumes, and many other sources; pesticides from intensive monoculture (DDT and many others); water pollution by negligence (oil spills and other chemical wastes like phosphate run-off from agriculture usage) or by choice (fluoride, lead from pipes); and mercury exposure from vaccines or fish high in the food chain. Unfortunately, unless we have a high position in the government, there is not much you and I can do about these. That is mostly a world-wide political hot potato nobody is willing to handle.

Oh well! Let's move on to something I hope we still have some amount of control over.

Self-Pollution

If external pollution weren't bad enough, we also have self-inflicted pollution like smoking tobacco and drinking alcohol; excess use of conventional pharmaceutical drugs from the chemical healing trough; excess use of antibiotics for all sorts of illnesses; non-judicial use of vaccines given in larger and larger quantities to babies whose immune systems are not ready for the onslaught. I am not suggesting you stop using any or all of the above. I am just suggesting you think twice about the volume of it before it overwhelms your body.

Other External Polluting Factors

Additional outside negative influences on your health: food-borne parasites, viruses and bacteria; airborne allergens (pollen, dust, dust mites, dried insect excrement, mold, cat hair, yeast and so on); chemical additives (artificial preservatives, flavorings and colorings) in our food and beauty products. To a certain extent, we can control these with proper filtering and judicious choices.

And finally - in my opinion the least talked about, yet the one we have the most control over: FOOD. Food is the main subject of this book so I will most focus on that.

Why is Our Food Killing Us?

There are many different reasons for the destruction of our food's quality.

- Genetic manipulation: By cross-breeding and hybridization, not to mention genetic engineering, our current food barely resembles what it used to be in its original form and therefore, its destructive effects on us." For example, modern wheat is the 7th hybrid generation of the ancient wheat and contains many times the amount of gluten proteins that its ancestors had. That is why, in my opinion, more and more people are allergic to it. The same type of genetic manipulations happened in most or all of our modern grains. For this reason, eating grains is not recommended by Dr. Seignalet, nor by the modern Paleo diets.
- Modern farming methods: With the advent of chemical fertilizers and diverse poisonous pesticides sprayed on crops, we are absolutely ingesting and absorbing them in our bodies.
- Mechanical manipulations: Every time a product is refined, its core nutritional components are damaged and exposed to oxidation: grains into flours, nuts into powders or oils, and seeds into oils. To make things worse, assorted chemical methods are used in the refining process in order to extract the most yields out of our food: hexane used in oil extractions, extreme heat in oil, sugar and salt refining, bleaching agents to create that full-of-wonder Wonder-bread loaf. Who can be naïve enough to believe that the combination of these mechanical and chemical processes do not damage our food's quality?
- Food preservation: Here again we are dealing with more chemical processes like drying, dry-smoking, salting, brining, irradiation, freeze-drying - not to mention a wide assortment of chemical preservatives known to cause illnesses (nitrates, nitrites).
- Cooking: According to Dr. Seignalet, most if not all cooking methods denature or destroy our food's nutritional values: boiling, pressure cooking, high-heat cooking, oven baking, poaching, grilling, barbecuing, and the worst of all, microwaving. To simplify things from his point of view, in order to respect our food's health-gifting abilities, we should not heat our food higher than 230°F. The raw foodies are even stricter at 115°F.

So, not only has our ancestral food been tampered with at the cellular level, but, in order to process it, we “de-nature” it even more by adding all sorts of dangerous chemicals to “preserve” it. Does it “preserve” our health? I wish it did. But as we are all aware by now, it’s not true. It’s time to take action to preserve our own health since the industrial food complex cares more about its profits than our health.

My Personal Impressions on the Modern Paleo Diet

From my research, it seems that most of these modern Paleo diet variations, although addressing food allergies, seem to be geared more towards hard-core athletes like body builders, runners, cyclists, and so on. What about us regular folks? I don’t know about you but I’m no athlete. I never was one. I was a geek and I still am. To me, both approaches seem to be slightly unbalanced ways of eating for people living a regular modern life. Do we really need to eat so much protein? Do we have to eat only raw food? I offer you my beliefs, suggestions, shopping advice and tasty recipes below.

How Do I Explain People’s Blind Spot When It Comes to Food?

I don’t. To this day, I have a hard time understanding the lack of interest people take in their own health until it’s too late. Even then, they do not seem to connect the bad quality of their diet with their illnesses. It’s pretty basic when you think about it. Paraphrasing a charismatic past US president, “It’s the food, stupid!” Eat crap and you’ll feel like crap! Eat better quality food and you will reap health benefits. Having a healthy body and mind (they’re connected, believe me) is a basic life requirement. So I would suggest that, while we still have the time, we regain control of that most precious commodity - our health - and let “them” know where they can stick their poisonous food. I’ll let you guess where.

Are We Brainwashed?

It is no secret that we are bombarded from an early age by millions of ads designed to convince us that those chicken nuggets shaped from secret chicken meat, fillers, artificial flavorings, MSG, and other non-goodies, are good for you. In fact, they’re so good that you can have them for only one dollar. What a deal! And what about these crunchy GMO-sourced corn breakfast cereals loaded with GMO-grown beet sugar? There are millions of these manufactured products on your supermarket shelves. Who can resist that call to artificial yumminess? My solution: stop watching these ads and

stop believing everything you see on TV. You have to educate yourself to resist the tempting sirens of processed food.

Lack of Knowledge?

It is amazing that in the days of the internet, people can still be so ignorant about how our food is grown and produced. All of that information is available for everyone to find for free... if you want to know. Do you? If you do, then you already know how bad it is. If you don't already know but would like to, this book is here to help you. But honestly, you don't even have to buy my book to access this information. It's out there free for the taking. What are you waiting for? My solution: educate yourself. Take back control over your food and your health. You lost that power when you started believing these ads. Knowledge is power and that power will help you make the best food choices for you and your family.

Laziness?

Sorry if I offend some of you, but yes, a lot of people are lazy when it comes to finding out what is good or bad for them. It's the old "ignorance is bliss" frame of mind. Or it's the "If I ignore it, it will not happen to me" stance. Really? Have you heard of the law of consequences: action and reaction? Think about it. Bad food equals bad health. It's that simple. My solution: take your head out of the reality shows and start looking around for food education and solutions. Believe me, it is available for free or very low cost in your community. You will feel a lot better in your head and your body as a result.

Lack of Proper Information?

I certainly fault the education system in this country for not teaching children and young adults about basic nutrition and food production. Whatever happened to Home Ec? When and why did we decide that teaching children about proper nutrition and cooking one's own food was a waste of time? Oh, let me guess... pressure from the food cartel? I'm sure they have something to do with it . . . placing soft drink machines all over our schools . . . giving up freshly cooked food in favor of fast food garbage in schools' cafeterias. After all, it's better to form our children's palates early on to accept the manufactured goodies so they can be good customers when they become adults, right?

When did it become more important for schools to be profitable than to offer a healthy diet education to our children? In my opinion, this is the most grievous example of bad policies in our public schools. I know, because I had to battle them while my own son was growing up.

On the positive side of the ledger, I am seeing a strong push by local communities (at least in Austin, but I'm sure it's happening all over our country) to educate our children about fresh food: what it is, how it grows, and how it tastes. In Austin, the Sustainable Food Center is leading this fight to healthier children and I thank them for their hard work – mostly through volunteers, moms and dads like me, concerned about the poor state of food quality in our school systems. But they are not the only ones. Thank you to all of you parents everywhere for your efforts to correct that pitiful situation.

Lack of Money?

Yes, I have been told of that reason for choosing bad quality food over fresh food. Sorry, I am not buying it (pun intended). This country spends the least amount of money on their food budget of any developed country in the world. When people will stop showing off their latest model car, their latest I-something or their biggest McMansion, and spend some of that hard-earned money on fresh food, we will have a healthier country as a result. We have to get our priorities right. What should be the most important? Showing off the latest toys or that healthy body of yours? Your choice, but don't come complaining to me if you start giving away more and more money to the medical establishment so THEY can show off their McMansions bought with your money. What is my solution? Please, please, and pretty please, make a concerted effort to divert some of your budget towards buying and eating fresh food instead of packaged, dead food products.

Health Insurance Attitude

This is a phenomenon I have observed since I have lived in this country. Most people that are lucky to have health insurance coverage seem to have the following attitude: "Oh well, if I am sick, my insurance will pay for it." Wow! Stop right there! I would say to these people: so, because you're lucky enough to get free (or mostly free) health insurance from your company, you think it gives you the right to not pay attention to your health and accept the fact that being sick is OK? I'm sure people with no insurance coverage have a different point of view. But they don't have the choice or the opportunity.

Insurance companies sure did a good job on convincing you they care about your health. Breaking news! They don't care about you or your health (sorry to burst your bubble). The only thing they care about is the health of their bottom line and to keep their shareholders happy. But for that to happen, they have to convince you that it's OK to be sick and not to worry about the bill so they can continue to increase the premiums year after year.

But why worry? The boss is paying for it, right? Don't you realize that health insurance costs are becoming more and more of a burden for your company? One day, it will ask you to share more and more of the burden, or will not be able to offer it anymore. That day, you might be shocked to realize how expensive health insurance is but it will be too late. You will be too sick by then and won't be able to cover that cost.

But the Government Will Help Us, Right?

If you think the new government-mandated health system will save you, be wary. It may be fine in the beginning but we will all eventually have to share the burden and it will cost our economy an enormous amount of money. Already, insurance companies are announcing rate increases of 20, 30, and up to 50% for next year, just before the implementation of the national health program. Trust me, I know. How do I know? I come from a country (France), where socialized medicine is digging a bigger and bigger hole in the national budget.

One way or another, how you choose to take care of your physical health will affect your financial health, and that of this country. My solution: don't rely on others to pay the bill for you. Take responsibility for your health choices and choose to stay away from the healthcare system unless it's already too late for you.

The Doctors' God Complex

You need to regain control over your health choices. Stop looking up to your doctor as if he or she were a god. He/she's not. Your doctor is only a human being with all the accompanying foibles: prone to mistakes like you and I are, probably overworked, lacking sleep, and possibly greedy (there is no money in prescribing food as medicine).

My solution: educate yourself and, with the help of your well-chosen enlightened doctor, take the right decision based on YOUR needs, not on your doctor's. But for that, you need to do a little research on your condition

and the many ways to address it – including alternative ways – or at least find a doctor that will take the time to listen to you, not just to what medical business school taught him/her. Trust yourself to know the answers to your own health challenges. Be an educated health partner, not a victim. Take back control of your health. It is yours, after all, isn't it?

No More Excuses

In this modern world where nearly anyone has access to widely accessible free knowledge and information, you only need the gumption to leave the comfortable but outdated assumptions of old and make your own free path to health. Take advantage of this and live an informed and healthy life.

“Bonne chance!” Good luck to you!

How Does Our Food Makes Us Sick?

Frankenfood, Anyone?

Why Am I Spending Time Educating You on Food Quality?

You may wonder: "Why is Chef Alain spending so much time and page space on food quality education?" The main reason is that I believe that telling you about a healthier diet without educating you on food quality is giving you only half of the picture. In my opinion, if you do not pay attention to the basic quality of your food, you're missing the main point of choosing a healthy diet. Yes, the type of diet you choose is important, but if you keep on eating damaged, poisoned and genetically engineered foods, that food will still make you sick.

You have to focus on food quality. I feel so strongly about this subject that I will spend as many pages as I need to convince you that the food type and its quality are more important than the type of diet you choose to eat. You may choose to skip this whole chapter but I urge you to invest this extra time reading about it in order to reap its long-term benefits. Thank you for your patience. It will pay off in the long term in better health royalties.

Avoid Mistreated and Mishandled Food as Much as Possible

Avoid pesticide-sprayed produce. Do not eat beef that has been raised in crowded and filthy feedlots. These poor animals are pumped with bovine growth hormones and are constantly fed antibiotics to prevent the sickness and failure to thrive that would naturally occur under these wretched conditions. It is the same ugly picture with pork and chicken. Eat grass-fed, pasture-raised or humanely-raised meat and eggs.

Do not eat farm-raised fish; instead, choose line-caught or wild-caught fish from the ocean. Farm-raised fish suffer the same unhealthy living conditions as their hooved friends. This is when it is important to be on friendly terms with your butcher and fishmonger. Only buy from professionals you trust. When they know what you stand for, they will be happy to tell you the good from the bad food offered in their showcases.

Where do you think all of these unnatural hormones and antibiotics end up when you eat them? In your own body, and in those of your children. Why do you think doctors are seeing kids growing into puberty younger and

younger? Those “wonder” (not!) growth hormones used to pump up these poor animals are the cause.

Our industrial food is killing us, and the vast majority of people are not even aware of it. It is sad to see kids afflicted with diseases we used to see only in adults, like type II diabetes, obesity, heart problems, osteoporosis, and cancers. Enough already! This country and other developed nations are digging their own graves with their forks. But the powerful chemical and industrial food complexes are working against us, because the truth would work against their own interest: their bottom line. The less educated we are about their methods, the more money they make.

What Is Our Government Doing About It?

Not much, really. When it comes to our national food safety, I believe that the American government is failing the very people who voted them into power. Other than efforts taken at the local level, the major agencies in charge of protecting and educating us – the USDA and FDA – are asleep at the wheel, if not downright blind to the nasty results of our food policies in this country. Commercial food producers have powerful lobbies in place in Washington whose job is to protest loudly against any challenge and water down any law trying to make our food cleaner and healthier for us to eat. Aren't you tired of that already? I know I am. This is a fight we need to fight ourselves. Obviously our government is not doing its part. Folks like you and I are becoming more aware of the negative health effects this commercial food is having on us. We end up paying in unnecessary pain and increasingly large medical bills. We need to regain control and fight the good fight to stay alive and healthy in this beautiful country. Let's not allow corporate greed and government incompetence to overwhelm our needs. Fight for your right to a healthy life.

No GMOs in Our Food! Update Our Food Labels!

It is becoming clearer and clearer that genetically engineered food has a negative effect on human health. GMOs (Genetically Modified Organisms) or genetically engineered organisms (GEOs) are organisms whose genetic material has been manipulated in the laboratory. These manipulation techniques add DNA molecules to our food from outside sources, which are combined with the original food's DNA, to create a new set of genes with divergent characteristics. This DNA is then transferred back into the original organism, giving it the newly modified genes. Some of these transplanted genes can also come from completely different species, like using animal

genes in vegetables like the “fish tomato” proposed in 1991 and the Frankenfish salmon named AquAdvantage®. To date, 61 countries all over the world ban GMO crops, but their use is still allowed in the U.S and a few other countries.

We Should Have the Right to Know What’s in Our Food: Hell No, No GMOs

I am doing my best to avoid GMOs, but I’m not getting any help from food labels. First off, you need to know that about 75% of the processed food and some of the fresh food (corn, soybean, canola and cotton seed oil) available on your grocery’s shelves already contain GMOs.

In the beef-raising world, you should know that corn and soybean are used to feed most of our feedlot animals. Why? Because they are subsidized crops, thus cheaper than grass and hay. Not only do corn and soybeans contain omega-6 fatty acids known to be inflammatory to our bodies; now they compound our potential health problems because they are used to make genetically engineered feed. Not a nice combination if you ask me.

In the cultivated fish world, the largest farm-raised fish crops are salmon and tilapia. If that weren’t bad enough, the genetically altered versions of these crops are progressively harder to avoid. As of December 21, 2012, the FDA has cleared the way to approve AquAdvantage® salmon for human consumption. It is an Atlantic salmon engineered with growth hormones to grow twice as fast as normal. We have 60 days to protest and counter this abomination. I sincerely hope we win this fight as we already have in the past with beef and potatoes.

This GMO labeling issue is a big hush-hush headache for the food companies and our government. They know from prior experience in Europe and other countries (where GMOs are clearly labeled, after a long and hard fight) that the vast majority of educated customers will never want their children to eat these Frankenfoods. If consumers choose to avoid GMOs, it will be very bad for both the chemical labs that create these mutant foods and the food conglomerates’ stock market valuations. Soon enough, the government will have a harder time protecting its processed food friends with deep pockets from losing money from angry customers.

They all claim that they created these food-like mutants to increase food production so that all human beings in the world have something to eat. That is a bold-faced lie. What they want is complete control over the seed

production. They want to force world farmers to keep on buying their patent-controlled seeds. Worst yet, there is a strong chance that their mutant seeds will contaminate healthy crops through cross-contamination. It has been proven again and again that if we follow proven organic ways of growing our food, there will be plenty of food for all of us to eat, and our earth will be healthier as a result.

We have the right to know what's in our food, and manufacturers should be forced by our government to clearly label such content. Meanwhile, avoid processed food unless it is USDA certified organic, certified non-GMO or bought from a farmer whom you personally know uses ancestral methods to grow your food. To help with this issue, check the Organic Consumer Association at <http://www.organicconsumers.org/> and get more information on this subject. You can also go to the non-GMO project at <http://www.nongmoproject.org/>

We Have to Make Our Voices Heard

All of us food-eating and tax-paying citizens should complain to the USDA about unjust subsidies to the large agricultural companies. Instead of subsidizing industrialized corn, wheat, and soy – most of them GMO – which helps destroy small farms in this country, demand that these subsidies go to support organic or local farms offering us fresh, healthy, and unpolluted food. Of course, I do realize that our politicians are dollar-influenced by these huge lobbies with deep pockets. We might have to do like the French did, revolt and cut a few heads off for the sake of our food safety!

Vote With Your Pocketbook

But seriously, if more people like us refuse to eat this subsidized crap (oops! I said the “C” word) that makes us sick, and instead, buy fresh food from our local markets, less of their “stuff” will sell and the price of real food will go down. This will increase demand for wholesome foods and reduce prices. Am I naïve in believing we can pull this off? You tell me. Meanwhile, you have the power of the pocketbook. It's your money! You work hard for it. Use it to influence the future of our food. Stop buying GMOs and subsidized foods and buy more fresh food. The market will adapt to our demands. It always does. They are wrong when they think they are in control – we are. We need to use our shopping power to keep the pressure on. Look how the organic market has expanded over the last two decades!

We can do the same for locally grown food. We have the pocketbook power. Let's use it to our benefit.

Our Modern Monoculture System

In this chapter, I will only address the health issues related to monoculture, not the farming aspect nor its political consequence. There are plenty of other very good writers addressing these subjects and they are really out of the realm of this book.

For our purpose, the term monoculture describes the agricultural practice of growing a single crop over a wide area and for a large number of consecutive years. It is the most-used model for modern industrial farming in our world today. Why is it so popular? Because it offers a major advantage: producing larger amounts of food at lower labor and seed cost. It reduces food cost at the retail level while increasing profits for the producers. So, it's all good for everyone, right? Not really.

The largest monoculture crops in the US are wheat, corn and soy. What you need to know is that our government subsidizes these crops heavily. The good side of this policy is that it makes our processed food cheaper. The dark side is that, in a twisted state of affairs, it encourages weight gain and obesity in a larger and larger segment of our population. When something is cheap and accessible, more and more people can buy it. But in this case, we are growing huge amounts of carbohydrates that force their way into our food system. If you've been paying attention, there are more and more cheap sources of simple carbohydrates on our supermarkets' shelves: more corn cereals and more refined baked products made from cheap wheat and sweetened with beet or cane sugar. In the case of sweeteners, since manufacturers found a way to create cheap sweetener from corn, it replaced regular sugar in our food and especially in our soft drinks. The worst of it is high-fructose corn syrup (HFCS).

So the end result of subsidizing these crops is that over the past 40 to 50 years, we have had an enormous increase in diseases caused by excessive amounts of available refined grains and beans. More than one third of our population is obese; two thirds of our population is overweight. Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancers: some of the leading causes of preventable death. Not only that, but it cost us as a society a lot of money. In 2008, medical costs associated with obesity were estimated at \$147 billion; the medical costs for people who are obese were \$1,429 higher than costs for those of normal

weight. So the money funneled into the largest farmers' pockets is costing us at the other end of the market in dollars and misery.

Animal Monoculture Exists as Well

"Monoculture" is also frequently used to describe the raising of one species of livestock in a factory farm, such as cattle, hogs, or chickens. It is also known as CAFO: Concentrated Animal Feeding Operation. Sounds almost like concentration camps for animals. It describes a large facility that raises livestock and seeks to maximize production by making highly efficient use of space and other resources. CAFOs hold large numbers (up to hundreds of thousands) of animals, often indoors. These animals are typically mistreated cows, hogs, or chickens. One of the worst characteristics of a CAFO is the confinement of these animals in a very limited living space. Food is supplied in place, and unnatural medical methods are often employed to maintain animal health and improve production, such as the use of bovine growth hormones, as well as excess use of therapeutic antibiotics and vitamin supplements.

Another Good Reason to Avoid Monoculture Food

Going back to the abundance of corn due to monoculture, since it is the cheapest source of food and the most easily accessible, it became the favorite feeding material for cattle and chicken. Guess what? Unlike grass, a good source of omega-3 fatty acids, which are good for our brain, and are strong antioxidants, corn is loaded with omega-6 fatty acids which are known to create inflammation in our body. So, there you have it: a double reason to avoid monoculture food sources. I will give you more information on how to shop for truly healthy food in the shopping section of this book.

Stay Away from Processed Food

Ideally, we should steer away from any form of overly processed food. The only exceptions might be home-canned and organic frozen fruits and vegetables. Why am I against processed food? Because by the time it reaches your plate it has lost much of its nutritional value. The processing has destroyed most of the life-supporting vitamins and minerals it contains. By the time you eat it, the nutritional value of overly processed food is severely compromised. And don't forget flavor, or should I say, the lack of it.

Then the manufacturer or food scientist in his lab, knowing that, will add nutrients and artificial flavorings back in to compensate for that loss. And

they dare to brag about it on the package: “Added Vitamin D” or “Fortified with Vitamin C”, using that as a selling point! Aren’t they ashamed of themselves? What twisted reasoning! If they did not take it out in the first place, they would not have to add it in later on. And don’t get me started on the unpronounceable chemicals used to color, preserve, and add taste to that dead food. So, you may be filling your stomach, but you are not satisfying your body’s need for health-supporting nutrients. And you wonder why you are hungry two hours later and fill yourself with a pick-me-up snack loaded with sugar! That’s why! Nothing can replace fresh food when it comes to beauty, taste and life force.

Our Food is Laden with Too Many Chemicals

Most people would recoil at the thought of taking illegal drugs or smoking pot (maybe not all people), yet they don't have any problem poisoning themselves with a lethal cocktail of chemical preservatives, artificial colorings, processed sugars, and oils.

The Fat Confusion

Good Fats, Bad Fats and Ugly Fats

Unfortunately, due to an intense marketing effort by the margarine industry, fat in general has gotten a bad rap for the past forty years or so. Wanting to sell their supposedly healthier product, they went after saturated fats with a vengeance. Little did we know at the time that their form of fat – hydrogenated fat – was much worse for our health than saturated fat ever was. It was practical for the food industry to adopt this new fat because of two major advantages for them:

- It was a lot cheaper to produce than animal-based fat and...
- It never turned bad or rancid.

Meanwhile, the processed food manufacturers jumped at the opportunity to:

- Replace animal fat with artificial fat because of its benefits to their bottom line and...
- To start a whole new trend of low-fat, “healthier-for-you” food products with higher profit margins.

Remember, we are still talking about processed food here. This whole fight should have stayed within the confines of that industry, but it spilled over to perfectly good-for-you foods like whole milk and yogurt, beef and pork fat (tallow, lard), and even coconut oil and butter, all of them perfectly wholesome foods appreciated for centuries for their health-giving properties.

Why did this margarine fiasco become a health problem? Because it was created in a lab by food scientists, not by nature. During the manufacturing of margarine, parts of the unsaturated oils are converted into hydrogenated fats or trans-fats in order to give them a higher melting point, and to allow them to stay solid at room temperature like saturated fats. The problem is that trans-fatty acids had not been studied long enough to discover their negative health effects. It took a couple of generations to discover that this lab-created fat was not digested properly by our bodies, and that it helped create all sorts of health problems like coronary heart diseases by raising

levels of LDL (bad cholesterol) and lowering levels of HDL (good cholesterol). So, avoid hydrogenated and trans-fats as much as possible.

Is Cholesterol Bad For Us?

What people were not told is that, in reasonable amounts, cholesterol from food is essential for the creation of several important hormones produced in the adrenal glands, ovaries, and testes. Every cell in our body uses cholesterol to help build its protective cell membrane. Cholesterol also helps produce the very important vitamin D when we expose ourselves to the sun every day. Even if we did not ingest some natural cholesterol in our diet, the body would produce its own cholesterol in order to survive. How can it be bad for you if our own body has to produce it in order to function properly?

So we're back to saturated fats. Unlike margarine, which contains artificial trans-fatty acids, good saturated fat contains essential fatty acids. It means that they are essential for the proper functioning of our body. There are many good books written about fats if you would like to learn more. I will try to cover the basics below.

Essential fatty acids are separated into two major groups: saturated and unsaturated.

Saturated Fats

These can be animal-based (suet, tallow, butter, or pork lard) or plant-based (coconut oil, palm oil, and palm kernel oil) as well as fats contained in pasture-raised eggs and grass-fed meats. As long as they are naturally produced, a reasonable amount of saturated fat is not only recommended, but also absolutely necessary to our health.

Proteins in foods containing saturated fat provide the building blocks for cell membranes and a variety of hormones. In addition, saturated fats act as carriers for the important fat-soluble vitamins A, D, E, and K. Dietary fats are also needed for the conversion of carotene to vitamin A, for mineral absorption, and for a host of other biological processes. They contain the antiviral agent caprylic acid. They also contain an effective anti-cavity, anti-plaque, and anti-fungal agent called lauric acid. The palmitic and stearic acids in saturated fats have been shown to actually lower blood cholesterol. Another one, butyric acid, is a modulator of genetic regulation and a possible cancer prevention agent. Better yet, when you eat saturated fat as part of

your meal, it slows down food absorption so that you can go longer without feeling hungry. It is also a good source of long-term energy.

Unsaturated Fats

These usually come from fruits (olive and avocado), nuts (almond, macadamia, pecan, walnut, peanut, etc.), seeds (sunflower, sesame, safflower, etc.), and plants (soy, corn). They are further broken down into monounsaturated oils (i.e., olive) and polyunsaturated oils (i.e., corn, sunflower, safflower, and canola).

They all contain different ratios of polyunsaturated fats called omega-6 and omega-3 fatty acids. They are both beneficial, but our modern diet tends to privilege omega-6 (inflammatory) fatty acid oils over omega-3 (anti-inflammatory) because they are easier and cheaper to produce. The ideal ratio of omega-6 to omega-3 should be 3-1 (some say 1-1). Unfortunately, our modern diet is extremely unbalanced towards omega-6 fatty acids, and the current ratio is more like 20-1 to 30-1. Omega-6 fatty acids are known to promote inflammation and inflammation is the cause of many health problems.

What so terrible about a skewed ratio, you might ask? Well, it is said that our brain is made of about 60% of fat, most of it being omega-3. Omega-3 fatty acids are known to keep our brain cells membranes flexible which allow good nutrients to come in and toxins to exit. They also allow our neurons to fire at will and keep our mind alert. Omega-6 acids, on the other hand, tend to make our brain cell membranes less flexible, preventing our good food from nourishing our cells, and preventing the formation of neuronal connections. Some researchers claim that our imbalance of omega-6 over omega-3 may be the reason for a host of brain-related diseases such as depression, bipolar disorder, schizophrenia, ADD/ADHD, autism, Parkinson's, Alzheimer's, and even strokes.

The best food sources of omega-3 fatty acids are fish oil, cod liver oil, and some plant-based oils such as flax seed oil. You can also find it in grass-fed meat and pasture-raised chicken and eggs.

My Favorite Fats for Eating and Cooking

For eating: Extra virgin olive oil for salad dressings or as a light drizzle on top of steamed vegetables. If you do not care for the strong flavor of extra-

virgin olive oil, light olive oil will be fine. Be aware that the lighter the oil is, the more processed it is.

My own take on canola oil: I know a lot of people swear by it, but I am now officially against it. It comes from a genetically engineered crop. There is no such thing as a “canola” plant. This oil is extracted from a plant called rapeseed (not a very marketable name, wouldn’t you agree?), which in its natural form is poisonous for human consumption. So it had to be crossbred or genetically engineered to make it “safe”. A smart marketer came up with the idea of combining Canada (the major source of “canola”) with oil (ola!) and voila! Canola oil was born. As I personally refuse to eat any genetically engineered food, I suggest you avoid it too.

For cooking: For pan-frying, use virgin coconut oil or a blend of half coconut oil and half ghee. Please note that although I sauté, I do not deep-fry my food. I do enjoy a pat of butter on my steamed corn and in my mashed potatoes, but if you are concerned about saturated fat, feel free to substitute with olive oil.

Sugar, the Sweet Killer

Sugar is extremely addictive, and in my opinion should be treated like an illegal drug. After all, excess intake of refined sugar or refined carbohydrates is directly linked to thousands of deaths every year. How is one drug different from the other? It's all white powder. Yet I don't see the government declaring a War on Sugar anytime soon.

No Added Sugar

This is a huge subject, and thousands of books and papers have already been written about the negative effects of added sugar in our diet. In my opinion, the majority of our sugar intake should come from fresh fruits. Fruits contain a natural fruit sugar called fructose, and unless you are diabetic you should not have any problem eating two or three servings of fruit a day. If you are concerned about weight gain, avoid high caloric fruits (see shopping suggestions). The fiber that fruit contains will slow down and regulate the absorption rate of the natural fruit sugar, preventing a spike in your blood sugar level. Our bodies and especially our brains do need glucose to function, but it should be from fresh food, not from added refined sucrose.

What is Sucrose?

Sucrose is what is commonly called sugar or table sugar – also called saccharose. It is the result of refining the natural sweetener extracted from sugar cane or beets. It usually comes to us as white or brown sugar. It is a disaccharide (two sugars) made of glucose and fructose. Sucrose in itself, coming directly from nature, is not a bad thing. But the refining process takes out the vitamins and minerals it contains and makes it go straight into your blood, instead of being broken down in your body by the enzymes amylase and carbohydrase as would normally happen when you to eat sugar cane or beets.

Shockingly, it is said that the average American consumes from a low of 45.3 pounds of sugar per year (NY Times) up to 150-170 pounds of combined refined sugars (USDA). I know you probably don't think you eat that much sugar yourself, because you're thinking about that teaspoon of sugar you add to your coffee or tea, but try to imagine all the different kinds of sugars hidden in processed foods (glucose, sucrose, fructose, lactose, galactose, maltose and many more sweeteners finishing with "ose") and let's not forget the infamous high fructose corn syrup – or HFCS – and you may realize that you are ingesting far more sugar than you think. It's time for you to look at

the labels a little more closely. It is also said that for each person eating only 5 pounds of sweetener per year, there is another one that ingests 295 pounds. Ouch!

What is Natural Fructose?

Fructose is a monosaccharide (simple sugar) contained in fruits, vegetables, honey, maple syrup, and molasses. It is broken down by our bodies into glucose, then into glycogen. The fructose in a fresh fruit is not harmful, because of its fiber, vitamin, mineral, and flavonoid (antioxidant) content. For example, according to <http://www.nutritiondata.self.com>, an average eight-ounce apple contains nineteen grams of fructose, a total of twenty-five grams of carbohydrates, and three grams of dietary fiber. Per ounce, you get less than two and a half grams of sugar, about 3 grams of carbohydrates and almost one-half gram of dietary fiber. Nice!

What About Them Cookies?

On the other hand, when you eat a couple of chocolate chip cookies (really, who can just eat two cookies?), you swallow eight grams of sugar (glucose and fructose syrup) with a total of eighteen grams of carbohydrates (coming from the refined flour, chocolate, and other ingredients). So, to compare apples to cookies, if you were to eat eight ounces (about the size of one apple) of chocolate chip cookies (who doesn't eat that much in a sitting while watching TV – not you, of course – just saying), you would scarf down a total of sixty-four grams of processed sugar and one hundred grams of total carbohydrates. Per ounce, there are eight grams of sugar (almost four times as much as in the apple) and eighteen grams of total carbohydrates (almost six times as much as in the apple) and *zero* dietary fiber. Ooh la, la! Not so nice, eh?

What Are the USDA Added Sugar Recommendations?

The USDA recommends that you ingest no more than thirty-two grams or eight teaspoons of ADDED sugar per day. Added sugar is what does not occur naturally in your food. Easy-peasy, right? Take all the processed and packaged food out of your diet and voila! You will not risk high blood sugar, insulin resistance, and hypoglycemia or type II diabetes down the road. It leaves you the sugar you add to your coffee or tea. You can even replace that with a natural plant-based sugar like stevia.

Where Does Added Sugar Hide?

Added sugar hides in the processed or packaged foods I suggested you avoid above. A few examples of processed foods containing high amounts of added sugar include any processed food: candies; cakes, pies and cobblers; cookies; desserts and pastries; donuts, sweet rolls and breakfast pastries; frozen desserts such as ice cream, sherbet and sorbet; jams, preserves and jellies; and let's not forget there are many other hidden sweeteners in ketchup, sauces, salad dressings, soups, and other processed foods. Please read the labels carefully. Be your own food detective and kill the refined sugar habit.

Is There a Difference Between Natural Fructose and Refined Fructose?

Yes. When we ingest fructose from fruits, vegetables and complex carbohydrates, the proportion of fructose to mass is much lower' the fiber slows down the whole metabolizing process and allows our body to absorb the fructose slowly, giving us a steadier level of energy. On top of that, vitamins, minerals and enzymes contained within the fruit help us break down that fructose.

Refined fructose – like corn syrup or high fructose corn syrup – on the other hand, is pure sugar devoid of the benefit of fiber, vitamins and minerals. Unlike fructose from fruits, which is metabolized by all cells in our body, refined fructose is metabolized directly by our liver into fat. Since it does not stimulate insulin secretion nor reduce the hunger hormone ghrelin, you will continue to want to eat and will likely ingest it unthinkingly. In the normal process, carbohydrates are broken down into glucose. When an excess of glucose is present it is then transformed into glycogen and stored in our liver and muscles for emergency use. But if we overload on refined fructose, our liver will turn this excess sweetener into fat stored in adipose tissues around our waist or thighs.

That Diabetes-Inducing HFCS

When it comes to plant-based sweeteners, your worst enemy is high fructose corn syrup (HFCS), commonly used in almost all processed foods, including soft drinks. It is an inexpensive sweetener refined and processed from corn. High-fructose corn syrup is sweeter, is easier to handle during processing,

has a longer shelf life, and helps keep baked goods soft longer. What's not to like for the producer?

It's not so good for you though. For one, HFCS causes huge spikes in your blood sugar and creates insulin resistance. Since the introduction of HFCS to industrial food manufacturing in the 1970s, obesity and type II diabetes have increased dramatically in this country. Have you noticed that normally, when you eat too much natural sugar, your body, by way of the sugar-binding protein lectin, sends us a nauseating signal telling us, "Stop eating that stuff or I will throw up?" That's your body's natural defenses telling you loudly that our organs (in this case, our pancreas) can't take any more of this sugar overload. It is known that HFCS completely bypasses this warning system and allows us to eat or drink huge amounts of HFCS-loaded food or drinks without feeling sick. Great for the food business, eh? But not so great for us.

To clarify this for you, did you know that the average American consumes four gallons or thirty-two pounds of HFCS per year? Eventually, when our pancreas is not able to control the dangerous blood sugar spikes HFCS is causing, we develop insulin resistance. When our pancreas is completely exhausted and can no longer produce insulin, type II diabetes sets in, and a whole new, miserable phase begins. I would not want that for myself. Do you? Of course not! So avoid HFCS like the plague.

Sweetened Drinks

Avoid ALL soft drinks, no matter what kind. Did you know they contain an average of one teaspoon of sweetener per ounce of drink? So if you drink a twenty-ounce bottle of C@&e (sounds like a drug, doesn't it?), you're drinking about twenty teaspoons or eighty grams of sweetener *per bottle*. One bottle of that liquid poison contains more than twice the USDA recommended daily amount. Drinking soft drinks can lead to the following health issues: tooth decay, high blood sugar, type II diabetes, obesity, cancer, heart disease, and osteoporosis.

Sweet teas, energy drinks, sports or "smart" drinks, as well as the fancy drinks are marketed as "healthier" than soft drinks. Bright red bull! Some of them contain up to thirty-five grams (nine teaspoons) of sugar per serving and there are two servings in each pint. So, for example, every time you drink a bottle of sweet tea (marketed as healthier than a soft drink), you drink a total of seventy grams (eighteen teaspoons) of sweetener, double the recommended daily amount – all in one drink.

Did you know that if you drink just one twelve-ounce can of soda every day for a year, you could gain an additional eighteen pounds? If you give up drinking that daily can, you could *lose* eighteen pounds. Something to think about!

Please know that I am not saying, “Do not have any sugar, ever”. As in everything else in life, moderation is the key. I believe that eight teaspoons of added sugar a day is a very reasonable amount of sugar. Heck! Most days I don’t even ingest half of that, and honestly, I’m not that special. I just know what to watch for, and now you do too.

What Do I Drink Then? Water... and a Little Wine to Keep Me Happy

Water. Again, a simple solution. Plain ol’ water. I know, I know... the commercial drink companies are trying to scare you into believing that water is loaded with pollutants and you should not drink it. This is pure marketing BS. Certainly we should all be cautious about what is in our water, but not to the point of being paranoid. For everyday use, I have installed a good quality water filter on my kitchen faucet and use that as drinking and cooking water. I have a pitcher of cool water always waiting for me in my fridge, and to make it less boring, I add ¼ of a squeezed lemon or lime per cup of water. Try it. It’s very refreshing and alkalizing. Once in a while, I will add natural sparkling water to it for a little fizz.

If you are addicted to sweetened drinks I suggest you try this healthier drink: mix equal amount of one hundred percent fruit juice with sparkling water and you have a sparkling fruit drink at less than half the sugar content. Reduce the amount of fruit juice progressively and one day you will be free of sweetened drinks forever.

What about wine? Since it’s allowed on the Paleo diet, I drink a glass of red wine daily to get my quota of antioxidants from grapes. Better yet, it helps you relax too. As with everything else, please don’t overdo it.

Prevention, Prevention and More Prevention

We need to change the way we think about health in this country. Up to now, the general attitude is: "Live our life any way we want now and worry about being sick later." Wrong! It does not and should not be that way. Why not learn to live and eat healthy from early on (starting with our children) and not worry as much about being sick later. From my point of view as a French chef and nutrition therapist, there is no contradiction between the two. Living healthy does not mean not having fun and enjoying our lives. As I always told my son: "Wouldn't you prefer spending a little extra money enjoying healthy and tasty food and be healthy now than suffering and spending a whole lot more money on healthcare later in life?" By the way, Americans spend the least amount of their budget on food than any other country in the world, yet their healthcare costs are much higher per capita – Hello! It's all a matter of setting your expectations straight.

A healthy life should have no price. That is why I suggest prevention by healthy eating. In France, health insurance is nationalized, and because there is only so much money available to the government to reimburse for medical expenses (they can only raise taxes so much before people demonstrate on the streets, as French love to do), the nation of France tries to encourage prevention much more than the government does here, to avoid paying later when people are sick. Since we are going in that direction in this country, why not jump the gun and be at the forefront of that revolution? Prevention is the secret.

Eat Yourself Healthy

Wouldn't that be a better choice than eating yourself to death? As Benjamin Franklin wisely said: "An ounce of prevention is worth a pound of cure." It may sound cliché to some of you kids but it makes a lot of sense to me. The better you take care of your health now, the healthier you will stay in the long run (if you can still run by then). Doesn't it make sense to you that by eating good quality and tasty food now you will avoid spending your money, and then some, on healthcare expenses later in your life?

Moderate Exercise

As in everything else, I believe in moderation in exercise as well. If you like to ride horses, be my guest. I will not argue with you. Choose any sport you wish as long as you enjoy it. On the other hand, when people exercise for the wrong reasons, I have a problem. Exercise, like many other activities in life,

should be a pleasure. When it becomes an obligation, there's the rub. Of course, health clubs want you to spend your money in their facilities! So they advocate you spend as much time as possible exercising because it's healthy for you. Where I have a problem with this point of view is that most people take very bad basic care of themselves and hope that working out long and hard will solve all their health issues. Wrong! It may burn the excess calories you stuffed yourself with but it will not get rid of the diseases created by eating poisonous food. You may look thin and muscular on the outside, but under all that muscle there may be an undiscovered auto-immune or metabolic syndrome lurking in the dark.

Being lazy by nature (after all, I come from the south of France where we all take long daily naps) I much prefer eating a moderate amount of fresh food that my body needs and avoid the extra weight in the first place. If I avoid the excess weight, I will not have to exercise hard to beat back those extra calories. After all, exercising is exhausting, isn't it? I'd rather take a nice stroll around the park instead of a fast jog, or a pleasurable dance with my partner than take a Zumba class. To me, exercise is good but only in moderation. I know, a lot of people will disagree, but hey, we all have the right to our own opinions and I'll stick by mine.

Regain Control Over Your Health

What I am suggesting to you is very simple. Eat healthy to stay healthy. All of the body's nutritional needs come from food. Its quality will influence your health quality. "Let food be thy medicine". I did not come up with this advice. Hippocrates said it a long, long time before me. If you don't believe me, maybe you should listen to him. By feeding yourself the right way, you will regain control over your health, feel better and stick it to the man.

Stick It to the Man

What better way to stick it to the man? Regain control over your life, your health and your money by controlling the quality of your food. Isn't it exhilarating to know you have regained control over your life? I know it feels right to me. Am I a control freak? Maybe, but so what? When it comes to the good of my family and me, I want to be the one in control, not the system as it exists in this country.

Is It About Money? It Sure Is

What it all seems to come down to is money. Like Pink Floyd says: "Money, it's a gas." And gas is money. Either you spend it now on fresh and good food or you will spend a lot more later on supplements, chemical pharmaceuticals, doctors and hospitals. The choice is yours. I have chosen mine. Have you made your choice yet? I sincerely hope you choose right for your own sake and that of your pocketbook.

A Word to My Gluten- and Dairy-Free Friends

Another important aspect of this diet I would like to point out to my gluten and dairy-free friends: since all grains are forbidden in the Paleo diet, it makes it automatically gluten-free. Isn't that great?

Paleo French Cuisine and Type 2 Diabetes

Over the years I have noticed than most of the successful diets – when not imbalanced (low-fat, low-carb) – have one major common factor. They take ALL processed foods out of the diet. That makes complete sense. If you take out what kills you slowly, your body will heal and regenerate itself. It is a wonderful self-healing unit. Depending on what your beliefs are, Nature or a Higher Power designed us masterfully. Given the chance, our body will take care of itself but you have to help it along by feeding it nutritious food that will provide all the amazing nutrients, fiber, vitamins and minerals we all need to stay healthy. Why complicate things? Keep it simple and keep yourself healthy.

For our friends with blood pressure problems and diabetes, the solution is easy and in front of you. Eliminate ALL processed foods loaded with refined products and sugar. Most importantly, do NOT drink any of those killer soft (what is soft about them?) or sweetened drinks containing tons of refined or artificial sugars. I know, it's not easy. After all, sugar is a sweet drug and highly addictive, but only you can make that choice. Not me. Not your family. YOU, and you only. I only hope you will not wait too long to make this healthy choice for yourself. We have been given the gift of free will. Let's use it to our benefit, not that of large corporations poisoning us one bite or gulp at a time.

Raw vs Paleo French

Vive la Différence!!!

Dr. Seignalet's Diet Suggestions

Dr. Seignalet believes we should eat a completely raw diet. I understand why he suggests this approach but I feel it is a very difficult advice to follow these days.

He also suggests that, if at all possible, we eat the cleanest food we can afford – organic or locally grown. I fully agree with that position. It is getting easier and easier every day as we have easy access to organic choices, and farmers' markets are more and more popular. More details below in the shopping section.

Modern Paleo Diet Suggestions

Although modern Paleo diets also recommend eating some raw food, they emphasize eating more cooked lean protein. I do agree with that position in principle but feel there is too much focus on protein over veggies and fruits, raw or not. That would restrict this diet to people that can afford to buy that much meat, or for athletes. I am also concerned that it would create too much renal stress for people with sensitive kidneys, and encourage the formation of kidney stones caused by excess urea. Please check with your doctor before you start such diet. Typically, depending on your size, a healthy adult only needs 50 to 60 grams of protein per day (6-8 ounces of animal meat).

Main Differences Between Dr. Seignalet and the Modern Paleo Diets

For detailed explanations and shopping suggestions, please see the following chapters.

Dairy

- Modern Paleo: no dairy. Some Paleo diets allow limited dairy. If you're not allergic to it and feel like eating it, you should only have raw, whole-fat, and fermented dairy.
- Dr. Seignalet: no dairy at all.

Grains

- Modern Paleo: no grains at all.
- Dr. Seignalet: no wheat or cereals containing gluten (barley, rye, triticale, spelt and kamut). No manufactured products made from these grains. No corn or millet allowed. Rice and wild rice (whole), grains not containing gluten (buckwheat, quinoa, amaranth, oat, sorghum and teff) are allowed. Of these allowed grains, sprouting them is suggested to limit toxin intake.

Vegetables

- Modern Paleo: all vegetables are good for you; if you are watching your weight, limit your consumption of potatoes, sweet potatoes/yams, cassava and taro roots. If you are sensitive to alkaloids, avoid nightshades: potatoes, tomatoes, sweet and hot peppers, paprika and cayenne, eggplant and... tobacco.
- Dr. Seignalet: all vegetables are allowed.

Fruits

- Modern Paleo: most are allowed unless you are on a calorie-limited diet.
- Dr. Seignalet: no particular specifications. All fruits are good for you.

Legumes

- Modern Paleo: none at all, including peanuts – not a nut. Snow peas, sugar snap peas and green beans are acceptable.
- Dr. Seignalet: no clear specifications against legumes. They are allowed.

Nuts and Seeds

- Modern Paleo: all raw nuts and seeds are allowed in moderation – up to 2 ounces/day. No peanuts – they are a legume.
- Dr. Seignalet: same.

Meat and Seafood

- Modern Paleo: all meats, fish, eggs, seafood and shellfish are allowed. Larger amount of cooked meat is suggested over raw meat.
- Dr. Seignalet: all meats, fish, eggs, seafood and shellfish are allowed but raw or lightly cooked.

Animal Fats

- Modern Paleo: animal fats (tallow, lard) are allowed as long as they come from healthy animals.
- Dr. Seignalet: no mention of animal fat.

Oils

- Modern Paleo: no refined or hydrogenated fats allowed. All cold-pressed unrefined olive, avocado, walnut, macadamia and coconut are allowed.
- Dr. Seignalet: no refined or hydrogenated fats allowed. Only cold-pressed oils are allowed: olive, colza, walnut, hazelnut, macadamia and coconut. He also recommends flax oil and fish or cod liver oil for their omega-3 fatty acids content. For cooking, he recommends unrefined olive and peanut oil.

Sugar and Sweeteners

- Modern Paleo: no refined sugars and artificial sweeteners allowed. Raw honey, stevia, coconut sap, grade B maple and raw agave nectar acceptable in limited quantities.
- Dr. Seignalet: no artificial sweeteners allowed. Although unrefined sugars are suggested (sucanat, turbinado or honey), he does not seem to have a problem with refined sugar.

Fermented Foods

- Modern Paleo: Dr. Cordain does not mention fermented foods anywhere. Others, like Robb Wolf recommend the use of sauerkraut and kimchi.
- Dr. Seignalet: highly recommended to support our digestive system.

Cooking Methods

- Modern Paleo: raw food and all cooking methods are allowed.
- Dr. Seignalet: mostly raw food. Low temperature cooking (no higher than 110 C or 230 F) is allowed on a limited basis: boiling, steaming, bain-marie (water bath) and low-temp braising. High temperature cooking methods are prohibited: frying, broiling, grilling, barbecuing, and worst of all, microwaving.

Food Quality

- Modern Paleo: local, organic, grass-fed (and raw dairy food) suggested by some proponents.
- Dr. Seignalet: suggest eating organic and naturally-grown foods.

What Amount of Slack Is Allowed?

- Modern Paleo: some versions allow one free day.
- Dr. Seignalet: if you have one of the 93 diseases helped by Dr. Seignalet's diet, no slack at all. If you're healthy and want to stay that way, you're allowed to veer off the path once in a while. His stance is that if you go back to eating what made you sick in the first place, you will feel sick again soon. So it's entirely up to you as to how much slack you want to give yourself. You're a grown man/woman. Just pay attention to your body's reactions. In other words, you're only in remission as long as you stay on the hypotoxic diet.

Why Don't We Split the Difference?

Personally, I would prefer a better balanced diet composed of cooked and raw healthy proteins (animal and plant-based), plant food (except grains and legumes) and fruits (cooked and raw). This is what I believe in. My position does not betray either position yet feels less stressful for our body in our modern times.

My Paleo French Cuisine Suggestions

Although I fully agree with Dr. Seignalet's beliefs, I would like to suggest that we avoid the most dangerous methods of growing our food as best as we can since we now know what they are. We should try to the best of

abilities (financial and practical) to eat healthy food grown locally by farmers we know and trust, or to eat certified organic food and certified non-GMO food.

On the cooking end, I feel it would almost be impossible to eat most of our food raw. I suggest we avoid the most destructive cooking methods – as described below – and cook our food the best way we can to protect its nutritional integrity. I realize it is not the perfect system that Dr. Seignalet advocates but I feel it is the most reasonable way to handle modern nutrition.

So I suggest we eat about half or more of our food raw in the form of happy and fresh salads and fresh fruits, and use gentle cooking method for the rest of our foods. Does that work for you? It does for me. I have been eating that way for quite a while and so far, am quite healthy for my age (ask my doctor – he’s not getting rich on my account).

I would like to propose a balanced diet taking from both sides of these diets. Eat a reasonable amount of good quality food, low-fat protein, cooked in a healthy manner (see healthy cooking methods below) and try to add more raw food to our diet.

Should We Be Afraid of Our Food?

Yes and no. We should be afraid of food that is bad for us but never of good quality food as described in this book. I propose that we try to live less in fear of sickness by building a strong body with a healthy immune and digestive system, and enjoying ourselves while doing so. All that is offered in the Paleo French Cuisine is happy living through healthy and tasty food. Why shouldn’t we enjoy the food that keeps us healthy? Is it against the Puritanical ethos to enjoy yummy food? I wonder. Am I wrong to offer that? Am I going to jail for daring to even suggest this? It will be between you and me.

Be Fearless, Eat Yourself Happy

It seems to me that most of the diets out there focus on fear. Fear of gaining weight, fear of diabetes, fear of heart attacks, fear of cancer and fear of every little bug that could cross our human path. I believe that this constant fear has been indoctrinated into us from the time we were very young. Why do you think? Because the more afraid we are, the more likely we’ll go see doctors, who will prescribe us pharmaceutical drugs, and so on - and that’s good for business. You can see that none-too-subtle message playing on our

TV screens every day. Pharmaceutical companies are trying very hard to convince us that we harbor all sorts of undiscovered illnesses, included the dreaded “restless leg syndrome”. My feet have been restless all my life and I am still alive. How is that possible? Should I run to my doctor (good for doctor’s business) and insist that he/she prescribe that “sleepy leg medicine” (good for pharma’s business) we are told we absolutely must have because, you know, it’s good for us? Not for me, thank you.

Healing Food Should Taste Great

Please keep in mind that, as a French chef by training, my food has to taste great. I will give you the tastiest and most flavorful recipes so you will never feel you are on a restricted diet. Does that sound fair to you? It sure does to me. *Allons-y!* Let’s do it!

Chef Alain's Cuisine

The Basics of Paleo French Cuisine

If you're completely new to the Paleo diet – also called the Caveman diet, stone-age diet or hunter-gatherer diet – this is the right place to start. By now, you must have heard about it from your friends, co-workers, or even at the gym. What is it? How does it work?

A Little Modern Paleo Diet History

While you may believe it's a new diet, it's actually quite old – very old indeed in human years – more than 10,000 years old. Actually, the Paleolithic era lasted from about 2.5 million years ago to about 10,000 B.C. when the Neolithic era started. Right around that time, human beings started to transition from hunters-gatherers to settled-down communities where they started eating food they grew in their fields, and the meat, milk and cheese from the animals they raised.

Almost a century ago, Dr. Weston A. Price went around the world and visited certain tribes to study the effects of their traditional diet on their health. They were all healthy and strong. When he came back a few years later, after they were exposed to modern refined foods, he recorded the negative consequences of that new diet on the youngest generations. He recorded his findings in his 1939 book, *"Nutrition and Physical Degeneration"* and it has been an eye-opening read for me. Since food is so connected to our health, he deduced that the hunter-gatherer way of eating had a lot to do with their impeccable health, and conversely, eating processed food subsequently damaged it.

The Paleo Diet was first popularized in the mid-1970s by Dr. Walter L. Voegtlin, a gastroenterologist. It is based on the premise that modern humans are not that different from their Paleolithic ancestors and that their genes haven't really adapted to the "new" agricultural-based modern diet. Therefore it should be the ideal diet for human health and well-being because it resembles this age-old ancestral diet. Old is new again.

More recently, this same diet has been popularized by Dr. Loren Cordain, the author of *"The Paleo Diet"*, as well as by Robb Wolf with *"The Paleo Solution Diet"*, and by Mark Sisson with *"The Primal Blueprint."* They all offer slightly different versions of the Paleo Diet. Unfortunately, from my

point of view, these books seem to focus more on weight loss or addressing the needs of the fitness world and athletes. Food is life. If you eat the right amount and quality of it, you will lose weight as a side effect but it should not be the main focus. Better health and better living should be.

What Is So Bad About Our Modern Diet?

Our modern diet is based more and more on processed grains (see monoculture below), poor-quality meats, and produce sprayed with a cocktail of poisonous chemicals. The consequences of eating these kinds of foods occur more frequently and with greater severity in our societies, producing the modern, lifestyle-generated diseases: heart disease, obesity, diabetes type 2, cancer and other inflammatory diseases.

Why You Should Give the Paleo French Diet a Try

On the other hand, it is believed that modern hunter-gatherer tribes all over the world who follow the ancient Paleo diet, as long as they are not exposed to modern food, show almost no signs of any of those maladies. Thanks to this ancestral way of eating, a lot of people are feeling a lot better because of it: they lose weight, gain muscle, have more energy, carry less inflammation of all kinds, their skin looks better, and they feel younger. Their digestive problems are reduced or disappear, food allergies abate, airborne allergies and asthma are not as annoying or disappear altogether, and some people get off their diabetes medications (if you have diabetes and go on this diet, please consult your doctor before you stop taking your medications). If you follow this diet with a clear understanding of why you are doing it, you will regain your health while enjoying a better life. If I were you, I would give it a try. You have nothing to lose.

What Should You Eat or Not Eat on the Paleo French Diet

There are a few disagreements amongst modern Paleo Diet proponents as what is allowed to eat on the “real” Paleo Diet. I will give you my interpretations based on what I have experienced and seen in my patients. I hope it helps clarify the confusion for you. I also tried to keep it realistic. Please remember that everyone has a slightly different reaction to food. Use my suggestions as a baseline, listen to what your body tells you and act accordingly. It knows best and will let you know in no uncertain terms.

To make it a little easier for you to ease into this new food experience, keep in mind that, like me, you should give yourself a little slack once in a while.

We are all humans and prone to cheat a little while no one is watching. I do eat chips once in a while even though I know it's not good for me but my body will straighten me up by telling me how it feels right away. For example, the other day, I was hungry and away from home. I fell hard for a large serving of "McDodo" French fries and I swallowed them guiltily. How bad could it be, right? It took only a few minutes for my old nemesis heartburn to hit me and my stomach was in pain the rest of the evening. So that was a not-so-happy reminder that, although I love French fries, my body does not anymore. I am sure you will have such experiences once in a while. It's OK as long as you know the possible result of your actions. The trick is not to guilt trip yourself to distraction. Live a little.

And please remember...

I am a strong proponent of small portion size and of quality over quantity. As much as you can afford it, I hope you will choose to eat foods that are not genetically engineered (GMOs), are free of pesticides, antibiotics, hormones, are not raised in an abusive way and fed the most natural way for their species. I offer you more detailed shopping advice later one.

All You Can Eat Foods

Vegetables

You can eat all fresh vegetables without limit, unless...

If you have diabetes or want to control your weight, avoid the following starchy roots: Sweet potatoes or yams; cassava; taro and potatoes.

If you are sensitive to the alkaloids in nightshades, avoid: eggplant; potatoes, but not sweet potatoes; peppers, sweet and hot; tomatoes, including tomatillos and tamarillos; Goji berries; gooseberries and pepino fruits.

Fruits

All fresh fruits are good to eat... but... If you are careful about gaining weight, limit high-caloric fruits such as: all canned fruits in syrup; all dried fruits; bananas; grapes; oranges; passion fruit; pears and pineapples.

Meats and Eggs

Feel free to eat a wide assortment of meat choices as well as eggs. Keep in mind portion control. Four to six ounces of protein a day is enough to sustain life unless you are a hardcore athlete. As much as possible, try to eat grass-

fed animals and pasture-raised chicken and eggs. Avoid meat from animals raised in confined space and loaded with growth hormones and antibiotics. Avoid meat processed with preservatives like nitrates and nitrites, artificial colors, flavor enhancers like MSG, as they are not healthy to eat. More shopping information is available below.

You can choose from *beef*; bison; game meats; goat; lamb; organ meat; pork; veal; poultry such as chicken; duck; and turkey; and, eggs – from chickens, ducks, emu, quail, etc.

Fish and Shellfish

All species are acceptable (see shopping suggestions). Be aware of mercury levels and ecological concerns. I suggest wild fish over farmed fish and species containing higher levels of omega-3 fatty acids first. Please keep in mind that smaller fish lower on the food chain have less chances of being polluted.

Nuts and Seeds

All nuts and seeds are acceptable. Raw nuts are always best if you can find them. Do not eat nuts fried in damaged oils or roasted at high temperatures. It destroys their healthy oils. Freshly ground nut butters are always better than prepackaged versions. Coconut and almond flour are also good choices. Since nuts in general are high in fats – even the good type – they are high in calories. Eat only 1 to 2 ounces a day if you pay attention to your weight.

A reminder: peanuts are not nuts, they are legumes, and are not acceptable food on the Paleo diet.

Sea Vegetables

They are highly recommended as they contain a natural source of iodine: nori (used in sushi), kombu, wakame, other seaweeds, and algae are all good for you. I sprinkle chopped kelp or dulse on my soup once in a while.

Fats

Animal fats from healthy animals are your best choices. If you are allergic to dairy but love butter, clarified butter (ghee) is a good choice. All of the following fats are perfect for cooking: ghee; lard; tallow, and bacon fat (I use bacon fat drippings for cooking).

Plant-based fats from cold-pressed extra virgin or virgin plant oils are your best choices. Typically, unrefined plant-based oils are better used for salads as they oxidize rapidly at high temperatures. The following oils are safe: avocado oil; hazelnut oil; macadamia oil and walnut oil.

As far as cooking with plant-based oils, coconut oil, unrefined olive and red palm oils can be used as long as you keep their temperature at/around 350°F so you do not destroy their beneficial fatty acids. Their smoking points (danger zones) start at 400°F. When they reach that temperature, they change from cis-fatty acids (beneficial) to trans-fatty acids (dangerous). If your oil smokes, throw it away and start over again. You can use coconut oil, extra virgin olive oil, and unrefined red palm oil.

Naturally Fermented Products

I firmly believe that to support our digestive ecosystem and keep our immune system strong, we should eat or drink fermented food on a regular basis. All ancient cultures (no pun intended) offer naturally fermented foods in their arsenal of health-giving nutrients: sauerkraut (Germany) and kimchi (Korea), yogurt (originated in India, then spread all over Europe and the world) and kefir (Turkey), naturally brined olives (Mediterranean region), natural pickles (originated in India) or "*cornichons*" (France), not to mention all fermented drinks dating from the antiquity: wine, beer, cider, kombucha (China) and many others. We should make a concerted effort to eat or drink a naturally fermented product daily. Barring that, use probiotics in capsule form.

Beverages

All freshly juiced fruits and vegetables; unprocessed coconut water; filtered or spring water, and herbal teas are good choices.

In Moderation

Foods

Chocolate and dried fruits.

Drinks

Alcohol (all kinds), caffeinated tea - black and green - and coffee.

Sweeteners

Coconut syrup; maple syrup – grade B; raw and local honey; raw agave nectar; stevia, Sweet Fruit Drops; Fructooligosaccharides (FOS) and Lo Han.

Foods to Avoid

No Pasteurized and Homogenized Dairy

Butter, milk, yogurt, kefir, cream, ice cream, powdered milk, and any other processed dairy. Keep in mind we are talking about processed dairy here, not raw.

What About Raw Dairy Food?

There is a debate in the Paleo community about dairy. In my opinion it's highly debatable that ALL dairy is bad for you. For sure, any highly processed food is unhealthy for you, including dairy. But if you are not allergic to dairy food, I suggest you drink raw whole-fat milk (if available in your state), naturally fermented yogurt, buttermilk and sour cream with all its nutritious elements as well as small amounts of raw butter (or ghee) and raw fermented cheese. I was raised on it the old-fashioned way and never suffered from it. No discomfort, no allergies. See www.westonaprice.org for more information on the benefits of raw dairy products.

Please keep in mind this is only my opinion. Do your own research and make your own choice. It's part of the process of learning for yourself what's good or bad for YOU.

No Grains or Grain-Like Foods

Wheat, spelt and kamut, oats, sorghum, rye, barley, rice and wild rice, and corn. Do not use any flour, or processed foods made from these. Read labels carefully.

More debate: Technically speaking, amaranth, millet, quinoa and buckwheat are seeds, not grains. Here again we have a hot debate between different Paleo factions. It is true that they are coated with certain toxins we humans can be allergic to. If you have an allergic tendency to grains, avoid them altogether. Since they are borderline, I would advise that if you rinse them well, soak them and sprout them, you should have no problem with them. Again, do your homework.

No Legumes

All beans are blacklisted: black, pinto, garbanzo, navy, lima, red, and soy beans; lentils; peas; peanuts; adzuki; mung; black-eyed peas, etc. They contain lectin, a poisonous protein designed by nature to protect plants against their predators, birds and bugs. It turns out that most humans are sensitive or allergic to these natural bug-killers and can create a wide range of gut-related discomforts and diseases. So, if you have any form of gut sensitivity, legumes are a big no-no for you.

On the other hand, green beans (*haricots verts*), snow peas and sugar snap peas are safe to eat.

No Refined or Artificial Sweeteners

Any refined sugar from cane and beet, white sugar, brown sugar, refined maple syrup, refined honey, aspartame, sucralose, NutraSweet, Splenda, and anything refined or man-made sweeteners.

No Highly Processed Oils

Any oil that is genetically engineered, refined, hydrogenated, partially hydrogenated, fractionated, or processed in any way.

Most Vegetable Oils are a No

Any oil with a high omega 6 content that comes from a seed, grain or legume, such as corn, soybean, sunflower, safflower, cottonseed, grape seed, peanut and others. Seed oils like flax and hemp have lower omega 6 content and are acceptable. Just don't cook with them as they are highly reactive.

No Processed Fruit Juice

Unless it is squeezed fresh from your juicer at home, don't drink.

No Soft Drinks

No way Jose! None! Zip! Nada! Non rien de rien!

No Refined, Iodized Salt

Use unrefined sea salt instead.

How to Shop Paleo French

My Shopping Beliefs

One surprising discovery I made while studying most Paleo diet books is that there are scant references to the *quality* of the assortment of foods suggested. In my opinion, eating Paleo is important but it is even more important to eat good quality Paleo food. There is no point in trying to improve your health through diet if you eat the wrong type or quality of food. As a small example when I recommend beef, I do not mean feedlot-raised beef fed with grains (omega 6 fatty acids causing inflammation), grown with bovine growth hormones and constantly pumped with antibiotics to prevent many ugly health issues caused by their filthy environment. What I mean is a pasture-raised, humanely-raised happy cow whose meat is loaded with omega 3 fatty acids coming from the grass they feed on.

Because French culture supports it and French shoppers know where to get it – mostly by word of mouth whispered from one foodie’s mouth to another’s ear - finding good quality food grown or produced locally does not seem to be a challenge in France and it’s perfectly legal. I could not say the same in this country. Although American people’s awareness is growing by leaps and bounds, I still discover amongst my clients a surprising lack of general knowledge when it comes to shopping for food. I hope the following suggestions will help you in your search for Paleo yumminess.

Fresh Food Shopping

At Your Local Farmers' Market

Shop Locally

Shop for your fresh produce, meat, and artisan products at your local farmers' market, farmers' co-op, or directly from the farm, if you have access. To make sure they're not unloading produce from somewhere else in their own baskets (I've seen it happen), get to know them personally. Not all farmers can afford the heavy cost associated with organic certification, even when they use traditional growing methods and do not use poisonous pesticides or artificial fertilizers. So my best advice is to get to know your local farmers in person. Go visit their farm – it's a fun trip for your kids, too. If they conduct a clean operation, they will be proud of it and have no problem allowing you and your family to visit their farm. You may have to respect their visiting hours, but that would be the same as with any good friend. Enjoy visiting with them, their family, and their animals. In season, they will have the freshest products and possibly the best prices, though you may have to haggle a little. Once you get to know each other, they may even give you a freebie once in a while as a thank-you gesture.

Shop Seasonally

Many farmers offer CSA (Community Supported Agriculture) programs with your choice of weekly or monthly food baskets where you receive an assortment of seasonal vegetables and fruits for an upfront cost. Eating food harvested in season from the area in which you live is the best way to ensure that your food is at the peak of its freshness. It also supports your local economy and avoids damaging the environment with long-range shipping. It's also typically cheaper to buy that way.

In Austin, our best-known local farms are Boggy Creek Farm, Springdale Farm, Green Gate Farms, Rain Lily Farm, HausBar Farm, or one of the many other high-quality farm nearby. Use the internet to find local farmers markets or farmers advertising their fresh wares.

More Resources for Local Farms and Farmers' Markets in your State

To find the closest farmers' market and CSA programs close to where you live, go to: <http://www.localharvest.org/>.

Other Fresh Food Shopping Choices

My second choice recommendation would be to buy organic produce at your local grocery store, but coming from farms located in your state. Most likely they will be advertised as such. Your local grocer is very much aware of the trend of buying local and fresh. I have seen helpful signs at both Central Market and Whole Foods Market, advertising in-state farmers' products.

As much as your budget permits, buy organic, but from the United States. As a last resort, buy from Latin America and Canada. Sorry, but I'm a little suspicious of organic produce coming all the way from China or the Far East. The distance is way too long for organic produce to be shipped fresh without suffering nutrient loss. Besides, think about the amount of energy spent in shipping these products to you! Local and fresh is always better.

At Your Grocery Store

I created this list while walking through all the aisles, from produce to check out, at my favorite grocery store in Austin. It should be of some use to you no matter where you shop, whether it is at a grocery store, a health food store, or on the Internet. I do understand that not all people are trained chefs as I am, so I created this list to help you learn how to shop for fresh food. I hope this list and my suggestions will help simplify your life. Do as I do: keep a sharp eye on all product labels. You are your own best health detective. *Bonne chance* and *bon appétit!*

No Buying in the Middle Aisles

This principle has been known and espoused by smart shoppers and many nutritionists over the years. Do not shop in the center aisles except for the bulk section. That's where all the processed food sits, waiting to damage your health. Shop only from the outside aisles (produce, fish, meat, and dairy, with some reservations of course). Why the outside aisles? Because that's where fresh food is sold in your typical grocery store. Grocery stores are laid out in this manner to place the refrigerated food storage as close as possible to the receiving docks. The less distance your food has to travel from the refrigerated trucks to the refrigerated storage, the better for product freshness. The same goes for the distance between the refrigerated storage to the showcases. In some cases, – for example, the dairy cases, – the showcases are the visible part of the refrigerated storage and are fed from the back to the front to make sure that the freshest food is always rotated properly.

Chef's Shopping Tip: Always pick your refrigerated food from the back of the showcase; you will extend the freshness date by a few days and avoid early spoilage.

Produce Department

My General Produce Shopping Advice

When buying produce, try to buy the freshest picked, with the least impact on the environment. Shop locally and in season.

Flash-frozen Fruits and Vegetables

Another good solution is to buy flash-frozen organic vegetables. They are frozen as soon as they are picked and keep most of their nutrients in the process. Only defrost what you will use. To prevent freezer burn, use containers with tight-fitting lids to store the unused portion. Do not refreeze defrosted vegetables.

If none of the above suggestions are possible for you, buy conventionally grown produce, but only in season. Wash it carefully in cold water with a few drops of organic soap or a special produce-washing solution like grape seed extract.

If possible, avoid buying from countries that may not have the same health and environmental laws we have in the United States. Their laws may be more relaxed than ours and your produce may be covered with pesticides that are banned here.

The Dirty Dozen + 2 and Cleaner 15

This could be the title of a movie about our food quality, but it's not. It's the name given by the *Environmental Working Group* (<http://www.ewg.org/foodnews/>) to a list of the fresh produce items that contain the highest pesticide residues. Try to at least buy these foods organic so that you do not accumulate these poisons in your body.

If you cannot afford to buy organic food or they are not available at your local grocery store, I have heard of a few ways to clean the outside of the contaminated foods properly. Some people use a few drops of bleach when they fill their sink to wash their food (I personally do not recommend that – bleach is a poison that kills the friendly bacteria living in our digestive tract, no matter how small an amount you use); some use distilled vinegar and

some use food grade (three percent USP) hydrogen peroxide. Please rinse well before eating. I personally use a few drops of an organic and biodegradable all-purpose cleaner called Orange TKO (<http://www.tkoorange.com/>) made in Canada. It's a wonderful product and is also part of my personal goal of getting rid of all toxic chemical cleaning products in my house. Please keep in mind that washing your produce still won't take care of some of these chemicals absorbed by the roots of the plant.

Chef's Shopping Tip: It's a good idea to write the following lists on a piece of paper, fold it, and carry it in your wallet or purse to be referred to when you get to the market.

12 Most Contaminated Regular Produce

- Apples
- Blueberries – domestic
- Celery
- Grapes – imported
- Kale, collard greens
- Lettuce
- Nectarines – imported
- Peaches
- Potatoes
- Spinach
- Strawberries
- Sweet Bell Peppers: Red, Green, Yellow

Added in 2012:

- + Green beans
- + Kale/Greens

If you can possibly afford it, try to buy these items organically grown. If you can't, wash them as well as you can.

15 Least Contaminated Regular Produce

- Asparagus
- Avocado
- Cabbage

- Cantaloupe – domestic
- Eggplant
- Grapefruit
- Onions
- Kiwi Fruit
- Mango
- Mushrooms
- Pineapple
- Sweet Corn
- Sweet Peas
- Sweet potatoes
- Watermelon

If you must, you can buy these items in the non-organic section (many of them aren't even generally available organic). Make sure to clean them properly. A way to save money is to buy non-organic fruits or vegetables where an inedible peel takes the brunt of the pesticides. When you peel them, you peel away most of the pesticides. For example, apples, bananas, onions, pineapple, avocado, all sorts of melons, kiwi fruits, oranges, and citrus in general. I still would like to remind you that if the peel is edible and you can afford it, eating the peel is important for its high fiber content and antioxidants. Also keep in mind that by peeling them you are not *entirely* eliminating the pesticides.

Garlic – Here is another case where you could skip going organic if you're on a tight budget. On the other hand, the price difference is so minimal, it might not be worth it. The same goes for fresh ginger. But please, please, please, do not buy preserved peeled garlic coming from God knows where. It is way too expensive and does not save that much time. Nothing beats freshly crushed garlic in your love-filled cooked meals.

Bulk Food Section

Nuts

I recommend raw, unroasted nuts, as the roasting process damages the healthy oils contained in them. Buy them in the bulk section; they will be cheaper and fresher. Buy only what you need, as they will oxidize and turn rancid unless you store them in your freezer. If you want roasted nuts, roast

your own at low temperature. Do not buy sugar or honey-coated nuts; they are oil-roasted and coated with added sugar.

Raw Nuts: Almonds , walnuts, pecans , pistachios (not colored), pine nuts, macadamia nuts, cashews, hazelnuts (filberts), Brazil nuts.

Chef's Cooking Tip: If you want to prepare your own roasted, salted nuts, toss them with coarse sea salt and eggs whites that have been lightly beaten with a fork. Place them in a single layer on a baking sheet and toast them lightly at 160-170° F, so you do not damage their delicate polyunsaturated oils. Another way I like my roasted nuts is tossed with gluten-free tamari sauce and dried as above.

Nut Butters

They are a good source of protein to spread on a pear or apple slice or a vegetable chip as a healthy snack. Some stores will even provide you with a grinder to make your own freshly made nut butter. Avoid “regular” jarred peanut butter loaded with hydrogenated fats and, in some cases, sugar - or worse yet, high-fructose corn syrup. If you can find them, get raw nut butters and keep them refrigerated, as they will go rancid at room temperature within a couple of weeks. Please keep in mind that peanuts are pulses (beans), not nuts so they're off your shopping list.

Nut butters: Almond, cashew, coconut, hazelnut, pecan, pistachio, pumpkin seed, macadamia, and tahini (sesame seed butter). My favorites are almond and hazelnut.

Chef's Cooking Tip: To create your own homemade chocolate nut spread, warm one part nut butter in a bain-marie until it reaches body temperature. Separately, melt an equal amount of seventy percent dark chocolate. Mix well together, and *Voila!* Homemade Nutella.

Seeds

Sesame seeds, pumpkin seeds, sunflower seeds, chia seeds, flax seeds. Only buy what you need, as they turn rancid if kept too long. Unsweetened coconut flakes and shredded coconut are also a good addition to your pantry; just watch for added sugar.

Dried Fruits

Avoid if you have any kind of high blood sugar issues. If you're on a strict paleo diet, avoid. If not so strict, limit to 4 ounces a day. Otherwise, and if possible, buy unsulphured and without added sugar. Also, be aware that some dried fruits are coated with an additional layer of fruit juice to make them sweeter. If you are trying to control your sugar intake, read the labels in order to avoid these.

Dried Fruits: Zante currants, pitted prunes, Medjool Dates, Monukka raisins, Chilean flame raisins, organic seedless raisins, Goji berries, diced pineapple, organic unsulphured apricots, dried blueberries, tropical papaya spears, dried cranberries, tart cherries, Calimyrna dried figs, and organic dried mission figs.

Chef's Eating Tip: For a healthy and yummy snack, I love to eat a dried fruit and nut combination. You will get some of the sweetness you crave, but in a natural form, and the fiber in them will regulate the rate of sugar going into your blood. My favorite combinations include apricot and almond; date and almond; apricot and dark chocolate (oops! I let that one slip in); cranberries and pine nuts; raisins and pumpkin seeds, and any combination from your imagination.

Herbs and Spices

I try to buy all my dried herbs and spices in bulk and in small quantities. It's so much cheaper that way. If your store allows it, reuse the same glass containers and refill them. For a few cents, you will have a supply that will last for weeks. It's hard to find organic herbs and spices, but it's possible. Avoid irradiated spices if you can get information about this issue from your bulk person.

Food irradiation is the process of exposing food to ionizing radiation to destroy microorganisms, bacteria, viruses, or insects that might be present in the food. Irradiated food does not become radioactive, but in some cases there may be subtle chemical changes. On the other hand, Dr. Weil's position is that "irradiation is the safest and most effective way to preserve and sterilize herbs and spices". The implication is that since we use herbs and spices in such small quantities, it should not affect us. I see his point, but if you have any kind of food sensitivity, I would be very cautious. If you are a lucky gardener and grow your own herbs, you can hang them to dry during the good season, and use them the rest of the year. This option is ridiculously

cheap, and the herbs will taste fresh and potent. Once you try it, it is hard to go back to commercial herbs!

Basic Dried Herbs and Spices: Basil, cinnamon, cumin, dill weed, oregano, paprika, curry blend, *herbes de Provence* blend, Italian seasoning blend, cardamom, ginger, fennel, mint, allspice, rosemary, thyme.

Chef's Eating Tip: When I don't have access to fresh herbs, I chop freshly-picked herbs and freeze them in one layer then store them in an air-tight container.

Salt

As with sugar, salt is available in a coarser, more natural form (sea salt), and a more processed, refined form ("table salt"). Choose sea salt only. I use only coarse sea salt for cooking soups and stews and for my oven-roasted rosemary potatoes, and home-ground fine sea salt for all other uses. Any good quality sea salt will do. Remember, you will get more salty flavor and iodine out of sea salt, so you can use less of it.

The best unrefined natural salts, such as Himalayan salt, contains eighty four percent sodium chloride and sixteen percent other naturally occurring trace minerals, like magnesium, silicon, calcium, potassium, bromide, phosphorous, and vanadium, all essential ingredients for proper biological function.

Chef's Tip: My favorites are, in descending order: Himalayan pink mineral salt, *Fleur de Sel* from Brittany, France, or Mediterranean sea salt from the Camargue region of France, then Celtic sea salts from the Atlantic northwest region of France.

I suggest you buy the coarse sea salt and grind it finer in small amounts in a coffee grinder. This will avoid the use of binders/fillers. Avoid flavored sea salt; it is a waste of money. It's very easy to create your own flavored sea salts by simply adding your favorite herbs and spices. Play with it! I like to mix mine with chili powder and sprinkle it over everything I eat. Another favorite is to combine coarse sea salt and *herbes de Provence* (or Italian herbs) in a salt grinder and grind away. Beware of pure white sea salt: it is refined. Less so than table salt, but is still overly processed. Real sea salt should have a pinkish or grayish cast. The colors result from lots of organic minerals.

Pepper

I recommend that you use freshly ground pepper as much as possible, as it has a stronger, fresher flavor. As an added side benefit, you will use less of it.

Peppers: Black peppercorn (to be used in a pepper mill), cayenne pepper, white, pink or a blend of different colored peppercorns. Assortments of dried chili pepper mixes (there are a lot of varieties from mild to hot to spicy hot) are a good way to spice up your food.

Chef's Eating Tip: My favorite is cayenne pepper. It is known to increase your basic metabolism and has the reputation of being healing to the stomach.

Tea and Coffee

Although tea and coffee are diuretics, they are cautiously allowed on the Paleo diet. I limit my personal intake to one cup of coffee per day. You can go up to two per day. Do not overuse. They are highly acidic and might increase acid reflux. Please note: Coffee and tea brewed using the cold process contain more antioxidants and are less acidic.

Teas: If you prefer quality, bulk "whole-leaf" tea is your best choice, but it can be quite expensive. If you are on a tight budget, and have to have tea, one trick is to brew a big batch with "family size" tea bags and reheat carefully. If you drink iced tea, please brew your own at home, and flavor it yourself with natural lemon, orange, or mint extract; or add crushed fresh mint in it, and allow it to steep. You will save money on packaging, not to mention avoiding all that unhealthy added sugar.

Coffees: If you are a connoisseur, bulk coffee is the best choice, but it can be expensive too. Try to find low-acidity coffee. It is a better choice to avoid heartburn. If you drink decaffeinated coffee, avoid coffee processed with chemicals. Instead buy water-processed Swiss-style decaf coffee.

Sweeteners

Honey: If you're lucky, as we are in Austin, you will be able to find local, unfiltered honey in bulk form. It's a little more expensive, but well worth the few extra cents per serving. Bring your own jar to save money. If you buy filtered honey, whether in a cute bear dispenser or a regular jar, be careful to buy from a reputable producer. Imported honey is overheated, filtered, and often stretched with high fructose corn syrup (HFCS), and is known to

contain pesticides. If you cannot find a good local honey, try to find honey from Florida. Florida honey has had high purity standards since 2009.

Maple Syrup, Grade B: The same is applicable for maple syrup – bulk is best. Try the Grade B maple syrup; it is thicker, darker, and has a stronger flavor, but contains more vitamins and minerals per serving, as it is less refined. Avoid commercial pancake syrups loaded with HFCS and colored with caramel.

Other Naturally Occurring Alternative Sweeteners

Stevia: *Stevia Rebaudiana* is an herb in the *Compositae* (daisy) family that grows as a small shrub in parts of Paraguay and Brazil. The glycosides in its leaves make it incredibly sweet, a property that is unique among the nearly 300 species of stevia plants. Stevia has been used to sweeten beverages and medicines since pre-Columbian times. A scientist named Antonio Bertoni first recorded its usage by native tribes in 1887.

This is my favorite sweetener for clients with blood sugar problems such as diabetes or hypoglycemia. It's an all-natural product with zero calories, zero carbs and a score of zero on the glycemic index. It does not affect your blood sugar level. There's a slight bitter aftertaste.

Dragon Herbs SweetFruit Drops

Another natural sweetener extracted from a plant is *Guilin*, SweetFruit extract. It is the tincture of *glucoside*, from the Chinese herb/fruit Luo Han Guo (*Momordica grosvenori*). It is a sweetening product that has virtually no effect on blood sugar level. It is up to 300 times sweeter than refined sugar and has just 5 percent of the calories of sugar. Luo Han Guo glucoside is a stable non-fermentable substance with high sweetness and low heat. It can be used to sweeten all kinds of drinks and food as a substitute for sugar. It is an ideal sweetening agent for people with hypoglycemia or diabetes. For people that do not care for stevia's aftertaste, this product has a clean finish.

Lo Han

The newest entry in the sugar alternatives is named Lo Han Kuo or Lo Han for short. It is extracted from a fruit grown in China. Lo Han is so low in calories that one serving has no measurable caloric value. It also has an incredibly low glycemic index. It does not cause sweet cravings and has no influence on insulin production and fat storage. Lo Han does not raise blood

sugar level and is safe for most diabetics and hypoglycemic people (if you're not sure, please double-check with your doctor).

Best of all, it tastes great. Its flavor is slightly more rounded and more complex than white sugar, a bit like maple syrup. It does not have the slightly bitter aftertaste that stevia does. Lo Han can be used in all your drinks or wherever you would use white sugar. Be careful, as Lo Han is 10-15 times as sweet as sugar. A little goes a long way.

Fresh Fish and Shellfish Counter

Fresh fish is a very good source of protein and biologically necessary omega-3 fatty acids. Avoid large fish on the top of the food chain, since they most likely contain an unhealthy amount of mercury. If you can afford it, go for line-caught wild fish and shellfish. Ideally, I suggest you eat at least one four-ounce serving of fresh fish or shellfish per week, and an additional serving of flash frozen or canned fish. Check out the lists below to see which fish are safe (and not safe) to eat.

Farm-Raised Fish and Shellfish from a Reliable Source

Choose from a reputable source: striped bass; rainbow trout; char (small salmon); shrimp (domestic); catfish (domestic); crayfish (domestic); tilapia; scallops; oysters; clams, and mussels.

Wild Fish and Shellfish Safe to Eat

King salmon; sockeye salmon; coho salmon; canned wild pink salmon; canned sardines; anchovies; canned mackerel (except king mackerel); squid or calamari; domestic shrimp; scallops (except from U.S. mid-Atlantic) and oysters.

Wild Fish and Shellfish Safe to Eat Once a Week

Canned white tuna; whitefish; Atlantic cod; Pacific cod; haddock; herring; Dungeness crab; spiny and rock lobsters.

Wild Fish and Shellfish Safe to Eat Once a Month

Line-caught albacore/yellowfin tuna; bluefish; Pacific halibut; pollack, and Maine lobster.

Avoid the Following Fish – They Are Not Safe to Eat

Domestic swordfish; tilefish; marlin; shark; blue fin tuna; king, ono (wahoo).

Farm-Raised Fish or Shellfish NOT recommended

Farmed salmon have been found to contain PCBs and artificial coloring; farmed salmon are sold under the name Atlantic and Norwegian salmon.

Imported shrimp are usually loaded with antibiotics and artificial preservatives. Imported scallops contain artificial preservatives.

Wild Fish and Shellfish to Avoid Because They Are Either Overfished or Not Sustainable

Sea bass, flounder, Atlantic halibut, sole, grouper, mahi-mahi (unless pole-caught), marlin, orange roughy, Atlantic-farmed salmon, shark, swordfish, Asia-farmed tilapia, tuna (unless pole-caught), Chilean sea bass and orange roughy, Pacific snapper, Pacific rock cod, rock fish, red snapper, wild monkfish, wild catfish, wild king crab, wild Atlantic flounder, wild sturgeon, and imported crawfish and shrimp.

For more information, please see:

<http://www.montereybayaquarium.org/cr/seafoodwatch.aspx>.

Fresh Meat Counter

Here are my recommendations regarding the meats at your local grocery store, meat market or farmers' market. I recommend small portions of quality meats, as they are a great source of beneficial proteins, vitamins, minerals, and omega-3 fatty acids – all nutrients necessary for your good health. The important word here is “moderation.” I suggest one to two meat servings a week at four ounces per person. The rest of the meals should be fish/shellfish and vegetable sources of protein.

Beef

Buy grass-fed, locally raised, or organic beef. Grass-fed beef contains a respectable amount of healthy essential fatty acids, such as omega-3 fatty acids. Feedlot steers, in contrast, are fed corn and grains, which give their meat an excess of unhealthy omega-6 fatty acids. Additionally, feedlot animals are fed bovine growth hormones, antibiotics, and genetically engineered grains that have been doused with pesticides, all of which will disrupt your digestion and immune system.

Bison

Bison are grown in a grass-fed environment and allowed to roam freely and without stress until they are mature enough to be butchered humanely. It is a lean source of meat. There are more and more local sources of this healthy meat available. Check your local farmer's market, ask around, or check the internet. You may even have it shipped to you.

Venison

In Texas and many other states, you can go hunt your own wild game. Venison is a lean meat perfect for Paleo diet. Since deer feed only on what nature is offering, venison is healthier than any farm-raised meat. If you are not a hunter, it is still possible to obtain venison from your farmers' market, a hunter friend or your health food store.

Pork

Unless you know for sure that your piggy comes from the farmer's market, I would be cautious. They are typically raised in the same horrible conditions as beef.

Poultry

Buy free-range, locally raised chicken and turkey. You will get more usable meat per pound, and it is much tastier. You can also buy organic or "natural", but be aware that the "natural" label is not particularly meaningful. Check your local laws for more details.

Eggs

I much prefer fresh eggs from my local farms. They taste so much better and make wonderfully yellow omelets; cakes made with them rise higher, and they are better for you. If they are pasture-raised, they will also contain that good fat I already talked about: omega-3 fatty acids. Besides, eggs are still the cheapest source of complete proteins around. I eat them at least twice a week, sometimes more. If you live too far from a farm or farmer's market, choose organic eggs. The information about feedlots in the meat section, sadly, is equally true for industrial chicken and egg farms.

Dairy

Even though modern Paleo diet does not recommend eating dairy products, I believe that if you are not allergic to them, eating a small amount of quality dairy is extremely important to our health. Although I personally am lactose intolerant, I recommend you drink moderate amounts of raw milk, if it is available from local farms in your state. Since soy is not recommended on the Paleo diet, I either eat naturally-fermented goat or almond yogurt. I also eat a small amount of aged raw cheese for pure pleasure – I am French after all. For the rest of you, given the right guidance, I will let you decide if dairy is good for you or not. Here are my suggestions.

Buy Dairy the Educated Way

This is the place where you will want to take a stand with your pocketbook. Buy raw or organic dairy products instead of their “regular” cousins. Organic dairy products are becoming increasingly available. With that better-quality milk, if you choose to do so, you can even make your own home-made yogurt, buttermilk (just add lemon juice and let sit for a while), sour cream, and soft cheese, and save money.

Unfortunately, it is a well-known fact that “normal” cows are mistreated animals fed corn (more inflammatory omega-6 fatty acids in your food) and even ground up dead animal carcasses. Yuck! Let’s not forget that to force them to grow faster and produce more milk, they are pumped with rBGH (Recombinant Bovine Growth Hormones or BST (Bovine Somatotropin). All of these hormones will end up in your body.

Caution: because these drugs are known to cause hormone-based cancers, they have been banned in Europe. The European Common Market refuses to buy American beef and dairy products unless certified organic. Lastly, to keep these poor animals, living under such horrid conditions, from being sick, they are injected with regular doses of antibiotics. All of these chemicals are absorbed in our bodies as we eat them, and I certainly cannot recommend that you buy them.

What About Cheese?

Being French, I cannot be objective when it comes to cheese, but I know what I like and what’s good for you. I’ll let you make your own decision as long as you follow a few basic principles:

- Cheese made from raw, grass-fed or organic milk: cow, goat or sheep.
- Aged at least 60 days to allow the fermentation enzymes to digest the lactose.
- If you're French like me, you can't help it... but eat it in moderation, *s'il vous plaît!*

Please keep in mind that this is a very short list. All are raw aged cheeses.

French: Assorted blue cheese (d'Auvergne, des Causses, de Basque, etc.), *Brie de Meaux*, Cantal, Comte, Emmental, Gruyère, Morbier, Reblochon, Roquefort, Tête-de-moine, Tomme de Lévézou, Tomme de Savoie et des Pyrénées, Valençay. And these are only the better-known choices.

Italian: Asiago d'Allevio, Blu del Moncenisio, Bra (Don't smirk! It's the name of an Italian cheese.), Castellosso, Dolcelatte, Fontina, Gorgonzola, Parmegiano-Reggiano, Pecorino, and Romano.

Spanish: Idiazabal, Ilbesa's Aged Sheeps' Milk Cheese, Ilbesa's Mature Sheeps' Milk Cheese, Manchego from Villajos Artisan, Point Reyes Blue.

Swiss: Appenzeller, Brinz, Emmenthaler.

American:

- Bayley Hazen Blue
- Beecher's Raw Milk Flagship and Beecher's Raw Milk Flagship Reserve
- Beehive Cheese Company's Full Moon
- Bellwether Farms' Carmody Reserve, Bellwether Farms' Pepato, Bellwether Farms' San Andreas
- Blue Ledge Farm's Riley's Coat
- Blythedale Farms Jersey Blue, Blythedale Farms Cookville Grana, Blythdale Farms Green Mountain Gruyere
- Boerenkaas from Willamette Valley Cheese Company
- Caerphilly from Todd Trethowan
- Caveman from Rogue Creamery
- Fairview Farm's Cynthian
- Evalon from LaClare Farms
- Fiscalini Farmstead San Joaquin Gold
- Flagship Raw and Reserve Raw

- Gorwydd Caerphilly from Todd Trethowan
- Gothberg Farms Caerphilly, Gothberg Farms Cheddar, Gothberg Farms Gouda, Gothberg Farms' Woman of LaMancha
- Hoffman's Vermont White Cheddar
- Juniper Grove's Tumalo Tomme
- Rogue Creamery Blue Crumbles, Rogue Creamery Caveman Blue, Rogue Creamery Crater Lake, Rogue Creamery Echo Mountain, Rogue Creamery Oregon Blue, Rogue Creamery Oregonzola, Rogue Creamery Raw Milk Sharp Cheddar, Rogue Creamery Rogue River Blue, Rogue Creamery Smoky Blue, Rogue River Blue from Rogue Creamery
- Sally Jackson Raw Milk Sheep Cheese
- San Andreas from *Bellwether Farms*
- San Joaquin Gold from Fiscalini Farmstead Cheese Company
- Saxon Homestead's LaClare Farm Evalon, Saxon Homestead's Pastures
- Scharfe Maxx
- Spring Brook Farm's Tarentaise
- Stichelton Blue from Neal's Yard
- Sweet Grass Dairy's Thomasville Tomme
- Willamette Valley Cheese Company Boerenkaas, Willamette Valley Cheese Company Farmstead Gouda, Willamette Valley Cheese Company Brindisi

In Texas: The only raw milk aged cheese I could taste comes from Eagle Mountain Cheese: Granberry and extra-aged Granberry (16 months old).

Do you think I went a little overboard with my list of raw cheeses? Oops! I guess I did, but when it comes to cheese, I can't seem to be able to stop. Besides, don't I owe it to you to do the best job I can? See, I thought so. OK. Done with the cheese... for now.

Other Naturally Fermented Foods

Like I mentioned earlier, I strongly believe we should eat a form of fermented food daily to support the probiotics (meaning: healthful to life) and friendly bacteria fauna and flora populating our small intestine (lactobacilli) and colon (bifido bacterium). They help us digest our food and fight off nasty and dangerous bacteria and viruses. I will not go into an intense scientific explanation here on their benefits. Just Google "benefits of probiotics" and you will get all the answers you need. For this book's

purpose, it's enough to know that they are good for us. Do not get fooled by commercial forms of these products. Please use only artisan-made products following the old traditions.

They come in three main different forms of fermentation:

- **Alcoholic or ethanol fermentation** comes from yeasts fermenting natural sugars: wine, beer, cider, kombucha and many, many other fermented drinks, even sour-dough bread (not allowed on this diet) and cheese (see caution above). Soybean-based fermented products such as tamari or soy sauce, tempeh, miso and tofu can be helpful as well but not allowed on this diet.
- **Acetic fermentation** created when alcohol is converted into acetic acid by the *A. aceti* bacteria: wine, rice, apple cider vinegar and all forms of naturally fermented vinegars.
- **Lactic fermentation** created by the *Lactobacillus* bacteria: sauerkraut and kimchi (fermented cabbage – allowed), pickles and “cornichons” (allowed), naturally-fermented olives (allowed) as well as yogurt and kefir (cultured milk – not allowed).

Deli

Eat only certified natural and untreated cold cuts. Buy raw or air-dried French, Italian and Spanish ham or prosciutto. There are a few trustworthy American brands as well but so far, they haven't matched the buttery melt-in-your-mouth flavor you get from centuries-old traditions. Ask your friendly deli person about the ingredients of any sandwich meat, and avoid anything containing nitrates and nitrites.

Paleo French Cooking Techniques

Although shopping the right way is very important, how you handle and cook the food you took care to buy is also very important. The base quality of your food will not matter much if you destroy it by using the wrong form of cooking.

Unhealthy Food Preparations

Techniques you will never see in this book are: Deep-fat frying, grilling, barbecuing (sorry, Texas!), high-temperature cooking, and worst of all, microwaving.

Deep-Fat Frying

Even though French fries are cooked by this method (and I do admit that, a couple of times a year, I will indulge my love of French fries - I never claimed I was perfect!), in the long term, it is a very unhealthy way of cooking your food. First of all, vegetable shortening (also called hydrogenated vegetable oil, a trans-fatty acid known to create more health problems than saturated fats were said to cause) will most likely be used. Your average serving of French fries can contain up to seven grams of trans-fats.

Some companies have replaced hydrogenated fats by all-vegetable fats (usually a blend of corn, soy and canola oils, all coming from GMO crops). Even if they use high-oleic sunflower or safflower oil, when this oil is repeatedly heated it breaks down, turning a friendly cis-fatty acid to a nasty trans-fatty acid.

To make things worse, even when it's filtered every night, small food particles and flour coatings have been cooked all day in that cauldron of hell. This creates carcinogens that may bring you an additional menu of cancers. Even if oil with a high smoking point is used, the repeated heating process will oxidize these oils and damage your health. Never, never, NEVER eat at fast food establishments (notice, I did not use the term "restaurant"), as their food is usually fried and very unhealthy. If you're curious to know more about the effects of fast food on your health, please watch "Super Size Me" by Morgan Spurlock. This documentary will open your eyes to the dangers of deep-fried food. If you must deep-fry your food, do it at home and be very careful to not overheat your oil, and never reuse that oil. Sorry guys, but I

cannot possibly recommend fried “fast food”, no matter the kind of fat they use.

Grilling

Although grilling is touted as a healthier way of cooking than frying, it is not. It might be slightly better than frying but it is not healthy by a long shot. Unfortunately, grilling creates a toxin called heterocyclic amines (HAs), which are well-researched carcinogens. Another compound created by direct flame grilling is called polycyclic aromatic hydrocarbons (PAHs), which are equally harmful. That charred flavor you love in your grilled food is not that friendly to you. Beware!

Barbecuing

I know I’m going to make enemies here in Texas, but I must be honest with you: barbecuing is as bad as grilling when it comes to the creation of unhealthy compounds. When the free amino acids from protein, creatine (or creatinine), and the sugar in the barbecue sauce used to baste and flavor the meat combine, they create our old friends the heterocyclic amines (HAs), compounds known to be carcinogenic.

High-Temperature Cooking

Research conducted by the Mount Sinai Medical Hospital found that foods cooked at high temperatures, resulting in the Maillard reaction, contain a greater amount of compounds called advanced glycation end products (AGEs), which cause more tissue damage and inflammation than the levels found in foods cooked at lower temperatures. If used rarely and briefly (quick-broiling), it is an acceptable form of cooking, but I still recommend the lower cooking temperature techniques below.

Microwaving

In my opinion, microwaving is the worst of all cooking methods and the most dangerous to our health. Did you know that the Soviet Union banned the use of microwave ovens in 1976? And here we are today, happily eating food cooked in a way that destroys all its health attributes.

Microwaves are a form of electromagnetic (EM) radiation, like light waves or radio waves. Every microwave oven contains a magnetron, which creates the EM energy. When you push that button on your microwave pad, the microwaves generated from the magnetron agitate your food’s molecules –

especially water – many times per second, creating friction which heats that food. So far, so good! Unfortunately, it has been found that this same friction deforms the food molecules and in fact threatens your health by tearing your food's molecules apart, rendering some nutrients inert, at best, and carcinogenic at its worst. Microwaving food also damages its nutritional value. Your microwave turns your beautiful, organic veggies into "dead" food that can cause disease! Are you scared yet?

In 1992, Dr. Hertel, a Swiss scientist, was the first scientist to carry out a quality clinical study of the effects microwaved nutrients have on the blood and physiology of the human body. His small but well-controlled study showed the degenerative force produced in microwave ovens and the food processed in them. His scientific conclusion showed that microwave cooking changed the nutrients in the food. Changes also took place in the participants' blood that could cause deterioration in the human system. Hemoglobin levels decreased and overall white cell levels and cholesterol levels increased. Lymphocytes, the foot soldiers of the immune system, decreased, opening the way for disease.

Another problem to consider is the transfer of toxic chemicals in the containers used to heat your food. Microwaved plastic or coated-paper containers offer an additional cocktail of carcinogenic toxins leaching into your food. The January/February 1990 issue of *Nutrition Action Newsletter* reported the leakage of numerous toxic chemicals from the packaging of common microwavable foods, including pizzas, chips and popcorn. These chemicals include polyethylene terephthalate (PET), benzene, toluene, and xylene. Microwaving fatty foods in plastic containers leads to the release of dioxins (known carcinogens) and other killer toxins into your food. Another bad boy is your old friend BPA (bisphenol A), an estrogen-like compound used widely in plastic products. In fact, dishes made specifically for the microwave often contain BPA, but many other plastic products contain it as well.

My mother never trusted her food to this newfangled electronic gizmo. I never cook with it and neither should you. Throw the darned thing away. You will be better off in the long run. You don't have to take my word for it, but for your own sake, please do your own research if you need further convincing. Don't say I did not warn you!

Healthy Food Preparations

In order to save the health qualities of the food you spend your hard-earned money on, it is important not to damage it with the cooking techniques you use. Although I am not a raw foodist, I believe many foods should be eaten either raw or as gently cooked as possible to preserve their nutritional qualities.

Raw Food

Eating your food raw food preserves all the vital nutrients of the quality food you have taken pains to obtain. It retains all the vitamins, minerals, antioxidants, phytonutrients, and enzymes necessary to keep your body healthy. I am not purely a raw food advocate, but I do believe that we should eat at least half of our food raw, usually in the form of salad and fresh fruit.

Light Steaming

I prefer to use steaming instead of boiling to cook my vegetables. It is the best cooking method for vegetables - and for fish. This form of light gentle cooking can tenderize asparagus or artichokes and make them easier to digest, and bring out the carotenoids locked in raw carrots and tomatoes.

You should not steam for more than 5 to 7 minutes to keep your vegetables *al dente* (crunchy) and full of nutrients. To steam, I use a stainless steel expandable basket. Pour one inch of salted hot water (or broth) in a large pot with a lid, add your basket, bring it to a rolling boil and only at that time should you add your precut vegetables. Cover and cook. I suggest you use a kitchen timer to avoid overcooking. If you cook more than one vegetable at a time, layer them, placing the denser ones at the bottom and the tenderest at the top. For an easy and quick meal, you can steam fish and vegetables at the same time. To bring additional goodness to your food, drizzle them with a light pour of extra virgin olive oil complemented by a squeeze of fresh lemon, fresh herbs, a pinch of sea salt, and freshly ground pepper.

Vegetables best suited for steaming: Artichokes, asparagus, broccoli, carrots, cauliflower, green beans, haricots verts, and zucchini are all great choices because they're sturdier and won't turn to mush easily. Leafy greens—baby bok choy, Chinese broccoli, collard greens, kale, mustard greens, beet greens, spinach, Swiss chard, and turnip greens—also steam up nicely, but take less time. If you want to try something new, steam some radishes or cubed sweet potatoes.

Fish best suited for steaming: Oily fish like salmon, tuna, trout, and mackerel.

Blanching

To blanch vegetables, bring a pot of salted water to a rolling boil, drop them in the water, bring the water back to a boil, and cook for *no longer* than one minute or until they turn bright green. Take your vegetables out the boiling water with a slotted spoon and drop in iced water to stop the cooking process and keep your vegetables crunchy. Take them out of the iced water and drain. There will be a little more loss of nutrients by this method, but it still is a very healthy way to cook.

Simmering

This technique relates mostly to soups and stews, where the food is cooked for a longer time at a lower temperature. This method allows the food to tenderize while blending all the wonderful flavors together. Many of the nutrients are preserved in the broth or the sauce.

Quick Sautéing or Stir Fry

It's no secret that I do not recommend deep-frying (see above), but quick sautéing or stir frying is an acceptable method of cooking if you follow my directions. Do not overheat your oil; if it smokes, it means it is oxidized and dangerous to your health. Throw it away and start over. An easy way to find out when your oil is hot enough to cook is to sprinkle your oil pan with a little water. When it "sings" (that's what I like to call it; some people prefer to say "sizzles"), I know the oil is hot enough to cook. Quick sautéing is a good cooking method for a yummy omelet or vegetables. The oil will bring out the fat-soluble vitamins in many vegetables. Make sure to *never* reuse the oil you cook with.

Quick Broiling

I learned this method in the restaurant business. I also discovered by accident that it is a very healthy way to cook some foods, especially fatty fish like salmon. It also works well on chicken breast and pork tenderloin. To quick broil, preheat your oven to broil; place a glazed cast-iron or stainless-steel skillet in the oven. Allow the pan to heat for at least ten minutes; take it out with oven mittens and place your fish or meat in it; put it quickly back in the oven and cook for a few minutes. As a matter of fact, this is the only way

I cook my fish and meat nowadays. It is quick (2 to 3 minutes depending how thick your piece of salmon is); it preserves the healthy qualities of your food (in salmon's case, its omega-3 fatty acids), while offering a pleasant mouth feel. The food cooked that way is crunchy on the outside while still moist on the inside.

En Papillote

This is a method rarely used outside of the restaurant business, as it can be a little involved, but it is fun to eat and will impress your family or guests. You create a parchment paper pocket wherein you place all the ingredients you want to cook, fold the paper over on itself tightly so it forms a sort of envelope, and you bake it in the oven. The advantage of this method is that all the ingredients simmer in their own juices and flavor one another. It is a wonderful method; you might want to try this on a weekend when you have more time and feel more adventurous.

Broth Poaching

This is one of my favorite ways to cook asparagus and other vegetables. Pour a small amount of an organic broth (vegetable, fish, beef, or chicken, according to the dish) in the bottom of a stainless-steel pan or skillet; bring to a simmer. Place your vegetables in the broth and cook for 3-4 minutes on one side; turn your vegetables over and finish cooking for another 3-4 minutes. Drizzle with a freshly made vinaigrette or olive oil and lemon juice, sea salt, and ground pepper and voila! A quick, simple, and healthy dish.

Best meats for poaching: Besides vegetables and eggs, poaching works great for chicken, especially chicken breast. It will keep it moist and flavorful by absorbing the poaching broth flavor. I don't mean to sound English (no dirty looks from the other side of the Channel please), but poaching beef is popular in Europe and can be a welcome change on your menu, similar to a stew or soup. For poaching beef, use the same cuts you would use for roasting, such as sirloin strips or rump roast.

Best fish for poaching: White fish (such as sole and cod) are usually thought of as the best choice for poaching, but salmon and tuna are good choices too.

Best vegetables for poaching: Carrots, celery, asparagus, and root veggies are good poaching choices. Sometimes when I feel fancy, I will poach baby veggies such as carrots, zucchini, and mini squash, and serve with an *aioli* (garlic mayonnaise).

Fruit poaching or compotes: Don't forget that fruits can also be poached. In most French hotels, they will pass along a cart loaded with an assortment of poached fruit according to season. I poach strawberries, peaches, prunes (a classic), pears (in red wine), and even apples. And no, they are not just for old folks with bad teeth and sluggish digestive systems! Of course, the poaching method will soften the fruits' fiber, but it will also bring out some of the vitamins locked in raw fruit.

Chef's cooking tip: For eight ounces of berries, rinse your berries and place them in a bowl; bring one pint of water with four ounces of honey or agave nectar, the juice of half a lemon and half a vanilla stick (or ½ teaspoon of vanilla extract) to boil; pour the hot syrup gently over the berries, cover, and allow to cool. This compote can be used as a topping for frozen desserts, or is wonderful by itself.

How to Poach Fish or Meat

= Use a pot large enough to contain the fish or meat and tall enough to allow one inch of liquid above the fish or meat. Use a fish, chicken, vegetable, or beef broth of your choice.

= Add a form of acid: vinegar or lemon juice. You will need one-quarter cup of acid for each quart of broth. Now, add herbs (fresh or dried), spices, and vegetables to add flavor to the broth and meat. Feel free to be creative. No need to use your finest cutting skills to cut your veggies. Rough cuts will do just fine.

= Bring your poaching liquid to a boil; add your fish or meat. Make sure the liquid is one inch above the fish or meat to make sure it cooks evenly. Make sure the poaching liquid does not boil but stays at a gentle simmer, no bubbles showing. If you have an instant-read thermometer, fish poaching temperatures should be 175-185 F; chicken or beef poaching temperatures should be 160-175 F. Cooking time will vary according to your product's size: An eight-ounce portion of fish should take about ten minutes; an eight ounce serving of chicken should take fifteen to twenty minutes; beef will take a little longer, about thirty minutes.

Whether you're on a diet or not, poached food is usually served with steamed vegetables (see above), or rice or pasta. If you feel like having a sauce, steam your favorite vegetable and purée it with some of the poaching liquid until you have a healthy sauce. Salt and pepper to taste.

Paleo

French

Recipes

Please note: All recipes are Paleo, Gluten and Dairy-Free.

Paleo French Appetizers

Champignons Marinés Crus - Raw Marinated Mushrooms

This is a very nice and slightly exotic appetizer. You may have to limit them to 4 per person or else.

Servings: 5

PROCEDURE

Yield: 4 ounces

Preparation Time: 10
minutes

INGREDIENTS

- **1 lb white mushrooms, sliced (16 oz)**
- **3 Tbsp olive oil, cold pressed (1 oz)**
- **2 Tbsp apple cider vinegar (2/3 oz)**
- **3 each garlic cloves, pressed 1/2 oz)**
- **½ tsp dried sage**
- **½ tsp dried thyme**
- **½ tsp dried rosemary**
- **½ tsp sea salt**
- **¼ tsp white pepper, ground**
- **2 tsp parsley, chopped**

1. Clean your mushrooms. Slice them with food processor slicing blade.
2. Prepare your vinaigrette with olive oil, vinegar, herbs and spices.
3. Toss mushrooms with vinaigrette.
4. Place in serving containers. Sprinkle with chopped parsley.

Dates et Amandes Enrobées de Lard - Bacon-wrapped Almond and Dates

You already know that bacon makes everything taste better but I you ever tried this bacon-heaven combination? Give it a try and let me know. Just don't wipe your fingers on your shirt.

Servings: 4

PROCEDURE

Yield: servings

Preparation Time: 10
minutes

Cooking Time: 15
minutes

Total Time: 25 minutes

INGREDIENTS

- **20 dried dates, pitted**
- **20 whole blanched almonds**
- **10 slices (thin) bacon, cut in half**

➤ Chef's tip: If you want to spice things up, sprinkle with coarse ground black pepper.

1. Preheat your oven at 400 F.
2. Open each date and stuff it with 1 whole almond. Wrap each with a half slice of bacon.
3. Keep them together with a wooden tooth pick. Place them on a baking pan layered with baking paper.
4. Bake for 12 to 15 minutes, or until bacon is browned and crisp (you can put them under the broiler halfway through to speed cooking).
5. Drain on a paper towel, and let cool 10 minutes before serving.

Feuilles de Choux de Bruxelles Croustillantes - *Crispy*

Brussels Sprout Leaves

You think you don't like Brussels sprouts? Try this recipe and I guarantee (valid for 90 days) that you will not stop eating them. Easy, tasty and crunchy. What's not to like?

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Total Time: 22 minutes

INGREDIENTS

- **8 oz Brussels sprouts, trimmed**
- **1Tbsp olive oil, sprayed**
- **1 Tbsp gluten-free soy sauce, sprayed**
- **1 Tbsp lemon zest, sprinkled**
- **2 oz pecan pieces, chopped (1/4 cup)**
- **Salt and pepper to taste**

➤ Chef's tip: Feel free to experiment with your favorite nuts: almonds, pine nuts, walnuts, cashews and so on.

1. Preheat your oven to 350 F.
2. By trimming the end of the Brussels sprouts progressively, you can separate the leaves. When you reach the core, just slice it. thin. Place on a baking sheet covered with baking paper.
3. Spray with olive oil and GF soy sauce. Sprinkle with lemon zest and nuts. Season with salt and pepper to taste.
4. Bake for 10-12 minutes, or until leaf edges just start to brown.
5. To serve, sprinkle with some lemon juice if desired.

Houmous de Courgettes Grillées - Grilled Zucchini Hummus

If you can find toasted tahini for this recipe, I would highly recommend it for this recipe. It adds a deeper layer of flavor to your hummus. If, not, that's okay too. This is a perfect recipe for Paleo adepts. Serve with dehydrated, lightly salted veggies chips.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

INGREDIENTS

- **2 medium zucchini (about 1 pound)**
- **2 oz roasted tahini (sesame seed butter) or 1/4 cup**
- **4 garlic cloves, crushed and chopped**
- **1 Tbsp fresh basil, chopped**
- **1 Tbsp fresh lemon juice**
- **1 tsp dried oregano**
- **½ tsp sea salt (Fleur de Sel)**
- **¼ tsp ground cayenne pepper**
- **Extra virgin olive oil to thin down**
- **1 tsp fresh parsley, chopped**

1. Heat your grill to medium high. When hot, brush it lightly with coconut oil.
2. Trim the ends from the zucchini then slice it in half lengthwise. If you want your hummus to be more flavorful, feel free to scrape out the seeds with a tea spoon. If there are not too many seeds, leave them in.
3. Place the zucchini slices on your grill, skin side down, and reduce the heat to low.
4. Cook for 5 minutes, flip around and cook another 5 minutes or until tender. Set aside to cool.
5. When the zucchini are cool, place it in a food processor fitted with its metal blade.
6. Add the tahini, garlic, lemon juice, herbs and spices. Process for 1 minute, or until very smooth. If it's too thick, thin down with extra virgin olive oil (optional).
7. I like to eat this hummus at room temperature but it can be refrigerated. It will thicken slightly as it chills. Sprinkle with chopped parsley for decoration and additional chlorophyll.

➤ Chef's tip: I like to serve this as an appetizer with veggie chips.

Millefeuilles de Pamplemousse Rose à la Tapenade d'Olive -

Pink Grapefruit Millefeuilles with Olive Tapenade

Pucker up! This refreshing combination of sweet/bitter grapefruit and briny olive "tapenade" will transport to the port of Nice, my home town. All you need is a cool "pastis" to complete the picture. Serve with a fish dish and Voila!

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

Total Time: 20 minutes

INGREDIENTS

- **4 pink grapefruit, peeled and sliced**
- **8 oz olives Niçoise, pitted or black olives**
- **4 anchovy fillets, drained**
- **3 Tbsp capers, drained**
- **½ garlic clove, peeled and chopped**
- **½ tsp fennel seeds**
- **3 Tbsp extra virgin olive oil**

1. Combine the olives, anchovies, capers and half a clove of garlic in the bowl of a food processor fitted with its metal blade. Process finely. Add a drizzle of olive until the mixture turns into a coarse paste. Do not over-process. Set aside.
2. Take your grapefruits. Cut off a slice off the top and the bottom. Stand the grapefruit on its bottom. With a sharp paring knife, slice the peel off, taking care of taking the white internal membrane off. When that's done, slice each grapefruit in thin, equal slices.
3. Lay the first grapefruit slice in each plate. Spread a thin layer of tapenade between each slice. Keep on going until all the tapenade is gone.
4. Sprinkle with some fennel seeds. Serve chilled.

- Chef's tip 1: To make it even more appealing, place a few lettuce leaves at the bottom of each plate.

Pruneaux aux Pommes et au Bacon - *Apple-Stuffed, Bacon-Wrapped Prunes*

This is a classic French appetizer. Delicious for sweet-salty lovers and so easy to prepare. Even your kids will like them.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

INGREDIENTS

- **20 pitted prunes**
- **10 bacon slices, cut halfway**
- **½ apple, cubed**

1. Preheat your oven to 400 F.
2. Peel and core the apple. Cut into small rectangles to fit the inside of the prunes.
3. Insert each apple piece inside each prune. With your fingers, enclose the apple within the prune.
4. Cut each bacon slice into two halves. Wrap each bacon piece around each prune. Secure with a wooden toothpick.
5. Place on a baking pan covered with wax or baking paper.
6. Bake for 8-10 minutes until the bacon starts to crisp. Serve hot.

➤ Chef's tip: If you can eat cheese, some people replace the apple with Swiss cheese cubes.

Tapenade. Tapenade

This is a wonderful appetizer loaded with black olives and a touch of capers. Its original name comes from a loose translation of the Provençal word “tapeno” which means “capers”. In my modest opinion, they should have called it “olivado” since there are many more olives. Go figure!

Servings: 4

PROCEDURE

Preparation Time: 30 min.

INGREDIENTS

- **1 garlic clove, chopped fine**
- **2 Tbsp capers, drained and chopped fine**
- **8 oz pitted black olives Niçoises**
- **¼ tsp freshly ground black pepper**
- **8 anchovies filets in oil, drained**
- **8 to 10 Tbsp extra virgin olive oil**

1. Chop the capers and garlic finely with a chef’s knife.
2. Place the olives in the bowl of a food processor fitted with the metal blade. Chop by pulsing until coarse.
3. Add the chopped garlic and capers, pepper and anchovies. Pulse until finely chopped.
4. Add the olive oil and incorporate with a few additional pulses.
5. Toast your French bread slices lightly. To enjoy, top each slice with tapenade and munch with delight.

- Chef’s tip: Please do not over-process. This should not be a cream or a paste. It tastes a lot better if you leave it kind of chunky.

Tranches de Courgettes au Citron et Aneth - Zucchini Chips with Lemon and Dill

This is a wonderful alternative to the usual fattening potato chips. If you have a dehydrator, it's perfect. If not, dry in your oven at 115 F. Let me know how your guests like it. Mine swallowed them like candies.

Servings: 9

PROCEDURE

Preparation Time: 10
minutes

INGREDIENTS

- **8 oz zucchini (8 oz), one large or two small**
- **2 Tbsp lemon juice (2/3 oz), fresh**
- **1 Tbsp olive oil (1/3 oz), extra virgin**
- **2 Tbsp fresh dill (1/4 oz), chopped**
- **¼ tsp sea salt**
- **1 pinch cayenne pepper**

1. Slice the zucchini thinly (2-3 millimeters) with a mandolin or meat slicer.
2. Blend all the marinade ingredients: lemon, oil, dill, salt and pepper.
3. In a large bowl, pour the marinade over the zucchini slices and toss gently so that all the slices are well coated.
4. Drain and spread on dehydrator trays and dehydrate at 115 F for about four hours before turning the slices and complete dehydration for another 4 hours. They will not be perfectly crisp, but their texture will be very nice.

- Chef's tip: other chips possibilities: sweet potato chips and sesame tamari or beet chips with sea salt and cayenne pepper.

Verrine de Concombre et Pommes Vertes - Raw Apple

Cucumber Mint Verrine

This very unusual and refreshing appetizer is completely and absolutely raw. It will be a hit with your guests for that summer party you're planning for next week.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

INGREDIENTS

- **1 cucumber (6 oz)**
- **1 apple (6 oz)**
- **1 orange juice (1/2 oz)**
- **1 tsp apple cider vinegar**
- **2 Tbsp plain yogurt (1 oz)**
- **1 tsp pectin (no-sugar)**
- **1 tsp mint, minced**
- **¼ tsp sea salt**
- **2 pinches white pepper**

1. Wash the cucumber. Cut off the ends, then cut in half lengthwise without peeling. Remove seeds with a spoon.
2. Peel and seed the apples.
3. Cut apple and cucumber into small cubes.
4. Toss together. Reserve 1/4 of the total volume in cubes.
5. Put the rest in a blender with orange juice, yogurt, pectin, vinegar, mint, salt and pepper. Blend until smooth.
6. Pour into a stainless steel bowl. Fold in cubed apples and cucumber.
7. Scoop into glasses or serving containers and decorate with a mint leaf. Adjust seasoning, if needed,
8. Cool for 2 hours in the fridge.

- Chef's tip: This recipe is Paleo (if you eat raw dairy) and gluten-free – not dairy-free.

Paleo French Baked Good

Pizza Paleo Fait Maison - *Homemade Paleo Pizza*

Who said that eating Paleo meant not enjoying pizza anymore? Not me, for sure. My solution? Replace wheat and grains by coconut and almond flour. So not only it's Paleo, it's also gluten-free. Don't worry, once it's baked you won't be able to tell the difference. Once you've tried it, let me know how your family and friends liked it. A nice fresh salad on the side will complement that Paleo pizza.

Servings: 6

PROCEDURE

Oven Temperature: 350°F

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Total Time: 45 minutes

INGREDIENTS

- **2.5 oz coconut flour**
- **5 oz almond flour**
- **1 tsp guar gum**
- **½ tsp baking powder**
- **½ tsp herbs de Provence**
- **¼ tsp sea salt**
- **4 eggs, organic**
- **3 Tbsp extra virgin olive oil**

1. Preheat your oven at 350 F.
2. In a mixer's bowl, measure/weigh and mix together coconut flour, almond flour, guar gum, baking powder, herbs and salt.
3. In a separate bowl, whisk together the eggs and olive oil. Mix together with paddle attachment on low speed.
4. While your mixer is running, pour the eggs/olive oil mix into the dry mix. The dough will quickly become thick. At that point switch to high speed and blend for a couple of minutes to allow all the ingredients to bind.
5. At this point, if it does not look like pizza dough, this is normal. If you feel like getting your hands dirty, finish mixing by hand with additional coconut flour on your working space. Don't worry, it will eventually come out just perfect.
6. Grease and flour (coconut oil and coconut flour) your pizza pan and spread pizza dough with your fingers (oil your fingers, it will make it easier for you).
7. Par bake for 20 minutes or until the pastry is turning golden.
8. For the topping: Your inspiration is the limit. Use your favorite tomato sauce, fresh herbs, olives, ham, anchovies,

mushrooms, veggies, etc.

9. Put your pizza back in the oven and bake another 10-15 minutes until your topping is hot and smells wonderful.
 10. See, I told you it was still possible to eat pizza on a Paleo diet. Enjoy!
- Chef's tip: Where to find coconut flour? You can find it at your local health food stores or online. Just Google coconut flour and the magic of the internet will bring it to you - with the help of a little money.

Paleo French Breakfast

Galettes aux Amandes et Coco - *Almond Coconut Pancakes*

And you thought you couldn't have pancakes anymore. Try these beauties and tell me what you think. They go well with breakfast sausages.

Servings: 16 - 2oz

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

- 7 oz almond flour (2 cups)
- 1 oz coconut flour (3 Tbsp)
- 1 tsp baking powder
- 1/4 tsp sea salt
- 12 oz eggs (6 each)
- 8 oz unsweetened applesauce (1 cup)
- 4 oz unsweetened almond milk (1/2 cup)
- 1/2 tsp vanilla extract
- 2 Tbsp ghee
- 1 pint fresh berries

1. Weigh/measure all your dry ingredients first in your mixer's bowl: almond flour, coconut flour, baking powder and sea salt. Mix them well at low speed with the whisk attachment.
2. In a separate bowl, beat together the eggs, organic applesauce, almond or coconut milk and vanilla.
3. Your batter should be a little thicker than usual. With experience, you may need to add more or less liquid.
4. Heat a non-stick frying pan over medium-low heat with coconut oil or ghee.
5. Drop 1/4 cup (2 oz) of batter on your pan once it is fully heated. Spread the batter with a spoon if desired.
6. Cook slowly for about 6-8 minutes or until set; then cook for another couple of minutes to finish them.
7. Add more ghee to your pan and repeat with remaining batter.
8. Top with fresh berries according to season: strawberries, raspberries, blueberries, blackberries, any berries you like (but not dingle berries).

- Chef's tip 1: Make sure to buy finely ground almond flour or your batter will feel gritty.
- Chef's tip 2: If the heat is too high, the cakes may stick or burn. You will need a little more time than usual to cook them through.
- Chef's tip 3: During the Holidays, feel free to replace the applesauce with organic pumpkin puree.

Biscuits aux Canneberges et Noix - *Cranberry Walnut Scones*

Here's the sweeter sibling of the Herb Pecan scone. It tastes wonderful for tea time or coffee time, or even any time at all.

Servings: 8

PROCEDURE

Yield: 3 ounces scones

Oven Temperature: 400°F

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Total Time: 30 minutes

INGREDIENTS

- 3 oz coconut flour
- 3 oz almond flour
- 3 oz tapioca (cassava, manioc) flour
- 2 oz walnut pieces, chopped
- 2 oz dried cranberries
- 1 Tbsp baking powder
- 1 tsp guar gum
- ½ tsp sea salt
- 4 oz ghee (or organic margarine), cut in small pieces
- 4 oz coconut milk
- 2 Tbsp agave nectar
- 4 oz whole eggs (2 each)

1. Preheat your oven at 400F.
2. Line a baking pan with baking paper, or spray your pan with olive oil spray and dust with coconut flour.
3. In your mixing bowl, weigh together the flours, chopped walnuts and cranberries, baking powder, guar gum and sea salt. Blend together at slow speed with the paddle attachment.
4. Cut the cold ghee (or organic margarine) into small pieces. Add to the dry mix.
5. In a third bowl, weigh the coconut milk, agave nectar and eggs. Whisk well.
6. Starting your mixer at the slowest speed, mix in the ghee (or margarine) until it reaches pea size. Add the liquid ingredients and mix only until the dough comes together. Stop the mixer. If needed, finish mixing with a wooden spoon.
7. Using an ice cream scoop #12 (you can find them at baking or restaurant supply store such as Ace Mart or Williams Sonoma, and sometimes at your grocery store baking department). Scoop an even scoopful of the dough and drop onto the prepared baking pan. Make sure to separate them by at least 2 inches.
8. Press each dough piece gently with your fingers to flatten it a little. Brush with a little beaten egg and sprinkle with additional chopped nuts.
9. Bake on the middle rack for 12-15 minutes. The bottom should be golden.

Biscuits aux Herbes et Pecans – Herbs and Pecan Scones

These are the herbaceous scones you always wanted. I like the flavor of nuts in my scones, Paleo or not. In this recipe, here is the right balance between pecans' sweet flavor with the fresh herbs greenness. I hope you enjoy these as much as I do.

Servings: 8

PROCEDURE

Yield: 3 ounces scones

Oven Temperature: 400°F

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Total Time: 30 minutes

INGREDIENTS

- 3 oz coconut flour
- 3 oz almond flour
- 3 oz tapioca (cassava, manioc) flour
- 3 oz pecan pieces
- 1 Tbsp fresh thyme
- 1 tsp fresh rosemary, chopped
- 1 Tbsp baking powder
- 1 tsp guar gum
- ½ tsp sea salt
- 4 oz ghee, cut in small pieces
- 4 oz whole eggs (about 2 each)
- 4 oz coconut milk

1. Preheat your oven at 400F.
2. Line a baking pan with baking paper, or spray your pan with olive oil spray and dust with coconut flour.
3. In your mixing bowl, weigh together the flours, chopped pecans, chopped herbs, baking powder, guar gum and sea salt. Blend together at slow speed with the paddle attachment.
4. Cut the cold ghee (or organic margarine) into small pieces. Add to the dry mix.
5. In a third bowl, weigh the coconut milk and eggs. Whisk well.
6. Starting your mixer at the slowest speed, mix in the ghee until it reaches pea size. Add the liquid ingredients and mix only until the dough comes together. Stop the mixer. If needed, finish mixing with a wooden spoon.
7. Using an ice cream scoop #12 (you can find them at baking or restaurant supply store such as Ace Mart or Williams Sonoma, and sometimes at your grocery store baking department). Scoop an even scoopful of the dough and drop onto the prepared baking pan. Make sure to separate them by at least 2 inches.
8. Press each dough piece gently with your fingers to flatten it a little. Brush with a little beaten egg and sprinkle the chopped herb of your choice.
9. Bake on the middle rack for 15 minutes.

Galettes aux Amandes et Bananes - Almond Banana Pancakes

Here's a nice Paleo way to eat your breakfast. I like to eat them drizzled with locally-harvested honey and a side of natural bacon.

Servings: 12

PROCEDURE

Yield: 2 oz pancakes

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

- **7 oz almond flour (2 cups)**
- **1 oz coconut flour (3 Tbsp)**
- **½ tsp guar gum**
- **½ tsp baking powder**
- **¼ tsp sea salt**
- **1 ripe banana, sliced**
- **8 oz eggs (4 each)**
- **1 oz chunky almond butter (2 Tbsp)**
- **4 oz unsweetened almond or coconut milk (1/2 cup)**
- **½ tsp vanilla extract**
- **2 Tbsp coconut oil for cooking**

1. Weigh/measure the dry ingredients in your mixer's bowl: almond flour, coconut flour, guar gum, baking powder and salt. Mix well with the whisk attachment.
2. Slice your banana into the bowl.
3. In a separate bowl, mix together eggs, organic almond butter, almond or coconut milk and vanilla.
4. Start your mixer at low speed. Add wet ingredients into the dry ingredients plus bananas. The whisk will mash your banana as it mixes the batter. Mix well until all ingredients are well blended. If you like your batter smoother, whisk on high speed for a while more.
5. The batter should be thick. Adjust with additional liquid if needed.
6. Heat a non-stick pan at medium-low heat until hot. Add 1 tsp coconut oil and melt. Spoon 1/4 cup of batter. Spread a little if needed.
7. Cook for 6-8 minutes or until set. Flip. Cook another couple of minutes.

- Chef's tip 1: I like mine with honey but you can replace it with organic (real) grade B maple syrup or a sugar-free fruit preserves.
- Chef's tip 2: Feel free to replace the chunky almond butter with smooth almond butter or cashew/hazelnut or even sesame butter.

Muffins Framboises et Frangipane - Raspberry Muffins

Frangipane

These Paleo muffins remind me of the almond filling of Pithiviers cakes or Galette des Rois (King's Cake). I picked raspberries for this recipe because they are my favorite berries but feel free to use your favorite one. This recipe is Paleo, gluten and dairy-free.

Servings: 12 – 3 oz

PROCEDURE

Oven Temperature: 350°F

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

- 10 oz almond flour
- 2 oz coconut flour
- 4 eggs, organic
- 4 oz coconut oil, melted
- 4 oz local honey
- 1 pint raspberries, fresh (6 oz)
- 1 pint fresh berries

1. Preheat your oven at 350 F.
2. Weigh/measure all your ingredients in your mixer's bowl except the raspberries.
3. Mix well at low speed with the paddle attachment until fully incorporated.
4. Drop this batter into muffin pans fitted with paper cups about 3/4 of the way.
5. Top off with 4 fresh raspberries.
6. Bake for 20-25 minutes, or until the top is golden brown.
7. Enjoy while still warm.

- Chef's tip 1: Feel free to substitute with your favorite berry. In season, I highly recommend peaches (peeled, pitted and cubed), pears or apples, even unsweetened apple sauce.
- Chef's tip 2: These fruit muffins freeze very well in a container with a lid. Wrap them individually and freeze them. Take out and add to your kids' lunch box or for an afternoon snack.

Ceufs au Four aux Tomates et Lard - Egg, Tomato and Bacon

Almost Muffins

This way of preparing eggs is a fun alternative to scrambled eggs or omelet. Serve with a side salad and fresh fruits.

Servings: 4

PROCEDURE

Oven Temperature: 350°F

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Total Time: 35 minutes

INGREDIENTS

- **8 bacon strips (nitrite/nitrate free)**
- **Melted bacon fat for brushing tins**
- **8 eggs, organic (whole or scrambled)**
- **2 tomatoes, cut into 8 - 1/2 inch slices**
- **1 white onion, sliced**
- **1 garlic clove, chopped**
- **8 white mushrooms (champignons de Paris), sliced thin**
- **½ tsp sea salt**
- **½ tsp black pepper, ground**

1. Preheat your oven at 350 F.
2. Cook bacon in a non-stick pan over medium heat until it begins to shrivel but not too stiff. Drain bacon on paper towel.
3. Save melted bacon fat in metal container for later uses. Keep a little in your pan.
4. Brush 8 cups in a muffin pan or 8 ramekins with bacon fat from the pan. Place on sheet pan.
5. Add sliced onions and chopped garlic, sprinkle with salt and cook in the remaining bacon fat until translucent. At that point, add sliced mushrooms and keep on cooking until slightly caramelized.
6. Meanwhile, place a tomato slice at the bottom of each muffin cup or ramekin. Circle the inside of each cup with a strip of cooked bacon.
7. Break one egg on top of the tomato slice. Season with ground pepper.
8. Add sautéed onions, garlic and mushrooms over the egg.
9. Fill any unused tins with water to protect from burning.
10. Bake in the oven for 20 minutes. Serve while still hot.

- Chef's tip 1: Meat: You can replace the bacon with turkey bacon or skip the bacon altogether and use crumbled sausages or chorizo at the bottom of each muffin slot.

- Chef's tip 2: If you don't care for a soft egg yolk, bake for a longer time or scramble your eggs before pouring into the muffin pan.
- Chef's tip 3: Veggies: free to replace tomato with chopped sautéed sweet peppers, a touch of hot peppers.
- Chef's tip 4: Prepare a whole pan (12) of these on the weekend, wrap them well, refrigerate and use throughout the week for lunch. Warm them a few minutes in a toaster oven.

Œufs Brouilles aux Merguez - Merguez Scrambled Eggs

Merguez is a spicy sausage made from lamb or beef originally from North Africa and the Middle East. It has slowly spread throughout Europe thanks to an opening to international cuisine. I typically love mine grilled with a side of spicy hot sauce like harissa. A nice side salad will make a cooling addition to this meal.

Servings: 4

PROCEDURE

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Total Time: 15 minutes

INGREDIENTS

- **1 Tbsp ghee or coconut oil**
- **1/2 yellow onion, diced**
- **garlic clove, chopped**
- **1 red pepper, diced**
- **1 lb merguez sausage, skin cut and crumbled**
- **8 eggs, organic**
- **½ tsp sea salt**
- **¼ tsp freshly ground black pepper**
- **Hot pepper sauce to taste (harissa or salsa)**

1. Heat a medium sauté pan over medium heat. When hot, add ghee (coconut oil) and sauté onions and garlic for about 3 minutes.
2. Add red pepper and crumbled merguez and continue to cook until the meat gets crispy around the edges and the onion turns translucent.
3. Meanwhile, beat the eggs in a bowl with sea salt and black pepper.
4. Pour the eggs into the pan with the meat/onions/garlic mixture.
5. Scramble the eggs softly until cooked.
6. Top with hot sauce of choice.

Chef's tip: I realize that merguez sausages may be difficult to find in your area. Feel free to substitute with chorizo (natural from your farmer's market or local charcuterie, if possible) or bar that a good quality spicy sausage (no nitrates, no nitrites) will do well.

Petits Gâteaux aux Carottes et Bananes - *Carrot Banana*

Muffins

This is a yummy but versatile recipe. See tips for more ideas. You should get about a dozen muffins out of this recipe but don't eat them all in one sitting. Freeze them and reheat them for a perfect any time snack. Any egg dish will make a nice accompaniment.

Servings: 12 muffins

PROCEDURE

Oven Temperature: 350°F

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Total Time: 50 minutes

INGREDIENTS

- 4 oz almond flour (1 cup)
 - 4 oz tapioca flour (starch) (1 cup)
 - 1 Tbsp baking soda
 - 1 tsp sea salt
 - 1 Tbsp cinnamon
 - 4 oz dates, pitted (1 cup)
 - 3 ripe bananas
 - 12 oz eggs, organic (6 each)
 - 1 Tbsp apple cider vinegar
 - 2 oz coconut oil, melted (1/4 cup) or ghee
 - 6 oz carrots, shredded (2 medium)
 - 4 oz pecans (or nuts)
1. Preheat your oven at 350 F.
 2. Weigh/measure your dry ingredients in your mixer's bowl: flours, baking soda, salt and cinnamon. Mix with paddle.
 3. Shred your carrots with your food processor with grating plate. Set aside.
 4. In the same bowl fitted with the blade, add dates, bananas, eggs, organic vinegar and oil. Pulse a few times to combine but do not puree.
 5. Add mixture from food processor to dry mixture in the mixer's bowl and mix thoroughly at low speed.
 6. Add grated carrots and nuts. Mix until combined.
 7. Scoop or spoon mixture into paper lined muffin tins.
 8. Bake at 350 F for 30 minutes or until knife's blade comes out clean.

**of choice), finely
chopped (1 cup)**

- **Muffin paper liners**
- Chef's tip 1: If you are allergic to nuts, use coconut flour instead of almond flour (add 2 extra eggs) and omit pecans and other nuts. I like raisins instead.
- Chef's tip 2: If you don't care or cannot find dates, you can use dried figs. I also like unsweetened applesauce.
- Chef's tip 3: If you are in a Holidays mood, replace mashed bananas with pumpkin puree. Yum!

Petit Dejeuner aux Pecans Sans Flocons d'Avoine - Pecan

Not-Meal Breakfast

Did I get you fooled with the not-meal (no oatmeal) name? Sorry! Try this blend as a warm alternative to your morning oatmeal. Serve with a meat side dish to get additional protein.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Total Time: 15 minutes

INGREDIENTS

- 4 oz pecan pieces (2 cups)
- 2 oz dried cranberries (1 cup)
- 2 Tbsp chia seeds
- ½ tsp cinnamon
- 1 pinch ginger
- 1 pinch sea salt
- 1 lb unsweetened applesauce (2 cups)
- 4 eggs, organic
- 4 Tbsp unsweetened almond milk
- 1 banana, mashed
- 2 Tbsp almond butter
- 2 Tbsp sunflower seeds
- 2 oz fresh blueberries (1 cup)

1. Add pecans, cranberries, flax seed and spices to a food processor fitted with its blade. Pulse this mix until it is coarse but not a powder. Set aside.
2. In a saucepan, whisk together the applesauce, eggs and almond milk to break it up.
3. Mash together the banana, almond butter. Add to above mix.
4. Stir in the nut/seed/spices mixture. Warm gently on the stove while stirring with a wooden spoon until it reaches your desired consistency. Keep on stirring so it does not burn at the bottom. Add more milk if the mix is too thick.
5. Sprinkle sunflower seeds and berries on top.

➤ Chef's tip 1: Feel free to replace the chia seeds with ground flax seeds.

➤ Chef's tip 2: Pumpkin seeds are another good topping.

Chef's tip 3: Any other berries in season is also a good choice.

Paleo French Eggs

Ceufs Pochés aux Verdures Sautées - *Poached Eggs Over*

Sautéed Greens

This recipe offers a good combination of protein and healthy greens in one quick meal. I personally like my eggs poached but you can fry them gently (I don't care for the bottom leathery skin when you fry them on high). For added flavor, you can drizzle balsamic vinegar over your greens.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

INGREDIENTS

Eggs:

- 4 cups water
- 1 tsp apple cider vinegar
- 4 eggs, organic

Veggies:

- 1 large leek, white part only, sliced thin
- 4 garlic cloves, sliced
- 8 oz kale, spine off, chopped (4 cups)
- 2 oz vegetable broth (6 Tbsp)
- 2 Tbsp fresh lemon juice (1 lemon)
- 1 pinch salt & pepper

1. Clean, peel and slice leeks and garlic. Set aside.
 2. Wash and dry kale. Slice the spine off and slice kale in thin strips. Set aside.
 3. Bring water and vinegar to a simmer in a skillet large enough to fit all eggs. Make sure there is enough water to cover eggs.
 4. Meanwhile, heat 3 Tbsp of the broth in a separate stainless steel 10-12 inch skillet. Sauté sliced leeks and garlic in broth over medium heat for about 3 minutes.
 5. Add kale, additional broth, and lemon juice, salt and pepper. Simmer covered on medium low heat for about 5 minutes, stirring occasionally.
 6. While all of this is going on, poach your eggs gently until done to your taste. Remove with a slotted spoon and place on top of greens.
- Chef's tip 1: If you're cautious about poaching eggs, you can pan-fry them.
- Chef's tip 2: Play with your food: use any other fresh seasonal green leaf vegetables you love.

Omelette Paysanne - Peasant Omelet

This omelet brings me back to my childhood at Mammy's small farm. It is a simple but full of flavors peasant meal. Serve with a fresh salad.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

INGREDIENTS

- **8 eggs, organic**
- **1 lb Yukon Gold potatoes, peeled and small cubed**
- **8 oz smoked bacon, cubed**
- **1 white onion, halved then sliced (6 oz)**
- **2 Tbsp ghee, soft (split)**
- **2 Tbsp coconut oil (split)**
- **Sea salt, to taste**
- **Black pepper, to taste**

1. Buy thick-sliced smoked bacon (organic or natural, if possible). Cut into cubes.
2. Brown the bacon in a frying pan without fat, until crispy. Set aside on a paper towel.
3. In the same pan, add ghee and coconut oil and sauté the potatoes and sliced onion over medium heat until cooked and golden.
4. Add back the bacon and stir to warm back up. Sprinkle with salt and pepper to taste.
5. Beat the eggs with 1 Tbsp of water, salt and pepper.
6. Using a large nonstick frying pan, heat the butter on medium-high heat, add your eggs. Using a silicone spatula, stir your eggs while they are cooking.
7. About halfway through spread the potatoes, onions and bacon mixture on top of the eggs. Before it is completely set, fold one half over the other.
8. Finish cooking and flip over your serving platter.

➤ Chef's tip 1: I personally like to sprinkle minced green onions on top of the omelet for added flavor and a splash of color.

Piperade Basque - Basque Piperade

This great dish from the Southwest is perfect for brunch. Typically, they would use Jambon de Bayonne (Bayonne's ham, a local specialty) but it not available in this country. But no worries, we can easily substitute with Italian prosciutto. I won't tell if you don't.

Servings: 4

PROCEDURE

Oven Temperature: 400°F

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Total Time: 30 minutes

INGREDIENTS

- 8 eggs, organic
- 4 slices of Prosciutto ham (4 oz)
- 1 red pepper, sliced
- 1 green pepper, sliced
- 4 tomatoes, seeded and sliced
- 1 onion, sliced
- 2 garlic cloves, chopped
- 2 Tbsp extra virgin olive oil
- ½ tsp sea salt
- ½ tsp black pepper, ground

1. Clean, core and deseed peppers. Slice into strips.
2. Clean, core and squeeze the seeds out of the tomatoes. Slice them.
3. Peel and slice the onion.
4. Heat a large frying pan with olive oil on medium heat. Sauté the sliced onions and garlic with a pinch of salt to bring out their sweetness. Cook until translucent.
5. Add the peppers and tomatoes. Stir well. Lower the heat. Continue to cook until all veggies are soft.
6. Beat the eggs in a separate bowl with salt and pepper.
7. Cut the ham into pieces and fry with a little oil until crispy.
8. Add the cooked ham to the veggies; stir.
9. Add the whipped eggs and cook like an omelet or stick in a 400 F oven and finish cooking like a frittata.

- Chef's tip: If you have a hard time finding prosciutto, you can replace the ham with your favorite natural smoked bacon.

Paleo French Fish and Seafood

Cabillaud au Beurre aux Herbes et Tomates Confites - Cod

with Herbs-Flavored Butter and Sundried Tomatoes

I know... some people will cringe. So much butter! But yet, the results are so wonderfully smooth and flavorful I could not pass this recipe without adding to your choices. If you don't feel comfortable with ghee, use extra virgin olive oil instead.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

- **1 lb skinless cod slices (4 oz each)**
- **4 oz clarified butter (ghee) (1 stick)**
- **1 lemon, grated**
- **4 thyme sprigs, dried**
- **4 bay leaves, dried**
- **A few peppercorns**
- **A few coriander seeds**
- **A few star anise flowers**
- **Salt and freshly ground pepper to taste**
- **8 oz sundried tomatoes**

1. Melt your clarified butter (ghee) in a 2 quarts pan (with lid). When warm, add the lemon zest and herbs. Lower the heat and allow steeping for a few minutes.
 2. Add the sundried tomatoes.
 3. Season the cod with salt and pepper to taste. Place in the pot on top of the tomatoes.
 4. Keeping the heat low, cook slowly until the fish's center register 130 F (check with an instant thermometer). In effect, you will be poaching your fish instead of frying it.
 5. Serve with your favorite vegetable side dish or with a salad.
- Chef's tip: The fish will release its juices while cooking creating a wonderful sauce in the process. You can use that sauce on top of your favorite steamed vegetable (broccoli, cauliflower, carrots, etc.)

Boulettes de Colin sur Compote de Tomates au Citron - Colin *dumplings on Stewed Tomato with Lemon*

This simple yet tasty recipe will be on your table in 30 minutes. According to market availability and your fishmonger's recommendation, feel free to use any white fish you like. Add a quick composed salad with nuts or seeds and dinner is ready.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

Step 1

- **1 lb fresh or frozen hake (Pollock or cod)**
- **1 egg, organic**
- **1 Tbsp coconut flour**
- **1 Tbsp coriander seeds**
- **1 Tbsp parsley, chopped**
- **Sea salt and ground pepper to taste**

Step 2

- **1 Tbsp extra virgin olive oil**
- **1 large white onion, chopped (6 oz)**
- **1 garlic clove, minced**
- **1 pinch sea salt**
- **1 pinch black**

1. Ask your friendly fishmonger to cut the freshest white fish you can find in small cubes. It can be Pollock, hake, cod or Pollock.
2. Place the fish in your food processor fitted with the metal blade. Add egg, coconut flour, coriander seeds, parsley, and salt and pepper.
3. Roll balls the size of walnuts with your hands. If it's a little sticky, use a little coconut flour in your hands.
4. Heat a 2 quarts pan over low heat with olive oil. Add the onion, garlic, salt and pepper. Let it cook a few minutes while stirring until translucent. Add cubed tomatoes, basil, honey, lemon zest and juice. Bring to a gentle boil.
5. Place the fish meat balls on top of the tomato concassée (crushed), cover and stew over low heat for 20 minutes before serving.
6. Serve hot. Sprinkle with a touch of chopped parsley.

- pepper, ground**
 - **1 lb tomatoes, cubed
(2 large)**
 - **1 tsp fresh basil,
minced**
 - **1 Tbsp local honey**
 - **1 lemon zest and
juice**
 - **Sea salt and pepper
to taste**
- Chef's tip: In case of an emergency, use frozen white fish and organic canned tomatoes.

Cabillaud Méditerranéen - Mediterranean Baked Cod

I originally wanted to offer you this recipe in papillote but that would complicate things a little. So, instead, we're going to oven bake this recipe. As long as the flavorful aromas of the ingredients are infused in the fish by being tightly covered, we'll obtain the same results. Serve this light dish with a composed salad and you're done. Bon Appétit!

Servings: 4

PROCEDURE

Oven Temperature: 400°F

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 40 minutes

INGREDIENTS

- **1 red pepper, seeded and sliced**
- **1 tomato, sliced**
- **½ white onion, sliced**
- **2 garlic cloves, crushed**
- **2 Tbsp olive oil**
- **2 Tbsp capers, drained**
- **2 Tbsp pitted black olives, chopped**
- **4 Tbsp of hot salsa**
- **1 lb cod fillets**
- **1 lemon, sliced**
- **1 tsp Herbes de Provence**
- **1 Tbsp cilantro, minced**
- **½ tsp sea salt**
- **¼ tsp white pepper**

1. Preheat your oven at 400 F.
2. Cut the fish in 4-4 oz sections.
3. Wash the peppers. Take the stem and seeds out. Slice the flesh into strips. Set aside.
4. Wash the tomato. Take the stem out. Slice thinly. Set aside.
5. Peel onion. Cut in half then in slices. Peel and crush the garlic.
6. Set a frying pan on medium heat and sauté the onion and garlic with a sprinkle of salt until transparent (2 min) in olive oil.
7. Add sliced red pepper and tomato. Continue to cook for another 2 minutes.
8. Add the capers and olives and finish cooking until soft.
9. Oil a glass or ceramic oven dish. Spread the cooked veggies at the bottom.
10. Add the cod fillets on top of the veggies.
11. Sprinkle with a slice of lemon, Herbes de Provence, minced cilantro and salt and pepper.
12. Tightly cover with aluminum foil. Make sure the foil does not touch the fish.
13. Bake for 20 minutes or until tender. Take off the foil (watch out for the hot steam). Serve hot.

Carpaccio de Langoustines avec sa Vinaigrette de Pomme Verte et Céleri - *Shrimp Carpaccio with Green Apple and Celeriac Dressing*

I like to eat this seafood version of Carpaccio in the summer. To keep it cool, you might serve it with a composed "mesclun" (mixed field green salad) drizzled with my special vinaigrette.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

Total Time: 20 minutes

INGREDIENTS

- 12 shrimps, deveined
- 2 oz purslane, arugula or baby spinach
- 2 oz celeriac root, shredded
- 2 oz Granny Smith apple, grated
- 1 lime juice, fresh
- 1 Tbsp extra virgin olive oil
- 1Tbsp hazelnut oil
- 1/2 tsp sea salt
- 1/4 tsp chili powder
- Shaved black truffle (optional)

➤ Chef's tip: Optional but decadent: In season, you can add a few black truffle shavings.

1. Carpaccio: Peel and devein fresh shrimp (or ask your fish monger to do it for you).
2. Spread three of them side by side on a sheet of heavy duty plastic wrap. Cover with another layer of plastic wrap. Using a mallet (or the side of a wine bottle or the bottom of a heavy glass), flatten the shrimp carefully until its flesh is about 1/8 inch thin.
3. Pull the top plastic film layer off carefully. With a pizza-cutting wheel, cut strips one inch wide, Holding the bottom plastic film, flip shrimp strips over a serving platter carefully. Peel off plastic film. Store in your refrigerator for the time being.
4. Dressing: Rinse and drain the purslane, arugula or baby spinach.
5. Peel and grate the celeriac root and apple. Mix together with lime juice to keep from browning. Season with salt and chili powder and add olive oil and hazelnut oil. Toss gently.
6. When ready to serve, take the shrimp Carpaccio platter out of the refrigerator. Season lightly with salt and chili and spread the dressing over it. Scatter purslane, arugula or baby spinach leaves over the plate.

Chili au Thon - Tuna Chili

This is my seafood version of the classic chili con carne - sans beans. You could eat it as a ragout with a side of oven-roasted squash (in season) or sweet potatoes drizzled with melted ghee and sprinkled with cinnamon.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 1 hour

Total Time: 1 hour and 15 minutes

1. Sauté onions, garlic and peppers in olive oil with salt until onions are translucent.
2. Add tuna and herbs. Sauté for another 5 minutes or until tuna is browned.
3. Add tomatoes, tomato puree and spices.
4. Simmer for one hour. Enjoy!

INGREDIENTS

- 2 Tbsp olive oil
- 1 white onion, sliced
- 4 cloves garlic, chopped
- 1 red bell pepper, diced
- ½ tsp sea salt
- 1 lb tuna, cubed
- 2 tsp dried thyme
- 2 bay leaves
- 1 can crushed tomatoes (28 oz)
- 6 oz tomato puree (1 small can)
- 1 tsp chili pepper
- 1 tsp ground cumin

➤ Chef's tip: The fish will release its juices while cooking creating a wonderful sauce in the process. You can use that sauce on top of your favorite steamed vegetable (broccoli, cauliflower, carrots, etc.)

Chili Concarneau - Seafood Chili Stew

Concarneau is a small fortified town in Brittany. It is famous for its fresh seafood. If you feel like it, you can add variety by adding oysters to this stew. Personally, I like it just the way it is. I prefer my oysters raw. This stew is great served with steamed parsnip or sweet potatoes.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

Cooking Time: 1 hour

Total Time: 1 hour and 20 minutes

INGREDIENTS

- **2 Tbsp extra virgin olive oil**
- **1 lb white fish (cod or haddock)**
- **8 oz shrimp, peeled and deveined**
- **1 white onion, sliced**
- **1 red pepper, sliced**
- **3 garlic cloves, crushed**
- **1 can crushed tomatoes (28 oz)**
- **6 oz tomato paste (1 small can)**
- **2 carrots, diced**
- **4 oz red wine**
- **1 tsp sea salt**
- **2 tsp chili powder**
- **Tabasco to taste**

1. Slice onion, garlic and red pepper. Sauté in olive oil in heavy cast iron pot and set aside.
2. Cut the fish into small pieces (or ask your friendly fishmonger). Peel shrimp and cut into pieces an inch long.
3. Add more olive oil, Sauté the fish and shrimp for few minutes. Add back the onions garlic and pepper.
4. Add crushed tomatoes and tomato paste, diced carrots, wine and spices. Add Tabasco if you feel like it.
5. Allow to simmer on low heat for at least one hour. Stir once in a while to avoid sticking. If the stew reduces too quickly, add more wine (or fish broth).

- Chef's tip 1: If you you're shy about using wine (although the alcohol evaporates during cooking), use fish broth instead.
- Chef's tip 2: This stew is even better rewarmed the following days.

Crevettes au Paprika et Chorizo et Mélange de Légumes -

Paprika Shrimp with Chorizo and Vegetables Medley

This one dish meal is very easy and fast to prepare. You will have dinner ready in 20 minutes and have more time for fun. I hope you like it as much as I do.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

INGREDIENTS

- **1 Tbsp extra virgin olive oil**
- **1 lb shrimp, raw, peeled and deveined**
- **½ tsp sweet paprika powder (or your favorite spice blend)**
- **4 oz chorizo, sliced**
- **1 lb bag of frozen organic vegetable medley**
- **1 Tbsp tarragon, chopped**
- **¼ tsp sea salt**
- **¼ tsp black pepper**

1. Peel and devein raw shrimp (or buy them already cleaned).
2. Sprinkle them with paprika, salt and pepper. Let sit 10-15 minutes to allow the spices to sink in.
3. Heat your oil in a large frying pan on medium heat. Sauté the shrimp and sliced chorizo until almost cooked.
4. Add the vegetable medley and tarragon. Salt and pepper to taste.
5. Continue to cook until the veggies bathed in the shrimp/chorizo flavors.

- Chef's tip 1: If you don't care for the chorizo's spiciness, replace with your favorite sausage.
- Chef's tip 2: If you don't care for tarragon, substitute with your favorite fresh herb.
- Chef's tip 3: Since you already have your veggies, all you need is a fruit and dinner is served.

Filet de Daurade Royale au Petits Légumes et à la Coriandre -

Fillet of Sea Bream with Vegetables and Coriander

This is a wonderful spring or summer dish. I like its freshness and herbal flavor. Squeeze a little lime juice on top of the fish for additional zest and vitamin C.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Total Time: 30 minutes

INGREDIENTS

- **2 Tbsp extra virgin olive oil**
- **2 carrots, peeled and sliced**
- **1 leek, cleaned and sliced (white only)**
- **1 bunch spring onions, cleaned and sliced**
- **2 artichokes, peeled and sliced**
- **1 bunch of cilantro, chopped**
- **4 oz vegetable broth (1/2 cup)**
- **Salt and pepper to taste**
- **2 Tbsp extra virgin olive oil**
- **1 lb sea bream (4 filets 4 oz each)**
- **1 fresh lime juice**

1. Wash, peel and prepare the vegetables as follow: peel and slice the carrots and leeks; peel and slice the artichokes; clean and cut the onions in half lengthwise.
 2. Sauté the vegetables in a 2 quarts pan (with lid) with the olive oil on medium heat.
 3. Cover with the vegetable broth; add chopped (save some for decoration) cilantro and spices. Cover and cook for 15 minutes or until tender.
 4. When almost ready to serve, brown the fish fillets skin side down in olive oil so that it's crispy. Salt and pepper to taste.
 5. Portion the vegetables on the plates and place the fish on top.
 6. Sprinkle with the lime juice and chopped cilantro. Serve while hot.
- Chef's tip: If fresh artichokes are too complicated to deal with for you, use organic canned artichoke hearts or I personally enjoy flash-frozen organic green peas.

Filet d'Omble Chevalier aux Champignons Shiitake - Arctic

Char Fillet with Shiitake Mushrooms

This recipe uses a special vermouth called Noilly Prat. It is a very particular type of French vermouth with a bitter aftertaste known for its healing qualities (so they say). If you're not familiar with this particular product, use regular vermouth or a port wine. Don't worry! The alcohol will evaporate during cooking.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

INGREDIENTS

- **1 lb arctic char, cut into 4 oz filets**
- **1 Tbsp extra virgin olive oil**
- **1 Tbsp ghee**
- **4 shallots, chopped**
- **6 oz shiitake mushrooms, sliced**
- **8 cherry tomatoes, cut in halves**
- **2 oz Noilly Prat (vermouth or port wine)**
- **8 oz coconut milk (1 cup)**
- **A few chives, minced**
- **2 pinches sea salt**
- **1 pinch black pepper, ground**

1. Ask your friendly fishmonger to cut 4-4 oz fillets of Arctic char. Score the skin side with a small knife to facilitate cooking.
2. Heat oil and ghee in a frying pan on medium heat. Cook the fish skin side down for about 3 minutes. Season to taste.
3. Flip the fish and cook another 2-3 minutes until it's cooked to your taste. Set aside at room temperature.
4. In the same pan, sauté the shallots, mushroom and cherry tomatoes until soft.
5. Add the Noilly Prat or vermouth to the pan to deglaze and bring to boil.
6. Add the coconut milk, reduce the heat and cook more to reduce the sauce.
7. Put the fish back into the pan. With a spoon, scoop the sauce over the fish a few times to warm it up and flavor it.
8. Serve hot. Sprinkle with minced chives.

- Chef's tip: Serve with either a cold spinach salad or I like it with sautéed spinach in bacon fat and bacon bits.

Filets de Loup à l'Orange, au Garam Masala et à la Bourrache -

Filletts of Sea Bass with Orange, Garam Masala and Borage

With this exotic recipe, I decided to take you to the Far East with this combination spices and sweet orange. Add to that a hint of the medicinal herb borage and Voila! A tasty, creative and healing dish. The whole gives this dish a refreshing taste perfect for those summer days.

Servings: 4

PROCEDURE

Oven Temperature: 400°F

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

- **1 lb sea bass filets (4-4 oz ea)**
- **2 oranges, organic**
- **2 Tbsp extra virgin olive oil**
- **2 oz dry white wine (4 Tbsp)**
- **1 pinch of garam masala**
- **A few borage leaves, finely minced**
- **1 pinch sea salt**

1. Preheat your oven at 400 F.
2. Ask your friendly fishmonger to precut 4-4 ounces sea bass filets.
3. Oil a glass or ceramic oven dish. Place the sea bass filets at the bottom.
4. Pour the white wine over them. Drizzle the olive oil. Sprinkle with the salt and Garam Masala spices.
5. Cover with oranges slices.
6. Wrap the whole dish with aluminum foil (make sure it does not touch the fish).
7. Bake at 400 F for about 20 minutes.
8. When the filets are cooked take the foil off (watch out for the hot steam).
9. Transfer them onto hot plates. Sprinkle with minced borage. Serve immediately.

- Chef's tip 1: If borage is hard to find in your neck of the woods, substitute with your favorite fresh herb from your garden: mint, basil, parsley, etc.
- Chef's tip 2: If Garam Masala cannot be found at your local health store, try and Indian store or replace with your favorite curry spice blend.

Galette de Rouget aux Patates Douces - Mullet and Sweet

Potato Cake

This wonderfully perfumed dish will make you feel like you're seating on a Mediterranean seaside cafe. Enjoy with a Salade Nicoise and a lemon sorbet.

Servings: 4

PROCEDURE

Oven Temperature: 400°F

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

INGREDIENTS

- **1 lb mullet, trimmed and chopped**
- **1 sweet potato, sliced thinly**
- **2 oz extra virgin olive oil**
- **1 red bell pepper, diced**
- **1 white onion, chopped**
- **½ fennel bulb, diced**
- **1 pinch ginger**
- **1 pinch saffron**
- **1 pinch Herbes de Provence blend**
- **¼ tsp sea salt**
- **1 pinch cayenne pepper**

1. The day before, prepare the marinade: In half the oil, add the diced red pepper, white onion, and fennel. Add ginger, saffron, herbs, salt and pepper. Mix well.
2. Chop the fish's flesh coarsely. Mix with the marinade. Cover with plastic film and marinate overnight in your refrigerator.
3. The next day, preheat your oven a 400 F.
4. Peel the sweet potato. With a mandolin, cut 16 thin slices.
5. Fry in the remaining oil, 1 minute on each side. Place them on a paper towel.
6. Lay baking or wax paper on your oven's baking sheet.
7. Arrange 4 sweet potato cakes by putting together 4 slices each.
8. Spoon the marinated fish evenly on each cake.
9. Bake for 8-10 minutes or until done to your satisfaction.

➤ Chef's tip: Mullet is not always available fresh. Replace with your favorite fresh white fish.

Saumon à la Sauce Moutarde et Fenouil - *Salmon with*

Mustard, Dill Sauce

This quick and tasty dish will provide your daily dose of omega-3 fatty acids and vitamin D. Make sure to use wild-caught salmon to get the most benefits. To keep the sauce light, I am using vegetable broth instead of oil. Let me know what you think. Serve with green peas drizzled with the sauce.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Total Time: 15 minutes

INGREDIENTS

- **1 lb salmon filet cut into 4 pieces**
- **1 Tbsp fresh lemon juice**
- **Sea salt and white pepper to taste**

Dill Sauce

- **2 oz vegetable broth (1/4 cup)**
- **2 garlic cloves, pressed**
- **1 Tbsp Dijon mustard**
- **2 Tbsp fresh lemon juice**
- **Sea salt and white pepper to taste**
- **1 tsp fresh dill, chopped**

1. Preheat your broiler on high and place a cast iron or stainless steel skillet under the heat for about 10 minutes to get it very hot. Keep the pan at 5-6 inches from the heat source.
2. Rub salmon with the lemon juice. Sprinkle with salt and pepper.
3. Being very careful, pull the skillet away from the heat and place your salmon on it. Return under the broiler to quick broil.
4. Because the fish is getting heat from bottom and top, it will cook quickly.
5. Using a timer, cook for only 4-5 minutes depending on thickness. Test with a fork for doneness. It will flake easily when it is cooked. I like salmon best when it is still pink inside. Take off the pan as soon as it's ready.
6. To prepare the sauce, add the crushed garlic to the broth into a stainless steel pan on medium heat. Whisk in the mustard, lemon juice, and salt and pepper. Cook on high heat for a minute to reduce slightly and then add the chopped dill.
7. Pour over salmon and green peas and serve.

Saumon au Four et Crumble aux Amandes - Almond Crumbled

Salmon

This is a good way to use less expensive salmon cuts. Ask your fishmonger to give you a deal on tail end cuts and feed your family this delicious dish at frugal price. Don't forget the goodness in it. Omega-3 fatty acids galore. Add a nice side salad and a fruit and Voila! A 35 minutes dinner.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Total Time: 35 minutes

INGREDIENTS

- **1 lb salmon meat (tail end), cubed**
- **1 Tbsp extra virgin olive oil**
- **2 white onions, sliced**
- **2 garlic cloves, minced**
- **2 pinch sea salt**
- **8 oz coconut milk, whole (1 cup)**
- **1 Tbsp chopped dill**
- **1 tsp parsley, chopped**
- **1 tsp apple cider vinegar**
- **Pink pepper berries**
- **½ tsp sea salt**
- **2 oz sliced almonds**

1. Preheat your oven at 350 F.
2. In a skillet, sauté the onions and garlic in olive oil over medium heat. Cook for about 3 or until they start to caramelize. Set aside.
3. In a bowl, mix the cream, herbs, pepper berries, sea salt and pepper.
4. Ask your friendly fishmonger to take the skin and bones out of your salmon. If he's extra nice, ask him to cut it into cubes. Or when you get home, cut the meat into cubes about 1 inch in size.
5. Spread the vinegar at the bottom of a gratin dish. Spread the cooked onions/garlic evenly over the vinegar.
6. Scatter the salmon cubes over the onions/garlic mix.
7. Pour the dill and herbs cream over the salmon.
8. Sprinkle with sliced almonds.
9. Set in oven and bake for about 25 minutes or until cooked.

- Chef's tip: If you don't care for dill or pink peppercorns, you can replace it with another herb of your choice (thyme, rosemary or tarragon).

Saumon au Bouillon avec Fenouil et Chou Frise - *Broth-*

Sautéed Salmon with Fennel and Kale

Here's a fast and easy way to prepare a whole meal at once. You get the fennel flavor infused in the kale and salmon plus all the vitamins A and omega-3 fatty acids you need for your health. Enjoy!

Servings: 4

PROCEDURE

Preparation Time: 8 minutes

Cooking Time: 7 minutes

Total Time: 15 minutes

INGREDIENTS

- **1 lb salmon fillet, cut into 4 pieces, skin and bones removed**
- **2 Tbsp vegetable broth**
- **1 small fennel bulb sliced thin (8 oz)**
- **8 oz kale, cut into 1 inch strips**
- **¼ cup vegetable broth**
- **2 Tbsp fresh lemon juice**
- **1 pinch sea salt**
- **1 pinch white pepper**

1. Season your salmon with a little salt and white pepper. Set aside.
2. Heat 2 Tbsp broth in a large stainless steel with lid.
3. Add the sliced fennel and cut kale to it. Cook while stirring for about one minute.
4. Add the remaining 1/4 cup broth, lemon juice, pinch salt and pepper, and place your salmon pieces on top of the vegetables.
5. Reduce heat to low and cover. Cook for about 5 minutes. Make sure to not overcook the fennel, or it will lose its flavor.
6. Serve. Sprinkle with chopped green fennel tops.

➤ Chef's tip: You can substitute the fennel with any other root vegetable you prefer: carrot, beet, parsnip, Jerusalem artichoke, even burdock.

Paleo French Meats: Beef and Bison

Bifteck Mariné à la Provençale - *Provençal Marinated Steak*

Here's a wonderful way to flavor as well as tenderize your favorite piece of meat. I use flank steak as an example here but it does not have to be your only choice. Pick your own meat depending of what cooking method you wish to use. With a nice side salad, you have a tasty and quick meal.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

INGREDIENTS

- **1 lb flank steak**

Marinade:

- **2 Tbsp Herbes de Provence mix**
- **2 garlic cloves, minced**
- **1 tsp sea salt**
- **½ tsp cayenne pepper**
- **1 fresh lemon juice**
- **3 Tbsp extra virgin olive oil**

- Chef's tip: To keep things simple, you can use your favorite spice blend: French, Italian, Cajun, etc.

1. Whisk together all of the marinade ingredients in a small bowl.
2. Pour into a Zip Lock bag. Add meat. Shake well to make sure the marinade covers all sides of the meat.
3. If you will cook it today, allow to marinate at room temperature for 2 hours (the flavors sink better at room temp). Otherwise let marinade overnight in your refrigerator.
4. Allow to come to room temperature for one hour before you cook your meat. You could pan fry or broil your meat until cooked to your satisfaction. Allow to rest a few minutes then cut thin slices against the meat's grain.
5. You can serve on its own, in a fajita, or sliced over a salad.

Boeuf Bourguignon - Beef Bourguignon

Since beef was expensive for her, my grand-mother (Mamie) prepared this dish only for special occasions. Most likely, she could not afford a real Burgundy wine so she used a strong local red wine (vin de table). Of course we did not know any better and it still tasted great to us. Traditionally, she served it with boiled potatoes but to keep this dish Paleo, I suggest you try it with steamed rutabaga or turnips.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

Cooking Time: 3 hours

Total Time: 3 hours and 20 minutes

INGREDIENTS

- **2 lbs stew beef (chuck round or flank)**
- **10 pearl onions**
- **2 carrots, sliced**
- **2 garlic cloves, chopped**
- **8 oz mushrooms, white or Crimini**
- **2 cups Burgundy red wine**
- **2 cups beef broth**
- **1 bouquet garni (thyme, bay leaves and sage)**
- **1 tsp sea salt**
- **½ tsp black pepper**
- **2 oz ghee (clarified butter)**
- **6 oz bacon, cut in pieces**

1. Ask your butcher for the best cut meat for this dish. I like chuck round for other chefs have other preferences.
2. Cut your meat in 2 inch cubes. Place in a stainless steel bowl. Add sliced carrots, peeled onions, peeled garlic, mushrooms, red wine, beef broth and herbs and spices.
3. The next day, take the meat out of the marinade and pat dry. Start to heat the marinade on low heat.
4. Meanwhile, in a wide glazed cast iron pot (Le Creuset), sauté the meat in ghee on medium high Until well browned. Reserve.
5. In the same pot, add the cut bacon and cook while scraping the bottom of the pot to get the meat juices mixed in. When bacon is ready, add the beef back. Stir well to mix the flavors.
6. Add the marinade ingredients al back and bring to boil. When it's boiling, Reduce heat to simmer and allow cooking gently for 3 hours. It will perfume your whole home.
7. Optional: Traditionally, French chefs use roasted flour to thicken the sauce. If you want to achieve similar results, thicken it with 1 Tbsp of agar powder dissolved in 1/2 beef broth and add to the dish. Allow to simmer a few more minutes.
8. Check for meat tenderness. Adjust

seasoning. Take the bouquet garni out.
Serve with steamed or boiled root
vegetables.

- Chef's tip 1: I prefer the roundness of ghee in this recipe if you are allergic aim to dairy, please use virgin coconut oil.
- Chef's tip 2: Feel free to experiment with assorted herbs. Some chefs like to add cloves (I personally do not care for cloves) or rosemary, savory or tarragon. For me, these herbs work better for a daube Provencale.

Boeuf Stroganoff - Beef Stroganoff

It is said that this recipe was created by the French chef to count Pavel Alexandrovich Stroganov, one of the members of the imperial family. When the White Russian moved to Paris, that recipe moved with them and then became famous all around the world.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Total Time: 35 minutes

INGREDIENTS

- **1 lb flank steak, sliced thin**
- **2 Tbsp ghee (clarified butter)**
- **1 white onion, sliced thin**
- **4 oz mushrooms, sliced**
- **3 French pickles (cornichons), chopped**
- **1 tsp honey, raw**
- **½ tsp ground paprika**
- **2 Tbsp tomato paste**
- **4 oz dry white wine (1/2 cup)**
- **4 Tbsp plain almond yogurt**
- **2 tsp Dijon mustard**
- **Salt and pepper to taste**

1. Slice the meat thinly. Slice onion and mushrooms. Chop the pickles finely.
2. Heat the ghee on medium high and sauté the onions, mushrooms and pickles together.
3. Add the meat, honey, paprika and salt and pepper. Cook for 5 minutes.
4. Dilute the tomato paste in the white wine. Add to the pan. Stir well.
5. Lower the heat, cover and simmer for another 15 minutes.
6. Stir the yogurt and mustard together and add to the pan. Stir well. Continue to cook for another 5 minutes. Serve hot.

➤ Chef's tip 1: Traditionally, it is served on a bed of pasta but to keep it Paleo, you can serve it with sliced and steamed Jerusalem artichokes.

➤ Chef's tip 2: Sour cream or crème fraiche is used in the original recipe but to make it Paleo I used almond yogurt. If you're not allergic to dairy, by all means, use the original ingredients.

Côte de Boeuf, Ail et Fleur de Sel - Beef Rib with Garlic and Fleur de Sel

I love this recipe for its speed and tastiness (is that even an English word?) Serve with steamed haricots verts or a nice and fresh side salad.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

- **1 beef rib (about 3 pounds)**
- **1 pinch coarse sea salt to taste**
- **1 pinch cracked black pepper to taste**
- **1 garlic clove, slivered**
- **1 Tbsp extra virgin olive oil**
- **1 Tbsp balsamic vinegar**

1. Preheat your oven at 450-460 F.
2. Season the rib on its two sides.
3. Put it in a baking dish. Top meat with garlic slices here and there. Sprinkle with oil and turn the meat over in the dish.
4. Slide the pan into the hot oven and bake 15-20 minutes, turning the meat and garlic halfway for rare cooking.
5. When the meat is cooked, remove from oven and let it rest on an upturned plate placed in a shallow dish.
6. Collect the meat juice from the pan, add the vinegar and whisk well. Pour into a sauce boat; keep warm.
7. Serve the rib whole or cut into pieces; coat with some of the sauce or keep it in the sauce boat.

- Chef's tip 1: If you want to accelerate the process even more, set your oven on broiler. Heat a heavy cast iron pan for 15 minutes until really hot. Place your meat on the pan and put back in the oven. It should take only 5-6 minutes to cook the meat to your taste.
- Chef's tip 2: If you feel decadent, add a spoonful of soft ghee in the sauce and whisk well.

Daube de Bœuf à la Provençale. *Provençal-style Beef Stew*

My mother-in-law, Helene, prepared this dish wonderfully. Unfortunately, she passed away before I could ask her for her secrets. I suspect it had a lot to do with the well-seasoned special “daube” pot she used. After long research, this is the version I feel tastes the closest to her divine stew. This is a meal to share with friends around a lively table. It adds to the goodness of this dish.

Servings: 4

PROCEDURE

Preparation Time: 40 min.

Cooking Time: 4-5 hours

INGREDIENTS

- **2 pounds of beef stew meat: shank or chuck, cut into 3 ounce pieces (ask your friendly butcher)**
- **2 Tbsp olive oil**
- **2 medium onions, sliced thin**
- **3 carrots, peeled and sliced thin**
- **1 celery stalk, sliced thin**
- **2 garlic cloves, peeled and sliced thin**
- **2 parsley sprigs with their leaves**
- **6 whole peppercorns, crushed coarsely**
- **2 pinches of coarse sea salt**
- **1 knife tip of ground nutmeg**
- **4 juniper berries, crushed coarsely**

1. In a large enameled cast iron pot, toss the meat along with the vegetables, herbs, spices, salt and pepper; sprinkle with the olive oil and cover with the red wine. Stir together well. Cover and marinate at least 6 hours, or overnight at room temperature.
2. Note: If you feel uncomfortable with leaving this marinade out overnight, refrigerate overnight but the flavors will not develop the same way. If you are marinating during the day, stir every two hours.
3. The next day, take the meat out and put aside; strain the marinade, saving the vegetables and the liquid separately. Dry the pot to be reused right away.
4. In that same pot, melt the pork fat (or ghee), and cook the cubed bacon and meat together for about 5 minutes; add the drained vegetables and cook for another 5 minutes; finally, cover with the marinade liquid. Bring to a gentle boil. If you own a heat disperser, place it on the flame and keep the heat to the level where the stew is barely simmering.
5. Cook covered for 4 to 5 hours until the meat is falling apart.

- **1 fresh orange peel, cut in strips**
- **2 cloves**
- **2 fresh thyme sprigs**
- **2 bay leaves**
- **1 bottle of deep dark red wine with strong tannins**
- **2 Tbsp organic pork fat or ghee**
- **2 oz lean bacon in one thick slice, cut into dices**

- Chef's tip 1: One of the old folks' secrets when it comes to this stew is that you should top the stew pot with a large plate and fill it with a cup of red wine (or water). When the wine or water evaporates, add some more until the meat is cooked. What this does is to allow the steam from the stew to condense against the cool lid filled with liquid and fall back into the stew to develop a better flavor. I believe in this method, too. As a matter of fact, if you visit the South of France, you can buy a "daube" earthenware pot with a special lid that allows you to add liquid on top.
- Chef's tip 2: Some chefs believe that adding tomatoes or tomato paste to this "daube" makes it more special. As you already know, every chef will add his own twist to any recipe. I don't recall Helene using tomatoes in hers, but if it works for you, give it a try and let me know how it tastes.

Pain de Viande aux Herbes du Midi. *Southern France Meat*

Loaf

This is my version of a meat loaf with “Herbes de Provence”. It adds a special flavor “du Midi” to a classic recipe. I usually serve this with oven-roasted haricots verts with rosemary.

Servings: 1 loaf. 8 people

PROCEDURE

Preparation Time: 20 min.

Cooking Time: 55 min.

INGREDIENTS

- **2 lbs grass-fed ground beef**
- **8 strips organic or nitrite-free bacon**
- **2 Tbsp extra virgin olive oil**
- **1 medium white onion, chopped fine**
- **2 garlic cloves, chopped fine**
- **8 oz Crimini mushrooms**
- **2 large eggs**
- **2 Tbsp arrowroot starch**
- **2 Tbsp cold water**
- **2 tsp sea salt**
- **2 tsp chives, sliced**
- **1 tsp dried sage**
- **1 tsp fresh thyme, chopped fine**
- **1 tsp black pepper**

1. Preheat your oven to 350°F.
2. Cut the bacon in pieces and fry until crispy; drain and set aside.
3. Peel and chop the onion and garlic. Finely chop the mushrooms. Heat the olive oil, sauté the onion and garlic until softened; add the mushrooms and cook well. Reserve.
4. In a small bowl, dilute the arrowroot starch with cold water.
5. In a large stainless steel bowl, combine the ground beef, diluted starch, eggs, bacon, and cooked mushrooms with their juice, and all the herbs and spices. Mix well.
6. Spray your meat loaf pan with olive oil spray. Add the meat mix; press down. Place in the oven on a baking sheet.
7. Bake for about 45 minutes or until internal temperature reaches 160°F (use a meat thermometer). Take the meat loaf out of the oven. Let it sit for 10 minutes before slicing and serving.

- Chef's tip: Top each slice with your favorite heated tomato sauce and serve with oven-roasted root veggies.

Sauce Bolognaise Minute - Quick Bolognese Sauce

I like to serve this quick Bolognese sauce with either sautéed zucchini or roasted eggplants. A nice, fresh salad will complement this meal perfectly.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Total Time: 35 minutes

INGREDIENTS

- **1 carrot, small cubed**
- **1 shallot, minced**
- **1 garlic clove, minced**
- **1 tomato, cleaned and chopped**
- **2 Tbsp ketchup, organic**
- **2 Tbsp parsley, chopped**
- **2 Tbsp basil, chopped**
- **1 Tbsp balsamic vinegar**
- **1 pinch sea salt**
- **1 pinch black pepper, to taste**
- **2 Tbsp extra virgin olive oil**
- **2 beef steaks (top round) - about 12 ounces**

1. Peel the carrot and cut into small cubes.
 2. Peel the shallot and garlic, and chop them separately.
 3. Rinse the parsley and basil and chop.
 4. Cut meat into small cubes. Set aside.
 5. Place the chopped tomato, ketchup, parsley, basil, balsamic vinegar, and salt and pepper in a food processor fitted with its metal blade. Pulse a few times to chop and incorporate all these ingredients together.
 6. Heat the oil in a large skillet. Add carrot, shallot and garlic, and let caramelize slightly. Add the meat and let it cook for 2 minutes, stirring constantly: it must remain rare.
 7. Add the chopped tomato, herbs and spices. Reduce the heat and allow to simmer for a few minutes to let the flavors meld together.
- Chef's tip: Feel free to top this tasty sauce with aged raw Parmigiano or Reggiano cheese or, if you avoid cheese, chopped parsley.

Tournedos Rossini - Tenderloin Rossini

This classic "grande cuisine" dish is reserved for a very, very special occasion, considering the cost of the ingredients. It was rumored to have been created by the famous French chef Antonin Carême for the illustrious composer Gioachino Rossini. I suggest you prepare it for your sweetheart for Valentine or his/her birthday and let me know how it went.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Total Time: 40 minutes

INGREDIENTS

- **1.5 lbs beef tenderloin, cut in 4 slices**
- **2 Tbsp ghee**
- **Dried thyme, rosemary, tarragon to taste**
- **Salt and pepper to taste**
- **4 shallots, minced**
- **½ cup Port wine**
- **½ cup beef broth**
- **8 oz foie gras, cut in 4 slices**
- **Parsley, chopped**

1. Ask your butcher to cut you four nice 6 ounces slices of tenderloin.
2. Preheat your oven at 400 F. Prepare an oven proof dish large enough to contain all four tenderloin slices.
3. Heat a large frying pan on medium high. Melt the ghee and sear the meat quickly about 2 minutes on each side.
4. Place the meat in the oven dish. Sprinkle with herbs, salt and pepper. Cook in the hot oven for 5 minutes.
5. Take the dish out. Flip the meat. Add the shallots around the meat and pour the Port wine and beef broth. Place back in the oven for 5 minutes until the sauce bubbles.
6. Stop the oven. Take the dish out. Place the sliced foie gras on top of each meat slices. Put back in the still warm oven just long enough to start melting the foie slices.
7. Serve hot with steamed asparagus, turnips or haricots verts. Pour the sauce over the vegetables. Sprinkle with chopped parsley and enjoy!

- Chef's tip: When cooking the meat, make sure to keep it red at the center. Do not overcook the foie gras. Just melt it barely.

Paleo French Meats: Bison

Chili au Bison - *Bison Chili*

In Texas they say "If you know beans about chili, you know chili ain't got no beans". That's perfect for a Paleo dish, wouldn't you say? I like to use bison once in a while because it's grass-fed raised and is a leaner meat. You'll need to cook it a little bit longer than beef, especially if you use cubed meat. If you want to compensate the lack of fat, add extra flavor with ghee (my favorite) or coconut oil. I like it with roasted veggies medley.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 1 hour

Total Time: 1 hour and 15 minutes

INGREDIENTS

- 2 Tbsp ghee
- 1 lb ground bison (or cubes)
- 1 white onion, chopped
- 2 garlic cloves, chopped
- 8 oz chopped celery (2 cups)
- 2 tsp cumin seeds
- 2 tsp chili powder
- 2 tsp oregano, dried
- 1 tsp sea salt
- 28 oz crushed organic tomatoes (1 large can)
- 2 oz apple cider vinegar (1/4 cup)

1. Heat a heavy cast iron French or Dutch oven. Drop the ghee to melt.
 2. Sauté the onion, celery and garlic until onions are translucent about 3 or 4 minutes.
 3. Add the meat, cumin, oregano, chili powder and salt.
 4. Continue to cook for about 5 to 6 minutes.
 5. Add the tomatoes (with juice), and vinegar.
 6. Let this simmer for at least an hour or more if you have time.
- Chef's tip: If you cannot find bison meat, I recommend you use grass-fed beef from a local supplier.

Ragout de Bison aux Canneberges. *Bison Cranberry Stew*

Since we can now find cranberries in France, I decided to experiment with it and came up with this recipe. If you don't feel like eating turkey at Thanksgiving, enjoy this recipe with your family.

Servings: 4

PROCEDURE

Preparation Time: 20 min.

Cooking Time: 2 hours

INGREDIENTS

- **1 Tbsp extra virgin olive oil**
- **1 Tbsp ghee**
- **1 medium size onion, chopped**
- **2 cloves garlic, sliced thin**
- **1 lb bison stew meat, cut in one inch cubes by your friendly butcher**
- **1 cup dry red wine**
- **3 cups organic beef broth**
- **2 tsp sea salt**
- **½ tsp freshly ground black pepper**
- **2 Tbsp organic Worcestershire sauce**
- **1 ½ tsp paprika**
- **2 whole cloves**
- **2 bay leaves**
- **4 carrots, peeled and sliced thin**
- **2 medium sweet potatoes (or Yukon Gold potatoes), cut**

1. Put olive oil and ghee in a 5 or 6 quart enameled cast iron pot (Le Creuset) or a Dutch oven.
2. Over medium heat, brown the bison cubes. Remove the meat and set aside. In the same fat, sauté the onion and garlic until soft. Deglaze with the red wine. Add the meat back into the pot; stir the meat to coat with the wine.
3. Add the beef broth, salt, pepper, paprika, Worcestershire sauce, cloves and bay leaves. Bring to a boil and reduce the heat; cover and simmer for 1 hour, stirring every 20 minutes or so.
4. Add carrots, potatoes, cranberries and celery. Bring to a boil, reduce heat, cover and cook for another 30 to 45 minutes, or until potatoes are fork tender. Add beef broth if necessary.
5. Adjust seasonings — more salt, pepper, and Worcestershire sauce may be required.
6. Using a separate bowl, prepare a thickener by gradually stirring the cold water into the cornstarch.
7. Increase heat so that the stew maintains a moderate boil. Stir the stew continuously while blending in half of the thickener. After two minutes, add more thickener and continue to cook and stir until desired consistency is reached.
8. Remove bay leaves and serve. This stew

into large cubes

reheats well.

- **1 cup cranberries
(fresh or frozen)**
- **1 cup cold water**
- **¼ cup arrowroot
starch**

- Chef's tip 1: You can serve this wonderful stew with wide egg noodles.
- Chef's tip 2: You can prepare this stew the day before. Refrigerate. Skim the fat off the top and re-heat gently.

Paleo French Meats: Chicken

Emincé de Poulet à la Citronnelle - Sliced Chicken Breast with Lemongrass

This simple recipe will fulfill your hankering for exotic cuisine at a low cost. Use the same pan with its juices to sauté some veggies like zucchini to complement this dish.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Total Time: 35 minutes

INGREDIENTS

- **2 chicken breasts, each cut in half**
- **2 white onions, sliced**
- **2 pinches dried thyme**
- **2 stems lemongrass, chopped**
- **3 Tbsp lemon juice**
- **3 Tbsp tamari (soy) sauce GF**
- **2 Tbsp local honey**
- **2 Tbsp extra virgin olive oil**
- **½ tsp sea salt**
- **½ tsp black pepper, ground**

1. Cut each half chicken breast into strips and place in a bowl.
2. Mix honey with GF tamari (soy sauce) , lemon juice and 1 tablespoon oil. Pour over chicken.
3. Add lemongrass, thyme, salt and pepper.
4. Marinate for 30 minutes, stirring several times.
5. Meanwhile, peel and slice the onions. Heat the other tablespoon of oil on medium heat. Fry the onions with a pinch of salt and caramelize. Set aside.
6. Drain the chicken strips. Save the marinade.
7. In the same skillet, sauté the chicken strips until they are tender and golden.
8. Add back the onions and the marinade, lower the heat and cook for a few more minutes until the meat is well coated with the marinade.

- Chef's tip: If you cannot find fresh lemongrass at your local Asian market, use dried lemongrass instead. The taste will be less powerful but equally successful.

Poitrine de Poulet Garni au Pesto et Abricots - *Apricot and*

Basil Pesto Chicken

Here's an original way to add a touch of sweetness to stuffed chicken breast. It's amazing how apricot and pesto work so well together. Your kids will love it.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Total Time: 50 minutes

INGREDIENTS

- **4 chicken breasts (about 1 1/2 lbs)**

Pesto:

- **2 oz dried apricot halves, chopped (1/3 cup)**
- **1 tsp almond flour**
- **1 cup fresh basil leaves**
- **2 Tbsp extra virgin olive oil**
- **½ fresh lemon juice**
- **1 garlic clove, minced**
- **¼ tsp sea salt**
- **1 pinch ground black pepper**

➤ Chef's tip: If you don't have time or the ingredients to prepare a pesto, use a pre-made gluten and dairy-free pesto.

1. Preheat your oven to 350 F.
2. Pesto: in your food processor, combine apricots and almond flour. Pulse until finely chopped. Remove and set aside. In the same processor's bowl, combine the remaining pesto ingredients together and process until a paste forms. Fold in the chopped apricots and set aside.
3. Chicken: slice the breast horizontally to 'butterfly' but do not slice all the way through to create a pocket to fill with the pesto.
4. Fill the chicken with the pesto (save a little for topping); place seam-side down so the pesto doesn't come out onto a lined baking sheet.
5. Bake at 350°F for about 40 minutes. About 10 minutes before removing from oven, spread the left over apricot pesto evenly over each chicken breast. Put back in the oven and finish cooking.

Poulet à l'Ananas et Citron Vert - *Chicken Thighs with*

Pineapple and Lime

I like the sweet and sour flavors mingled with the exotic herbs and spices. You can serve it with sautéed seasonal vegetables and drizzle some of the chicken sauce on top. Bon Appétit!

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Total Time: 45 minutes

INGREDIENTS

- **4 chicken breasts (about 1 1/2 lbs)**

Marinade:

- **1 fresh lime, zest and juice**
- **2 Tbsp local honey**
- **1 Tbsp extra virgin olive oil**
- **1 Tbsp curry powder**

Chicken:

- **1 Tbsp extra virgin olive oil**
- **4 chicken thighs**

To finish:

- **4 oz chicken broth (1/2 cup)**
- **8 oz fresh pineapple, cubed**

1. Peel the zest off the lime and mince finely. Set aside.
2. In a small bowl, squeeze the lime juice. Add honey, oil and curry powder.
3. Add to a Zip Lock bag. Place the chicken thighs in the bag and shake well.
4. Allow to marinate at room temperature for at least 30 minutes.
5. When ready, drain the chicken and sauté for about 5 minutes in the other tablespoon of oil on all sides.
6. Lower the heat, add the broth, cubed pineapple, chopped cilantro and salt and pepper.
7. Cover and cook for another 15 minutes or until tender.
8. When the chicken is cooked, add the minced lime zest and adjust seasoning.
9. Serve and sprinkle with sesame seeds.

➤ Chef's tip: For a tastier chicken, allow it to marinate overnight in your refrigerator.

- 2 Tbsp cilantro,
chopped
- 1 Tbsp sesame seeds
- 2 pinches sea salt
- 1 pinch ground black
pepper

Red Wine Chicken Stew - *Coq au Vin Rouge*

A classic French dish with a little Paleo twist. You won't even be able to taste the difference. This dish tastes better when stewed for a long time to allow all the flavors to blend. Make sure you have leftovers as this dish tastes even better the next day.

Servings: 4

PROCEDURE

Preparation Time: 30 minutes

Cooking Time: 2 hours

Total Time: 2 hours and 30 minutes

INGREDIENTS

- **1 whole chicken, organic (about 4 lbs)**
- **1 bottle red wine (Burgundy)**
- **1 tsp thyme dried**
- **1 tsp sage, dried**
- **1 tsp parsley, dried**
- **4 bay leaves, dried**
- **1 tsp sea salt**
- **1 tsp black pepper**
- **24 small white onions**
- **2 garlic cloves, crushed**
- **2 Tbsp coconut oil**
- **1 oz ghee (2 Tbsp)**
- **1 cup Cognac liquor**
- **6 oz bacon, cubed**
- **2 cups water, filtered**
- **8 oz Paris mushrooms, sliced**
- **1 Tbsp agar powder**
- **1 cup cold water**

1. Cut your chicken into pieces (if you know how) or ask your friendly butcher to do it for you (order in advance so you won't have to wait as long).
2. Prepare a marinade with the red wine, herbs and spices. Add chicken pieces. Cover and marinate overnight or 12 hours at room temperature.
3. Note: the wine will act as a preservative so no need to refrigerate. When ready, drain the chicken pieces. Save the marinade for later.
4. Peel the onions and garlic. Keep onions whole. Crush garlic.
5. Cut thickly sliced bacon into cubes. Blanch in boiling water for 2 minutes. Drain.
6. Heat the olive oil and coconut oil on medium high heat in a heavy French or Dutch oven with lid. Sauté the bacon, onions and garlic until translucent. Take them out with a slotted spoon and set aside.
7. Replace with the chicken. Cook while turning the pieces constantly until all are lightly browned. Drain.
8. Discard the fat from the pot. Put back the sautéed onions, garlic, bacon and chicken. Pour the Cognac and flambé carefully (meaning don't burn yourself or start a fire).
9. Add all the marinade ingredients back into your pot. Bring slowly to boil, cover

and simmer for one hour.

10. Meanwhile, wash and slice your mushrooms. Sauté quickly in ghee and add to the pot. Continue cooking for at least another hour or until the chicken meat falls off the bones.
 11. In a small bowl, dilute the agar powder with cold water. Add back into pot while stirring. Bring back to boil.
 12. Taste and adjust seasoning. Serve very hot.
- Chef's tip: Traditionally, in France, we serve this dish with either pasta or boiled potatoes. To keep it Paleo, I suggest a root like steamed parsnips or even carrots. Make sure to pour the sauce all over the vegetables.

Poulet Basque - Basque-style Chicken

Here's another tasty specialty from the Southwest part of France, the Basque region. Typically, they use a sweet-spicy pepper called Espelette to this recipe to add a little extra kick. If you feel adventurous, add a sliced jalapeno or poblano pepper to this recipe. I wasn't sure I would betray them and have my kitchen bombed (you haven't heard from the Basque people tendency to bomb people they don't like?)

Servings: 6

PROCEDURE

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Total Time: 65 minutes

INGREDIENTS

- **1 whole chicken, organic or free-range (about 4 lbs)**
- **2 Tbsp olive oil**
- **1 large white onion, sliced**
- **4 garlic cloves, crushed**
- **2 green peppers, sliced**
- **2 red peppers, sliced**
- **4 ripe tomatoes, seeded and sliced**
- **3 oz tomato paste**
- **1 cup red wine (8 oz)**
- **1 tsp thyme, dried**
- **4 bay leaves**
- **½ tsp sea salt**
- **¼ tsp cayenne pepper**

1. Cut your chicken in pieces or better yet ask your helpful butcher to do it for you (special order it in advance to save time).
 2. Clean, deseed and slice tomatoes and pepper. Peel and slice onion and crush garlic.
 3. Heat the olive oil on medium heat in a large heavy duty cast iron pot with lid (French or Dutch oven). Sauté the chicken until it reaches a golden color. Set aside.
 4. In the same pot, add the sliced onion and crushed garlic and sauté with a pinch of salt. When translucent, add sliced peppers and tomatoes. Cook a few more minutes until soft.
 5. Add tomato paste, red wine, herbs and spices. Stir well.
 6. Bring back to a gentle boil. Cover with the lid.
 7. Lower the heat and allow to simmer for another 30 minutes or until the meat falls off the bones.
- Chef's tip 1: If you are preparing this recipe out of tomato-growing season, use organic seeded or cubed canned tomatoes.
- Chef's tip 2: I would suggest roasted root vegetables with this dish.

Paleo French Meats: Lamb

Daube Provençale d'Agneau au Vin Blanc. *Provençal Lamb*

Stew with White Wine

This recipe needs to marinate overnight. It will improve the meat flavor and tenderize the meat. To make sure the final result is fork tender, it needs to be cooked for a long time at low temperature.

Servings: 4-6

PROCEDURE

Preparation Time: 30 min.

Cooking Time: 90 min.

INGREDIENTS

First day:

- **1 lamb shoulder, deboned by your butcher**
- **6 oz shallots, peeled and chopped (about ¾ cups)**
- **4 garlic cloves, peeled and sliced**
- **4 carrots, peeled and cut in sticks**
- **4 small “pickling” onions**
- **1 celery stalk, chopped fine**
- **2 parsley sprigs with leaves**
- **1 tsp coarse sea salt**
- **½ tsp ground black pepper**
- **2 pinches grated or ground nutmeg**

1. The day before preparation, ask your butcher to debone a nice lamb shoulder for you. If he's very nice, you can even ask him to cut the meat into 1-inch cubes.
2. In a ceramic or enamel pot, put together the meat cubes, the chopped shallots, the sliced garlic cloves, the carrot sticks, the small white onions, the chopped celery, the parsley sprigs (whole with leaves), the coarse sea salt, the ground black pepper, the grated nutmeg, the crushed juniper berries, the thyme sprig, the bay leaves and the white wine.
3. Stir well together; cover and set aside overnight at room temperature (if you feel more comfortable, you may refrigerate overnight but the marinade won't work as well and it will take longer to cook the next day).
4. The next day, retrieve the meat, set aside on a plate; drain the marinade vegetables, herbs and spices in a colander set over a bowl. Set aside.
5. In a French Le Creuset enameled pot or a Dutch oven, heat the oil and butter at medium heat; sauté the bacon pieces until stiff; add the meat and color on all sides for about 10 minutes, stirring once in a

- **4 juniper berries, crushed**
- **1 thyme sprig**
- **2 bay leaves**
- **1 bottle dry white wine (from Provence if possible)**

Next day:

- **2 Tbsp extra virgin olive oil**
- **2 Tbsp ghee**
- **4 oz bacon, cut in small pieces**
- **Additional vegetable or beef broth (as needed)**

➤ Chef's tip: Traditionally, in France, we serve this dish with boiled potatoes. To keep it Paleo, I suggest a root like steamed parsnips or even carrots. Make sure to pour the sauce all over the vegetables.

- while.
6. Add the marinated vegetables; cook for another 10 minutes and finally add the wine to cover all the ingredients. If that is not enough liquid, you may add vegetable or beef broth to make sure to cover by one inch.
7. Lower the heat; cover the pot and cook for at least 1 hour 30 minutes or until the meat is fork tender. Enjoy!

Paleo French Meats: Pork

Côtes de Porc Grillées à la Moutarde et Sauge. *Grilled Pork*

Chops in Mustard and Sage

This very aromatic recipe is very easy to prepare. This is the French way of flavoring your pork chops. I use a Le Creuset cast iron grilling pan; this way I avoid the bad side effects of grilling over charcoal.

Servings: 4

PROCEDURE

Preparation Time: 10 min.

Cooking Time: 10 min.

INGREDIENTS

- **4 farm-raised pork chops**
- **4 tsp Dijon mustard**
- **Sea salt to taste**
- **Freshly ground black pepper to taste**
- **Fresh sage leaves, chopped**
- **Coconut oil to brush**

1. The day before, using a brush, spread mustard on both sides of your pork chops.
2. Salt and pepper them to your taste; sprinkle fresh chopped sage leaves all over the chops, pressing them in lightly.
3. Place your chops on a plate; drizzle them all over with coconut seed oil. Wrap them in plastic film and store them in your refrigerator overnight.
4. The next day, take your pork chops out of the refrigerator at least one hour before cooking to allow them to come back up to room temperature.
5. Preheat your cast-iron grilling pan at medium temperature on the stovetop and cook your chops the way you like them best.

➤ Chef's tip: I also like my chops sprinkled with fresh rosemary, a very aromatic and healing herb.

Filet de Porc à l'Orange et au Cumin - *Orange and Cumin Pork*

Loin

I like this dish as an alternative to beef tenderloin. The sweetness of the orange marmalade is balanced with the cumin and cayenne. Sweet and fiery! You could serve it with a mixed salad or steamed root vegetables.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Total Time: 1 hour

INGREDIENTS

- **1 small pork tenderloin (about 1 ½ lbs)**
- **2 Tbsp extra virgin olive oil**
- **½ cup fresh orange juice (4 oz)**
- **¼ cup apple cider vinegar (2 oz)**
- **½ tsp ground cumin**
- **½ tsp sea salt**
- **1/8 tsp cayenne pepper**
- **2 Tbsp orange marmalade**

1. Preheat your oven to 400 F. Brush an oven dish with olive oil.
2. Pat the tenderloin with paper towels. Rub it all over with olive oil. Season with cumin, sea salt and cayenne. Set aside.
3. In a small bowl, whisk together the orange juice, vinegar and marmalade.
4. In a large skillet, cook the tenderloin on high heat until brown on all sides for about 8 minutes. Be careful not to brown too much. It still needs to cook in the oven.
5. Transfer loin to the oven dish. Pour sauce over the meat and place in the oven. Roast pork, basting every 10 minutes with its own juice, for about 40 minutes or until your meat thermometer reaches 140 F.
6. Take out of the oven. Allow to rest for about 10 minutes until you slice it. Serve with pan juices.

➤ Chef's tip: This is a perfect dish for fall or winter. I would serve it with root vegetables.

Filet de Porc aux Pruneaux - *Pork Tenderloin with Prunes*

Pork tenderloin is a tender meat that complements the prunes flavor. Kids love it because it's sweet. Don't worry about the wine. It will evaporate during the cooking. If you are still concerned, use your favorite broth instead. Serve with steamed roots.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Total Time: 50 minutes

INGREDIENTS

- **1 pork tenderloin (about 1 1/2 lbs)**
- **1 Tbsp local honey**
- **1 tsp fresh thyme, chopped**
- **Sea salt and pepper to taste**
- **1 tsp extra virgin olive oil**
- **1 cup dry white wine**
- **16 pitted prunes**

1. Remove the meat from your refrigerator ahead of time so it has time to come back to room temperature.
2. Preheat your oven to 400 F.
3. Brush the tenderloin with the honey. Sprinkle with chopped thyme and salt and pepper to taste.
4. Heat the olive oil in a large frying pan. Cook the meat on all sides until colored. Place the meat in an oven dish brushed olive oil.
5. Deglaze the pan with the white wine. Add the prunes and heat for a couple of minutes to allow the flavors to blend. Pour the prunes and sauce around the meat.
6. Place in the oven. Every 10 minutes or so, spoon the sauce over the tenderloin. Cook for about 30 minutes or until done depending on the tenderloin's size.
7. Take the dish out of the oven. Allow to rest a few minutes. Slice the meat and serve with prunes and the sauce. I would suggest serving with steamed sweet potatoes.

- Chef's tip: If the sauce is too thin at the end, blend it with a few cooked prunes to thicken it.

Saucisses au Four aux Pommes et Poires - *Oven-Roasted*

Sausages with Apples and Pears

This is a wonderful dish for the fall or even the Holidays. I hope you will love the intoxicating smell of this dish while it's roasting. I know I do. Feel free to be creative with your choice of sausage, pears and apples. I would suggest a nice and refreshing side salad to this dish to make it a complete and balanced meal.

Servings: 4

PROCEDURE

Oven Temperature: 375°F

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Total Time: 50 minutes

INGREDIENTS

- 2 Tbsp ghee or olive oil
 - 1 Tbsp honey (local)
 - 2 Bartlett pears, peeled, halved, and cored
 - 2 Gala apples, peeled, halved, and cored
 - 1 pinch sea salt
 - 1 cup fresh orange juice (2 oranges)
 - 1 cup sweet white wine
 - 1 orange zest
 - ½ tsp ground ginger
 - ¼ tsp ground cinnamon
 - ¼ tsp ground allspice
 - 1 lb pork sausages,
1. Preheat your oven to 375 F.
 2. Melt the ghee and honey in a large frying pan over medium heat. Add the pears and apples, cut side down, in a single layer. Cook until they are golden brown, 5 to 6 minutes (depending how ripe they are).
 3. Spray a large baking dish. Place the cooked apples and pears gently in the dish, cut side up, in a single layer. Sprinkle salt over them.
 4. Meanwhile, using the same frying pan, add the orange juice, sweet wine, orange zest, ginger, cinnamon, and allspice leftover cooked honey. Whisk well and bring it all to a boil. Reduce the heat and simmer for 5 minutes to allow the flavors to blend.
 5. While the sauce is stewing, prick your sausages and place them over the laid out apples and pears. Sprinkle with salt. Pour the sauce over the whole dish. Cover loosely with foil and bake until the sausages are cooked and the pears and apples are tender but still hold their shape, about 25 to 30 minutes.
 6. When ready, slice each sausage on the diagonal. Place each sliced sausage, half of a pear and apple on each plate. Drizzle with the pan juices and serve immediately.

pricked with a fork
(4 - 4 oz each)

- **1 pinch sea salt**
- Chef's tip: Choose any sausage you prefer for this dish. You may want to experiment with a spicy/sweet combination by using hot sausages. In any case, make sure to buy locally made sausages by your favorite butcher. No artificial flavors and chemicals allowed in this dish.

Ma Façon Rapide de Préparer un Filet de Porc - *My Quick*

Way to Prepare Pork Tenderloin

When I come back home from working all day in a professional kitchen and I want to eat my ration of fresh meat, this is the way I cook it. It is very tasty and very quick. Serve it with a composed salad and a fruit and Voila! Dinner is served.

Servings: 4

PROCEDURE

Preparation Time: 4 minutes

Cooking Time: 4 minutes

Total Time: 8 minutes

INGREDIENTS

- **1 lb pork tenderloin filet**
- **4 oz of your favorite salad dressing as a marinade or**
- **2 tsp extra virgin olive oil with your favorite herbs or spice blend**
- **Sea salt and freshly ground black pepper to taste**
- **Your favorite mixed green salad with your favorite salad dressing**

1. Preheat your (toaster) oven to broil for 5 minutes. Place a cast iron frying pan or heavy stainless steel frying pan in your oven and allow heating for at least 10 minutes. Note: do not use a pan with a wooden handle. It will blacken or burn.
2. Meanwhile, you can prepare your meat one of two ways:
3. Brush the filets with your favorite vinaigrette or marinade on both sides. Place in a plastic bag and let marinade for 10-15 minutes.
4. Or brush your meat with olive oil and press it into your favorite herbs or spice blend. Let sit for 10 minutes to allow the flavors to sink in.
5. When your pan is well heated, take it out of the oven with oven mittens and place your fish filets on the hot pan. Put back in the oven right away.
6. Using a timer, cook for 3 to 4 minutes, or more depending on your meat's thickness. It's quick and it's ready! Enjoy!

Chef's tip: This quick broiling technique works perfectly with chicken breast, pork or veal chop or even a nice salmon filet.

Sauté de Porc aux Pruneaux et Marrons - *Pork Tenderloin with Prunes and Chestnuts*

This is a perfect fall or winter recipe. This warming dish can be prepared in advance and reheated before serving. If tenderloin is too expensive, you can use stew meat instead.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Total Time: 55 minutes

INGREDIENTS

- **1 ½ lbs pork tenderloin, cubed**
- **4 oz bacon, cut 1/4 inch**
- **3 shallots, minced**
- **2 medium sweet potatoes**
- **1 small can whole chestnut in water, drained**
- **8 oz pitted prunes (1 cup)**
- **8 oz white wine (1 cup)**
- **Sea salt and pepper to taste**

1. Cut your meat in 1 inch cubes. Set aside.
2. Cut the sweet potatoes the same size and set aside.
3. Sauté cut bacon in a heavy cast iron pot (with lid) on medium high until melted white stirring. Add shallots and cook for another minute.
4. Add the meat and roast on all sides until colored.
5. Lower the heat; add sweet potato cubes, wine, prunes and salt and pepper.
6. Stir well, cover and simmer for 40-45 minutes or until the meat is tender.
7. 15 minutes before the end of cooking, add the chestnuts and adjust seasoning.

- **Chef's tip 1:** Make sure to get French or Italian chestnuts (marrons), not water chestnuts.
- **Chef's tip 2:** If you don't care for sweet potatoes, I like carrots as a substitution.

Paleo French Meats: Rabbit

Lapin au Cidre et aux Pruneaux - *Rabbit Cider Stew with*

Prunes

Because Mamie had a small farm, we could only eat the meat we raised ourselves: chicken and rabbit. Try this sweet rabbit casserole for a change. If you do not have access to rabbit, chicken will be fine as well. Yum!

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 1 hour

Total Time: 70 minutes

INGREDIENTS

- **1 whole rabbit, cut in pieces by your butcher**
- **1 Tbsp ghee or coconut oil**
- **2 medium onions, sliced thin**
- **4 oz bacon, cut in pieces**
- **8 oz prunes with pit or without**
- **1 bottle brut cider (750 ml)**
- **2 sprigs thyme**
- **2 bay leaves**
- **Sea salt and pepper**

1. Heat the fat in a large cast iron pot (with a lid) on medium high.
2. Sauté the bacon pieces and onions until they start to melt.
3. Add the rabbit pieces and cook on both sides for 2- minutes until golden.
4. Add the cider, prunes, herbs and salt and pepper. Make sure the cider covers the meat. Add water if needed. Bring to a gentle boil.
5. Lower the heat. Cover and simmer for an hour or until the meat falls off the bones.
6. If the sauce is too thin and you want to thicken it, dissolve 1 tsp of agar powder in hot sauce and pour back into the pot. Simmer another 5 minutes to thicken.
7. Serve with sautéed haricots verts and apple slices.

- Chef's tip: If you can, prepare this recipe the day before. It will taste even better the following day.

Paleo French Meats: Turkey

Pain de Viande à la Dinde du Texas - *Texas Turkey Meatloaf*

Although this meatloaf may not be 100% traditional French, but because I live in Texas, I thought I would give you a little taste of it. Like they say: "Y'all enjoy it!"

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Total Time: 1 hour

INGREDIENTS

- 1 Tbsp coconut oil
- 1 medium yellow onion, chopped
- 2 Jalapeno pepper, seeded and chopped
- 2 garlic cloves, chopped
- 1 ½ lb ground turkey
- 4 oz bacon, cut into strips
- 3 whole eggs, organic lightly beaten
- 2 oz tomato paste (1/4 cup)
- 2 tsp smoked paprika
- 1 tsp sea salt
- 1 tsp guar gum
- ½ tsp black pepper

1. Preheat your oven to 350 F.
2. Heat the oil in medium sauté pan. Sauté your bacon until crispy. Dry on a towel.
3. In the same pan with the oil and bacon fat, sweat the onions, Jalapenos and garlic until they are translucent. Allow cooling.
4. Using a large stainless steel or glass bowl, mix the ground turkey, bacon bits, eggs, organic tomato paste and seasonings along with the cooled onions, peppers and garlic.
5. Wet your hands knead the mixture until all the ingredients are well mixed until the tomato paste is fully absorbed. The mixture will seem a bit loose. In case you wondered, the guar gum is here as a binder to replace bread crumbs.
6. Lightly grease a 2 pounds non-stick loaf pan and line it with parchment paper. Next, pack the turkey mixture in the pan.
7. Bake the meatloaf for 45 minutes or until an inserted thermometer reads 170 F.
8. Allow the meatloaf to cool slightly in the pan before removing. Remove parchment. Slice and enjoy. I like to serve this dish with sautéed baby spinach.

- Chef's tip: If you cannot find guar gum, try xanthan gum or agar powder as a binding alternative.

Paleo French Meats: Veal

Poitrine de Veau Farcie et Pommes Roties au Miel - *Stuffed*

Veal Breast with Honey-Roasted Apples

Even though this recipe is not too complicated, I would still suggest you prepare it when you have more time - during the weekend. It makes for wonderful leftovers with mashed sweet potatoes.

Servings: 4

PROCEDURE

Oven temperature: 350 F

Preparation Time: 20 minutes

Cooking Time: 1 hour 30 minutes

Total Time: 1 hour 50 minutes

INGREDIENTS

- 1.5 lbs piece of veal breast
- 6 baking apples (Cortland, Empire, Gala, Crispin, Granny Smith, McIntosh, etc.)
- 3 Tbsp local honey
- 1 Tbsp extra virgin olive oil
- 2 Tbsp ghee

For the stuffing:

- 8 oz mushrooms, Paris or Cremini
- 2 garlic cloves,

1. Ask your butcher to cut a pocket in the veal breast to be able to insert the stuffing.
2. Turn your oven on at 350 F.
3. Prepare the stuffing: peel and chop the onion and garlic; remove the mushroom stems, brush the heads and quarter them; clean the chicken livers.
4. Melt the ghee in a large skillet and sauté garlic, onion, mushrooms and livers for 5 minutes, stirring constantly.
5. Put this mixture into the bowl of a food processor with its metal blade. Add the ham, herbs, potato starch, whole eggs, organic cream, salt, pepper and pulse it all until you have a fine "farce" (stuffing). Add raisins and mix all with a wooden spoon.
6. Stuff the breast opening with the "farce"; sew the opening with kitchen twine. Place in baking dish.
7. Salt and pepper the meat, drizzle with the olive oil; add 1 or 2 glasses of water and roast in the oven for 1 1/2 hour. Add water while cooking if needed.
8. Meanwhile, wash the apples and dry them; cut into 2 or 4 depending on their size; in a frying pan, sauté in a little ghee for 10 minutes at medium heat. Flip them

- **chopped**
 - **1 white onion, peeled and chopped**
 - **3 slices ham, thin**
 - **8 oz chicken livers**
 - **½ bunch chervil**
 - **5 parsley sprigs**
 - **2 oz raisins**
 - **2 Tbsp potato starch**
 - **2 oz ghee**
 - **2 Tbsp heavy cream, raw**
 - **2 eggs, organic**
 - **½ tsp sea salt**
 - **½ tsp black pepper, ground**
- Chef's tip: Sew the breast opening with twine and a large needle or hold it closed with a few metal skewers poked in several places over and under as you would in sewing.
- once in a while. Add the honey and when the apples begin to caramelize, remove from heat.
9. Lightly salt and pepper the apples and arrange them around the cooking meat 30 minutes before end of cooking.
10. Remove the string; cut the meat into slices and serve with the apples and coated with the sauce.

Paleo French Meats: Venison

Chevreuril aux Cerises et à l'Orange. *Venison in Cherry and Orange Sauce*

Another tasty Autumn recipe. I love the sweet contrast of flavors of the sherry against the venison.

Servings: 4

PROCEDURE

Preparation Time: 20 min.

Cooking Time: 60 min.

INGREDIENTS

- **1.5 lbs saddle of venison (ask your friendly butcher)**
- **4 juniper berries**
- **½ tsp dried thyme, ground**
- **Sea salt**
- **Ground black pepper**
- **2 Tbsp olive oil**
- **2 Tbsp ghee**
- **4 oz untreated bacon, sliced thin (5 slices)**
- **2 cups organic beef broth**
- **1 can small cherries in light syrup, drained (save the juice)**
- **2 tsp arrowroot starch**
- **1 grated organic orange peel**
- **½ cup cherry brandy**

1. Preheat your oven to 450°F.
2. Spike the meat with the juniper berries; rub with the thyme powder. Let the meat rest for 10-15 minutes. Take out the juniper berries. Salt and pepper the meat.
3. Heat an enameled cast iron roasting pan (Le Creuset) on the stove; cook the meat in the oil/butter until well-colored. Carefully wrap the bacon over the cooked meat. Add the beef broth to the pan.
4. Place the pan in the oven and cook for about 35 minutes. Every 10 minutes, open the oven and spoon the beef broth over the meat to keep it moist.
5. After 30 minutes, take the bacon away from the meat. At that time, check how well the meat is done. It should be soft to the touch and still pink inside. When the meat is cooked to your liking, let it rest for 15 minutes in the oven, heat shut off and the door ajar.
6. In a saucepan, mix the cherry juice into the starch while whisking. Add the grated orange peel. Bring to a boil gently, making sure the sauce is thickening.
7. Add the cherries to the sauce; add the kirsch and mix in with the strained drippings from the oven pan.

Paleo French Salads

How to Create Your Own Paleo Composed Salad

Don't panic... you have a lot of choices available...

First, Raw Vegetables

Salads

Your base. You can mix and match any kind of salad you like, such as green leaf lettuce; Romaine; watercress; chicory; butterhead (Bibb or Boston); Summercrisp (Batavian or French Crisp); spinach; rocket or arugula; mesclun or mixed field greens (my personal favorite); or cabbage (Asian, green, red, shredded or as a slaw).

For lunch or a picnic, a good way to carry your salad around is to make wraps stuffed with all sorts of yummy raw or cooked ingredients.

Herbs

Of course, let's not forget salads' flavorful sisters, herbs. Nowadays, it is a lot easier to find fresh-picked herbs at your grocery store or local farmers' market: parsley, dill, mints (peppermint, spearmint, lemon mint, basil (all sorts including Thai)). All are a perfectly tasty addition to your composed salads.

Sprouts

A good way to get rid of the lectin protein in your legumes or seeds is to sprout them. Here are a few ideas: bean sprouts (mung, kidney, green pea, soy or any sprouted beans); bamboo shoots; broccoli sprouts; green-leaf sprouts (broccoli, alfalfa, clover, mustard, radish, fenugreek); radish seed sprouts; sunflower and pumpkin sprouts, and lentils.

Vegetables

You have plenty of vegetable choices for your Paleo salad. Common raw vegetables used in salads include asparagus, cucumbers (slices or chunks), peppers, tomatoes (see below), mushrooms, onions - spring onions, red onions, shallots, chives - garlic, carrots (shredded or sticks and steamed), celery (slices or chopped), and radishes (quartered or sliced); cauliflower and

broccoli (in florets, sliced or grated, steamed); Brussels sprouts (thinly sliced or steamed); zucchini, summer and winter squashes - you can eat them in cubes, raw, grilled, steamed or roasted - and many more.

Tomatoes

Botanically, tomatoes are a fruit, but in the culinary world they are considered a vegetable. Better eaten in season, you can find a large variety at your local farmers' market: cherry and grape tomatoes, Roma, and heirloom – mostly cultivated in your own garden because of the fragility of their skin: Beefheart, Hillbilly, Burracker, Lucky Cross, Brandywine, Black Krim, Green Zebra, San Marzano, Gardener's Delight, Lollypop, Cherokee Purple, Mortgage Lifter, Amish Paste, Aunt Ruby's German Green, Big Rainbow, Chocolate Cherry, Redcurrant, Three Sisters and others. Ask your local nursery for what grows best in your region.

Sweet peppers

Yellow, green, orange and red, fresh, grilled or roasted.

Hot and spicy peppers (in small quantities)

Anaheim, aji peppers, ancho, poblano, chili, cayenne, jalapeno, habanero, Tabasco, Thai peppers, African bird eye peppers, Scotch bonnet, serrano and many more.

Nuts

Almond, walnut, pecan, hazelnut, Brazil nuts, pistachio, cashew, chestnut, macadamia, pine nut or pinion, and even coconut.

Seeds

Sunflower, pumpkin (raw and sprouted are best); flax seeds (omega-3), chia seeds (omega-3), mustard (if you want spicy), hemp seeds (no, you're not supposed to smoke them), lotus seed (in a Thai salad), sesame seeds.

Fruits

Sometimes, I like to have a touch of sweetness and crunch in my salads. Go with the season and see what's available at your local farmers' market: apple, pear, melon, even avocado (sliced, cubed) and don't forget a nice, fresh fruit salad for dessert.

Prepared Ingredients

Guacamole, hummus, baba ganoush, olives (pitted black olives like Niçoise or Kalamata or larger green Spanish olives), pickles, artichoke hearts, hearts of palm, and roasted red bell peppers can all be added to salads.

Prepared Salads with Protein

Also called bound salads, they can include chicken salad, crab salad, egg salad, ham salad, potato salad, and tuna salad.

Animal Proteins

Any leftover or pre-cooked meats at home will fit that profile: chicken, turkey, beef, pork, etc.

Eggs

Our old friend, the hard-boiled egg, is a staple in picnic salads. Use free-range farm eggs or better yet, pasture-raised, if you can find them. You will know they are best for you when you see the deep yellow color of their yolks.

Deli Meats

They can be cold cuts made with cooked meats like ham, turkey breast, chicken breast, roast beef, blood sausage or *boudin*, bacon, chorizo, pepperoni, *pâtés* (mostly made with pork), *rillettes* (for French folks out there), terrines, galantines and confits; or use air-dried meats such as Braseola, prosciutto (Parma, San Danielle and others), pastrami, salami, or *saucisson sec* (a dry French salami made of pure pork only).

Fish and Seafood

Canned tuna, sardines, or mackerel. Pre-cooked shrimp, mussels, shellfish, scallops or cod livers (if you like that).

Healthy Fats

Make sure to use these healthy fruit and nut oils for your salad dressing or vinaigrettes (see recipes later). They are loaded with monounsaturated fatty acids made famous in the Mediterranean diet. They are easier to find these days in your local store.

The best are fruit oils like avocado oil and extra virgin olive oil (a classic), and nut oils such as walnut, hazelnut and macadamia oils. Why do I recommend these oils? Because they are the least processed types of oils. As much as possible, look for cold-pressed or expeller-pressed virgin oils. They typically are more expensive but they go a long way and are healthier for you in the long run.

What About Cheese?

I know that technically, regular dairy cheeses are a no-no in paleo cooking but I'll let you choose whether you want to add a little raw cheese to your salad. Please see my shopping suggestions.

So, as you can tell, there are plenty of choices available for you to make the best composed salads ever. Go ahead, be creative and fructify.

More composed salads ideas below...

Salade au Saumon Fumé et Courgette - *Smoked Salmon and Zucchini Salad*

The original version of this recipe had pasta in it. To make it Paleo, I replaced it with zucchini run through a spiral slicer to turn it into pasta. If you do not have access to one of those, cut your zucchini into bâtonnets (thin sticks) or run through a shredder et Voila! Another original and tasty salad.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

Total Time: 20 minutes

INGREDIENTS

Salad:

- 8 oz smoked salmon
- 4 oz arugula salad
- 1 zucchini, pasta sliced or grated
- 1 tomato, diced

Dressing:

- 1 fresh lemon juice
- 1 tsp Dijon mustard
- 1 shallot, minced
- ¼ tsp sea salt
- 1 pinch cayenne pepper
- 2 Tbsp extra virgin olive oil

Decoration:

- 1 Tbsp fresh parsley, chopped

➤ Chef's tip: If you don't care for arugula, use mixed field greens instead.

1. Preparation: Wash and dry the arugula salad.
2. With a spiral slicer, turn your zucchini into pasta or grate or cut into thin sticks.
3. Cut your tomato into small dices.
4. Mince the shallot and chop the parsley.
5. Dressing: In a small bowl, whisk the lemon juice with mustard, salt and pepper and minced shallots. Pour olive oil while whisking to create your dressing.
6. To finish: In a large salad bowl, place the salad, zucchini, and diced tomatoes.
7. Drizzle with the dressing. Toss gently.
8. Place onto serving plates. Place smoked salmon slices on top. Decorate with chopped parsley.

Salade aux Epinards avec Figs et Noix - Figs, Walnuts and Spinach Salad

Aren't you tired of that plain green salad you eat every day. Here's a lively and nutritionally happy salad loaded with figs and walnuts. It's a great will complement to almost any meal. Enjoy!

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

INGREDIENTS

- ½ red onion, sliced thin
- 2 Tbsp apple cider vinegar
- 1 cup hot water
- 4 oz baby spinach leaves
- 8 dried figs, sliced
- 4 Tbsp walnuts pieces
- 2 Tbsp balsamic vinegar
- ½ garlic clove, chopped
- 2 Tbsp extra virgin olive oil

1. If you don't care for the strong flavor of raw onion (personally, I love it), marinate the sliced onion in the apple cider vinegar diluted in hot water while preparing rest of ingredients.
2. If they are not already washed, rinse your baby spinach in cold water and dry them with a salad spinner or paper towels. This way, your dressing will not be diluted. Place in a salad bowl.
3. Add the sliced figs and walnut pieces. Add the drained onion slices. Toss gently together.
4. In a small bowl, first whisk together the vinegar, garlic, salt and pepper, drizzling in the olive oil a little at a time at the end.
5. Drizzle your dressing over your salad and toss well.

- Chef's tip 1: In season, I love to use fresh figs instead of dried. They are so good.
- Chef's tip 2: In Texas, I like to switch walnuts with pecans. They have that special butter I crave for once in a while.

Salade de Carottes et Canneberges - Carrot Cranberry Salad

This quick, exotic and fresh salad is perfect for lunch or a side dish for dinner. It's loaded with vitamin A - in fact one serving provides 133% of your Daily Value for this important nutrient as well as vitamin C.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

INGREDIENTS

- **3 medium carrots (2 cups peeled and shredded)**
- **2 oz dried cranberries (1/2 cup)**
- **4 oz fresh pineapple, cubed (1/2 cup)**
- **1 Tbsp chopped cilantro**

1. Shred carrots in your food processor fitted with grating plate or use a hand grater. Depending on how big they are, it will take about 2 or 3 carrots.
2. Add dried cranberries, cubed pineapple and chopped cilantro. Toss together. Set aside.
3. Blend all dressing ingredients together in your blender.
4. Add dressing to tossed salad and mix gently. Serve with grilled fish.

Dressing:

- **2 Tbsp coconut milk**
- **¼ tsp ground turmeric**
- **1 tsp local honey**
- **1 tsp orange zest**
- **1 fresh orange juice**
- **Salt and white pepper to taste**
- **1 Tbsp extra virgin olive oil**

➤ Chef's tip: I also like this salad with raisins if you can't find cranberries.

Salade de Céleri-rave aux Pommes et Pecans - *Celeriac Salad with Apples and Pecans*

Here is another salad made with an underappreciated root: celeriac. Think of it as jicama with a French, mustardy attitude to it. It sure has a lot more personality than jicama. Give it a try in this tasty recipe and give me a call in the morning.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

INGREDIENTS

- **8 oz celeriac root, peeled and grated**
- **1 fresh lemon juice**
- **1 shallot, minced**
- **1 Granny Smith apple, peeled, cored and cubed**
- **3 oz pecan pieces, chopped (1/2 cup)**

Dressing:

- **8 oz mayonnaise**
- **1 tsp Dijon mustard**
- **1 pinch sea salt**
- **1 pinch ground black pepper**

To finish:

- **1 Tbsp parsley, chopped**
- **1 Tbsp chives, minced**

➤ Chef's tip 1: In France, we prepare this salad with walnuts but living in Texas, I thought I would switch to pecans. I love their sweeter flavor in this salad.

1. Peel and grate the celeriac root. Place in a large salad bowl.
2. Squeeze the lemon juice over it and mix well with the celeriac to avoid browning.
3. Peel and mince the shallot. Mix with celeriac.
4. Peel, core and cut the apple in small dices. Add to celeriac and mix.
5. Chop the pecans and set aside.
6. Chop parsley and chives. Set aside.
7. In a small bowl, whisk together mayonnaise, mustard, and salt and pepper (to taste).
8. To finish, pour dressing on top of the celeriac/apple/shallot. Add chopped nuts. Fold well together.
9. If you have time, let it sit for 20-30 minutes to allow all the flavors to blend well. Mix again just before serving. Top off with chopped herbs and serve.

Salade de Champignons de Paris aux Herbes - *Herbed*

Mushroom Salad

Now, I know what you're going to say: mushroom salad? But mushrooms don't have a lot of taste! True but they offer a lot of health benefits you should not ignore. They are low in calories and a good source of B vitamins, such as riboflavin, niacin and pantothenic acid, and the essential minerals, selenium, copper and potassium. So, to make them tastier, we will add a nice dressing loaded with flavorful herbs and spices.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

INGREDIENTS

- 1 lb white mushrooms (Paris)
- 2 shallots, minced
- 1 garlic clove, chopped
- 1 Tbsp fresh cilantro, chopped
- 1 Tbsp fresh basil, chopped
- 1 Tbsp fresh parsley, chopped

Dressing:

- 1 Tbsp dry white wine
- 2 Tbsp apple cider vinegar
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 1 Tbsp Dijon mustard
- 4 Tbsp extra virgin olive oil

1. Preparation: Peel and mince shallots; peel and chop garlic; chop herbs grossly (it looks nicer in the finished salad). Set aside.
2. Wash and pat dry the mushrooms. Slice them thinly and place in a salad bowl.
3. Prepare the dressing: whisk together the white wine, cider, salt and pepper to melt the salt. Add the mustard and whisk. Pour the oil progressively while whisking until well blended. Add the prepared shallots, garlic and herbs. Mix well.
4. To finish: Add the herbed dressing to the mushrooms and toss gently. Serve on a bed of lettuce leaves.

- Chef's tip 1: In France we call white button mushrooms Champignons de Paris because they were grown in caves near Paris.
- Chef's tip 2: For added medicinal benefits and variety I would suggest you substitute some of the white mushrooms with Reishi or Shiitake mushrooms.

Salade de Pamplemousse et de Fruits de Mer - *Grapefruit and Seafood Salad*

I love to eat this refreshing salad in summer. It's like having your protein and dessert at the same time. I suggest you find sweet pink grapefruits for his salad. Or else, you can add a drizzle of honey if you wish. Serve on top of leaf lettuce.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

INGREDIENTS

Salad:

- **2 large sweet pink grapefruits (or 3 small)**
- **8 oz shrimp, precooked**
- **4 oz crab meat, drained (1 small can)**
- **1 red pepper, diced**

1. First, prepare the dressing at the bottom of a salad bowl.
2. Peel the grapefruit and keep only the flesh. Save the extra juice.
3. Place grapefruit quarters in the salad bowl.
4. Peel the shrimp. Place in bowl. Drain and crumble the crab meat over the shrimp.
5. Clean and dice the red pepper. Add to bowl.
6. Mix all ingredients together. Add the extra juice if you feel like it.
7. Serve chilled on a bed of lettuce.

Dressing:

- **2 Tbsp extra virgin olive oil**
- **1 Tbsp fresh lemon juice**
- **1 tsp fresh mint, chopped**
- **1 pinch sea salt**
- **1 pinch ground white pepper**

- Chef's tip: Feel free to try it with oranges, even blood oranges in season for added color.

Salade de Mesclun aux Pamplemousse - Grapefruit Mixed

Greens Salad

This simple and refreshing salad is perfect for a summer day or evening. It offers loads of vitamin A and vitamin C and the dressing gives you a healthy dose of polyphenols and even more vitamin C. It goes well with a sautéed white fish dish.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

INGREDIENTS

Salad:

- 2 pink grapefruit
- 4 oz mixed field greens (about 4 cups)
- 2 Tbsp walnuts pieces, chopped
- 2 Tbsp dried cranberries

1. Peel grapefruit and cut out each section between the membranes. Save the juice.
2. Wash and dry the mixed field greens salad. Tear off if you wish (I like it whole) by tearing into pieces, Place in a large salad bowl. Sprinkle with chopped walnuts.
3. In a separate bowl whisk together all the dressing ingredients. Feel free to add the saved grapefruit juice to it or drink it.
4. Drizzle dressing over the mixed salads and toss lightly just before serving. Enjoy!

Dressing:

- 2 Tbsp fresh lemon juice
- 1 tsp agave nectar (optional)
- 1 tsp Dijon mustard
- 2 Tbsp extra virgin olive oil
- 1 pinch sea salt
- 1 pinch cracked black pepper

- Chef's tip: Feel free to play with any salad in season or nuts of your choice.

Salade de Roquette aux Fraises et sa Vinaigrette au Miel -

Arugula Salad with Strawberries and Honey Vinaigrette

This lovely salad can make a complete yet light lunch meal. I love it with red wine vinegar but feel free to use organic apple cider vinegar instead. Depending on your mood, you can also use alternate nuts: pecan, walnuts, hazelnuts, etc.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

INGREDIENTS

Salad:

- **4 handfuls of arugula salad**
- **8 strawberries, rinsed and dried**
- **1 oz pine nuts, toasted (1/4 cup)**
- **4 slices of Parma or prosciutto ham (2 oz)**

1. Wash arugula, drain and arrange on four plates.
2. Wash strawberries, dry and remove stems, Cut into quarters and spread them on the salad.
3. Dry sauté the pine nuts in a hot frying pan until fragrant.
4. Tear the Parma ham and scatter over the salad.
5. Sprinkle the toasted pine nuts on top.
6. In a bowl, whisk together the olive oil, vinegar, shallot, honey, salt and pepper.
7. Drizzle the dressing on the salad plates. Serve immediately.

Vinaigrette:

- **4 Tbsp extra virgin olive oil**
- **2 Tbsp red wine vinegar**
- **1 Tbsp acacia or local honey**
- **1 small shallots, minced**
- **2 pinches sea salt**
- **1 pinch ground black pepper**

- Chef's tip: If you're not allergic to cheese, crumble goat cheese or feta over the salad. Or you can add Parmesan cheese shavings on top.

Salade d'Endives aux Agrumes et au Poulet - *Endive and*

Chicken Salad with Citrus Fruits

Here's another refreshing salad using endives. The slight bitterness of the endives is countered by the sweet/acid citrus juices. Make sure to use the juices as a base for your dressing. You will avoid the calories but add extra vitamin C to your salad.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

INGREDIENTS

Salad:

- 12 oz left over roasted chicken meat, pulled
- 4 endives, sliced thin
- 1 orange juice
- 2 Tbsp dried cranberries
- 1 orange, flesh only
- 1 pink grapefruit, flesh only
- 2 oz walnut pieces, chopped (1/2 cup)
- 1 Tbsp chives, minced

1. Preparation: Squeeze one orange into juice and allow the cranberries to soften in it.
2. Peel one orange and one grapefruit and cut out the flesh. Squeeze and save the extra juice into a small bowl for the dressing.
3. Cut the base of each endive. Slice the leaves thinly.
4. Shred or cut the leftover chicken meat.
5. Chop the walnut pieces. Mince the chive.
6. Place all of these ingredients - chicken, endives, orange and grapefruit quarters, cranberries, walnuts and chives - in a large salad bowl. Mix well.
7. Dressing: Add the lemon juice to the saved orange and grapefruit juice. Whisk in the mustard, salt and pepper.
8. To finish: Drizzle over the salad and toss together. Let sit a few minutes to allow the flavors to blend. Serve cool.

Dressing:

- Left over juice of the oranges and the grapefruit
 - 1 fresh lemon juice
 - 1 tsp Dijon mustard
 - ¼ tsp sea salt
 - 1 pinch black pepper
- Chef's tip: If you still have trouble eating endives, use your favorite bitters to keep the original balance of the recipe.

Salade de Thon Surprise - Tuna Salad Surprise

This is not your mamma's tuna salad. It has a nutty surprise in it instead of the mayonnaise. Make sure to use skipjack canned tuna as it contains less mercury. A Votre Santé!

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

INGREDIENTS

Salad:

- **2 - 6 ½ oz cans of light skipjack tuna, drained**
- **½ celery stalk (1/2 cup), finely diced**
- **½ red bell pepper (1/2 cup), diced**
- **¼ red onion (1/4 cup), finely minced**
- **3 Tbsp walnut pieces, chopped**
- **1 Tbsp fresh parsley, chopped**
- **Sea salt and pepper to taste**
- **1 medium head Romaine lettuce, chopped**
- **2 small tomatoes, chopped, diced**
- **1 oz sunflower seeds, toasted**

Dressing:

- **2 Tbsp fresh lemon juice**

1. Salad: In a salad bowl, break up tuna in pieces. Add celery, cucumber, red onion, parsley, salt and pepper. Toss together gently.
 2. Dressing: Weigh/measure all dressing ingredients but the live oil in your blender's bowl. Starting on low, blend all ingredients well. Switch on high and process while pouring the olive oil slowly. Make sure the sunflowers are ground finely.
 3. To finish: Drizzle the dressing over your tuna salad and mix well.
 4. Scoop on chopped lettuce and tomatoes. Sprinkle with toasted sunflower seeds. Enjoy!
- Chef's tip: Feel free to experiment with other veggies in season to keep the element of surprise alive.

- **1 Tbsp Dijon mustard**
- **2 garlic cloves, pressed**
- **½ tsp sea salt**
- **¼ tsp ground cayenne pepper**
- **1 oz sunflower seeds (1/4 cup)**
- **½ tsp Herbes de Provence mix**
- **4 Tbsp extra virgin olive oil**

Salade d'Endives aux Pommes et Noix de Grenoble - *Endive*

Salad with Apples and Walnuts

I learned this recipe while living in Belgium. Endives are very popular in that country. My mom used to cook it wrapped in ham and Swiss cheese and I hated it. Too bitter for me. But when eaten raw, it tastes a lot better, especially when tempered with the dried cranberries. Give it a try. You might be surprised.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

INGREDIENTS

Salad:

- 4 beautiful endives, sliced
- 2 Granny Smith apples, diced
- 2 oz walnuts pieces
- 1 oz dried cranberries
- 1 shallot, minced

1. First, prepare the dressing in a salad bowl.
2. Clean and slice endive leaves in 1/2 inch slices. Add to bowl.
3. Peel and cut the apples into small cubes. Add to bowl.
4. Add dried cranberries and minced shallot.
5. Toss together gently. Enjoy!

➤ Chef's tip 1: Feel free to use other nuts: pecan, almonds, cashew, etc.

➤ Chef's tip 2: You can also replace the cranberries with raisins or other candied fruits.

Dressing:

- 3 Tbsp extra virgin olive oil
- 1 Tbsp walnut or hazelnut oil
- 2 Tbsp balsamic vinegar
- 1 lemon juice
- 2 tsp chives, chopped
- ¼ tsp sea salt
- 1 pinch ground white pepper

Salade Sucrée-Salée de Poulet et Melon - *Sweet and Sour*

Chicken Salad with Melon

In this salad, I like the sweet and spicy note of honey and chili for the chicken combined with the melon sweetness and the dressing sourness. It works really well. One of my favorite salads. I hope you like it too.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

Cooking Time: 5 minutes

Total Time: 25 minutes

INGREDIENTS

Salad:

- **1 lb chicken breast (4-4 oz each)**
- **2 Tbsp honey (local)**
- **1 pinch chili powder**
- **1 small melon**
- **4 oz mixed field greens**
- **1 oz pine nuts**

Dressing:

- **4 Tbsp balsamic vinegar**
- **½ tsp sea salt**
- **¼ tsp ground black pepper**
- **4 Tbsp extra virgin olive oil**

➤ Chef's tip: If you don't have access to pine nuts, I like pecan or walnuts as a replacement.

1. Cook the chicken: Heat oil in a frying pan on medium heat. Add honey and chili and heat until fragrant. Cook the chicken breast meat 2-3 minutes on each side until cooked to your satisfaction.
2. Allow to cool. Cut your chicken into pieces and coat the chicken with the honey/chili sauce. Set aside to cool.
3. Prep: Toast the pine nuts in a dry pan on medium low heat until ready.
4. Peel, deseed and cut your melon into cubes.
5. Dressing: In a small bowl, whisk the vinegar with salt and pepper to melt the salt. Pour the oil steadily while whisking.
6. To finish: When ready, spread the mixed greens amongst the plates. Place the chicken pieces, melon cubes and pine nuts. Drizzle with the dressing. Enjoy!

Salade Tiède de Topinambours et Radis aux Noisettes - Warm

Jerusalem Artichoke and Radish Salad with Hazelnut

This salad features a root vegetable most people are not familiar with: Jerusalem artichokes. It is the root part of a vegetable in the same family as sunflowers. It has a mild flavor, is rich in fiber and rich in minerals. I added radishes to add a little peppery flavor to and hazelnut for additional crunch.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

INGREDIENTS

- 1 lb Jerusalem artichokes, peeled and sliced
- 2 cups vegetable broth
- 4 oz French radishes, trimmed and sliced
- 2 Tbsp extra virgin olive oil
- 1 Tbsp apple cider vinegar
- 1 tsp Dijon mustard
- ¼ tsp sea salt
- 1 dash ground black pepper
- 2 Tbsp fresh parsley, chopped
- 2 oz hazelnuts (1/2 cup), chopped and toasted

1. Peel and slice the Jerusalem artichokes and cook in the broth 10 minutes or until tender.
 2. Chop and toast the hazelnuts in a frying pan until fragrant.
 3. In a salad bowl, whisk the dressing together with oil, vinegar, mustard and spices.
 4. Trim and slice the radishes. Add to salad bowl.
 5. When the artichokes are ready, drain and add them to the salad bowl.
 6. Add toasted hazelnuts and chopped parsley and toss gently together. Serve warm.
- Chef's tip: If possible, substitute the olive oil with hazelnut oil to get a richer flavor.

Taboulé de Semoule de Chou-Fleur - *Tabbouleh of Cauliflower*

Semolina

Ha, ha! Got you! No grains in this recipe. Just cauliflower. You might wonder if the cauliflower flavor will be too much for your guests. Well, I recently served this salad to friends who wondered about that special "flavor" but could not guess that it was cauliflower. So enjoy this light and fresh veggie salad on a summer evening or a special vegetarian picnic and impress your friends.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

INGREDIENTS

- **½ medium cauliflower, chopped coarsely (1 lb)**
- **2 medium tomatoes, cubed (12 oz)**
- **1 medium cucumber, cubed (6 oz)**
- **1 small white onion, chopped (6 oz)**
- **2 oz black olives, pitted and chopped**
- **4 Tbsp lemon juice**
- **4 Tbsp extra virgin olive oil**
- **2 Tbsp fresh mint, minced**
- **1 Tbsp fresh chives, minced**
- **1 Tbsp fresh parsley, chopped**
- **½ tsp sea salt**
- **¼ tsp black pepper**

1. Wash the cauliflower. Cut out the florets with a small paring knife. Place them in a food processor with its metal blade. Pulse to process until it looks like rice or semolina.
 2. Place in a large mixing bowl. Add cubed tomatoes, cucumber, onions and chopped herbs. Toss together.
 3. Whisk the lemon juice, olive oil and spices in a small bowl. Pour over the salad and mix well.
 4. Refrigerate for at least two hours before serving.
- Chef's tip: Feel free to play with whatever fresh herbs you grow in your garden.

Wraps de Salade, Jambon et Carottes - *Salad, Ham and Carrots*

Wraps

Here's a wrap without the tortilla. Instead, use large lettuce leaves to contain the other ingredients. This is an easy recipe to prepare for a quick lunch or a complete meal with additional mixed greens. You can also slice them and hold them together with toothpicks for a cocktail party.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

INGREDIENTS

- **8 large lettuce leaves**
- **8 Tbsp mayonnaise**
- **8 slices ham**
- **2 carrots, grated**
- **½ red onion, diced**
- **Salt and pepper to taste**

1. Wash the lettuce and dry between towels.
2. Peel, wash and rapper carrots and set aside.
3. Peel and dice the onion.
4. Spread each lettuce leaf with half a tablespoon of mayonnaise. Place the ham over it. Spread the other half tablespoon of mayonnaise.
5. Sprinkle with grated carrots and onion. Salt and pepper to taste.
6. Roll them tight. Cut in two and present on a plate with the salad of your choice.

- Chef's tip: Variations: oven-baked turkey instead of ham; raw ham instead of oven-baked ham; other veggies of your choice. Sometimes, I even like to add nuts.

Paleo French Sauces, Dips and Spreads

Bechamel Paleo d'Alain - *Alain's Paleo Béchamel*

This is a Paleo version of a classic French béchamel sauce (white sauce). It goes perfectly with any gratin you want to play with. If you are not strict Paleo, use aged raw cheese to your belly's content.

Servings: 12

PROCEDURE

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Total Time: 40 minutes

INGREDIENTS

- **6 oz almond milk**
- **½ tsp sea salt**
- **¼ tsp black pepper, ground**
- **2 oz tapioca or arrowroot starch**
- **2 oz almond milk, cold**
- **2 egg yolks**
- **½ oz ghee**
- **1 oz grated aged Emmentaler cheese or Swiss (optional)**

1. In a 1 quart pan, weigh and boil milk, salt and pepper together.
2. In a separate bowl, weigh starch, whisk in with cold milk without lumps, then egg yolks until smooth.
3. When milk/salt/pepper boils, pour in the milk/tapioca/yolk mix and bring back to boil as you whisk continuously until it boils again. Take the pan out of the heat.
4. Add ghee and grated cheese (optional if you're not strict Paleo) and mix well.

- Chef's tip 1: According to Mark Sisson in Primal Blueprint, fermented dairy is acceptable Paleo food if you're not allergic to it. So I'll let you decide if you want to have raw cheese in your béchamel or not.
- Chef's tip 2: If you choose not to use cheese and ghee, this recipe is strict Paleo, gluten and dairy-free.
- Chef's tip 3: This recipe is perfect for a cauliflower or broccoli gratin.

Vinaigrette de Santé d'Alain. *Alain's Healthy Salad Dressing*

This is not a magic potion - like the one of Asterix and Obelix comic book fame (the fans will know what I'm talking about) - but pretty darn close. It is loaded with ingredients known to help keep your heart healthy.

Servings: about 30

PROCEDURE

Prep Time: 15 min.

INGREDIENTS

- **1 cup apple cider vinegar or fresh lemon or lime juice**
- **4 cloves of fresh garlic, peeled and sliced**
- **1-2" piece of Ginger, peeled and sliced**
- **3 Tbsp Dijon-style Mustard**
- **1 tsp Sea Salt**
- **½ tsp Cayenne Pepper**
- **1 cup extra-virgin olive oil**
- **1 cup of flax seed oil for an extra boost of omega 3 fatty acids**
- **2 Tbsp GF Tamari Sauce**

1. Place the first set of ingredients in the blender. Blend at high speed until garlic and ginger are well processed.
2. Meanwhile, measure olive oil and flax seed oil into a measuring cup.
3. Through the hole in the blender's lid, pour the oil slowly into the above mix until it's fully absorbed.
4. If you want an additional burst of flavor, add the GF Tamari Sauce.
5. Note: If you find this dressing a little too acid (I love it that way) you can change the acid to oil proportions from 1:2 to 1:3. That is 1 cup of acid (vinegar or lemon juice) to 3 cups of oil blend (for example, 2 cups Olive oil and 1 cup Flax Seed oil.)

- Chef's Tip: I prepare this amount and store it in the refrigerator in a squeeze bottle. That way, when I want to put together a quick salad, I just place some salad on a plate, shake the bottle of dressing and squeeze some of it on top of your salad. Voila!

Mayonnaise Paleo à l'Huile de Coconut et Olive - Paleo

Coconut Olive Mayonnaise

What? You say you never made mayonnaise from scratch? Too difficult? Nah! I'll even make it easy for you. You can use your mixer or your blender. I decided to prepare this recipe with half coconut oil and half olive oil to reduce the flavor of extra virgin olive oil.

Servings: 10

PROCEDURE

Preparation Time: 15 minutes

INGREDIENTS

- 2 egg yolks, room temperature
- 1 tsp Dijon mustard
- 1 tsp garlic, crushed (optional)
- 1 Tbsp lemon juice, fresh
- ¼ tsp sea salt
- 1/8 tsp white pepper, ground
- 4 oz cup olive oil (1/2 cup)
- 4 oz coconut oil (1/2 cup)

1. Important: Make sure all your ingredients are at room temperature. This will ensure your mayonnaise will set properly.
2. Put the yolks in your mixer's bowl fitted with the whisk attachment (or blender's bowl); add the mustard, garlic if using, lemon juice and spices; whisk or blend well until fully incorporated.
3. Mix the oils together. Switch your mixer's speed back to low.
4. Whisk or blend while dripping the oil very slowly until it starts to set and then a little faster. This will create an emulsion. Do not pour oils too fast or your mayonnaise will break down and it will be difficult to save.
5. Continue to whisk or blend until all the oil mix is absorbed. Adjust salt and pepper to taste at the end.
6. As is, this mayonnaise will keep at least three days in your refrigerator.

- Chef's tip 1: The yolk recipe works best in a mixer with a whisk. If you decide to use your blender, you can use the whole eggs. It will reduce the fat content a little.
- Chef's tip 2: Feel free to add fresh herbs (blended in the first step) or more garlic (aioli) or saffron (rouille) or even tomato paste.

Sauce Guacamole aux Tomatillos - *Tomatillo Guacamole*

This is not your usual guacamole. I like it for its extra kick and freshness imparted by the tomatillos. I know it's not really French but let's pretend it's a French twist of a Mexican recipe.

Servings: 30

PROCEDURE

Preparation Time: 15 minutes

INGREDIENTS

- **2 each garlic cloves (1/2 oz), minced**
- **1 each jalapeno chile (1/4 oz), chopped**
- **1 lb tomatillos (16 oz), husked and washed**
- **2 Tbsp lime juice (1/2 oz)**
- **1 tsp sea salt**
- **8 oz avocado flesh (2 large avocados)**
- **4 oz onion (1/2 onion), red, chopped**
- **½ cup cilantro (1/2 oz), fresh, chopped finely**

1. Place garlic and jalapeno (take seeds out if you want your guacamole to be milder) in a food processor's bowl with metal blade.
2. Pulse a few times to chop them finely.
3. Add cleaned tomatillos, lime juice and salt. Process until pureed.
4. Peel and seed avocados. Scoop the flesh in a separate stainless steel bowl.
5. Add chopped onions and cilantro and mash coarsely.
6. Add pureed tomatillos and fold together until smooth.
7. Store in cooler double-wrapped with plastic film until needed.

Sauce Pesto au Basilic, Menthe et Pecan - *Basil, Mint, Pecan*

Pesto Sauce

Here's a dairy-free take on the classic pesto sauce. Use it the same way you would usually do.

Servings: 1-8 oz

PROCEDURE

Preparation Time: 15 minutes

INGREDIENTS

- **2 oz basil leaves (1cup), fresh**
- **2 oz mint leaves (1 cup), fresh**
- **2 oz pecan pieces (1/2 cup)**
- **4 oz olive oil (1/2 cup), extra virgin**
- **2 garlic clove, minced**
- **½ tsp sea salt**

1. Rinse basil and mint leaves. Pat dry with paper towel. Take out the stems.
2. Weigh/measure in food processor's bowl.
3. Add pecan pieces, garlic and salt to basil.
4. Process until finely chopped.
5. Pour the oil into the bowl while the machine is running until you have a smooth sauce.

Sauce Pesto aux Pépites de Citrouille et Coriandre - *Pumpkin*

Seed and Cilantro Pesto

I like this sauce with any form of spiralized veggie pasta: cucumber, squash, butternut, carrots, etc.

Servings: 15 oz

PROCEDURE

Preparation Time: 15 minutes

INGREDIENTS

- **2 garlic cloves (1/2 oz), chopped**
- **1 bunch cilantro leaves (1 oz), chopped**
- **2 oz pumpkin seeds, raw**
- **1 each Jalapeno chile, seeded and chopped**
- **1 each tomato (6 oz), peeled, seeded and chopped**
- **2 Tbsp miso, raw, white**
- **2 Tbsp lime juice (1/2 oz)**
- **½ tsp sea salt**
- **4 oz olive oil (4 oz), cold-pressed**

1. Run the food processor with the metal blade attachment.
2. Drop the garlic cloves. Chop.
3. Add the rest of the ingredients EXCEPT the olive oil.
4. When ingredients are all ground up, pour the oil slowly through the feeding tube while the machine is running.

Vinaigrette d'Avocat et Coriandre Fraiche - Avocado Arugula

Vinaigrette

This recipe was inspired by my friend Kaya. It is a very green, smooth yet powerful dressing. I highly recommend it on any mixed greens salad.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

INGREDIENTS

- **1 large avocado**
- **1 bunch fresh cilantro leaves**
- **1 cup apple cider vinegar**
- **2 cup extra virgin olive oil**
- **4 garlic cloves, crushed**
- **½ tsp sea salt**
- **¼ tsp cayenne pepper**

1. Halve and pit the avocado. Scoop the flesh out and place in your blender.
2. Wash and dry cilantro. Pull the leaves the best you can. Place in blender.
3. Peel and crush garlic. Place in blender.
4. Top off with oil and vinegar, add salt and pepper.
5. Blend on high until smooth. Adjust thickness with additional oil if needed.
6. Store in a squeeze bottle in your refrigerator.
7. Allow to come to room temperature, shake and drizzle on your salad as needed.

- Chef's tip: For variety, you can use any cold-pressed nut oil (almond, hazelnut, walnut or macadamia).

Paleo French Side Dishes

Carottes Tiedes à la Marocaine - Warm Moroccan Carrots

This warm exotic side dish can also be served cold as a salad in Summer. Serve it on top of lettuce leaves and diced tomatoes. You may want to add a little extra lemon juice to it.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

INGREDIENTS

- **4 large carrots (or 8 small), sliced**
- **2 Tbsp olive oil**
- **4 garlic cloves, minced**
- **2 tsp ground cumin**
- **½ tsp sea salt**
- **¼ tsp ground white pepper**
- **1 fresh lemon juice**
- **2 Tbsp cilantro, chopped**

1. Peel and slice your carrots. Steam on high for 5 minutes. Do not overcook, keep them crunchy.
2. In a large frying pan, heat olive oil on medium. Sauté the garlic and spices for a couple of minutes to bring out the aromas.
3. Add the steamed carrots and sauté with spices for another couple of minutes to blend the flavors. Take off the heat.
4. Drizzle with the lemon juice. Sprinkle with the chopped cilantro and toss gently.

- Chef's tip: This side dish is a perfect companion to grilled lamb chops with rosemary.

Curry de Courgettes Rapide aux Herbes - Quick Curry

Zucchini Curry with Herbs

Yes, we have curry in France too. This quick and easy curry zucchini is a tasty yet slightly exotic way to eat your veggies and the coconut milk adds a sweetness counterpart to the curry flavor. Serve with broiled or grilled fish.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

1. Peel and cut your zucchinis into small cubes
2. In a saucepan, combine the coconut milk, herb, curry, salt and pepper and herbs and bring gently to a boil.
3. When boiling, add the zucchinis and simmer over low heat for about 10 minutes or until they reach the right amount of tenderness for you (crunchy, medium or melt-in-the mouth soft).

INGREDIENTS

- **4 zucchinis cut in chunks**
- **1 qt coconut milk**
- **1 Tbsp fresh parsley, chopped (or 1 tsp dried)**
- **½ tsp curry powder**
- **½ tsp sea salt**
- **¼ tsp black pepper, ground**

- Chef's tip 1: If you feel like adding extra flavor, feel free to replace half of the coconut milk with organic vegetable broth.
- Chef's tip 2: If you prefer, you could substitute fresh parsley with fresh cilantro or mint.
- Chef's tip 3: Of course, this recipe will work well with summer and winter squashes. Play around with them for fun. You can even make a soup out of it.

Epinard Sauté au Poivron Rouge et Citron - *Spinach Sauté*

With Red Bell Pepper and Lemon

This very simple and puckery hot salad is a perfect side dish to a nice piece of fresh fish. I like to serve it with broiled salmon.

Servings: 4

PROCEDURE

Preparation Time: 5 minutes

Cooking Time: 7 minutes

Total Time: 12 minutes

INGREDIENTS

- **1 Tbsp extra virgin olive oil**
- **1 garlic clove, chopped**
- **1 red bell pepper, diced**
- **1 lemon, sliced thin**
- **Salt and pepper to taste**
- **1 lb baby spinach leaves**

1. Preparation: Peel, crush and chop garlic. Clean, seed and dice red bell pepper. Using and organic lemon, wash, cut in half and slice thin.
2. Cooking: Heat the oil in a medium saucepan. Add garlic, red pepper, and lemon. Salt and pepper to taste.
3. Cook until garlic is golden and pepper and lemon are softened.
4. Add spinach and cook until wilted.

➤ Chef's tip: I like to serve this light dish with pan fried fish.

Gratin de Choux Fleur - Cauliflower Gratin

This dish is very simple and quick to prepare and is low in carbohydrates and therefore will be a great dish if you want to lose weight. Cauliflower is rich in vitamin C and contains beneficial compounds against various types of cancer. If I were you, I would not overcook it so as to keep its health properties.

Servings: 6

PROCEDURE

Oven Temperature: 350°F

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Total Time: 40 minutes

INGREDIENTS

- **1 whole cauliflower (about 1.5 lbs)**
- **1 Paleo béchamel recipe (see above)**
- **1 oz grated cheese (raw aged milk such as Comté - optional)**
- **1 pinch sea salt**
- **1 pinch black pepper, ground**
- **1 dash Herbes de Provence**

1. Preheat your oven at 350 F.
2. Peel the cauliflower, cut into floret and steam (or boil) for 5 minutes in salted water to soften it.
3. Arrange in a baking dish of choice.
4. Meanwhile, prepare the béchamel following in instructions on that recipe (see Sauces).
5. Pour the hot béchamel over the florets.
6. Sprinkle with aged raw cheese: Emmentaler or Comte if you like, or ground almonds and Herbs de Provence.
7. Bake for about 20 minutes until the béchamel starts to boil and turn gold color.

- Chef's tip 1: If you are strict Paleo, omit the cheese in the béchamel and as a topping. Prepare the béchamel without cheese and substitute the cheese with ground almonds and Herbs de Provence. If that is your choice, this recipe is not only Paleo, it is also gluten and dairy-free.
- Chef tip 2: You can use broccoli or any roots such as sweet potato, carrot, rutabaga or turnip.

Haricots Verts Rôtis aux Noisettes. *Roasted Haricots Verts with Hazelnuts*

Haricots verts are a thinner and more tender French version of green beans. This simple recipe is a nice way to discover them. I like the crunchy note added by the nuts. It is loaded with fiber, chlorophyll and mono-unsaturated oil from the hazelnuts.

Servings: 4

PROCEDURE

Preparation Time: 10 min.

Cooking Time: 20 min.

INGREDIENTS

- **1 lb haricots verts (French green beans)**
- **3 Tbsp extra virgin olive oil**
- **1 tsp apple cider vinegar**
- **2 shallots, diced**
- **2 garlic cloves, chopped**
- **¼ cup hazelnut, toasted and chopped**
- **2 Tbsp fresh parsley, chopped**
- **½ tsp sea salt**
- **½ tsp freshly ground black pepper**

1. Preheat your oven to 400°F.
2. Toast the hazelnuts carefully until golden color, about 8 minutes.
3. Typically, because haricots verts are so thin, they do not need to be trimmed, but you may have to trim a few of them. Cut them in half lengthwise.
4. In a medium-sized bowl, whisk together the olive oil, apple cider vinegar, shallots, garlic, salt and pepper. Toss the haricots verts in this mix.
5. Spread on a baking sheet and roast until tender but still crunchy, about 15-20 minutes.
6. Take the beans out of the oven. While still warm, add the parsley and hazelnuts. Toss lightly and adjust seasoning.

➤ Chef's tip: This dish goes well with meatloaf, white fish or an egg dish.

Légumes Rôtis aux Herbes Provencales - *Slow-Roasted*

Provençal Veggies with Herbs

Here's a simple but wonderfully flavorful side dish. It reminds me of the old country, "la belle Provence". You can serve it with a pork or veal r even a lamb chop, like "chez moi".

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Total Time: 40 minutes

1. Preheat your oven to 375 F.
2. Place sliced veggies on a parchment-lined baking sheet.
3. Drizzle, or better yet, spray with olive oil, sprinkle with garlic herbs and salt and pepper.
4. Bake at 375°F for 30 min or until your veggies are roasted and tender.

INGREDIENTS

- **2 large ripe tomatoes, sliced 1/4" thick (1 lb)**
- **1 large zucchini, sliced (12 oz)**
- **1 small eggplant, sliced (12 oz)**
- **1 Tbsp extra virgin olive oil**
- **4 garlic cloves, minced (or garlic salt)**
- **1 Tbsp Herbes de Provence or Italian Herbs**
- **2 pinches sea salt**
- **1 pinch freshly-ground black pepper**

Patates Douces et Epinards Sautés aux Herbes - *Broth-Sauteed*

Spinach and Sweet Potatoes

In this recipe, instead of sautéing the vegetables in oil as we usually do, we'll wet-sauté in organic vegetable broth. This way your veggies will not be fried but soft and smooth. Spinach and sweet potatoes will add fiber and an extra dose of carotenoids to your diet. Enjoy!

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

INGREDIENTS

- **1 lb sweet potatoes, peeled and cubed (2 cups)**
- **2 Tbsp vegetable broth (organic)**
- **1 Tbsp fresh lemon juice**
- **½ white onion, chopped**
- **4 garlic cloves, minced**
- **1 Tbsp Herbes de Provence**
- **½ tsp sea salt**
- **¼ tsp cayenne pepper**
- **4 oz fresh baby spinach (2 cups)**
- **2 Tbsp fresh parsley, chopped**

1. Peel and cube your sweet potatoes. Steam them on high for 8 minutes or until tender.
2. Meanwhile, chop your onions and garlic and let them sit for a few minutes to bring out their health-promoting benefits.
3. When your sweet potatoes are steamed, heat the vegetable broth on medium heat.
4. Sauté your onion and garlic in the broth and lemon juice and herbs. Cook while stirring for a few minutes until tender.
5. Add the baby spinach (or frozen, drained spinach) and wilt.
6. Add the sweet potatoes, stir well and cook a few more minutes on low for all the flavors to blend.
7. Take off the heat. Stir in chopped parsley and adjust seasoning, if needed.

➤ Chef's tip: If you feel adventurous, mix and match other spices to make this dish more Moroccan (coriander), Mexican (cumin, cilantro), Indian (turmeric) or Italian (Italian herbs mix).

Patates Douces et Pommes aux Épices - *Spiced Sweet Potatoes and Apples*

Sweet potatoes are becoming more and more part of the French culinary language. It is opening to world flavors and this is a perfect example. This is a perfect Fall dish and you can even stretch it all the way to the Holidays.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

- **2 Tbsp coconut oil**
- **1 lb sweet potatoes, peeled and cut into ½ inch cubes (4 cups - 1 large sweet potato)**
- **1 large organic apple, same size cubes (I like Granny Smith for this dish)**
- **¼ tsp sea salt**
- **2 oz water, spring or filtered (1/4 cup)**
- **2 tsp apple cider vinegar**
- **2 tsp fresh ginger, grated**
- **½ tsp ground cinnamon**
- **¼ tsp ground allspice**
- **¼ tsp ground nutmeg**
- **2 oz raisins (1/4 cup)**
- **2 tsp local honey**

1. Heat coconut oil in a 2 quart pan (with lid) on medium heat.
 2. Add sweet potatoes, apples and sea salt.
 3. Sauté for about 5 minutes while stirring until softened.
 4. Add water, apple cider, raisins and spices. Bring to a gentle boil.
 5. Lower the heat, cover and simmer until sweet potatoes are soft, about 10 minutes.
 6. Add the honey and simmer uncovered for a few more minutes, or until liquid is reduced. Serve warm.
- Chef's tip: Sometimes, I top this dish off with toasted pecans pieces for added crunchiness.

Patates et Merguez Sautées - *Sautéed Potato and Merguez*

In the South of France, the French people that used to live in Northern Africa brought back a skinny and spicy sausage call merguez. There are now available in America in larger cities. Here's a simple and quick meal featuring them. Served with a nice side salad and Voila! you have a whole meal.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

- **2 Tbsp coconut oil**
- **1 lb merguez sausages, casings removed**
- **1 lb Yukon Gold potatoes, skin on, cubed**
- **1 medium white onion, diced**
- **½ tsp sea salt**
- **1 Tbsp fresh rosemary, chopped fine**
- **Salt and pepper to taste**

1. Using a heavy duty cast iron pan or pot, heat the oil n medium high heat.
2. Add the crumbled merguez meat and cook while stirring with a wooden spoon to break it up.
3. Cook well. Set aside in a warm place. Save the cooking fat.
4. In that same fat, add the cubed potatoes, diced onions, sea salt and rosemary. Cook well while stirring until potatoes are almost ready.
5. Put back the cooked meat, stir together and finish cooking with the veggies so the flavors blend well.
6. Adjust seasoning. Serve hot.

- Chef's tip: If you cannot find merguez in your neck of the wood, use the Spanish chorizo or any spicy sausage of your choice.

Poireaux et Carottes à la Menthe - *Lemon Mint Leeks &*

Carrots

The lemon mint added to the tang of lemon juice and zest makes this light side dish the perfect accompaniment to a meat dish.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

- **2 Tbsp EVOlive oil**
- **4 leeks, white part only, sliced**
- **4 medium carrots, peeled and sliced**
- **1 oz white wine (3 Tbsp)**
- **1 lemon zest**
- **2 lemon juices**
- **1 Tbsp lemon mint, chopped**
- **8 oz vegetable broth (1 cup)**
- **½ tsp sea salt**
- **¼ tsp black pepper, ground**
- **1 Tbsp parsley, chopped**

1. Clean and wash leeks. Cut in 2 inches sections and slice in 1/4 sections.
2. Peel carrots; cut in 2 inch sections and then in quarter sections.
3. Heat olive oil on medium high. Sauté leeks and carrots sections until the leeks look translucent.
4. In a small bowl, grate one lemon, squeeze 2 lemon juices, the white wine and broth. Add mint and spices and mix well.
5. When veggies are sautéed, deglaze with your liquid.
6. Reduce heat and simmer covered for 15 minutes, or until tender.
7. Remove the lid, increase heat and reduce liquid while stirring until it's mostly gone.
8. Place in serving dish. Garnish with parsley.

- Chef's tip 1: I know leeks are not as well known here as they are in Europe but give them a chance and you will make new friends.
- Chef's tip 2: You could even make this dish a warming soup by adding a little more broth and adjust the spices.

Purée de Patates Douces au Noix de Pecans - Mashed Sweet

Potatoes with Pecans

Here's a perfect dish for "les feuilles d'Automne" (autumn leaves) period of the year. I like this dish as is but if you prefer it a little sweeter, add honey or raw agave nectar. A perfect side dish to accompany your favorite turkey dish.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Total Time: 30 minutes

INGREDIENTS

- **4 medium sweet potatoes, peeled and steamed**
- **1 oz ghee (3 Tbsp)**
- **1 Tbsp vanilla extract**
- **8 oz almond milk (½ cup), unsweetened**
- **1 tsp sea salt**
- **1 tsp cinnamon, ground**
- **½ tsp nutmeg, ground**
- **½ tsp allspice, ground**
- **4 oz pecan pieces (½ cup), toasted**

1. Peel your sweet potatoes and cut them into cubes.
2. Steam them for 10-12 minutes or until soft. If you prefer, you may boil them but you will lose of the vitamins in the cooking water.
3. Preheat your oven at 350 F.
4. While the potatoes are steaming, roast your pecan pieces at 350F for about 10 minutes or in a frying pan on medium heat. Set aside.
5. Place your steamed potatoes in a mixer's bowl. Add ghee, and the rest of the ingredients but save the nuts for later.
6. Mix on low speed with the paddle attachment. Adjust almond milk according to your preferences.
7. Place your mashed potatoes in a baking dish. Sprinkle with roasted pecans. Heat up for about 10 minutes or until hot enough to eat.

- Chef's tip 1: I personally prefer ghee's smoothness to coconut oil but feel free to use coconut oil if that's your favorite fat.
- Chef's tip 2: Again, I prefer almond milk than coconut milk but you're the boss in your kitchen. Do what you like best.

Rutabagas Sautés aux Oignons et au Lard - Rutabaga Hash with Onions and Bacon

For most of you, rutabaga means: “what’s that?” It’s like a potato, a root from the same family as the turnip. They are usually used in soups with other vegetables or mashed with potatoes. I like this different way of preparing it. You can serve it for brunch with poached eggs or as an interesting dinner side dish.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

INGREDIENTS

- **4 thick slices of bacon, (about 2 oz), cut into 1/2” pieces**
- **1 lb rutabagas, peeled and shredded (or small dice)**
- **1 small yellow onion, small dice**
- **1 garlic clove, crushed and minced**
- **1 celery stalk, diced**
- **1 jalapeño chili, stemmed, seeded, and minced**
- **½ tsp sea salt**
- **½ tsp black ground pepper**
- **2 Tbsp fresh cilantro, chopped plus more for garnish**

1. In a large frying pan with lid, preferably cast iron, cook the bacon over medium-high heat until crisp, about 5 minutes. Using a slotted spoon, transfer bacon bits to paper towels to drain.
2. Pour off half of the fat from the pan. Return it to medium-high heat. Add the rutabagas, onion and garlic. Sauté with a sprinkle of sea salt while stirring for a couple of minutes.
3. Reduce the heat to medium, cover, and cook for another 5-6 minutes, stirring a couple of times, to steam the vegetables.
4. Take the cover off, increase the heat to medium-high, and cook another minute while stirring, until the vegetables are browned at the edges.
5. Add the chopped celery and jalapeno. Adjust seasoning to your taste. Stir to mix and finish cooking while stirring until the rutabagas are tender and the celery is still crisp but cooked. Fold in the chopped cilantro and bacon bits.
6. Serve immediately, garnished with additional cilantro. For extra zip, offer hot-pepper sauce on the table for your guests.

Ratatouille - Ratatouille

This wonderful dish is the essence of Provence. The best time to prepare it is in the summer when the tomatoes are full of flavor. If you want to prepare it at other times, I recommend using Muir Glen organic crushed tomatoes with basil. I know, it's a sacrilege, but it helps you savor this dish in all seasons. You can savor ratatouille as a main dish, soup, or as a side dish. Here's the version my mother in law, Helene taught me. Enjoy!

Servings: 6

PROCEDURE

Preparation Time: 20 minutes

Cooking Time: 1 hour

Total Time: 1 hour and 20 minutes

INGREDIENTS

Step 1

- **2 Tbsp extra virgin olive oil**
- **1 medium white onion, peeled and cut in half moons**
- **2 garlic cloves, minced**
- **½ tsp sea salt**

Step 2

- **1 small green bell pepper, cut in thin slices**
- **1 small red bell pepper, cut in thin slices**
- **1 small eggplant, cut into 1 inch pieces**
- **3 medium zucchini,**

1. Step 1: Peel and chop onions and garlic. Toss together in a bowl and let sit for 5 min.
2. Cut green and red bell peppers, take the seeds out, cut in four sections and slice thin.
3. In a large cast iron pot, heat the olive oil over medium heat. Add the onions, garlic, bell peppers and salt and sauté for 5 minutes, or until tender.
4. Step 2: Add the eggplant, zucchini and fresh tomatoes (or canned tomatoes); mix well and cook for another 10 minutes until they start to soften.
5. Step 3: In a separate bowl, mix the tomato paste and red wine together. Stir in the parsley, basil, Herbs de Provence and salt and pepper.
6. Add this flavorful mix to the vegetables and stir well. Lower the heat to simmer and continue to cook, covered, one more hour until all the vegetables are melted, like a stew or thick soup.
7. To serve: Serve in white porcelain bowls to show off the ratatouille's bright colors (remember, we eat as much with our eyes as with our mouth) and sprinkle with a few fresh parsley leaves.

cut into 1 inch pieces

- **3 large perfectly ripe tomatoes, or 1-28 oz Muir Glen Organics crushed tomatoes with basil**

Step 3

- **6 oz tomato paste**
- **½ cup red wine (the secret ingredient)**
- **1 Tbsp fresh parsley, chopped fine**
- **1 Tbsp fresh basil, chopped fine**
- **1 Tbsp Herbes de Provence blend**
- **1 tsp sea salt**
- **½ tsp freshly ground black pepper**

➤ Chef's tip 1: This dish can be a satisfying dish by itself, eaten warm or at room temperature. The flavors seem to bloom better at these temperatures than when hot. It also is a wonderful side dish with a sautéed filet of white fish.

Topinambours à l'Ail a l'Étouffée. *Braised Garlic Roasted*

Jerusalem Artichokes

This unjustly treated vegetable tastes like a cross between a potato and a celeriac. Since it does not contain any starch, it is a good vegetable for diabetics to cook with. Here's a simple but tasty recipe for you to try.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

- **1 ½ lbs Jerusalem artichokes, peeled and sliced**
- **2 quarts filtered water**
- **1 Tbsp sea salt**
- **2 Tbsp extra virgin olive oil**
- **4 garlic cloves, minced**
- **Sea salt and pepper to taste**
- **1 Tbsp fresh parsley, chopped**

1. Peel the Jerusalem artichokes and slice across into equal rounds.
2. Place in a pot with cold water with salt. Bring to boil. Boil for 5 minutes. Drain.
3. In a Le Creuset or Dutch oven pot, heat the oil at medium heat; add the garlic and cook until blond; add the drained artichokes. Sauté for another 5 minutes to meld the flavors. Lower the heat, cover and cook another 10 minutes until they are gold-colored and tender.
4. Before serving, sprinkle with chopped parsley.

➤ Chef's tip: This is an intriguing replacement for potatoes. If that does not appeal to you, use turnips or sweet potatoes instead.

Paleo French Soups

Soupe aux Champignons, Lard et Moutarde - *Mushroom, Bacon and Mustard Soup*

What I like in this soup is its earthiness enhanced by the mustard's spiciness. Traditionally, this soup is thickened with a roux and heavy cream. In this instance, I use agar powder as a thickener and almond milk to smooth it out. To add a little smokiness to this soup, I like to use bacon drippings and bacon bits.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Total Time: 40 minutes

INGREDIENTS

- **1 lb Crimini mushrooms**
- **1 Tbsp coconut oil (or bacon drippings)**
- **2 shallots, minced**
- **3 cups vegetable broth**
- **½ tsp sea salt**
- **¼ tsp ground black pepper**
- **1 cup almond milk**
- **1 tsp agar powder**
- **2 tsp Dijon mustard**
- **4 bacon slices, cut**
- **1 Tbsp fresh parsley, chopped**

1. Save one sliced mushroom for decoration.
2. Brush and slice the rest of the mushrooms.
3. Heat the oil (or bacon drippings) on medium heat. Add the shallots and sweat gently for 2 minutes. Add the sliced mushrooms and cook for another 5 minutes until shriveled.
4. Add the veggie broth and salt and pepper. Bring to boil.
5. Lower the heat, cover and simmer for 30 minutes.
6. Meanwhile, sauté your bacon pieces until crispy. Set aside.
7. Allow the soup to cool a little and blend it until smooth. Pour back into your soup pot.
8. In a separate bowl, whisk together the agar, almond milk and mustard. Pour into the soup and stir while bringing back to gentle boil to thicken.
9. Serve in hot plates. Sprinkle with bacon bits, chopped parsley and a mushroom slice.

- Chef's tip: Feel free to use whatever mushroom is in season for this soup or mix different kinds.

Soupe à la Citrouille et ses Pépins Rotis - *Squash Soup with Roasted Pumpkin Seeds*

This recipe reminds me of Mamie's "soupe a la citrouille" (pumpkin soup). She used only the "potiron" (big, large pumpkin). Of course, she used heavy cream in her recipe. Unfortunately, she never used a recipe. I had to recreate from memory. In my version, I use unsweetened almond milk to lighten it. I hope you like it.

Servings: 6

PROCEDURE

Preparation Time: 50 minutes

Cooking Time: 40 minutes

Total Time: 1 hour 30 minutes

INGREDIENTS

- **1 Tbsp coconut oil**
- **1 yellow onion, peeled and cubed**
- **2 carrots, peeled and cubed**
- **1 tsp sea salt**
- **2 lbs organic pumpkin, peeled, seeds removed (save the seeds), and cubed**
- **6 cups water, or enough to cover squash**
- **2 Tbsp apple cider vinegar**
- **½ tsp ground white pepper**
- **½ tsp ground nutmeg**
- **1 cup unsweetened almond milk**

1. Heat the oil on medium heat in a heavy-bottomed cast iron pot or Dutch oven.
2. Sauté onions and carrots with salt while stirring until slightly caramelized, about 10 minutes (or longer if you want a sweeter, richer flavor).
3. Add pumpkin cubes and enough water to cover the vegetables.
4. Bring to a boil, then reduce flame and simmer until squash is tender (about 30 minutes).
5. Meanwhile, roast the pumpkin seeds at 350F until fragrant. Set aside.
6. Purée the soup one batch at a time in your blender. Pour back in the pot.
7. Add the almonds milk and spices. Simmer another 10 minutes to allow the flavors to mingle.
8. Remove from heat. Garnish with roasted pumpkin seeds.

- **½ cup roasted organic pumpkin seeds (for garnish)**
- Chef's tip 1: If you want to add a little flavor, use organic vegetable broth instead of water.
- Chef's tip 2: If you feel like playing around with other flavors, replace nutmeg with ground cumin or grated ginger for added flavor.

Soupe à l'Oignon au Vin Rouge. *Red Wine Onion Soup*

Traditionally, this soup was served as a mid-morning meal at bistros near Les Halles (the wholesale food market) in Paris. In some establishments, they left some of the meat used for the broth in the soup for additional flavor. This is my version with red onions and red wine. It's a good soup to build your blood and keep you warm in the winter.

Servings: 4

PROCEDURE

Preparation Time: 15 min.

Cooking Time: 45 min.

INGREDIENTS

- 1 quart beef broth
- 2 tsp sea salt
- 2 laurel leaves
- 2 sprigs fresh thyme
- 6 black peppercorns
- 2 Tbsp olive oil
- 2 Tbsp ghee
- 2 lbs red onions, sliced 1/2-inch thick
- 4 garlic cloves
- 1 tsp sea salt
- ½ cup dry red wine
- 2 garlic cloves
- 2 cups grated Gruyère or Emmentaler cheese (optional)

1. Bring beef broth, sea salt, peppercorns and herbs to a boil.
2. Remove from heat and let steep 10 minutes.
3. Meanwhile, cook onions in oil and butter with the sea salt in a heavy medium pot over medium heat, stirring occasionally with a wooden spoon, until tender, about 15 minutes.
4. Add wine to onions and boil until reduced to half its volume, about 1 minute.
5. Strain broth through a sieve into onion mixture and simmer, covered, for about 30 minutes to allow all the flavors to blend. Adjust seasoning if needed.
6. Preheat broiler.
7. While the broiler is heating, toast 4 baguette slices in your toaster. Grate fresh garlic cloves over the toasted bread.
8. Ladle hot soup into 4 ceramic bowls set on a sheet pan.
9. Sprinkle each bowl with the grated cheese (if you can).
10. Broil about 4 inches from heat until the cheese gratiné turns golden brown, about 2 minutes.

- Chef's tip 1: The trick here is to cook the onions and garlic until they are slightly caramelized. That is what gives this soup its flavor. The salt

added to the cooking onion help bring out their sweetness and accelerate the caramelization process. The red wine adds another layer of flavor.

- Chef's tip 2: If you prefer a sweeter taste, feel free to substitute sweet Vidalia onions for red onions. Enjoy!

Soupe au Chou Vert et à la Saucisse Fumée - Green Cabbage and Smoked Sausage Soup

This is a wonderful winter soup full of flavor. I guarantee it will warm your heart. Adding your favorite smoked sausage will add another layer of flavor. Serve this complete meal with a salad and a fruit.

Servings: 4

PROCEDURE

Preparation Time: 20 minutes

Cooking Time: 1 hour

Total Time: 1 hour and 20 minutes

INGREDIENTS

- **1 small green cabbage, sliced (about 2 lbs)**
- **3 carrots, sliced (about 12 oz)**
- **2 turnips, cubed (about 8 oz)**
- **1 sweet potato, cubed (8 to 12 oz)**
- **2 onions, sliced**
- **2 garlic cloves, crushed**
- **2 Tbsp coconut oil**
- **1.5 quart vegetable broth**
- **1 bouquet garni (parsley, thyme, bay leaf)**
- **1 lb smoked sausages, sliced (1 lb)**
- **Sea salt and pepper**

1. In a large pot, boil 3 quarts of salted water.
 2. Take out the large leaves and the base of the cabbage. Slice in 1 inch sliced.
 3. Blanch the cabbage strips for 2 to 3 minutes. Drain, run under cold water and set aside.
 4. Meanwhile, clean, peel and cut carrots, turnips and sweet potato in small cubes.
 5. Peel and slice onions. Crush garlic. Set aside.
 6. Slice the sausage in 1/2 inch pieces. Set aside.
 7. In a soup pot with lid (or pressure cooker), heat the oil and sauté the sliced onions, garlic until they turn translucent.
 8. Add cubed vegetables, sausages, vegetable broth, bouquet garni and salt and pepper. Bring it to boil.
 9. Lower the heat, cover and simmer for an hour. If you use a pressure cooker, cook 20 minutes from the time the valve rotates. Serve hot.
- Chef's tip 1: If you own a pressure cooker, you can reduce your cooking time by 40 minutes.
- Chef's tip 2: If you have a taste for spicy food, replace the smoked sausage by chorizo or merguez.

Soupe aux Fanes de Radis et Pommes - Radish Tops and Apple

Soup

Here's a tasty way to recycle your radish tops. Better than carrot tops. Make a soup out of them. It's loaded with vitamins and the apples add that special sweetness. Feel free to play with fresh herbs to add variety. This soup taste great cold as well.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

- **1 large onion, sliced**
- **1 celery stalk, sliced**
- **1 Tbsp ghee or coconut oil**
- **4 Granny Smith apples, peeled, cored and sliced**
- **2 radish greens, washed (top of bunches)**
- **1 quart vegetable broth**
- **1 tsp dried oregano**
- **Sea salt and pepper to taste**
- **4 radishes, sliced**

1. Heat ghee (or coconut oil) in a large soup pot. Sauté sliced onions and celery until tender, about 5 minutes.
2. Add sliced apples and radish tops and cook until wilted and tender, another 5 minutes.
3. Add vegetable broth, herbs and spices and bring to boil.
4. Lower the heat, cover and simmer for another 20 minutes.
5. Blend all together. Adjust seasoning. Serve hot. Decorate with a sliced radish.

- Chef's tip 1: This recipe works well with any other green tops: Carrot, watercress, etc.
- Chef's tip 2: If you want to add a little spiciness to your soup, add a few sliced radishes to your soup and cook the same amount of time.

Soupe de Betterave au Craquant de Lard - *Beet Soup with Crunchy Bacon*

This very simple soup is really delicious. It's also loaded with vitamin A. Its bright color will impress your guest. Nothing like beet and bacon for delight my taste buds.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Total Time: 40 minutes

INGREDIENTS

- **1lb beets, cleaned and diced**
- **1 sweet potato, cleaned and diced (8 oz)**
- **1 quart vegetable broth**
- **1 garlic clove, minced**
- **¼ tsp ground cumin**
- **Sea salt and pepper to taste**
- **8 oz sour cream (optional)**
- **8 bacon slices, baked crispy**

1. Brush the beets and sweet potato well before cutting into 1 inch cubes. I personally prefer to keep the skin on for additional fiber and vitamins but feel free to peel them.
2. Boil in vegetable broth for about 30 minutes or until tender.
3. Meanwhile, bake the bacon sliced until crispy. Drain on paper towels to absorb the extra fat.
4. In a food blender, process the beets, sweet potato, broth, garlic, cumin and spices to taste. If you are OK with dairy, add sour cream for extra creaminess. Adjust thickness with more broth if needed.
5. Serve hot in a bowl or glass and stick the bacon slices into the soup for special effect.

- Chef's tip 1: This recipe is Paleo, gluten and dairy-free (if you chose to omit the sour cream).
- Chef's tip 2: If you want added flavor, add the bacon drippings to your soup. As you already know, bacon makes everything taste better.

Soupe de Moules Noix de Coco et Chorizo - *Mussel Soup with Coconut and Chorizo*

I took a traditional French mussel soup and added a little exotic touch with chorizo, coconut, and lime. To make it a more substantial meal, pour this soup over steamed yam or salsify.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Total Time: 30 minutes

INGREDIENTS

- **2 lbs mussels**
- **8 oz chorizo sausages, mild or spicy or your favorite local dry sausage**
- **1 Tbsp coconut oil**
- **1 white onion, peeled and chopped**
- **4 Tbsp shredded coconut**
- **½ tsp sea salt**
- **3 pinches cayenne pepper**
- **1 pint coconut milk, whole**
- **1 Tbsp lemon mint, chopped**
- **1 lime, quartered**

1. Scrape the mussels in cold water. Drain them.
2. Cut the chorizo into thin slices; remove the skin. Set aside.
3. Peel and chop the onion.
4. Cut the lime in quarters. Reserve.
5. Drop the coconut oil in a French oven (or cast iron pot with lid) and heat on medium-high. Add the onion, shredded coconut and salt and pepper. Cook while stirring for a couple of minutes or until translucent.
6. Lower the heat to low. Add the mussels. Cover with the lid and allow them to open for about 5 minutes. Pour the coconut milk and lemon mint, stir and remove from heat.
7. Brown the chorizo slices in a non-stick pan and drain on paper towels.
8. Divide the mussels in coconut milk in four bowls. Add the chorizo slices, sprinkle with a lime squeeze and top off with the lime quarter. Enjoy this soup warm.

- Chef's tip: If you wish, you can sprinkle additional chopped lemon mint on top of your soup bowls for added color.

Soupe de Potiron au Fenouil et Pastis - *Pumpkin Soup with Fennel and Pastis*

I like this soup for its original flavor combination. As you may know, pastis (the French liquor served in the South of France for "aperitif" is made from distilled fennel root. Why not add some to your soup to make it more interesting. Give it a try and let me know how you liked it.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Total Time: 50 minutes

INGREDIENTS

- **2 lbs pumpkin**
- **2 Tbsp ghee**
- **1 large onion, sliced**
- **1 large fennel root, sliced**
- **2 garlic cloves, minced**
- **1 tsp sea salt**
- **2 quarts chicken or vegetable broth**
- **½ tsp thyme**
- **1 tsp fennel seeds**
- **2 bay leaves**
- **Sea salt and pepper to taste**
- **1 pint almond milk**
- **1 tsp agar powder**
- **1 dose pastis liquor (1/4 cup) (optional)**
- **1 Tbsp parsley, chopped**

1. Scoop out pumpkin or squash flesh. Cut in cubes. Or, if you prefer use 2-15 ounces cans of organic pumpkin puree.
2. Heat ghee (coconut oil) in a soup pot with lid. Sauté the slices onion, fennel and garlic until tender.
3. Add the cubed pumpkin or pumpkin puree. Stir well with other veggies.
4. Add the chicken or vegetable broth, herbs and spices.
5. Bring to boil and simmer for 30 minutes.
6. Blend the soup or part of the soup if you like chunks.
7. In a separate bowl, whisk together the agar powder and almond milk. Pour back into the soup pot and heat to thicken.
8. At the last minute, stir in the pastis liquor (optional) and adjust seasoning. Sprinkle with chopped parsley.

- Chef's tip 1: If you cannot find fresh pumpkin (or it's too much work), use organic pumpkin puree instead.
- Chef's tip 2: If you feel playful, you can scoop out the pumpkin flesh and use it empty as a serving container.

Soupe de Santé Verte d'Alain. *Alain's Healthy Green Soup*

When I feel "barbouillé" or "pas dans mon assiette", like when I feel a cold or flu coming on, I take a large bowl of this soup, go to bed, sweat it out and I usually feel a lot better the next day. Since I always have these ingredients at hand, this soup is very easy to put together in a few minutes.

Servings: 1

PROCEDURE

Yield: 2 soup bowls

Preparation Time: 5 min.

INGREDIENTS

- **2 cups filtered or spring water**
- **4 cups of mixed field greens, or any greens you happen to have**
- **8 broccoli or cauliflower florets**
- **1 carrot, sliced**
- **2 garlic cloves**
- **1 tsp fresh ginger**
- **1 Tbsp fish oil or flax seed oil**
- **1 Tbsp miso paste**
- **1 tsp sea salt**
- **½ tsp cayenne pepper**
- **1tsp turmeric spice**

1. Bring water to boil.
2. Meanwhile, put all the ingredients listed in your blender's jar. Be creative and add any fresh vegetables you have in your fridge. What you put in is probably what you need.
3. If you want it to be thicker, you can add 1 cup of cooked rice, a small cooked sweet potato, or even a raw egg for additional protein.
4. Pour hot water over the ingredients and start blending slowly, then at high speed until finely pureed.
5. Enjoy hot and go to bed to detox your body with a good sweating.

➤ Chef's tip: This is a hot but raw soup. The water is boiled but the vegetables are not cooked which makes it a raw soup. All the vitamins, minerals and chlorophyll are fully active and ready to help you feel better. Enjoy!

Soupe Froide d'Épinards et d'Avocat. *Cold Spinach and Avocado Soup*

Another one of my favorite cold soups. It is loaded with fiber, chlorophyll, healthy fats and it's very, very green. It tastes great and is very healthy for you. To dry the spinach, my grand-mother use to send me outside to shake the water out the "panier a salade". She used to just shake it hard but my favorite way of getting the water out was to turn round and round until my head was spinning. If I was lucky, I managed not to drop the salad in the process or else I would need to run real fast to avoid "une calotte" (a smack in the back of the head).

Servings: 4

PROCEDURE

Preparation Time: 10 min.

INGREDIENTS

- **1 cup vegetable broth**
- **2 Tbsp extra virgin olive oil**
- **2 tsp lemon juice, fresh-squeezed**
- **2 packed cups baby spinach, washed and dried**
- **2 cloves garlic, chopped**
- **½ tsp sea salt**
- **1 large avocado, very ripe**
- **2 Tbsp pine nuts, lightly roasted**

1. In your blender, combine the liquids: broth, olive oil and lemon juice; on top, press the spinach leaves, chopped garlic and sea salt; process, stopping once in a while to make sure to push the spinach leaves back into the mix.
2. Peel and pit your avocado; add to the mix and finish blending. If necessary, adjust the thickness with a little more broth.
3. Serve in white soup bowls and sprinkle pretty roasted pine nuts on top.

➤ Chef's tip: to toast the pine nuts, you can sauté them in a dry frying pan very carefully. Or better yet, roast them in your toaster oven at 350°F for about 8 minutes.

Soupe Gaspacho Ibérienne - Raw Iberian Gazpacho

Iberian is just a fancy word for Spanish. But smart as you are, you already knew that, didn't you? This cool and spicy soup will keep you happy during the summer months. Just don't let my Spanish friends I added my French touch to their composition.

Servings: 6

PROCEDURE

Preparation Time: 30 minutes

Total Time: 30 minutes

1. Peel, chop all ingredients.
2. Toss together in a stainless steel bowl.
3. Allow to steep for the flavors to develop.
4. Pulse or puree at your thickness preference.

INGREDIENTS

- 3 tomatoes, large, ripe (about 1 1/2 lbs)
 - 1/2 cucumber, peeled and chopped (4 oz)
 - 1 pepper, red, large, finely chopped (6 oz)
 - 1/4 red onion, peeled and chopped (3 oz)
 - 1 cup basil, fresh, chopped (1/2 oz)
 - 4 garlic cloves, fresh, chopped (1 oz)
 - 1 jalapeno pepper, small, seeded and chopped (1/4 oz)
 - 1 tsp sea salt
 - 1 cup fresh carrot juice) (8 oz)
 - 1 oz olive oil, cold pressed (1 oz)
 - 2 lime juice, freshly squeezed (1.5 oz)
 - 1 oz raw agave nectar
- Chef's tip 1: To speed things up, you can use a slicing disk on the Cuisinart and slice all ingredients all at the same time. Then switch to the blade and process the food... or switch to a high speed blender and blend smooth.
- Chef's tip 2: To keep the soup chunky, process with the food processor. To make it smooth, use the high speed blender.

Soupe Glacée aux Carottes, Ananas et Menthe - *Chilled*

Carrot, Pineapple and Mint Soup

This original and refreshing soup will surprise your summer guests. Better yet, it's loaded with vitamins and minerals. So you know, steaming lightly will bring out the carotenoids hidden in the carrots. If you like your food with a touch of spice, add Tabasco to taste.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

INGREDIENTS

- **4 carrots, sliced (about 12 oz)**
- **8 oz fresh orange juice**
- **4 oz fresh pineapple, cubed**
- **½ cup mint, minced**
- **A few drops Tabasco**
- **Sea salt and white pepper to taste**

1. Peel and slice the carrots. Steam them for 6 minutes or until al dente. Take out of the steamer and allow to cool.
2. Place the orange juice in your blender first. Add the steamed carrots, pineapple chunks, mint and salt and pepper.
3. Process on high until pureed finely. Add more orange juice until your soup reaches the right consistency.
4. Add Tabasco to taste (optional).
5. Pour into glasses. Decorate with a mint leaf and refrigerate until serving.

- Chef's tip: If you want to make this recipe completely raw, do not steam the carrots and use a high speed blender.

Soupe Provençale à la Sauge et Ail. *Provençal Sage and Garlic*

Soup

This old Provençal recipe has been considered a healing soup for generations. It is a good soup to have after too many libations, or when you're feeling a cold coming on. It is also thought to be anti-anemic and anti-spasmodic. It is supportive of heart health, stimulates bile secretions and has positive effects on gastric ulcers. It is a simple soup but has complex healing abilities.

Servings: 1 serving of two bowls

Preparation Time: 15 min.

Cooking Time: 25 min.

INGREDIENTS

- **1 pint cold filtered water**
- **1 pinch coarse sea salt**
- **4 garlic cloves**
- **8 fresh sage leaves (or 2 tsp dried crushed sage)**
- **1 bay leaf**
- **Ground black pepper to taste**
- **2 Tbsp extra virgin olive oil**

PROCEDURE

1. In a stainless steel pot, bring cold water to a boil with garlic cloves and sea salt. Once boiling, lower the heat and let it simmer, covered, for 15 minutes.
2. When the soup has cooked for 15 minutes, add the sage and bay leaf. Let steep covered for about 10 minutes. Take the sage and bay leaves out. Adjust the seasoning with fine sea salt and freshly ground black pepper.
3. When ready to serve, place 2 slices of the toasted bread at the bottom of the plate or bowl, add 1 tablespoon of olive oil, and ladle 1 cup of soup over it all. Enjoy your first soup bowl. Repeat the same process for the second serving. A Votre Santé!

Soupe Vichyssoise à la Citrouille. *Butternut Squash*

Vichyssoise Soup

Traditionally, a Vichyssoise soup is a cold soup made with leeks and potatoes. To give you more vitamin B, I created this version with Butternut squash.

Servings: 4

PROCEDURE

Preparation Time: 10 min.

Cooking Time: 25 min.

INGREDIENTS

- 2 Tbsp ghee
- 1 white onion, peeled and chopped
- 2 celery stalks, sliced
- 4 leeks, white part only, sliced
- 2 medium Butternut squash
- 1 sprig of fresh thyme
- 1 Tbsp sea salt
- 1 tsp black pepper, ground
- 1 quart chicken or vegetable broth
- Additional water to cover the veggies, if necessary
- 4 Tbsp coconut cream
- 1 tsp of Gomasio per soup bowl (optional)
- Or a few thin slices of fresh chives

1. Wash, peel and slice all the vegetables. Peel the butternut squash, cut in halves and take the seeds out. If they are very tender, I keep the skin on and process it with my blender. More vitamin B for the taking!
 2. In a large pot, melt the butter. Add the sliced onion and sauté while stirring for about 2 minutes.
 3. Add the celery and leeks and sweat for another 3 minutes.
 4. Add the cubed squash and thyme; cover with the broth and additional water if needed.
 5. Bring to boil and simmer for another 20 minutes, until the squash pieces are melting.
 6. Take the thyme sprig out, and puree the soup with the heavy cream.
 7. Cool down for at least 2 hours; serve with a generous sprinkle of Gomasio, or, if you cannot find it, a generous pinch of finely sliced fresh chives.
- Chef's tip: Gomasio, a well-known condiment in macrobiotic cooking, is made of toasted sesame seeds ground in a mortar with sea salt. A very tasty and aromatic condiment.

Paleo Desserts – Yes, Desserts

Compote de Pruneaux au Vin Rouge et Cannelle. *Red Wine and Cinnamon Prune Compote*

I used to prepare this recipe as part of a compote cart at a few of the 4-star hotels where I used to work. The prunes are good for your digestive system and are loaded with vitamin K and low in sugar. What's not to like?

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Total Time: 40 minutes

INGREDIENTS

- **1 lb pitted prunes**
- **1 orange, zest and juice**
- **1 cup red wine**
- **1 cup filtered water**
- **4 oz local honey (1/2 cup) or agave nectar**
- **1 cinnamon stick**

1. The day before, soak the prunes in the red wine and water in a saucepan. Cover with a kitchen towel and let sit overnight.
2. The next day, grate the orange skin. Add the rind to the red wine marinade. Juice the orange and add to the saucepan too.
3. Add the honey and cinnamon stick.
4. Bring to boil; reduce the heat and simmer for 30 minutes. Allow to cool to room temperature.
5. Serve in glass coupes so you can see the prunes floating in the red wine. Enjoy and be regular!

- Chef's tip 1: This recipe is Paleo - don't worry, the alcohol in the wine will evaporate - gluten and dairy-free.
- Chef's tip 2: If you feel like indulging, place two scoops of vanilla coconut frozen dessert (see recipe) in a bowl. Add you prunes in wine, and yum!

Cookies Paleo Double-Choco - Double-Chocolate Chip Paleo

Cookies

This is my Paleo adaptation of classic cookie. Serve with vanilla or almond coconut milk. What better afternoon snack? This recipe is Paleo, gluten and dairy-free.

Servings: 10

PROCEDURE

Yield: 2 oz cookies

Oven Temperature: 350°F

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Total Time: 22 minutes

1. Preheat your oven at 350 F.
2. Weigh/measure all ingredients in your mixer's bowl and mix with the paddle attachment at low speed.
3. Using an ice cream scoop, drop cookies on a sheet pan covered with baking paper. Leave 1 inch space between cookies.
4. Flatten your cookies wet fingers.
5. Bake for about 12 minutes or until the edges are firm to the touch but still tender at the center. I like mine kind of soft. If you like yours drier, bake a little longer.

INGREDIENTS

- 8 oz almond butter, raw
 - 2 oz almond flour
 - 2 eggs, organic
 - 2 oz cocoa powder, unsweetened
 - 2 oz chocolate chips (or 70% dark chocolate, chopped)
 - 2 oz local honey
 - 1 Tbsp vanilla extract
 - 1 pinch sea salt
- Chef's tip 1: If you don't feel like making this recipe double-chocolate (who could resist that?), omit the cocoa powder.

Coupe de Canneberges aux Pommes Fraiches - *Cranberry and Fresh Apple Cup*

This wonderful after dinner treat is loaded with cranberries. They give you protection against urinary tract infections, provide immune support, offer antioxidant protection, feature anti-inflammatory properties, support cardiovascular health and promote digestive health. And don't forget the vitamin C from the oranges and omega-3 fatty acids from the walnuts. It is always better to eat the whole fruits than their juices. A Votre Santé.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Inactive Time: 30 minutes

Total Time: 40 minutes

INGREDIENTS

- **2 medium oranges**
- **2 tsp grated orange zest**
- **1 cup dried cranberries (4 oz)**
- **1 Tbsp local honey**
- **1 apple (your choice), cubed**
- **½ cup walnut pieces (4 oz) plus...**
- **4 Tbsp walnuts pieces**

1. Grate orange rind - make sure your orange is organic - and place in a mixing bowl.
2. Juice the oranges into the bowl with the zest.
3. Add the cranberries and honey. Stir well until the honey is dissolved.
4. Let sit for 1/2 hour to allow cranberries to soften.
5. After the cranberries have softened, cut the apple into 1/4-inch cubes and add to the bowl.
6. Add walnut pieces and mix well.
7. Divide the mixture into 4 serving dishes and sprinkle each with 1 Tbsp of the chopped walnuts.

- Chef's tip: The core of this recipe is fresh cranberries and its benefits but you can change any of the other fruits to your liking: pears, bananas, all sorts of berries. Just go with the seasonal flow. Replace walnuts with pecans if you like them better.

Crème au Chocolat Gourmet - Gourmet Chocolate Pudding

This scrumptious recipe will give you two yummy choices: in winter, they can be eaten as warm puddings or refrigerated pudding; in summer, it can be transformed into a wonderful ice cream. This recipe is Paleo, gluten-free and dairy-free.

Servings: 4-6 oz servings

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

INGREDIENTS

- **1 pint coconut milk (16 oz)**
- **4 oz unsweetened baking chocolate, chopped**
- **2 tsp instant coffee (optional)**
- **1 tsp vanilla extract**
- **1 pinch sea salt**
- **6 egg yolks, organic**
- **2 oz local honey**

1. Heat coconut milk, chopped chocolate, coffee and vanilla extract, and sea salt in a 2 quarts pot on medium heat.
2. Meanwhile whisk egg yolks and honey until it turn pale yellow and has a ribbon consistency.
3. When the chocolate milk is boiling, pour a little of it into the yolk/honey mx while whisking continually. Add more of the chocolate mix into egg mix until all of it is blended.
4. Pour back into the pan, lower the heat and stir the mix until near boiling point but not quite. Once the mix is coating the back of your spoon, it's ready.
5. Strain through a fine sieve or chinois into a container or into cups or ramekins.

- Chef's tip 1: On the creative side, you can increase the chocolate amount, increase or decrease the vanilla or coffee extract. You can use the same base recipe to make it purely vanilla (increase vanilla to 2 tsp) or coffee (increase to 1 Tbsp).
- Chef's tip 2: This wonderful chocolate mix can be used as a base for a dairy-free chocolate ice cream. When it's cold, freezer according to your ice cream machine instructions manual. The same applies to vanilla or coffee ice cream.
- Chef's tip 3: For added yumminess, add a dollop of coconut whipped "cream" to this dessert.

Crème Chantilly à la Crème de Coco - Coconut Whipped

Cream

This very simple recipe is a very Paleo substitution to the real thing. Yet it tastes wonderfully rich. Caution: A little goes a long way... meaning there are a lot of calories in that coco whipped cream. But who's counting?

Servings: 4-2 oz servings

PROCEDURE

Preparation Time: 10 minutes

INGREDIENTS

- **1 can whole coconut milk (15 oz)**
- **1 oz local honey**
- **1 tsp vanilla extract**

1. Place the can of whole coconut milk in your refrigerator overnight to solidify the coconut "cream" part of it.
2. Next day, open can, scoop out the solidified coconut "cream" into your mixer's bowl. Reserve the "milk" for a drink or smoothie.
3. Add honey and vanilla extract.
4. Whip on high with the whisk attachment until the cream whips up light and fluffy. Be careful not to overwhip or it will separate.

- Chef's tip 1: This recipe is Paleo, gluten and dairy-free. Although technically cold, it is not raw as it uses a processed coconut products... unless you can find cold-processed coconut milk which I could not even find.
- Chef's tip 2: If you want to have a lighter whipped "cream", you may want to add a little of the coconut milk back into the "cream".
- Chef's tip 3: If you want to make it chocolate, add 1/2 oz raw cocoa powder. Do not overwhip.

Crème Pâtissière Paleo - Paleo Pastry Cream

This pastry cream recipe is an adaptation of a classic French Crème Pâtissière. If you like coconut milk better, feel free to substitute. You can use this cream as a filling for éclairs or cream puffs or as "pots de crème", especially when chocolate-flavored.

Servings: 4-6 oz servings

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Inactive Time: 1 hour

Total Time: 1 hour and 15 minutes

INGREDIENTS

- **12 oz almond milk (3/4 pint)**
- **2 oz local honey**
- **1 tsp vanilla extract**
- **2 oz tapioca or arrowroot starch**
- **4 oz almond milk, cold (1/4 pint)**
- **4 egg yolks, organic**
- **1 oz ghee**

1. In a 2 quart pan, weigh and boil milk, honey and vanilla together.
2. In another bowl, weigh starch, whisk in with cold milk without lumps, then egg yolks until smooth.
3. When milk/honey/vanilla boils, pour in the milk/starch/yolk mix and bring back to boil as you whisk continuously until it boils again. Take the pan out of the heat.
4. Add ghee at room temp; mix it in for added smoothness.
5. Place in cooling pan. Cover with plastic film touching the cream. Refrigerate until needed.

- Chef's tip 1: To make this custard chocolate, chop 2 ounces of dark chocolate (75% or darker) and whisk in while the custard is still hot. If you need just a little of it chocolate, flavor the cold vanilla custard with cocoa powder (raw if you like).
- Chef's tip 2: This vanilla or chocolate custard makes a wonderful "pot de crème" when poured in glasses or ramekins. If you wish, top off with vanilla coconut whipped "cream" or chocolate shavings.

Mousse au Chocolat Paleo - *Paleo French Chocolate Mousse*

This is my Paleo version of a French classic. I learned to prepare this for my customers at my first 4-star hotel job in the South of France. This dessert should be reserved for special occasions.

Servings: 6

PROCEDURE

Preparation Time: 20 minutes

Cooling Time: 1 hour

Total Time: 1 hour and 20 minutes

INGREDIENTS

Step 1

- **8 oz bittersweet chocolate (70% to 85% cocoa content)**
- **2 oz ghee, cut in small pieces**
- **2.5 oz egg yolks (8 each)**

Step 2

- **4 oz egg whites (8 each)**
- **1 pinch sea salt**
- **2 oz local honey**

Step 3

- **4 oz coconut "cream"**
- **1 Tbsp local honey**
- **¼ tsp vanilla extract**

- Chef's Tip 1: As is, this recipe is Paleo (unless you are strictly Paleo), gluten and dairy-free. As long as you make sure your chocolate contains at least 70% cocoa solids.

1. Step 1: Weigh the chocolate in a dry bowl. Set over a simmering water bath. Melt to warm (110 F) or until all the lumps are melted.
2. Remove from the heat. Add the ghee and stir until melted.
3. Whisk in the egg yolks until smooth.
4. Step 2: Weigh your egg whites, sea salt and honey in your mixer's bowl. With the whisk attachment, whip at medium speed to allow the honey to melt and until it forms a soft peak meringue. Fold gently into the chocolate mixture in two batches.
5. Step 3: Scoop out the coconut "cream" from the top a can of whole coconut milk.
6. In a cold bowl, whip the "cream", honey and vanilla with a hand whisk until soft peaks form. Do not overwhip.
7. Fold gently into the chocolate mousse.
8. Transfer the mousse to your prettiest large serving bowl or individual cups or ramekins. Chill for at least one hour before serving.
9. To finish: You may choose to decorate them with additional whipped topping rosettes and chocolate shavings or colorful sprinkles.

Poires au Vin Rouge et à la Cannelle - Pears in Red Wine and Cinnamon

During the Holidays, in the south of France (Provence), we like to serve this dessert as a lighter alternative to the typical rich Christmas Bûche de Noel. I would suggest you serve it with a scoop of coconut "ice cream". C'est si bon!

Servings: 6

PROCEDURE

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Total Time: 45 minutes

INGREDIENTS

- 6 pears, William

Poaching liquid:

- 1 bottle of red wine (Merlot or similar wine)
- 1 cup water, filtered
- 4 oz local honey or raw, organic agave nectar
- 1 orange peel (organic)
- 1 fresh orange juice
- 1 cinnamon stick

1. Prepare your poaching liquid first in a large saucepan. Mix the red wine, water, honey (or agave), orange juice and zest, and cinnamon. Warm on low heat to allow the honey to melt, then bring to a gentle boil.
2. Meanwhile, peel the pears, keeping the tail on. With a melon baller or small teaspoon, scoop out a small portion of the bottom of the pear.
3. Place the pears gently in the poaching liquid. Bring back to simmer. Cover and cook on low for about 30 minutes. Check for doneness with the tip of the blade of a small knife. If needed, add a little more time but do not overcook as the pear will disintegrate.
4. Carefully remove the pears with a slotted spoon and place them in a bowl. Pour the juice over and let cool.
5. Serve the pears in individual coupes coated with the wine syrup and accompanied with a scoop of frozen coconut "ice cream".

- Chef's tip 1: You can also use the pear juice to create a wine granita. Pour in a shallow pan. Freeze for at least 2 hours, Stir with a wire whisk or a fork. Freeze again for one hour. Repeat until your granita is fully crystallized.
- Chef's tip 2: Don't worry about the alcohol content in the wine. It will evaporate and disappear during cooking. Enjoy!

Pommes Cuites au Four avec Crème de Coco. *Baked Apples with Coconut Whipped Cream*

This is a warming dessert for the holidays, or any time you feel like a comforting dessert. The coconut whipped cream adds a cloud of sweetness but can be omitted (I wouldn't!) C'est la touche finale (It's the final touch.)

Servings: 4

PROCEDURE

Preparation Time: 10 min.

Cooking Time: 60 min.

INGREDIENTS

- **4 large organic apples, Granny Smith or Red Rome, halved and cored**
- **1 cup almond sticks or slices**
- **1 cup raisins or cranberries**
- **2 Tbsp ghee**
- **1 recipe coconut whipped cream (see above)**

1. Preheat your oven at 350°F.
2. Place the halved and cored apples in a shallow baking dish (the apples should have a fairly large hole cut out of them in the center).
3. Fill the holes in the apples with almonds and dried fruits such as raisins, dried cranberries.
4. Place a small dab of ghee on top of the filling.
5. Bake at 350 degrees for one hour.
6. 5 minutes before the apples are done, whip the coconut whipped cream according to the recipe.
7. When your apples are done, serve in individual bowls. Top each apple with a dollop of whipped cream.
8. Serve while hot and before the whipped cream is completely melted. Yum!

- Chef's tip: Feel free to sprinkle a little cinnamon on top of the apples before baking.

Poires Pochées au Vin Blanc et à la Crème de Noix de Cajou - *Pears Poached in White Wine with Cashew Cream*

This recipe started from a traditional recipe I used to use in France then my exposure to raw food recently suggested the addition of raw cashew cream instead of the traditional whipped cream. Try it! You'll see, it's very creamy. Let me know how you liked it.

Servings: 4

PROCEDURE

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

Fruits:

- 2 Williams pears, peeled, halved and cored
- 2 oz blueberries
- 2 oz raspberries
- 2 oz strawberries, trimmed and halved

Poaching liquid:

- 1 bottle white wine - Sauternes or similar
- 4 Tbsp local honey or raw agave nectar
- 1 Tbsp fresh mint, coarsely chopped

Cashew Cream:

- 2 oz raw cashews, soaked (1/2 cup)

1. Soak the nuts: For the cream to be very creamy, you need to soak the cashew nuts for at least one hour. Do that now. Make sure they are covered with room temp water.
2. Poaching the pears: Peel the pears, cut in halves. Scoop out the center with a melon baller and pull out the stems.
3. Lay out the pear halves cut side down in a large enough stainless steel pan.
4. Cover with wine, honey and mint. If needed, add a little water to cover the fruits.
5. Bring up to boil gently. When the syrup comes to simmer, lower the heat just to maintain that simmer.
6. Cover and cook for 20 to 30 minutes until the pears are tender but not overcooked.
7. Take the pear out of the pan gently with a slotted spoon. Place on a plate and refrigerate.
8. Prepare the cashew cream: Drain the cashews but do not dry. Place in your food blender. Add honey, orange zest and juice and water as needed to create a smooth cream. Process until it reaches the right creaminess for you. Add juice if necessary.
9. Time to serve: Using your nicest glasses, coupes or ramekins, place a cooled

- **1 cup water, filtered, room temp to soak nuts**
- **1 oz local honey or raw agave nectar**
- **1 tsp fresh orange zest**
- **2 Tbsp fresh orange juice**

poached pear in each. Place berries at the base of the pear. Add a spoon of cashew cream and a mint leaf. C'est Si Bon!

- Chef's tip 1: If you feel decadent and amongst adults, drizzle a little pear liquor on top of the berries. Yum!
- Chef's tip 2: If you feel adventurous, feel free to flavor the cashew cream with fresh mint instead of orange.

Pots de Cocos aux Framboises. Coconut Raspberry Pots

Raspberries offer you vitamin C, manganese, fiber and vitamin K. Coconut is loaded with medium chain fatty acids good for you. Besides, I love the flavor combination of coconut and raspberries. I hope you do too.

Servings: 6

PROCEDURE

Oven Temperature: 350°F

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Total Time: 35 minutes

INGREDIENTS

- **1 lb coconut milk (1 pint)**
- **2 oz shredded coconut, unsweetened**
- **1 pinch sea salt**
- **1 tsp vanilla extract**
- **4 oz local honey (1/2 cup)**
- **6 oz eggs (3 each), beaten**
- **1 pint fresh raspberries (6 oz)**

9. Preheat your oven at 350F.
10. Weigh/measure the coconut milk, shredded coconut, salt and vanilla in a saucepan. Bring to boil.
11. In a separate bowl, whisk the eggs and honey until light and smooth.
12. When the liquid boils, add a little of it to the eggs/honey mix while whisking. Add a little more and then more again until all the liquid is absorbed by the eggs/honey.
13. Place 3 to 4 fresh raspberries at the bottom of each ramekin.
14. Pour the batter into ramekins placed in a baking dish.
15. Place the dish on the middle rack of your oven.
16. Pour hot water halfway up the ramekins' sides.
17. Bake for about 20-30 minutes until they feel firm to the touch and not wiggly at the centers.
18. Cool down. Refrigerate until needed.
19. Decorate with a couple of fresh raspberries and a fresh mint leaf.

- Chef's tip 1: If raspberries are out of season, please use flash-frozen organic raspberries for the filling and sauce only for the top.
- Chef's Tip 2: To make it even fancier, serve this dessert with a raspberry coulis (sauce): 1 pint fresh raspberries, 2 oz local honey, 1/2 lemon juice. Blend all together. Strain and spoon on top of each ramekins before you place the fresh raspberries and mint on top.

Rochers à la Noix de Coco et Amandes - Coconut Almond

Rocks

In case you're allergic to eggs, this recipe is not only Paleo, it is also eggless. It uses honey (local honey is best) as a sweetener and is (almost) guilt-free. Can we all live without a little sweetness once in a while? Not me. Enjoy these treats. This recipe is Paleo, gluten and dairy-free.

Servings: 14-1 oz cookies

PROCEDURE

Oven Temperature: 350°F

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

INGREDIENTS

- 4 oz almond flour
- 4 oz shredded coconut (unsweetened)
- 1.5 oz coconut oil (warm up to liquefy)
- 1.5 oz local honey
- 2.5 oz coconut milk (or 3 oz)
- 1 tsp baking soda
- ½ tsp cinnamon, ground
- ½ tsp nutmeg, ground (optional)
- 1 pinch sea salt

1. Preheat your oven at 350 F.
 2. Weigh/measure all your ingredients at once in your mixer's bowl. Mix at low speed with the paddle attachment until they get together.
 3. Prepare a sheet pan with a layer of baking paper.
 4. Drop cookies with an ice cream scooper (your choice of size). With wet fingers, shape each into pointy cones. Or use a pastry bag with a large star tip leaving a space in between each.
 5. Bake for 20-25 minutes or until firm on the outside but still moist inside (you may have to sacrifice one for testing).
- Chef's tip 1: Depending on how dry your ingredients are, you may have to adjust the amount of coconut milk. Your batter should be wet to the touch but still able to hold up.
- Chef's tip 2: If you feel adventurous, blend equal amount of 70 to 85% dark chocolate with equal amount of coconut oil on a bain-marie (water bath) until melted and smooth. Use that as dipping chocolate to dip your cookies in. Yum!

Salade de Fruits et sa Sauce au Gingembre. *Fruit Salad with Fresh Ginger Dressing*

This refreshing fruit salad is loaded with goodness: fiber, vitamin C and B. Add to that the exotic ginger flavor and your taste buds will want more!

Servings: 4

PROCEDURE

Preparation Time: 20 min.

INGREDIENTS

Ginger sauce:

- ½ cup fresh orange juice
- 1 Tbsp local honey or raw agave nectar
- 1 Tbsp fresh ginger, peeled and grated fine

Fruits:

- 1 small pineapple, peeled, cored, and cubed (or buy it precut)
- 1 small cantaloupe, peeled and cubed
- 8 cups fresh strawberries
- 1 cup fresh blueberries

1. Prepare the sauce first to allow your ingredients to macerate: mix the orange juice, honey and chopped ginger. Set aside.
2. Slice off the top and bottom of your pineapple. Peel the outside skin with a serrated knife. Cut in quarters. Remove the core, and slice remaining pineapple in half-inch slices. Place in large mixing bowl.
3. Cut your melon in half. Scoop out the seeds. Cut in eight sections. With a small knife, slice along the bottom of the melon, between the skin and the meat. Cut into half-inch chunks. Add to the mixing bowl.
4. Rinse your strawberries in cold water and pat dry. Cut the green part off, and quarter. Add to bowl. Add the blueberries. Toss all the fruits together. Add the sauce and mix gently.
5. Keep in your refrigerator for at least 30 minutes before serving to allow the flavors to blend.

Salade de Mangues et Framboises a la Menthe - *Mango and Raspberry Salad with Mint*

This simple but delicious salad is perfect at the end of a light summer dinner.

Servings: 4

PROCEDURE

Preparation Time: 15 minutes

Total Time: 15 minutes

INGREDIENTS

- **2 fresh mangoes peeled and cubed (or flash frozen)**
- **1 pint fresh raspberries**
- **8 mint leaves, minced**
- **2 Tbsp local honey**

1. Peel and cube the fresh mangoes. If you have a hard time to find them fresh, buy them flash frozen. Place in a salad bowl.
2. Add the raspberries.
3. Drizzle with the honey. Sprinkle the minced mint over it and mix gently. Allow to sit for one hour in your refrigerator to allow the flavors to get acquainted with each other.
4. Serve cool. Decorate with a mint leaf.

- Chef's tip: Any of your favorite berries will be a good choice. Feel free to add sliced almonds for additional crunch.

Soufflé aux Framboises Léger comme un Nuage. *Light as a Cloud Raspberry Soufflé*

This is a very healthy, very light, melt-in-the-mouth version of the traditional soufflé recipe. Unlike the traditional recipe, it does not contain any flour, just a touch of corn starch. I learned this recipe at a famous French health spa.

Servings: 4

PROCEDURE

Preparation Time: 20 min.

Cooking Time: 12 min.

INGREDIENTS

Ramekins

- 4 - 3 3/4 " (7 3/4 fl oz) Le Creuset or other ceramic ramekins
- 2 Tbsp ghee, at room temperature
- 2 Tbsp Xylitol

Soufflé Base

- 4 oz raspberries fresh or frozen (about 1 cup)
- ¼ tsp fresh lemon juice
- ¼ cup Xylitol
- ½ tsp arrowroot starch
- 2 egg yolks

Meringue

- 4 egg whites
- 1 pinch sea salt
- 2 Tbsp Xylitol

1. Preheat your oven at 400°F standard or 350°F convection.
2. With a pastry brush, brush the inside of the ramekins with the softened ghee. Sprinkle with Xylitol. Turn the ramekins around to allow the Xylitol to stick evenly to the butter. Tap out the excess gently.
3. In a food processor or blender, blend the raspberries, agave nectar, starch and lemon juice together. If you don't mind the seeds, leave this mix alone. Otherwise, strain the seeds out.
4. Add the egg yolks to the fruit mixture. Blend well. Pour into a large mixing bowl.
5. In a grease-free stand mixer bowl, start whisking the egg whites with the salt and Xylitol at medium speed, allowing them to fluff up gently. When all your ingredients are ready, increase the speed until they form soft peaks. Do NOT over whip, or they will form lumps while folding.
6. Add 1/3rd of the whipped egg whites into the fruit mixture. Mix in gently with a hand whisk to lighten the mix. Add the rest of the egg whites and fold gently with a rubber spatula. With a spoon, carefully fill your prepared ramekins with the soufflé mixture. Level the tops carefully with a spatula or the back of a knife. With your right thumb, clean the inside edge of

Raspberry Coulis (sauce)

- ½ cup raspberries, fresh or frozen
- ¼ cup local honey
- ¼ tsp fresh lemon juice

each ramekin to allow your soufflé to rise straight up.

7. Bake at 400°F (350°F convection) for about 12 minutes or until the sides are light brown and firm to the touch.
8. Decorate the top with fresh raspberries and serve with the raspberry coulis or sauce (optional).
9. Raspberry Coulis: process all ingredients in a food processor or blender. Strain through a fine mesh strainer or chinois. Refrigerate. Serve in a sauceboat with your hot soufflés. Pour sauce over soufflés just before eating. Bon Appétit!

- Chef's tip: The thin layer of butter spread inside the ramekins will allow the soufflé mixture to rise without sticking to the edge. The sprinkled Xylitol will bring an additional slight crunchiness to your soufflés. Be very careful not to allow your fingers to touch the inside of your ramekins once they have been prepared or your soufflé will stick and rise sideways.

Salade Rouge de Pamplemousse et Orange. *Red Grapefruit and Orange Salad*

This simple dessert is loaded with vitamin C, which is the one we need the most during Winter. A tasty way to ward off colds.

Servings: 4

PROCEDURE

Preparation Time: 20 min.

INGREDIENTS

- **2 large pink grapefruits, peeled and quartered**
- **4 navel oranges, peeled and quartered**
- **Juice of 2 fresh oranges**
- **2 Tbsp local honey or raw agave nectar**
- **4 oz frozen raspberries (1/2 cup)**
- **The juice of 1 lemon**

5. Peel the grapefruits and oranges with a small knife.
6. Over a medium bowl, cut the citrus fruit into quarters, making sure to cut between the sections' skin. Squeeze out the juice remaining in the pulp. Drain the quarters, reserving the sections and the juice in separate bowls.
7. In a food processor, place the drained juice, the juice of two additional oranges, the juice of one lemon, the honey and the frozen raspberries. Process together well. If you wish to avoid the raspberry seeds, strain the sauce over the quartered fruits. Toss lightly.
8. Refrigerate for at least 30 minutes to allow the flavors to blend.
9. Serve in bowls, topped with a fresh mint leaf.

➤ Chef's tip: This dessert is very refreshing after a heavy meal.

Index

B

Bechamel Paleo d'Alain - Alain's
Paleo Bechamel184
Bifteck Mariné a la Provençale -
Provencal Marinated Flank Steak .130
Biscuits aux Canneberges et Noix -
Cranberry Walnut Scones101
Biscuits aux Herbes et Pecans - Herb
Pecan Scones102
Boeuf Bourguignon - Beef
Bourguignon131
Boeuf Stroganoff - Beef Stroganoff
.....133
Boulettes de Colin sur Compote de
Tomate au Citron - Colin dumplings
on Stewed Tomato with Lemon....115

C

Cabillaud au Beurre Clarifié aux
Herbes et Tomates Confites - Cod
with herbs-flavored Clarified Butter
and Sundried Tomatoes114
Cabillaud Méditerranéen -
Mediterranean Baked Cod117
Carottes Tiedes à la Marocaine -
Warm Moroccan Carrots191
Carpaccio de Langoustines avec sa
Vinaigrette de Pomme Verte et Céleri
- Shrimp Carpaccio with Green Apple
and Celeriac Dressing118
Champignons Marins Crus - Raw
Marinated Mushrooms89
Chili au Bison - Bison Chili.....140
Chili au Thon - Chili Tuna.....119
Chili Concarneau - Seafood Chili
Stew120
Compote de Pruneaux au Vin Rouge
et Cannelle. Red Wine and Cinnamon
Prune Compote222
Cookies Double-Choco - Double-
Chocolate Chip Cookies223

Cote de Boeuf, Ail et Fleur de Sel -
Beef Rib with Garlic and Fleur de Sel
.....134
Coupe de Canneberges at Pommes
Fraiches - Cranberry and Fresh Apple
Cup224
Crème au Chocolat Gourmet -
Gourmet Chocolate Pudding.....225
Crème Chantilly a la Crème de Coco
- Coconut Whipped Cream226
Crème Patissiere Paleo - Paleo Pastry
Cream.....227
Crevettes au Paprika et Chorizo et
Mélange de Légumes - Paprika
Shrimp with Chorizo and Vegetables
Medley121
Curry de Courgettes Rapide aux
Herbes - Quick Curry Zucchini Curry
with Herbs.....192

D

Dates et Amandes Enrobées de Lard
- Bacon-wrapped Almond and Dates
.....90

E

Emincé de Poulet à la Citronnelle -
Sliced Chicken Breast with
Lemongrass.....143
Epinard Sauté au Poivron Rouge et
Citron - Spinach Sauté With Red Bell
Pepper and Lemon193

F

Feuilles de Choux de Bruxelles
Croustillantes - Crispy Brussels
Sprout Leaves91
Filet de Daurade Royale aux Petits
Légumes et à la Coriandre - Fillet of
Sea Bream with Vegetables and
Coriander122
Filet de Porc à l'Orange et au Cumin
- Orange and Cumin Pork Loin.....153

- *Paleo French Cuisine* -

Filet de Porc aux Pruneaux - Pork Tenderloin with Prunes	154
Filet d'Omble Chevalier aux Champignons Shiitake - Arctic Char Fillet with Shiitake Mushrooms	123
Filets de Loup à l'Orange, au Garam Masala et à la Bourrache - Fillets of Sea Bass with Orange, Garam Masala and Borage	124

G

Galette de Rouget aux Patates Douces - Mullet and Sweet Potato Cake ...	125
Galettes aux Amandes et Bananes - Almond Banana Pancakes	103
Galettes aux Amandes et Coco - Almond Coconut Pancakes	100
Gratin de Choux Fleur - Cauliflower Gratin	194

H

Houmous de Courgettes Grillees - Grilled Zucchini Hummus	92
--	----

L

Lapin au Cidre et aux Pruneaux - Rabbit Cider Stew with Prunes	159
Legumes Rotis aux Herbes Provencales - Slow-Roasted Provençal Veggies with Herbs	196

M

Ma Façon Rapide de Préparer un Filet de Porc - My Quick Way to Prepare Pork Tenderloin	157
Mayonnaise Paleo a l'Huile de Coconut et Olive - Paleo Coconut Olive Mayonnaise	186
Millefeuilles de Pamplemousse Rose à la Tapenade d'Olive - Pink Grapefruit Millefeuilles with Olive Tapenade	93
Mousse au Chocolat. Paleo - Paleo French Chocolate Mousse	228

Muffins Framboises et Frangipanne - Raspbery Muffins Frangipane	104
---	-----

O

Oeufs au Four aux Tomates et Lard - Egg, Tomato and Bacon Almost Muffins	105
Oeufs Brouilles aux Merguez - Merguez Scrambled Eggs	107
Oeufs Pochés aux Verdures Sautées - Poached Eggs Over Sautéed Greens	111
Omelette Paysanne - Peasant Omelette	112

P

Pain de Viande a la Dinde du Texas - Texas Turkey Meatloaf	160
Patates Douces et Epinards Sautes aux Herbes - Broth-Sauteed Spinach and Sweet Potatoes	197
Patates Douces et Pommes aux Epices - Spiced Sweet Potatoes and Apples	198
Patates et Merguez Sautees - Sauteed Potato and Merguez	199
Petit Dejeuner au Pecans Sans Flocons d'Avoine - Pecan Not-Meal Breakfast	110
Petits Gateaux aux Carottes et Bananes - Carrot Banana Muffins.	108
Piperade Basque - Basque Piperade	113
Pizza Paleo Fait Maison - Homemade Paleo Pizza	98
Poireaux et Carottes a la Menthe - Lemon Mint Leeks & Carrots	200
Poires au Vin Rouge et à la Cannelle - Pears in Red Wine and Cinnamon	229
Poires Pochees au Vin Blanc et a la Creme de Noix de Cajou - Pears Poached in White Wine with Cashew Cream	231

- Paleo French Cuisine -

Poitrine de Poulet Garni au Pesto et Abricots - Apricot and Basil Pesto Chicken.....	144	Salade de Champignons de Paris aux Herbes - Herbed Mushroom Salad	172
Poitrine de Veau Farcie et Pommes Roties au Miel - Stuffed Veal Breast with Honey-Roasted Apples	161	Salade de Mangues et Framboises a la Menthe - Mango and Raspberry Salad with Mint	236
Pots de Cocos aux Framboises. Coconut Raspberry Pots.....	233	Salade de Pamplemousse et de Fruits de Mer - Grapefruit and Seafood Salad	173
Poulet a l'Ananas et Citron Vert - Chicken Thighs with Pineapple and Lime.....	145	Salade de Roquette aux Fraises et sa Vinaigrette au Miel - Arugula Salad with Strawberries and Honey Vinaigrette	175
Poulet Basque - Chicken Basque-style.....	149	Salade de Roquette aux Pamplemousse - Grapefruit Arugula Salad	174
Pruneaux aux Pommes et au Bacon - Apple-Stuffed, Bacon-Wrapped Prunes	94	Salade de Thon Surprise - Tuna Salad Surprise.....	177
Puree de Patates Douces au Noix de Pecans - Pecan Mashed Sweet Potatoes.....	201	Salade d'Endives aux Agrumes et au Poulet - Endive and Chicken Salad with Citrus Fruits	176
R		Salade d'Endives aux Pommes et Noix de Grenoble - Endive Salad with Apples and Walnuts	179
Ratatouille - Ratatouille	203	Salade Sucrée-Salée de Poulet et Melon - Sweet and Sour Chicken Salad with Melon.....	180
Red Wine Chicken Stew - Coq au Vin Rouge.....	147	Salade Tiede de Topinambours et Radis aux Noisettes - Warm Jerusalem Artichoke and Radish Salad with Hazelnut.....	181
Rochers a la Noix de Coco et Amandes - Coconut Almond Rocks	234	Sauce Bolognese Minute - Quick Bolognese Sauce.....	138
Rutabagas Sautés aux Oignons et au Lard - Rutabaga Hash with Onions and Bacon	202	Sauce Guacamole aux Tomatillos - Tomatillo Guacamole	187
S		Sauce Pesto au Basilic, Menthe et Pecan - Basil, Mint, Pecan Pesto Sauce.....	188
Salade au Saumon Fumé et Courgette - Smoked Salmon and Zucchini Salad	168	Sauce Pesto aux Pepites de Citrouille et Coriandre - Pumpkin Seed and Cilantro Pesto	189
Salade aux Epinards avec Figs et Noix - Figs, Walnuts and Spinach Salad	169	Saucisses au Four aux Pommes et Poires - Oven-Roasted Sausages with Apples and Pears.....	155
Salade de Carottes et Canneberges - Carrot Cranberry Salad	170		
Salade de Céleri-rave aux Pommes et Pecans - Celeriac Salad with Apples and Pecans	171		

- Paleo French Cuisine -

Saumon a la Sauce Moutarde et Fenouil - Salmon with Mustard, Dill Sauce.....	126
Saumon au Bouillon avec Fenouil et Chou Frise - Broth-Sautéed Salmon with Fennel and Kale	129
Saumon au Four et Crumble aux Amandes - Almond Crumbled Salmon	127
Sauté de Porc aux Pruneaux et Marrons - Pork Tenderloin with Prunes and Chestnuts	158
Soupe a la Citrouille et ses Pepins Rotis - Squash Soup with Roasted Pumpkin Seeds.....	207
Soupe au Chou Vert et a la Saucisse Fumee - Green Cabbage and Smoked Sausage Soup	211
Soupe aux Champignons, Bacon et Moutarde - Mushroom, Bacon and Mustard Soup.....	206
Soupe aux Fanes de Radis et Pommes - Radish Tops and Apple Soup	212
Soupe de Betterave au Craquant de Lard - Beet Soup with Crunchy Bacon	213
Soupe de Moules Noix de Coco et Chorizo - Mussel Soup with Coconut and Chorizo.....	214
Soupe de Potiron au Fenouil et Pastis - Pumpkin Soup with Fennel and Pastis.....	215
Soupe Gaspacho Iberienne - Raw Iberian Gazpacho	218
Soupe Glacée aux Carottes, Ananas et Menthe - Chilled Carrot, Pineapple and Mint Soup.....	219
T	
Taboulé à la Semoule de Chou-Fleur - Tabbouleh with Cauliflower	182
Topinambours a l'Ail a l'Étouffée. Braised Garlic Roasted Jerusalem Artichokes.....	205
Tournedos Rossini - Tenderloin Rossini	139
Tranches de Courgettes au Citron et Aneth - Zucchini Chips with Lemon and Dill	96
V	
Verrine de Concombre et Pommes Vertes - Raw Apple Cucumber Mint Verrine	97
Vinaigrette d'Avocat et Coriandre Fraiche - Avocado Arugula Vinaigrette	190
W	
Wraps a la Salade, Jambon et Carottes - Salad, Ham and Carrots Wraps.....	183

Acknowledgments

I wrote this book to help you understand this new Paleo diet and offer you new and exciting and tasty recipes. I hope I accomplished my goal.

But I was not alone in this endeavor. I was helped tremendously by a small group of enthusiastic friends and professionals wanting me to spread the Paleo-French good news: yes, you can have your meat and eat it too... as long as it's tasty and easy to cook. In this culinary adventure, I would like to thank the following people for their constant inspiration, professional and volunteer help.

My grandmother "**Mamie**" for teaching me by example that simple food does not mean boring food. Stick to the basics of good quality food choice and you will continue to live a healthy and vibrant life.

My mother, **Bernadette Moulin-Braux**, who encouraged me to discover and apply my culinary and baking abilities. My mother-in-law, **Helene Jaboulay**, for opening my eyes to what Mediterranean cuisine is all about.

Janet Zand for being my first supporter even before I started writing my first food word. She has been my model and inspiration all along. Thank you, Janet, for your kind support. You are my writing fairy godmother.

My very creative team:

My talented and very patient editor, **Rebecca Rider** at **Prestige Professional Copywriting**, for her caring work on my "charabia" or FrenGLISH gibberish. When I found her, I could tell we were kindred spirits when it came to food and health. This project would have been much more difficult without her insightful reinterpretations of my "Frenchisms" while preserving the spirit of my writing.

A young and talented artist, **Tatiana Vila** at **Vila Design**, for designing this beautiful and original book covers.

My dear friend **Ana Gallo** at **Ana Gallo Architect** for giving us a modern version of a Paleo painting for the front cover.

The creative **Athena Danoy** for capturing that special spark in me in her portraits of me.

To my esteemed predecessors and guiding mentors:

Hippocrates 460-377 B.C.: the father of us all in the “food as a healing medium” movement, who affirmed, "Let thy food be thy medicine and thy medicine be thy food".

To **Dr. Janet, Dr. Amy** and **Dr. Julia** for reading and approving my manuscript.

My boss, **Bill Swail**, for his continuing behind-the-scenes support, for allowing my books to be sold in his stores, and for providing me the safety and security I needed during the writing of this book.

Tim and Barbara Cook for their spiritual guidance and encouragement.

Last but by no means least, my son **Gilles Braux**, for inspiring me to be the best I can, just by being himself, no matter what. I hope this and my other books will show him the way to healthy living.

And finally, my **Paleo French Champions and Friends** that have supported me through my belief that fresh and good-tasting food is the source of good health. Thanks again for your continuing support over the past few years.

Thank you all from the bottom of my Paleo-French heart.

Love and Dark Chocolate,

Chef Alain Braux.

Chef Alain Braux's Bio

Chef Alain Braux is an award-winning chef (two gold and three silver medals) and nutrition therapy author. Chef Braux has worked in the food industry for more than 40 years. He is a **Certified Executive Pastry Chef** with the **American Culinary Federation** and a **Certified Master Baker** with the **Retail Bakers of America**. He earned a **Bachelor of Science** degree in **Holistic Nutrition** and is also a macrobiotic counselor. Chef Braux currently lives in Austin, Texas, where he is the executive chef and nutrition therapist at **Peoples Pharmacy in Austin, TX**, as well as running his private practice at **A Votre Santé – To Your Health**.

Chef Braux started his training in France at **Confiserie Pâtisserie Auer** in Nice, France. He then decided to improve his skills at some of the highest-rated hotels, restaurants and pastry shops of Europe. He refined his trade at **Grand Hôtel du Cap d'Antibes** near Cannes, France; the **Moulin de Mougins** in Mougins, France; the famous **Lenôtre** in Paris, France, and **Pâtisserie Wittamer** in Brussels, Belgium.

While in Paris, he was offered his first U.S. job at **Dumas Pastry Shop** in New York, New York. He then held the Executive Pastry Chef position in various companies such as **Délices la Côte Basque** in New York, New York; **Lenôtre Paris Inc.** in Houston, Texas; **The French Hearth Bakery and Café** in Sarasota, Florida, and **Texas French Bread** in Austin, Texas.

In 1988, Chef Braux opened his own business, **Amandine French Bakery and Café**, in Austin, Texas. Amandine Bakery was written about in numerous publications including the **New York Times**, **Texas Monthly**, the **Austin American Statesman** and the **Austin Chronicle**, and won a few "Best of Austin" awards over its 10-year lifetime. Please check Google to see copies of these articles.

After closing Amandine, Chef Braux found a new home at the **Barr Mansion** for his elegant cakes and fine pastries. Chef Braux then became the Pastry and Baking instructor for the **Culinary Academy of Austin**. Currently, Chef

- *Paleo French Cuisine* -

Braux is the Executive Chef and Nutrition Therapist at **People's Pharmacy** in Austin, Texas.

Chef Braux is also an award-winning health food author. He wrote his first book, *How to Lower your Cholesterol with French Gourmet Food*, in 2009. This book won the **Cookbook Award** at the **2010 Paris Book Festival**, was a **Finalist** at the **2010 Indie Excellence Book Award** and earned an **Honorable Mention** at the **2010 New York Book Festival** and the **2010 San Francisco Book Festival**.

Chef Braux published his second book, *Living Gluten and Dairy-free with French Gourmet Food*, in 2010. This book has won the **Best Cookbook Award** at the **2011 Paris Book Festival**, was the **Winner** in the **Nutrition Category** at the **2011 Indie Excellence Book Award**, and an earned an **Honorable Mention** at the **2011 New York Book Festival**.

Chef Braux's third book, *Healthy French Cuisine for Less Than \$10/Day* was published in October 2011. So far, it has won **Best Cookbook** at the **2012 Paris Book Festival**.

Let's hope this one will be a winner as well.

Chef Alain Braux

Would You Like to Know More about Chef Braux?

If you are interested in:

- Consulting privately with me regarding your health issues
- Having me create a customized diet for your specific food allergies
- Finding out about my cooking and baking classes
- Having me create cooking or baking classes for your Cooking School
- Asking me questions about this book
- Hiring me as a Health Food and Gluten-free consultant for your restaurant
- Interviewing me for a featured article
- Inviting me as a Health Speaker at your event
- Talking to me about any other health-related opportunities...

Feel free to check my constantly updated website:

<http://www.alainbraux.com>

Contact me on my website's Contact page or send an email to:

alainbraux@gmail.com

Thank you again for reading my book and "see" you soon in my next book.

Sincerely,

Chef Alain Braux

CEPC, CMB, B.S. in Holistic Nutrition, Macrobiotic Counselor.

- *Paleo French Cuisine* -

- *Paleo French Cuisine* -