



# STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: AMERICA'S CULINARY INTERVENTIONALIST

IN THIS ISSUE: MED DIET

## A Mediterranean Approach:



**Give Me  
the Fats, Just the Fats!**

*"That we shall die we know; 'tis but  
the time  
And drawing days out, that men  
stand upon."*

*~Shakespeare; Julius Caesar, Act III, scene  
1, line 99*

The wheels of time move inexorably forward. They drag us onward grinding our lives with the surety of a new sunrise. Yet, it is a march of attrition; not the rapid explosion of new birthing. Upon certain circumstance, they may seem to move so slowly as to suspend belief in the passage of time at all. Thus

giving rise, if even for a brief moment that is the entirety of our existence, in our own immortality.

It is within such periods of fancy that other fables take hold. An unproven statement becomes a recommendation. A recommendation becomes a guideline. A guideline becomes a meme. A meme becomes a fact. A fact becomes a commandment; and to question the commandment is to commit the sin of heresy.

Eventually, as Shakespeare observed, we must all confront our own mortality. And as a society, there comes a time when we must critique the origins that motivate our behaviors; particularly when those behaviors appear to run counter to their original objectives. Kusunoki Masashige, a 14<sup>th</sup>-century samurai observed that,

"There will be a time when critics appear. The man without ability will complain about criticism. The man of ability will laugh. The inferior man will seek to silence all criticism. The superior man will be inspired to improve and overcome valid criticism."

In January 2016, the United States Department of Health and Human Services along with the Department of Agriculture released the latest dietary guidelines. These guidelines continue to promulgate the mythos created over a half century ago; that the wholesale limiting of dietary fat begets good health.

despite critical evidence to the contrary from such trials as the PREDIMED group that have clearly demonstrated that a Mediterranean approach to diet results in a lower risk of cardiovascular disease, diabetes, strokes, and the other ills that plague consumers of the modern Western diet. That, despite the fact that the Mediterranean diet generally derives about 40% of its total energy from fat – more than that seen in the modern Western diet.

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**Don't miss this week's Culinary  
CPR with Dr. Mike & Chef  
Luca! Recipes on page 4!**

IT'S A CODE DELICIOUS!



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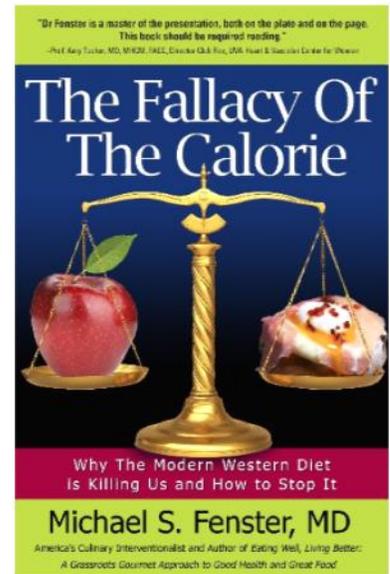
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Call in during Code Delicious with Dr. Mike every Wednesday 2 to 3 pm Eastern with questions or comments. Better yet, Tweet us @WCWD!

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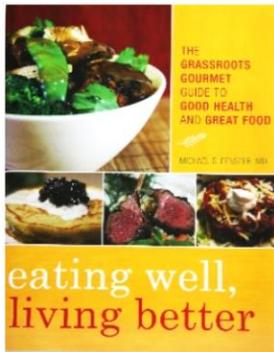
### The Fallacy of The Calorie

If you don't have a copy of Dr. Mike's latest book, the critically acclaimed *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It*, click on this link to head over to Amazon.com and get it! [The Fallacy order link](#)

PSYCHOLOGY TODAY

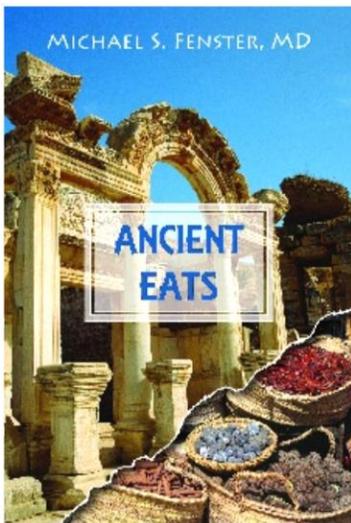
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HEALTHY BYTES BY THE NUMBERS

14%

The overall percentage decrease in the risk of dying from cancer adhering to an unrestricted (fat-wise) Mediterranean Approach

9%

The percentage decrease in the risk of developing colo-rectal cancer adhering to an unrestricted (fat-wise) Mediterranean Approach

Now a recent meta-analysis has examined forty-four different studies of a Mediterranean approach and examined its effect on health outcomes. What is specifically unique in this analysis is that it *only* included those Mediterranean approaches that had **no** restriction on fat intake. In other words, these studies prescribed the traditional Mediterranean approach of procuring high-quality goods based on their innate characteristics. It

**A Mediterranean Approach: Give Me the Fats, Just the Fats**

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Bloomfield, H., Koeller, E., Greer, N., MacDonald, R., Kane, R., & Wilt, T. J. (2016). Effects on Health Outcomes of the Mediterranean Diet with No Restriction on Fat Intake: a Systematic Review and Meta-Analysis. *Annals of Internal Medicine*, DOI:10.7326/M16-0361..

eschews the traditional Western approach towards dietary health of eliminating fat (and many would argue taste) and counting

calories. What they found in a saturated fat laden nutshell is that such an approach significantly reduces the risk of cardiovascular events, certain cancers, and type II diabetes mellitus.



In Ancient days, everything was organic and non-GMO!

Despite an ever-increasing pharmacologic armamentarium, advances in diagnostics and treatments, such chronic inflammatory conditions continue to be the major source of morbidity and mortality in industrialized Western countries like the United States. Globally,

from 1990 to 2013 deaths due to cardiovascular disease and the prevalence of diabetes increased by more than 40%.

Consumption of the modern Western diet is correlated with an increased incidence and prevalence of such diseases and certain types of cancer; including breast and colorectal cancer. While a specific definition is lacking, the modern Western diet is generally acknowledged to be energy dense and nutrient poor. It is high in certain types of saturated fats, sugar and refined and processed foods. It exhibits an elevated omega-6 to omega-3 polyunsaturated fat ratio. In short, it is sweet meats and greasy treats.

(Follow the link to [Psychology Today](#) to read the complete article)

# Culinary CPR!

## Cantaloupe Peanut Thai-Style Pork Tenderloin

By Dr. Mike & Chef Luca Paris

### Ingredients:

- ~ 1-pound pork tenderloin cut into ~4 ounce portions
- ½ ripe cantaloupe plus another ¼ for garnishing
- 2 garlic cloves, minced
- ½ cup white wine or sake
- Juice of 1 lime plus zest
- ½ tsp. salt
- ¼ tsp. fresh ground pepper
- 1 tsp. ginger, minced
- 2 kaffir lime leaves
- 1 Tbs sambal oelek (more for greater heat)
- ¼ cup coconut milk (unsweetened)
- 1 Tbs honey
- 2 Tbs rice wine vinegar
- 4 portions Soba noodles
- ¼ cup diced garlic scapes or 4 cloves garlic, finely minced
- 1 bunch Swiss chard, leaves separated from stems
- 2 carrots, peeled and sliced ¼ inch on the bias
- 1 can water chestnuts, sliced
- 8 ounces drained baby corn
- 2 tsp. sesame oil

### For the Peanut Sauce

- ¾ cup fresh peanut butter
- ¼ cup soy sauce
- 2 teaspoons Red Chili & Garlic Sauce
- ¼ teaspoon Sriracha Chili Sauce (more according to your desired heat level)
- 2 tablespoons dark brown sugar
- 2 limes, juiced
- ½ cup hot water
- ¼ cup chopped fresh cilantro or cilantro oil (check out recipe below)

### For the Cilantro Oil

- 1 bunch cilantro
- 1 cup extra virgin olive oil
- salt and white pepper



### For the Pork Tenderloin:

In a large bowl or container, add the ½ cantaloupe. Using a potato masher, crush the fruit into a puree. Add the garlic cloves, wine, lime juice, zest, salt, pepper, ginger, kaffir lime leaves, sambal oelek, coconut milk, honey, and vinegar. Allow the tenderloins to rest in the mixture overnight.

Pre-heat the oven to 425 degrees F. Place a rimmed baking sheet on the middle rack. Remove the tenderloins and pat dry. Heat some neutral oil in a medium skillet until smoking. Quickly sear the tenderloins on all sides; 4 to 6 minutes. Transfer the tenderloins to the oven to finish cooking; approximately 15-20 minutes depending on thickness until an internal temperature of 145 degrees F is reached.

While the tenderloins finish, in the same pan or another medium pan heat some neutral oil over medium heat. Add the scapes, Swiss chard stems (cut into ½ inch bits), carrots, water chestnuts and baby corn. Cook until tender, but not soggy; approximately 7 minutes. Add the leaves (torn into bite sized bits) and cook another 2 minutes. Remove from heat.

In boiling, salted water prepare the soba according to directions. Remove, drain and coat with sesame oil. Mix in 1 Tbs of sauce for each serving of soba.

### For the Peanut Sauce:

Combine the peanut butter, soy sauce, red chili & garlic sauce, Sriracha, brown sugar, and lime juice and hot water in a blender. Puree until it is smooth. Pour the sauce into a nice serving bowl and garnish with the chopped cilantro or drizzle cilantro oil.

### For the Cilantro Oil

Prepare a small pot of water boiling on the stove. “Blanch” the cilantro by adding it to the boiling water for about 10 seconds, making sure the leaves are in the water the whole time.

“Shock” the cilantro by removing it from the boiling water and adding it to an ice and water bath. Drain the cilantro and pat dry. In a blender add your cilantro, salt, white pepper and extra virgin olive oil. Blend until it is smooth on medium speed for about 2 to 3 minutes. Store this mixture overnight in your refrigerator so the herb pieces that weren’t fully pureed can settle and still add flavor overnight.

The next day filter the oil through a coffee filter or cheesecloth and store in the refrigerator until needed.

NOTE: When using extra virgin olive oil, you will find that it thickens when refrigerated. Allow the cilantro oil to come to room temperature and it will regain its regular viscosity. This and other herb oils will keep up to two weeks without losing too much of its color and flavor. You can use this same method for numerous herb oils

### To Serve:

Place a layer of soba topped with vegetables. Place the sliced tenderloin on top. Slice the remaining cantaloupe into 1-inch long matchsticks and garnish. Drizzle the sauce over and serve



The Analysis Delicious!!

## GRAND ROUNDS



### Cheers!

Dr. Mike on Health with Eraldo!



### The Set!

The meal includes a little food for thought with The Fallacy of the Calorie!



### Squeezing in...

Another B&N book signing along the way. Check the calendar at Cardiochef.com to see if I'm making a house-call in your neighborhood!

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