

Corn Zea Mays (Corn)

## Introduction

Have you ever asked yourself, “Should I eat that?” Did you wonder where your food comes from? How it is prepared? What it does to your body? These questions, stemming from the simple, “should I eat that?” drove our studies in Humanities and Biology in the Fall of 2013. In the Whole Meal Project, we spent our time answering and investigating these questions. We studied the origins of modern day food, where they came from, and the processes taken to prepare this food. We all immersed ourselves in diets to to learn and study from, based on our research. Our final exhibition consisted of creating our very own restaurant, where we served meals that embodied the diets that we explored.

We began by researching and choosing diets to follow that interested each individual student. Some students chose diets for anthropological reasons, such as the paleolithic diet; for moral reasons such as the vegetarian diet; or even for cultural reasons like the traditional Mexican diet. There is a variety of reasons why someone chooses to eat the food that they do, and we viewed our food through scientific, cultural, historical, political and economic perspectives. And, each day, we logged when and what we ate in food journals.

Our research—through firsthand experiences like cooking or visiting a farm, or through laboratory experiments, cell micrography and expert interviews—culminated in articles based on a chosen aspect of our diet. *The Whole Meal Cookbook* leads you through articles, pictures, and annotated recipes which include tips, historical context, biological information and understanding of many of the qualities of our food.

With technology today, you can easily look up any recipe in only a few minutes. As you delve deep into the contents of this book, we hope that you find the specific stories behind the food. We hope that the biological economic, political, and cultural information contains herein leads to you your own answer to the question that first moved us: “Should I eat that?”



## What is the Paleo Diet?

You may not know it, but you have a lot in common with your distant ancestors from the Paleolithic era. 99.9% of our genetic code remains unchanged since then. Unfortunately, the way we eat has changed more than us. Our ancestors spent their days eating mostly wild animals and vegetables, fruits in season, and limited amounts of nuts and seeds. But after the spark of agriculture 10,000 years ago, we have become accustomed to eating cheeseburgers, mac and cheese, and Oreos. The lack of nutrients provided by these foods is not what our bodies are built for. Following the Paleo diet starts with the idea of this mismatch between our bodies. This also includes how parts of our diet are the cause for western health problems like diabetes, obesity, and heart disease. Just like any other animal, humans suffer when we stray from our natural diet, but when we return to it, everything changes. Food stops making us sick, and starts making us strong and energetic.

The modern day Paleolithic diet was first created by the gastroenterologist Walter L. Voegtlin, and began to spread with his self-published 1975 book *The Stone Age Diet: Based on in-depth Studies of Human Ecology and the Diet of Man*. Walter's theory was that humans, from a biological standpoint, really haven't changed genetically since pre-agricultural society. The diet didn't become popular until the 1990's spreading through many countries including the US. Since then, scientists and nutritionists have written many books and papers advocating for this diet. One of the leading scientists of the Paleo diet is Dr. Loren Cordain, who achieved various awards for his scholarly work and wrote many books on the many benefits of conforming to the Paleo diet.

The principle behind the Paleo diet is that humans could not adapt to the plentiful benefits of agriculture because our brains were naturally wired to gain immense pleasure from salt, sugar and fat. These nutritional elements are vital to our body, but does not occur often in nature. Then, when we were able to create a steady supply of fat, sugar and salt, we have become genetically instructed to overconsume. Otherwise, we would not be so attracted to these specific ingredients. The Paleo diet is an attempt to accommodate the wiring and primal instinct that is found among every human being.

One food that you should seek out for the Paleo diet is lean meats such as chicken, pork, and bison. Other foods include veggies (brussel sprouts, carrots, celery), nuts (almonds, cashews, hazelnuts), and fruits (apples, grapes, strawberries). By cutting out nutritionless, processed carbs, you have more room to include lots of fruits and vegetables which are all packed with their own array of fibers, vitamins and minerals. By sticking with the Paleo diet, people have seen consistent weight loss, reduced bloating, and have less hunger. The combination of this diets' calm and controlled blood-sugar levels and an active lifestyle can help burn off excess fats ongoingly. The less fillers of empty carbs found in a lot of processed breads plus the addition of fibers reduces the bloated feeling from eating a meal, where the added protein and vitamins can keep you more full for longer. Imagine how our ancestors would feel if they ate cheetos or soda for a meal. How would they find the energy to hunt for their next one?



## Pork Kabobs

by Andreas Donald, Jack  
& Arturo Chris

Serves 12

Prep Time: 8 hours of marinating

Cook Time: 15-20 minutes

### Materials

- Two large grilling pans or one grill
- Two burners (Stove head)
- Thirteen kabob skewers
- Two cutting board
- Two sharpened meat knives
- Two large metal bowls
- Saran wrap

### Ingredients

- 1 small red onion, roughly chopped
- 2/3 cup macadamia nut oil
- 2/3 cup coconut aminos
- 4 tablespoons apple juice
- 2 tablespoon tomato paste
- 4 garlic cloves
- freshly ground pepper
- Two 3 pound pork shoulder roast, cut into 1 1/2 inch cubes
- 2 fresh red apples
- 13 cilantro leaves

### Directions

1. First, cut off all the fat from the meat then cut them into desirable size.
2. Blend everything except the meat together to make the marinade. A hand held Blender tends to make the marinade look and smell more appetizing rather than using a blender.
3. Coat each cut of beef in marinade and place in a separate bowl.
4. Cover the separate bowl with saran wrap and place in refrigerator for 8 hours. If you do not have enough time, the minimum time for marination would be one hour.
5. Retrieve the bowl from the refrigerator and remove the saran wrap.
6. Place grilling pan(s) on the stove and coat with olive oil and set the heat of the burner to about 270 degrees.
7. Place cut beef into the pan(s) and grill to your preference.
8. Place grilled beef onto skewers (3 per skewer).
9. You are welcome to add fruits or grilled veggies onto the skewer.
10. Enjoy!

Don't be afraid to experiment and make the dish your own. There are plenty of things you could do with the pork. Perhaps marinated apple slices?

## Pumpkin Soup with Apple & Spices Recipe

by Anton, Joselyn, Paul  
Petyr & Nick

Serves 4

Prep Time: 30 minutes

Cooking Time: 50 minutes

### Ingredients

- **6 cups pumpkin flesh, cut into cubes;**  
You can use canned pumpkin or fresh pumpkin. Honestly, I am a firm believer that there is no discernible difference in taste. You should use every drop, be sure to get to the bottom of the can, waste not want not. Pumpkin is very healthy for your heart. It can also lower cholesterol and reduces inflammation and prevents autoimmune diseases. While scooping or chopping your heart healthy vegetable you may notice that the consistency is that of baby food. This will only be exacerbated when mincing so if your output by the mouthfeel of baby food, then you may not want to continue. However, I assure you, if done correctly you are in for a real treat. No tricks.
- **2 onions, chopped (about 2 cups);**  
The onion in the soup is not that much of a pronounced flavor so if you have an aversion to onion fear not. But why would you? They have anti inflammatory properties, reduce your risk for cancer and reduce bacterial infection. There a great addition that add a satisfying mouth feel.
- **1 cup carrot, peeled and chopped;**  
Carrots are an excellent source of vitamin A, providing more than 200% of your daily requirement in just one carrot. Carrots also are loaded with beta-carotene, a compound

that is naturally converted to vitamin A when consumed. The deeper orange the carrot, the more beta-carotene you're getting. And you can even find a use for those pesky peels, for example, take your small to medium sized carrot and shred/grate it into small pieces (as you would for carrot cake). Next, rub the grated carrot into your hair and let it set for 15 minutes. After you've finished waiting, rinse it out. You may need to collect the carrot pieces if they are too large to go down the drain! The finished product will be very clean hair with all that buildup rinsed away!

- **2 cups apple chunks, peeled and cored;**

An apple a day keeps the doctor away! This is the epitome of truth my friend. Apples are high in vitamins C and B and even provide a good source of dietary fiber. For this step I recommend using a sweet, red apple such as a red delicious. The sweet, juicy taste of the apples compliment the more defined flavor of the pumpkin.

- **4 garlic cloves, minced;**

Garlic is similar to onion and as such carries a lot of the same health benefits. If you want a more subtle flavor for your soup I would forgo adding this in with the onions. However if you want a striking and complex flavor, add the garlic. All it fundamentally adds is a hint after the soup leaves your tongue. It is an easy taste to miss. And as such, can easily be omitted from the soup all together.

- **4 cups chicken stock;**

This is the fundamental protein for your soup. I would recommend going with an organic brand as to not have the salt be overbearing and diminish the other flavors in the soup. I would recommend using "Pacific: natural foods organic free range chicken broth low sodium" The lower the sodium in your stock, the more subtle your overall flavor will be. A stock with high sodium will have only two discernible flavors: salt and pumpkin.



- **½ cup full-fat coconut milk;**

The reason you want to go with full fat coconut milk is it makes your soups consistency more hearty. Like I said in the above, your end result will be similar to baby food. If you forgo this it will be the conservancy of watery pumpkin chunks. So just remember that if there is any trepidation initially while using full fat coconut milk just remember that it's for the mouth feel.

- **½ tsp. fresh/dried thyme;**

Thyme is drowning in vitamin K and iron. It can also decrease signs of early aging. Wow, what an apt name. Again this is a very subtle ingredient and one could forgo it if you have an irritation to it. But why would anyone want to lose more thyme than they already have?

- **¼ tsp. ground sage;**

Sage is commonly used in cosmetics due to it's aroma. It give your soup a pleasant olfactory experience. Sage has been know to improve memory and help people with type 2 diabetes and even aid in lowering cholesterol. It was even one of the thieve spices. A mix of herbs which was made to prevent the plague.

- **1 tbsp. smoked paprika;**

Paprika is a spice that comes from red bell and chili peppers, but without the heat. The herb is mainly used because of its savory mellow flavor that blends well with other spices to create well-balanced flavor in all kinds of cuisine dishes. The herb also adds color, sweetness and slight warmth to dishes as well. This will complement the somewhat overbearing flavor of the pumpkin and

- **½ tsp. ground cumin;**

Cumin is featured prominently in Mexican, Mediterranean, Indian, Middle Eastern, and certain Chinese cuisines. Back in the Middle Ages, cumin was one of the most popular – and most accessible – condiments for the spice-crazy Europeans, and stories tell of soldiers going off to war with loaves of cumin bread in their satchels for good luck. Cumin can also help

individuals with diabetes by lowering blood glucose levels.

- **1 pinch cayenne pepper;**

Using a small pinch of pepper will give your dish some depth while not being overbearing. Cayenne pepper can speed up your metabolism. Spicy peppers, which include cayenne peppers, cause the body temperature to rise. When the body temperature rises it needs to be cooled, and you burn more calories when the body is forced to go through a cooling process. Though it may seem like the hotter and more frequently your body temperature is high, the more you can boost your metabolism, you need to moderate it to be effective. As you become more accustomed to spicy foods, it may take more spice to raise your body temperature. If you already like spicy food, consider adding a pinch more cayenne powder to your favorite recipes.

- **1 pinch cinnamon;**

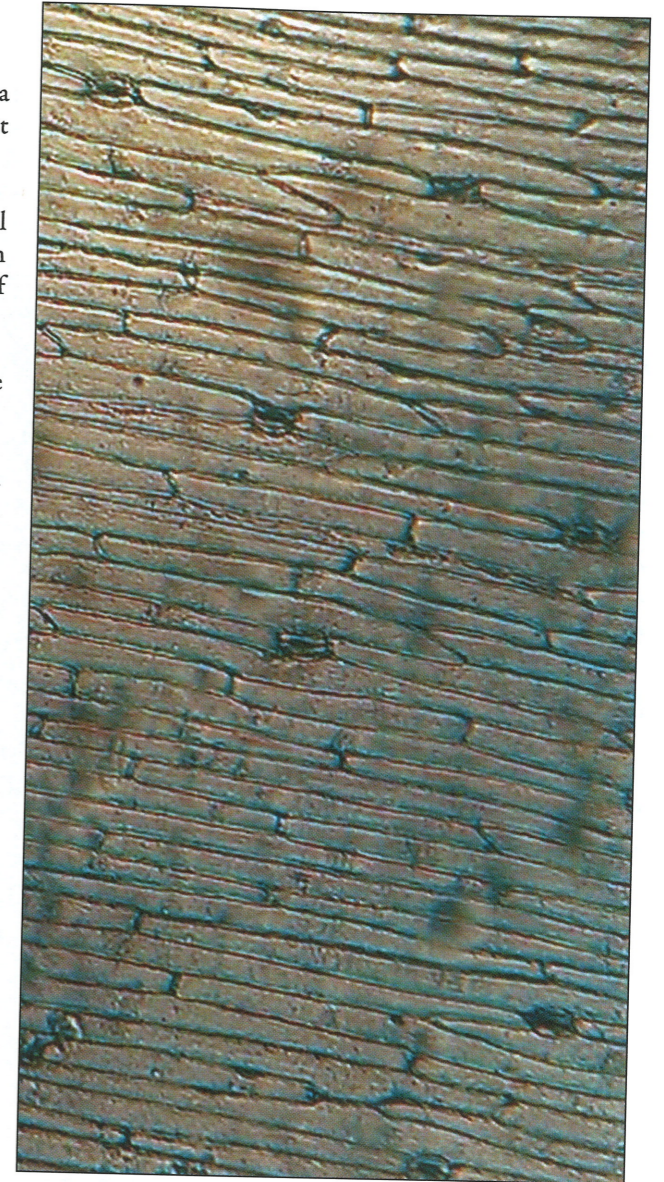
Cinnamon has been consumed since 2000 BC in Ancient Egypt, where it was very highly prized. In medieval times doctors used cinnamon to treat conditions such as coughing, arthritis and sore throats. The cinnamon in this dish in particular dish leaves kisses the tongue and leaves it lingering like a long lost lover. Whispering sweet nothing in your ear, making you long for the next bite, consuming it all, wholly, every drop. Afraid to say goodbye.

- **2 tbsp. Paleo cooking fat;**

“Paleo cooking fat” is defined as coconut oil, lard, tallow, bacon fat, palm oil, butter preferable from raw milk of pastured cows. Some cook with olive oil, but I prefer not too as it does oxidize easily, is high in Omega 6, and is fairly expensive in comparison to the others.

## Preparation

1. Heat about 2 tbs olive oil in a large saucepan over a medium-high heat. Be sure to watch the pan to make sure it does splatter.
2. Add the onions and garlic. Cook for 3-4 minutes, until softened. At this point the onions should be brown, which means that the onion has lost it's bitterness and the level of sweetness is elevated.
3. Add the pumpkin, carrot, and apple, and cover with the chicken stock.
4. Add the cumin, thyme, sage, paprika, cayenne pepper and season with salt and pepper to taste. If you are using fresh thyme then pinch the leaves off from the stem, don't put in the stem.  
Bring the soup to a boil, then lower the heat to medium and let it simmer 30 to 40 minutes or until the vegetables are soft.
5. Using a food processor, process, in batches of about three cups, to the consistency of a purée.  
Bring the soup back to the saucepan. Add the coconut milk, combine and season again with salt and pepper to taste. Heat the soup until boiling.
6. Add a pinch of cinnamon before serving.



Asparagus Officinalis (Asparagus)