



### AT THEIR PEAK IN

### JULY

- Apricots
- Arugula
- Basil
- Beans
- Beets
- Blackberries
- Blueberries
- Cherries
- Cucumbers
- **Eggplant**
- Fennel
- **Figs**
- Mangoes
- Okra
- Peaches
- Peppers
- Plums
- Raspberries
- Sorrel
- Strawberries
- Summer squash
- Tomatoes

**Welcome** to our monthly Malibu Beach Recovery Diet™ Newsletter. Join us in the kitchen to rediscover the Malibu Beach Recovery Diet™'s benefits. Every month, you will receive news from our Chefs, along with information on the freshest produce in season and a few delicious recipes to try at home.

Let us know how you are doing and what help you need in reproducing the amazing recipes you tasted during your stay at the Malibu Beach Recovery Center™. Make sure you visit our website at <http://sites.google.com/site/mbrccookbook>, dust off your pots and pans and get cooking. Please contact Angela at (310) 456-2026 if you need help to log-in!

Chef Licia Jaccard and CEO Joan Borsten

## FIGS



The edible fig is one of the first plants that was cultivated by humans. Nine fossils dating to about 9400–9200 BC were found in the Jordan Valley. The find may thus be the first known instance of agriculture. It is proposed that they may have been planted and cultivated intentionally, one thousand years before the next crops were domesticated (wheat and rye).

Figs were also a common food source for the Romans. The fruits were used, among other things, to fatten geese for the production of a precursor of foie gras.

Figs can be eaten fresh or dried, and used in jam-making.

Most commercial production is in dried or otherwise processed forms, since the ripe fruit does not transport well, and once picked does not keep well.

Figs are one of the highest plant sources of calcium and fiber. According to USDA data for the Mission variety, dried figs are richest in fiber, copper, manganese, magnesium, potassium, calcium, and vitamin K, relative to human needs. They have smaller amounts of many other nutrients. Figs have a laxative effect and contain many antioxidants. They are good source of flavonoids and polyphenols. In one study, a 40-gram portion of dried figs (two medium size figs) produced a significant increase in plasma antioxidant capacity.

Although commonly referred to as a fruit, the fig fruit is actually the flower of the tree, known as an inflorescence (an arrangement of multiple flowers), a false fruit or multiple fruit, in which the flowers and seeds grow together to form a single mass.

## Vanilla Infused Roasted Figs with Balsamic Reduction

*Serves 6*

### Ingredients

- 18 ripe Black Mission figs
- 4 vanilla beans, split and cut into 2-inch pieces
- 3 tablespoons (1 1/2 ounces) unsalted butter
- 1 1/2 teaspoons agave syrup
- 1 container Dryers' Slow Churned No Sugar Added Vanilla Bean Ice Cream
- 1 cup Balsamic vinegar
- 1/4 cup orange juice
- 1 Tbsp agave syrup

### Instructions

- Preheat the oven to 400° F. Wash and dry the figs. Slice off and discard the tops. Make a small slit in the center of the top of each fig and insert a section of vanilla bean.
- Melt the butter over medium heat in an ovenproof skillet large enough for all the figs to stand in one layer. Stir in the agave to dissolve. Stand the figs in the butter and add any remaining vanilla beans to the pan. Place the pan in the oven for 10 minutes to heat the figs. The figs can be served warm or at room temperature.
- Heat together the Balsamic vinegar, the orange juice and the agave syrup. When boiling, turn to low heat and simmer until the consistency of syrup is reached. Let cool.
- To serve, place one scoop of vanilla Ice Cream in an individual serving bowl, top with 3 figs and drizzle with the Balsamic reduction.

## Fruits

Everything  
Dried Fruits  
Jams made without sugar and with Apple Juice as sweetener  
**Except: Melons, Watermelons, Honeydews, etc...**  
**Except: Bananas**  
**Except: Grapes (grape juice, and other grape products)**

## Vegetables

Everything  
**Except: Corn (and all corn products: corn syrup, cornmeal, etc.)**  
**Except: Potatoes, but sweet potatoes are allowed**  
**Except: Vegetables whose sugar content rises with cooking (i.e.: beets, carrots, turnips and other root vegetables. Can be eaten raw but not cooked)**

## Grains

Everything  
**Except processed grains such as white rice, etc. Use brown rice, barley, farro, quinoa, buckwheat.**

## Pasta

Everything made with whole-wheat flour or low-glycemic brands like Dreamfields.  
**Except: White Pasta**

## Legumes

Everything (recommended as a great source of protein)

## Meats

Everything  
**Except: Pork whose fat is not digestible by the liver**

## Dairy

Everything  
**Except: Yogurt with whey (Use strained Greek yogurt instead)**

## Breads

Everything using Whole-Wheat Flour or newly discovered flours, spelt, barley, etc.  
Includes Sourdough and Rye Bread  
**Except: White Breads**

## Nuts

Everything

## Beverages

Everything  
Caffeine-free Teas  
Smoothies and Fresh Fruit Juices  
**Except grape juice**  
**Except: Sodas**  
**Except: Beverages made with Grape Juice**

## PLUS

Eat one acidic ingredient per meal (orange juice for breakfast, lemon juice or vinegar in salad dressing, tomato slice in your salad).

## EGGPLANT

The eggplant is a plant of the family nightshades. It bears a fruit of the same name, commonly used as a vegetable in cooking. As a nightshade, it is closely related to the tomato and potato.

The fruit is fleshy, has a meaty texture, less than 3 centimeters (1.2 in) in diameter on wild plants, but much larger in cultivated forms. The fruit is botanically classified as a berry, and contains numerous small, soft seeds, which are edible, but are bitter because they contain nicotinic alkaloids, unsurprising as it is a close relative of tobacco.

The name *eggplant* refers to the fact that the fruits of some 18th century European cultivators were yellow or white and resembled goose or hen's eggs. Because of the plant's relationship with the nightshade the fruit was at one time believed to be extremely dangerous.

Different varieties of the plant produce fruit of different size, shape and color, especially purple, green, or white. There are even orange varieties.

The raw fruit can have a somewhat bitter taste, but becomes tender when cooked and develops a rich, complex flavor. Salting and then rinsing the sliced fruit (known as "degorging") can soften and remove much of the bitterness though this is often unnecessary. The fruit is capable of absorbing large amounts of cooking fats and sauces, allowing for very rich dishes, but the salting process will reduce the amount of oil absorbed. The fruit flesh is smooth; as in the related tomato, the numerous seeds are soft and edible along with the rest of the fruit. The thin skin is also edible, so peeling is not required.

## Eggplant Rolls with Cheese and Basil

Serves 6

### Ingredients

- 1 onion, chopped
- 2 tablespoons olive oil
- 1 small garlic clove, minced
- 2 pounds tomatoes, chopped coarse
- 1 tsp agave syrup
- a 1-pound eggplant
- 1 cup grated mozzarella (about 1/4 pound)
- 3 1/2 ounces (about 1/2 cup) mild, soft goat cheese at room temperature
- 1/4 cup shredded fresh basil leaves
- 2 to 3 tablespoons olive oil
- fresh basil leaves for garnish

### Instructions

#### Make the sauce:

- In a heavy skillet cook the onion in the oil over moderately low heat, stirring, for 3 minutes, stir in the garlic, and cook the mixture, stirring, until the onion is softened. Add the tomatoes, the agave, and salt to taste and cook the mixture over moderate heat, stirring, for 20 minutes. Force the mixture through the fine disk of a food mill set over a saucepan and cook the sauce over moderately high heat for 5 to 10 minutes, or until it is thickened to the desired consistency.

#### Make the eggplant rolls:

- With a hand-held slicing device or large sharp knife cut the eggplant lengthwise into 1/4-inch slices. Sprinkle the slices on both sides with salt and let them drain in a colander for 30 minutes. In a bowl stir together the mozzarella, the goat cheese, and
- Pat the eggplant dry, arrange one layer of it on the oiled rack of a broiler pan, and brush it with some of the oil. Broil the eggplant under a preheated broiler about 4 inches from the heat for 3 to 4 minutes, or until it is golden. Turn the eggplant, brush it with some of the remaining oil, and broil it for 3 to 4 minutes more, or until it is golden. Transfer the eggplant to a large platter to cool and broil the remaining eggplant, brushing it with the remaining oil, in the same manner. Spread a mounded teaspoon of the cheese mixture lengthwise down the middle of each eggplant slice, leaving a 1-inch border at the wide end, and, beginning at the narrow end, roll up the eggplant jelly-roll fashion. Arrange the rolls, seam sides down, in an oiled flameproof shallow baking dish just large enough to hold them in one layer and broil them for three minutes, or until the cheese is just melted and bubbling.
- Transfer the eggplant rolls with a spatula to serving plates, spoon the tomato sauce over them, and garnish the rolls with the basil leaves. Makes about 12 rolls.