

# A TOTALLY PRIMAL DINNER PARTY

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My 'weird' eating habits have made me the butt of many jokes. A few weeks ago I went to a friend's house for dinner. Upon entering he presented me with a plate of raw uncut vegetables and meat and said 'Allee that's your dinner!' He took more time shopping for and cutting the vegetables than he had on the meal (he had ordered in).

So to clear it up a little I decided to have a few friends over for dinner and serve them a complete primal fare, with everything made at home and no preservatives. I'll do it again with another group soon and then another. At other times I go to people's houses for dinner and they try their best to accommodate me (though I am far from fussy), but they mistake it for another low fat low carb diet. Oh? Isn't brown bread ok? Or this is especially for you, there is no oil in this. (There may be no oil but there are tons of preservatives in that sauce)

Might I add, that it was amazingly simple, super fresh, refreshingly healthy, and a lot of fun.

Just to re-establish the concept. When I talk about [primal food](#), I'm talking about Real food. Which means no preservatives, no hidden sugars, no sugar, no hydrogenated vegetable oil, no grains, no simple carbs. **It means lots of saturated fats, lots of proteins and carbs from clean sources like veggies and fruits.**

**In other words it's a nutrient dense, toxin free, whole foods based diet.**

## The menu

### Appetizers



devilled eggs

**Devilled eggs:** boil eggs and cut them in half. Remove the yolks. In a bowl mash the yolks with a fork. Mix in mayo (I made this [homemade ghee mayo](#)), mustard (made in house), salt, pepper, Tabasco, and paprika on top. Refill the eggs with the yolk and serve.

**Pan fried Rawas with homemade pesto.** : pan fry rawas with basil and olive oil. For the pesto, I put basil, almonds and [Pondicherry lofabu](#) in the blender. Serve with lemon wedges.

### Main course

The appetizers were hard boiled eggs and chunks of fish. My guests were absolutely stuffed and

satiated from eating awesome fats and proteins. Needless to say, they attacked the salad.



pan fried rawas

**Feta vinaigrette salad:** Fresh salad leaves, (2 or 3 kinds) , cherry tomatoes, olives, bell peppers, walnuts, mushrooms, broccoli, and whatever else you have in the fridge. For the dressing, crush feta, mix in olive oil, mustard, and honey. Top with feta chunks. Serve.

**Red bell pepper sauce with brown rice pasta.** Ok so here's the one ingredient I compromised on. Brown rice being one of the only primal approved grains is a fair compromise I'd say, as even dessert was completely primal. For the sauce: I cut 6 red bell peppers in half, coated them in olive oil, removed the seeds and popped them in an oven for 30 minutes at 210 degrees C.

In the meanwhile in a pan I cooked 2 cloves of garlic with basil in olive oil.

Once the skin of the red bell peppers, were blackened, I let them cool for 5 minutes in a brown paper bag. Then I peeled the skin off, and put the bell peppers along with the basil and garlic in a blender to form a puree. Then back in the pan it went. I cooked it with 150 ml of heavy cream and a generous helping of [Pondicherry Parmesan](#). Served with Pasta.

#### Dessert

**Strawberries and cream.** Strawberries are in season. Just mash a few strawberries to a pulp and mix with cream. Then mix in cut pieces of strawberries (the king or primal fruits for their antioxidant properties). Serve.

Alcohol : Red wine, white wine, and dark beer.

My very non-primal guests had a very good meal, commenting more than once about how healthy it all felt. And they didn't even ask for additional sugar or honey (which I very sweetly offered).

Mission accomplished! Here's to many more real food dinners and lunches and happy bodies.

Cheers to clean good food. Eat up ya'll!

Thanks for reading, do let me know your ideas for primal menus.

