

BREAKFAST, LUNCH AND DINNER
RECIPES AND MEAL PLANS
by Sally Fallon

BREAKFAST

SUPER SCRAMBLE

Serves 2

2 eggs
2 egg yolks
1 tablespoon cream
1 tablespoon butter
1 tablespoon parsley, finely chopped (optional)
pinch sea salt

Beat eggs, egg yolks, cream and salt until blended. Stir in parsley if desired. Cook, stirring, in butter over medium flame until scrambled.

BASIC OATMEAL

Serves 4

1 cup rolled oats
1 cup warm water
2 tablespoons lemon juice, vinegar, yoghurt,
kefir or whey
1 teaspoon sea salt
1 cup water

Mix oats in 1 cup warm water with 1 tablespoon lemon juice, vinegar, yoghurt or whey. Cover and leave at room temperature overnight. In the morning, bring 1 cup water to boil with sea salt. Add soaked oats and bring to a boil. Simmer 1-2 minutes. Serve with a natural sweetener such as maple syrup, raw honey or Rapadura and plenty of butter or cream.

Variation: Ginger Oatmeal

Add 1 tablespoon grated ginger and 1/4 cup pine nuts to oatmeal while cooking.

SOURDOUGH PANCAKES

Makes 16-20

2 cups freshly ground spelt, kamut
or whole wheat flour
2 cups buttermilk, kefir or yoghurt
2 eggs, lightly beaten
1/2 teaspoon sea salt
1 teaspoon baking soda
2 tablespoons melted butter

Soak flour in buttermilk, kefir or yoghurt in a warm place for 12 to 24 hours. (Those with milk allergies may use *2 cups filtered water plus 2 tablespoons whey, lemon juice or vinegar* in place of undiluted buttermilk, kefir or yoghurt.) Stir in other ingredients and thin to desired consistency with water. Cook on a hot, oiled griddle or in a cast-iron skillet. These pancakes cook more slowly than either unsoaked whole grain flour or white flour pancakes. The texture will be chewy and the taste pleasantly sour.

ROE CAKES

Makes 8 patties

1 shad roe (2 lobes) or
3/4 pound roe from other fish
1/2 teaspoon sea salt
2 tablespoons vinegar
1 medium onion, finely chopped
2 tablespoons butter
1 1/2 cup whole grain bread crumbs
2 eggs, lightly beaten
sea salt and pepper
1/2 teaspoon paprika
1 teaspoon dried thyme

2 tablespoons butter
2 tablespoons extra virgin olive oil

This recipe is for those who know they should eat fish eggs but don't like the taste. There is no fishy taste in these delicious patties. They may be frozen and then sautéed after thawing.

Place roe in a pan and cover with a mixture of filtered water, salt and vinegar. Bring to a boil, reduce heat and simmer about 15 minutes. Remove roe to a colander and rinse with cold water. Using a sharp knife, remove roe from casing and place roe eggs in a bowl. Meanwhile, sauté onion in butter until soft. Add onions, bread crumbs, eggs and seasonings to roe and mix well with hands. Form into patties. Sauté until golden in butter and olive oil.

BREAKFAST CEREAL

Makes about 10 cups

This ingenious soaked-grain recipe was developed by Laurie Smith of the Weston A. Price Foundation.

6 cups freshly ground wheat or spelt flour
3 cups whole milk, preferably raw
1 cup water
1/4 cup whey
2 teaspoons baking soda
1/4 cup coconut oil or melted butter
1/2 cup maple syrup
1 teaspoon salt
1 teaspoon vanilla extract
1 teaspoon cinnamon
1 teaspoon maple flavoring

Mix flour with raw milk, water and whey, cover and leave at room temperature overnight. In the morning add the remaining ingredients and more water, if needed, to make a pourable batter. Prepare two 9-inch by 13-inch baking pans with coconut oil and pour half the batter into each. Bake at 350 degrees for 35-45 minutes or until a toothpick inserted in the center comes out clean.

Allow to cool and then crumble up on baking sheets. Bake in a 200 degree oven until completely dry and hard. To get a uniform size, process briefly in batches in a food processor. To serve, add raw milk or cream diluted with water and a natural sweetener or fresh fruit. Allow cereal to soften in the milk or cream slightly before eating.

COCONUT GRANOLA

Makes 12 cups

This soaked granola recipe is the invention of Sonja Kepford, a Weston A. Price Foundation chapter leader.

8 cups rolled oats
1/2 cup melted butter
1/2 cup melted coconut oil
1 1/2 cups whole yoghurt
2 cups water
1 teaspoon salt
1 teaspoon cinnamon
1/2 cup unfiltered honey
1 cup coconut sprinkles
2 cups crispy nuts, chopped
1 cup raisins

Mix oats, butter, coconut oil, yoghurt and water in a large bowl. Pat down, cover with a plate and leave for 2 days on the kitchen counter. Place honey, salt and cinnamon in a bowl and set in simmering water until honey warms and becomes thin. Mix honey with oat mixture and desiccated coconut. Place on 2 parchment-lined cookie sheets and bake at 200 degrees for several hours until completely dry and crisp. Mix with coconut, chopped crispy nuts and raisins. Store in airtight container in the refrigerator. Serve with whole raw milk or cream diluted with a little water.

YOGHURT SMOOTHIE

Serves 1

1/2 cup fresh or frozen berries
1 cup whole yogurt or kefir

2 tablespoons maple syrup
2 egg yolks

Place berries in food processor and process to a puree. Add yogurt or kefir, maple syrup and egg yolks and process until smooth.

COCONUT MILK SMOOTHIE

Serves 1

1/2 cup coconut milk
1 whole ripe banana
2 tablespoons maple syrup
2 egg yolks
1 teaspoon vanilla extract
water to taste

Place banana in food processor and process to a puree. Add remaining ingredients except water and process to a puree. Add water to obtain desired consistency.

DINNER

WEEK I

Friday: Filet of Wild Salmon
Saturday: Chicken Livers on Toast
Sunday: Two Baked Chickens
Monday: Curried Chicken Salad
Tuesday: Gourmet Chicken Salad
Wednesday: Chicken-Vegetable Soup
Thursday: Welsh Rarebit

MAJOR SHOPPING ITEMS (family of 4)

2-3 pounds filet of wild salmon
2 pounds chicken livers
2 large chickens
1 pound cheese
Fresh vegetables, fruit, etc. in season
Fresh eggs, dairy, etc.
Fresh bread, grains as needed

FILET OF WILD SALMON

Serves 4 with leftovers

2-3 pounds filet of wild salmon
sea salt and pepper
paprika
about 3 tablespoons butter
2-3 lemons, thinly sliced

Place salmon in a buttered pyrex pan, skin side down. Sprinkle with salt, pepper and paprika and dot with butter. Cover with lemon slices. Bake at about 300 degrees for 20-30 minutes, testing occasionally with a fork until salmon attains desired doneness.

CHICKEN LIVERS ON TOAST

Serves 4 with leftovers to make pate

2 pound chicken livers, cut into 1/2-inch pieces
2 tablespoons clarified butter, lard or
Mary's oil blend
1/4 cup unbleached white flour
sea salt and pepper
1/4 cup brandy
1/4 cup red wine
2 cups chicken stock
1/4 teaspoon dill
1 clove garlic, crushed
1/2 teaspoon rosemary, crushed
4 small slices sourdough whole grain bread,
crusts removed
2 tablespoons clarified butter, lard or
Mary's oil blend

Make a mixture of flour, sea salt and pepper. Pat chicken liver pieces dry and dredge in the flour mixture. Saute in hot clarified butter, lard or oil in small batches until well browned, removing to a plate with a slotted spoon. Deglaze the pan with brandy and red wine. Add stock, dill, garlic and rosemary and bring to a rolling boil until sauce reduces by half and thickens. Reduce to a simmer and return the chicken livers to the pan. Allow to simmer for 5-10 minutes. Meanwhile, fry the bread in more clarified butter, lard or Mary's Oil Blend. To serve, place bread on

individual plates and spoon chicken livers with sauce onto the bread.

EASY BAKED CHICKEN

Serves 4 plus leftovers

Be sure to use farm-raised, pasture-fed chicken or, failing that, organic chicken.

*2 whole chickens, including head and feet
if possible*

1 tablespoon melted butter

salt and pepper to taste

several sprigs fresh tarragon or thyme,

1 onion, thinly sliced

1/2 cup dry white wine

1 onion, coarsely chopped

1 tablespoon vinegar

Remove neck and wing tips of chicken and place in a small pan with 1 chopped onion and 1 tablespoon vinegar. Bring to a simmer and cook gently while chicken is baking. This will serve as a light stock for making the sauce. (Reserve the head and feet to make a rich stock with the leftover bones.)

Place chickens on a rack in a stainless steel roasting pan. Brush with butter and sprinkle with salt and pepper. Place sprigs of fresh herbs in the cavity. Bake at 350 degrees about 2 hours until chicken is golden brown. Remove chicken to a heated platter and reserve in a warm oven while making sauce. Deglaze pan with white wine and strain in the light chicken broth. Boil vigorously until sauce is reduced to about 2 cups, then strain out the onions. Carve chicken and serve with the sauce.

After dinner, removing remaining chicken from the bones and reserve in the refrigerator. Use the bones to make Chicken Vegetable Soup.

CURRIED CHICKEN SALAD

Serves 4

about 3 cups leftover chicken, finely chopped

about 1 cup celery, finely chopped

1 small red onion, finely chopped

2-3 tablespoons cilantro, finely chopped

about 1/2 cup chopped crispy pecans

or almonds

*1 cup homemade mayonnaise or good quality
purchased mayonnaise such as Delouis*

Fils brand (see Resources)

1/2 cup sour cream or crème fraiche

3 tablespoons Mary's oil blend or olive oil

3 tablespoons raw vinegar

3 tablespoons curry powder

1 tablespoon tomato paste

1 teaspoon Rapadura or maple sugar

sea salt to taste

Mix chicken with celery, onion, cilantro and chopped crispy pecans or almonds. Mix mayonnaise with sour cream or creme fraiche, oil, vinegar, curry powder, tomato paste and Rapadura or maple sugar. Blend with chicken mixture and season to taste with sea salt. Serve with sliced tomatoes and avocado wedges.

GOURMET CHICKEN SALAD

Serves 4

1/2 cup crispy sliced almonds

2 tablespoons butter

*2 tablespoons Rapadura, Sucanat or
maple sugar*

about 6 cups baby greens

*about 1 cup leftover chicken meat,
finely chopped*

about 5 tablespoons lard or Mary's oil blend

1 cup sourdough bread cubes

1/4 cup roasted tomatoes, cut into pieces

1 teaspoon Dijon-type mustard,

2 tablespoons balsamic vinegar

1/2 cup olive oil or Mary's oil blend

2 teaspoons expeller-expressed flax oil

blue cheese

Heat butter in a heavy cast-iron skillet over a medium high flame. Saute almonds in butter with 2 tablespoons Rapadura, Sucanat or maple sugar until well coated and slightly caramelized. Let cool.

Place salad greens in a large salad bowl. Sprinkle onion, roasted tomatoes over the greens. Saute chicken in 2 tablepoons lard or Mary's oil blend until golden. Transfer with a slotted spoon to the salad bowl. In the same pan, saute bread cubes in remaining lard or Mary's oil blend until crunchy. Transfer with a slotted spoon to the salad bowl.

To make the dressing, dip a fork into the jar of mustard and transfer about 1 teaspoon to a small bowl. Add vinegar and mix. Add oil in a thin stream, stirring all the while with the fork, until the oil is well mixed or emulsified. Add flax oil. Toss the salad with the almonds and the dressing and serve with blue cheese.

CHICKEN VEGETABLE SOUP

Serves 4 with leftovers

*leftover bones from 2 roast chickens
heads and feet from 2 chickens
2 quarts cold filtered water
1/4 cup vinegar
3 stalks celery, chopped
2 onions, chopped
2 carrots, peeled and chopped
1 teaspoon dried green peppercorns, crushed
3-4 cups chopped fresh vegetables
2 cups cream or whole coconut milk
about 4 tablepoons tomato paste
2 cloves garlic, crushed (optional)
fresh or dried herbs to taste
sea salt to taste*

Place chicken bones in a stainless steel pan and brown in a 400 degree oven for about 1/2 hour. Meanwhile, blanch the optional feet in boiling water and remove the skin. (This step will allow more gelatin to get into the broth.) Place bones and optional head and feet in the pot with vinegar,

celery, onions and carrots. Leave 1 hour. Place on the stove and heat over medium flame. When stock starts to simmer, reduce flame to lowest temperature. Stock should gently simmer, not boil. Use a large metal spoon to remove any scum that comes to the surface. Add the crushed peppercorns. Simmer for at least 2 hours or as long as 24 hours. Remove the bones and strain the stock. Remove any chicken meat from the bones and chop finely. Add chicken meat, vegetables, cream or coconut milk, tomato paste, herbs and salt to taste. Simmer until vegetables are tender.

WELSH RAREBIT

Serves 3-4

*1 tablespoon butter
2 1/2 cups raw Cheddar cheese, grated
1/4 teaspoon sea salt
1/4 teaspoon dry mustard
dash of cayenne pepper
1 teaspoon Asian fish sauce, optional
1/2-3/4 cup heavy cream
2 egg yolks*

Melt butter in a container set in simmering water. Add the cheese and stir until melted. Stir in salt, mustard, cayenne pepper and fish sauce. Slowly add the cream, stirring constantly, and stir until the mixture is hot. Remove the container from water and beat in egg yolks. To serve, ladle onto toasted or fried sourdough whole grain bread.

WEEK II

Friday: Brazilian Shrimp in Coconut Milk

Saturday: Liver Stir Fry

Sunday: Roast Beef with reduction sauce

Monday: Roast Beef Cold Plate

Tuesday: Roast Beef Hash

Wednesday: Baked Lamb Chops

Thursday: Lentil soup

MAJOR SHOPPING ITEMS (family of 4)

1 ½ pounds large shrimp

1 3-rib roast beef

Beef stock (or bones to make stock)

1 pound beef liver

Four lamb shoulder chops (or veal or pork)

Fresh vegetables, fruit, etc. in season

Fresh eggs, dairy, etc.

Fresh bread, grains, lentils as needed

BRAZILIAN SHRIMP STEW

Serves 4

juice of 2 lemons

1 onion, finely chopped

1 clove garlic, minced

2 tablespoons white vinegar

½ teaspoon sea salt

*1 1/2 pounds fresh large shrimp,
shelled and deveined*

1 tablespoon fresh cilantro, chopped

1 can coconut milk

*1 cup crispy cashews, coarsely ground in a
food processor*

sea salt and black pepper

6 asparagus spears, cut into 1-inch lengths

Marinate the shrimp in a mixture of lemon juice, onion, garlic, vinegar and salt for 30 minutes. Place in a saucepan with cilantro, coconut milk, ground crispy cashews, sea salt and black pepper to taste. Simmer, covered for about 15 minutes until shrimp are cooked through. Add asparagus pieces and simmer until tender.

LIVER STIR FRY

Serves 4

*1 pound beef or calf's liver, cut into strips
juice of 2 lemons*

1/2 cup unbleached flour

sea salt and pepper

1 pound medium sliced bacon, cut into pieces

2 large onions, chopped

lard as needed

Marinate liver in lemon juice for several hours in refrigerator. Pat pieces dry and dredge in a mixture of flour, salt and pepper. In a cast-iron skillet, cook the bacon until crisp. Remove with a slotted spoon to a heated platter. In the bacon fat, cook the chopped onion until browned. Remove with a slotted spoon to a heated platter. Stir fry the liver in the remaining fat until browned on all sides, adding lard as needed. Return onions and bacon to the pan and mix well. Sauté a few minutes more until the liver is medium rare. Serve immediately.

ROAST BEEF WITH REDUCTION SAUCE

Serves 4 with leftovers

1 3-rib roast beef

extra beef fat (optional)

sea salt and pepper

a meat thermometer

6-8 cups beef stock (recipe follows)

1/2 red wine

Rub salt and pepper into rib roast on all sides and place on a rack in a roasting pan. If you have extra fat, slice it thinly and lay it over the top of the roast. Insert the meat thermometer. Place rib roast in an oven preheated to 450 degrees. Immediately lower heat to 350 degrees. Roast until the internal temperature reads rare or medium rare, about 15 minutes per pound. Remove from oven and let sit for at least 15 minutes before carving.

Meanwhile, bring the stock and red wine to a boil. Boil vigorously until sauce thickens and reduces to about one cup.

Slice roast beef thinly using a good carving knife or electric knife. Serve with the reduction sauce. Reserve remaining beef (without cutting or chopping it) in the refrigerator.

BEEF STOCK

Makes about 4 quarts

Whenever possible, use grass-fed and/or organic meat and bones.

about 4 pounds beef ribs, marrow and knuckle bones
1 calf's foot, cut into pieces (optional)
3 pounds meaty rib or neck bones
4 or more quarts cold filtered water
1/2 cup vinegar
3 onions, coarsely chopped
3 carrots, coarsely chopped
3 celery sticks, coarsely chopped
several sprigs of fresh thyme, tied together
1 teaspoon dried green peppercorns, crushed

Place the knuckle and marrow bones and calf's foot (if you're using it) in a very large pot with the vinegar and cover with water. Let stand for one hour. Meanwhile, place the meaty bones in a roasting pan and brown at 350 degrees in the oven. When well browned, add to the pot along with the vegetables. Pour the fat out of the roasting pan, add cold water to the pan, set over a high flame and bring to a boil, stirring with a wooden spoon to loosen up coagulated juices. Add this liquid to the pot. Add additional water, if necessary, to cover the bones; but the liquid should come no higher than within one inch of the rim of the pot, since the volume expands slightly during cooking. Bring to a boil. A large amount of scum will come to the top, and it is important to remove this with a spoon. After you have skimmed, reduce heat and add the thyme and crushed peppercorns. Simmer stock for at least 12 and as long as 72 hours.

Remove bones with tongs or a slotted spoon. Remove any meat and use in soups and salads.

Strain the stock into a large bowl. Let cool in the refrigerator and remove the congealed fat that rises to the top. Transfer to smaller containers and to the freezer for long-term storage.

ROAST BEEF COLD PLATE

Serves 4

12-16 very thin slices cold roast beef
4 tomatoes thinly sliced
about 1/4 pound Parmesan cheese curls
homemade sauerkraut

Arrange on a plate. Serve with mustard or horseradish sauce and sourdough bread and butter.

ROAST BEEF HASH

Serve 4

about 2 cups leftover roast beef, finely chopped
2 large potatoes, unpeeled, cut into small cubes
1 onion, finely chopped
2 carrots, peeled and grated
about 4 tablespoons Mary's oil blend or lard
sea salt and pepper to taste
1 tablespoon parsley, chopped

Saute beef, potatoes, onion and carrots in Mary's oil blend or lard until golden. (Don't skimp on the fat!) Season with salt and pepper and sprinkle with parsley.

BAKED LAMB CHOPS

Serves 4

You can use the inexpensive cuts of lamb for this delicious dish.

4 3-ounce lamb shoulder chops
juice of 1 lemon
1/4 cup unbleached white flour
sea salt and pepper
2-3 large onions, sliced in half across

the equator

2 large red peppers, seeded and quartered
1 tablespoon melted butter, lard or
Mary's oil blend

In the morning, rub lemon juice into the chops. Cover and leave at room temperature for about 8 hours. Wipe dry and dredge in a mixture of flour, salt and pepper. Rub a glass baking pan with a little butter, lard or Mary's oil blend and place chops in pan. Strew the vegetables in the pan and brush with melted fat or oil. Bake at 350 degrees for about 2 hours, turning the chops and peppers after 1 hour.

LENTIL SOUP

Serves 8

3 medium onions, peeled and sliced or
3 leeks, washed, trimmed and sliced
3 carrots, peeled and sliced
2 tablespoons butter
2 tablespoons extra virgin olive oil
2 quarts beef or chicken stock (pages 122 or
124)
or combination of filtered water and stock
2 cups red or brown lentils, soaked for 7 hours
several sprigs fresh thyme, tied together
1/2 teaspoon dried green peppercorns
1/4 cup fresh lemon juice or whey
sea salt or fish sauce and pepper
piima cream or creme fraiche

In a large, stainless steel pot, cook onions or leeks and carrots gently for about 1/2 hour in butter and olive oil. When the vegetables are soft, add stock and lentils and bring to a boil. The lentils will produce a great deal of foam—be sure to skim this off. Reduce heat and add thyme and crushed peppercorns. Simmer, covered, until the lentils are tender—about 1/2 hour. Remove the thyme.

Purée soup with a handheld blender. Thin with water to desired consistency. Reheat slightly and add lemon juice or whey. Season to taste. Ladle into heated bowls and serve with cultured cream.

Variation: Curried Lentil Soup

Add 2 or more tablespoons curry powder or curry paste to soup along with thyme and peppercorns.

WEEK III

Friday: Cajun Swordfish with Corn
Saturday: Marrow Bones with Parsley Salad
Sunday: Leg of Lamb with Reduction Sauce
Monday: Leftover Lamb Curry
Tuesday: Leftover Leg-of-Lamb Soup
Wednesday: Rissoles with He-Man Sauce
Thursday: Omelet

MAJOR SHOPPING ITEMS (for family of 4)

1 1/2 pounds swordfish
1 leg of lamb
3 pounds marrow bones
2 pounds ground beef or lamb
Fresh vegetables, fruit, etc. in season
Fresh eggs, dairy, etc.
Fresh bread, grains, lentils as needed

CAJUN SWORDFISH WITH CORN

Serves 4

Cajun seasoning contains thyme, cayenne pepper, paprika and ground celery seed. Use a brand of Cajun seasoning that lists all the ingredients to be sure it doesn't contain MSG (if the label says "spices," MSG is a likely ingredient); otherwise, make your own mixture.

1 pound swordfish steak, about 1/2 inch thick
4 tablespoons ghee or clarified butter
1 tablespoon Cajun seasoning
1 teaspoon sea salt
1 cup onion, finely chopped
1 cup green pepper, chopped
1 cup red pepper, chopped
2 cups corn kernels, freshly removed
from the cob

Mix salt with Cajun seasoning. Brush swordfish with melted ghee or clarified butter on both sides and sprinkle on seasoning, reserving any excess.

Place remaining ghee or clarified butter in a cast iron skillet. Cook swordfish about 5 minutes per side over medium-high heat until a fork pierces it easily. Remove to a platter and keep warm in the oven. Add remaining seasoning and vegetables to the pan. Saute, stirring constantly, over medium-high heat for about two minutes. Strew vegetables around swordfish and serve.

MARROW BONES WITH PARSLEY SALAD

Serves 4

This wonderful recipe comes from *The Whole Beast: Nose to Tail Eating* by Fergus Henderson.

12 3-inch pieces of veal or beef marrowbone
1 bunch Italian parsley, chopped
2 shallots, peeled and thinly sliced
1 tablespoons capers, drained, rinsed and dried with paper towel
juice of 1 lemon
2-3 tablespoons extra virgin olive oil
sea salt and freshly ground pepper to taste
toasted sourdough whole grain bread
coarse sea salt

Place marrowbone pieces in an ovenproof frying pan and roast in a 450 degree oven for about 20 minutes. The marrow should be loose but not melted away.

Meanwhile toss the parsley, shallots and capers with lemon juice and olive oil. Season to taste with sea salt and pepper. (Note: this salad is delicious with cold roast beef.)

To serve, place 3 marrowbones on a plate with a serving of salad, toast and a little pile of coarse sea salt. To eat, spread some marrow on the toast, sprinkle on coarse salt and pile on a spoonful of parsley salad.

LEG OF LAMB WITH REDUCTION SAUCE

Serves 4 with leftovers

1 small leg of lamb, bone in
3 tablespoons butter

3 tablespoons Dijon-type mustard
1 onion, peeled and sliced
3 cloves garlic, peeled
several sprigs fresh thyme, rosemary or tarragon or 1 teaspoon dried herbs
1/2 cup dry white wine or vermouth
3-4 cups beef stock
sea salt to taste

Peel the garlic cloves but leave them whole. Place garlic and sliced onion in a large stainless steel roasting pan. Set the leg of lamb, fat side up, on a rack in the pan. Melt butter with mustard, mix thoroughly and brush on the lamb. Place sprigs of herbs on top and insert the meat thermometer. Set in an oven preheated to 450 degrees and reduce heat immediately to 350 degrees. Roast until the thermometer registers rare or medium rare, about 15 minutes to the pound. When the roast is done, remove to a heated platter and keep warm in the oven while making the sauce.

Remove the rack. Pour wine and stock into the pan and bring to a rapid boil, stirring with a wooden spoon to scrape up any accumulated juices. Boil until the sauce reduces to about 1 cup, skimming occasionally. Season with sea salt to taste.

Cut leftover lamb into 1/4-inch cubes (leaving some meat on the bone) and reserve for Leftover Lamb Curry. Begin Leftover Leg-of-Lamb Soup with the bone.

LEFTOVER RED MEAT CURRY

Serves 4

about 2 cups leftover beef or lamb, cut into 1/4-inch cubes
2 tablespoons lard or Mary's oil blend
1 can whole coconut milk
2 cups beef stock
1 teaspoon Thai curry paste
1 inch ginger, peeled and chopped
juice of 1 lemon or 2 limes
1 teaspoon palm or coconut sugar
1-2 teaspoons fish sauce

about 2 tablespoons basil leaves, cut up
1 red pepper, seeded and cut into strips
1 bunch green onions, sliced
1 cup Chinese peas, ends removed and
cut into 1/2-inch pieces

In a large pot, saute meat in lard or Mary's oil blend. Add remaining ingredients and simmer until vegetables are tender.

LEFTOVER LEG-OF-LAMB SOUP

Serves 8

1 leftover leg of lamb bone,
some meat attached
leftover sauce from leg of lamb
1/4 cup vinegar
3 onions or leeks, peeled and coarsely chopped
3 carrots, peeled and coarsely chopped
1 red or green pepper, seeded and chopped
3 turnips, peeled and chopped
3 zucchini, chopped
4 cloves garlic, peeled and chopped
filtered water
several sprigs fresh thyme, tied together
1/2 teaspoon crushed dried green peppercorns
1/4 teaspoon dried red chile flakes
generous pinch saffron threads
1 cup brown rice
1/2 cup dried currants (optional)
sea salt or fish sauce and pepper

Place vegetables in a large, stainless steel pot with the lamb, vinegar and leftover sauce. Cover with filtered cold water and bring to a boil. Skim before adding thyme, chile flakes and saffron. Cook gently, covered, about 12 hours or longer. At least 1 hour before serving, remove the lamb and strain the sauce into another large pot. Add rice and optional currants to this broth and simmer an hour or more. Meanwhile discard the cooked vegetables and let the meat cool. Remove the meat from the bone and cut across the grain into small pieces. When the rice is tender, return the meat to the broth and season to taste.

RISsoles WITH HE-MAN SAUCE

Serves 4

3/4 pound ground chuck
1/4 pound ground heart or
ground organ blend
1 tablespoon onion, very finely chopped
1 egg
1 cup sourdough bread crumbs
1/2 cup cream
1 tablespoon parsley, finely chopped
1/8 teaspoon cayenne pepper
sea salt and pepper
1 cup He-Man Sauce

Mix bread crumbs with cream. Mix ground meat with onion, egg, soaked breadcrumbs, parsley and seasonings and form into patties. Heat a well-seasoned cast iron skillet. Cook rissoles over medium-high heat for about 5 minutes on each side or until medium rare. Serve with He-Man Sauce.

HE-MAN SAUCE

Makes 1 cup

This is a great substitute for commercial steak sauce, to serve with steaks, chops or roasts.

1/2 cup good quality ketchup
1 tablespoon grainy mustard
1 tablespoon lemon juice
3 tablespoons butter
2 tablespoons dry sherry
1 teaspoon fish sauce
dash Tabasco sauce
1/4 teaspoon sea salt
1/4 teaspoon pepper

Place all ingredients in a glass or ceramic container set in simmering water. Stir occasionally until butter is melted and sauce is warmed through.

OMELET

Serves 4

4 eggs
 4 egg yolks
 24 tablespoon water
 dash Tabasco sauce
 1 cup leftover meat such as bacon, cooked
 sausage or ham, chopped fine
 4 ounces grated Cheddar or Parmesan cheese
 2 tablespoon chopped parsley or chives
 2 tablespoon butter

Beat eggs, egg yolks, water and Tabasco together with a fork until blended. Prepare the omelet in two batches. Melt 1 tablespoon butter in a cast iron skillet over medium flame. Pour in half the egg mixture and sprinkle on half the meat, cheese and chopped parsley or chives. Let cook several minutes, then fold over half the omelet. Transfer to a heated platter and repeat with second omelet.

FOODS FOR LUNCH

CRISPY NUTS

Makes 4 cups

Crispy nuts are great as a lunch or snack with cheese. They make a wonderful traveling food. Crispy pecans, almonds, macadamias, peanuts and cashews can be stored in an airtight container at room temperature; the omega-3 content of walnuts makes them susceptible to rancidity, so store walnuts in an airtight container in the refrigerator. We recommend skinless almonds rather than almonds with skins, as the skins can be irritating to the digestive tract, even when soaked.

4 cups raw pecans, walnut halves, almonds
 (whole skinless, slivered or sliced),
 macadamias, peanuts or cashews
 1 tablespoon sea salt
 filtered water

Place nuts in a bowl with salt and cover with water. Cover loosely and leave at room temperature about 8 hours. (Note: Soak cashews for 6 hours, no longer.) Drain in a colander and strew onto a stainless steel baking pan or cookie sheet. Place in an oven set at 150 degrees and let them dehydrate for 12-24 hours or until completely dry and crisp. (You may also use a dehydrator.)

WILD SALMON SALAD

Serves 4

2 cups leftover cooked wild salmon or
 2 small cans wild salmon
 4 stalks celery, finely chopped
 4 tablespoons finely chopped onion
 2 tablespoons finely chopped dill or cilantro
 1/2 cup homemade mayonnaise or
 De Louis Fils brand
 4 tablespoons toasted pine nuts
 Sea salt to taste

Place salmon in a bowl and break up with a fork. Mix in remaining ingredients and season to taste with sea salt.

FISH ROE SPREAD (TARAMASALATA)

Makes about 3/4 cup

Spreads made from fish roe or tarama are popular throughout the Mediterranean area. This is a particularly delicious way to prepare this wonderful superfood. Use fresh salmon roe or canned preserved salmon or carp roe (caviar).

1 small onion, minced
 2 ounces fresh salmon caviar or canned

salmon or carp caviar
1/2 cup Mary's oil blend
juice of 1 large lemon
2 teaspoons cold water
sea salt

Place roe and onion in a food processor and process until well blended. With the motor running, add the oil, drop by drop, forming a thick emulsion. Add the lemon juice in the same manner and the 2 teaspoons water. Season to taste with sea salt. (If you are using canned roe, you may not need any added salt.)

CHICKEN LIVER PATE

leftover livers and sauce from
Chicken Livers on Toast recipe
about 1/4 cup butter or cream cheese, softened
sea salt to taste

Place leftover livers, sauce and softened cream cheese or butter in a food processor and blend until creamy, adding more cream cheese or butter as desired. Season to taste with sea salt. Place in a crock or serving bowl and refrigerate well.

SALMON PINWHEELS

Serves 2

4 ounces smoked salmon, preferably wild
6 tablespoons cream cheese
2 tablespoons fresh dill, chopped or
1 teaspoon dried dill
sea salt and cracked pepper to taste

Mix cream cheese with dill and season to taste with sea salt and pepper. Spread salmon slices with mixture and roll up. Chill well. Slice into ½ inch rounds. Serve with toothpicks.

COCONUT FISH SPREAD

Makes about 1 1/2 cups

1 cup leftover cooked fish
1 tablespoon lime juice

1/2 cup grated fresh coconut or 1/8 cup freeze
dried fine-cut coconut
2 cloves garlic, peeled and crushed
3/4 cup sour cream
sea salt and pepper

In a food processor, blend fish with lime juice, garlic and sour cream or yoghurt. Season to taste with sea salt and pepper. Add the coconut and blend in with a few quick pulses. Refrigerate for 2 hours before serving. Serve as a spread on coconut or whole grain crackers or whole grain bread.

STEAK TARTARE

Makes 2 cups

Use only the best quality organic or grass-fed beef and be sure to freeze it for 14 days before you use it to kill any pathogens or parasites.

1 pound ground sirloin or filet, frozen
14 days and thawed
1 medium onion, finely minced
1/4 cup parsley, finely chopped
3 tablespoons Dijon-type mustard
2 egg yolks
1 red onion, finely chopped
sea salt, pepper and cayenne pepper

Mix beef with egg yolks, onion and parsley and season to taste. Form into a mound on a platter. Surround meat with crackers and serve with chopped onion, capers and butter. Serve with sourdough whole grain toast or whole grain crackers.

VEGETABLES

BAKED TOMATOES WITH GARLIC

Serves 4

*8 roma tomatoes
2 cloves garlic, peeled and mashed
1/3 cup olive oil
1 tablespoon parsley, finely chopped
sea salt and pepper*

Slice tomatoes lengthwise and remove centers. Place skin down in an oiled pyrex dish. Make a mixture of garlic, olive oil, parsley and salt and pepper and spread a little on each tomato. Bake at 350 degrees for about 1 hour or until nicely browned.

SAUTEED SWEET POTATO

Serves 4

*2 large sweet potatoes
6 tablespoons lard or Mary's oil blend
sea salt*

Peel sweet potato, cut into quarters lengthwise and cut into small slices. Saute in lard or oil about 15 minutes or until golden and season with a generous amount of sea salt.

MASHED POTATOES

Serves 4

*4 large baking potatoes
4 tablespoons butter
1/2 cup cream
sea salt to taste*

Peel the potatoes and place in a pot. (The peels can be simmered in water to make a nourishing potassium broth.) Cover potatoes with filtered water and bring to a boil. Cover pot and simmer until potatoes are tender. Carefully drain off water and mash the potatoes with a handheld potato masher in the pot. Blend in butter and cream with a handheld blender. Season to taste with sea salt and transfer to a serving dish.

DESSERTS

ALMOND CRUNCH ICE CREAM

Makes 1 quart

*6 egg yolks
1/2 cup Rapadura, Sucanat or maple sugar
1 tablespoon vanilla extract
1 tablespoon Amaretto liqueur
2 1/2 cups heavy cream, preferably raw,
not ultrapasteurized]
1/2 cup sliced crispy almonds
2 tablespoons butter
2 tablespoons Rapadura, Sucanat or
maple sugar*

Heat butter in a heavy cast-iron skillet over a medium high flame. Saute almonds in butter with 2 tablespoons Rapadura, Sucanat or maple sugar until well coated and slightly caramelized. Let cool. Beat egg yolks with 1/2 cup sweetener for several minutes until pale and thick. Beat in vanilla extract, Amaretto liqueur and cream. Stir in the almonds. Prepare in the ice cream maker according to manufacturer's directions.

COCONUT CUSTARD

Serves 4

*1 cup coconut cream
1/2 cup coconut sugar
5 eggs
1/2 teaspoon vanilla*

Heat the coconut cream and sugar in a saucepan just enough to dissolve the sugar and blend with the cream into a smooth mixture. Allow to cool to room temperature. Beat the eggs well and mix in with the cooled, sweetened coconut cream. Stir in the vanilla. Divide the mixture between 4 buttered custard cups. Set the cups in a pan of simmering water and bake in the oven at 350 degrees for about 30 minutes. Chill well before serving. This is delicious served with tropical fruits. Adapted from *It Rains Fishes: Legends, Traditions and the Joys of Thai Cooking* by Kasma Loha-Unchit.

COCONUT SPRINKLES

Makes 2 cups

These make an excellent topping for many desserts, salads and curries.

2 cups unsweetened desiccated coconut
1/2 cup maple syrup

Mix desiccated coconut with maple syrup and spread on a stainless steel baking pan. Bake at low temperature (about 200 degrees) until coconut is dried out. Break up with hands and store in an airtight container.

COCONUT MACAROONS

Makes about 15

This is a good way to use up egg whites

4 egg whites
pinch of sea salt
about 2 1/2 cups coconut sprinkles

Line a baking sheet with buttered parchment paper. Beat egg whites with salt in a clean bowl until they form stiff peaks. Fold in the coconut sprinkles until the mixture forms balls—you want to add enough so that it will form balls, but not so much that the mixture is crumbly. Place balls on baking sheet and bake at 300 degrees for about 30 minutes. Reduce oven to 200 degrees and bake another hour or so until macaroons are chewy. (If you like your macaroons more crisp, bake several hours more.) Remove from oven and let cool completely before removing from parchment paper. Store in an airtight container.

COCONUT PIE CRUST

Serves 8

1/2 cup melted butter or coconut oil
1/4 cup Rapadura, Sucanat or maple sugar
2 cups desiccated coconut

Mix coconut with sweetener and butter in a small

bowl. Transfer to a buttered and floured 9-inch pie pan and press firmly and evenly against the bottom and sides. Bake at 300 degrees for 30 minutes or until crust is a dark golden color. Allow to cool to room temperature.

COCONUT MOUSSE PIE

Serves 8

1 recipe Coconut Pie Crust (above)
4 egg yolks at room temperature
1/2 cup Rapadura, Sucanat or maple sugar
1 teaspoon vanilla extract
1 tablespoon coconut rum
1 tablespoon gelatin dissolved in
2 tablespoons warm water
4 egg whites at room temperature
pinch of sea salt
1 cup heavy cream, preferably raw,
well chilled
1 cup fresh coconut, grated or
1 cup coconut sprinkles

Beat egg yolks with sweetener for several minutes until a pale ribbon forms. Blend in vanilla extract, rum, cream and melted gelatin. In a separate clean bowl, beat egg whites with sea salt until stiff. Fold egg yolk mixture and coconut into egg white mixture. Pour into pie shell and chill well.

THAI BANANA DESSERT IN COCONUT MILK

Serves 4

The mali or Jasmine essence gives this dessert a delicious, distinctive flavor. It is available in Asian markets. If unavailable, use 1/4 teaspoon vanilla extract.

4 large red bananas, fully ripened
1 can whole coconut milk
1/4 cup coconut sugar
1/4 teaspoon sea salt
a few drops of mali (Thai jasmine) essence
or 1/4 teaspoon vanilla extract

Note: If red bananas are unavailable, use regular yellow ones. Peel the bananas just before you are ready to cook. Cut them in half lengthwise, then each half into 4 pieces crosswise. In a saucepan, heat the coconut milk. Add sugar, salt and optional mali essence. When the mixture is hot and smooth, add the bananas and simmer about five minutes, or until the bananas are cooked but still in whole pieces. Serve warm for best flavor. Adapted from *It Rains Fishes: Legends, Traditions and the Joys of Thai Cooking* by Kasma Loha-Unchit.

FLOURLESS COCOA-COCONUT CAKE Serves 10

1/3 cup sifted unsweetened cocoa powder
7 tablespoons sifted arrowroot powder
1/8 teaspoon ground cinnamon
4 egg whites, at room temperature
pinch sea salt
3/8 cup Rapadura, Sucanat or maple sugar
4 egg yolks, at room temperature
1/4 cup Rapadura, Sucanat or maple sugar
1 cup coconut sprinkles
2 cups heavy cream
1/2 teaspoon vanilla extract
1 tablespoon maple sugar or Rapadura

Butter a 9-inch spring-form cake pan and dust with arrowroot powder. Sift the arrowroot powder, cocoa and cinnamon together. In a very clean glass or stainless steel bowl, beat egg whites with pinch of salt until frothy. Gradually add 3/8 cup sweetener. Whip whites until they are glossy and smooth. Set aside.

In another large bowl beat yolks with vanilla until pale in color (about 3 minutes). Gradually add 1/4 cup sweetener and beat until the yolks are pale and a thick ribbon falls from the beaters (6-7 minutes.)

With a rubber spatula, fold about 1/3 of the whites into the yolks. Sprinkle about 1/4 cup of the dry ingredients on the yolk batter and fold in gently.

Continue to alternately fold in egg whites and dry ingredients. Finally, quickly fold in the coconut sprinkles

Turn the batter into the prepared pan, gently smooth the top and put into a preheated 350 degree oven. Bake 30 minutes or until the cake pulls away from the sides of the pan and the middle springs back if gently pressed. Let cool about 10 minutes on a rack. Release the sides and wait another 10 minutes before removing the cake. Place on a serving plate and chill well.

Whip cream till stiff and beat in vanilla and maple sugar (preferred) or Rapadura. Ice the cake and sprinkle the top with about 1 tablespoon coconut sprinkles.

BEVERAGES

COCONUT FRUIT SHRUB Makes 2 quarts

2 cups crushed fruit, such as raspberries, blackberries or peaches
1 cup coconut vinegar
1/2 cup maple syrup or honey (optional)
5 cups water

Mix all ingredients together in a glass container. Leave at room temperature for 2 days before transferring to cold storage. To serve, mix 1/2 cup with 1-2 cups sparkling water.

KEFIR SODAS Makes 2 quarts

Easy to make, delicious kefir sodas are a wonderful alternative to commercial sodas. Instead of creating health problems, like modern soft drinks, our kefir sodas contribute to easy digestion and overall good health.

You can use either water kefir grains or kefir powder (see Resources). Use about 3/4 cup grains or 1 packet powder for 2 quarts of soda. Place all ingredients in a 2-quart clean glass container, add water kefir grains or powder, fill with water to make 2 quarts, cover tightly and leave at room temperature for 48 hours or until brew becomes slightly bubbly. Strain the liquid through a non-metallic strainer.

If using grains, rinse them with water and either use again or store in a jar in the refrigerator with about 1/2 cup water mixed with 1 tablespoon Rapadura, Sucanat or maple sugar.

If using the powder, reserve about 1/2 cup liquid as a starter for the next batch—this will work for about 5-6 batches, then you will need to use powder again.

Store the soda in the original glass container in the refrigerator; or, for extra bubbly results, transfer to glass beer or soda bottles capped with wire-held caps, or use sparkling water bottles with screw-on caps. (Note: Do not store soda in decorative vinegar bottles that have wire-held stoppers; these have a tendency to explode and can be quite dangerous!)

KEFIR CREAM SODA

1/2 cup Rapadura, Sucanat or maple sugar
1 tablespoon vanilla extract
Slices of organic lemon, lime or orange
(optional)

KEFIR GINGER ALE

4 tablespoons fresh ginger, coarsely chopped
juice of 4 limes
1/2 cup Rapadura, Sucanat or maple sugar

KEFIR LEMONADE

1 cup fresh lemon juice
1/2 cup Rapadura, Sucanat or maple sugar

KEFIR LIMEADE WITH MINT

1 cup fresh lime juice
1/2 cup Rapadura, Sucanat or maple sugar
several sprigs fresh mint

KEFIR FRUIT SODA

2 cups juice leftover from making Stewed Fruit
1/4 cup Rapadura, Sucanat or maple sugar

FRESH BERRY SODA

This soda is slightly more complicated but worth the effort. Make 2 cups puree of organic fresh berries (strawberries, raspberries, blackberries, etc.) in a food processor. Pass through a strainer (to remove seeds) into a bowl. Add 1/2 cup Rapadura, Sucanat or maple sugar, enough water to make 2 quarts and 3/4 cup kefir grains or 1 package powder. Place in a covered container and let sit 48 hours. Carefully skim off any foam that has risen to the top. Strain into bottles with wire-held caps. Leave at room temperature for 48 hours and then store in the refrigerator.

MISCELLANEOUS

WHEY

Makes 2 1/2 cups whey and
1 1/2 cups cream cheese

1 quart good quality plain whole yoghurt
or kefir or 1 quart raw milk that
has been allowed to sour and separate

Line a colander or large strainer with a kitchen towel and place over a bowl. Place yoghurt, kefir or separated raw milk in the towel-lined colander or strainer, cover and leave overnight. The next day, tie up the ends of the towel with string and suspend by tying to a spoon set

across a deep container. Transfer the whey that has accumulated in the bowl to a jar and refrigerate. Additional whey will drip out of the towel over the next day or two—add this to the jar. Remove the cream cheese from the towel and store in the refrigerator. The whey will keep for many months and the cream cheese will keep for about 2 weeks.

SAUERKRAUT

Makes 1 quart

*1 medium organic cabbage,
cored and shredded*
1 tablespoon caraway seeds
1 tablespoon sea salt
1/4 cup whey

In a bowl, mix cabbage with caraway seeds, sea salt and whey. Pound with a wooden pounder or a meat hammer for about 10 minutes to release juices. Let sit for a half an hour or so to allow the cabbage to become limp. Pound again and stuff into a quart-sized, wide-mouth mason jar, pressing down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the cabbage should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage. The cabbage should bubble when you first open the jar. The sauerkraut may be eaten immediately, but it improves with age.

MARY'S OIL BLEND

Makes 3 cups

This wonderful blend of three oils can be used in salad dressings or as a cooking oil. When used for cooking, flavors come through beautifully, and the blend does not burn as easily as pure coconut oil. In salads, it provides all the benefits of coconut oil and does not have the strong taste of olive oil. In mayonnaise, it provides firmness when chilled. Be sure that the sesame oil you purchase is truly expeller- or cold-pressed, since the very high temperatures used during

processing destroy the unique protective antioxidants in sesame oil. Since we use this blend in many recipes, we suggest you make enough to have on hand whenever you need it.

1 cup coconut oil, gently melted
*1 cup expeller-pressed or cold-pressed
sesame oil*
1 cup extra virgin olive oil

Mix ingredients together and store in an airtight glass jar at room temperature.

MAYONNAISE

Makes about 1 cup

Mary's Oil Blend is perfect for mayonnaise—it provides the benefits of coconut oil, including firmness when refrigerated, and does not have the strong taste of olive oil. If you do not want to make your own mayonnaise, an excellent commercial brand of mayonnaise is Delouis Fils brand, available in the refrigerated section of many specialty stores and gourmet markets.

1 whole egg, at room temperature
1 egg yolk, at room temperature
1 teaspoon Dijon-type mustard
1 1/2 tablespoons lemon juice
1 tablespoon whey, optional
3/4 cup Mary's oil blend
sea salt and pepper

Place egg, egg yolk, mustard, salt and lemon juice and whey in your food processor. Process until well blended, about 30 seconds. With the motor running, add the oil blend drop by drop (some food processors have a hole at the bottom of the cylindrical part that does this automatically). Taste and check seasoning. You may want to add more salt and lemon juice. If you have added whey, let the mayonnaise sit at room temperature, well covered, for 7 hours before refrigerating. With whey added, mayonnaise will keep several months and will become firmer over time. Without whey, mayonnaise will keep, refrigerated, for about 2 weeks.

CONVERSION TABLES

U. S. COOKING MEASURES

3 teaspoons	= 1 tablespoon	= 1/2 ounce
4 tablespoons	= 1/4 cup	= 2 ounces
1 stick butter	= 1/2 cup	= 4 ounces
2 cups	= 1 pint	= 1 pound
1 pint	= 16 ounces	= 1 pound
4 cups	= 1 quart	= 2 pounds
4 quarts	= 1 gallon	= 8 pounds

MEASUREMENT CONVERSIONS

U.S.	BRITISH	METRIC
1 teaspoon	= 1 teaspoon	= 5 grams
2 teaspoons	= 1 dessertspoon	= 10 grams
4 teaspoons	= 1 tablespoon	= 20 grams
1/2 cup	= 4 fluid ounces	= 113 grams
1 cup	= 1 teacup	= 226 grams
2 cups (1 pint)	= 4/5 imperial pint	= .45 liters
1 quart	= 4/5 imperial quart	= .90 liters
1 gallon	= 4/5 imperial gallon	= 3.6 liters
1 pound	= 1 pound	= 454 grams

Note: 1 U.S. pint = 16 ounces and 1 U.S. gallon = 8 pounds
 1 imperial pint = 20 ounces and 1 imperial gallon = 10 pounds

OVEN TEMPERATURES

FARENHEIT	CELSIUS	HEAT	GAS NO.
150	65	Warm	Pilot Light
225	107	Very Slow	1/4
250	121	Very Slow	1/2
275	135	Very Slow	1
300	149	Slow	2
325	163	Slow	3
350	177	Moderate	4
375	191	Moderate	5
400	204	Hot	6
425	218	Hot	7