

A TASTE OF SALLY'S LOW OXALATE RECIPES

Respect Your Body, Mind, and Spirit with
DELICIOUS SCRATCH COOKING
Using Healthy Ingredients

Let's throw Oxalate Overload Overboard



181 RECIPES *Plus Variations*

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This book is dedicated to everyone who has ever let me feed them.

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NOTES

Welcome!

First, thank you for trusting me to guide you in your nutrition choices.

My goal in sharing these recipes is to help in your transition to preparing low-oxalate foods that are healthy, nutritious, interesting, and delicious. I hope you will enjoy trying new things and rethinking your style of eating. Bon Appetit!

Low-Oxalate Ingredients

I have done my best to offer truly low-oxalate recipes and to report oxalate content for recipes that include some medium-oxalate ingredients, such as artichokes or chestnut flour. In these cases, portion size is important.

Low-oxalate eating is not hard, even for people with food allergies and sensitivities. It does, however, require you to rethink your “must-have foods” and learn to find and use new ingredients.

Imitation foods are not the best path. If you think you need a substitute for a specific food (such as breakfast cereal, PBJ sandwich, or pizza), you may be setting yourself up for frustration. Oxalate-wise eating may require you to let go of long-standing habits and personal “food rules” and “food friends.”

In the meantime, consult the Oxalate Swap Table in this book for a quick look at low-oxalate options to replace your previous staples and daily fare. For a general list of higher versus lower oxalate foods, see the Beginner’s List also included in this book.

Information on oxalate content of various foods such as spices, coffees, and common greens and berries is also available on my website and blog (<https://sallyknorton.com/blog/sitemap>).

Organization of the Recipes

The majority of my clients are struggling with food intolerances of all kinds and need to avoid certain foods—often for an extended period of time. The question, “What do I eat?” then becomes, “How do I build a diet around the foods I *can* eat—and like it?” In an effort to help with the challenge of switching from the familiar to unfamiliar vegetables (and avoiding eggs), a few of the sections are organized around ingredients, instead of being grouped by “soups” or “sides.”

The biggest section, **Veggies: Salads, Soups and Sides**, is divided into various sub-groupings of vegetables. The vegetable group also intermingles soups, salads, and sides. Are you wondering what to do with a turnip? Look in my “Roots” sub-section found in the veggies section. How to make a spicy radish mild and fun to eat? Also in the “Roots” section.

From these recipes you can learn techniques for using and preparing low-oxalate vegetables (sometimes in unconventional ways) so they can become flexible and delicious components of your everyday meals or delicious stand-ins for old standards (like mashed potatoes).

Vegetables are a means to add color, texture, and variety to menus. Use them when it serves your personal priorities. Yes, the veggie section consumes the greatest number of pages here, but do not

take this as pressure to eat a lot of vegetables. Vegetables are *not* the nutritional powerhouses we've been led to believe. For gut healing, some people need to avoid vegetables all together, that is okay too—you will not drop dead from avoiding vegetable fibers. Feel free to experiment.

In addition to the Veggies section and various meat sections (**Meats, Organ Meats, Seafoods, and Poultry**) focusing on specific ingredients, the less meaty and “planty” recipes are laid out in four sections:

1. **Basic Building Blocks & Techniques**—Find a great recipe for a versatile salad dressing and marinade; learn to make a great white sauce and flavorful broths too
2. **Drinks and Smoothies**—Find some simple hot and cold drinks there
3. **Sauces, Dips, and Condiments**—Find over a dozen ways to add flavor and interest to your meals
4. **Treats and Desserts**—When you need a little something to help a certain day be special...

Allergy Elimination

I have made an effort to provide options for people with certain food sensitivities.

Gluten: None of my recipes contain gluten, and some of the desserts are there not just because they have modest oxalate content, but also to provide gluten-free (and egg-free) options. If you can eat eggs and gluten-containing grain flours, your existing pie crust recipe (made with real lard or butter, of course) is probably better than mine!

Soy: None of my recipes contain soy. Note: avoid turkey meat if you are on a soy-free diet (turkeys are fed a lot of soy to grow fast and large, even if they are “organic,” and they seem not to metabolize it well).

Eggs: All the recipes using eggs are in their own section. Eggs provide wonderful, affordable nutrition, variety, and ease of preparation. Sadly, many people (including me) are allergic to them. If you tolerate eggs, do *not* feel a need to restrict them due to cholesterol or saturated fat—they do not cause high blood cholesterol.

Dairy: If you can eat them, milk and cheese are high-calcium foods that help your body manage oxalates. However, pasteurization and homogenization damage milk proteins, fats, and micro-nutrients. Heat-damaged milk proteins can make it harder for some people to digest certain milks. If you have trouble with processed dairy, you might explore raw (A2-A2) dairy if you can get it from a responsible farmer. Yogurt and cheese are used in some of my condiments and dips. Butter and ghee are used in other recipes. Because the recipes frequently have non-dairy options (using coconut milk or other fats), there are only a few recipes that you won't be able to use if you are trying to avoid milk and other dairy foods entirely.

Technique in the Kitchen

Many of these recipes are simple, but *technique sensitive*! Please read the recipes prior to starting and follow the directions carefully. If there seem to be extra steps, they are there for a reason. In many cases, the reason is dining appeal: to improve the flavor and texture, or to keep things from burning or getting overcooked.

The other reason for being particular about technique is your health. Plants contain a number of potentially damaging chemicals beyond oxalate. These chemicals make the proper preparation of seeds—including rice, black-eyed peas, and pumpkin seeds—especially important. Traditionally, seed preparation involves souring, soaking, sprouting, treatment with clay, and thorough cooking. (Beans, peas, and rice must be well-cooked.) Humans have used these techniques for tens of thousands of years to make plant foods safer to eat. Soaking makes seeds less irritating to the gut and more digestible by disarming enzyme inhibitors and unlocking minerals for better absorption. Clay binds

arsenic or other heavy metals, so you don't absorb them. The benefits of soaking seeds come from the combination of 1) the activation of the germination process and 2) bacterial action. Remember to use chlorine-free water for soaking; chlorine will kill the friendly bacteria that helps make soaking effective. As far as we know, these steps don't lower oxalate content and might make the oxalate in high-oxalate seeds (and potatoes) even more available for absorption.

To reduce soluble oxalate, it is helpful to boil vegetables (such as broccoli and collards) in lots of water and discard the water. This doesn't work very well with pea-beans because they need to be cooked until they are mushy.

Nutrition

Nutrition is certainly critical to proper growth when young and is central when it comes to aging well. But your diet can also change the direction of your health and your day-to-day functioning right now! Of course, nutrition is an applied science. Behavior change is required if the quality of your diet is going to improve. I hope to support you in making healthy changes with these recipes and other teachings.

Make sensible selections from low-oxalate foods as you gradually eliminate high-oxalate foods. Be sure to eat foods from animal sources, such as eggs, milk, butter, cheese, or fatty meats. If you've avoided these in the past, strive to make them the centerpiece of your diet. Butter and animal fats help make foods tasty, filling, and nutritious, and they are critical to include in your path to wellness.

Plant foods: Please do not feel pressured to consume massive quantities of vegetables. Most vegetables, even low-oxalate vegetables, can be hard to digest and cause bloating and discomfort. The good news is that meats and animal foods provide excellent nutrition that is unquestionably superior to vegetables and other plant foods (and more complete too). Sadly, modern nutrition has forgotten this long-held truth about our nutritional needs as human beings.

Superfoods: The true super foods are organ meats. That is why I included a number of liver recipes and two recipes teaching you how to prepare kidneys.

Factory Ingredients and Restaurant Foods: We Need a Detox

The elimination of modern foods (the ones that require factories to create) is a wise move. The most harmful factory foods are the "seed oils" or "vegetable oils." They are the oils and fats that are liquid at room temperature unless they have been turned into trans-fat-laden margarine, spreads, or shortening. Restaurants typically use soy, peanut, or a canola oil blend. These polyunsaturated fats and their trans-fat derivatives helped create great scientific confusion about dietary fat in general.

Healthy Fats: Until the invention of vegetable oils (along with the economic pressure to adopt industrial oils as food), animal fats had *always* been an essential part of a healthy diet.

Please embrace animal fats as a precious and necessary part of your diet. Fats, however, are prone to picking up residues of industrial chemicals, so make an effort to select fats from animals raised outside on clean pastures (even the diets of these animals are usually supplemented with varying amounts of soy- or corn-based feed, unless explicitly 100% grass-feeding is claimed).

Why Low Carb?

Carbohydrate-laden foods are ubiquitous these days. Most of us consume way too many carbohydrates and way too often. My recipes are suited to a moderate- to-low carb diet.

Most people do best on under 200g of carbs per day (endurance athletes may need more). Infrequent, moderate carb intake is generally a good approach: try starting your days with no carbohydrate until afternoon unless you've had a vigorous morning workout.

In case you are wondering about “keto”: A long-term, consistently low carbohydrate diet can cause metabolic stress for some people. (This seems to be especially true with oxalate-damaged people.) The good news is that it is not necessary to maintain constant high blood ketones in order to enjoy ketogenic benefits. The when, how, and what of carbohydrates is a big topic, so leave it at that for now.

About sugar: I don't recommend artificial sweeteners (even stevia). A healthier approach is to acclimate your taste, so you learn to prefer things that are not especially sweet. Be sure to start by giving up sweet beverages. You're not putting sugar in your coffee or ordering sweet mega lattes or cappuccinos, right?

In general, there is no need to have a zero-sugar diet every day. Some of my recipes use sugar as a seasoning, often in quantities similar to seasonings such as salt. That's an appropriate use of sugar. I prefer sugars that retain some minerals and flavor (maple, molasses, and honey). Please do avoid making sugar an entrée, snack, or course in a meal plan (donuts, muffins, cakes, candies, sweetened beverages, etc.).

If You Are New to Low Oxalate Eating...Transition Gradually!

Two important facts:

- 1) an oxalate-toxic body is seriously struggling and needs a thoughtful transition, and
- 2) a “low oxalate” diet is *not* a “no oxalate” diet. Only full carnivores (meat, milk, cheese, eggs only) can reach zero oxalate

Your Body Needs an Adjustment Period and a Soft Landing.

For many people, it's safer to work down slowly by not eliminating oxalates entirely in the beginning. Here's why:

Over the years, your body has been doing the best it can to manage the onslaught of oxalate from your foods. Your history of high-oxalate eating has caused oxalate to (subtly) accumulate in your body, but the body does not want it.

When you change your diet, it lowers the amount entering the bloodstream. A sudden drop in the levels of oxalate coming into your bloodstream, if maintained for about 3–5 days, is a strong signal to the body that it can finally clean house. Thus, your abrupt withdrawal from your previous oxalate-flooding diet might trigger some powerful efforts to clear oxalate. The effects of a sudden and excessive clearance of oxalate from your tissues can involve a variety of very painful and challenging symptoms. It is also metabolically stressful. And we don't know what the long-term effects of such rapid clearance may include. In hopes of avoiding this, I recommend implementing this diet gradually.

To begin a gradual transition, instead of dropping your high-oxalate foods immediately, start by reducing your portion sizes and frequency of eating them. At the same time, you'll be increasing or adding low-oxalate foods AND medium-oxalate foods to your diet. Medium-oxalate foods are those that contain 4–10mg oxalate *per portion*. (Note: one spinach leaf could be called a medium oxalate food. It would take about 2 cups of boiled cabbage to match the oxalate content of one spinach leaf. Both would be called “medium,” *if* those amounts were normal serving sizes.) These days, loading up

on plants foods is “normal” and portions are usually in excess of the old standards, so be aware of portion sizes. For some people, keeping controlled portions of medium-oxalate foods like carrots and celery or a cup of tea on the menu might, for a while, prevent or reduce attacks of oxalate-clearing illness.

Eventually, a very low-oxalate diet (even a carnivore diet) is likely to maintain a better baseline of wellness. It’s okay if it takes you two years to transition to a very low-oxalate diet. Another reason for changing your diet slowly is on behalf of your gut flora. Foods that are new should be eaten frequently but in small portions until your body and digestive tract flora can adapt to their new diet.

Warning: Don’t Cycle On-and-Off with Oxalate

It is important that you avoid cycling on and off high-oxalate foods. Doing so could simultaneously trigger oxalate clearing illness and then complicate it by flooding oxalate into a situation where the internal levels are already elevated. If you are going to add oxalate-containing foods to a low-oxalate diet you need to be aware of the amounts of oxalate in those foods. So, when someone hands you a slice of keto chocolate cake—watch out! You might pay a dear price for eating that whole slice (you might get away with one very small bite).

How Low to Go and How Fast?

To answer the question of how much to cut back on oxalate, ask yourself: How much oxalate do you eat now? If you eat a lot of high-oxalate foods like sweet potatoes, nuts, peanuts, spinach, and beets, you could be eating as much as 2,000–3,000mg per day. That is a *lot* of oxalate. “Normal” oxalate intake is claimed to be 100–200mg daily. A low-oxalate diet for an adult is 40–60mg per day. Move from thousands of milligrams of oxalate to tens of milligrams by halves (perhaps weekly). If you’re the systematic type, it might be this progression of milligrams per day each week: 3,000→1,500→700→350→200→100→50mg per day. Consistency is much more important than precision.

Learning about oxalate in foods is frustrating, because most of the lists available are incomplete and inaccurate. Solving this problem is frankly beyond the scope of this collection of recipes. I have based my estimation of oxalate content mostly on testing performed at the University of Wyoming on behalf of the VP Foundation. This data is available from the Trying Low Oxalate Facebook group (TLO). Even that list has some errors. Despite imperfections, it is a far more extensive and more carefully curated list than any other data online. I have some trustworthy data on my website and will continue to make more available.

Benefits and Warnings About Broth

Oxalate crystals create free radicals in the body that damage tissues and activate the immune system. The oxalate-induced tissue stress and the subsequent inflammation accelerate the breakdown of connective tissue components such as hyaluronic acid and collagen. The result can become chronic connective tissue instability (making us injury-prone), incomplete tissue repair (persistent vulnerabilities or pain), prolonged healing times, and long-lasting scarring (often internal and invisible).

To make things worse, connective tissue breakdown also increases levels of oxalate in the body, potentially creating a vicious cycle of high oxalate levels leading to more oxalate formed in the body. That is because the amino acids in connective tissue are **metabolic precursors of oxalate**.

Limiting consumption of dietary oxalates is important for stabilizing connective tissues and makes it possible to support connective tissue repair. Even after you change your diet, oxalate exposure

continues due to the accumulated body-burden of oxalate. And when your connective tissues are removing oxalate deposits, that creates periods of additional tissue breakdown and distress (for years). For connective tissue stability, some people benefit from supplements that reduce inflammation (e.g. taurine and N-acetyl cysteine) or support connective tissue repair and renewal (such as BioSil and Celadrin) and **moderate** amounts of broth in the diet too may help to correct for some of the connective tissue problems caused by low animal protein diets or excessive oxalate levels in the body (these two conditions go hand-in-hand).

Broth is a traditional food providing the most digestible, nutritionally complete, and flavorful dietary source for connective tissue “feeding.” But the currently popular approach of using collagen, gelatin, or drinking copious amounts of bone broth has a serious downside. The downside: **broth, gelatin, and collagen can create more oxalate** in the body and **could even make a high-oxalate diet more dangerous**. The major amino acids in these foods (glycine, hydroxyproline, and phenylalanine) can be converted to oxalate in the body. Just like the internal tissue damage increasing oxalate levels, eating too much of these amino acids causes an increase in the internal production of oxalates in the body. Rat studies demonstrated this—so much so that adding gelatin to the diets of rats is a standard method for creating oxalate overload in animal research.

However, the metabolic effects of broth consumption in humans have not been studied; the suggestion that hydroxyproline is a problem is based on extrapolations from animal studies of amino acid metabolism. There are human studies that suggest that a high animal protein intake does **not** increase oxalate excretion (Knight, 2009) but 10 gm of gelatin **does** increase levels of oxalate and glycolate (a toxic oxalate precursor) in the urine (Knight, 2006). **Anyone with a history of calcium-oxalate kidney stones or other oxalate-related health conditions may want to limit broth consumption to one meal per day in moderate portions (½ Cup to 1 Cup per serving) as a wise precaution.** The good news is that eating meats does not increase oxalate in the body, nor does it stress the kidneys, despite the tendency for doctors to believe that animal protein is bad for kidneys—it’s not.

Numerous recipes in this book use broth in moderate quantities. Substitutes are always available—any of these recipes can be prepared using water or other liquids instead.

Abbreviations and Metric Conversion

(opt.) = means you can omit the ingredient and still have the recipe taste great (though different)

C = cup, U.S. cup; 1C = 240ml

T = tablespoon, U.S.; 1T = 15ml

tsp. = teaspoon, U.S.; 1tsp.=5ml

ox = oxalate (reported in mg)

mg = milligrams

ml = milliliters

oz = ounces (fluid or weight depending on context), about 28 grams

lb = pounds (US) – about 453 grams

Love Yourself, Love Your Food

Cooking and eating are gifts of love to yourself (and to others you love). Here are four ways to infuse eating and cooking with love of self.

First, love what you eat. Pleasure of the senses is part of loving your food. The smell, texture, temperature, flavor, and “bite” all matter to the eating experience. To love what you eat does not mean eat what you once loved—especially if it no longer fits your self-care intentions. It means take time to enjoy your food and discover new delights with a grateful heart.

Second, accept change at many levels. Learning new foods and all that goes with them is not an over-night process. It can be a bumpy and prolonged transition. Prolonged is better and more realistic anyway. Start where it is easy to start, then expand from there. Expect to make mistakes along the way. Don't fret about that, just keep strengthening your low oxalate “muscles” until you become a master and it is totally normal for you.

Third, eat what your body wants. Consciously avoid using food to soothe or otherwise comfort yourself emotionally. When you need soothing and comfort, reach for non-food comforts. But be sure to eat enough calories (without over-eating). Sometimes the body's reactions to the diet include swings in appetite. That is normal. If ravenous hunger comes with feeling very poorly, you might not want to fully give in to that hunger because you might be fueling the ramped-up metabolism that is needed to remove oxalate from the body. Getting oxalate out of your tissues is something you want to happen *slowly*, not all at once! Don't power it with excessive calories. But do eat enough fat and calories so you are not hungry! (Then move on to other fun activities in life—or just take a nap.)

Fourth, avoid eating just to “fit in.” Food is used as a symbol of social connection, but not all symbolic connections need to be eaten. If your food choices seem idiosyncratic to other people, that just makes you interesting. The exception to this rule is when you expect others to prepare foods you can eat. If it is a social event, bring something to contribute to the meal or event, even if it is just a centerpiece or attractive napkins. And bring your own food—or eat in advance.

Happy cooking, happy eating, happy living = good health!

A Few All-Purpose Tips and Tricks

If case you're looking for ideas for staying organized and on top of your food choices, here are a few. While there is no specific food prescription here, please note that I recommend nutrient-dense foods that emphasize generous use of traditional fats like grass-fed butter, cream, lard, and coconut oil. Home cooking is not only key to a healthy and balanced life, it can be fun as well as a nice, creative mental break from work and other demands. Enjoy it. If the food is shared, make clean up a shared effort as well.

Boiling Broccoli

Boiling broccoli can reduce its moderate oxalate content further. If you're eating broccoli "straight", do this: Add 1 teaspoon of salt per quart of water, bring to a boil, add broccoli, bring back to a boil, then continue boiling for about three minutes. Discard the water. Note: boiling and discarding water removes a fraction of the oxalate from spinach, but because spinach starts out extremely high, it remains very high in oxalate even after lengthy boiling. Spinach is not worth the trouble.

Health Hazards in Cans

BPA in food packaging was banned in France in 2015 due to serious health concerns (hormonal and neurological effects impacting human development). BPA was found in 93% of 2517 urine samples (from people age 6 and over) in tests conducted by Centers for Disease Control and Prevention "CDC" in the 2003–2004 National Health and Nutrition Examination Survey (NHANES III).

It's interesting to note: can coating technology is challenging because the coating must be cheap and be able to form a complete and durable seal with the metal and also to endure high temperatures, high pressure food sterilization, and long-time direct contact with food while exposed to the food materials, which can be corrosive because of acid, sulfur, and salt. New resin technologies are emerging (including polyester resins or varnishes made of polyethylene and polypropylene). The industry calls low-BPA coatings "BPA non-intent" meaning the technology used is intended to be BPA-free.

Bentonite Clay

Bentonite clay helps with detoxification, and with removing heavy metals. I recommend using it in the rice recipes when you soak rice prior to cooking to lower heavy metal content (rice accumulates arsenic from soil). Discard the soaking water and cook the soaked rice in fresh water.

Sprouted Seeds and Beans

Sprouting seeds (beans and grains) lowers the phytates, which are caustic to the intestines. You can sprout things that you plan to boil or cook before eating (rice or black-eyed peas, for example).

For pumpkin seeds and pumpkin seed butter: Buy spouted versions to improve the digestibility.

Other pre-sprouted foods are becoming more available too, such as sprouted green lentils. Lentils are very high in lectins, so be sure to use a pressure cooker to disarm the lectins.

Ingredient Primer

Some of the ingredients used in this book may be unfamiliar. Allow me to introduce you to them.

Coconut Butter (a.k.a coconut mana)

Finely ground coconut meat, useful for adding body, fat, and flavor to dishes. I use it to make non-dairy sauces, to thicken gravies, and in various desserts. If you are coconut allergic, try using sunflower paste (Sunbutter), but avoid routine use of seed butters (see the discussion of beans and seeds below).

Coconut Flour

Finely ground coconut fibers left over from making commercial coconut milk. It is low in carbohydrate, yet sweet tasting. Not all products are the same. The more finely ground, the better the performance as a flour substitute. Coconut flour can absorb fats and moisture and lends a generally dry and slightly grainy texture. I use it for: “breading” fish, making flat-bread pancakes, and in my gluten-free, egg-free pie crust.

Coconut Milk

Not a milk, but the white liquid produced from grinding coconut flesh with filtered water and straining out the solids. Coconut milk is an invaluable convenience for creating dairy-free dishes (**not** because it is nutritionally equivalent to *dairy milk*—which is loaded with minerals, vitamins, and pre-biotics—but because you can create creamy sauces and use it as a creamer substitute).

Coconut milk adds body and fat to soups and is an important flavor and texture element in Asian and South Pacific cooking. Commercial coconut milk is sold in cans. Most products add various gums for body. I typically use the organic “Simple” variety by Native Forest®. A gentler, kinder coconut milk can be made from **scratch**; see my recipe for this in the basics section.

Powdered Coconut Milk

This a convenient, commercially made alternative creamer and sauce ingredient that is versatile and travels well. I use the Native Forest® brand. See my hot drinks section for some of the ways I use this product.

Coconut Oil

This tropical oil tends to be solid at room temperature because it has saturated short- and medium-chain fatty acids. The medium chain triglycerides are also called MCTs. These shorter fatty acids are easier to digest and can be turned into ketones for fuel too. These properties make coconut oil and coconut milk especially handy when your digestion is “off”.

I love the flavor of coconut oil with fish. I guess that is why coconuts go with beach foods. Try my simple fish recipe to experience this magical flavor combination.

About 50% of the fatty acids in coconut oil are lauric acid, which can become monolaurin when digested. Both lauric acid and monolaurin have anti-bacterial and anti-fungal properties. This makes coconut oil a valuable topical moisturizing treatment for fighting skin infections and it might help reduce symptoms of eczema. I use it on my eye lash line to treat or prevent eye sties that became an issue for me for a while after I stopped my high oxalate diet. Coconut oil can also protect your hair from sun and heat damage (hot sauna and hair dryers can dry out your hair).

Ghee, a type of Clarified Butter

Pure butterfat made by gently cooking butter and removing the water and dairy solids. It is more heat-stable and keeps for a long time at room temperature. It also reduces splattering when used for frying.

For the highly dairy sensitive, try Pure Indian Foods Brand Cultured Ghee (pureindianfood.com). They also make a ghee-coconut oil mix that is nice not only in cooking, but also for skin and hair care.

Coconut Aminos

An alternative to soy sauce, made by fermenting coconut sap. It is gluten- and soy-free. It is tasty, versatile, and very low in oxalate. Coconut Secret™ brand was the original; there are others now.

Fish Sauce

This East Asian condiment has umami elements that round out flavors in a special way. It is made by fermenting fish. (But that means it is high in histamine.) I like the Red Boat brand. If you have a fish allergy, try using coconut aminos instead.

Potato Starch (not flour)

Gluten-free, easy to cook with, heat-tolerant: potato starch is your best-bet low-oxalate thickener. Similar thickeners such as arrowroot, and tapioca (or cassava) flour are much higher in oxalate (see table).

Cornstarch is harder to work with than potato starch and is almost always a GMO. (Potato starch can be GMO, too; select organic to avoid GMOs.) Rice starch is a good option, but it is effectively unavailable for culinary use (the cosmetic industry seems to have cornered world supply.)

Don't confuse potato starch with potato flour. They both come from a potato and are gluten-free, but they are two totally different things. Potato starch is a flavorless potato extract (starch only), while potato flour is dehydrated potato (a gummy, high-oxalate ingredient used in gluten-free products).

Sources: Bob's Red Mill Unmodified Potato Starch; Anthony's Organic Potato Starch; Authentic Foods Potato Starch

Oxalate Content of Common Starches

Starch Type	Oxalate (mg) / Tablespoon
Arrowroot	7
Corn Starch (GMO)	0.3
Potato Starch	0.3
Potato Flour	22
Modified Tapioca Starch	8
Tapioca Starch, Bob's Red Mill	2.3
Rice starch	0.5
Rice Flour (varies)	3

Mineral Salt

The best salt for table use is mineral salts mined from old deposits that are clean, rather than sea salt. Real Salt® is a good brand and pink Himalayan salt is also good for table use and cooking. These are too expensive to pour down the drain, however, so I suggest using cheaper sea salt to salt the water in which you boil broccoli or noodles.

Sardines

There are many brands of wild caught sardines and white anchovies. Try them all and see what you like. Be sure to buy them with bones and skin intact for the best nutrition. Canned fish is a high-histamine food, and at times people with oxalate accumulation issues experience high histamine in the body. If you think histamines may be an issue for you, avoid canned fish. Instead, look for frozen-at-sea fish and prepare and eat that promptly (not as leftovers).

Shirataki Rice and Shirataki Noodles

These rice- and noodle look-a-likes are made from konjac flour and water. Konjac flour is soluble fiber, without starch, sugar, or calories. Shirataki can make an occasional treat without the blood-sugar spiking effect that goes with pasta. However, soluble fiber may be an intestinal irritant. I use shirataki in my Thai Sloppy Joe, Onions Carbonara and Baked Spaghetti Squash for a crowd. White rice noodles work equally well but eat starches in moderation to maintain healthy blood sugar levels.

Asian Rice Noodles

These are quicker to prepare than rice, are made with a fermentation step (more westernizes rice spaghetti etc. are not typically prepared with fermentation) and are low in phytates.

Create and Stock a Grab-And-Go Section in Your Own Refrigerator

To help fit your healthy diet into the rest of your lifestyle, set up your own convenience section in the fridge. This makes packing snacks and meals for activities outside the house more convenient, and presents you with easy options when you're hunting for a snack.

Item	Serving Size	Number of Servings to Stock	Stocking Frequency	Suggested Container
Raw sprouted pumpkin seeds, lightly salted	¼ C	3-6	Weekly	Snack bags or small jars
Raw whole milk	8-16 oz.	7	Weekly	Sterile Mason jars 12-16 oz. size
Peeled and cut cucumber sticks with a radish or other tolerated veggies	As desired	2	Every other day	Mason Jars
Boiled peas, cooled	¼-½ C	3-4	Every 4 days	4 oz. Mason jars
Liver pâté or sliced liverwurst	2-5 oz.	5	Every other week	4 oz. Mason jars or other compact air-tight container
Salmon salad (recipe within)	4-6 oz	3	Every other week	Wide-mouth 8 oz. Mason jars
Aged raw milk cheese	1½ oz.	2	Weekly	Glass container
Whole milk yogurt or cottage cheese	6-8 oz.	2	Weekly	Wide-mouth 8 oz. Mason jars

Create a Lettuce Box in Your Fridge

Buy your romaine lettuce fresh in whole heads every few days. One head makes about four salads. After you rinse and spin your head of lettuce, use a food-safe, airtight plastic box to keep your remaining washed romaine lettuce fresh and crispy. To regulate the humidity, place a clean dry washcloth in the bottom of the container. This prevents the lettuce from sitting directly in condensate that would otherwise collect at the bottom of the container. The cloth also serves as a reservoir for needed moisture without becoming sodden. Change the cloth once every 7-10 days. (Note: do not use fabrics washed with softeners, detergents, and dryer products—wash with eco-friendly, unscented soaps such as Shaklee® brand.)

Tip: the inner leaves of romaine lettuce make great dippers, wrappers, and cracker substitutes. You can collect these in your lettuce box and easily pull out the box when you want finger foods.

SHOPPING

Stock the Freezer (as needed and as space permits)

Grass fed meats: I like to get a variety of meats at a good price and have it on hand at all times.

Contact local farmers who sell in bulk. Check the *Find Food* tab on the Weston A. Price Foundation website: <https://www.westonaprice.org/find-nutrient-dense-foods/>

½ or 1 whole lamb, goat, or pig with organs and bones suitable for broth and marrow use

⅛ or ¼ or ½ heifer (cow) with organs and bones cut into sizes suitable for broth and marrow use

Chickens, whole; chicken necks; feet; livers; and hearts

Bacon and lard from out-door pigs (keep pork consumption occasional if infections are an issue)

Freeze raw-milk butter purchased in early spring and/or in a later wet season when grass is growing.

Frozen wild-caught salmon and other seafood not contaminated by mercury or radiation. Several companies will ship frozen fish.

Frozen organic peas in large re-sealable bags.

Buy Fresh Foods frequently

Vegetables, Low-Oxalate: buy fresh from a supplier you trust

(roots will keep much longer than leafy vegetables)

Fruits, Low-Oxalate: purchase ahead of time to allow (2-7 days) for ripening

Seafood: purchase day of consumption

Raw milk and dairy products: weekly. To find a local source go the “find food” page on the Weston A. Price website

Pantry Items

Mineral Salts: Redmond’s Real Salt®, Pink Himalayan salt

Ground organic white pepper; ground Mustard seed; ground rosemary leaf

Potato starch

Ghee, clarified butter; Organic coconut oil

Bio-dynamic olive oil (order direct from suppliers if you can)

Coconut milk (BPA-free etc.) and powdered coconut milk

Good quality vinegars: coconut, apple cider, wine, rice, organic distilled white

Canned salmon and sardines and white anchovies, with bones

Herbal tea and coffee

Shirataki (konjac) “noodles” and “rice”; may need to order online

Asian rice noodles, check the Ethic section of your large grocery store, or seek out Asian markets

Bentonite clay (for reducing arsenic in white rice and toxic minerals in general): Available at health food stores and some supplement shops.

For the Fridge

Butter, grass fed (Kerry Gold is widely available in the US)

Coconut Aminos, versatile replacement for soy sauce and useful all-purpose seasoning

Mustard

Frank’s Hot Sauce (Tabasco sauce is also quite low, but tests showed twice the oxalate as Frank’s.

Tabasco 10.3mg/100g versus Franks 5.6mg/100g)

Coconut water (try Whole Foods’ 365 brand, or Lidl)

Thai red curry paste (has not been directly tested but ingredients have all tested reliably low)

SAMPLE COOKING SCHEDULE – GENERAL PATTERN

WEEKEND (Thursday – Sunday)

Prepare 3 qts. of bone broth, choose one of the following

Chicken (24 hours)

Fish (12 hours)

Beef (48 hours or more)

Make a salad dressing or mayo

Make pâté with liver (a snack food) (recipe provided)

Divide foods (pumpkin seeds, milk, yogurt, etc.) into “Grab-and-Go” portions

Thaw meat for dinner in a cold section of the refrigerator

WEEKDAY

Transform broth into soup

Add 1–4 veggies

Add seasonings (herbs, salt, white/red pepper, lemon or lime juice)

Meat (opt.)

Coconut milk

DAILY

Night before: know what you will eat tomorrow.

Check that tools are ready (thermos is clean; lunch bag is ready)

AM

Pack snacks

Eg.: ¼ C pumpkin seeds, milk in 12-oz mason jars, pork rinds, butter, roasted beef fat, cooked bacon)

Pack lunch (Heat up soup, make salad, or pack left-over meat)

Dinner

Make one dish, with enough for left-overs for tomorrow’s lunch or dinner.

Low Oxalate Swap Table

The following table has simple ideas on how beginners can shift away from high-oxalate staples to lower-oxalate choices. Here is a general guideline: If you are willing to eat animal foods, increase your meat portions and make animal foods the keystone of your healing lifestyle.

Eliminate	What to Try Instead
Whole grains; gluten grains; Grain products like bread, pasta, rice milk, grits, and quinoa	Let go of bread and breakfast cereal for at least 90 days. Cornflakes, Cheerios, cornstarch, blue corn chips cooked in organic corn oil, and white rice can be used occasionally, in small portions. Two cups of popcorn has ~11mg oxalate. For starch, use cooked winter squash, green peas, black-eyed peas, pearl barley (½ C has 6mg oxalate), and coconut flour. Try coconut wraps or try my flat bread recipe. Add fish and soup to any meal, including breakfast. Eat pasture-raised eggs daily. Eat more high-quality (organic, unprocessed) animal fats and olive oil to avoid hunger.
Peanuts, peanut butter, (a legume) and most nuts and nut butters, especially almonds; seeds, especially sesame, chia, poppy	Sprouted pumpkin seeds (¼ C), sprouted sunflower seeds (3-4 T), or flax seeds (3T) (Go Raw brand). Tiny portions of macadamia nuts (4-5 nuts) or pistachios (14mg ox/oz.). No-Nut Butter by Sneaky Chef (contains canola oil, use sparingly) might be useful while you transition. Almond extract flavoring. Use coconut oil to curb hunger. Quality raw milk cheese; whole milk, fresh and non-pasteurized is best. Snack on bacon; pork rinds; coconut macaroons; plain yogurt; cheese. Remember, high-oxalate seeds are often in/on crackers, bread, buns, & bagels.
Soy, soy products and most legumes	Fresh or frozen green peas. Soaked, boiled, drained black-eyed peas, yellow or green split peas, mung beans, butter beans. Dried legumes must be soaked for 24 hours or more and drained (to reduce the soluble oxalates) before cooking at very high heat (pressure cooked) to be digestible and to deactivate the lectins. Use in modest portions. Try Coconut Aminos® instead of soy sauce. Delicious soups made with bone broth can become the centerpiece of a satisfying diet. Grass-finished, pastured meats. Sustainably caught, low-mercury fish.
Spinach, Swiss chard, beets	Romaine, bibb, butter, iceberg lettuce, watercress, arugula, pea greens, cabbage, cilantro. Capers. Turnips.
Celery, carrots, daikon radish, artichoke hearts	Red pepper, chayote, kohlrabi, celeriac root. Celery and carrot can simply be omitted in many cooked recipes.
Okra	Asparagus (boiled); turnips; onions.
Sweet potatoes, white potato	Cauliflower, turnips, and celeriac can be mashed like potatoes and are just as versatile. Celeriac or “celery knob” can be steamed and mashed too (nice with rutabaga). Starchy vegetables are green peas, chestnuts, pumpkin, and winter squash. White jasmine rice and Asian rice noodles, in moderation.
Tomato sauce and paste (see tomato chart next page)	Use fresh tomatoes in very small portions (~ ½ oz.). Look for the Garden Peach variety at Farmer’s Markets—it is much lower in oxalates. Use the Garden Peach in 3 oz. portions.
Berries, apricots, figs, kiwi, citrus peel, tangerines, Clementine	Apple, white grapefruit, seedless grapes, kumquat, mango, papaya, pineapple, watermelon, honeydew, cantaloupe, lemon & lime juice. Dates and raisins in moderation. Blueberries ½ C = 4mg oxalate.
Chocolate, carob	Fresh fruit, ice cream, iced coconut milk; white chocolate; chocolate extract, gelatin set fruit juice or herbal tea.
Black pepper; turmeric; parsley; caraway, poppy; stevia powder	White pepper, capers, chives, (fresh) dill, horseradish, mustard, sage, thyme, vanilla, organic sugar. (Use sugar only as a flavor enhancer like salt.)
Use less: black tea, green tea	Chamomile, nettle, lemon balm, rooibos. Bone broths (a cup or less per day). Coffee. Apple juice.

Why Oxalate Content of Foods is Confusing

Tomato data illustrate uncertainty in oxalate content.

It is unrealistic to assume that a single value can be assigned to a food indefinitely, for all time. Several factors, both known and unknown, impact the oxalate content of food and the accuracy of the testing. Accurate oxalate analysis has always been difficult. Ascorbic acid and other substances interfere with the extraction and detection of oxalate. Timing, temperature, pH, equipment errors, and human errors can all hamper the accuracy of oxalate measurement. Improvements in the testing technologies have gradually made food oxalate testing more accurate and reliable, especially since 2000.

Tomatoes naturally vary in oxalate content (so do green beans, strawberries, and many other foods). The Garden Peach tomato is particularly low in oxalate compared to other varieties. Chances are you have never seen a Garden Peach tomato, let alone tasted one. It is a small yellow tomato with rosy shoulders and fuzzy skin resembling a small, pale, flattened peach.

In your average grocery store, the “heirloom tomato” lacks a name. Unless you’re buying from farmers or growing your own, it is prudent to assume that the unknown tomato comes in at the higher end of the range (12–14 mg/100g). Concentrated products like sauce and paste tend to be higher (25 mg/100g).

To illustrate the variability, here is a list comparing oxalate content of several varieties grown organically in North Carolina. It is very unusual to find studies of different varieties of the same food. In addition to variety, there are many other factors that impact oxalate content of foods generally, including growing conditions and ripeness.

Oxalate Content of Farmer’s Market Tomato Varieties

Oxalate content mg/100g fresh tomato (about ½ cup)

Tests results below were funded by Vulvar Pain Foundation using tomatoes sold in NC 2008.

Garden Peach	3.4	Celebrity	10
Big Beef	4.5	Momotaro	11
Japanese Black Trifle	4.6	Pink	11
Pink Girl	5.3	Kellogg's Breakfast	12
Brandywine	5.4	Sungold Cherry	12
German Johnson	5.6	Stupice	12
Yellow Pear	5.9	Beefmaster	12
Early Girl	6.5	Hawaiian	13
Orange Blossom	7	Carolina Gold	13
Better Boy	7	Valencia	14
Cherokee Purple	8	Heartland	14
Whopper	9	Razzleberry	16
Red Sun	10	Roma, Organic	17

BEGINNERS' BASIC FOOD LIST

AVOID WORST OFFENDERS

Very High Oxalate Foods



SEEDS AND NUTS

Chia, Poppy, Hemp, Tahini, Sesame.
Almonds, Cashews, Peanuts, Pine nuts

VEGETABLES

Swiss Chard, Spinach, Beet Greens and Beets, Okra,
Sugar Snap Pea Pods, Artichoke Hearts, Yams,
Sweet Potatoes, White Potato (fries, chips, etc.),
Tomato Sauce, Green tomatoes, Canned tomatoes,
Parsnips, Carrots, Celery, Nopal Cactus.

FRUITS

Apricot, Unripe Avocado, Blackberries, Clementine,
Elderberries, Figs, Guava, Kiwi, Olives, Anjou Pear,
Lemon Zest, Plantain, Pomegranate, Prunes,
Raspberries, Rhubarb, Star Fruit, Tangelo

BEANS

Black Beans, Soy Flour, Soy Milk, Soy Protein,
Vegetarian Burgers and Meat Analogues. Great
Northern Beans, Pinto Beans, and most others

GRAINS AND GRAIN SUBSTITUTES

Amaranth, Arrowroot, Barley Flour, Bran Cereal,
Buckwheat, Green Banana Flour, Corn Grits,
Whole Grain Bread, Shredded Wheat, Potato Flour,
Pumpnickel, Rice Bran, Rye Bread, Teff,
Quinoa, Tapioca Flour, Wheat Germ.

SNACKS AND TREATS

Potato Chips, Sesame or Seeded Crackers,
Milk or Dark Chocolate, Carob, Cocoa Powder,
Brownies, Plantain Chips, Rhubarb

BEVERAGES

Black Tea, Green Tea, Chocolate Milk,
Concord Grape Juice, Almond Beverages,
Rice Milk (Vanilla and Chocolate), Hot Cocoa

SEASONINGS AND HERBS

Black Pepper, Caraway, Cinnamon,
Cumin, Curry, Onion Powder,
Parsley, Poppy, Turmeric.

SELECT SAFE BETS

Low and Very Low Oxalate Foods



Meats, Dairy, Butter, Eggs, Fish, Shellfish, Fats.

Seeds: Pumpkin, Watermelon, Sunflower, Flax.
Coconut. Seed Oils (avoid as much as possible).

Asparagus (if boiled), Arugula, Romaine, Bibb, Butter, & Iceberg
Lettuce, Bok Choy, Chives, Red Bell Pepper, Brussel Sprouts (if
boiled), Cabbage, Capers, Cauliflower, Cilantro, Celeriac Root,
Cucumber, Lacinato or Purple Kale, Mushrooms, Onion, Radish,
Rutabaga, Turnips, Boiled Green Peas, Pumpkin, Winter Squash,
Zucchini, Watercress, Water Chestnuts.

Gala Apple, Ripe Hass Avocado, Fresh Cranberries, Seedless
Grapes, Kumquat, fresh Mango, Papaya (½ c), Fresh Plum,
Cantaloupe, Watermelon, Honeydew, Lemon & Lime juice.
Dates (<4), Blueberries (½ c), Olive oil.

Fresh or frozen green peas (boiled). Soaked, boiled, & drained:
Black-Eyed Peas, Yellow or Green Split Peas, Mung Beans,
Butter Beans. Use in modest portions. Pressure cook.

Coconut Flour, Cornstarch, Potato Starch (not “flour”), Rice
Starch, Coconut “Wraps”, White Rice, Arborio Rice, Thai Jasmine
Rice, Uncle Ben’s Minute Rice, Shirataki “Rice” or “noodles”,
White Rice Spaghetti, Red Lentil Pasta, Kelp Noodles,
Cellophane Noodles, Pearl Barley, Corn-on-the-cob.

Pork Rinds, Blueberry Jam, Candied Ginger (1 tsp.), Dates (1-3
per serving), Flax Crackers, Toasted Coconut Flakes, Pickles,
Vanilla Ice Cream, Coconut Ice Cream—Vanilla Flavor only,
White Chocolate, Whipped Cream.

Coconut Milk, Herbal Teas, Coffee, Ginger Ale, Milk, Kefir,
Wine, Beer, Sparkling Waters, Barley Water, Apple Cider,
Fruit Juices: Apple, Cherry, Cranberry, Lemon, Lime, Orange.

Salt, Bay leaf, Spice Extracts, Chocolate Extract,
Cardamom, Dill, Fresh Garlic, Honey, Horseradish,
Mace, Marjoram, Mustard Seed, Peppermint,
White Pepper, Cayenne, Frank’s Hot Sauce,
Tabasco, Sage, Savory, Stevia, Sugar, Tarragon, Thyme.

BUILDING BLOCKS & TECHNIQUES



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NOTES

Chicken or Poultry Bone Broth—My Method

Having great chicken broth on hand makes it easy to create outstanding soups, stews, and gravies. This method is designed to maximize the flavor and nutritional value of the broth. It requires only 3 ingredients (chicken, water, and vinegar). Using vinegar helps to draw minerals from the bones. The long simmer releases cartilage and minerals into the yummy liquid.

If you have a gas stove, use a crock pot or Instant Pot® to make broth, not a stove-top burner. Gas stoves release toxic combustion products and present other hazards as well, and are not suited for long cooking times. (Please be alert to indoor air quality in your home.)

Note: I do not recommend adding onion or other vegetables, because they can add a burnt flavor. (Ignore them in the photos!)

Ingredients

One whole Chicken

Select chicken that was NOT raised on hormones or arsenic-laced feed. Ideally, buy from a local farmer with a flock that lives out-doors. I strongly recommend using cuts with lots of joints such as wings, necks, and feet. They are rich in gelatin and nutrients. Broth is the traditional (and frugal) use for parts you might otherwise throw away, including wing tips and leftover bones from previous meals (store them in the freezer until you set up your next pot of broth).

Filtered water

¼ C vinegar (rice, apple cider, or wine), or lemon juice, or ½ C wine

Optional Ingredients:

Bay leaf - good chicken doesn't need a lot of help to be wonderful. If you are going for an ethnic flavor, use the appropriate spices.



Method

- Place the whole chicken in slow cooker or in a large heavy pot. Briefly set the pot lid to check that it will rest on the rim of the pot. If the chicken is too big for your pot, remove it and cut the chicken in half along the back and breast bone.
 - Optional: Add bay leaf and white peppercorns.
- Add enough water to cover the chicken, approximately 1-inch below the upper rim of the pot. Avoid over filling the pot which can create a hazard. Add vinegar or other acid.

- Cover the pot and set slow-cooker heat to low. Allow to lightly simmer for 4 – 9 hours. Cooking time is not precise, adjust to fit your schedule. Use a thermometer to check the heat after about 1½ hours to make sure that the simmer is not too strong (ideally, keep the temperature between 160-190 °F). If using an electric stove rather than a slow cooker, check and adjust the heat setting and maintain water level. (see notes, next page)
- Set a stainless-steel colander in a large bowl. Lift the chicken out of the broth into the colander using a long-handled pan strainer (sold at Asian grocery stores). The chicken will be falling apart at this stage. **(Fig. 2)**

Figure 2 Lifting Cooked Chicken



- Use tongs and a fork to remove the meat from the bones. Store the meat at once in the refrigerator for later use (glass storage container). If there is a lot of fat on top of the broth, skim it off (cool and discard).



6. Return all the bones and cartilage to the broth in the pot. **(Fig. 3)** Add an additional splash (1 T) of vinegar and resume a gentle simmer for an additional 6–12 hours, as convenient.
 7. Use the long-handled skimmer to lift the bones into a large stainless-steel colander sitting in a large bowl. Then use the flat mesh strainer to remove the little stuff. Discard the solids and return any liquid to the pot.
 8. Carefully pour hot broth through a mesh strainer into 3 clean 1-quart canning jars using a metal canning funnel. (I use a small 4" tight mesh strainer sitting in the funnel.) To avoid countertop spills, set your jars in the sink for the filling step.
 9. Seal with tight sealing, clean lids. (Hold the jars with a wash cloth to protect your hands from the heat.)
 10. Wipe off the outside of the jars. Allow jars to cool for about an hour. Write the date and “chx broth” on masking tape placed on the lids. Transfer to the refrigerator for storage.
- If you need to clarify your broth for aspic, etc. – check with Julia Child on how to do this.
- Use the chicken meat you saved to make chicken salad or for adding in the final steps of a chicken soup process. Meat cooked this way is fine to eat straight. We enjoy eating the neck meat – as is.
- Have fun, making broth gets easy with experience.

Equipment Notes

Use caution as you learn about your own stove and pots (or your slow cooker); after a few batches you will know what setting will give you the mild simmer you need. With the right heat, the broth will be hot enough to simmer but not need water or other attention for 6 to 8 hours or more. When you're first learning, however, you should pay close attention to the heat and water level.

Be sure to obtain the following tools (try a Chinese grocery):

1. a wide pan stainless steel broth skimmer or strainer with a strong handle (see Figures 2 and 3 above) – I call it the “magical lifter”; - and
2. a long-handled flat mesh strainer.

These tools are handy in general, and especially helpful when making chicken and fish stock. They are designed for scooping ingredients out of hot liquid. Using them really keeps the mess down and makes you more efficient. Finding a storage place for them is the only trick. The lifters are THE answer to broth-making happiness!

You will also need a large pot or (preferably) a 6.5-quart oblong slow cooker, a wide-mouthed canning funnel, and a sufficient number of quart-or pint-size wide-mouth mason jars with lids (you can reuse them for broth and soups). The oblong slow cooker fits a whole chicken better than a round pot.

Important

If the broth is allowed to cool before pouring into jars, it will only keep for about 4 days because you have created the perfect medium for growing bacteria and mold. Alternatively, if you have used very clean jars and lids and have sealed the broth in the jars while still very hot, this broth will keep **in the refrigerator** for 1-6 months. Even though you are sealing hot jars, this process **does not** “can” the broth—it must stay cold until you use it.

To Freeze Broth: wait until the broth is very cold in the fridge and transfer it to freezer containers or half-filled mason jars. When freezing in glass, the jars can be filled to 80% after the first half is frozen in the bottle. Be careful using glass jars for freezing– they can easily break (and all of your work will be lost)!

Fish / Seafood Broth

Prep Time: 10 minutes | Total Time: 4–20 hours | Makes 3 quarts | Serves 8–12.

Fish broth and fish soup are the easiest of all soups. Fish heads provide many nutrients including many minerals, especially iodine, which is necessary for healthy thyroid function. Save up your shrimp shells for your broth (optional). Keep it simple...good fish, water, acid, and heat creates magic.

Ingredients

~3 lbs. (what will fit in the pot you're using) fish heads with or without the body skeleton, snapper or rock fish are good choices. Do not use oily fish types, such as salmon.

Shrimp shells, about 4-5 cups in volume (optional)

Cool filtered water, about 3 - 4 qts.

1 large onion (opt.)

thyme, fresh– several sprigs or about 2 tsp. dried leaf
(for an Asian-flavored broth, use white pepper corns, an inch of fresh ginger root, and or other spices) (opt.)

2 bay leaves (opt.)

2 - 4 T rice vinegar or apple cider vinegar or lemon juice

1/2 cup dry white wine or lemon juice

3 1-qt. canning jars with lids



Ready to make a great fish broth

Preparation

1. Place the onion, herbs, fish heads, vinegar, and wine in a crockpot or large heavy pot on the stovetop.
2. Add filtered water.
3. Set heat to medium-low. Bring to a light simmer.
4. Lower heat and allow to lightly simmer for 4 - 20 hours. Note: the cooking time is not precise; adjust to fit your schedule.
5. Set a large metal colander in a large bowl. Carefully lift the solids out of the broth pot into the colander using a long-handled pan strainer as sold at Asian grocery stores.
6. Set out 3 very clean 1-quart glass jars. Set a metal canning funnel over a jar and place a mesh strainer in the funnel. Carefully ladle the hot broth into the jars, through the strainer. Watch to avoid over-filling the jars. Seal jars with tight sealing lids. Use a hot pad or damp cloth to safely grip the hot jars.
7. Allow the bones to cool for 10 minutes then remove the meat from the bones. Meat can be used like canned tuna. Once cooled, discard the bones.
8. Store the broth in the refrigerator for up to four weeks. If broth is very hot when poured into jars, it keeps a very long time in the refrigerator. If the broth is allowed to cool, it will only keep for four to seven days.
9. Add salt when using to make soup or other dishes.



Skimming the fine bits out.

Dressings and Marinades

Prep Time: 5–8 minutes.

Please stop buying commercial salad dressings. They are made with junky ingredients and disease-causing (industrially processed) oils. Instead, invest in pure olive oil purchased from a reputable source. We buy direct from California growers to be assured we are getting the real thing. (Order in the fall or winter for early spring delivery.)

Homemade dressing is not only healthier and tastier, it is inexpensive compared to commercial dressings products. Plus, it is VERY easy to make dressing. Doing so is the most basic of kitchen skills and well worth mastering.

To turn romaine into a complete green salad, all you have to do is add a few thinly sliced red onions and capers and high-quality, mild flavored olive oil and wine vinegar. Good quality, fresh ingredients are essential. See other basic suggestions in my house salad recipe (in the greens section).

Everyday Lemon and Olive Oil Dressing and Marinade

Prep Time: 5 minutes | Total Time: 30 minutes | Makes about one cup

This dressing is in the style of a Caesar salad which we never tire of. The clean bright taste makes this dressing our default, everyday dressing. If you allow the flavors to mellow together for at least 30 minutes before dressing a salad, it will perform better. We also use this dressing as an all-purpose marinade. Pour it over chicken one day ahead for grilled chicken that you will love. For grilled vegetables, slice them into large, thin slabs, cover them sparingly with this dressing, then grill over moderate heat. When making this dressing as a marinade, you can be slightly generous with the salt, garlic, and mustard. If you don't have a fresh lemon, don't bother. You do not need to measure the lemon and oil, as this is a 1: 3 ratio which you can "eye-ball".

Ingredients

Juice of one organic lemon, (3 T)
 1–2 small cloves garlic
 ½–2 T Dijon mustard, or prepared German hot, or a spicy brown mustard
 ½–¾ tsp. mineral salt, such as Real Salt®
 1–2 tsp. anchovy paste
 ¼ tsp. white pepper
 2/3–¾ C organic olive oil

Instructions

1. Place ingredients in a 12-ounce jar with a tight fitting lid and shake until all the ingredients are well combined. This is even easier if you hold back most of the oil and add it after the anchovy paste is fully incorporated into the lemon juice.
2. Refrigerate for future use. However, this will keep for up to 3 days at room temperature.
3. When you are preparing your salad, have the dressing at room temperature, but the greens cold.
4. Avoid pouring too much dressing on your greens. Serve your salad immediately after dressing it.



Simple Dynamo Dressing

Prep Time: 5 minutes | Makes $\frac{3}{4}$ Cup

This dressing mixes high-quality vinegars to give it a dynamic flavor.

Ingredients

1 T Dijon mustard
 4 T vinegar (use a combination of white wine, sherry, rose, or cider)
 $\frac{1}{2}$ C olive oil
 $\frac{1}{4}$ tsp. mineral salt such as Real Salt®
 Touch of white pepper

Instructions

1. Place ingredients in an 8 -12 ounce jar with a tight fitting lid and shake until all the ingredients are well combined. This is even easier if you hold back most of the oil and add it after the anchovy paste is fully incorporated into the lemon juice.
2. Refrigerate for future use. However, this will keep for up to 3 days at room temperature.
3. When you are preparing your salad, have the dressing at room temperature, but the greens cold.
4. Avoid pouring too much dressing on your greens. Serve your salad immediately after dressing it.

Simple Dijon Dressing

Prep Time: 5 minutes | Makes about 1 cup

When time is tight this is the solution. As always, the flavor of this dressing depends on high quality olive oil and vinegar. A combination of vinegars is always a good idea, but not necessary. Use whatever quality vinegars you have on hand.

Ingredients

2-3 T Dijon mustard, or prepared German hot, or a spicy brown mustard
 $\frac{1}{4}$ tsp. mineral salt
 pinch white pepper
 4 -6 T white wine vinegar or sherry vinegar
 $\frac{3}{4}$ C organic olive oil

Instructions

1. As for simple dynamo dressing.

Lime Vinaigrette

Prep Time: 5 minutes

Makes 1 cup.

Ingredients

$\frac{1}{4}$ C olive oil
 $\frac{1}{4}$ C walnut oil
 2 T rice vinegar or white wine vinegar
 2 T fresh lime juice
 $\frac{3}{4}$ tsp. mineral salt such as Real Salt®
 2-3 tsp. prepared German hot or spicy brown mustard
 1 T minced shallots
 1 T chopped chives or green onion tops
 $\frac{1}{4}$ tsp. white pepper
 Pinch dried tarragon or 1 tsp. chopped fresh tarragon

Instructions

1. As for simple dynamo dressing.

Walnut-Balsamic Vinaigrette

Prep Time: 10 minutes | Makes 1 cup | Serves 6 - 10

This makes a great dressing for a cold steak salad with left over grilled steak sliced thinly.

Ingredients

Scant 1 tsp. Dijon mustard
 ½ tsp. mineral salt such as Real Salt®
 ⅛ tsp. white pepper
 2 T balsamic vinegar or other allowed vinegar
 2 T white or red wine vinegar
 ¼ C roasted walnut oil (or use macadamia nut oil)
 ½ C organic olive oil
 1–2 T minced fresh herbs (optional) (chives, cilantro, shallots)

Instructions

1. Place ingredients (except herbs) in a 12 – 16-ounce jar with a tight-fitting lid.
2. Shake until all the ingredients are well combined. If making ahead of time, reserve the herbs until future use.
3. Refrigerate for future use. Add herbs and recombine just before using.

Creamy Ranch-Style Dressing

Prep Time: 15 minutes | Makes 1 cup. Serves 6–10.

This dressing is wonderfully versatile. Every time I make homemade mayonnaise, I immediately make a batch of this dressing using the mayonnaise-coated blender bowl to save time. It is a lovely dressing for a green salad. Be sure to try it over hot or cold meat or add 2–3 tablespoons to about 12 ounces cold flaked salmon with some additional mayonnaise. Make this dressing at least one day before you need it, so the flavors can develop. Use immediately only if a strong onion flavor is desirable. Red onion gives lovely pink flecks in the dressing and a nice flavor. This dressing keeps for two weeks in the refrigerator.

Ingredients

¼ C olive oil
 Scant ¼ C garlic-infused olive oil
 2 T rosé wine vinegar
 1 T rice vinegar
 1½ T minced red or yellow onion, or shallot
 ¼ C crème fraîche or sour cream (or 1 ½ T coconut manna and 2 T water)
 ¼ C home-made coconut oil mayonnaise
 ½ tsp. oregano (4mg ox)
 ¼ tsp. dill weed
 ¼ tsp. salt (to taste)
 ¼ tsp. white pepper

Instructions

1. Place ingredients in a 2-cup glass measuring cup or deep and narrow bowl. Blend with a stick blender. (Or if you just made mayonnaise, you can make this dressing in the same blender)
2. Place in a small jar with a tight-fitting lid.
3. Refrigerate for one day before using. Store this dressing the refrigerator. Set it out at room temperature for at least 15 minutes before using. Stir or shake to recombine.

Egg-Free Mayonnaise, Coconut Oil

Prep Time: 25 minutes | Total Time 1 hour, to bring ingredients to room temperature

Makes 1¹/₃ cups.

This coconut oil mayonnaise is best when made fresh and used immediately. Have all ingredients at room temperature. This can be easily made in a blender or whisked by hand (do not use a food processor). Tips for a good emulsion: 1) use some fractionated coconut oil—this is a liquid form—consisting of medium-chain triglycerides (MCT), and 2) add the oil very slowly. To ensure a good emulsion when working by hand, hold back half of the vinegar and lemon juice until after all the oil is incorporated. Egg-free mayonnaise needs the seasonings to compensate for the missing egg yolk, so don't be afraid to slightly increase the salt, pepper, and mustard to your liking. The macadamia nut oil lends a neutral flavor, so the coconut flavor is not overpowering. Remove from the refrigerator 20 minutes before using to soften, unless using fractionated coconut oil.

Ingredients

7/8 C melted coconut oil (not hot) or use up to half fractionated coconut oil (MCT oil)
 1/4 C olive oil
 1/4 C macadamia nut oil
 2 T liquid or granular lecithin
 3 T fresh lemon juice
 1 T rice vinegar or distilled
 1 1/2 T wine vinegar: rose, red, or white
 2 T water
 3/4 tsp. mineral salt
 1/2 tsp. white pepper
 1/2 tsp, dried mustard, or 1 tsp. prepared Dijon mustard

Instructions

1. Begin with all ingredients at room temperature and the coconut oil melted.
2. Place the lecithin with all the non-oil ingredients in a blender or deep bowl. Combine and allow to sit for five minutes.
3. Combine the oils in a 2-cup liquid measuring cup with a spout, set aside.
4. When the lecithin is “dissolved”, begin adding oil in a stream while the blender runs on the lowest possible speed, or while whisking vigorously by hand.
5. Continue this process until all the oil is incorporated.
6. Place in a jar and chill immediately.
7. Use this mayonnaise as soon as possible, Store for up to 20 days, if necessary,

Variations:

Substitute sesame oil for some of the oils or add 2 tsp. fresh flax oil.



Basic White Sauce

Prep Time: 8 minutes | Makes ~ ¾ C | Serves: 2-3

A creamy, non-dairy sauce that can be used in a variety of ways. This works like a simple cheese sauce (without the cheese or milk). Great with cooked greens and/or shirataki noodles. My carbonara sauce recipe that follows is a simple variation of this basic white sauce.

Easy to prepare and really delicious!

Ingredients

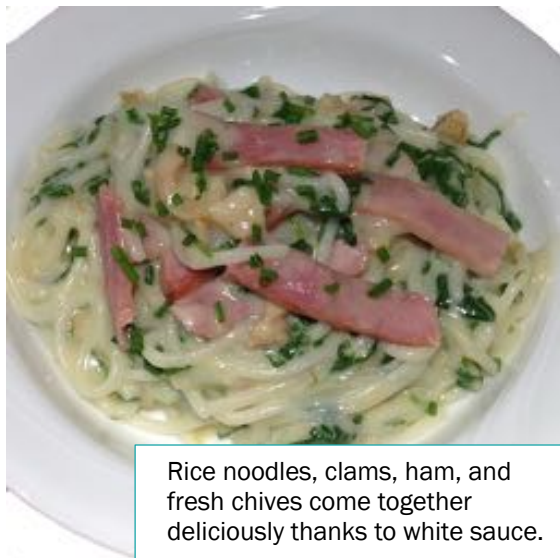
- 2 T unsalted ghee
(or bacon fat, or macadamia nut oil)
- 1 rounded tsp. potato starch
- ½ C (120 ml) coconut milk (or more if needed)
- ¼ - ½ water, as needed
- 2 T coconut manna (pureed coconut)
- ¾ tsp. ground mustard seed
- ½ tsp. Real Salt® or pink Himalayan salt
- ¼ tsp. white pepper

Instructions

1. In a small sauce pan, combine the ghee and potato starch over low heat. Use a flat-bottomed whisk or flat edged wooden spoon.
2. Add the seasonings, manna, coconut milk and stir constantly over medium heat for about 4 minutes.
3. Gradually add water to achieve desired viscosity (body).
4. Use the sauce in one of the variations below.

Example Applications:

- A. **Shirataki "Pasta"**: Prepare two 7-oz. packages of shirataki noodles as per package instructions. Prepare white sauce as above, with these changes: 1) Use 1 T butter and 1 T lard in the first step. 2) Toss shirataki with ½ C of the basic white sauce (⅔ of your batch). Transfer to serving dish(s) and top with remaining ¼ C of sauce.
- B. **Sausage Casserole**: Start with shirataki pasta (preceding variation), then add one pound of cooked, crumbled pork sausage (e.g. ground pork seasoned according to the Basic Pork Sausage recipe). Place in a lightly-greased casserole dish. Garnish the top with paprika or cheese. Bake at 350 °F for 25 minutes.



Rice noodles, clams, ham, and fresh chives come together deliciously thanks to white sauce.

Carbonara Sauce

Prep time: 8 minutes. | Serves: 2-3.

This variation on the basic white sauce gives you more culinary directions you can take with casseroles and stove-top skillet dinners. Adding a creamy element to meat or vegetable dishes lends the “comfort food” quality you can’t resist. For an orangey-red colored sauce, use red curry paste instead of Green. Easy and quick to prepare.

Ingredients

- 2 T unsalted ghee (or bacon fat, or macadamia nut oil)
- ½ C (120 ml) coconut milk (or more if needed)
- 1 rounded teaspoon potato starch
- 2 T coconut manna (puréed coconut)
- 2-3 T Green (or Red) Thai curry paste (opt.) or ¾ tsp. ground mustard seed
- 2 tsp. lime juice (or ½ tsp. vinegar (opt.))
- 1 T Coconut Aminos®
- Sea salt, to taste (¼ – ½ tsp.)
- White pepper, to taste (~ ¼ tsp. or less)

Instructions

1. In a small sauce pan, combine the ghee and potato starch over low heat.
2. Add the other sauce ingredients and stir over medium heat for about 4 minutes.
3. Gradually add additional water or coconut milk, to achieve desired viscosity (body).
4. Use the sauce in one of the variations below.

Example Applications: Carbonara Veggie Dishes

Onions Carbonara

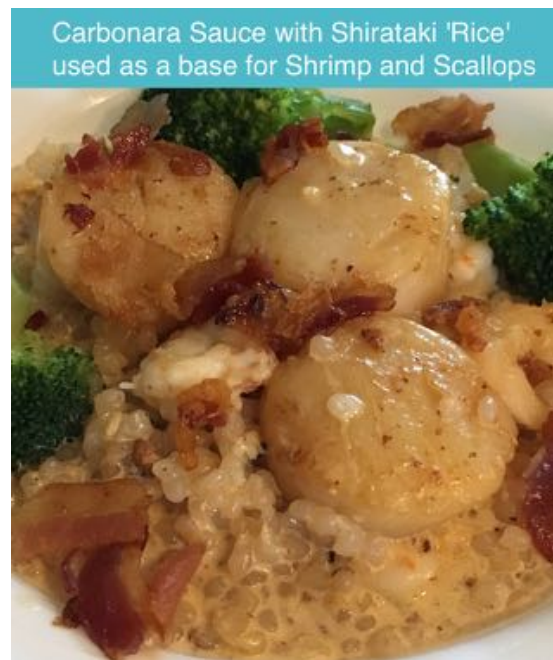
Serve over thinly sliced onions that have been baked in a covered dish until tender (about 1 hours).

Cabbage Carbonara

Use with ~3 C sautéed cabbage with (or without) onions or shallots.

Veggies Carbonara

Add ½ C cooked green peas to Cabbage Carbonara.



Coconut Milk

Prep Time: 20 minutes | Total Time: 1 hour | Makes 1½ cup / 12 fl. ounces (350ml)

Coconut and coconut milk are indispensable for anyone avoiding dairy foods. However, liquified coconut flesh is not in any way nutritionally equivalent to dairy milk (which is very high in essential minerals, vitamins, fats, and protein). Coconut milk is low-carb and offers healthy fats and versatility but not nearly so many vitamins and minerals and very little protein. If you have concerns about added gums or chemicals leaching into your foods, this is for you. Canned coconut milk typically includes additives like guar gum and chemicals from the can lining. Making your own at home is the way to avoid the additives and get a better tasting result.

This method uses an Osterizer® Blender; if you have a high-powered blender like a VitaMix®, use it for better yield. Other blenders might work too.

Ingredients

2¼ C shredded organic dried
coconut (190g)
3½ C boiling filtered water

Instructions

1. Place coconut in a narrow-neck Mason jar.
2. Add the boiling water.
3. Let sit to cool, 20–30 minutes.
4. Remove the Osterizer® blender jar from the base assembly. Screw the blade, gasket, base assembly on to the Mason jar.
5. Process on high for 2–4 minutes.
6. Strain into a sterile 1-pint jar using a funnel and a large fine mesh strainer. Allow to drain for 20 minutes (if there is room in the fridge, set it there).
7. Press out the remaining liquid. Cap tightly and refrigerate until use. Keeps for 3 days.

Serving Suggestions

- ❖ **Hot drink:** Add 1 cup very hot water and vanilla and serve hot, for 4.
- ❖ **Simple soup:** Add to 3 cups bone broth (plus salt, pepper, 2 tsp. lemon juice or vinegar). Serves 4.

Use the Left-Over Hydrated Coconut Fiber (wet “flour”):

- ❖ **Simple, Humble Pudding:** place about ¼C of the coconut solids in a small serving dish, sprinkle with vanilla powder and top with 1–2 T heavy cream. Enjoy. (Makes ~7 servings.)
- ❖ **Flatbread / Pancake**
Lightly beat two eggs, then add the wet coconut solids and: 1 T potato starch, ¼ tsp. each: salt, baking soda, and vanilla (for sweet) or herbs (for savory), and enough water to get the right consistency (~¼ C).

Sauerkraut in Glass Jars, Four Ways

Prep Time: 45 minutes | Total Time: 2 weeks or more
Each quart makes 20 servings

This is the classic and effective method of vegetable preservation: *lactic fermentation*. This almost magical process improves the nutritional value and the digestibility of the vegetables. It is as simple as: 1) cut, 2) salt, 3) pack, and 4) store the vegetables so that the lactic-acid bacteria convert the vegetable sugars to lactic acid which prevents spoilage. The success of your sauerkraut depends on selecting organic vegetables that were harvested at least a week earlier.

Done correctly, there is no risk of botulism from fermented vegetables. Cabbage is “self-brining”, thus, the cabbage makes its own brine when the salt draws water from the cabbage cells. When fermenting in jars, sometimes it is helpful to make a small amount of supplemental 2.5% brine (see box) to add after the jar is packed to be sure all the vegetables are under the brine. Raw sauerkraut should be eaten daily in small portions (about 2 tablespoons). Raw fermented vegetables are nutritious natural probiotic food. (Skip buying probiotic supplements.) Traditionally, sauerkraut is made in a stoneware crock. This method uses mason jars. Use any combination of spices and vegetables you wish. **Try my favorite: Cortido*. This one tastes like pizza!**

(You can get a “sauerkraut pounder” online or from a cooking store; a wooden spoon also works.)

QUICK REFERENCE

Salt-to-Cabbage Ratio: 2 teaspoons of salt for every pound of sliced cabbage.

Ideal Temperatures: 68 - 72°F

2.5% Brine Formula: 1 tsp. salt to 1 cup water

Use Mineral Salt without anti-caking agents

Whey comes from draining yogurt (optional)

GERMAN STYLE (1 quart)

- 1 wide mouth quart glass canning jar with lid, sterilized
- 1 cabbage, quartered, cored, thinly sliced
- 1 tablespoon sea salt
- 3 tablespoons whey (or add another T of salt)
- ½ tsp. caraway seeds (opt.)
- 1 tsp. brown mustard seeds

Instructions

1. In a bowl, mix all ingredients and pound with a pounder or a wooden spoon for about 10 minutes to release the water.
2. Place in a quart-sized, wide mouth mason jar and press down firmly with the pounder until the juices cover the cabbage. The top of the cabbage should be about 1 inch below the top of the jar.
3. Cover tightly and leave at room temperature for about 5 - 10 days before transferring to cold storage. Check it every 2 - 3 days and release any pressure build-up by opening briefly.
4. Sauerkraut may be eaten immediately, but it *improves* with age. I like to let it mellow in the cold for 3 weeks or more before serving.
5. Serve raw in small quantities, as a condiment with most meals.

SPICY PINK KRAUT

(2 quarts)

- 1 red or green cabbage, quartered, cored, finely sliced
- 2 large red onions, quartered and finely sliced
- 2 shallots, finely sliced
- ½ lb. turnips, rutabaga, or winter squash, grated
- 1 bunch round radishes, thinly sliced
- 3 cloves of garlic, minced
- 1 tsp. cayenne pepper
- 1½-2 T mineral salt
- 4 T whey or more salt

KIMCHI

(2 quarts)

- 1 head Nappa cabbage, cored and shredded
- 1 bunch green onions, chopped
- ½ lb. radish or turnip, grated
- 1 T freshly grated ginger
- 3 cloves garlic, minced
- ½ tsp dried chili flakes
- 1 T mineral salt like Real Salt®
- 4 T whey or more salt

* CORTIDO – Latin

American Sauerkraut

(2 quarts)

- 1 large cabbage, quartered, cored, finely sliced
- ½ lb. turnips, grated
- 2 med. yellow onions, quartered and finely sliced
- 1 large red pepper, thinly sliced
- 1 T dried oregano
- ¼-½ tsp red pepper flakes
- 1 T mineral salt like Real Salt®
- 4 T whey or more salt

DRINKS AND SMOOTHIES

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NOTES

Avocado Nog / Milkshake

Serves 2 (~4mg oxalate per serving and 14g carbohydrate)

Makes a thick, creamy treat. This recipe is based on an Indonesian drink that has a consistency similar to egg nog. (Adapted from Howard Yoon's article on NPRs "Kitchen Window".)

Ingredients

1 very ripe Hass avocado
(8g sugar, 12 gm fiber, 7mg oxalate)
¼ tsp. salt
1 C whole milk (11 g carb)
(or 2/3 C coconut milk and 1/3 c water)
(3-4g carbs)
1 C ice cubes
1 tsp. Dandy Blend (1mg oxalate)
or ½ tsp. instant coffee
2 tsp. maple syrup (8g carbs)

Instructions

1. Peel and pit avocado.
2. Put all ingredients into blender and puree until smooth.
3. Enjoy immediately.

Sports Recovery Drink

Prep Time: 2 minutes. Serves 1.

The best way to feel great after a workout. These high potassium foods have natural carbs that help your muscles quickly recover. Ice is optional.

Ingredients

1 C whole raw milk
1 C coconut water

Instructions

1. Combine in a tall glass.
2. Enjoy.

Simple Beef and Coconut Broth Soup

Prep Time: 7 minutes | Makes 1 serving

This is a simple soup from bone broth and coconut milk. This works well with any bone broth: beef, pork, lamb, fish, chicken, or duck. Easy to pack for lunch or a snack on the road. Following are two examples of beginner soups for the non-cook or any busy person who wants real food quickly. On the low oxalate diet, limit broth intake to 1 cup or less per day.

Ingredients

1 C beef or other bone broth
 ½ C coconut milk, full fat (about ¼ can)
 Juice of one small lime
 ⅛ tsp. white pepper
 ¼ - ½ tsp. mineral salt
 ¼ tsp. potassium salt (or additional pink Himalayan)

Instructions

1. Bring broth and coconut milk to a simmer. Remove from the heat.
2. Stir in lime juice and seasonings.
3. Serve in a mug or pour into an insulated vacuum bottle for later.

Quick Broth & Coconut Hot Drink

Prep Time: 4 minutes | Makes 1 serving.

This is as quick as instant coffee. Great for an afternoon pick-me-up. Also useful during fasting. If you want something warm, comforting, and sugar free, develop a taste for this instead of hot cocoa or tea.

Ingredients

½ C rich bone broth (beef or other)
 ¼ C powdered coconut milk
 ¾ C boiling water
 ⅛ - ¼ tsp. pink Himalayan Salt or Real Salt
 Pinch of potassium salt, if desired, optional

Instructions

Combine in a mug and sip slowly.
 (Optional): For a more complex flavor, add 2 tsp. sake or a few drops of vinegar or lemon juice.

Beef Broth with Real Cream

Prep Time: 6 minutes | Total Time: 12 minutes | Serves 1

This is specifically for beef broth, in that it uses the flavors of wine and cognac as you would in French onion soup—which is a beef soup. The method here allows the flavor to mellow and the temperature to drop before adding the cream in the last step.

Ingredients

Heat 12 – 16 oz. of unsalted beef broth
 scant ½ tsp. of mineral salt
 2 tsp. each red wine and cognac
 2 Tbsp. organic (raw if possible) heavy cream
 or 3 Tbsp. of half-n-half.

Instructions

1. Heat broth to a light simmer, turn the heat off if electric, or lower to lowest setting if gas heat.
2. Stir in the wine, cognac, and salt.
3. Allow to sit without a lid for 5 minutes so the alcohol can evaporate. Stir once or twice.
4. Pour into a large mug.
5. Stir in heavy cream or half-n-half.
6. Enjoy.

Simple Hot Coconut Milk

Serves 1.

A humble way to stay warm, cared-for, and not hungry. Great way to enter and exit a fast. Keep it simple.

Ingredients

¼ C coconut milk powder (1.2mg oxalate) or
coconut milk (3mg oxalate)

⅔–¾ C boiling water

(optional: ⅛ tsp. mineral salt)

Instructions

1. Place coconut milk in a mug, add water and stir.
2. Enjoy.

Variants / Optional Additions

Hot ginger tea in place of the water.

Light dusting of freshly grated
nutmeg on top

1 tsp. Dandy Blend

or ½ tsp. instant coffee

1-2 tsp. maple syrup

New York Vanilla Egg Cream

Prep Time: 6–10 minute | Serves 1 | Carbs: 19g

This sweet drink makes a great dessert or special treat. This uses honey which must be heated slightly before adding cold milk. For more potassium and less sugar, use 1/3 c of coconut water in place of honey and stevia.

Ingredients

1½ tsp. Honey *or*
 1T Maple Syrup *or*
 coconut nectar (liquid coconut syrup)
 3 drops liquid stevia extract (opt.)
 ¼ tsp. vanilla extract
 1 C very cold whole milk
 ½–⅔ C chilled sparkling water

Instructions

1. Place sweetener and vanilla in a tall sturdy glass (16 oz.). Set it in small sauce pan hot water bath (about 2 cups of water). Stir until honey is warm and less gooey.
2. Add 1-2 tablespoons cold raw milk. Stir. Add remaining cold milk, stir well.
3. Add sparkling water, stir briefly.
4. Enjoy immediately.

New York Vanilla Egg Cream Ver. II

Prep Time: 2 minutes | Serves 1 | Carbs: 1g Protein 1g

More fat, less sugar.

Ingredients

½ tsp. vanilla extract
 ¼ C very cold whipping cream
 1 C chilled sparkling water

Instructions

1. Combine in 16-oz. or bigger glass, stir briefly.
2. Enjoy immediately, but slowly.

Ginger and Tonic

Prep Time: 10 minutes | Serves 2

Nice mocktail. Easily scaled up to serve as a punch. Vegan.

Ingredients

¼ C pineapple juice (2 oz)
 ½ tsp. fresh ginger juice (lightly squeeze
 peeled fresh ginger in a garlic press,
 see the tip for doing this, below)
 Ice cubes
 Tonic water (~7 oz.): (free of sodium
 benzoate and artificial flavorings)
 Spectacular Q Tonic water brand, or
 Fever-Tree Brand
 Sparkling mineral water (optional)
 Crystalized ginger chunks, sliced, for
 garnish

Instructions

1. Combine the ginger and pineapple juices in a shaker. Add ice cubes and shake.
2. Equally divide the juices into each of 2 highball glasses, leaving the ice cubes in the shaker.
3. Add a fresh ice cube to each glass, if desired.
4. Fill glass with tonic water and, if desired, sparkling water (sparkling water gives a lighter flavor Try it in a 2:1 ratio, tonic to sparkling water)
5. Garnish with crystalized ginger slices.

Ginger Juice Tip

To extract the juice from fresh ginger: Place ½” chunk of partially peeled ginger into a garlic press. Holding it over a wide-diameter glass, gently squeeze the press just enough to hear the ginger crack. Open the press, turn over the ginger chunk and repeat the gentle pressing; repeat the turning of the ginger chunk until you have a fairly dry mass of ginger fibers left behind.

Virgin Colada

Prep Time: 4 minutes | Serves 2

This uses a blender to get the slushy colada experience. Great summertime treat. Vegan.

Ingredients

1 C pineapple juice (8 oz.)
 2 oz. unsweetened heavy coconut cream
 (can use whole fat canned coconut milk)
 Crushed ice or Ice cubes
 2 wedges of pineapple (opt.)

Instructions

1. Combine the juice and coconut in a blender for a few seconds. Add crushed ice and blend again.
2. Pour into 2 colada glasses.
3. Serve with a straw.

Lime-Pineapple Smoothie

Prep Time: 10 minutes | Serves 2

Total Oxalate per Serving: 9mg if made with gala apple; 13mg if made with pineapple

This is a simple tasty yogurt-based drink. Bright and cheerful flavor of lime accents the gentle flavors of cucumber and romaine. Being medium oxalate, this is useful in the early stages of a low oxalate diet, or when adding oxalate to slow down oxalate clearing from the body.

Ingredients

2 T flax seed, (sprouted is best) or
or 2 T heavy cream or
1 T liquid coconut oil (medium-chain triglyceride
oil)
or 1 T macadamia nut oil
Juice of 1 small lime (0.28 mg ox)
10 oz. plain whole fat yogurt (4.5mg ox)
(or whole milk Keifer)
1 medium Gala apple (2.7mg ox) or ½ C fresh
pineapple chunks (3 oz.) (11.1 mg ox)
1 medium English cucumber, peeled and chopped
(8.6 mg ox)
1-2 Cups, romaine lettuce, chopped (1.4mg ox)
1-5 sprigs cilantro (opt.)

Instructions

1. Put everything in a blender and blend thoroughly.
2. Allow to set for 5 minutes before enjoying.

SAUCES, DIPS AND CONDIMENTS

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NOTES

Herbed Yogurt Dips / Spreads (with additional variations)

Prep Time: 15 minutes | Total Time: 24 hours (for draining yogurt)

Makes 1 generous cup, Serves 6 -10.

Drained yogurt is sometimes called yogurt cheese. Fresh herbs from the garden make these vibrant. Dips are great with raw and left-over vegetables. Serving two different dips simultaneously makes for more interest. If your drained yogurt cheese is very thick and stiff, this can be used as a spread or a filling. Use whey to adjust the consistency. Try using these dips to transform left-over chicken or beef into a salad for lunch.

Instructions

1. Set a funnel over a wide mouth glass jar. Be sure that it sits firmly in place, then set a mesh strainer lined with a coffee filter on the funnel. Place ~1¼ C whole milk yogurt in the lined strainer. Let rest for 30 minutes or overnight, under refrigeration.
2. At least 30 minutes prior to serving: use a 2-cup glass measuring cup as your mixing “bowl” mix the seasoning ingredients together with **¾ cup drained yogurt “cheese”**.
3. Chill for 30 minutes. After the flavors have mingled a bit, adjust seasoning, adding more drained yogurt if too strong.

Note: I suggest using a stick blender to mix the chive-herb dip.

Variation: To **convert these dips to salad dressing** for green salads: **add 2 T white wine vinegar and 4 T olive oil.**

Chive-Herb Dip

3 T minced chives or green onion tops
3 T blue cheese crumbles
2-3 T crème fresh (opt.) or 1 T olive oil
¼ tsp. dried rosemary powder
1 tsp. fresh thyme, minced; or ¼ dried
¼ tsp. chili powder or 1 tsp. prepared horseradish
¼-½ tsp. salt
¼ tsp. white pepper

Horseradish Sauce

2 T horseradish or more to taste
2 T lime juice
1 T organic sugar
¼-½ tsp. salt
1/8-¼ tsp. white pepper

Dill-Garlic Dip

1 T Parmesan or Romano Cheese
2 tsp. fresh dill, minced or ½ tsp dried
½ tsp. salt
1 large or 2 small garlic cloves, peeled and crushed (or use 1 T garlic-infused olive oil)
Pinch white pepper

Dill Dip Variations:

1. **Blue Cheese Dill-Thyme Dip:** Cream 3 T blue cheese and add dill dip ingredients, substituting a pinch of crumbled dried thyme for the half of the dill.
2. **Cucumber Dill Dip:** Add drained, finely grated cucumber to the dill dip.
3. **Creamy Dill Dip:** Add 2 – 3 Tablespoon crème fresh to dip combos for a richer mouth feel and a hint of sweetness.

Mint Cilantro Chutney

Prep Time: 20 minutes | Total Time: 1½ hour (for chilling)

Makes ⅔ cup. Serves 8. (**3mg oxalate per serving** – a scant Tbsp.)

This sauce is wonderful with grilled or roasted lamb and makes a dip for apple slices or cucumber spears. We like it on canned sardines. This also makes a good stuffing for fresh baked fish—see the variation below.

Ingredients

1T lime or lemon juice (or more to taste)
 3 T Water
 1–2 T MCT coconut oil or flax oil (opt)
 1¼ cups washed fresh mint leaves,
 separated from stems, loosely packed
 (1 oz.) (16mg ox)
 1½ cups washed cilantro leaves, loosely
 packed (1¼ oz.) (4mg ox)
 1–2 red chilies, seeded and chopped (opt.)
 (5 – 12 mg ox)
 2 T chopped onion or chives (1mg ox)
 1 garlic clove, peeled and sliced (opt.)
 2 tsp. freshly grated ginger root (4mg ox)
 ¼–½ tsp. mineral salt
 1 tsp. honey or 2 tsp. organic sugar

Instructions

1. Combine liquid ingredients and ¼ of the greens in a food processor fitted with a steel knife or a blender. Process until ingredients are smooth.
2. Add remaining ingredients (gradually if using a blender). Adding enough water and additional oil, if needed create a smooth paste.
3. Taste for seasoning and adjust as desired. Chill thoroughly.
4. Try this with raw fish too.

Variation: Cilantro Coconut Chutney (lime or lemon versions)

As for Mint Cilantro Chutney with these changes: Increase lime juice to ¼ C. Omit onion. Stir or blend in 1 C dried unsweetened shredded coconut as the last step. This is excellent with lemon juice instead of lime juice. Serve alongside fish and meat dishes or use as a stuffing for baked fish.

Minty Yogurt Chutney

Total Time: 15 minutes

Makes about 1 cup. Easy. Spicy.

Ingredients

½ c plain whole-milk Greek yogurt
 1 C chopped mint leaves
 1 C chopped cilantro leaves
 ½ tsp. mineral salt
 ¼ tsp. cayenne or red pepper flakes

Instructions

1. Place yogurt in a 2-cup glass measuring cup.
2. Add remaining ingredients and use a stick blender to combine and mince the greens.
3. Taste and adjust seasonings.

Green Velvet Cilantro Sauce

Prep Time: 15 minutes | Total Time: 1½ hour (for chilling)

Makes 1½ cups. Serves 10.

This sauce is wonderful with grilled roasted salmon, chicken, or lamb. Also use as a dip.

Ingredients

- 1 1-oz. piece ginger, peeled and finely chopped
- 1 3-oz. bunch cilantro, lower stems removed (1.7 oz. leaves)
- 2 cloves garlic, peeled and crushed
- 1 C coconut milk
- 1 T Fish Sauce
- ¼ tsp. white pepper

- Pinch ground allspice or 1-2 drops of allspice extract
- 1 T lime juice (one half lime)

Instructions

1. Place all the ingredients in a blender and process until smooth. Chill.

In a Pinch Special Sauce (a quick dip or burger topping)

Prep time: 5 minutes | Total Time: 15 min

Makes ½ Cup. Serves 5.

If you like curry dip, you will like this dip's exciting bite. This is the solution when friends drop by unexpectedly. Whip this together fast with store-bought ingredients already in your refrigerator. It's great on burgers or serve as a snack with pork rinds and a variety of vegetables such as blanched cauliflower or boiled broccoli.

Ingredients

- 1-2 teaspoons Dijon mustard, to taste
- 1 tsp. prepared horseradish, without additives such as Gold's Brand or Bubbies'
- 2 Tbsp. Frank's Hot Sauce®
- ½ C Soy-free mayo (I have used Vegenaïse® Brand when traveling, but home-made mayo needs to be your standard mayo)
Avoid canola and soy oils.

Instructions

1. Stir all the ingredients together in a small bowl. Taste and adjust seasonings as desired.
2. Serve.

Horseradish Dill Sauce

Prep Time: 15 minutes | Total Time: ¼ hour

Makes 1¼ cups. This bold sauce makes a great dressing for blanched red or green cabbage—turning cabbage into a wonderfully easy salad, served at room temperature. Serve this sauce / dip with hard-boiled eggs or use this to make deviled eggs. It is great with salmon. And, of course, it makes a great dip too: serve with cucumber sticks, sliced radishes, romaine lettuce heart leaves, and apple slices dipped in lemon juice. Keeps for 3 days.



Ingredients

- 1 C plain full-fat Greek yogurt (drained yogurt)
- ¼–½ tsp. mineral salt, or to taste
- ¼ tsp. white pepper
- ¼–⅓ C prepared horseradish (or fresh) **(5mg ox)**
- 1 T fresh lemon juice
- 1 T olive oil
- 3 T chopped fresh dill weed

Instructions

1. Place all the ingredients in a 2-cup glass measuring cup and stir to blend. I like to use a “stick” blender to blend. Use immediately or chill for later use.
2. Taste and adjust seasonings.
3. Cover and refrigerate for 2 hours to develop the flavors.

Note: to make a thicker dip, use about 2 oz. of cream cheese and reduce the yogurt to ¾ cup. Or use crème fraîche in place of yogurt.

No-Peanut Sauce

Prep time: 15 minutes | Total Time: 20 minutes | Makes 2 cups. Serves 8–10.

This is very similar to the Thai peanut sauce typically served with chicken satay. Makes a great dip too. Freezes well. This keeps for about two weeks in the refrigerator.

Ingredients

- 1 T Thai red curry paste
- 1 13.5-oz. can full-fat coconut cream
- 1 T organic sugar (optional)
- ½ c pumpkin seed butter (below)
- 2 tsp. fish sauce
- 1 T fresh lime juice or vinegar

Instructions

1. In a medium saucepan, heat the curry paste and heat until fragrant.
2. Add the coconut cream and sweetener, if using. Stir and bring to a light simmer.
3. Reduce heat to low, and gently simmer about 5 minutes. Remove from the heat.
4. Add remaining ingredients, stir until smooth.

Roasted Pumpkin Seed Butter Makes ½ C

Ingredient: 1 C (5 oz.) raw sprouted pumpkin seeds (pepitas) **(7mg ox)**

1. Roast the raw pumpkin seeds in a 325° F oven for 5-minutes. (opt.)
2. Allow to cool for about 15 minutes.
3. Grind to a smooth butter in a food processor or small blender.

Pineapple Salsa

Prep Time: 30 minutes (hand chopping) or 20 minutes if done in food processor.

Makes 1½ Cups. Contains ~9mg oxalate per ¼ cup.

Great with chicken, fish, or pork. Make this one day before you want to use it. Try this with mango in place of the pineapple. Pineapple is medium oxalate food.

Ingredients

- 2 C pineapple, diced into small pieces (47mg ox)
- ½ C red onion, chopped (4.5mg ox)
(or ¼ C minced chives)
- ½ C chopped cilantro, to taste (1.8mg ox)
- 2 T fresh lime juice
- 1 ripe (red) serrano chili, seeds removed, sliced paper thin (2.5mg ox)
- ½ tsp. salt (and up to an additional ½ tsp.)*

Directions

1. Place all ingredients into a bowl.
2. Mix well and place in refrigerator.
3. In approximately 1 hour, mix again and taste. Now you will find out if your peppers are adequately spicy, if your salt levels balance the sweetness of your particular pineapple, etc. Make adjustments and serve.

*The amount of salt you use will depend on your tastes and the sweetness of your pineapple. The idea is to achieve a perfect balance of sweet and savory. The salt should really bring out the flavor of the other ingredients, without making the salsa taste salty. Start with ½ teaspoon. After the flavors have melded for an hour, taste it and decide if you want to add salt (up to another ½ teaspoon) balance the flavors.



Note: Artichoke is a medium-high oxalate item that can be useful in designing a moderate oxalate diet that retains about 30–40 mg oxalate in most meals.

Artichoke-Romano Spread

Prep Time: 15 minutes | Total Time: 1½ hour (for chilling)

Makes 1½ cups. Serves 8. One serving contains **8mg oxalate** (40% is soluble).

Quick, simple, and delicious.

Ingredients

- 1 14-oz. can artichoke bottoms or hearts, drained (8½-oz. drained wt.) (70mg ox)
- 4–5 scallions, sliced (15mg ox)
- ⅓ c homemade coconut oil mayonnaise
- ½ C grated Romano cheese
- 1 tsp. garlic-infused olive oil (opt.)

Instructions

1. Use a food processor to finely chop the artichoke and scallions.
2. Add the mayonnaise, cheese, and oil; run the food processor for 1 minute.
3. Bake in a small glass casserole dish at 325° F for about 12 minutes.

Serving suggestions:

- a) Use as a topping for grilled hamburgers.
- b) Spread on one half of a lightly toasted paleo wrap, bend the wrap to make a “sandwich”.
- c) Stuffed into a large tomato half: Slice 4 tomatoes from top to bottom, hollow out the center, leaving 1/2” thick shell. Note: half of a medium tomato can range in oxalate content from 6–10mg, so don’t be shy about discarding the seeds and flesh—cutting the oxalate content. Serve with a cilantro sprig garnish, or top with cheese and place under the broiler for a few minutes to melt the cheese.
- d) Mounded on a bed of sliced romaine lettuce, and garnished with cilantro, or a Kalamata olive, or crumbled hard-boiled egg, or a halved cherry tomato, or toasted pumpkin seeds. Serve with a dill pickle and sliced radish on the side.

Artichoke-Cream Cheese Spread

Prep Time: 15 minutes | Total Time: 15 minutes. Makes 1 cup. Serves 6. (**6 mg oxalate** / 2.6 T)

Easy. Double and freeze half for later use.

Ingredients

- 4 oz. French Neufchâtel cheese, or cream cheese, at room temperature
- ½ can (14 oz size) artichoke hearts or bottoms, drained and finely chopped (about 4.3 oz drained weight) (35mg oxalate)
- ¼ C homemade mayonnaise
- ¼ C finely diced red bell pepper (1mg ox)
- 1 small garlic clove, minced or 2 tsp. garlic-infused olive oil

Instructions

1. Cream all the ingredients together until smooth.

Fiesta Red Pepper Sauce

Prep Time: 15 minutes | Total Time: ¼ hour | Makes 2½ C, Serves 10 (~5mg oxalate per serving).
This sauce makes a good topping for burgers. It is slightly tart and tangy.

Ingredients

14 ounces organic roasted red peppers, drained, seeded, coarsely chopped (not tested: est. 22mg ox)
1 tsp. sugar (or 3 cloves garlic, chopped)
2 tsp. fresh lemon juice
½ tsp. chili powder (4mg oxalate) or ¼ tsp. ground cumin (5 mg oxalate!)
⅛ tsp. cayenne pepper (1 mg oxalate) (or more to taste), or ¼ tsp. red pepper flakes
2 (22gm) scallion bottoms, or 12g chopped chives
½ tsp. mineral salt such as Real Salt® White pepper (opt.)
¾ C heavy coconut cream (6 oz.)
¼ C fresh cilantro (8–10g) (1 mg oxalate)

Instructions

1. In a food processor, purée the red peppers, sugar (or garlic), lemon juice, cumin, and scallions until the mixture is smooth.
2. Add sea salt, coconut cream, and pepper. Puree until smooth, scraping the sides of the bowl.
3. Add the cilantro and process until the cilantro is chopped. Taste. Adjust seasonings with more lemon juice, or salt or pepper.
4. Transfer to a serving bowl.

Variations:

To make a dip:

Replace coconut cream with 8 oz. cream cheese.

Easy Red Pepper Purée

Prep Time: 6 minutes (20 if roasting fresh pepper) | Total Time: 1 hour (if chilling) | Makes ¾ C.
This cheerful red sauce helps you brighten up other dishes. For example, use it as a swirl on top of a cold puréed soup. Or use it warm to dress a pork loin roast after it comes out of the oven.

Ingredients

1 organic red bell pepper, roasted on a medium-low grill (or use canned/jarred roasted peppers), skin removed, chopped
1 T olive oil
¼ tsp. salt

Instructions

1. Use a 1 C mason jar and an Oster blender.
2. Place roasted red pepper, ¼ tsp. salt, and 1 T olive oil in jar; attach blade assembly to jar, place on blender base, and purée until smooth.
3. Replace blade assembly with jar lid and chill before serving.

Neufchâtel Hollandaise Sauce (egg-free)

Prep Time 10 minutes. Makes 1 cup

Try this on eggs and vegetable dishes. Add minced chives and shallot to create a dip. It tastes a lot like mayonnaise and could be used as a replacement.

Note: Commercial cream cheese is not for everyday use, but it can be used in place of the Neufchâtel. The suspect quality of the cream and the gums used in making it may be problematic, especially for those with sensitivities or digestive issues.

Ingredients

4 oz. French Neufchâtel cheese, at room temperature
 ½ C sour cream or crème fraîche (112g)
 2 T half and half (cream/whole milk)
 ½ tsp. ground yellow mustard seed
 1½ tsp. lemon juice
 Pinch white pepper (~1/16 tsp.)
 1/8 tsp. mineral salt

Instructions

1. Place ingredients in a small sauce pan. Gently stir together over very low heat until smooth and warm enough to serve over hot food.
2. Taste and adjust seasonings.

Variation Horseradish Sauce:

Good on my cold salmon platter dish.
 Add 3 T prepared horseradish and omit the half and half.

Roquefort Butter

Prep Time: 10 minutes.

This spread can be used as a dip or a sauce. I like to toss this with hot spaghetti squash. Try molding it into attractive shapes and serve very cold with a fruit platter for dessert.

Ingredients

½ lb. raw butter at room temperature
 4 oz. Roquefort cheese at room temperature
 2-3 T minced shallot
 1 tsp. dried thyme, or 1 T fresh thyme, minced
 1 garlic clove, minced (opt.)
 1 T vinegar, red wine, or other

Instructions

1. Combine all ingredients in a food processor fitted with a steel knife until smooth.
2. Store chilled the refrigerator for a day before serving.
3. Bring to room temperature before serving. Keeps in the refrigerator for 5 days. Or freeze up to 5 weeks.

Boursin

Prep Time: 15 minutes, once items had warmed to room temperature.

Total Time: 3 days for best flavor. Makes 1 ½ cups 10–12 servings.

This is the icing of savory foods. Serve with cold cuts, fish, spread between radish or cucumber slices, spread on halved radishes sprinkled with salt just before taking a bite, or use it like mayonnaise to create tuna or chicken salads. I love this best for smoked salmon roll-ups served on cucumber slices (see photo). This is a wonderful use of your homegrown herbs.

Ingredients

- 8 oz. Neufchâtel or organic grass-fed cream cheese at room temperature
- 4 oz. (½ C) grass-fed raw butter
- 1 T minced fresh chives
- 1 T minced fresh tarragon
(or 1 tsp. dried tarragon, but it's not the same flavor as fresh)
- 2 tsp. minced fresh dill or ¼ tsp. dried dill
- ½ tsp. dry mustard
- 1 small clove garlic, minced

Instructions

1. Use a sturdy spoon and medium bowl to mix until smooth and thoroughly combined.
2. Place in a 12 or 16-oz. glass jar and refrigerate for three days to blend and mellow the flavors.



Boursin Smoked Salmon Roll-ups Appetizer / hors d'oeuvres



Tahini-Style Sauce and Dip

Makes 1¼ cups.

Use this delicious combination as a general dip or sauce over anything, including wraps. It can also be the basis for a salad dressing (add more water and some white pepper). It has a pleasing sage green color.

Ingredients

2 cloves garlic, mashed
1/2 tsp. mineral salt, or more to taste
3 oz. sprouted pumpkin seed butter
4 -5 Tbs. water
¼ C fresh lemon juice

Instructions

1. Combine pumpkin seed butter, salt, garlic, and lemon juice in a bowl with a whisk or large spoon. Add the water in parts until you get the consistency you want.
2. Store in the refrigerator for about 1 week.
3. Serve at room temperature.

Variations

- a. Add 2 teaspoons of flax oil or Medium-Chain Triglycerides oil (fractionated coconut oil) or macadamia nut.
- b. Other variations can be made with the addition of coconut aminos or cilantro.
- c. To make it more tart, add rice vinegar or cider vinegar.
- d. **Green Tahini Sauce:** Blanch and chop: 2 cups of watercress or arugula greens and ½ c fresh mint. Puree in blender with the ingredients for the key recipe.

EGGS

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Egg Basics: How to Fry, Boil, Scramble, Poach, or Bake an Egg

Egg quality is best when the hens that produce them are living outside on grassy pastures where they eat bugs and a variety of fresh green forages. When fresh and gently prepared, eggs can be sublime. Overcooking, however, degrades their texture, flavor, and nutritional quality. If you can eat eggs, knowing the basics will serve you well. Remember, eggs need gentleness and careful timing to come out just right.

Over-Easy Fried Eggs for Two

A simple frying pan, fat, water, salt, and a little finesse—you've got the perfect over-easy-style fried egg. If you are not confident with cracking open eggs without bursting the yolk, or if you are nervous doing so when close to the heat of a frying pan, break each egg onto a small teacup or saucer. With the egg resting on a saucer or in a teacup, it is easy to gently set each egg into the hot buttered pan. Adding a bit of water to the pan evens the heat and floats the eggs, making them easy to lift out or flip.

Prep your serving plates and accompaniments before you cook your eggs. Fried eggs go well with cooked, buttered winter squash which makes a base for catching the yummy, runny yolks.

Ingredients

1–2 T butter, ghee, or lard
2 T water (or wine)
4–6 eggs
Salt and white pepper

Instructions

1. Melt the butter in a heavy skillet over low heat. Add the water.
2. Break or slide each egg directly onto the pan.
3. Sprinkle tops with salt and pepper. Cook either covered or uncovered for about 1 minute.
4. Once the bottom layer is set and the white is firm, carefully flip the eggs and cook for 15–30 seconds more. Turn off the heat, and transfer to two warm serving plates.
5. For a firmer yolk, turn off the heat, but let the egg rest just bit longer in the hot pan until the yolk has barely set.
6. For Sunny Side Up style, omit the flipping, allow to cook for a bit longer, then lift and transfer directly to serving plates. Serve immediately.

Boiled Eggs: Soft or Hard

Prep Time: 10 minutes | Total Time: 25 minutes

Cooking eggs in the shell is very straightforward, just a matter of timing.

Slightly trickier, the easy-peel method shortens the eggs' cooking time. This usually helps the shell lift away from the egg white more readily.

Ingredients

- 2–8 eggs (in shell) at or near room temperature
- 2 qt. room temp water

Method: Simple Hard- or Soft-Boiled Eggs

1. Place the eggs and water into a 3+qt. lidded sauce pan. Place on the burner and turn on the heat to med-high. Bring to a light simmer, about 180 - 200 °F.
2. Roll the eggs to turn them over in the water. Cover and turn off the heat.
3. (Optional: to get the yolks to stay in the middle of the whites, shake the pan once or twice during cooking, but do not disturb the lid, keep it tight, and do not crack the eggs by knocking them around too much.

For Hard Boiled: Allow eggs to cook (covered, heat off) in the hot water for 9 minutes. Drain the eggs and peel under cool running water.

For Soft Boiled: Allow to cook (covered, heat off) for 4 minutes. To shell soft boiled eggs, crack the shell at the mid-line with a few taps with a knife blade, then slice through with a wet knife to break open.

Method: Boiled Eggs, Easy Peel (faster, shorter cooking time; requires a thermometer)

1. The eggs need to be at room temperature.
2. Place the water alone into a 3+qt. lidded saucepan. Place pan on the burner and turn on the heat to high. When the water to 150 °F, use a slotted spoon to carefully lower the eggs into the water. Continue to heat the water and eggs until the water almost boils, 200–210 °F.
3. Cover the pan and turn off the heat. Allow eggs to cook in the hot water for 9 minutes. (for soft boiled, stop at 3 minutes)
4. Drain the eggs and, if hard boiled, peel under cool running water.

Uses for Hard Boiled Eggs are many, try these:

Kids love using an egg slicer. Let them slice eggs and decorate their plate with the slices.

Snack: eat whole or sliced with salt (and butter)

Sliced to garnish salads

Grated to garnish meat dishes

Rich, Soft, Creamy, and Buttery Scrambled Eggs

Serves 2

These might be best if you start with room-temperature eggs. In this pre-salted method perfected by the Food Lab Guy, J. Kenji López-Alt, the eggs sit in salt for 15 minutes before cooking. He claims that the salt, once dissolved and evenly distributed in the eggs, changes how tight the protein molecules bind to each other when heated. The result is delightfully moist and tender eggs.

Ingredients

4 large eggs
1 T butter
1 egg yolk (discard the white)
½ tsp. mineral salt
4 tsp. chilled butter cut into ¼-inch chunks (keep chilled)
2 T heavy cream, half-n-half, or crème fraîche

Instructions

1. Combine the whole eggs, egg yolk, and salt in a medium batter bowl and whisk to almost harmonized.
2. Melt the butter in a skillet over medium-low heat.
3. Add the chilled butter chunks and the heavy cream (or half-n-half or crème fraîche) to the eggs. Gently pour the eggs into the heated skillet.
4. Keep the heat in check so the eggs cook slowly.
5. Gently keep the eggs moving as they cook until they begin to set.
6. Remove from the heat. Let then set in the pan for 30 seconds. Transfer to not-cold plates and serve immediately.

Additions to / Toppings for Scrambled Eggs

Grated or Crumbled Cheese
Chives or Capers
Chopped canned sardines or lightly seasoned Crabmeat
Sautéed chopped onions or mushrooms (salted)
Small cubes of ham or sausage
Crumbled bacon

Poached Eggs

Poached eggs are boiled eggs cooked without their shell. There is something magnificent about poached eggs. That is why they are the star ingredient in Eggs Benedict. Turning out perfect poached eggs is not as hard as you might think. The key to successful poached eggs is adding vinegar to the cooking water. Be sure to start with very fresh eggs and handle them gently. If you have a deep skillet, you can cook about 4 eggs at one time. Poached eggs are good plain with butter, or add a sauce, such as the classic Hollandaise. (Continued on the next page.)

Basic Poached Eggs

Ingredients

Eggs
2 qts. Water
1–2 T Vinegar
2 tsp. salt

Instructions

1. Place the water, vinegar, and salt into a 3+qt. lidded saucepan or in a skillet with 2½-inch or deeper sides (water should be 1.5-inches deep). Bring the water to a soft simmer over high heat.
2. Break eggs onto cups, saucers, or small bowls.
3. When the water reaches ~180°F give the water a gentle swirl. Carefully lower one or two eggs into the moving water. Reduce the heat to lowest setting and gently simmer for about 5 minutes, or until the whites are firm.
4. Use a slotted spoon to lift the egg(s) from the water onto a warm plate lined with a dry cloth or paper towel.
5. Repeat cooking procedure for 1 – 2 eggs at a time. Transfer to serving or storage dishes. (See how to reheat stored poached eggs below under ‘poached eggs for a crowd’.

Professional Looking Poached Eggs

To get very professional-looking poached eggs, there is a simple added step and extra time involved. The loose parts of the egg white are drained away using a mesh strainer before cooking. The tricky part is transferring the raw egg three times, each one risks breaking the yolk. To pull this off, you can't be in a hurry. If you are, scrambled eggs are called for.

Instructions

Before poaching in acidified water as above, strain each egg. Here is how:

1. Carefully break the eggs into individual small teacups, saucers, or bowls.
2. Gently transfer each egg, one at a time into a fine-mesh strainer set over a bowl.
3. Wait for the runny portion of the whites to drain, leaving only the formed white behind. Give this about 2 minutes. Then shake off the dripping white before gently lowering the strainer into the hot water. Tilt the strainer to release the egg. Continue cook as above.

Poached Eggs for a Crowd

1. Either keep warm as you go or make them in advance.
2. As you prepare the eggs, two at a time, set a plate in 130°F oven. Alternatively, poach the eggs in advance and store the cooked eggs in the refrigerator for 1 – 24 hours.
3. 15-minutes before serving time, place the eggs into a saucepan with 3 qts. of water heated to 140°F. Do not increase the temperature but check that the water bath stays at least 120°F. This is the temperature of hot tap water.

Eggs Baked in Bacon Rings

Prep Time: 15 minutes | Total time: 1¼ hour | Serves 6.

Baking eggs makes a special and easy way to feed a crowd for brunch. It works to do the first 6 steps in advance, just be sure to refrigerate them at that step. Then set them out at room temperature about 20 minutes before baking.

Ingredients

12 bacon slices, baked on a sheet pan at 225° F for 25 minutes
 ½ C Frank's Hot Sauce (or more to taste)
 12 large or jumbo eggs
 6 T butter, melted (or a mixture of bacon grease and butter)
 Mineral salt
 White pepper
 Paprika
 Equip: a 12-unit muffin pan
 6 or 12 pineapple slices, drained and heated
 3 T Chives, minced (opt.) or capers

Instructions

Preheat over to 300° F

1. Butter the bottoms of each of the 12 muffin cups.
2. Line the sides of each cup with a bacon slice.
3. Place about 2 tsp. Frank's hot sauce into each cup.
4. Break an egg into each of the muffin cups.
5. Drizzle 1½ tsp. melted butter over each egg.
6. Sprinkle each egg with salt, white pepper, and paprika.
7. Bake for about 12-15 minutes, or until the eggs are set.
8. Let rest for 3 minutes, then use two butter knives to lift each one out onto the warm slices of pineapple.
9. Garnish with chives (or capers or wispy strips of roasted red pepper). Serve immediately.

Coconut-Egg Pancake Flat Bread

Prep time: 5 minutes | Total Time: 20 minutes.

Serves 4 (~ 2mg oxalate per serving)

These pancakes or crepes can be used as a bread substitute. They will keep in the refrigerator for a few days, so try making them ahead of when you need them.

Note: ¼ c of potato *flour* has 45mg oxalate, while potato *starch* has very little; be sure to purchase potato starch (not flour).

Note: rice starch used to be easy to get, but it seems to have been diverted from food markets in favor of the personal care and cosmetic industries (replacing talc). Existing tests of rice flour has found it to be very low in oxalate too. Find it at Asian markets.

Ingredients

3 large eggs

½ C coconut flour (4.4 mg ox)

¼ C potato starch (1.3 mg ox)

¼ C rice starch (2 mg ox) or
rice flour (2.5 mg ox)

½ - ¾ tsp. salt mineral salt such as Real Salt®

About ¾ C water (less for thicker
pancakes, more for thinner crepes)
Can use some full-fat coconut milk
to replace up to half of the water, if
desired.

Butter, ghee, or coconut oil

Instructions

1. Combine flours and salt. Lightly beat eggs and water together. Combine liquids and flour mixture.
2. Let batter sit for 5 minutes to thicken up. If, needed, add a bit more water.
3. Heat butter or coconut oil on a griddle or large skillet / frying pan.
4. Cook batter to make about 8 pancakes, crepes, or flat breads.

Possible variations: (Try adding 3 T mashed left-over butternut squash or mashed turnips.)

Turnip Casserole

Prep Time: 40 minutes | Total Time: 90 minutes | Serves 3

One dish meal, good any time of the day.

Prepared this way, turnips are very similar to potato in texture and flavor.

Ingredients

- 1 lb. turnips, peeled and grated (or diced) (**6mg ox**)
- 3 T lard, butter, ghee, or coconut oil
- ½ tsp. mineral salt
- ¼ tsp. white pepper
- 1 lb. homemade breakfast sausage or other ground meat seasoned with generous amounts of salt and white pepper
- 4 eggs, lightly beaten
- ¼ C cream or half and half (or 3 T coconut milk for dairy-free version)
- 3 scallions, chopped (or use chives, or omit)

Instructions

Preheat oven to 350°F.

1. Lightly grease an 8"×8" baking pan, and set aside.
2. Sauté turnips in 1-2 T lard or butter for about 8-10 minutes or until nearly soft, stirring frequently. Season with salt and pepper. Place in a large bowl.
3. Add 1 T lard or butter to the frying pan and briefly brown the sausage, breaking it up into small pieces with a spoon or spatula. Do not overcook, leave some of the meat pink.
4. Place the browned sausage in the bowl and mix together with the cooked turnips, beaten eggs, cream, scallions, and any remaining lard or butter.
5. Transfer to the greased 8x8" pan. Cover and bake for 30 minutes then uncover the pan and bake for 20 minutes more.

(Optional: Top with grated or crumbled cheese and another minced scallion, during the last 10 minutes of baking time, if desired.)

6. Let cool 15-20 minutes to allow the casserole to firm up before cutting into it.

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Salmon with Capers

Prep Time: 15 minutes | Total Time: 15 minutes

Makes about 2 cups. Serves 3 as a lunch entree, or 8 as hors d'oeuvres or afternoon snacks. This makes a good substitute for tuna salad and travels well for picnics, office parties, and workday lunches or breakfast on the go. For a sit-down affair, stuff halved tomatoes and serve over lettuce. Best served slightly chilled, not cold. Keeps for 3 days, refrigerated.

Ingredients

- 1 (14.75 oz.) can wild-caught salmon, drained, retaining about 1-2 T of liquid
- 1T (or more) lemon juice, or caper juice, or coconut vinegar
- 5 T ghee or butter, at room temperature
- ½ tsp. chili powder (or paprika)
- 1/8 tsp. ground white pepper (opt.)
- pinch of salt
- ¼ C chopped chives, or red onion, or green onion, or shallots, chopped (1 oz.)
- 5 T extra virgin olive oil OR 5 T homemade coconut oil mayonnaise
- 2+ T capers plus more for garnish
- 2+ T chopped roasted red pepper (opt.)
- Red onion and chives or dill for garnish

Dippers

- Large red radishes, evenly sliced into disks
- English long cucumber, peeled and cut diagonally into disks or into sticks the size of your baby finger
- Inner leaves of romaine lettuce (about 1 – 3" long)
- Center ribs of romaine lettuce leaves, cut into 2" sticks
- Blanched broccoli

Instructions

1. Place drained salmon into a shallow bowl, separate the bones to one side.
2. Place the bones and skin in a food processor fitted with the steel blade. Add the lemon juice, ghee, chili powder, white pepper, and salt process until smooth.
3. Add the remaining salmon, oil, chives, capers, and roasted red pepper; pulse until you reach your desired consistency. (Taste and adjust seasoning, if needed.)
4. Transfer to bowl or into 3 travel containers (mason jars) for individual servings if using for your "grab-n-go" meals. (Top with more capers or chives, if desired.)
5. Cover and chill for 2 or more hours so flavors can develop and meld.
6. To serve as a dip: Place in serving bowl. Surround with dippers as suggested. OR Mold in a bowl and invert onto a serving platter. Garnish with 3 T capers, red bell peppers, sliced cucumbers, finely sliced red onion or chopped chives



Quick and Easy Salmon Soup

Prep Time: 12 minutes Makes: 3–4 servings

This recipe is adapted from *Mrs. Wilkes Boardinghouse Cookbook: Recipes and Recollections from her Savannah ...* (Ten Speed Press, 2002). This is high protein and makes an easy entree. Retaining both the skin and bones makes this especially nutritious, but you can remove them if you must.

Ingredients

- 1 (14.75 oz.) can pink or red wild-caught salmon, drained, liquid reserved
- 4 - 6 T organic grass-fed butter or clarified butter (ghee) or lard
- 3 cups fresh unprocessed whole-fat milk
or 1¼ cups homemade fish stock (or chicken bone broth) and 1 13.5 oz. can coconut milk

- 1 - 2 tsp. fresh lemon juice
- 1/8 tsp white pepper
- 1/4 - 1/2 tsp. salt, to taste
- Hot pepper sauce

Instructions

1. Gently melt butter or ghee on medium-low heat in a heavy saucepan.
2. Remove bones from salmon and crush them gently with a spoon. Add bones and salmon flesh to the butter; break salmon into bits.
3. Add milk and reserved fish liquid and stir continuously while heating to a hot “eating temperature”, do not boil. Remove from heat.
4. Add seasonings to taste.
5. Garnish with finely chopped chives or paprika, if desired. For brunch, garnish with a piece of hot bacon.



Salmon Soup garnished with fried red onions, Frank's Hot Sauce, and dill

Green Velvet Seafood Soup

Prep Time: 30 minutes | Total Time: 1 hour | Serves 6 (~15mg oxalate per serving)

This soup is a great reason to keep frozen shrimp and cod in your freezer at all times. When you run into some excellent organic zucchini and cucumber, you can quickly make this soup. It makes a nice light supper or excellent lunch.

Ingredients

2 T coconut oil or ghee or lard

1 extra-large yellow onion diced (8mg ox)
1½ to 2 English cucumbers, peeled and diced (40mg ox)
2 T Thai green curry paste
2 lb. small zucchini squash, roughly diced (43mg ox)
1-quart homemade seafood stock (unsalted)
A handful of cilantro, chopped

13.7 oz. can coconut milk (whole fat)
1 tsp. mineral salt (to taste)

1¼ lb. (or more) frozen shrimp, thawed
1 lb. cod frozen filet, cut into ½ inch chunks

Cilantro leaves for garnish (optional)
Lime wedges for garnish (optional)

Instructions

1. Heat the coconut oil in a large soup pot over medium-low heat.
2. Sauté the onion and coconut oil for 5 minutes. Add the curry paste & stir.
3. Add the cucumber and just heat it.
4. Add the zucchini and seafood stock and simmer for 15 minutes.
5. Add the cilantro and simmer for 10 more minutes.
6. Use a stick blender to puree until smooth.
7. Add coconut milk and salt.
8. Turn heat to low, add the cod fish. After 1-2 minutes, add the shrimp.
9. Cover the pot for 5 minutes. Turn off the heat. Let the soup sit for 10 more minutes.
10. Garnish with additional cilantro leaves. Lime wedges are optional.

Simplified Bouillabaisse (French Fisherman's Soup)

Prep Time: Total Time: 1.5 hour Serves 5–6 as a main course, or 12–14 for a first course.

(~15mg oxalate/ serving if serving 5 and using whole tomatoes)

(~7mg if using ¼ tomato paste instead).

This is a two-step soup that transforms your basic fish stock into a prized French fish soup, easily. The soup base, made with your own fish stock with tomato, garlic, and onion gives you the authentic flavor and nutritional value. The first step is to prepare the soup base, which can be done ahead of time. The second stage is quickly cooking your fish selections in the soup base. Once the fish is cooked, the dish is served immediately. This is a real treat suitable for serving a large group for a special occasion or holiday. Bouillabaisse is also a great reason to collect and freeze shrimp shells for use when you make fish broth, but shrimp shells are not essential to the dish. For a simple economical home meal, use an inexpensive frozen non-oily fish, allowing 8 ounces per diner.

Ingredients

1½ C chopped onion (10 oz.) (11mg ox)
 ½ C olive oil (or ghee)
 4 cloves garlic, crushed
 1 lb. fresh red tomatoes, chopped (55mg ox); or
 one 14.5 oz. (430g) can diced tomatoes (55mg ox); or
 ¼ C tomato paste (16mg ox)
 1-quart fish stock (see my recipe)
 1½ quarts filtered water
 1 bay leaf (opt.)
 ½ tsp. dried thyme or large sprig fresh thyme
 ¼ tsp. fennel seed (6mg ox)
 ⅛ tsp. white pepper
 1–5 cups of shrimp peelings, fish heads, or fish bones (optional) Using snapper, pollock, or rockfish, if available.
 Assorted lean fish and or shellfish (2–8 lbs. depending on type)
 Fresh basil or cilantro, or chives or green onions, finely chopped

Instructions

1. Cook onions in olive oil for 5–10 minutes until tender.
2. Stir in the tomatoes, garlic, and bay leaf. Bring to a simmer and cook for 5 minutes.
3. Add water, fish stock, herbs, and fish carcasses or shrimp shells (if available).
4. Bring to a slow simmer, reduce heat, and allow soup to gently simmer for 45 minutes.
5. Use large, fine mesh “lifter-strainer” to strain the solids from the soup, pressing the juices out of the solids. Taste the broth and adjust seasonings, as needed. This is your amazing “soup base”.
6. Cook the fish in the broth: Bring the soup base to a strong boil. If using crabs or lobster, add them. Return to the boil and cook about 4–6 minutes. Add tender-fleshed fish, mussels, and/or crab. Bring to the simmer. Immediately turn off heat and cover. Allow to sit for 5–10 minutes until the fish is barely done. Do not overcook the fish.
7. Immediately lift the fish out onto a large, hot serving platter. Sprinkle with cilantro, chives, or green onion.
8. Ladle the soup into individual soup plates and sprinkle with chives and green onion or cilantro.
9. At the table, pass the fish platter. Each diner selects the fish to add to their broth.
 Also pass the hot chili pepper sauce for those who like to spice it up a bit.

Ginger Mussels in Coconut Broth

Prep Time: 20 minutes. Super quick and easy.

Serves 2 as main dish, or 6 as appetizer.

Can be made with littleneck clams for a change of pace.

Ingredients

- 2 – 2½ lb. mussels soaked in water, open ones discarded, scrubbed and debearded
- 3 T coconut oil, ghee, or olive oil
- 3 T peeled, finely chopped fresh ginger
- 1 shallot, finely chopped (opt.) (1 mg ox)
- 2 T ground unsweetened coconut butter (mana)
- 1 T organic sugar or coconut sugar
- ½ tsp. red pepper flakes
- ½ tsp. white pepper
- ¼ tsp. salt
- 1 T Coconut Aminos®
- 3 T vinegar, or fresh lime juice, or fresh lemon juice
- ⅓ c sake or vodka
- ¾ c coconut milk
- ⅓ c chopped cilantro leaves (opt.), stems discarded (1.5 mg ox)
- ¼ c torn mint leaves, stems discarded (opt.)

Instructions

1. Prepare the mussels and fresh herbs (if using).
2. Warm the oil in a large sauce pan over medium-low heat.
3. Add ginger (and shallot if using) cook for 2 minutes.
4. Add the coconut mana, spices, sugar. Stir until well combined, about 1 minute.
5. Add the mussels, wine, Coconut Aminos®, and coconut milk. Turn up the heat to medium-high.
6. Cover and steam the mussels for about 3 minutes, or until they open.
7. Use a slotted spoon to place the mussels on warm serving dishes (soup plates or deep soup bowls). Discard any unopened mussels.
8. If using, stir the green herbs in to the broth.
9. Ladle or the hot broth over the muscles and serve immediately.

Variation: Add 1-2 cloves garlic or 2 T Thai Red Chili Paste in step 4.

Simple Fried White Fish

Prep Time: 15 minutes.

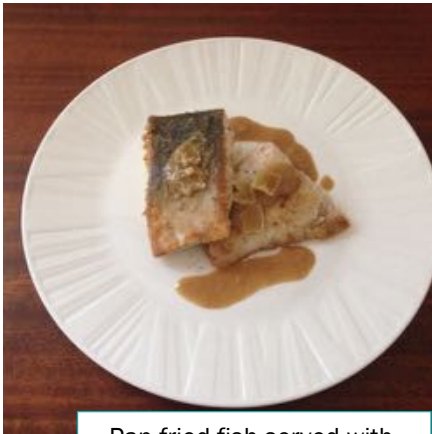
Fresh fish is a healthy treat that is quick and easy to prepare. Coconut oil and flour makes the flavor especially sweet.

Select low-mercury, wild-caught fish. According the Natural Resources Defense Council, safe fish varieties include: whitefish, butterfish, catfish, ocean perch, freshwater trout, and whiting. Cooking your fish is the last step in preparing a meal with a fish entrée. Have the side dishes ready before you start cooking the fish, which will only take a few minutes.

Ingredients

For each serving desired:

- 6–8 oz. fresh fish
- 1 T coconut flour
- salt and pepper to taste
- 1 T coconut oil



Pan fried fish served with a ginger sauce and garnished with crystalized ginger

Instructions

1. Rinse the fish filets, shake off excess water. Let sit at room temperature for 10–20 minutes.
2. Heat oil in pan over medium-low heat.
3. Coat fish with coconut flour. Sprinkle with salt and white pepper.
4. Briefly cook floured filets in hot oil just until flesh becomes slightly opaque. Gently turn over, cook briefly on the second side. Avoid over-cooking.
5. Serve immediately. Drizzle with melted butter, if desired.
6. Serve with chutney and vegetables.

Variation: for an alternate crumb coating: use pulverized fried onion (cooked in palm oil—available from a well-stocked Asian grocery). Can use ground pumpkin seeds also.

Serving suggestion – serve with anchovy butter (ghee or butter purred with anchovy's or anchovy paste, and white pepper)

Dressed Sardines with Mayo or Creamy Caesar Dressing

Time: 3 minutes. Serves 1.

Just a bit of Mayo or Creamy Caesar Dressing, onion, and capers can compete a meal. Pictured here served with my cilantro coconut chutney.

Ingredients

1-4.4 oz. canned wild sardines in olive oil or water
Homemade salad dressing or mayo
Red salad onion, sliced paper thin
Capers, drained
Roasted red pepper

Instructions

1. Drain the sardines (drink the liquid or discard).
2. Arrange the sardines attractively on plates.
3. Drizzle mayo or cream Caesar dressing over the sardines.
4. Garnish with sliced red onion, capers, and roasted red pepper.
5. Serve with a pickle spear on the side.
6. Enjoy with a salad fork.



Smashed Sardine Salad

Time: 3 minutes. Serves 1.

Super quick and easy. Tastes great any time of the day!

Ingredients

For each serving desired:

- 4.4 oz. canned wild sardines in olive oil or water
- 1½ tsp. Dijon mustard
- 4 T sour cream
- pinch salt to taste
- pinch white pepper to taste

Instructions

1. Drain the sardines (drink the liquid or discard).
2. Combine all the ingredients until desired consistency.
3. Eat as is or serve with toasted coconut wraps cut into triangles.
4. Garnish with capers or sliced red onion.

Variation: Add cream cheese for a party spread.

Sardines with Sour Cream Sauce

Time: 3 minutes.

This uses the same ingredients as the smashed sardines, but with a different technique, a different texture, and a different eating experience.

Ingredients

For each serving desired:

- 4.4 oz. canned wild sardines in olive oil or water
- 1½ tsp. Dijon mustard
- 4 T sour cream
- pinch salt to taste
- pinch white pepper to taste

Instructions

1. In a small bowl or teacup, combine the sour cream, Dijon, salt and pepper until smooth and well combined.
2. Drain the sardines (drink the liquid or discard).
3. Arrange the sardines attractively on plates. Spoon the sauce over them.
4. Garnish with capers or sliced red onion.
5. Enjoy with a salad fork.

Simply Sardines with Capers

Ingredients

Salt, white pepper and capers with a bit of caper juice, just sprinkled over the top of nicely arranged sardines.

Sardines and Ham – Sardines as Finger Food

cut ham or prosciutto slices into 2" squares, use them to pick up bits of yummy sardines

Smoked Trout Spread or Cream Cheese Fish Balls

Prep time: 20 minutes | Total Time: 1.5 hour | Serves 10

Easy. Feel free to be a little generous with the mustard or garlic, as you like.

Ingredients

3 oz. Smoked trout (skinned and boned), flaked
2 tsp. fresh lemon juice
1 tsp. Dijon mustard
1 large minced or crushed garlic clove
½ tsp. Dill weed
¼ tsp. white pepper, to taste
8 oz. Neufchâtel or organic cream cheese
(optional: unsalted sprouted pumpkin seeds, minced)

Instructions

1. Mix the lemon juice with the mustard, garlic, dill, and white pepper.
2. Combine all the ingredients in a food processor until smooth and creamy.
3. To serve as a spread:
 - a. Transfer to a small serving dish. Serve immediately or cover and chill for later use. Keeps for 6 days.
4. To make into balls:
 - a. Use a small cookie baller to make small balls, roll in minced pumpkin seeds.
5. Chill for at least 1 hour before serving.



Smoked Salmon served with homemade mayo, roasted red peppers, pickle chips, capers and red onion.

More Serving Ideas



Simple Tuna Salad



Fish salad served as finger food



Creamy shitake seafood soup

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NOTES

Roasted Beef Fat Crunchies

Here is an example of an excellent, digestible, tasty fat from beef: grass-fed beef trimmings can be cut up, salted, and cooked like bacon. This is utterly delicious (when the right amount of salt is in play.) This make a tasty finger food that takes the place of chips and cheese or garnish a dinner plate. They travel well. This technique uses a long-slow cooking time to tenderize the connective tissues without overly damaging the fat with excessive heat. Avoid over-cooking in the final step. Whole Foods and better butcher shops will sell trimmings from 100% grass-finished beef, if you call ahead, for about \$2/lb.). One pound of trimmings makes about 3 servings, plus one half to two thirds of a cup of tallow. The reserved liquid tallow can be used in cooking, or use it on your skin instead of commercial hand lotion or cuticle creams.

Ingredients

1.5 lbs. beef fat trimmings
Redmond's Real Salt®



Instructions

1. Cut beef fat trimmings into narrow strips.
2. Salt generously with Redmond's Real Salt® and use your fingers to gently distribute and massage the salt into the fat.
3. Arrange the salted pieces on a roasting pan or glass baking pan and bake at 230°F for ~55 minutes.
4. Carefully remove the pan from the oven being sure to keep it level and not spill hot fat. Set the trimmings aside briefly while you collect the liquid tallow from the pan. Do so by pouring the liquid fat into an 8-oz. Mason jar, through a fine sieve set over a metal funnel.
5. Return the fat pieces to the oven and increase heat to 375°F for about 10 minutes or until lightly browned. (The time depends on the size of the pieces and the oven.)
6. Store in the refrigerator. For best flavor, freeze or use within one week.

Also, use the tallow to make liver pâté.

Use a ratio of 1-part tallow to 3 or 4 -parts liver. A slight touch of vinegar, plenty of salt, with white pepper and rosemary if desired. Liver pâté is a convenient way to get a little liver every day without cooking it each time. Spread the pâté on room-temperature bacon for nutrition-packed and satisfying snack or appetizer. Pâté travels well. See my simple liver pate recipe for specifics.



Perfect Burgers

Prep Time: 12 minutes | Total time is 30 minutes.

A burger can be a mind-blowing experience, if you know just a few secrets to getting them right.

Seven Tips for Better Burgers

1. Shop Smart. Choose meat that is at least 20% fat—buy freshly ground, grass-finished beef.
2. Handle with care. For tenderness and moist juiciness, you want a loose texture with tiny spaces that hold the juices inside your burgers. *Avoid* compressing or cross linking the protein molecules with kneading, pressing, mashing, or beating it. Form the patties while the meat is cold, so the precious little globules of fat stay put. All this is to say: use gentle and sparing touch when shaping your patties.
3. Shape for the end result. Burgers tend to swell in the middle and pull in from the edges when heated, transforming them from a disk shape to a ball during cooking. To correct for this, form the patties with high edges and a shallow depression in the middle.
4. Time your salt. Hold salt until you are ready to cook, and definitely don't mix it in ahead of time. The time to sprinkle on a generous amount of salt is when you put them in the pan.
5. High heat: a hot pan will produce an ideal outer crust. Do not overcook; the middle should be pink.
6. Flip with care. Use a sturdy spatula to scrape up the burger when it is time to flip it over. Do not fiddle with it until a brown crust has formed, about 2–3 minutes. Then it's time to get underneath it with a thin, flexible spatula and retain the crusty, flavorful bits.
7. Deglaze. Harvest the flavors that are stuck to the pan with a quick deglaze. Just add 2–3 T of warm water (part broth is excellent if you have it) at the end of the cooking and scrape the pan as the water boils down by at least half. Pour the hot pan juices over your burger when you plate it. Yum!

Pan Fry Instructions

1. Shape your burgers kindly, as above.
2. Let them sit at room temperature for 15 – 20 minutes.
3. Heat a heavy cast iron or stainless-steel pan on medium high heat (for about 4 minutes if using electric stove top).
4. Add about 2 teaspoons of tallow, lard, bacon fat, ghee or butter.
5. When the pan is very hot, add the burgers (do not over crowd the pan) and salt them—use some pepper too.
6. A slight press with your spatula is permissible (do it only once at the very beginning while the meat is cool). This may help you get the meat in good contact with the pan and give you a good crust on the burger.
Make sure the heat is hot but not too hot. You may need to lower the heat at this stage (cold meat will lower the pan temperature.)
7. Flip at about the 3-minute mark, cook the other side for 2-3 minutes. Flip again and check for doneness.
8. Remove to a warm plate, cover with a bowl. Let the meat rest for 3 minutes.
9. Deglaze the pan. Serve burgers with hot pan juices; enjoy the very best part of your day!

Oven Broiling Instructions

1. Preheat the broiler on high for about 4 min.
2. Place patties in a warmish cast-iron pan or broiler-safe pan, set under the broiler at about 3" under the element. Broil about 3 minutes, until the tops darken. Remove the pan to flip the burgers, return to the broiler for about 3 more minutes.
3. For cheeseburgers, remove the pan from the oven, place a thin slice of cheese on each burger, place under the broiler for about 30 seconds or just until the cheese is melted.

Bacon Cheese-Burger Loaf

Prep Time: 20 minutes | Total Time: 1.5 hours | Serves 4-6

Tired of burgers, but willing to eat it anyway? Here is a simple, low carb way to serve hamburger. This makes an easy-to-transport and easy-to-serve left-over. Make sure you have enough fat, feel free to add chopped beef fat scraps to increase fat content.

Ingredients

- 6 oz. (170g) shredded sharp cheddar cheese
- ¾ tsp. white pepper
- 1¼ tsp. mineral salt
- 1 tsp. ground yellow mustard seed
- 1 tsp. ground rosemary
- ⅓ cup roasted red bell pepper, diced
- 1.5 lbs. (0.7 kg) ground beef (can use any ground meat or combo)
- 4 oz. (110g) bacon, cut into 3-inch lengths



Instructions

Preheat the oven to 350 °F (190 °C)

1. Use a large, sturdy spoon to gently combine the cheese, seasonings, and red pepper in a large bowl. Remove about 20% of the cheese mixture to a small bowl and reserve for the topping.
2. Mix the ground meat into the remaining cheese mixture until well combined. [Use a food processor if you have a sharp, non-serrated cutting blade.]
3. Press the meat mixture into a lightly greased loaf pan.
4. Top with reserved cheese. Arrange bacon slices in an attractive fashion over the top.
5. Place in hot oven. Reduce oven heat immediately to
250 °F (120 °C)
6. Cook until internal temperature reaches 135 – 140 °F (60 °C).
7. Let rest for 10 minutes before slicing and serving. Top each slice with the fatty juices left in the baking pan.
8. Garnish with a swirl of prepared Dijon mustard and a thin ribbon of roasted red pepper.

Variations

- a) Add 4 oz. raw liver, use a food processor. Grind liver before adding the ground meat.
- b) Mushroom powder: Grind a few dehydrated mushrooms into a powder and combine the mushroom powder with the cheese and seasonings. This will help the meat retain moisture.

Thai Chili / Sloppy Joe

Serves 4–6

This easy and flexible “hamburger extender” can be eaten as a main dish, used in wraps, or as a chili garnish for hot dogs. Use lamb or pork, if desired. This approach works with leftover meats as well, like a hash. Check out the variations and keep experimenting with this key recipe.

Ingredients

- 2 T beef tallow, lard, ghee, or coconut oil
- 6 ounces turnips, peeled and diced, or cauliflower, cut up into small pieces
- 1 onion (6 ounces, red or yellow), peeled and diced (optional, can increase turnips to 12 oz. to replace)
- ¼ tsp. coriander
- ½ tsp. salt
- 1 pound ground beef or other meat
- 2 T Thai red curry paste
- 12 ounces (1 can) coconut milk
- 2 tsp. potato starch
- 2 T Frank’s hot sauce (or increase amount of red curry paste, or use ½ tsp. red pepper flakes)
- Cilantro leaves for garnish
- Lime wedges for serving

Instructions

1. Sauté turnips and onions in the fat for 15 minutes on medium-low.
2. Turn heat up to medium. Add ground coriander, salt and ground beef. Cook just long enough to brown the meat.
3. Add the curry paste and stir to incorporate. (If using, add shredded zucchini now (variation 2))
4. Combine the coconut milk and potato starch, then add to meat mixture.
5. Simmer on low heat until the sauce thickens, about 10 minutes. (If using, add chopped arugula now)
6. Add hot sauce.
7. Serve as a sloppy joe mix (over lettuce leaves or cups or cooked portabella mushroom tops), or use as you would any chili. Garnish with cilantro leaves or lime wedges. Squeeze lime over portion before eating.

Variations

Variation 1. Add chopped arugula for the last 8 -10 minutes of cooking time.

Variation 2. Add shredded zucchini during step 3 or 4. Can also add prepared Shirataki “rice” to make this a one dish meal reminiscent of a Turkish dish (use arugula too for this).

Note: this also works with cubed meat, instead of ground meat.



Grilled Beef Salad

Prep Time: 12 minutes | Total Time: 3 hours | Serves 4

Plan to grill the beef in the morning or the day before so you have time to chill it before you serve this salad. Or make this with leftover rare roast beef. This travels well and makes a great picnic or lunch dish. Try serving it with grilled asparagus or zucchini, plus roasted red peppers. I usually make this as an intentional leftover.

Ingredients

2 lbs. London broil or flank steak, pasture-raised
 ½ C Sherry vinegar or Balsamic vinegar or lime juice
 3 T olive oil
 1 T sesame oil
 1 T horseradish (opt.)
 ½ roasted red pepper, julienned (opt.)
 Mineral Salt, such as pink Himalayan
 White pepper
 2 T chopped chives or cilantro (optional garnish)

Instructions

1. While grill is heating, coat the meat with olive oil, and lightly salt it.
2. (Also grill some vegetables to serve with at the same time, optional.)
3. Grill the meat briefly on each side to very rare or medium-rare.
4. Chill the meat for several hours or overnight.
5. Slice the cold beef thinly and again into julienned strips.
6. Mix the dressing ingredients in a large bowl. Add the beef sliced.
7. Cover and chill until serving time.



Grilled mushrooms and other veggies bulking up a grilled beef salad

Hungarian Goulash

Prep Time: 20-30 minutes | Total Time: 2 hours (stove-top cooking) | 8 Servings

This stew is not a last-minute dish. Expect it to take time, though the results will be delicious. Best if made a day or two before use. The vegetables you use are very flexible or optional. I usually skip the onion and use fresh or dried mushrooms, adding them with the broth. If you'd like to substitute cauliflower, oven roast it until tender and slightly dried out, with bits of brown on the edges. Radishes work well too.

Ingredients

2 lb. cubed beef, stew meat or pork shoulder
 2 T potato starch
 2 T coconut flour
 1½ tsp. sea salt
 ½ tsp. rounded, white pepper
 4-6 T ghee or beef tallow or lard
 1 lb. onion, peeled and thinly sliced (or 8 oz quartered cremini mushrooms or 1 cup dried sliced mushrooms as per header note)
 2 T paprika
 1¼ C bone broth (beef or pork)
 1 T lemon juice

 2 (or more) lb. turnips, cut into 1-inch dice (can use celery root, radishes, or rutabaga)
 2-3 tsp. sea salt

Instructions

1. Drain meat and shake off excess water, pat dry if needed.
2. Combine potato starch, coconut flour, salt, and white pepper in a large bowl. Add the beef and toss to coat. This step may be done in advance and the meat refrigerated overnight.
3. Add 2-3 T fat to a large soup pot over medium heat.
4. Add the beef in a single layer and cook until it has a crisp crust, about 3 minutes per side. Remove the browned meat to a deep bowl. This may require three rounds with additional fat each time. (Note if the potato starch sticks, deglaze the pan after each round with ½ c hot water, scraping up the stuck bits. Pour any excess liquid over the browned meat.)
5. Repeat the beef browning and repeat the deglazing step at the end. Add ½ cut hot water and scraping to deglaze the pot. When the water has mostly evaporated, add the onions. Cook stirring frequently until the onions are softened, about 5 minutes.
6. Add the paprika. Cook and stir for another minute.
7. Return the beef to the pot. Add ½ C of the broth, stirring and scraping to deglaze the pot. Gradually stir in the remaining broth.
8. Bring back to a boil then reduce heat to a very slow simmer. Cover and cook until the beef is tender, about 1½ hours.
9. While the beef is cooking, boil the turnips in salted water (just enough water to cover the turnips). Boil about 12-15 minutes, until tender.
10. Drain the turnips, spread them out in a 13x9 baking pan and heat in the oven at 250° to dry them for about 15 minutes.
11. Toss the turnips with ghee to coat.
12. Stir the lemon juice into the goulash and adjust seasonings.
13. Serve the turnips in a bowl with the goulash on top or beside them.

Gravlax of Beef

Prep Time: 25 minutes | Total Time: 1 Day | Serves 6 as a first course or 4 as an entrée.

Dill combined with spicy ginger and hot pepper gives this dish gourmet distinction. Prepare this at least one day (up to three-days) before serving. This is a raw meat dish, so it is absolutely necessary that you know your meat. Buy frozen beef from an experienced grass farmer who has the meat processed at an inspected facility. Then you can relax and enjoy marinated meat without concern or reservation. This is my favorite raw beef dish—I love it, especially when the weather is warm.

Based on a version by Montalier, D (2014) Raw Foods French Style

Ingredients

1¼ lb. partially defrosted filet, tenderloin, t-bone or other tender cut of beef, left whole

1 lime, juiced (or more if needed)

1½ tsp. organic sugar

¼ tsp. ground white pepper

1¼ tsp. mineral salt

~1" ginger root, peeled and minced

1 large shallot, minced (2+ oz.) or 3 T minced chives (opt.)

1 fresh or dried red cayenne or other hot red pepper, seeded and minced (or crumbled, if dry) (or use 2T horseradish)

5 – 6 fronds fresh dill weed, stemmed and finely chopped or 1 ¼ tsp. dried dill leaf (1 sprig mint, mined optional)

2 T Coconut Aminos or Shoyu

3 T Olive oil, or more, as desired

Garnish Options

1 dill sprig, stemmed for garnish

Capers

Crispy fried shallots or red onion

Mint leaves

Lettuce leaves (try a small head of butter head lettuce to make lettuce cups) (opt.)

Method

1. Select a flat-bottomed, covered glass storage dish, just big enough to accommodate the meat and marinade in a single layer.
2. Combine the remaining ingredients in a wide shallow bowl. Drag the meat piece(s) through the marinade.
3. Spread about ⅓ of the marinade in the glass storage dish. Set the meat pieces flat on the bottom. Coat the top side of the meat with the remaining marinade.
4. Cover tightly and refrigerate in coolest part of the refrigerator for 1-3 days.
5. To Serve: Set meat out at room temperature for 15 minutes. Use a sharp knife to slice into very thin slices. Arrange neatly on serving platter or individual plates. Spoon some of the chunks from the marinade over the top.
6. Sprinkle additional garnish as desired. Try capers and any of the following: lemon slices, slivered red onion, crispy fried shallots, or mint leaves. Drizzle with additional olive oil (2 tsp.), if desired.
7. Serve within 15 minutes of slicing the meat, as is or with lettuce leaves and dill pickles on the side.
8. Enjoy at room temperature.

Steak Tartare

Prep Time: 20 | Total Time: 30 | Serves 4 as a first course or 2 as an entrée.

This classic dish is a great way to honor and relish a fine piece of beef. Use meats that have been frozen for 14 days (or more) to eliminate any worry about the possibility of parasites. Egg yolks are entirely optional. This method is for knife cut beef, but if you are in a hurry you can chop or grind it.

Ingredients

1¼ lb. partially defrosted filet, tenderloin,
T-bone or other tender cut of beef
1 shallot, finely minced (2 oz.) or 3 T minced
chives (**opt.**)
1 T capers, finely minced
1 tsp. caper liquid or white vinegar
1 tsp. anchovy paste (adjust to taste) or two
oil and salt-preserved anchovy filets, finely
minced
1 generous tsp. Dijon mustard
scant ¼ tsp. ground white pepper, to taste
1¼ tsp. mineral salt, to taste
1 T Coconut Aminos® or Shoyu (**opt.**)
1 T Olive oil
For main course: 2 large egg yolks, carefully
separated from the whites (unbroken)
To Garnish: Use any combination of chopped
chives, fresh tarragon, thinly sliced red
onions or shallot, or whole capers

Method

1. Take your time in cutting the beef into very thin slices, then into narrow strips, then into very fine cubes.
2. Combine the remaining ingredients (except egg yolks) in a wide shallow bowl. Add the cut meat and combine to coat the meat.
3. Cover and refrigerate for 10-15 minutes to allow the flavors to combine.
4. To Serve: Arrange neatly on individual plates.
Appetizers: garnish with a few capers or paper-thin slices of red onion. and a light sprinkle of salt and pepper.
To serve as **main course**, mound the tartare onto two dinner plates. Make a shallow depression with the back of a tablespoon and place an egg yolk in the center of each patty. Drizzle with additional olive oil (2 tsp.), if desired. Add a spring of fresh tarragon.
5. Enjoy chilled or at room temperature.

Vietnamese Style Raw Beef

Prep Time: 20 minutes | Total Time: 4 hours (for marinating) | Serves 4 as a main course

Pull your meat from the freezer the night before you make this; place it in the meat drawer to allow it to soften, but do not let it fully defrost. This makes slicing the beef easy. The garnishes (cilantro, etc.) are key to the authentic Vietnamese flavor and texture of this dish, but you can experiment with omissions or substitutes to tailor this to individual dietary restrictions.

Ingredients

- 1 lb. tender beef cut, frozen for 2 weeks, partially thawed
- 2 fresh limes, juiced to make 3 T fresh juice
- 1 T olive oil (can part peanut oil for Vietnamese flavor)
- 1 tsp. fish sauce (opt.) or more to taste
- 2 oz. salad onion, cut in half and sliced paper-thin
- 1 jalapeno pepper, seeded and thinly sliced (opt.)
- 6 green onions, chopped
- 1 small bunch cilantro, chopped (or Thai basil)
- ½ C crispy dried onions (previously sautéed in palm oil, avail at Asian Markets)
- 1 T peanut oil (or olive oil)
- 1 lime, cut into wedges

Instructions

1. Slice the semi-frozen beef into paper-thin slices, wearing a glove if fingers are sensitive to the cold.
2. In a bowl with a lid mix the lime juice, olive oil, onion, and jalapeno pepper. Add the beef and cover. Marinate the meat in the refrigerator for 3 (to 24) hours.
3. Twenty minutes prior to serving, prepare the green onions, cilantro, and lime wedges. Remove the meat from the marinade and arrange on individual plates or a serving platter. Sprinkle crispy onions, cilantro, and onion over the meat. Drizzle top with peanut oil, if desired. Add additional garnish of raw pumpkin seeds for crunch. Let sit at room temperature for 10 minutes before serving.
4. Serve with lime wedges.

Slow Roasted Leg of Lamb (Boneless)

Prep Time: 10 minutes plus 10 minutes to make a gravy | Total Time: 7 hours, mostly slow cooking.
Serves: 10

Incredibly easy yet festive, elegant and feeds a crowd. The oven does all the real work.

Boneless lamb roasts typically come bound in an elastic netting to give them shape. You need to leave it on while the roast cooks. However, there is usually an excessive amount of the mesh dangling off the two ends that gets messy later when buried in fat and juices. Trimming back the mesh with scissors before you cook it will make carving the cooked roast a lot easier.

Great with boiled celery root / rutabaga, pureed with lots of butter or ghee and salt.

Ingredients

5 lbs. boneless leg of lamb
2 - 3 tsp. mineral salt
1 tsp. ground white pepper
4 sprigs rosemary



Instructions

Preheat oven to 250 °F

1. Remove meat from its packaging in a sink or large bowl and drain away the liquid. If the roast is in a mesh, trim off the extra but leave the meat bound.
2. Rub meat with salt and pepper, and place fat-side up with rosemary sprigs in a casserole with a tight-fitting lid.
3. Cook covered for 6-7 hours.
4. Remove the meat to a warm platter. Transfer the pan juices to a saucepan and thicken with a bit of potato starch (no need to add salt).
5. Remove the remaining mesh from the roast, slice and serve hot with the pan gravy and offer tart, English-style mint sauce on the side (optional).

Mountain Stew with Lamb or Goat

Prep Time: 35 minutes | Total Time: 7 hours slow cooking | Serves 10

Like most stews, this one gets better as a leftover. It uses goat with bones and skin still attached (a good ethnic market will have that), or lamb if you can't find goat. Meat with bones will add rich flavor and valuable nutrients (but watch out for the bones when you serve and eat it). Try it with other vegetables if you like (celery root, radishes, chestnuts, for example). Or try it without the vegetables.

Ingredients

5 lbs. goat meat with bones and skin
(or lamb stew meat, or just cubed
meat from a leg of lamb)

3 C water

½ C sake (or 1 C kombucha or ½ C
white wine)

¾ tsp. dried ground thyme

3-4 T rice vinegar (or cane vinegar or
lemon juice)

1½ tsp. mineral salt

¼ tsp. ground white pepper

1 lb. rutabaga, peeled and cut in
1-inch pieces

1 lb. turnips, peeled, either small ones
or cut into 1-inch pieces

1 C (about 10) dried shitake
mushrooms (or a mix)

1-pound pearl onions (or 1 can water
chestnuts) (optional)

3 T potato starch

¼ C ghee or olive oil

Chopped chives for serving

Instructions

1. Place meat, water, sake, thyme, vinegar, salt and pepper in a slow cooker.
2. Cook on low for 3 hours.
3. Add vegetables, and cook for an additional 4 hours
4. Remove the solids into a big bowl using a slotted spoon.
5. Strain the liquid into a large saucepan. Bring to a boil and cook for 30 minutes, reducing the liquid to about 3-4 cups.
6. In another large saucepan, melt the ghee or olive oil and stir in the potato starch. Add the liquid to the fat or starch and cook 3 minutes to thicken.
7. Recombine sauce and meat prior to serving or storing.
8. Garnish with chopped chives.

Kibbeh (lamb)

Prep Time: 15 minutes | Total Time: 20 minutes | Serves 4 as main course; 6 as appetizer

This delicious Mediterranean raw meat dish makes a special appetizer or main course.

Use only the best quality organic, pastured lamb.

Freezing (2 weeks) kills parasites and is an important safety precaution.

Ingredients

1 large shallot, minced (2+oz. / 60gm)
 2 T lemon juice
 1 tsp. allspice
 Pinch nutmeg
 1/8 teaspoon cayenne
 1/4 teaspoon mineral salt
 Scant 1/4 teaspoon white pepper
 1-lb. ground lamb (thawed)
 Olive oil, as desired
 2.5 oz. (70gm) ground pumpkin seeds,
 divided

Garnishes

Lemon slices
 Red onion, sliced thin
 Capers
 Lettuce leaves (try a small head of butter
 head lettuce to make lettuce cups)
 Crispy fried shallots or red onion
 Mint leaves

Instructions

1. Set half of the ground pumpkin seeds aside.
2. Mix remaining ingredients (including half of the pumpkin seeds) together thoroughly.
3. Form a loaf shape on a medium-sized oval serving platter.
4. Brush loaf with olive oil.
5. Sprinkle with reserved pumpkin seeds.
6. Garnish with lemon slices, red onion, and capers. Drizzle with additional olive oil, if desired.
7. Serve on lettuce leaves with crispy fried shallots and sprig of mint. Smaller, inner leaves of butter-head lettuce can be used like bowls for serving kibbeh.

Old-Time Pulled Pork in Lard

Prep Time: 15–30 minutes | Total Time: 11 hours or longer to marinate | Serves 8–12

You will love the sumptuous results you'll get by slowly roasting pork in its own fat. You need a full 2 cups of lard. Be sure to use a large enough covered baking dish. Freezes well. This is a simple make-ahead dish.

Ingredients

- 1 5-pound bone-in pork roast (shoulder), do not trim the fat, cut into chunks.
- 2½ tsp. good mineral salt
- 1½ tsp. white pepper
- 2 T lemon juice, or white vinegar
- 2 C lard, warmed to a pouring consistency

- 2 tsp. potato starch
- 1 tsp. salt or more to taste
- ½ tsp. white pepper or more to taste
- 1 T white vinegar

Optional seasonings for sauce step:

- ¼ c Frank's Hot sauce
- ¼ C lemon or lime juice
- 1½ T black strap molasses
- 1 T organic sugar or 1½ T maple syrup
- 2 tsp. dried mustard
- 3 T Coconut Aminos

Variation: Fat Back Covered Roast

If you have access to a sheet of fatback, there is a simpler method that skipped having to cut up the meat before roasting it.

Just slow roast your bone-in or boneless pork roast in a deep casserole. Before putting it in the oven, cover the top of the roast with a thick sheet of fat back and hold in place with toothpicks.

Always put acid and salt on pork before cooking.

Instructions

Preheat oven to 250 F.

1. Use a sturdy sharp knife to cut the meat into large chunks. Put in a very large bowl.
2. Toss the meat with the salt, pepper and lemon juice or vinegar. Let sit, refrigerated, for at least an hour or up to 3 days. (This step is optional; if time is tight, proceed after tossing.)
3. Place seasoned meat with its bones into a large (5-quart) covered casserole dish. Set the fatty pieces at the top, fat side up.
4. Pour the melted lard over the top. Poke and prod the meat enough to get the fat fully settled around the meat chunks. Press lightly to remove remaining large air pockets. If there are meaty chunks rising up above the fat, place some fatty pieces over those spots.
5. Cover and cook at 250 for 7-8 hours until the pork is very tender and falling apart.
6. Strain the juices into a gravy separator. Place the water layer into saucepan, reserve the fat. Simmer the meat juices gently until liquid is about 1 cup in volume or less. Add additional salt, if desired (about ½ tsp.)
7. If desired, thicken the liquid with 2 tsp. potato starch. Add vinegar and, if desired, additional seasonings such as those listed. Add about ¼ C of reserved fat.
8. Break up the meat. Combine with the thickened sauce and some (or all) of the remaining reserved fat.
9. Serve with coconut wraps, lightly toasted and cut into triangles. Or just eat it as it is!

Homemade Breakfast Sausage Patties, 3 Ways

Prep Time: 30 minutes | Total Time: 45 minutes | Makes about 9 small patties.

This delicious pork sausage has no nitrates or preservatives, no sugar, and is very low in oxalates. The indicated amount of pepper will produce a rather spicy sausage. For a mild sausage, cut back on the cayenne and white pepper, as desired. For salt-limited diets, reducing the salt to ½ tsp. gives about the same flavor. These are perfectly yummy if you cook the patties immediately or refrigerate the raw sausage overnight to let flavors blend. Version 2 also seasons beef. For a simple meatball, I recommend adding minced mushrooms sautéed in ghee (for moisture) and a crushed garlic clove.

Version 1. Ultra-Simple

Ingredients

1-lb. (450 g) ground pork
 ½–¾ tsp. pink Himalayan salt
 (or more to taste)
 ¾ tsp. ground white pepper
 ½ tsp. crushed red pepper flakes
 or 2 tsp. ground dried rosemary
 leaf

Instructions

1. Mix all ingredients thoroughly in a large bowl.
2. Form patties.
3. Preheat frying pan to low, add 1 tsp. fat (ghee). Cook patties 2 minutes on low heat. Turn up heat to medium high. Flip when browned (5+ minutes). Reduce heat slightly to finish cooking. Be sure they are fully cooked yet moist and juicy.

Variation: Meat Cookies

Make this ultra-simple version using rosemary, omit the red pepper. Serve on an attractive platter and eat with your hands. Serve as a snack or meal.

Version 2. Sage Sausage

Ingredients

1-lb. (450 g) ground pork
 ¾ tsp. pink Himalayan salt
 (to taste)
 ½ tsp. white pepper
 2 tsp. dried sage
 ¼ tsp. ground thyme
 ¼ tsp. ground rosemary
 ¼ tsp. ground cayenne
 ¼ tsp. crushed red pepper flakes

Instructions

As above.

Meatballs (Beef, Pork, etc.)

I love this with a 50/50 blend of venison and ground pork.

1. Mix in the following to version 2: minced mushrooms sautéed in ghee (or other fat)
 1 crushed garlic clove
2. Make 1" balls and roast in the oven at **350 °F** until cooked through.

Version 3. Italian Sausage

same as sage sausage except:

- * Replace the sage with 1 tsp. paprika
- * Increase red pepper flakes to ½ tsp.
- * (add ¼ tsp. oregano, opt.)

Bacon-Wrapped Sausage Bites

Prep Time: 30 minutes | Total Time: 95 minutes

Yield: 36–45 sausages (8 Appetizer Servings; 3 Entrée Servings)

These sausages are a perfect party food. And versatile too: serve them for brunch, lunch, picnics, potlucks, you name it. I especially like the flavor and texture when I use a 50/50 mix of pork and venison. These also work *without* cheese.

Tip: If you double the recipe, the mixing will go better if you: a) combine the seasonings and cheese before adding to the meat, b) use a large, wide bowl and large, sturdy serving spoon to combine, or c) just make a single recipe twice.

Ingredients

- ¾ tsp. sea salt (scant if using cheese, generous if omitting the cheese)
- ¾ tsp. white pepper
- 2 tsp. ground rosemary (or ½ tsp crushed pepper flakes)
- 4 ounces finely shredded cheddar (optional) or 3 T parmesan (see variation below)
- 3 T Romano or parmesan, grated (optional)
- 1-pound ground pork, bison or venison
- 12-oz. thinly-sliced-bacon, cut into thirds (or quarters)

Variation: Omit cheddar; instead use ⅓C parmesan (total) for an interesting umami-cheesy flavor.

Instructions

Preheat oven to 225°

1. Mix the cheeses and seasonings in a deep bowl.
2. Use a cutting motion to combine the ground meat with the cheese / seasonings mixture. Avoid over mixing.
3. Divide the meat into evenly sized portions. Here are two methods for doing this:
 - a) use a large cookie-baller, or
 - b) divide into 3½ -ounce portions. Roll each portion into a long sausage, then divide into 6 pieces.
4. Wrap each piece with a ⅓ strip of bacon, stretching it tight as you wrap to form each sausage into a log. Ground meat mixture can protrude out the sides just a bit to allow for shrinkage.
5. Place the wrapped sausages on a baking sheet pan with sides as you go.
6. Bake at 225° for 30 minutes. Remove from oven and spoon off any pan juices
7. Raise heat to 400° and cook for another 10-15 minutes to brown (depending on how fast your oven heats.) Watch carefully.
8. Cool before serving.

Stuffed Mushroom Caps

Ingredients

- All of the above, plus:
- Portobello (or other large) mushroom caps
- ¼ C chopped and packed fresh dill
- Use only 6 oz. of bacon

Instructions

Preheat oven to 425°

1. Place the mushroom caps bottom up on a baking sheet.
2. Bake at 425° for 20 minutes, then reduce oven heat to 250°.
3. Let the mushroom caps cool slightly, then add sausage mixture to each cap and top with short bacon slices.
4. Place the stuffed mushrooms on a baking pan.
5. Bake as above (steps 5 and 6).

Bavarian-Style Sausage Patties

Prep Time: 45 minutes | Total Time: ½ day (allowing for chilling time) | Serves 6

At home you can easily season and prepare handmade sausage patties seasoned to emulate the classic Oktoberfest white sausage, weisswurst. Can be grilled or pan fried. Serve with mustard. See my Cabbage and Apples for the perfect side dish or try the sage and apple, below. Roasted red peppers and grilled onions also excellent with them. For spicy sausage, slightly increase the cayenne, white pepper, and mustard. This method emulates the texture of the classic “dog”-style white-hot sausage by using a food processor to pulverize the meat. For a texture more like a burger, you can hand mix and skip the ice.

Ingredients

- 1 lb. ground pasture-raised pork
- 1 lb. ground pasture-finished beef (or veal or pork)
- 2 ice cubes
- 1½ tsp. salt
- ½ tsp. white pepper
- 1 tsp. ground mustard seed
- ¼ tsp. mace
- ¼ tsp. cardamom (opt.)
- ¼ tsp. cayenne pepper
- 1 T grated or finely minced ginger root
- 2 T coconut milk powder

Instructions

1. Prepare this while the meat is very cold. (Place thawed meat in freezer for 20–40 minutes to be sure.)
2. Combine all the ingredients in a food processor. Process until the mixture is smooth and homogenous. (optional, can hand mix)
3. Form 12 oblong 3-oz. patties. Separate with wax paper, cover and keep well-chilled for at least 8 hours (up to 48 hours).
4. Remove patties from refrigerator 30–60 minutes before pan-frying (or grilling).
5. Serve hot with mustard and cooked cabbage.

Accompaniments

Sage and Apple Fried in Sausage Fat

1. After panfrying the patties, keep heat on medium-low and let the water simmer out of the fat. It will stop bubbling when the water has boiled off. Gently move the fat around with a spatula during this step.
2. Fry **whole de-stemmed sage leaves** until they are stiff in the sausage fat. Do not crowd the leaves; cook in multiple batches. Salt lightly while cooking. Use a small handful of stems per batch. Four batches should be sufficient to make six servings.
3. Fry 1 **apple** per 2 servings. Start with the apple at room temperature. Half, quarter, core, slice and fry apple until golden on each side, using half an apple per serving. Salt lightly while cooking.
4. Garnish apples and sausage with crispy fried sage on dinner plates.

Seasoned Baked Pork Loin

Prep Time: 15 minutes | Total Time: 1½ hours – 2 days | 4 servings

I invented this recipe to use our last precious piece of a locally raised free-range pig. Marinating the meat creates a richer, more even flavor, but the first time we made this recipe we were in a hurry and put it straight in the oven and it came out great! I like it best without garlic.

Ingredients

Marinade:

3 T Dijon mustard (or dried mustard seed)

3 T olive oil

1 Shallot, minced (opt.)

3 cloves garlic, minced (opt.)

½ tsp salt

¼ tsp white pepper

1 T fresh lime juice

1½ lb. heritage free range pork loin,
drained and patted dry

Instructions

Preheat oven to 425°

1. Combine the marinade ingredients in a shallow baking dish.
2. Roll the loin around in the marinade.
3. Marinate the loin for up to 48 hours (or not).
4. Put the pork uncovered in the oven, and immediately turn the heat back to 350°.
5. Bake until the internal temperature is 145°.
6. Let the meat rest covered for six to 12 minutes before carving into medallions.

Lemon Scented Pork Roast

Prep Time: 20 minutes | Total Time: 9 hours | Serves 6 – 8

Luscious and simple. This roast is even more moist and tender than the best Prime Rib. The Lemon oil lends the sweet satisfaction reminiscent of lemon pound cake. This method uses a multi-cooker endowed with both sauté and slow-cooking functions. If you don't have a multi-cooker, the method can easily be adapted using a stove-top skillet for the browning step followed by either a slow cooker or covered casserole dish in a 200°F oven.

Ingredients

3 – 3.5-pound pork loin roast
(bone in)
1 T lard
1 T ghee
1 tsp. pink Himalayan salt
(to taste)
¼ tsp. ground white pepper
Juice of 2 lemons (scant ½ C)
½ C pork broth
¼ tsp. lemon oil
2 tsp. potato starch (opt.)

Instructions

1. Melt 1 T lard and 1 T ghee in the multicooker on the sauté setting set to normal.
2. Season the pork roast with the salt and pepper.
3. Fry each side in the multi-cooker for 2 minutes per side until a light golden color develops. medium heat. Add more fat if need.
4. Add the broth, lemon juice, and lemon oil, scraping up any brown bits sticking to the bottom of the insert.
5. Add remaining lard. Cover and cook on low slow cooking function for 8.5 hours.
6. Transfer the meat to a warm platter.
7. Pour the fat and juices into a 2-cup jar or measuring cup. Let it rest and separate for 2 minutes.
8. Make a thickened sauce: Skim 4 T of fat off the top of the liquid and place in a small sauce pan on low heat. Discard or reserve remaining fat. Whisk in potato starch until smooth. Continue to whisk while slowly adding the remaining cooking juices to the hot fat, until the sauce is thickened.

Pork Stew with Celery Root and Mushrooms

Prep Time: 40 minutes | Total Time: 5 hours includes baking | Serves 5

Cooking in rich broth doubles the flavor and makes this truly satisfying and special. This is a homey dish suited for special occasions. It is also a great way to feature celery root and make it a beloved vegetable. Like most stews, this one gets better as a leftover and freezes well. Serve with boiled lacinato kale or mustard greens. Take to a Super Bowl party, or win a prize in a cooking contest!

Ingredients

½ oz. dried mushrooms (shitake mushrooms; or a mix of mushroom types), briefly soaked in warm water
 3 – 4 T lard from pastured pork or coconut oil
 2 lbs. boneless pork cut into 2 – 3” chunks or 4 lb. bone-in, fatty pork (include pork belly, if available)
 1 tsp. mineral salt
 ¼ tsp. ground white pepper
 ½ C sake or white wine
 3 T fresh lemon juice
 ½ tsp. ground mustard seed
 3 C pork bone broth
 2 lb. celery root, peeled and diced into ½ inch cubes
 1½ T potato starch
 1 ghee or coconut oil
 Chopped chives for serving

Variation

To use fresh mushrooms, add them after 1½ hours in the oven, at least one hour before expected finish time.

Instructions

1. Pour about 1 cup very hot water (not boiling) over the dried mushrooms. Allow to rehydrate for 3 minutes or so.
2. Using an oven-proof stock pot, heat the lard or coconut oil (1-2 T) and brown the meat, (about 2 minutes per side). Do this in two batches. Salt and pepper the meat while it cooks. Add additional lard and coconut oil for the second batch.
3. While the meat is browning, squeeze the excess water from the mushrooms and slice the large mushrooms in half.
4. Remove the top rack from the oven, then **preheat the oven to 300° F**.
5. Remove the meat. Deglaze the stock pot with the rice wine.
6. Add the mustard, stir. Add the broth and lemon juice. Bring to a light simmer.
7. Strain the mushroom soaking liquid through a very fine mesh sieve (or a coffee filter). Add the strained mushroom liquid to the pot.
8. Add celery root and mushrooms, then return the meat to the pan. Be sure that all the solids are under cooking juices at the start. Add ¼ cup or more ghee, if needed so that the meat does not dry out in the oven.
9. Bake at **300° F** for 45 minutes. Reduce the heat to **225° F** and bake for 2-3 more hours. Remove cover and bake for 30 more minutes to reduce the liquid.
10. Use a slotted spoon or broth strainer to lift the solids into a (lightly greased) large casserole dish or heat-proof bowl. Skim off the fat layer from the pan juices and reserve. Bring the remaining liquid to a simmer and reduce the volume to about 2 cups. (Debone the meat at this stage, if desired.)
11. Thicken the sauce: Place about ¼ cup of the reserved fat in a medium saucepan, add the starch and whisk together over medium heat. Gradually add the reduced broth, lightly whisking as you go. Continue until the broth is thick and smooth. Add additional reserved fat. Taste and add additional salt and pepper if needed. Stir in some chopped chives (opt.). Pour the thickened gravy over the meat and vegetables.
12. Cool and refrigerate the casserole until needed. Reheat in oven at 300° F for 45 minutes.
13. Spoon stew over a bed of boiled, buttered kale in shallow soup plates or wide soup bowls.
14. Garnish with chopped chives.

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NOTES

Easy Liver with Bacon

Prep Time: 15 minutes | Total Time: 20 minutes | Serves 3-4

Once you acquire a taste for liver, this is the simplest approach. If you have cooked bacon available, skip the first two steps. Just use bacon fat to cook the liver. If you are unsure about liver, try my Liver with Shallot Gravy recipe several times before making this simplified recipe.

Ingredients

6 slices bacon or pork belly
1 scant pound liver, sliced into $\frac{3}{4}$ " slices
2 T bone broth or water or port
Pinch allspice and white pepper
Mineral salt, to taste

Instructions

1. Cook the pork belly in a skillet until crisp.
2. Remove the bacon from the pan, keep warm.
3. Cook the liver in about 2 tablespoons of hot bacon fat over medium-low heat until the center is nearly firm, about 2-3 minutes per side. DO NOT overcook. Add seasonings and remove the liver from the pan.
4. Add the broth to deglaze the pan over the heat.
5. Turn off the heat add the liver, stir.
6. Cover and remove from the heat, let sit for 3 minutes before serving.
7. Serve with reserved warm bacon, broken into 1" pieces, over the top of the liver.

Liver with Shallot Gravy

Prep time: 25 minutes | Total Time: 35 minutes | Serves 3-4

Don't let the longish ingredient list deter you. This is very easy and makes liver special. Accompany this with roasted butternut squash, a green salad, and cauliflower.

Ingredients

3 to 4 shallots about 4 ounces, thinly sliced
 1½ T bacon fat, or more as needed
 1 T clarified butter
 About 1 pound of lamb, calf, or beef liver
 ¼ cup bone broth
 3 to 4 T port wine or sake
 2 T sherry or water
 1 tsp. rice or wine vinegar
 1 tsp. sugar or molasses
 1/8 tsp. allspice
 1/8 tsp. white pepper
 ¼ tsp. salt, or more to taste
 ¾ tsp. potato or 1 tsp. rice starch
 A few chives, chopped, for garnish

Instructions

1. Optional step. Soak the liver and the juice of half a lemon with enough water to cover for 15 minutes. Drain and pat dry.
2. Sauté the sliced shallots over medium heat and hot bacon fat and clarified butter, until they begin to brown.
3. Remove shallots from pan. Add additional bacon fat if needed and fry the liver for about 2 to 3 minutes on each side. The liver should not be completely cooked inside, but should be soft with a slight pink red color.
4. Remove the cooked liver from the pan.
5. Deglaze the hot pan with the bone broth, scraping up the browned bits. Reduce heat to low. Add the port, sherry, sherry vinegar, sugar, and spices. Stir.
6. Add the rice starch and stir to combine and thicken. When the gravy is smooth and slightly thickened, return the shallots back to the pan and stir.
7. If the liver is in large chunks, slice it diagonally into three-quarter inch slices. Return the liver slices to the pan with the hot shallot gravy. Stir to distribute the sauce over the liver.
8. Cover the pan and turn off the heat and allow the liver to sit for three minutes.
9. Top the liver with the gravy and a light sprinkling of chopped chives.

Chicken Liver Pâté

Prep Time: <90 minutes | Total Time: 4 hours, including chilling time

Serves: 10 as appetizer, or 4 lunch entrées.

This is a classic, all-purpose snack, party food, and travel companion. Make it a day or more before serving. Unlike most loaf-style pâtés, this will keep in the freezer without much damage to its texture. Although this is an easy dish, allow yourself 2–3 hours to complete this (start to finish), because the onions sweat and the livers *must* cool before you puree them with the butter. If you are in a hurry, you can reduce the slow sauté times by increasing the heat. Do not rush hot livers at the puree step, however.

Ingredients

- 1 C diced red salad onion, yellow onion, or shallots
- 8 oz. fresh white button or cremini mushrooms, cleaned, dry, sliced, divided
- 5- 6 T ghee or butter, divided for sautéing
- 2 garlic cloves, mashed
- ¾ tsp. dried yellow mustard
- ½ tsp. dried dill or 2 tsp. fresh dill
- ½ tsp. dried rosemary powder (opt.)
- ½ C white, red, or rice wine
- ½ tsp. sea salt
- 1 lb. chicken livers
- 1 T fresh lemon juice (or use lemon verbena and 2 tsp. white wine vinegar)
- 4 T butter

Instructions

1. Melt 2 T ghee or butter in large skillet. When hot, add the onion. Stir until the onions begin to brown.
2. Turn the heat to very low and allow the onions to sweat and caramelize for 20 minutes.
3. Turn up the heat, push the onions to one side, add 2 T butter to the same skillet. When butter foams, add about 2/3 of the mushroom slices and brown the mushrooms on both sides. Move them to one side.
4. Lightly brown the remaining mushrooms. Stir the onions and mushrooms together, turn the heat down to low, cook for 5 minutes more.
5. Add the garlic, mustard, and herbs. Add the wine to deglaze the pan. Scrape up the flavorful bits as the liquid reduces for few minutes. Remove the seasoned vegetables from the skillet into a large covered bowl.
6. Add 1 – 2 T more ghee or butter to the skillet. When hot, add the chicken livers, sprinkle the salt over them and cook them about 4 minutes on each side, until browned and slightly pink on the inside. Do not overcook.
7. Transfer the bowl with the onions. Allow the livers to cool to room temperature – this is an essential step.
8. Use a food processor fitted with a metal blade to process the mushrooms, onions, herbs, chicken livers, lemon juice, and butter to a mostly smooth paste.
9. Place in mold or crock (s) and chill completely. This is best if made at least a day ahead. Freeze any portion that will not be used up in 5 days.

Serving Suggestions

Serve at room temperature, or slightly chilled with cut-up raw vegetables. Garnish with crispy fried sage leaves (see my Bavarian-Style Sausage recipe for instructions). You can top your pâté with melted clarified butter before chilling. This makes it look nice.



Crispy Sage

Simple Beef Liver Pâté

Prep Time: 20 minutes | Total Time: 40 minutes | Serves 18

Liver pâté is versatile, and this simple approach makes it easy to keep some on hand all the time. Make a batch once a week and enjoy daily. It is easy to make larger batches too. I prefer to make it with $\frac{1}{3}$ – $\frac{1}{2}$ of the liver raw but cooking all of the liver will give similar results. This pâté also tastes great made with part pork liver, but always cook pork liver—*do not eat pork raw*. A combination of pork and beef liver creates a nice texture. Tallow lends a nice, fudgy mouth feel.

Ingredients

1-pound liver, previously frozen,
thawed and sliced into $\frac{1}{2}$ -inch
thick slices
1 T lard or ghee
 $\frac{1}{4}$ tsp. white pepper
 $\frac{3}{4}$ tsp. mineral salt, like Real Salt®
1 tsp. ground dried rosemary leaf
 $\frac{1}{2}$ C chilled beef tallow, cut into pea-
sized pieces

Instructions

1. Prepare the liver by pulling off the outer membrane and gently cutting away membrane-like inclusions that could make it stringy. This step helps to create a smooth pudding-like consistency. [If you like the idea of including some raw, keep the uncooked liver portion cold during the next two steps.]
2. Melt the lard in a skillet over medium heat. Cook half (or all) of the liver until the outside is well browned and smelling flavorful. Avoid over cooking—the center should be pink.
3. Remove the liver and lard from the pan and chill for about 15 minutes or until ready to finish the pâté.
4. In a food processor purée the raw liver with the seasonings. Add about $\frac{1}{4}$ of the tallow. Blend well.
5. Cut up the cooked liver then add to the processor with the raw liver. Add more fat and blend.
6. Continue to add more tallow and blending in stages until it is all incorporated. It should look like chocolate pudding and will be slightly runny at this stage.
7. Decant into storage jars. I like to use $\frac{1}{2}$ cup-sized Mason jelly jars.
8. Chill for 4–12 hours to allow the consistency to firm up and the flavors to blend. Be sure to keep it cold until ready to serve. Use or freeze within 5 days.
9. Tastes best at room temperature. Great spread on crispy bacon (“crackers”).

Deville Kidneys with Mushrooms

Prep Time: 45 minutes to 1 hour | Serves 2-4

So yummy... who knew? This makes a very special holiday breakfast or brunch dish or a homey comfort food for two relaxing by the fire. This can take an hour total, but it can be prepared in stages. If you are in a hurry, or have digestive issues, skip the shallot and mushrooms—sherry is also optional. Inspired by a recipe in *Odd Bits*. Not for beginning cooks.

Ingredients

1 to 1½ lb. kidneys (lamb, pork, beef)
salt and pepper

4-5 slices. bacon

butter or ghee

3 ounces (A.P.) shallot, chopped

6-8 ounces of mushrooms (very small crimini,
cut in half)

2 T dry sherry

1 T elderberry juice concentrate (opt.)

¾ tsp Dijon mustard

1½ tsp each:

Honey or sugar or maple syrup

Fish Sauce

Prepared horseradish

Water

½ tsp. anchovy paste

2-3 T Coconut Butter Spread
(ground whole coconut
flesh)

or 3 -4 T crème fraîche

or drained yogurt

“cheese”

Generous sprinkle of cayenne

Chopped chives (garnish)

Instructions

1. Remove outer white membrane and cut the kidney in half, down the center line with a very sharp knife. Remove the white gristle from kidney center with sharp, pointed scissors. (This can be a fussy, time-consuming step. I suggest doing it in advance.)
2. In a large skillet on low heat, cook bacon until crisp. Reserve the bacon. Retain approximately 4 tablespoons of bacon fat in the pan. (May be done in advance, and bacon reheated later.)
3. Add the butter to the skillet with the bacon fat, increase heat to medium. When the butter starts to foam, add the kidneys and cook on all sides until they color lightly (4 minutes total). Use a slotted spoon to transfer to a plate and place in a warm oven for later use.
4. Add the shallot to the pan and cook, stirring, until the shallots are soft and just starting to color. Add the mushrooms and stir to coat with fat. Cook until they start to stick, then deglaze the pan with the sherry. Lower heat and cook until mushrooms are soft.
5. Whisk together sauce seasonings (elderberry juice, mustard, honey, fish sauce, horseradish, anchovy paste). Return the kidneys and their juices to the pan and add the sauce seasonings. Stir in coconut butter and sprinkle on cayenne. Cook until the kidneys are just pink inside and the sauce is reduced. Check seasoning and add more cayenne if desired.
6. Serve kidneys garnished with bacon cut in 1-inch pieces and with finely cut chives.



Simplified Pork Kidneys

Prep Time: 20 - 30 minutes | Serves 2

Easy and quick once you get the hang of cutting away the center gristle (the real name for this is “renal pelvis”). You can use this simple approach for any type of kidney (lamb, beef). Scale up the ingredients based on the weight of the kidneys you are preparing.

Ingredients

1 pair pork kidneys (0.6 lb.)
1 T ghee or lard

Sauce Ingredients

Scant ¼ tsp. white pepper
Rounded ¼ tsp. mineral salt
¼ tsp. dried mustard
2.5 tsp. white vinegar
1 T Coconut Aminos (opt.)
1 T maple syrup

opt. 1 T Water, if needed

2-3 tsp. tallow or lard or ghee

Cooked bacon or Chopped chives (optional garnish)

Instructions

1. Remove outer white membrane (if it is still there) and cut the kidney in half, down the center line with a very sharp knife. Remove the white gristle from kidney center with sharp, pointed scissors. (The bigger the kidney, the easier this is. You can do it in advance.) Cut the kidneys into even pieces, about 2” across.
2. Combine the sauce ingredients in a small bowl.
3. In a large skillet on low heat, melt the ghee over medium heat.
4. Add the prepared kidneys and cook 2 minutes per side, until they color lightly (4 minutes total).
5. Add the sauce ingredients, stir well to deglaze the pan. Cook about 2 minutes, or until the kidneys are just pink inside and the sauce is reduced. Add water if needed. Add tallow.
6. Serve kidneys on warm plates. Garnish with crumbled left-over bacon or with finely cut chives.

POULTRY AND RABBIT

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Melted Cheese Chicken Salad with Avocado

Prep Time: 10–15 minutes | Serves: 1 (for additional servings, multiply recipe)

This yummy meal can be made from leftovers or from scratch. Take it to work for a great, healthy lunch away from home. Calcium from the dairy products (glass of raw milk and slice of cheese) with this meal helps to reduce absorption of oxalate.

Ingredients

8 oz. glass of raw milk
(from your local dairy farmer)
1 cup chicken salad*
1 slice cheddar cheese
½ one avocado, sliced into wedges
3 large sticks peeled English cucumber
(other options: a handful of sprouts, or
watercress leaves)

*Chicken Salad

1 cup chopped, cooked chicken meat
¼ cup sliced red bell pepper
2 – 4 tsp. olive oil, extra virgin
rosé vinegar, taste
Real salt®, to taste
White pepper, to taste
(optional ingredients: 1/2 scallion, a few
sprigs cilantro)

Method

1. Combine chicken and peppers in a mixing bowl. Drizzle oil over mixture. Add vinegar, salt, and white pepper. Mix well. Taste, adjust seasonings, adding additional olive oil, if dry. Place slice of cheese on top of salad and melt in toaster oven.
2. Serve with avocado wedges, cucumber sticks, and glass of milk.
3. Bon Appetit!

Note: To find real raw milk in your area see: <http://www.realmilk.com/real-milk-finder/>

Bok Choy Chicken in Broth

Prep Time: 15 minutes | Total Time: 20 minutes | Serves 3

This is a light, Asian-inspired stew. Serve this simple dish in a pasta bowl or oversized soup cup.

Ingredients

One large full-size bok choy, chopped into large, bit sized pieces
2 T bacon fat or macadamia oil
1-inch ginger root, finely chopped
1 garlic clove chopped (opt.)
1C cooked chicken meat with skin chopped
1 C chicken broth
1 T fish sauce (or 2 T Coconut Aminos®)
White pepper
Salt
Cilantro sprigs (optional)
Dash vinegar (optional)
Dash hot sauce (optional)

Instructions

1. Heat the bacon fat or oil and sauté the bok choy with the ginger and garlic for about 5 minutes.
2. Add remaining ingredients, heat to a simmer. Cover and remove from heat for 5 minutes.
3. Adjust seasonings.
4. Serve in a soup plate or pasta bowl. Add a garnish of cilantro, if desired. Offer hot sauce on the side.

Creamy Cilantro-Garlic Chicken Soup

Serves 4 as a first course

This easy yet delicious soup is designed to use up left-over chicken. Begin this soup about 25 minutes prior to meal time.

Ingredients

2 T butter, ghee, or duck fat
2 oz. minced yellow onion or spring onion
1 -2 garlic clove(s), crushed
2 C homemade chicken bone broth, heated
1¾ C coconut milk, full fat (one can)
Pinch salt
Pinch (¼ tsp.) cayenne pepper
¼ tsp. cumin
White pepper, to taste
1 bunch cilantro, stems removed
~ 1 cup cooked chicken meat, chopped and heated

Instructions

1. Melt butter in a saucepan, add onion and sauté for 10 minutes or more until very soft. Add crushed garlic and sauté for 1 minute.
2. Add hot stock, coconut milk, salt, cayenne and cumin. Simmer for 5 - 10 minutes.
3. Use stick blender to puree, if desired.
4. Add cilantro leaves. Blend until soup is a smooth and a beautiful spring green color.
5. Taste and adjust salt to taste.
6. Place the hot chicken into serving bowls.
7. Pour the hot soup over the chicken.
8. Garnish, if desired with sprigs of cilantro or paprika.
9. Serve immediately. Enjoy.

Roasted Whole Chicken (butterflied)

Prep Time: 15 minutes | Total Time: 2 hours | Serves: 4-5

This recipe is marvelously easy and delicious. Laying the chicken out flat (skin side up) in this way gives it the juicy tenderness of a rotisserie chicken. No need to fear making the butterfly cut, it is easy and quick once you've done it a few times. The flavor advantages of this method justify getting a large, sharp cleaver, but truthfully, simple kitchen shears work very well. If you purchase your hormone-free chicken from a butcher, they can halve the chicken for you, making the preparation even easier. If you are buying whole chickens from your local farmer, don't expect her to butterfly the chicken for you.

Ingredients

Whole pasture-raised fryer
(3.5 – 4 lbs.)

Salt

Dried herbs to taste(optional);
select herbs that are free of
MSG, cornstarch or other fillers
or allergens

Seasoning Options:

Try any combination of the following:
white pepper, dried red pepper,
ground dried rosemary, dried thyme
leaf, dried marjoram, dried sage

Instructions

**Pre-heat oven to 375°
(convection oven preferred)**

1. Slice the chicken in half lengthwise along each side of the backbone with a sharp knife or kitchen shears. Remove the back bone and reserve (freeze) for making broth.
2. Sprinkle chicken with salt and rub with your favorite dried herbs (optional). Salt alone is delicious.
3. Place in a glass 13 x 9 pan (the chicken should just fit), with the skin side up.
4. Bake for 1 hour and 30 minutes, until well done.
5. Allow to sit for 15 minutes before carving and serving.
6. Pour the pan juices into a gravy or cream pitcher. Drizzle your chicken with the pan juices.

Or store the pan juices in a Mason jar in the refrigerator. Use the juices within a week for the base of a quick easy soup or to deglaze your pan in the final step of cooking vegetables or other meat dishes.

Roasted or Grilled Chicken Thighs

Prep Time: 15 minutes | Total Time: 2 hours | Serves: 3

This is easy: just chicken, salt, and pepper. That is all you need for the simplest satisfaction. This is great when feeding a crowd or getting ready for a busy week ahead. Remember too: cooked chicken freezes beautifully. Or step it up a notch (tossing thighs with lemon, oil, mustard, and garlic) and you are on your way to something sublime. Or, quicker yet, use my Everyday Dressing... because you have it on hand, right?

For the best quality, purchase from your local, small-scale farmer.

Ingredients

6 large bone-in, skin-on chicken thighs
 $\frac{3}{4}$ - 1 tsp. salt to taste
 1 tsp. white pepper
 Juice of one lemon
 2 tsp. Dijon mustard or 1-2 tsp. dried mustard powder
 1 - 2 T olive oil, or melted duck fat, or melted coconut oil
 Pressed garlic clove (opt.)

Instructions

Pre-heat oven to 350 °F

1. Thoroughly combine the salt, pepper, lemon juice, mustard, olive oil or duck fat, and, if using, the garlic in a small jar or deep bowl.
2. Place the meat in a large bowl. Drizzle the lemon juice mixture over the meat and toss to coat the meat.
3. Arrange legs skin side up in glass baking pan or in a cast iron (or other) oven-proof skillet.
4. Bake for about one hour and 10 minutes, or until skin is golden and the meat very tender.
5. Allow to sit for 15 minutes before serving.
6. Pour the pan juices into a gravy or cream pitcher. Drizzle the pan juices over your meat or side dishes.

Slow Roasted Duck Legs

Prep Time: 15 minutes | Total Time: 2½–3 hours | Serves 4.

This special treat is marvelously easy and delicious. Makes a centerpiece for a romantic dinner (with left-overs) or a holiday or celebration for four.

For the best quality, purchase from your local farmer.

Ingredients

4 Duck legs, pasture-raised
¾ - 1 tsp. salt to taste
1 tsp. white pepper
4 sprigs thyme or ½ tsp. dried thyme

Instructions

Pre-heat oven to 275°

1. Sprinkle duck legs with salt and pepper.
2. Arrange legs skin side down in cast iron (or other) oven-proof skillet. Tuck the thyme around them or sprinkle dried thyme on all sides.
3. Bake for 30-40 minutes, then turn them over and cover with foil.
4. Roast to 190° internal temperature, about 1½ hours or more. (It's better to over-cook for tenderness, as opposed to undercook).
5. Remove from oven and uncover. Set oven to 425° F (or 450° F) roast setting, (be sure that the oven rack is in the upper third of the oven).
6. Carefully remove the liquefied fat. Reheat skillet on stove top. Then, return uncovered to hot oven to sear and brown the skin for about 5 minutes.
7. Allow to sit for 15 minutes before serving.
8. Pour the pan juices into a gravy or cream pitcher. Drizzle the pan juices over your side dishes.

Rabbit (or Chicken) Fricassee with Celery Root and Mushrooms

Prep Time: 40 minutes | Total Time: 4 hours includes baking | Serves: 6–8

Slow cooking in rich broth develops the flavor and makes for tender meat. This is a homey dish suited for special occasions. Like most stews, this one gets better as a leftover and freezes well. Serve with cauliflower or a green salad.

Ingredients

5 lbs. rabbit, quartered
 ¼ C each: ghee and coconut oil
 ½ C sake or white wine
 12-oz. gluten-free beer*
 2 tsp. ground mustard seed
 ¼ tsp. cardamom
 1-quart bone broth
 2½ tsp. mineral salt (or more)
 1 tsp. ground white pepper
 2 T lemon juice or vinegar
 1.5 lb. celery root, peeled and diced into ½ inch cubes
 8 oz. fresh cremini mushrooms
 2½ T potato starch
 1 ghee or coconut oil
 Cilantro
 *Look for Red Bridge Sorghum Beer

Rice Variation

Add ½ c white rice with the meat in step 5. Reduce the potato starch to ~ 2 tsp. in step #8 after you reduce the gravy.

Chicken Variation

To use bone-in chicken pieces in place of the rabbit. Use less fat in the sauté step.

Instructions

1. In an oven-proof stock pot, heat 2 T ghee over medium high heat to brown the meat in two batches (about 2 minutes per side). Salt and pepper the meat while it cooks. Add additional ghee and coconut oil as you go along.
2. Remove the top rack from the oven, then **preheat the oven to 275° F.**
3. Remove the meat from the pan. Deglaze the stock pot with the rice wine.
4. Add the mustard and cardamom, stir. Add the broth and lemon juice. Bring to a light simmer.
5. Add celery root and mushrooms, then return the meat to the pan. Be sure that all the solids are under cooking juices at the start. Add ¼ cup or more ghee, if needed, so that the meat does not dry out in the oven.
6. Bake at **275°F** for 45 minutes. Reduce the heat to **225°F** and bake for 1 more hour. Carefully add the fresh mushrooms (be sure they are coated in the juices) and bake for 1 more hour. Remove cover and bake for 30 more minutes.
7. Use a slotted spoon or broth strainer to lift the solids into a (lightly greased) large casserole dish or heat-proof bowl. Skim off the fat layer from the pan juices and reserve. Bring the remaining liquid to a simmer and reduce the volume to about 2 cups. (Debone the meat at this stage, if desired.)
8. Thicken the sauce: Place the reserved fat in a medium saucepan add the starch and whisk together over medium heat. Gradually add the remaining broth, lightly whisk whisking as you go. Continue until the broth is thick and smooth. Taste and add additional salt and pepper if needed. Stir in some chopped cilantro (opt.) Pour the thickened gravy over the meat and vegetables.
9. Cool and refrigerate the casserole until needed. Reheat in oven at 300°F for 45 minutes.
10. To serve: spoon fricassee over a bed of boiled kale or rice in shallow soup plates or wide soup bowls.
11. Garnish with chopped cilantro.

VEGETABLES: SALADS, SOUPS AND SIDES



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ASPARAGUS AND AVOCADO

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NOTES

Stove-Top Asparagus in 2 Easy Steps

Prep Time: 6 minutes | Total Time: 20 minutes | Serves 4.

Oxalate per serving: Varies between 3-6mg per serving if boiled or about 10mg if roasted or raw.

Quick, easy, and delicious—asparagus means springtime! Late season asparagus (May or June) may be a bit stringy. You can remove the stringy fibers with a vegetable peeler. Just peel the bottom two-thirds of each spear. Low-oxalate eaters need to boil, drain and be aware of their portion sizes. This two-step process makes it easy to include asparagus in a healthy spring menu.

Ingredients

1 lb. fresh asparagus, tough ends snapped off and discarded (lightly peel the lower $\frac{2}{3}$ of the stalk, if you suspect it might be tough)

About 2 teaspoons of soft fat such as: chicken fat leftover from a roasted chicken, ghee, duck fat, olive oil, or macadamia nut oil

Instructions

1. Use a shallow frying pan to simmer asparagus in boiling salted water, uncovered for 3-4 minutes.
2. Drain the asparagus in a colander.
3. Return the pan to the stove, add fat and a pinch of salt. Sauté asparagus in the fat for 2 minutes.
4. Serve hot with a light touch of salt and additional butter or oil. A small sprinkle of fresh lemon juice or vinegar is also nice, if you will be eating it immediately. Or, toss with a small amount of chicken broth left from roasted chicken. Also good at room temperature and in salads or spring rolls.

Variation: Asparagus with Shallots and Thyme

Include $\frac{1}{2}$ tsp. of dried thyme leaves and one shallot very thinly sliced in step #3, the sauté step.



Asparagus Spread

Prep Time: 20 minutes | Total Time: 2 ½ hours, with chilling time | Serves 6 (2 Tablespoons)

Versatile, simple spring treat. Great for travel and picnics. This doubles as a “fasting” treat. Peeling gives you a smooth, creamy result with no strings.

Ingredients

- 2 oz. ghee, at room temperature
- 2 oz. coconut mana (ground coconut butter)
- 8 ounces well-cooked peeled and boiled asparagus cut into 1” pieces (still warm but not hot) (buy about 12 oz.)
- 5 tsp. lemon juice
- ¼ tsp. ground mustard powder (opt.)
- ¼ or more dried dill weed, or 2 tablespoons minced onion or chives
- ¼ tsp. mineral salt (pink Himalayan)
- ⅛ tsp. white pepper
- ⅛ tsp. No Salt potassium chloride salt substitute (optional)

Instructions

1. Peel asparagus. Boil it in a large heavy frying pan with ~1 inch salted water for about 10 minutes and drain well.
2. Combine all ingredients in a food processor and process until blended. Taste, adjust seasonings.
3. Remove to a bowl or covered dish.
4. Cover and refrigerate for 2 hours or overnight.
5. Serve spread with romaine lettuce ribs, sliced radishes, coconut wraps, crispy bacon, or low- oxalate flax crackers.

Note: To peel asparagus: hold one spear on a cutting board or counter with tip pointed away from you. Use a European style peeler and pull the blade toward you. Roll the spear and repeat about 5–6 times per spear. Once you get the hang of it, it goes quick.



Cream of Asparagus Soup

Makes about 5 cups, serves 4

This is a yummy spring treat that is very flexible. You do not need onions to get a delicious soup. To get the best flavor, use the freshest possible asparagus. Can be served hot or cold with a dollop of crème fraîche. Great for picnics or lunch at work.

Ingredients

- 2 onions (3/4 lb.), chopped
(optional)
- OR 3/4 lb. celery root, diced in 1/4 inch pieces (or combination of onions and celery root, totaling 3/4 lb.)
- 2 T clarified butter, butter, or olive oil
- 1 bunch (1 lb.) asparagus, washed, tough ends removed (and peeled if there is a chance that they are stringy or tough)
- Pinch freshly ground nutmeg
- 2 1/2 - 3 C beef (or lamb, pork, chicken) bone broth, at room temperature, or heated (adjust amount based on how thick you want the final soup)
- 1/8 tsp. dried dill weed
- 1/2 tsp. white pepper
- Salt to taste (~1 tsp.)
- 1/2 13.5 oz whole fat coconut milk (7/8 C)
- Heavy cream and or sour cream (opt.)
- Crème fraîche (optional, use if serving cold)

Instructions

1. Heat butter in soup pot. Add selected vegetables (onions and/or celery root), sauté 10 minutes, reduce heat to low. Add nutmeg and (if using) cucumber (see note below). Allow the vegetables to soften for 10 minutes over low heat.
2. Set up a pot with 2 cups boiling salted water. Cut 2 1/2" tips from the asparagus, drop them with the lower stalks into the boiling water for 3 minutes, or until barely tender. Lift them out with a skimmer or slotted spoon and run cold water over them. Reserve the tips for later.
3. Slice the asparagus stalks into very short pieces. Add them and the bone broth to the pot with sautéed celery root / veggies. Cover the pot and lightly simmer for 10 minutes. Add the dill, white pepper, and salt.
4. Simmer for about 5 minutes or until vegetables are tender enough to puree.
5. Add the coconut milk. For a chunky soup, use a slotted spoon to lift out about 1/3 of the solid pieces, then puree the soup with a hand-held or standard blender or a food mill.*
6. Return the reserved veggie chunks and 2/3 of the reserved asparagus tips to the pot. Adjust seasonings to taste.
7. To serve hot, ladle into bowls, drizzle in a swirl of heavy cream (about 1 Tbs.) and place asparagus tips on top of each serving.
8. To serve cold. Use a knife to swirl a dollop of crème fraîche over the surface, then place the asparagus tips horizontally over the top.

*Note: If after puréeing the soup, you suspect it is stringy, you can salvage it. Scoop the soup with a slotted spoon to check to be sure that it is not stringy or fibrous. If necessary, strain it through a coarse sieve or use a skimmer to remove the strings. Better yet, use a food mill for the puree step which will hold back the stringy fibers and allow you to skip peeling the asparagus.

Variation

Add 1/4 cucumber, peeled and diced, to the onion and/or celery root at the end of the sauté.

Caribbean Avocado Soup

Prep Time: 10 minutes | Serves 2. Make a half recipe to serve one.

Creamy and hearty. This cold or room temperature soup should be served right after preparation, as the avocado can discolor. Serve immediately.

2 very ripe avocados
2 C homemade chicken bone broth
1 T lime juice, plus 1 tsp for garnish
¼ tsp. allspice
¾ tsp. salt
¼ tsp. white pepper
pinch cayenne pepper
½ C yogurt or coconut milk
8 sprigs of cilantro, chopped

1. Cut the avocados in half lengthwise. Cut off a lengthwise slice (about ¼ of one of the avocados), for use as a garnish.
2. Sprinkle avocado garnish slice with lime juice to prevent browning.
3. Scoop out the flesh of the remaining avocados. Place avocado into a blender with one cup chicken broth. Blend briefly.
4. Add the lime juice, seasonings, yogurt, and the remaining chicken broth. Blend.
5. Chill in the refrigerator for 10 minutes.
6. To serve, pour into bowl and set avocado slices on top as a garnish.



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House Salad

Prep time: 12 minutes | Total Time: Maybe longer if dressing is not at room temperature

Romaine lettuce is the ideal lettuce; it is crisp, nutritious, and keeps well. For convenience and long-term freshness, we pre-wash our romaine, spin the leaves dry, and keep them moist in the refrigerator in a large plastic box whose bottom is lined with a clean cotton washcloth. Romaine will keep for a week or more stored like this (when the box is relatively full).

To turn romaine into a complete salad, all you have to do is add a few thinly sliced red onions and capers and high-quality, mild olive oil, and wine vinegar. We tend to use a lot of Romano cheese (as in the Caesar style below). Good quality, fresh ingredients are essential.

Ingredients

Salad greens (romaine, bibb)
Red onion, very thinly sliced
Peeled and seeded
cucumber
Capers
Grated Romano cheese
Sliced kumquats

Other options:
Raw sauerkraut
Crumbled Blue cheese
Feta cheese
Smoked fish
Left-over meat

Instructions

1. Cut lettuce into fairly small strips. Place in salad bowl.
2. Add additional ingredients, including cheese, if using.
3. Add dressing.
4. If not using a prepared dressing, drizzle olive oil, toss; then add vinegar, salt and pepper

Caesar Style House Salad

Prep time: 10 minutes

A standard at our house. Popular with guests too, even my Mother! 😊

Ingredients

Romaine
Paper thin red onion slices
Capers
Cucumber
My Everyday Lemon and Olive Oil
Dressing
Lots of Romano Cheese

Instructions

1. Chill your salad plates.
2. Have the dressing at room temperature, but be sure your greens are cold.
3. Because you will be serving immediately, slice across the romaine leaves to desired size pieces.
4. Toss with cheese, then add other ingredients.
5. Avoid pouring too much dressing on your greens. Serve your salad immediately after dressing it.

Apple (or Kohlrabi), Cress, and Blue Cheese Tossed Salad

Prep time: 15 minutes | Total Time: 15 minutes | Serves 4

This wonderful flavor combination is especially good in the fall when apples (or kohlrabi) are fresh and in season. If you have fresh red bell pepper or radishes you can include these as garnishes.

Ingredients

¼ C extra virgin olive oil
 ¼ C crumbled blue cheese, divided
 1½ T balsamic or wine vinegar
 ½ tsp. mineral salt
 ⅛ tsp. white pepper
 2 T minced shallot
 One bunch watercress, large stems removed
 One half head Romaine lettuce, sliced or torn into small pieces
 1 gala apple, cored and cut into bite-sized pieces, or 5 oz. shredded kohlrabi
 ⅛ C lightly toasted† pumpkin seeds, (pepitas)
 optional garnish: red pepper strips

Instructions

1. In a small bowl, mash about 3 tablespoons of the blue cheese into the oil. Stir in vinegar, salt, white pepper, and shallot. This dressing will keep for several days in the refrigerator.
2. Place watercress, lettuce, and apples into a salad bowl. Toss with the dressing.
3. Divide dressed greens and apples among 4 serving plates. Sprinkle with toasted pumpkin seeds and remaining blue cheese.

† To toast pumpkin seeds place on a tray or rimmed baking sheet in a toaster oven or full-sized oven at 325° F for about five minutes. Watch carefully, nuts burn easily!

Simple Vegan Bok Choy

Prep time: 10 minutes | Total Time: 20 minutes | Serves 4.

Fresh bok choy is sweet and mild. It doesn't need a lot of embellishments, so you can omit the shallot and garlic and still have a very serviceable dish.

Ingredients

1 large head (1 to 1½ pounds) Bok choy
 3 T olive oil
 1 T macadamia, walnut or hazelnut oil
 1 shallot, thinly sliced
 (or 10 chives, minced)
 2 garlic cloves, minced (opt.)
 ½ tsp. salt
 ¼ tsp. white pepper (to taste)

Instructions

1. Wash the bok choy and slice the ribs into ½ inch pieces, separating the green leaves from white stalks. Reserve the green leaf parts.
2. Heat oils in large skillet over medium-high heat.
3. Add white stalk parts, shallot, and seasonings.
4. Stir over medium high heat for 3 - 4 minutes.
5. Add the green leaf parts and cook for another 5-7 minutes.
6. Add additional salt and pepper to taste.

Asian Bok Choy

Prep time: 10 minutes | Total Time: 20 minutes | Serves 4.

Fresh bok choy is sweet and mild. This combination of flavors is divine. You can make a very simple speedy version with only ginger, garlic, salt, and pepper. Experiment with the full recipe for a change.

Ingredients

2 tsp. each: duck fat, and ghee or coconut oil, or use all duck fat
 1 large shallot or small onion, (opt.)
 1½ - 2 lb. bok choy, sliced into ½" pieces
 1 jalapeño pepper, halved length wise, seeded, and sliced thinly, (opt.)
 2 -3 tsp. fresh ginger chopped into slivers
 2 cloves garlic (opt.)
 1 T fish sauce (opt.)
 1 T white wine or sherry (opt.)
 White pepper to taste
 Mineral salt

Instructions

1. Heat fats in large skillet over medium-low heat.
2. Add shallot to hot fat, stir until shallot is very hot. Reduce heat to low and slowly sauté shallot for 10 minutes.
3. Add pepper, ginger and garlic.
4. Add Bok choy, stir. Increase heat to medium. Continue to sauté for 5 minutes, until everything looks lightly cooked.
5. Add fish sauce, white pepper, and salt to taste. Serve hot.

Cabbage with Shiitake Mushrooms and Dried Shrimp

Prep time: 15 minutes | Total Time: 1 hour

Serves 4 -6.

This is my favorite cabbage dish. When you need an Asian flavor, this Taiwanese dish uses simple pantry ingredients that are easily kept on hand. One quick trip to the Asian market for dried shrimp and shiitake will keep your pantry ready for this yummy creation, anytime of year.

Ingredients

- 4 dried shiitake mushrooms, soaked in 1½ cups cool water until reconstituted (30 minutes)
- 1 T dried baby shrimp, soaked in ½ C warm water for 10 minutes
- 3 T lard, duck fat, or peanut oil
- 2 cloves garlic, minced
- 1 lb. green cabbage, shredded
- ½ tsp. red pepper flakes
- ¼ tsp. real salt, or more to taste

Instructions

1. Drain the shrimp, discarding the liquid. Squeeze out excess water, then mince them.
2. Pour the mushroom soaking water through a very fine sieve and reserve. Slice mushrooms into fine slivers, discarding tough parts from the stems.
3. Heat fat in a large skillet. Add shrimp, mushrooms and garlic. Stir until hot and fragrant. Add cabbage, salt and red pepper flakes. Toss cabbage over heat for 2 minutes.
4. Add half of the reserved mushroom water, bring to a strong simmer. Reduce heat to low, cover and cook for 10 minutes.
5. Remove lid, stir to allow the cooking liquid to reduce by half.
6. Taste and adjust seasoning. Serve immediately.



Green Cabbage with Apples and Onions

Prep Time: 15 minutes | Total Time: ½ hour | Serves 5 (about **9mg ox per serving**)

For an unpretentious and humble dish, this is amazingly delicious. I can't stop eating it. And it's popular with children. This method cooks the cabbage in two steps.

Ingredients

1¼ lbs. green cabbage, quartered, cored, and cut into fine strips (28mg ox)
 2½ T ghee or butter
 8 oz. yellow onion, peeled, halved and sliced ¼-inch thick (10mg ox)
 2 small gala (5mg ox) or Fuji (7mg ox) apples, peeled, cored, halved, and sliced ¼-inch thick
 ¼ tsp. mineral salt (such as Real Salt®) white pepper (opt.)
 1 tsp. Dijon mustard
 (2 scallions, thinly sliced, for garnish, optional)
 (sour cream as a condiment, optional)

Instructions

1. Bring a large pot of well-salted water to a strong boil. Add the cabbage and cook for about 4 minutes, until wilted and semi-transparent. Drain in a large colander. Shake off excess water.
2. In a large soup pot melt the butter over medium heat. Cook the onions in the butter about five minutes add salt and (optional) white pepper.
3. Add the apples. Turn up the heat. Continue to cook stirring constantly allowing the onions and apples to brown slightly, about 10 minutes.
4. Stir in the mustard. Add the cabbage and toss until heated through, about 5 minutes. Transfer to an oven-proof serving dish or covered casserole.
5. If not serving immediately, keep at room temperature for up to 2 hours. Reheat in 300° F oven.
6. Serve as is or sprinkle the top with thinly sliced scallions. Offer sour cream on the side.

Simple Cabbage and Onions

Prep Time: 25 minutes | Total Time: 30 minutes
 Serves 4.

Ingredients

6 oz. yellow onion, finely sliced
 2 tablespoons ghee or butter
 1 lb. green cabbage (about ½ a head of cabbage), finely sliced
 ¼ tsp. or more mineral salt, to taste
 ⅛ tsp. ground white pepper, to taste
 ¼ tsp. red pepper flakes (opt.)

Instructions

1. Sauté the onions in the hot fat for 2 minutes.
2. Add the cabbage and toss with the onions using tongs or two large spoons.
3. Season with salt and pepper.
4. Continue to cook cabbage for 10 minutes or until very tender.

Savoy Cabbage with Shallots

Prep time: 20 minutes | Total Time: 40 minutes

Serves 6.

Ingredients

2 large shallots, finely sliced
 2 tablespoons ghee or butter
 One medium savoy cabbage, sliced diagonally into $\frac{3}{4}$ -inch pieces
 Mineral salt
 White pepper

Instructions

1. Use a deep and wide pan over low heat to gently sweat the shallots in the hot ghee for about 8 minutes, until tender.
2. Add the cabbage and keep it moving like a stir fry.
3. Cook for 5 minutes or until the greens reach a softened, but slightly crunchy.

Variation: add one crushed clove garlic and 2 tsp. minced ginger to the shallots.

Savoy Cabbage with Apple, Bacon, and Mustard

Prep time: 10 minutes | Total Time: 4 - 5 hours

Serves 6.

Ingredients

4 oz. bacon cut into half-inch strips
 2 oz. yellow onion, thinly sliced
 $\frac{1}{4}$ tsp. dried sage
 $\frac{1}{8}$ teaspoon white pepper
 One sprig fresh sage, or $\frac{1}{2}$ tsp. dried
 $\frac{1}{2}$ head savoy cabbage, thinly sliced
 (450g of cabbage has about 16mg ox)
 3 T bone broth: chicken or pork or beef
 One large or two small gala apples
 2 tsp. Dijon mustard
 2 T white wine or cider vinegar
 $\frac{1}{2}$ tsp. Real Salt®, or more to taste

Instructions

1. Using a large, heavy skillet cook the bacon over medium heat until crisp. Lift the bacon from the pan and reserve for later.
2. Add the onions to the warm bacon fat and cook over medium heat until the onion is soft, about eight minutes. Add the pepper, mustard and dried sage, stir.
3. Add the cabbage and chicken broth and cook for about 10 minutes to wilt the cabbage.
4. Add the apple, cover, and cook over low heat for about 5 to 8 minutes, or until the apple is tender. Add the vinegar and salt. Toss over low heat additional 2 minutes.
5. Stir in the cooked bacon before serving.

Greens Supreme

Prep time: 25 minutes | Total Time: 25 minutes | Serves 4-5

Try with: mustard greens or Dino kale, sliced very thinly horizontally across the leaves. This requires some basic knife skills. If using stems, slice the stems even more finely. Or use baby bok choy coarsely chopped, or finely chopped green or Napa cabbage.

Coconut oil adds a wonderful flavor to greens. If bacon is not an option, you can still make this dish: just use 2 tablespoons of coconut oil or clarified butter to sauté the onion.

Ingredients

3 strips bacon
 2-3 T warm water
 1 medium yellow onion, diced (5 oz)
 1 T coconut oil
 Garlic
 Pinch cayenne pepper
 Pinch cardamom (opt.)
 1 – 1 ¼ lb. mustard greens or dino kale, sliced very thinly horizontally across the leaves, slice the stems even more finely. Or baby Bok Choy, or finely chopped green or Napa cabbage.
 3 – 4 T broth: beef, lamb, or pork
 Real Salt® and freshly ground white pepper, to taste

Instructions

1. Cook the bacon in a large skillet over medium-low heat. When bacon is crisp and fat rendered, remove the bacon and reserve.
2. Add hot water to deglaze the hot pan. When the brownings have been scraped up and the water is nearly boiled off, add the onions.
3. Sauté the onions over low heat for ten minutes.
4. Add the coconut oil, garlic, spices, and, if you are using greens with tough stems, add the finely chopped stems. Sauté the stems for 5 minutes.
5. Add the collards and broth. Use two spatulas or large spoons to gently “toss” the greens as they cook.
6. When greens are nearly tender, chop the reserved bacon and add the bacon to the greens.
7. Add salt and pepper to taste and stir. Serve hot.

BROCCOLI AND CAULIFLOWER



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NOTES

Creamy Broccoli “Brassica Buds” Soup

Prep Time: 25 minutes | Total Time: 1 hour | Serves 4

This is a good winter and early spring soup made from broccoli and cauliflower. Suitable for any occasion, any time of day. Here are three additional variations.

Buds and Dogs Soup—Make it extra kid friendly omitting cayenne pepper and adding sliced good quality* beef hot dogs after pureeing it.

Beefy Buds Soup—To turn this into a main dish, add 1 lb. of cooked and crumbled ground meat (fried with or without onions).

Buds, No Nuts—To make this without coconut milk, increase the vegetables by ¼lb. or more, reduce cayenne, increase fat to 5 T. Or, use heavy cream or half-and-half in place of the coconut milk.

Ingredients

3 T clarified butter, butter, lard, bacon fat, chicken fat, or olive oil
 2 -4 strips bacon or equivalent ham fat (optional, but yummy)
 10 oz. yellow onions, chopped
 ¾ lb. cauliflower, chopped
 ¾ - 1 lb. broccoli with stems peeled, chopped
 1 qt. chicken stock, or dilute pork bone broth
 2-3 tsp. dried dill
 1-13.5 oz. can whole fat coconut milk (1¾ C)
 ¼ tsp. white pepper
 ½ tsp. nutmeg
 ⅛ tsp. cayenne pepper (opt.)
 mineral salt to taste (~2 tsp.)
 6 oz. cheddar cheese, shredded

Instructions

1. Heat fat in stock pot over medium heat. If using, add bacon (or ham fat) and cook about 5 minutes. Add onions, sauté onions 10 minutes, reduce heat to low. Allow the onions to sweat for 15 minutes. Remove bacon, cool, chop, and reserve.
2. Add cauliflower and warmed chicken stock; bring to a boil. After 5 minutes, add broccoli and simmer 10 minutes or until very soft.
3. Use a slotted spoon to reserve about 1½ cups of broccoli florets before pureeing.
4. Add dried dill, white pepper, nutmeg, cayenne, and salt.
5. Purée the soup with a hand-held or standard blender. Add the coconut milk. Return the reserved vegetable chucks and bacon to the pot. Adjust seasonings to taste.
6. To serve, ladle soup into soup bowls, place grated cheddar over top, Serve or place under broiler for 2 minutes to melt cheese.

***Note:** Quality hot dogs are made with beef that is raised grazing on pastures for all of the animal's life. Typical supermarket and restaurant beef come from cows "finished" in feedlots where they eat only feed made with corn, soy, and literal garbage (candy wrappers, for example). Find a hotdog manufactured with better beef, more naturally finished. Also, avoid hotdogs with fillers, dried milk, MSG (“natural flavors”), colors, BHA, and other preservatives.

Celery Root, Onion and Bacon Soup

Prep Time: 40 minutes | Total Time: 1.25 hours | Makes 4 servings (6 cups).
(About **11mg oxalate per serving**)

Mellow and satisfying. Easily doubled. For a no-pork version, use turkey bacon with additional fat added (use butter, ghee, or olive oil).

Ingredients

- 5 oz. uncured bacon, or fatty ham scraps, cut up (use additional bacon fat or lard, if needed)
- 2 T plus 2½ C chicken stock or chicken with ham hock stock
- 1 T butter or macadamia nut oil
- 1 lb. yellow onions, diced
- 4 large shallots (4 oz.)
- 1 celery root (about 14 oz. purchase weight), peeled and diced
- 2 cloves garlic, minced
- Generous pinch each: savory, dill, thyme
- ¼ tsp. white pepper
- About 6 chives (opt.)
- salt (to taste)
- 1 C coconut milk (7/8 of cup is half a can)
- Yogurt or Crème fraîche for serving (optional)

Instructions

1. In a large soup pot, cook bacon or ham until crisp. Remove bacon and reserve for later.
2. Add 2 T stock to deglaze the pan. Let the water boil off as you scrape up the flavorful brown bits.
3. Add 1 T butter or macadamia nut oil
4. Once the butter is hot and bubbly, add the onions and shallots to the pan, sauté over low heat for 20 minutes.
5. Add celery root and herbs; sauté for 5 – 10 minutes.
6. Add 2½ cups chicken stock. Simmer gently for 25 minutes.
7. Add the pepper, garlic, and optional chives. Puree soup with a hand-held blender. Add coconut milk. Simmer for 3 minutes, stirring frequently.
8. Chop bacon and add to soup pot. Adjust seasonings.
9. Serve as is or with yogurt.

Lemon-Mustard Roasted Cauliflower with Pumpkin Seeds

Prep Time: 10 minutes | Total Time: 30 minutes | Serves 4–5.

This simple and delicious approach to cauliflower depends on mustard to impart a tang—too much will be overwhelming, too little will be dull. Makes an excellent leftover or potluck dish. This is based on a recipe from Mark Sisson and Jennifer Meier published in *The Primal Blueprint Cookbook* (2010).

Ingredients

- 1 medium head of cauliflower, cut into small florets
 - 3 T olive oil, divided
 - ¼ sea salt
 - ⅓ C pumpkin seeds lightly toasted in toaster oven or in a dry skillet (approx. 4 minutes)
- Sauce:
- ⅓ C coconut milk
 - 1T fresh lemon juice
 - ½ tsp. roasted walnut oil (opt.)
 - 1 scant tsp. mustard powder
 - ⅛ tsp. white pepper (opt.)

Instructions

Preheat oven to 450°F.

1. In large bowl, toss cauliflower with 2 T oil and ¼ tsp. sea salt. Reserve bowl for tossing cooked cauliflower with sauce.
2. Arrange cauliflower on a shallow baking pan lined with parchment paper. (jelly roll pan) and roast until tender and lightly browned, 15 – 20 minutes. Stir twice.
3. Toast pumpkin seeds, lightly.
4. To make sauce, whisk 1 T olive oil, coconut milk, optional walnut oil, and lemon juice together. Sift the mustard powder over the top, add pepper, and whisk again
5. Place hot cauliflower and pumpkin seeds in large bowl, toss with sauce.
6. Serve warm.

Whipped Garlic Cauliflower

Prep Time: 25 minutes | Total Time 45 minutes | Serves 4

This simple and delicious cauliflower puree can be used like a topping or a sauce. It is a flexible dish that everyone will enjoy.

Serving suggestion: For a complete meal, serve with boiled peas, hamburger meatballs (breakfast sausage recipe with beef), over shirataki noodles.

Ingredients

- 1 medium head of cauliflower, cut into small florets
- 2 T + ¼ Cup olive oil (divided)
- ¼ tsp. sea salt
- 7 cloves garlic, peeled
- 1 T salt-packed capers (or more to taste)
- 1T fresh lemon juice
- ¼ tsp. white pepper
- ¼ tsp. sugar (opt.)
- ⅛ tsp. ground rosemary
- ⅛ tsp. ground mustard
- ¼ C warm broth (pork, beef or lamb)

Instructions

Preheat oven to 375 F.

1. In large bowl, toss cauliflower with 2 T oil and ¼ tsp. sea salt.
2. Arrange cauliflower and garlic on a shallow baking pan lined with parchment paper. (jelly roll pan) and roast until tender and lightly browned, about 20 minutes. Stir twice.
3. Put two thirds of the cauliflower and all the garlic in a food processor and puree until smooth.
4. Add ¼ cup olive oil, salted capers (with the salt), white pepper, sugar, rosemary and mustard. Run the food processor to incorporate.
5. Add warm broth to adjust texture for intended use.
6. Add the remaining third of the cauliflower and process lightly (leave some chunky texture).
7. Serve as side dish or over noodles (can make “noodles” with onion or zucchini) or noodle-shaped shirataki.

Whole Roasted Cauliflower (or Romanesco) with Herb Dressing

Serves 4.

A fun, showy, and delicious treat for making a meal special. Based on a New York Times recipe, with the method simplified. Omit the anchovies to make it vegetarian—be sure to add more salt if you do.

Ingredients

1 large head, or two small heads, cauliflower

Olive Oil

Salt

Dressing

¼ C raw pumpkin seeds, strewn on a small, shallow baking pan

1 T anchovy paste

4 garlic cloves

2 T ghee, at room temperature

1/4 - ½ C olive oil, plus extra for basting

2 tsp. wine vinegar

½ C coarsely chopped cilantro (6 T) and mint (2 T)

½ tsp (or more) red pepper flakes

Scant ½ tsp salt

White pepper to taste

Instructions

Preheat oven to 375 °F.

1. Heat the oven while you prepare the cauliflower: Place a heavy oven-proof skillet (a cast-iron skillet looks very nice) or a baking sheet in the oven and turn the heat to 375° degrees. Place a small pan of hot water on the floor of the oven, to create steam.
2. Break off and discard the outer leaves from the cauliflower. Cut off the bottom of the stem, and then use the tip of a small, sharp knife to cut off the leaves close to the stem. Carefully shorten the stem of the cauliflower, near the bottom. Leave the main stem intact.
3. Rinse the cauliflower (leave the water clinging to the outside) and place on a work surface, core side up. Drizzle with olive oil and use your hands to rub over the cauliflower until evenly coated. Sprinkle with salt.
4. Place the cauliflower and unpeeled garlic cloves on the hot pan in the oven, core side down. (Optional: to avoid excessive browning, cover the top of the cauliflower with foil for the first hour of baking.)
5. In the same oven, roast the pumpkin seeds for about 5 minutes, just until golden and fragrant. Set aside to cool.
6. Roast the garlic cloves alongside the cauliflower for 20 minutes, or until soft. Remove the garlic, Peel them when cool.
7. Continue to cook the cauliflower until very tender all the way through when pierced with a knife. Total cooking time is at least 1½ hours—up to 2 hours. During the cooking, baste 2 or 3 times with more olive oil. It should brown nicely. If you have a convection feature, use it toward the end of baking to brown the surface. You may want to lower the heat to 325° for the last hour.
8. Make the sauce: use a food processor to combine pumpkin seeds, anchovy paste, garlic and butter and pulse until smooth. Mix in ¼C oil, then vinegar. Mix in cilantro, mint and red pepper flakes. Season to taste with salt and pepper. Set aside.
9. When cauliflower is tender, remove from the oven.
10. Serve cauliflower in the skillet or from a serving plate. Drizzle some sauce over the top. Cut into wedges and spoon additional sauce around each wedge.

Cauliflower Hummus

Prep Time: 20 minutes | Total Time: 50 minutes | Serves 6–10 as appetizer, or 4–5 as side dish
 Serve as a tasty dip or spread, or as a side dish similar to mashed potatoes. You can use boiled, steamed, or roasted/baked cauliflower. Use fresh if you can, or frozen if you must. If you like garlicky hummus, add garlic. The cayenne goes a long way... taste before adding more. This will keep in the refrigerator for four days.

Ingredients

- 1 small head organic cauliflower, chopped into evenly sized pieces (1.75 lbs. purchased weight or 1.25 lbs. trimmed portion) or 20 oz. frozen cauliflower
- $\frac{2}{3}$ cup unsalted pumpkin seeds (3.8 oz)
- 2 T coconut oil, ghee or butter, melted (opt.)
- 3 T olive oil
- 3 T lemon juice
- 1 tsp. mineral salt (if seeds are unsalted)
- $\frac{1}{8}$ tsp. cayenne pepper or a rounded $\frac{1}{4}$ tsp. white pepper
- $\frac{1}{2}$ cup (tightly packed) coarsely chopped cilantro leaves

Instructions

1. Lightly roast pumpkin seeds in the oven for 10 minutes at 375° F, allow to cool.
2. Cook the cauliflower until very soft, either by boiling, steaming or baking.
 If using bake method to cook the cauliflower, increase oven temperature to 400° F. Toss the chopped cauliflower with melted oil/ ghee and bake covered in a casserole dish or an oven-safe large stockpot for 35 - 40 minutes, or until tender. Stir the cauliflower 3 times during baking; remove the lid for the last 10 minutes of the baking.
3. Grind cooled pumpkin seeds in the food processor until they become a very fine meal.
4. Add the cooked cauliflower, olive oil, lemon juice, salt and pepper. Process until you have a smooth paste.
5. Add the chopped cilantro and process briefly to incorporate and chop the cilantro into smaller bits. Taste and adjust the seasonings.

Mashed Cauliflower

(Same basic technique is used for Riced Cauliflower)

Prep time: 5 minutes | Total Time: 30 minutes

Serves 5–6.

Easy, versatile, and yummy. Serve or use as you would mashed potatoes or rice. You can use duck fat, lard, or coconut oil for some of the butter. On occasion, add grated Romano for a cheesy touch. Serve with high-quality, full-fat sour cream.

Ingredients

1 large head cauliflower, chopped into evenly sized pieces
 2–3 cloves garlic, chopped
 6–8 T butter
 White pepper, to taste
 (Mineral salt, if needed)
 (2–4 T Romano Cheese, opt. variation)
 Additional ghee, butter, or olive oil

Instructions

1. In a large covered saucepan, cook cauliflower in a small amount of water (2 T) for about 15-20 minutes or until very tender.
2. Add the chopped garlic for the last 5 minutes of cooking. (Or use garlic-olive oil at when mashing)
3. When fully cooked, drain all but 2T of the cooking water. Add butter, pepper, and optional salt.
4. Mash thoroughly with a potato masher, electric beaters, or a stick blender. **See *alternative method for riced cauliflower, below.***
5. Stir in any other seasonings as desired.
6. Garnish with chopped fresh chives.

Variations

Easy Riced Cauliflower

You can make riced cauliflower easily! There is no need to grate or finely chop raw cauliflower and make a big mess with bits of cauliflower flying everywhere. It's so simple: in step one above, avoid cooking the cauliflower to a mushy texture, instead stop cooking at the al dente stage (about 10 minutes). Drain off the water as in step 3 above. Then, in step 4, simply use the back of a large slotted spoon to break up the cauliflower into small pieces resembling rice.

Mexi-Style Cauliflower Rice

A good stand-in when you're looking for a Mexican style that is lighter and healthier. Mix in a hit of fresh cilantro and lime juice after cooking your basic cauliflower rice.

Additional Ingredients:

Juice of one lime—about 2 Tablespoons
 ¼ C chopped cilantro
 Salt to taste
 (light dusting of ground cumin)

CUCUMBERS AND KOHLRABI



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NOTES

Cream of Cucumber Soup

Prep Time: 25 min | Total Time: 1 hour | Makes 2 quarts. (Serves 8 as a first course or 4 for lunch)

This simple summer and early autumn soup has a delicate and sophisticated flavor and is easy to digest and mild enough for fussy eaters. If you like cream of celery, you'll love this soup. It is good hot or chilled, making it suited for a picnic or weekday lunch. This recipe is an ideal use for those overgrown garden cucumbers. For a touch of spring green color, retain about 10% of the peel on the cucumbers, if they are not waxed. (Loosely based on a classic Betty Crocker recipe.)

Ingredients

- 1½ lbs. organic cucumbers, lightly peeled, seeded and diced
- 3-4 oz. diced onion (~ ½ onion) or ½ oz. chopped chives
- 4 T butter or ghee or part chicken fat saved from a roasted chicken
- 3½ cups rich homemade bone broth (can use the pan juices from a roast chicken, fish broth, etc.)
- 1 tsp. mineral salt (or more to taste)
- White pepper (to taste)
- 1 C cream or 1 ½ cups milk or coconut milk
- 2 egg yolks (opt.)
- ¼ C chopped fresh chives (opt. garnish)
- 2 T fresh dill (opt. garnish)



Instructions

1. Sauté the cucumber and onion in butter or ghee for 10 minutes.
2. Add the broth and simmer, covered, for 30 minutes.
3. Puree the soup.
4. Season with salt and pepper. If using coconut milk, add it now.
5. Just before serving, add the cream or milk and egg yolks to hot soup that is off the heat. Do not heat the soup once the cream and egg yolks are added.
6. Garnish with chives and/or diced radish.
7. If eggs are not allowed, place a teaspoon raw butter on top of each serving before garnishing with chives or fresh dill.

Variations

Dill Soup. Add ½ C chopped fresh dill at Step 4.

Thai Curry Cucumber Soup.

Use fish broth instead of chicken broth
Use coconut milk instead of cream

Add 1 Tablespoon (or more) of Thai Green Curry paste after Step 1.

Add 1 Tablespoon lime juice at Step 3.

Garnish with chopped cilantro.

Omit eggs entirely.



Cooked Kohlrabi Salad with Fresh Ginger

Prep Time: 15 minutes | Total Time: 1 hour 15 minutes.

Serves 6 (2 mg oxalate per serving)

Cooking the kohlrabi makes it more digestible and disables goitergenic compounds. Easy and yummy, the lightly colored shredded vegetable resembles pasta on the plate. A light touch of wasabi powder balances the flavors but does not make for a spicy dish. This is flexible, you can serve this either chilled or warm.

Ingredients

2–4 T Olive oil
 2 tsp. toasted sesame oil
 ¼ tsp. wasabi powder† (1 mg Ox)
 2 tsp. fresh ginger, chopped (7 mg Ox)
 1¾–2 lb. (A.P.)* Kohlrabi, peeled and shredded (5 mg Ox)
 ⅛ tsp. white pepper, fresh ground (<0.1 mg Ox)
 2–3 T rice vinegar (can use lime juice)
 ~ ½ tsp. Mineral salt (Real Salt® or Pink Himalayan)

Instructions

1. Heat 2 T olive oil and sesame oil over medium heat.
2. Add wasabi powder and ginger, stir to combine.
3. Add kohlrabi and sauté 6-8 minutes, until translucent (it will still be crunchy); grind a touch of white pepper on top while sautéing.
4. Stir in the rice vinegar, additional olive oil, and salt to taste.
5. Transfer to a serving dish, cover and chill for at least one hour or overnight.

†Note: Eden brand wasabi powder contains horseradish, mustard and wasabi.

*A.P. means “as purchased” weight (as opposed to the trimmed, edible portion, or E.P. weight)

Cooked Kohlrabi Salad with Chives

Instructions

Prepare as above with the following changes:

1. If you like knife work, cut the kohlrabi into very fine match sticks instead of shredding it (optional).
2. Try using macadamia oil instead of olive oil, see what you like better. (opt.)
3. Omit sesame oil, wasabi powder, and ginger.
4. Increase white pepper to ¼ tsp. or to taste.
5. Use 2 T lemon juice in place of vinegar.
6. Include 2 T minced fresh chives.
7. Serve on lettuce leaves.
8. Garnish with capers or roasted red pepper strips (opt.).

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NOTES

Celery Root, Onion and Bacon Soup

Prep Time: 40 minutes | Total Time: 1.25 hours | Makes 4 servings (6 cups).

(About **11mg oxalate per serving**)

Mellow and satisfying. Easily doubled. For a no-pork version, use turkey bacon with additional fat added (use butter, ghee, or olive oil).

Ingredients

5 oz. uncured bacon, or fatty ham scraps,
cut up (use additional bacon fat or
lard, if needed)

2 T plus 2½ C chicken stock or chicken
with ham hock stock

1 T butter or macadamia nut oil

1 lb. yellow onions, diced

4 large shallots (4 oz.)

1 celery root (about 14 oz. purchase
weight), peeled and diced

2 cloves garlic, minced

Generous pinch each: savory, dill, thyme

¼ tsp. white pepper

About 6 chives (opt.)

salt (to taste)

1 C coconut milk (7/8 of cup is half a can)

Yogurt or Crème fraîche for serving
(optional)

Instructions

1. In a large soup pot, cook bacon or ham until crisp. Remove bacon and reserve for later.
2. Add 2 T stock to deglaze the pan. Let the water boil off as you scrape up the flavorful brown bits.
3. Add 1 T butter or macadamia nut oil
4. Once the butter is hot and bubbly, add the onions and shallots to the pan, sauté over low heat for 20 minutes.
5. Add celery root and herbs; sauté for 5 – 10 minutes.
6. Add 2½ cups chicken stock. Simmer gently for 25 minutes.
7. Add the pepper, garlic, and optional chives. Puree soup with a hand-held blender. Add coconut milk. Simmer for 3 minutes, stirring frequently.
8. Chop bacon and add to soup pot. Adjust seasonings.
9. Serve as is or with yogurt.

Mashed Turnips

Prep Time: 5 minutes | Total Time: 35 minutes | Serves 6 (~ **3 mg oxalate** per 5 oz. serving*)

Easy, versatile, and yummy. You can use duck fat, lard, coconut oil, macadamia nut oil, or olive oil for some of the ghee or butter. Can serve as a breakfast porridge or as grits. To be sure they are not runny, I remove excess water with a drying step.

Ingredients

2 lb. turnips, peeled and cubed
 2 cloves garlic, cut up (opt.)
 4–5 T ghee or butter or
 coconut butter
 ½ tsp. salt (pick Himalayan or
 Real Salt®)
 ¼ tsp. white pepper to taste
 (salt, if needed)
 1 T Coconut butter (opt.)
 chives for garnish (opt.)

* Compare Mashed Turnip to Mashed Potato:

5 ounces (150g) boiled white **potato**
 has **37 mg oxalate** per serving.
 150g of instant mashed potatoes
 has **150mg oxalate**. People typically
 eat 8 ounces per serving (oxalate
 content varies from 60–230mg).

Instructions

1. In a large covered saucepan, bring 1 qt. of salted water to a boil. Add cubed turnips, bring to a light simmer, lower heat and cook for 12-16 minutes until almost tender.
2. Add the chopped garlic, cover and simmer until very tender (about 5 minutes).
3. When fully cooked (very soft), drain the turnips.
4. Return the turnips to the pan on very low heat and toss to boil off the excess water for about 3 - 5 minutes. (Key to avoiding a soupy consistency.)
5. Mash or puree the turnips and garlic with the remaining ingredients (can use a stick blender, food processor, or electric beaters.)
6. Place in an attractive serving dish and garnish with chopped fresh chives.
7. Serve or use as you would mashed potatoes; as is or with a quality, full-fat sour cream.

Variations: Add 2 T sour cream or cream cheese at the puree step.

Holiday Turnips with Chestnuts

Serves 8 (About **9 mg oxalate** per serving)

The sweet and nutty flavor of this dish seems to improve with time, so make it ahead if you can. The peppery tones of the turnip lend an almost cinnamon spice flavor when combined with chestnuts. This is a simple variation on mashed turnips. This dish works very well when coconut butter replaces the butter or ghee (the vegan option).

Directions:

1. Prepare turnips as in the mashed turnip recipe (previous) but omit the garlic.
2. While the turnips boil, pulverize **6 ounces of prepared chestnuts** into fine crumble. A food processor or other powered chopper will work well for this step.
3. Puree your turnips (in step 5 above) with the pulverized chestnuts in a food processor. Remember to dry out your turnips before combining with the chestnuts.
4. Garnish with a *light* sprinkle of allspice or nutmeg (instead of chives).

Optional Garnish:

Hold back 3 chestnuts, chop them, then sauté them with the following ingredients until well glazed.

2 tsp. ghee and 2 tsp. sugar or 1 Tbs. maple syrup.

Rutabaga—Turnip Puree

Prep Time: 10 minutes | Total Time: 35 minutes | Oxalate content is similar to mashed turnips
Beautiful color. Delightful dish. Popular with friends and family. Rutabaga is sometimes called yellow turnip.

Directions:

Prepare as with pureed turnips (previous) with about a 60/40 mix of rutabaga and turnip. Cut rutabaga into somewhat smaller pieces and give it a 10-minute head start in the boiling water (because it typically takes a bit longer to cook). Omit garlic.

Rutabaga and Celery Root Puree

Prep Time: 10 minutes | Total Time: 40 minutes | (~6mg oxalate per serving)

“Much better than mashed potatoes.” – Almost everyone I have served this to. Beautiful color. Fantastic dish. Beloved by my friends.

Directions:

The method is the same as mashed turnips on previous page with about a 50/50 mix of rutabaga and celery root (instead of turnips). Cut rutabaga into somewhat smaller pieces and give it a 5-minute head start in the boiling water (because it takes a bit longer to cook). Omit garlic.

Serving Idea: Serve with additional butter or with my egg-free Hollandaise sauce.



Mashed Turnips (left) and (rt) Rutabaga Puree served with roasted radishes, and pork spare ribs.

Oven Fries (Made with Turnips or Rutabaga or Celery Root)

Prep Time: 15 minutes | Total Time: 45 minutes | Serves 2 - 4

Baking French fried vegetables is an easy way to add finger food to a meal. It needs only oil and salt, but try adding a bit of thyme, rosemary, or white pepper now and then. Boiling assures better digestibility.

Ingredients

1½ lb. Turnips or rutabaga or celery root
1 T Olive oil
Mineral salt such as Real Salt®

Instructions

1. Set a large pot on the stove with 1- 2 quarts of water on high to boil. Add 2 - 3 tsp salt.
2. Peel your chosen vegetable. Cut them in half crosswise. Lay down on cut side to slice them into sticks about 3/8" thick.
3. Preheat the oven to 400° F.
4. When the salted water boils, carefully lower the fries into the water. Bring back to the boil and cook for about 2 minutes (one minute for turnips, perhaps 4 minutes for rutabaga). Don't over-cook, you're aiming for half cooked.
5. Carefully lift fries from the water into a colander to drain. Let cool.
6. Transfer to a parchment lined rimmed sheet pan. Drizzle oil over them. Add salt and use your hands to distribute the oil evenly over them.
7. Bake for 15 - 20 minutes until dry and brown at the edges.



Simple Creamy White Vegetable Soup (and Variations)

Yield: 5 servings (Carbohydrate per serving: 22 gm. **Oxalate per serving: 8 – 10 mg**)

This is a simple, all-purpose soup with many variations. Puree until smooth to make an all-purpose white sauce to serve over meats and vegetables. Try the variations and you'll never tire of this dish. Low histamine, low-oxalate. Vegan if olive oil is used.

Ingredients

1½ lb. cooked turnips (21 gm oxalate),
or cauliflower (15 gm oxalate) or a
mix of them

1 lb. yellow onions (8 gm oxalate)

4 T ghee, lard, duck fat, olive oil, or
coconut oil

2 cans coconut milk (3 gm oxalate)
(or one can plus 1½ C homemade
bone broth)

(1 C bone broth, optional)

1 tsp. Mineral salt such as Real Salt or
Pink Himalayan

¼ tsp. white pepper

¼ C roasted pumpkin seeds for garnish
(10 mg oxalate)

For garnish: crispy fried onions, or
minced chives, or crumbled bacon

Optional Seasonings

2 – 3 tsp. dried dill weed (or 2 T fresh
dill)

⅓ tsp. cayenne pepper

garlic (added with onions)

Thai Seasoning Variation

Add 1–2 T Thai Green Curry Paste

Instructions

1. Prepare the white vegetable of your choice by peeling, cutting up and either boiling or roasting them until very tender.
2. Slice or dice the onions.
3. Melt ghee or other fat in a 5–6-quart stainless steel pot over medium heat.
4. When the fat is hot, add the onions and stir over medium heat for 2 minutes. Reduce heat and cook for 10 minutes.
5. Turn the heat back up to medium and add the cooked white vegetable(s). Stir, cover and allow to cook for about 4 minutes. (Add optional 1 C of bone broth.)
6. Use the back of a large slotted spoon to slightly “crush” or break up the soft vegetables. For a chunky soup, lift out about 1/3 of the cooked vegetables and set aside.
7. Add the coconut milk and desired seasonings. Use stick blender to puree the soup until it is smooth.
8. Add the reserved vegetables back into the soup pot.
9. Taste and adjust the seasonings.
10. Serve with a garnish of roasted pumpkin seeds.
11. Quickly store any portions that you're not eating right away, transfer the leftovers while still hot to clean mason jars, cover tightly, and refrigerate as soon as possible. It will keep for 5 days. Serve cold or gently reheat to a simmer on the stovetop before serving.

Variations

No Coconut: To replace one can of coconut milk use ½ cup of pumpkin seed butter and 1 cup of water or broth.

Shallot version: Substitute some shallot for the same amount of onion.

Main Dish / Meat: Add some freshly cooked pork sausage chunks or fried ground lamb to the soup.

Zucchini or Cucumber Soup: Omit the cooked white vegetable Add 1½ -2 lbs. raw diced zucchini or cucumber at step 4 and cook for 15 minutes or until the zucchini or cucumber is very soft.

Butternut Squash Soup: Use cooked butternut squash, and season with Thai Red Curry Paste or with fresh ginger root and cayenne.

Roasted Red Radishes

Prep Time: 10 minutes | Total Time: 30 minutes | Servings: 4 (oxalate content 3 mg per serving)

This is popular with both children and adults because roasting tames the spicy bite of a radish. These are simple and sure to please. I like them best when hot, fresh from the oven. Watch out – because they go down like popcorn—they may not last long enough to make it to your dinner table. These can be offered as a warm party food on tooth picks, plain or with dip. They also make a good leftover.

Ingredients

3 bunches fresh radishes with tops removed (about 1½ lbs.)
2 – 3 tsp. olive oil
mineral salt, to taste

Variation:

Almost Spicy Roasted Radishes

⅛ tsp. white pepper
½ tsp. paprika (smoky)
¼ tsp. onion or garlic powder
In step 2, add spices.

Instructions

Preheat oven to 400° F.

1. Clean and trim off the root ends. Quarter large radishes from top to tail. (If they are small, cut them in half.)
2. In a large bowl, toss radishes with olive oil and salt.
3. Distribute radishes on a parchment lined baking sheet with sides (jelly-roll pan).
4. Place in the hot oven. After 5 minutes, lower heat to 375° F. Continue to cook for about 20–30 minutes, until mostly translucent.
5. Stir about 3 times during cooking.
6. Serve immediately, as is or tossed into hot cooked greens or stew



Roasted Red Radishes

Cooked Radish Greens

This is the frugal option. Use the fresh green tops immediately. Clean, chop, and sauté greens in hot coconut oil, adding salt to taste. Three radish bunches will yield 2 small portions. To serve 4 people, add about 5oz. of chopped arugula greens and cook with the radish tops. Coconut oil gives greens a wonderful flavor.

One serving option is to toss the roasted radishes in with the greens just before serving.

Sautéed Radishes

Prep Time: 20 minutes | Serves 4

We often don't think of cooking radishes, but they make an excellent cooked side dish. The broth gives a lovely glaze, but if you do not have homemade broth, omit this ingredient and use water instead. Adapted from Jacques Pépin's *Heart & Soul in the Kitchen*.

Ingredients

- 1-pound radishes (2 bunches), washed, and with greens and root ends removed
- 1 T unsalted ghee
- ½ tsp salt
- 2 T broth (or watery drippings from meat roast)
- 1 T walnut oil

Instructions

1. Cut the radishes lengthwise into quarters.
2. Heat the ghee in a large skillet.
3. Add the radishes and cook until they begin to brown.
4. Add salt, broth, and walnut oil, and bring to a boil.
5. Cook covered for about 2 minutes.
6. Remove the lid and simmer on low for another 2 to 3 minutes until the moisture is evaporated and the radishes are still a little firm.

Radishes and Greens Medley

Prep Time: 25 minutes | Serves 4

If you can find radishes with leafy tops that are green and fresh, please use them in this dish along with arugula greens. Adapted from *Better Homes and Gardens* magazine.

Ingredients

- 2 oz. thinly sliced prosciutto or 3 oz. bacon
- 2 T olive oil
- 1-pound radishes (2 bunches), washed, and with greens and root ends removed (chop the tops if in good shape)
- ½ C thinly sliced shallots
- 3–4 handfuls baby arugula leaves, coarsely chopped (3 cups)
- 1 T unsalted ghee
- ½ tsp. salt
- ⅛ tsp. white pepper
- 1 T vinegar or lemon juice

Instructions

1. In a 12-inch skillet, cook prosciutto slices for 3 minutes per side in hot olive oil. Or cook bacon until crispy.
2. Cut the radishes into halves.
3. Add the ghee to the hot skillet.
4. Add the radishes, cut side down, cover and cook for 6 minutes.
5. Add the shallots, toss over medium heat for 3 minutes.
6. Add the greens, salt and pepper. Toss, cover. Turn off the heat. Let cook in hot pan for 3 minutes.
7. Toss in the vinegar and serve immediately.



MUSHROOMS AND ONIONS



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NOTES

Oyster Mushroom Hash Browns

Serves: 2-3

This simple mushroom sauté is a versatile side dish, good any time of day and especially nice for a brunch or weekend breakfast. They are reminiscent of hash browns and generally accompany steak, burgers, and eggs. If you don't have chicken broth or want a vegetarian dish, use white wine or homemade vegetable broth in place of the chicken broth.

Ingredients

2T each ghee AND olive oil
1 large shallot, thinly sliced
10–12 oz. oyster mushrooms, chopped into ½ - ¾" chunks
½" ginger root, thinly sliced (optional)
1 large garlic clove, crushed or minced (optional)
¼ C chicken or beef broth (optional) or 3 T water or wine
Real Salt® and ground white pepper, to taste

Instructions

1. Heat the oil and ghee in large skillet over medium heat.
2. When the oil is hot, add the shallot.
3. When the shallot begins to brown, add mushrooms and ginger root.
4. When the mushrooms begin to brown, add the garlic (if using), stir.
5. Add the chicken broth or wine and deglaze the pan. Reduce heat to very low and continue to sauté for at least 5 minutes or until the liquid has mostly evaporated and the mushrooms are glistening.
6. Add salt and white pepper to taste.
7. Serve hot.

Shiitake Dragon's Mist Soup

Total Time: 45 minutes | Serves 4

Quick, easy, and versatile—a great first course! Create an entrée with variation 2.

The critical essence of this soup is the marriage of fresh shiitake and good broth; everything else is flexible.

Adapted from *Growing Gourmet and Medicinal Mushrooms*, by Paul Stamets

Variation 1: Add prepared Shirataki angel hair “pasta” by placing in empty serving bowls and pouring hot soup over them.

Variation 2: Turn this into a fish stew by increasing vegetables to a total of 3 cups and adding 12 oz. cubed cod or other mild fish at step five. Add additional seasoning, if needed.

Ingredients

- 1 C thinly sliced fresh Shiitake mushrooms (2 oz.)
- 2 T coconut oil or duck fat

- 2 C home-made fish stock, chicken or pork stock (unsalted)
- 1½ C filtered water, heated
- 4 cloves garlic, minced (opt.)
- (4 oz. turnip, peeled and diced ¼” – opt.)

- ½ C water chestnuts, rinsed cut into fine strips or finely shredded cucumber or zucchini, or thinly sliced Dino kale or chopped bok choy
- ¼ tsp. white pepper
- ¾ – 1 tsp. mineral salt

- 6–8 oz. raw shrimp, or other seafood; or raw chicken, cut into bite sized pieces (or left-over pork meat balls, or cooked pork sausage)
- 2 green onions, finely chopped; or a handful of chives; or 1 oz. shallot

- 1 raw egg, scrambled (optional)
- 2-3 T fish sauce or coconut aminos or soy sauce
- 1 tsp. sesame oil (reg. or toasted)

Instructions

1. In a large saucepan, heat the oil or duck fat. When hot, add the mushrooms and sauté for 5 minutes.
2. Add the broth, water, and garlic, bring to a simmer and simmer for 10 minutes. (if using kale or turnips add now.)
3. Add the optional water chestnuts or other vegetables, and white pepper. Return to a simmer.
4. If using chicken, add the chicken and continue to simmer for 4 minutes until chicken is nearly cooked. Then add the green onions or chives.
5. If using shrimp, add shrimp and green onions, remove from heat and let pot sit, covered for 10 minutes.
6. If using egg, pour egg into simmering pot in a thin stream. Remove from heat, let sit 5 minutes until egg is cooked.
7. Stir in fish sauce and sesame oil just before serving.
8. Serve with hot sauce on the side and garnish with a sprinkle of fresh cilantro, or finely sliced red bell pepper.

Summer Herb Shiitake Sauté

Prep Time: 15 minutes | Serves 3

This was partially inspired by a recipe called Sauté Supreme in *Growing Gourmet and Medicinal Mushrooms* by Paul Stamets. Basic and versatile, we like this with cooked lamb sausage (and scrambled eggs) for breakfast or brunch. Use as a topping for burgers, spaghetti squash, baked or grilled fish, mixed into a quiche, or as a base for a stuffing.

Ingredients

6 oz. very fresh Shiitake mushrooms, trimmed, cleaned, and dry
 ¼ c olive oil and/or ghee, or bacon fat
 Additional 1–2 T olive oil or ghee
 2 tsp. fresh tarragon or Pinch dried tarragon
 1 tsp. fresh thyme or ¼ tsp. dried thyme
 1 small yellow onion or large shallot
 3 garlic cloves, minced
 3 T water, sake, white wine, or chicken broth
 ¼ tsp. mineral or sea salt, to taste
 ground white pepper, to taste

Instructions

1. Remove Shiitake stems from tops. Slice upper parts of stems very thinly until you reach the tougher lower stems. Freeze the tough lower stems to be used in your next batch of broth or discard. Cut the tops into ¾" pieces.
2. Heat large skillet over medium-high heat; add oil/ghee. When the oil is hot, add the mushrooms. Cook mushrooms until both sides are browned.
3. Reduce heat to medium and add additional oil or ghee, stir. Add herbs, onion, garlic, pesto, stir. Once the onion is very hot, add the water, wine, or broth to deglaze the pan. Continue to sauté for 5 minutes, until everything looks cooked.
4. Add salt and pepper to taste.

Onion Carbonara

Prep Time: 2 hours total | Serves 5

A creamy, non-dairy sauce over baked onion strands admirably stand in for spaghetti. Easy to prepare and really delicious!

Ingredients

- 4 ounces (110 g) bacon (optional)
- 3 large yellow onions (about 12 ounces/340 g each) (175 mg oxalate)
- 2 T unsalted ghee (or bacon fat or macadamia nut oil)
- ½ C (120 ml) coconut milk
- 1 rounded teaspoon potato starch
- 2 T coconut manna
- 2-3 T Green Thai curry paste
- 2 tsp. lime juice
- 1 T fish sauce
- 1 T coconut aminos
- Sea salt, to taste
- White pepper, to taste
- 1 7oz. package of Shirataki Angel Hair noodles prepared according to package (optional – double or triple this amount to use in place of one of the onions)
- 2 T unsalted ghee (or bacon fat or lard)

Instructions

Preheat oven to 325°F.

1. If the bacon is not frozen, freeze it until nearly firm. Cut into small pieces and cook until browned but not crisp.
2. To slice the onions into long strands: leave the root ends intact and make one cut from root to stem almost to the center of the onion. Then slice crosswise into 1/8" thick rounds, starting at the stem end. Place sliced onions in a lightly greased covered casserole.
3. Bake the onions covered in the hot oven for about 20 minutes while you make the sauce.
4. In a small sauce pan, combine the ghee and potato starch over low heat. Add the other sauce ingredients and stir over medium heat for about 4 minutes.
5. Stir the sauce into the onions. Cover with more ghee, bacon fat or lard (if desired). Replace the lid and continue to bake 1 hour.
6. Stir in the bacon pieces and Shirataki noodles (if using) and serve.

Variation:

Use baked spaghetti squash in place of the onions. (To prepare the squash: bake at 375 °F for 40 minutes, use a large fork to pull and separate the strands into “angel hair noodles”. Don’t over cook.



No-Fuss Whole Baked Onions

Prep time: 5 minutes | Total Time: 1 - 2 hours. | Serves 1 or 2 per onion.

These make a great left-over or make-ahead dish. Any size onion will work; just adjust the baking time to suit. Cook as many as will fit in your baking dish. These work well with your oven's delay cook function. For the most convenience, set them up in the oven far before you need them. Alternatively, use your campfire or grill to bake your onions outdoors. Also, you can start them indoors and finish on the grill. Different onion types and sizes may require slightly different cooking times, but it is hard to overcook these, so timing is not precise.

Ingredients

Onions, yellow, Vidalia or red, one per serving (about 6 oz. each)
Butter or ghee
Lard
Mineral salt such as Real Salt®

Instructions

**Preheat the oven to 375°F
(or prepare coals outdoors).**

1. Use kitchen shears to snip the stem end and the roots off each onion. Do not peel the onions.
2. Place whole onions root side down in a ceramic or glass baking dish or shallow casserole or cast iron pan. Bake in oven 375° F for about one hour or more, until they are soft throughout. Check on them after about 45 minutes, and reduce the heat to 350° F for the final phase of cooking. Or, place in a bed of coals to bake them outdoors (can use a cast iron pan for this).
3. To serve: use kitchen shears to cut onions in half from stem and to root end. Place on serving platter cut side up. Add a dab of butter and a dab of lard and salt the top of each onion half.
4. Provide the diners with forks and knives so they can cut the onion away from the peel, which serves as a bowl for the onion.

Variation Easy Whole Baked Onions with Cheese

Prep time: 5 minutes | Total Time: 1½ - 2 hours

Try this for a change of pace. While the simple version is just as good, a cheese topping might win over a reluctant diner who might be unfamiliar with eating onions as the vegetable course.

Serves 1 or 2 per onion.

Ingredients

Onions, one per serving
Butter or ghee
Lard
Mineral salt such as Real Salt®
White pepper
Parmesan or Romano cheese

Instructions

Preheat the oven to 375°F.

1. Use kitchen shears to snip the stem end and the roots off each onion.
Do not peel the onions.
2. Place onions root side down in a shallow ceramic or glass baking dish. Bake in oven 375° F for one hour or more, until they are soft throughout.
3. To serve: use kitchen shears to cut onions and half from stem and to root end. Place on serving platter cut side up. Add a dab of butter and a dab of lard. Sprinkle salt and a faint pinch of white pepper the top of each onion half.
4. Place the cooked, cut buttered and larded insulated onions back in a 375° F oven with a tablespoon of Parmesan or Romano cheese sprinkled over the cut onion surface. Remove from the oven when the cheese begins to brown lightly, about 5 minutes.
5. Provide the diners with forks and knives so they can cut the onion away from the peel, which serves as a bowl for the onion. Or remove the peel before serving.

Variation Baked Big Half Onions

Prep Time: 10 minutes | Total Time: 1½–2 hours | Serves 6

Still simple and easy, this version is a two-step process, requiring just a bit more attention and effort than the no-fuss baked onions.

Ingredients

3 large (8 oz.) onions 3 to 4 inches in diameter
2 to 3 tablespoons lard or ghee
Mineral salt such as Real Salt®
White pepper (opt.)
1–2 tablespoons red wine vinegar

Instructions

Preheat the oven to 375 °F.

1. Use kitchen shears to snip the stem end and the roots off each onion.
Do not peel the onions.
2. Slice each onion in half lengthwise from stem through the root end so that the onion half hold together. Lightly butter the cut side of the onions, and lightly salt them.
3. Place the onions cut side down in a shallow casserole dish with a lid.
4. Bake at 375 °F for about 40 minutes to an hour, until soft.
5. Remove onions from the oven. Carefully turn them over and sprinkle with vinegar (about ½ tsp. per half onion). Cover the baking dish.
6. Lower the oven temperature to 350F place onions back in the oven, continue to bake for another 40 minutes to an hour.
7. To serve, top with a dab of lard and/or butter.

BLACK-EYED & SPLIT PEAS

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NOTES

Basic Black-Eyed Peas

Prep Time: 10 minutes | Total Time: 14 hours, for soaking and cooking | Serves 6 as side dish.

Black-eyed peas (aka cow peas) are versatile and surprisingly good. Warm or cold, these replace breakfast cereal when served with quality cream, half-and-half, or coconut milk. They make a good starchy side dish to replace potatoes. Use in salads, soups, stews, casseroles, and dips. They are classically prepared with rice and meat as in Hoppin' John in the Southern U.S. Pressure cooking is the best method for beans because of lectins. Over-cooking might cause a floury or pasty taste. To keep cooked peas for up to 3 days, store in their salted cooking liquid until use. A Mason jar works well for this; use a funnel to transfer hot beans to a sterile jar to assure they will keep. For longer storage, freeze them. Remember to avoid commercially canned beans.

One half cup offers 5-7 grams of resistant starch which your gut micro flora might like.

Ingredients

2 C dried organic black-eyed peas (13 oz.)
Salt
Salt, mineral such as pink Himalayan or Real Salt
1 bay leaf
1-2 dried red chillies



Instructions

1. Pick out and discard any damaged, discolored, or very small peas.
2. Place peas in a large covered bowl with about ½ tsp. salt and 2 tsp. vinegar.
3. Cover with chlorine-free filtered water. Cover and allow to soak for at least 12 hours. (Ideal soaking time is 2–3 days. For this longer soak, refrigerate and rinse every 12 hours. Bring to room temperature before next step.)
4. Drain well and rinse the peas.
5. Place rinsed peas in a pressure cooker or Instant Pot. Cover with filtered water and about 1 tsp. of salt, one bay leaf, and 1 dried red chili.
6. Bring to up to pressure and cook until peas are tender (not mushy), about 8–10 minutes.
7. Store cooked peas (tightly sealed) in cooking liquid. Drain and lightly rinse before using.

“Baked Beans” (Black-Eyed Peas)

Variant of Basic Black-eyed Peas.

Ingredients

1 chunk smoked pork belly or 2 slices bacon, cut up
1 tsp. salt
2 T vinegar
¼ tsp. white pepper
2 tsp. ground mustard (or more to taste)
2 T maple sugar (optional)
1” piece peeled ginger root (optional)
(optional: one small garden peach tomato peeled, seeded, and diced and one dried red pepper).

Instructions

1. Make Basic Black-Eyed Peas as above (with or without bay leaf), except:
 - a) Include the ingredients listed here
 - b) Shorten pressure cooking time by 3 minutes.
 - c) Drain about 50% of the liquid and discard.
 - d) Place in a bean pot or narrow oven-proof, covered casserole dish, top with additional bacon, and bake at 400 °F for 30 minutes.

Persian Black-Eyed Peas

Prep Time: 30 minutes | Total Time: 1 day, for soaking. | Serves 6 as side dish.

This is an easy dish and surprisingly good and good looking too. Makes a great leftover and will keep in the refrigerator for four days. My husband loves this dish. See Jane's soup below.

Ingredients

1 batch of my basic black-eyed peas
(made from 13-oz. dried organic
black-eyed peas, see recipe)
1 T each: olive oil and ghee
12 oz. peeled, chopped yellow onion
2-3 garlic cloves
1 bunch cilantro, finely chopped
¼ C fresh lime juice
1 or more tsp. mineral salt
¼ tsp. white pepper, to taste
½ roasted red pepper (peeled), Half cut
into fine strips (about 1½-inches long
by ⅛ inch wide) and half diced
(optional)

Instructions

1. Slowly sauté the onion in olive oil and ghee for 30 minutes. Add the garlic for the last 5 minutes.
2. Add the cilantro to the onions; turn off the heat.
3. Drain the cooked peas, reserving about ¼ cup of the cooking liquid. Lightly rinse the cooked peas.
4. Add the cooked peas to the cooked onions and garlic. Add the lime juice and salt and white pepper, to taste. Add reserved cooking liquid and water if needed for desired moistness. Combine over low heat. Stir in the diced roasted red pepper.
5. Serve hot or at room temperature as a side dish. Garnish with roasted red pepper strips, if desired.



Variations

Jane's Bean Soup:

Increase onion to 16 oz., triple the red peppers, add 2-3 cups bone broth, ~4 pieces cooked bacon and additional salt and pepper. Simmer for 1 hour. Lightly mix with stick blender lightly to give it body.

"It was totally awesome. I am one happy gal that I can indulge in "bean" soup!!" - Jane

Black-Eyed Pea Salad

Prep time: 30 minutes | Total Time: 2 days, for soaking and chilling | Serves 10 as side dish

This is an easy make-ahead dish that is good alone or as a topping on a green salad. This will keep in the refrigerator for four days.

Ingredients

1¼ C dried organic black-eyed peas
(8 oz.)

Salt

1 red pepper, roasted, peeled and
diced or cut into fine strips

1 large or 2 small shallots, cut
length wise and thinly sliced

¼ C olive oil

2 T sherry vinegar

½ tsp. mineral salt

¼ tsp. white pepper

Instructions

1. Prepare peas as in basic black-eyed peas (see recipe). Pressure cook the peas until they are tender but hold their shape, (not mushy), about 9 minutes.
2. Drain and rinse the cooked peas. Chill in the refrigerator for at least 4 hours or overnight. To keep them for more than a few hours, chill them in their cooking liquid until use. Note: a Mason jar works well for this, use a funnel to transfer the beans (*while they are hot*) into a sterile jar to assure they will keep. Drain and rinse before use.
3. Mix the dressing ingredients together in a pint jar. Allow the flavors mingle for a few hours or more in the refrigerator.
4. Toss the dressing over the peas. Chill until serving time.
5. Serve at room temperature, or lightly chilled.



Black-Eyed Pea Salad as Topper

Yellow Split Pea Hummus

Prep Time: 10 minutes | Total Time: 12 hours for soaking and baking the peas

Makes 3–4 cups, Serves 8–10 (~ 3 mg oxalate per serving)

Vegan. In addition to being versatile and portable you can use this dip to thicken soups or add to fillings or meatloaf. It also freezes well.

Note: Cooked garbanzo beans have 4mg per half cup (5mg/100g)—about the same oxalate as cooked yellow split peas (4mg/100g). Tahini (sesame seed butter), the more traditional ingredient, has over 90mg oxalate per 4 tablespoons. Substituting sprouted pumpkin seed butter eliminates 90mg of oxalate from this recipe.

Ingredients

2 C dried yellow split peas, soaked in filtered water 8 hours (21 mg ox)
 1 clove garlic, cut up (0.25)
 ½–1 tsp. salt (to taste)
 1 small lemon, juiced (0.4 mg ox)
 4–5 T olive oil to taste
 3–5 T sprouted pumpkin seed butter or whole sprouted pumpkin seeds (2.3 mg ox)
 dash cayenne pepper (0.3 mg ox)
 1 T Coconut Aminos®, (opt.) (0.75 mg ox)
 Additional water (as needed)
 (total oxalate content 25 mg)

Instructions

Soak dried peas for 8 – 24 hours.

1. Drain the soaked split peas. Place in a casserole dish and add purified water to a level of about one inch above the top of peas. (Add 1 tsp. bentonite clay if desired.)

Preheat oven to 325°

2. Bake covered for 2.5 – 3 hours, or more if needed. Check them after 1.5 hours to see if they are getting overly dry. Peas need to be soft, and not too wet when finished. If runny after 3 hours, lower the heat and allow to bake uncovered until there is very little liquid.
3. When done, let the peas cool.
4. In a food processor, mince the garlic with the salt and the lemon juice.
5. Add the remaining ingredients, including the cooled cooked peas. Process until smooth, which may take several minutes.
6. Process in additional water to adjust consistency

Variation: Asian Style

Use sesame or coconut oil in place of olive oil, *plus* a tsp of toasted sesame oil

Use 1 T finely grated or minced ginger

Use wasabi powder in place of or in addition to cayenne pepper

Use rice vinegar in place of lemon

Use more coconut aminos or fish sauce

Yellow Split Pea Mash, West-African Style

Prep time: 45 minutes | Total Time: 1 day, for soaking | Serves 8 as side dish.

Makes a thick, mushroom-colored bisque. Optionally, add one can of sardines when you blend it in the blender. Great with shell fish. Spicy. For a milder dish reduce the red pepper flakes by half.

Ingredients

2 C dried organic yellow split peas
(this will yield about 6 C cooked
peas)
water (about ½ C)
1 tsp. mineral salt,
1 can coconut milk
1 medium onion, diced, 2 oz
1 tsp. red pepper flakes
¼ tsp. white pepper
¼ C lard, ghee, or olive oil
1" ginger root, minced
2+ cloves garlic
3 scallions, bottoms sliced, green
tops minced (opt.)
6 oz. low-oxalate tomato‡, or 4 tsp.
lemon juice, lime juice, sherry or
rice vinegar

Instructions

1. Place peas in a large covered bowl. Add filtered water to cover the peas under 4" of water, cover and leave at room temperature to soak for ~8 hours.
2. Drain and rinse the peas. Pick out damaged or discolored peas and discard.
3. Place rinsed peas in a heavy sauce pan, add red pepper flakes, white pepper, coconut milk, onion, and just enough filtered water or broth to cover the beans and about 1 tsp. of salt.
4. Bring to a gentle simmer on low and cook until peas are almost mushy, about 35 minutes.
5. Add the garlic, ginger, tomato, and scallion bottoms. Stir and continue to cook until peas are very soft. Make sure the beans are not drying out, add water, if needed.
6. Use a stick blender to puree the peas into a very smooth mash. Add the minced scallion tops, stir well.
7. Serve hot or cold as a spread. Best if made ahead.
8. Optional garnish. Shredded fresh coconut and scallions.

‡**Note:** I grow the Garden Peach tomato and freeze them whole, so I always have them on hand. If you are not a gardener, ask tomato growers at your local farmers' market (during the winter when they are ordering seeds) to grow the Garden Peach tomato. When they have it ripe, buy them in bulk and freeze them whole, placing them in a freezer bag. 200gms of Garden Peach tomatoes have about 7mg oxalate. Other tomatoes vary to as much as 30 mg oxalate per 200gms.

PEPPERS AND PAPAYA

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NOTES

Green Papaya Salad

Prep time: 10 minutes | Total Time: 1¼ hour | Serves 5

This is an easy Thai-inspired dish for those who have an Asian market nearby. I don't know of a reliable test of the oxalate content of green papaya. In theory, it is a medium oxalate food, and if so, it might offer enough oxalate to help you avoid "oxalate dumping" reactions that happen when you reduce your oxalate consumption too fast or too early. Still, green papaya can help you add some variation and ethnic flare to a picnic, party, or busy day. Remember, it's not an everyday food, given the uncertainty about its oxalate content and possible lectin content.

Ingredients

Dressing:

3 Tbs. olive oil (or peanut oil)

4 tsp. minced ginger

3 T lime juice (1 large lime)
(can use lemon juice)

4 tsp. coconut aminos® (soy sauce replacement)

Scant ½ tsp. salt

¼ tsp. white pepper

½ - 1 tsp. red pepper flakes or 1 small red chili, seeds removed and minced

Vegetables:

1½ lbs. shredded green papaya (available at most Asian Markets)

2 scallion bottoms, chopped (reserve top for garnish or use chives)

¼ C chopped cilantro

(optional garnish: crispy fried red onions)

(Optional: 4 oz of watercress and ½ of one large red bell pepper)

Instructions

1. In a medium glass bowl combine the dressing ingredients.
2. Add the remaining ingredients (scallion, papaya, cilantro) and toss well with two forks until the papaya threads are evenly coated with the dressing.
3. Allow to marinate, refrigerated, for at least one hour, up to 2 days.
4. Garnish with scallion tops and additional cilantro to serve.
Or, serve on a bed of watercress and garnish with red bell pepper slices.



Roasted Red Pepper Salad

Makes 1.5 - 2 Cups

Because they are so easy and versatile, I frequently keep these lightly seasoned peppers on hand. The bright red color makes for an attractive dish, and leftovers perform beautifully in garnishing meats and green salads.

Ingredients

1 clove garlic
¼ teaspoon mineral salt
⅓ cup olive oil
4 medium large organic bell peppers, roasted and peeled

Instructions

1. Crush the clove in a garlic press, then mash it into a paste with the salt in a mortar.
2. Whisk in the oil.
3. Cut the peppers in ⅜-inch wide strips and arrange in an oval on a platter.
4. Drizzle or spoon the dressing over the peppers.
5. Cover and steep at room temperature for 20 minutes.
6. Correct seasoning if needed.
7. To make ahead of time, cover with airtight cover and refrigerate for up to four days.
8. Bring the salad to room temperature at least ½ hour before serving.

Garnish suggestions

Sliced hard-boiled eggs or crumbled egg yolk;
Anchovies;
Crumbled feta cheese

Note

This technique of grinding salt with garlic and whipping it into oil is good for seasoning lamb and other meat dishes.

RICE

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NOTES

Soft Ginger-Scented Coconut Rice

Prep Time: 15 minutes | Total Time: 24 hours for soaking
Serves 6 (oxalate content ~9mg per serving, mostly soluble)

This recipe features two traditional techniques for making rice a safe and digestible food. Soaking rice has many benefits, including creating a soft, risotto-like texture. On the health side, soaking improves digestibility by neutralizing phytic acid. The addition of bentonite clay can lower the amount of bioavailable arsenic that rice naturally tends to accumulate. White rice is a treat that can help your muscles replace glycogen after a workout. Preparing rice with fat (or vinegar) ensures that that your blood sugar doesn't spike after eating this starch. Coconut milk has not been extensively tested for oxalate. Based on the few reported tests coconut and coconut milks may vary in oxalate content. According to one test reported by the Autism Oxalate Project, a standard-sized can could have as much as 25mg of oxalate. This seems a bit high relative to all other tests of coconut products.

Ingredients

- 1¼ C **white** rice (low-Ox varieties include jasmine and basmati – 19mg oxalate)
- 2 tsp. bentonite clay (opt.)
- Filtered water for soaking
- 2¼ C water for cooking (can use some bone broth if desired)
- 1-13.5 oz. (398ml) can whole fat coconut milk, simple style without gums and thickeners (19+mg ox)
- 1½ tsp. mineral salt, Real Salt® or to taste
- 1-2" fresh ginger root (8 gm), peeled and sliced into very thin discs (13mg oxalate)

Instructions

1. Place rice in a medium-sized glass bowl. Add chlorine-free filtered water and bentonite clay (if using). Allow rice to soak at room temperature for 8-24 hours.
2. Drain the rice.
3. Pick your method: a) stove top (35min) or oven bake (60min.).

Stove Top Method:

4. Transfer the rice to a medium saucepan. Add water, salt, ginger, and coconut milk. Bring to a light simmer on medium heat.
5. Reduce heat to very low, cover tightly, and cook for 30 minutes. Stir after 15, 20, and 25 minutes to keep it from sticking to the pan.
6. Remove the ginger slices. continue with step 7 below.

Oven Bake Method:

Preheat oven to 325°F

4. Transfer rice to a covered casserole dish. Add water, salt, ginger, and coconut milk.
5. Bake for about an hour, until rice is fully cooked, and the liquid is absorbed. Remove ginger.

7. Serve hot or store in a glass loaf pan to use later. This will form a sliceable brick that makes for some interesting possibilities.
8. To serve leftovers as a dinner time side dish: fry ½" slices in the fat and brown bits left in your skillet after frying burgers or steak. The flavor combination is fantastic.
9. To serve leftovers as a dessert: heat slices in a toaster oven or skillet with ghee or lard. Serve with butter and maple syrup (and maybe a light dusting of allspice).

Rice with Mushrooms and Asparagus

Prep time: 10 minutes | Total Time: 30 minutes | Serves 4

This one-pan side dish cooks the asparagus on top of rice. If you have fresh tarragon available, add it when you add the chives and asparagus. It's convenient and tasty.

Instructions

1. Prepare asparagus by removing tough steps, and cutting in half.
2. Heat the clarified butter in a skillet. Add the mushrooms and rosemary and cook for 3 minutes.
3. Warm the rice in the hot fat and mushrooms for 1-2 minutes, with a gentle, constant stirring.
4. Add stock and water, coconut aminos, white pepper and salt.
5. Bring to a simmer, then reduce heat to very low, cover tightly, and cook for 5 minutes.
6. Add the chives, tarragon (if using) then lay the asparagus stalks on top of the rice, cover again and cook for another 12 to 15 minutes.
7. Toss, then serve warm, with additional coconut aminos on the side.

Ingredients

3 T ghee or olive oil
 6–8 oz. cremini or 4–6 oz. shiitake mushrooms, sliced or diced
 ¼ tsp. rosemary
 1 C **white** rice (low-Ox varieties jasmine, basmati)
 1 C homemade bone broth (pork or other)
 1⅓ C water
 1 T coconut aminos (plus more for serving)
 ¼ tsp. freshly ground white pepper
 ½ tsp. sea salt
 ¼ C chopped chives
 12 stalks asparagus, about 1 lb.
 1 T chopped fresh tarragon (opt.)

Rice Noodle Soup

Prep Time: 20 minutes | Serves 2

Super quick comfort food. The Shirataki noodle variation is low in carbohydrate.

Ingredients

3 C bone broth
5 oz. Asian rice noodles
1 C coconut milk
1 T coconut (or other) vinegar
1½ tsp. salt
¼ tsp. white pepper
2 tsp. organic sugar (opt.)
2–3 T coconut aminos
[8 oz. cooked, left-over meat, chopped
opt.]
2 sprigs cilantro for garnish (optional)

Instructions

1. Bring broth to a boil.
2. Add noodles, pressing them into the liquid. Reduce heat, cover and lightly simmer 5+ minutes. (Bring them to a soft, but still firm stage—different for different noodle types.)
3. Add meat (if using), coconut milk, and seasonings; stir. Cover and bring to a light simmer.
4. Remove from heat and let it sit until the noodles are very soft, but not mushy.

Variations:

- a) Add a few sliced dehydrated Asian mushrooms at the beginning.
- b) Use Shirataki noodles for a low-carb version. Skip step 2, and use package directions to prepare Shirataki noodles.

WINTER SQUASH AND ZUCCHINI

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Roasted Winter Vegetables

Prep Time: 25 minutes | Total Time: 45 minutes | Serves 4

The most festive approach is to use two 10-ounce bags of red pearl onions (instead of regular onions). But it's more work because it will take 15–20 additional minutes to peel them. There is no sacrifice in flavor when using the quicker method below.

Ingredients

12 oz. winter squash, cut into large cubes
2 medium turnips, peeled and cut into 1-inch chunks
6 large radishes, halved
2 medium onions, each cut into sixths, preserving the root section to keep the layers together (or use pearl onions)
4 tsp. olive oil or melted chicken or duck fat
Real Salt and white pepper
Optional 2 T maple syrup

Instructions

Preheat oven to 400°F.

1. Line a baking sheet with parchment paper. (Or lightly grease the sheet with olive oil – the paper makes for easier cleanup)
2. In a large bowl, toss the squash, turnips, radishes and onions with the melted fat or oil and salt and pepper.
3. Spread vegetables in a single layer on prepared baking sheet.
4. Roast about 35 minutes until tender.
5. **Optional:** after 30 minutes, drizzle 2 Tablespoons of maple syrup over the vegetables. Return to the oven for 5 minutes. Watch carefully to avoid burning.

Spicy Squash Salad (a better Potato-Style Salad)

Prep Time: 1 hour | Total Time: 2 hours | Serves 6-8

This is very popular with our local Low Oxalate Study and Support Group. This is a great example of a very simple conversion to using low-oxalate ingredients. When I first wrote this recipe (circa 2001), I made it with sweet potatoes. When I converted to low-oxalate eating, the switch to squash was a snap!

Ingredients

- 3 – 3½ lb. Orange Winter Squash (butternut) seeded, peeled and diced in ¾" – 1" chunks
- Salted water, boiling
- ¼ C olive oil (part ghee or coconut oil, warmed)
- ¼ C Lime Juice or lemon juice
- 2 T Maple Syrup or 1½ T organic sugar
- ¾ tsp. salt
- ¼ tsp. each: ground Coriander and Cardamom
- ⅛ tsp. Cayenne Pepper
- 1 C red seedless grapes, sliced in half, or ¼ C chopped Raisins or dried cranberries
- ½ med. shallot, finely diced or ¼ C chopped chives
- ½ C chopped Cilantro
- 1 Scallion, green part only, chopped
- 1 med. Red Pepper, cut into short strips (¼"x1") (optional)



Instructions

1. Set up a deep soup pot with salted water and bring it to a boil while you cut the squash into chunks.
2. In 2 batches, if necessary, boil the squash chunks until they are tender but still firm (approx. 5-7 min.).

Note: if cooking the squash in two batches, use a sturdy and large (long-handled) perforated pan (flat) skimmer to carefully lift the pieces out of the boiling water into a colander. This allows you to use the cooking water for the second batch. (This tool is inexpensive, about \$4, and available at Asian markets and, at a higher cost, at well-equipped kitchen specialty stores.)

3. Immediately drain and rinse the cooked squash briefly in cold water. Allow to cool, uncovered, in a large bowl with a lid.
4. Combine dressing ingredients while the squash cooks.
5. Add the dressing and remaining ingredients. Gently toss to coat evenly. **Chill 1 hour.** May be served chilled or at room temperature.

Variation: Bacon Dressed Squash Salad:

Change the dressing as follows:

- Use 10 slices (or ½ lb.) bacon, cooked to crisp.
- Replace the lime juice (omit) with white wine vinegar
- Omit the coriander and cardamom, use ½ tsp. allspice instead.
- Omit the shallot, cilantro, and bell pepper, add additional minced chive or scallion (roasted red pepper, opt.) instead.

Spaghetti Squash Salad

Prep time: 15 minutes | Total Time: 3 hours (bake and chill the squash) | Serves 8

This is a make-ahead dish.

One note of caution in the “you don’t always get what you want” department of life: Spaghetti squashes are variable in texture and flavor. They are sometimes sweet and amazing, sometimes bland to the point of being worthless, and occasionally wrong altogether—if you get a bitter spaghetti squash, throw it out, do *not* eat it. In terms of texture, if your squash doesn’t pull apart into strands, you may need to change your plan and eat it hot with butter and salt. Try again with a different squash on a luckier day.

Ingredients

1 large spaghetti squash (4½ lbs.)
 2 T lime or lemon juice
 1 T mirin (sweet Japanese rice wine)
 2 T MCT oil or macadamia nut oil
 2 T coconut aminos
 1 clove garlic or ½ tsp. wasabi powder
 1/2” ginger, peeled and minced
 2 T shallots
 ¼ tsp. salt
 1/8 tsp white pepper
 1 fresh cayenne pepper, seeded, and
 minced or ½ tsp. red pepper flakes

Instructions

Preheat oven to 375°

1. Slice the squash in half around the waist and remove the seeds with a large spoon.
2. Place cut side down on a baking pan. Bake for 45 minutes or until you can squeeze the outside and it easily yields. Don’t over-cook it, or your strands will become mush.
3. Combine remaining ingredients in a jar, cover tightly and shake well. Refrigerate.
4. When squash is done, use a fork to remove the flesh from the skin. Place a large covered bowl and refrigerate for at least 2 hours.
5. Toss with the dressing. Chill until serving time.
6. Serve at room temperature.

Buttered Pumpkin and Bacon Soup

Makes 3 quarts | Serves 8 -10

This takes hot buttered squash to a new level of yum by adding the beloved smoky flavor of bacon. The bacon is the magic here. This soup is at its wonderful best if pork stock is available, but you can use water and get similarly flavored results. If using water, you can compensate for the missing broth if you increase the amount of bacon—this will impart enough of the critical pork essence that gives this dish a gourmet flavor. (Note: the alternative chicken version is not the same dish.)

Ingredients

- 5 oz. sliced bacon cut in half, or slab bacon, cut into small cubes (use 8 oz. of bacon if you do not have pork stock available)
- 1-2 T additional bacon fat, if needed.
- 1 large shallot, chopped
- 2 -3 large sprigs fresh sage (use 1 ½ tsp dried, powdered sage in winter or when fresh is not available)
- 3½ - 4 lbs. kabocha squash or other orange-fleshed winter squash such as Hubbard or butternut
- 2 – 3 cups pork bone broth plus enough water to make 6 -8 cups of liquid, enough to just cover the squash in the pot
- 1 T Real Salt® (to taste)
- ¼ tsp. ground white pepper
- 6 – 10 T raw butter or ghee
- ¼ C chopped fresh chives (opt.)

Instructions

1. Cook the bacon pieces gently in a large soup pot until fat is rendered and the bacon is nearly crisp. Use a large slotted spoon to remove the bacon to a bowl or cutting board.
2. While the bacon is cooking remove the seeds, peel, and cut into 1" pieces.
3. Once the bacon is removed, carefully add about 3 T water to deglaze the pan, scrapping up the browned bits of flavor. Once the water has boiled off, add the shallot to the hot bacon fat. Stir to coat with the hot fat. Add more bacon fat, if desired. Cook for 2 minutes.
4. Place the sage in the fat at the bottom of the pot. Then add the chopped squash and broth. Cover and bring to a boil.
5. Allow the soup to simmer for about 40 minutes, or until the squash is very soft.
6. Use a slotted spoon to remove the sage stems and leaves. Add salt and pepper.
7. Use a stick blender to puree in the pot or use puree in batches using a counter-top blender.
8. Stir in half of the chives and reserved bacon pieces. Taste and adjust the salt and pepper.
9. Keep warm until serving or store refrigerated until planned use.
10. Just before serving, add the raw butter, or place a generous chunk of butter on the top of each serving. Sprinkle a garnish of chives over the top.

Variations

Alternative Method

Used previously cooked and pureed pumpkin and skip step #7. Mince your shallot into fine bits before cooking them in step #3.

Pork-free Version (Chicken and Cheese)

Instead of bacon and pork broth, use duck or chicken fat and chicken broth, omit the bacon, add 1½ C chopped cooked chicken meat and ½ c grated smoked cheddar cheese for a pork-free version.

Thai Curry Squash (or Pumpkin) Purée

Prep time: 10 minutes, if using prepared squash | Total Time: 1¼ hour (50 minutes for baking).
Serves 8.

Creamy and interesting, this dish is a good reason to keep prepared squash on hand in your freezer. Use butternut, kabocha, buttercup, red curry, or any creamy, dark orange-fleshed squash or pumpkin. Adjust the potato starch for desired thickness based on how watery your squash seems. Makes a great leftover and tastes great cold, and it also works well as a make-ahead dish.

Ingredients

4 C cooked, mashed and drained
winter squash at room
temperature (butternut or other)
(can use canned pumpkin)
4 T Ghee
3 - 4 T Thai Red Curry Paste
4 T coconut manna
1 T potato starch
1 tsp. salt
ginger juice from ½" piece of ginger
(lightly chop the ginger then press
out the juice with a garlic press)
pinch white pepper

Instructions

Preheat oven to 350°F.

1. Use a hand mixer or food processor to combine all the ingredients well.
2. Transfer to a greased oven-proof shallow baking dish.
3. Bake uncovered for about 45 – 60 minutes, or until the top begins to brown and looks dry.

Option:

Add 1 drop clove oil.

Baked Spaghetti Squash in White Sauce for a Crowd

Prep Time: 30 minutes | Total Time: 2 hours | Serves 8–10

A creamy white sauce treatment for baked spaghetti squash strands makes a comforting side dish. Easy to prepare and really delicious! This is similar to my carbonara onions variation but uses shirataki (konjac) pasta combined with the vegetable. (Konjac flour pasta has no carbs or calories.) This recipe calls for a jumbo squash. Use two smaller ones if needed. There is natural variation among squash, so you have to keep your end point in mind and slightly adapt your method to match the situation at hand. Squash can sometimes be funky, bitter, or off. Do not eat it if you should happen on one with such problems.

Ingredients

4½ lb. Spaghetti Squash, halved
across the waist, seeds removed
3-7oz. packages shirataki, angle hair
“noodles,” prepared according to
package directions
⅔ – ¾ C ghee (can use some bacon fat
or macadamia nut oil)
10–12 oz. coconut milk
4 tsp. (slightly rounded) potato starch
1½ T coconut manna
1½ tsp. ground mustard seed
1¼ tsp. sea salt, or more to taste
¾ tsp. white pepper
Paprika (opt.)
Optional: ¼ C grated Romano cheese
for topping

Instructions

Set oven to 350°F.

1. Bake the halved and seeded squash, cut side down in a glass 13”x9” baking dish for about 40 minutes. Let sit at room temperature for 10 minutes.
2. While the squash is cooking, prepare the noodles.
3. To make the sauce: Melt the ghee and use a flat-bottomed whisk to stir in the potato starch. Heat over medium-low heat. Whisk in the seasonings and coconut manna. Gradually whisk in the coconut milk and keep stirring until thickened.
4. Use a large meat fork to separate the flesh from the shell of the squash back into the glass pan. Taste it, is it ok? If so, carry on. (If it is watery, drain in a fine mesh strainer before the next step.) Set in warm, (approx. 225 °F) oven to dry it out, about 15 minutes. Fluff it up, separating strands, and releasing steam. Combine dry squash with noodles and sauce in a large bowl.
5. Lightly grease the 13”x9” baking dish with ghee. Transfer the squash mixture into the pan, pat in place and smooth over the top with the back of a large spoon. Sprinkle top with cheese and paprika.
6. Bake at 325 °F for 30-40 minutes. Serve hot.

Variation: Mac and Cheese.

Replace the coconut milk with half-n-half. Add 2–3 oz. of cut up cheddar cheese to the sauce while thickening.

Curried Zucchini Soup

Prep Time: 20 minutes | Total Time: 1 hour | 5 Servings

This is an easy, one-pot soup that is an easy make-ahead first course dish. It is mild and tasty with a soft spring green color. I use unsalted broth and typically need about 1½ tsp of salt. If your broth has been salted, reduce the salt by half or more. (If you love garlic, try this with 1 clove of garlic added in step two.)

Ingredients

2 T unsalted organic clarified butter (ghee)
or butter
6 oz. onion, diced
2 lb. zucchini, cut in a large dice (this is
about 3 medium zucchinis)
1 T Thai Green Curry Paste
1½ C rich bone broth, heated
1 can full fat coconut milk
1 -2 tsp. mineral salt (amount depends on
the saltiness of the broth)
A few drops of hot pepper sauce or a pinch
of cayenne pepper

Instructions

1. Melt the clarified butter. When hot, add the diced onion. Sauté onion until translucent over med-low heat in large saucepan.
2. Add the spices, salt, and the zucchini, Stir. After a minute or two, add the heated broth.
3. Bring to a simmer and simmer until the zucchini is very soft.
4. Use a slotted spoon and lift the vegetables into a large blender. Add ⅓ of the coconut to the blender and puree until the mixture is smooth. Pour puree into the sauce pan with the zucchini. Repeat twice until all (most) of the zucchini has been pureed.
5. Add the hot pepper sauce, taste, adjust salt to taste.
6. Serve. This soup doesn't require a garnish and it looks especially nice in white bowls or soup plates.

Sautéed Grated Zucchini

Total Prep Time: 15 minutes

Makes 6 servings.

THE best way to serve zucchini (after grilled).

Note: I don't recommend zucchini for people with chronic digestive difficulty or celiac disease.

Ingredients

1–2 T olive oil

1 small garlic clove, pressed or minced (opt.)

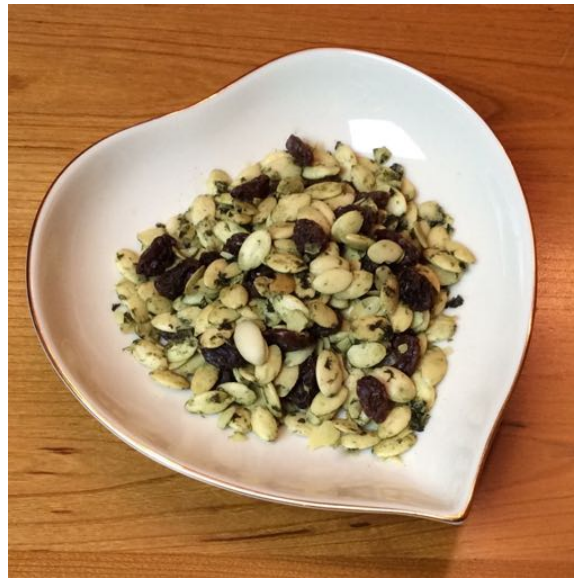
1½ lbs. zucchini, grated

½ teaspoon mineral salt

Instructions

1. Heat the olive oil in a frying pan. Add the garlic, stir.
2. Add the zucchini and toss for med-high heat until tender.
3. Sprinkle with salt, stir.
4. Serve.

TREATS AND DESSERTS



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NOTES

Spicy Rosemary Pumpkin or Watermelon Seeds

Prep time: 10 minutes | Total Time: 25 minutes (for cooling)
Makes 1¼ C, or 10 ⅛ cup servings.

These are a quick and easy snack or party food, good for a large crowd. They will keep in the fridge for a week, or in the freezer for several months. These are so easy to make, you will want to listen to an audio book while making them. This was inspired by Sally Fallon's Rosemary Walnuts, which was a favorite of my mine before I cut back on the oxalates in my diet. This works equally well with either type of seed, but the baking time is slightly different, so don't combine them in one batch.



Ingredients

1 Tb. butter or ghee
4 tsp. ground rosemary
¼ tsp. cayenne pepper
1¼ cups (155 g) sprouted salted
pumpkin or watermelon seeds

Instructions

Preheat oven to 350°F.

1. In a saucepan over low heat, melt the butter.
2. Turn off the heat. Stir in the spices. Toss the seeds in the pan until evenly coated.
3. Spread coated seeds evenly on a parchment paper lined baking sheet pan.
4. Bake at 350°F for 6 minutes, or until lightly browned.
5. Cool to room temperature before storing in glass under refrigeration.

Hot and Sour Pumpkin or Watermelon Seeds

Prep time: 20 minutes | Total Time: ½ hours (for cooling and clean up).
These are a bit sticky like peanut brittle, crunchy like chips, and have a spicy kick. Note: add salt if using unsalted seeds.

Ingredients

4 T fresh lime juice (2 limes)
2–3 tsp. organic sugar
1 tsp. coconut oil
¼–½ tsp. cayenne pepper or
pulverized red pepper flakes
1 C (115 grams) salted, sprouted
pumpkin or watermelon seeds
(Go Raw Brand)
¼ tsp. allspice extract (opt.)
(pinch additional salt, if desired)

Instructions

Preheat oven to 325°F.

1. In a saucepan over med-low heat, boil the lime juice until reduced to 1 T or less (about 4 minutes)
2. Add the sugar, coconut oil, and cayenne pepper, stir to dissolve the sugar. Turn off the heat.
3. Add watermelon seeds and, if using, the allspice extract. Toss until dry looking.
4. Spread on a parchment paper lined baking sheet pan. Bake at 325°F until lightly browned and dry, 6–10 minutes.



Garlic Spiced Pumpkin Seeds

Prep time: 12 minutes | Total Time: 25 minutes (for cooling)

Makes 1¼ C, or 10 ⅛ cup servings.

These are a quick and easy snack or party food, good for a large crowd. They will keep in the fridge for a week, or in the freezer for several months.

Ingredients

1 Tb. (scant) butter or ghee
⅛ tsp. cayenne pepper
¼ tsp. chili powder
⅛ tsp. white pepper
2 garlic cloves, pressed
¼ tsp. salt
1¼ cups (155 g) sprouted salted
pumpkin (or watermelon) seeds

Instructions

Preheat oven to 350°F.

1. In a saucepan over low heat, melt the butter. Turn off the heat. Stir in the spices. Toss the watermelon seeds in the pan until evenly coated.
2. Spread coated seeds evenly on a parchment paper lined baking sheet pan.
3. Bake at 350°F for 6 minutes, or until lightly browned.
4. Cool to room temperature before storing in glass under refrigeration.

Inside-Out Mango for Two

Prep Time: 5–10 minutes | Serves 2

This is simple, elegant, and great after a spicy meal.

Ingredients

- 1 ripe mango, rinsed
- 1 lime, halved



Instructions

1. Use a long-bladed serrated knife to slice the mango just off-center down the middle of its flat axis. The knife should just graze the large flat pit. Do the same cut along the other side of the pit.
2. Use a sharp paring knife and cut into the flesh of each of the two halves, without cutting the skin. Make about 4 or five parallel cuts diagonally across and 4 or 5 more crisscrossing the first set of cuts.
3. Press on the skin side to gently turn each in-side out. The flesh will now form a convex dome with attractive diamond shaped mango chunks leaping upward.
4. Sprinkle with lime juice and serve immediately.

Variation. Dress it up: top with freshly made whipped cream. Dust with freshly grated nutmeg. Garnish with a lime slice.

Papaya Custard

Prep Time: 5–10 minutes | Serves 2

Fresh papaya and cream make an easy, fluffy, and delicious egg-free pudding. Oxalate content is likely to fall somewhere between 1 and 12 mg per serving. More testing is needed to determine if ripeness or variety are determining factors. Carbs: 23g per serving.

Ingredients

- 6 oz (170g) peeled, seeded very ripe papaya, cut up and chilled
- ¼ C (60 ml) heavy cream, chilled (or more, to taste)
- 1½–2 T (22–30ml) maple sugar
- ¼ tsp vanilla extract (1ml)
- 1 ice cube

Instructions

1. Blend in mini-blender or inverted mason jar until smooth.
2. Pour into pedestal dessert cups.
3. Refrigerate for two or more hours to let it set into a firm pudding or enjoy at once as custard.
4. Garnish with whipped cream and a wedge of ripe mango.

Panna Cotta: Non-Dairy or Dairy Versions (with variations)

Makes 4 servings. This Italian custard-like pudding is very simple to make and is easily doubled or adjusted. Remember that 1 envelope (a scant tablespoon) of gelatin will set two cups of liquid. Also, the richness is easily adjusted based on the dairy product used. Make it at least six hours in advance of the serving time. The dairy version will keep for two days—just keep it well-covered and chilled.

Serve as-is or with a small drizzle of honey mixed with balsamic vinegar, with a red wine reduction sauce, poached fruit, or with fresh fruit or berries splashed with a touch of a fruit brandy or kirsch. In July, serve with fresh blueberries coated with a touch of blueberry jam. Blueberry sauce or jam can be a great topper for this too.

Instructions

1. Place gelatin in small bowl, add cold water and allow to sit for 2 minutes.
2. Heat a water bath in a large sauce pan or stock pot. Place honey and tepid cream in glass 2-cup measure or quart mason jar. †
3. Place jar in hot water bath. Stir to combine cream and honey.
4. Add the softened gelatin. Stir occasionally until the gelatin is fully dissolved.
5. Remove the glass jar from the water bath.
6. Stir in stevia and vanilla extract.
7. Pour the mixture into wine goblets or parfait glasses so you can serve them in the glasses, without unmolding. Cover with plastic wrap after one hour of chilling.*
8. Continue to chill for 4 more hours.

To make individual molds:

1. Lightly grease chilled teacups or custard cups with butter, ghee, or coconut oil.
2. Pour the panna cotta mixture into molds. Chill for 6 hours or more.
3. Run a sharp knife around the edge of each Panna Cotta and unmold each onto a serving plate.
4. Garnish as desired.

To make Banded Blueberry Parfait: (a beautiful mid-summer dessert)

1. Use $\frac{1}{4}$ C organic whole-berry blueberry jam, divided, and $\frac{1}{2}$ cup of fresh blueberries.
2. Use tall, narrow glass parfait cups
3. Divide about $\frac{1}{4}$ – $\frac{1}{3}$ of the liquid panna cotta equally among them. Chill until nearly set. Set about 1 tsp. of jam on top of this layer without letting it touch the sides of the glass.
4. Puree 2 T jam with nearly $\frac{1}{3}$ of the liquid panna cotta. Pour over the first set layer, dividing equally among the 4 glasses. Chill until set, about 30 minutes.
5. Carefully divide the remaining white liquid panna cotta as the top layer of the parfaits.

† Coconut milk can be heated directly in a saucepan.

*Note: unhomogenized cow's milk and coconut milk will separate, if using, you might want to partially chill and beat before placing in goblets or molds.

Ingredients, Dairy

- 1 scant T unflavored gelatin (one envelope)
- 2 T cold water
- 2 C fresh cream, half-and-half, or whole milk at room temperature*
- 2 T honey or coconut sugar or 3T fine maple sugar powder
- 4 - 8 drops stevia (opt.)
- 1 tsp. Vanilla extract

Ingredients, Coconut Non-Dairy

- 1 scant T unflavored gelatin (one envelope) less $\frac{1}{4}$ tsp.
- 2 T cold water
- 1- 13.5 oz. can coconut milk at room temp.
- Scant 2 T honey or coconut sugar or 3T fine maple sugar powder
- 4 - 8 drops stevia (opt.)
- $1\frac{1}{2}$ tsp. Vanilla extract



6. While parfaits are chilling, coat the fresh blueberries with the remaining 1 T of jam. Decoratively set the coated berries over the top of the parfaits before serving.

Dream Cookies

(Gluten free, Egg-free, Dairy-Free, Grain-free, Low-Oxalate, Low-histamine)

Makes 20-24 cookies

Adapted from the *Allergy Self-Help Cookbook* (Jones, 1984).

Sprouted seeds have been presoaked and dried, which eliminates some anti-nutrients in the seeds, making them more digestible. Omit nutmeg for low-histamine version.

Ingredients

1 C ground sprouted seeds (50% raw sprouted pumpkin, 50% raw sprouted watermelon seeds)
 ¼ C honey (I use orange blossom)
 1 teaspoon vanilla extract
 1 teaspoon allspice extract†
 pinch mace (opt.)
 [scant ¼ teaspoon freshly grated nutmeg]

Instructions

1. If you're grinding the nuts in the food processor, grind them first.
2. Mix the nuts and remaining ingredients in a bowl or food processor.
3. Precisely measure out single teaspoons of batter onto a cookie sheet lined with parchment paper or foil (shiny side up). Space the cookies to allow them to spread without touching. They will spread more if you use 1 tablespoon of maple syrup in place of some of the honey.
4. Bake at 300° for 12 to 15 minutes (depending on nuts and sweetener). Watch carefully to keep from burning. Let them cook long enough to crisp and brown.
5. Slide the whole sheet of foil onto a rack to cool. Once cool, peel the cookies off the foil.

†Note: Allspice extract can be purchased online. I have used Olivenation.com, paying about \$8.70 for a 4 oz. bottle

Crunchy Coconut Flake Cookies

Prep. Time 30 minutes | Total Time: 4–5 hours | Serves: 12 (oxalate content 1 mg per serving)

Carbs = 6 gm/ serving. Carbs if using stevia and water =4 gm / serving.

Makes light-weight, calorie dense, low-oxalate, low-carb, crispy treats. Simple to make.

Ingredients

- 1 T potato starch
- 3–4 T organic sugar or coconut sugar (can use stevia to replace some, if desired)
- 5 fluid ounces ($\frac{1}{2}$ C plus scant 2 T) coconut water or $\frac{1}{2}$ C water
- 1 T chocolate extract
- $\frac{1}{2}$ tsp. vanilla powder or extract
- 8 oz. shredded organic coconut
- $\frac{1}{4}$ tsp. potassium chloride salt (opt.)
- $\frac{1}{8}$ tsp. pink Himalayan salt (sprinkled on top) (opt.)
- $\frac{1}{8}$ tsp. ground nutmeg (1.2 mg oxalate) (sprinkled on top) (opt.)



Variations to Try

1. Dark Cookies (pictured):
2-3 T molasses to replace half of the sugar; use just $\frac{1}{2}$ C water, in place of coconut water
2. Add $\frac{1}{2}$ C collagen powder
3. Peppermint Christmas Trees
Omit chocolate extract
Add 1 T crème de Menthe (green or clear) (opt.).
2 crushed candy canes pressed into the tops before cutting into tree-like triangles. Makes ~38.

Instructions

Preheat oven to 200 °F

1. Combine potato starch, sugar, and coconut water in a saucepan.
2. Stir while heating over medium heat, using a flat-bottomed whisk or wooden spatula, until it becomes a thick gel, about 2 minutes.
3. Remove from heat.
4. Add chocolate extract, vanilla powder (and stevia and potassium salt, if using). Stir well.
5. Add coconut. Combine thoroughly, but do not “pack” the mixture.
6. Spread out in a thin layer on parchment paper laid out on a flat counter.
7. Use a layer of wax paper over the top for pressing out the mixture into an even thickness ($\frac{1}{4}$ ” or thinner) (use a rolling pin). Discard wax paper.
8. Transfer parchment paper and pressed mixture to a baking pan
9. Sprinkle salt or nutmeg evenly over the top.
10. Score deeply into small diamonds, triangles or other shape.
11. Bake, uncovered, at 200 °F until completely dry. (total time is about 3–4 hours).
Flip over after an hour or so, removing the parchment paper.
Flip again after another 90 minutes onto a rack on the pan (to allow air circulation on all sides).
Baking time depends on thickness and humidity. If they are not completely dried out, leave them in the oven with the door cracked and light on for an additional hour or so.
12. Can *lightly* toast them at the end by baking for 5-8 minutes at 275 °F, or until lightly golden. Let cool to crisp. Store in an air-tight container.

Note: use scissors to cut shapes apart, if needed.

Coconut burns easily, do not increase temperature to speed the process, or you run the risk of burning it.

Bacon-Wrapped Coconut Crackers

Prep. Time 35 minutes | Total Time: 4 hours | Serves: 12

Carbs =3 gm/ serving. Oxalate = 1 mg/ serving

These 'crackers' are savory, lightweight, delicately crispy, and loaded with chewy mouth feel.

Ingredients

8 oz. shredded organic coconut
(227g)
1 T potato starch
¼ tsp. white pepper
1 tsp. dried ground rosemary (opt.)
½ C + 1T water
½ C grated parmesan cheese (60g)
¼ tsp. potassium chloride salt (opt.)
⅛ tsp. pink Himalayan salt
(sprinkled on top) (opt.)
1 lb. thin sliced bacon sliced in
thirds; *or*
bacon fat and ghee ~10 T.



Instructions

Preheat oven to 200°F

1. Optional: Grind ⅓ of the coconut in a fast blender to reduce the flakes to a course flour.
2. Combine potato starch, spices, and water in a saucepan.
3. Stir while heating over medium heat, using a flat-bottomed whisk or wooden spatula, until it becomes a thick gel, about 2 minutes. Remove from heat.
4. Add potassium salt (if using). Stir well.
5. Add coconut and cheese. Combine thoroughly, make sure it sticks together but do not “pack” the mixture.
6. Spread out in a thin layer on parchment paper laid out on a flat counter.
7. Use a layer of wax paper over the top for pressing out the mixture into an even thickness (¼” or thinner) (use a rolling pin). Discard wax paper. Score deeply into small rectangles (~¾” x 1.25”).
8. Transfer parchment paper and pressed mixture to a baking pan.
9. Bake, uncovered, at 200°F until completely dry. (total time is about 1.5–2 hours).
After about ¾ hour, flip over on to a rack on the pan (to allow air circulation on all sides), removing the parchment paper. Then use scissors to cut shapes apart, if needed.
Baking time depends on thickness and humidity. They are ready when dried out and having just a touch of “give” left.
10. Wrap each piece with ⅓ slice bacon. Return to the oven and bake at 250°F, for about 1 hour and 15 minutes. (Or spread 1 tsp. bacon fat or ghee and bake for 25 minutes.)
11. Store in an air-tight container. Freeze for later use.

Note:

Coconut burns easily, do not increase temperature to speed the process, or you run the risk of burning it.

Date Cordial Balls (No Seeds)

Yield: 24 one-inch balls (12 servings)

These taste like candies, they're easier to make than cookies, and the cleanup is a snap. Who could ask for more? The flavor melds and develops over time. I suggest making them at least a day or two before you plan to serve them. They keep very well if sealed in an air-tight container in the fridge.

Ingredients

- 1 C shredded dried coconut (80 gm), plus more for rolling
- 1¼ C chopped pitted dates (170 gm, or 6 oz.)
- ¼ tsp. vanilla essence or extract
- 1 T chocolate extract *avail through olivenation.com* (or 2 T brandy or chocolate vodka or vanilla bourbon)
- ½ - 1 T water
- 3 T coconut mana (creamed coconut) (about 60 gm)
- ¼ tsp. salt

Instructions

1. Put the ingredients in a food processor with steel blade.
2. Pulse until ingredients are very well chopped and combined.
3. Place batter in a small bowl (it can sit for a few minutes before the next step).
4. Use damp hands or a cookie baller to roll 1 tablespoon portions (or less) into balls.
5. Roll the balls in additional shredded coconut.
6. Refrigerate until ready to serve. They will keep in a sealed container for a few weeks.



Tropical Mango Ambrosia Bites

Prep Time: 1 hour | Total time 2 hours | Makes 50+ mini balls (10 servings)

These taste like candies, they're easier to make than cookies, and the cleanup is a snap.

I suggest making them at least a day or two before you plan to serve them. They keep very well if sealed in an air-tight container in the fridge. Shaping the balls takes time, but it's a meditative and rewarding activity to do while enjoying an audio book, podcast, or music.

Ingredients

- 4 oz. dried mango (100gm)
- 2 oz. dried pineapple
- 2 oz. crystalized ginger
- ¼ tsp. salt
- ¼ tsp. vanilla essence or extract
- 2 T vanilla whisky
- 1 T water
- 4 T coconut manna (creamed coconut) (about 80 gm) at room temp. or slightly chilled
- 1 C shredded dried coconut (80 gm), plus more for rolling



Method

1. *Finely* chop the dried fruits by hand. (Oil the knife blade with coconut oil to prevent gumming up the blade.) Don't rely on a food processor to do this for you, it won't.
2. Mix the chopped fruit with the vanilla extract, vanilla whisky, and water in a medium-sized bowl. Let the mixture sit at room temperature until the fruit has absorbed the liquid (10 to 20 minutes).
3. Pulse the fruit in a food processor with steel blade (oiled and chilled if possible, especially if the kitchen is warm) until the fruit texture is uniformly minced and gathers into a ball.
4. Add the coconut manna and pulse to incorporate.
5. Add the shredded coconut and pulse until the mixture is very well combined.
6. Place batter in a small bowl. Let it sit in the refrigerator for about 15 minutes (but not longer) before the next step.
7. Use a 1 tsp. measure (5ml) and form one-teaspoon portions into balls.
8. Roll each ball in additional shredded coconut.
9. Refrigerate until ready to serve. They will keep in a sealed container for a few weeks.

Pineapple Coconut Bark

Prep Time: 30 minutes | Total Time: 1+ hour | Serves 20.

Turn dried fruit into a special treat. This makes a small portion of sugary fruit very satisfying. Although this treat tastes very sweet, I estimate that one portion has about 9 grams of natural sugars. That is about one third or less of the sugar in a typical fruit-flavored yogurt.

- 1¾ C cut up dried unsweetened organic pineapple
- 3 oz. organic cocoa butter wafers by weight ~¾ C
- 3 T fine maple syrup powder or fine organic sugar
- ¾ C coconut butter “Manna” (place in a warm oven ahead of time to soften, if needed for ease of decanting)
(5 drops liquid stevia, optional)
- 2 tsp. vanilla powder or 1 tsp. vanilla extract
- ½ C dried finely shredded coconut, toasted, plus 2 T more for optional “topcoat”



Optional Shape:

Use candy-sized muffin cup liner papers (~48) placed in the chilled pan to make circular shaped bark. This can be done in one step. Use all the batter in step 6; omit steps 8 and 9.

1. Set a jelly-roll style baking sheet or a 13 x 9” glass baking dish in the freezer or fridge.
2. Put the cocoa butter and sweetener in a 2-cup glass measuring cup. Set the measuring cup in either 1) a 200° F oven or, 2) a 4” deep water bath (very hot water in a thick-bottomed saucepan over low heat). Allow to rest until just melted. Add the coconut butter and stir until the ingredients are smooth and combined. Remove the pan and measuring cup from the heat.
3. Stir in the vanilla extract, (optional stevia), and the toasted coconut flakes.
4. Add the fruit pieces, stir to coat.
5. Allow to sit at room temperature for 10 minutes to cool and slightly thicken up.
6. Stir then lift the coated fruit chunks out of the measuring cup with a slotted spoon, leaving behind any liquid that doesn’t stick. Distribute the fruit pieces into a single layer, with the pieces touching each other (keep them tightly packed) over the chilled pan. Sprinkle about 2 tablespoons of additional toasted coconut over the top, if desired.
7. Place in freezer until cooled and hardened, about 8 minutes (or 25 minutes using the fridge).
8. Keep the remaining coating mixture in a liquid state while the coated fruit chills.
9. Once the fruit pieces are hardened, pour the remaining mixture over the top.
10. Quickly sprinkle additional toasted coconut over the top, if desired. Repeat the chilling step.
11. Use clean hands to break the chilled fruit into 20 or more individual pieces. Store in an air-tight container in the refrigerator. Serve and enjoy while cool. They will melt in warm temperatures.

Speckled White Chocolate Blondies

Prep Time: 15 minutes | Total Time: 2 hours (chilling) | Serves 15, makes 30 or 45 pieces
(oxalate content 7mg per serving (110mg total), 3mg per serving if made without macadamia nuts)

This recipe is more fat than sweet, and the coconut makes it a great source of healthy fats. It works well as a party treat. Finding the ingredients can be a bit difficult. If you can't find edible organic cocoa butter, look for it online. I buy it from Mountain Rose Herbs. If you have digestive issues, allergies, concern about seed oils, or other reasons to avoid nuts, see the variation without nuts. Keep them cool. They will get soft if stored at 75 °F or higher.

Ingredients

- 1½ cup (4 oz) unsweetened shredded coconut (5mg ox)
- 6 oz. creamed coconut (AKA coconut butter or coconut manna; “Artisana Organics” brand has a nice texture) (7mg ox)
- 8 oz. cacao butter discs, organic
- ¼ C fine maple syrup powder
- 1 C (4.5 oz) salted macadamia nuts (opt.) (60mg ox)
or crunchy coconut strips, see variation below
- 1 Tbsp. vanilla powder† (find in candy-making stores or online)
- [¼ C collagen powder, opt.]
- ¼ tsp. Black Lava salt
- [2 – 3 T minced crystalized ginger, for top, optional] (25mg ox)

Instructions

1. Preheat oven to 275 °F. Spread the coconut evenly over a large baking sheet. Toast coconut for 8 – 12 minutes or until toasted to a light caramel color. Watch carefully to avoid burning.
2. Place a 7 x 11” glass or ceramic baking pan in the fridge or freezer. Cut a piece of parchment into a strip about 4” wide by 15” long, set inside the pan.
3. Melt the cocoa butter and coconut cream concentrate in heavy sauce pan over very low heat if stove is electric. If using a gas stove, do this step using a double boiler or a ceramic bowl set inside a saucepan with heated water in it. Don't over heat. Remove from heat when cocoa butter discs are 90% melted, stir until fully melted.
4. Stir in maple syrup powder, vanilla powder, and, if using, collagen powder. Combine well. (Optional step: allow to sit for 15 minutes to slightly cool.)
5. Stir the mixture before pouring into the chilled, parchment-lined pan.
6. Sprinkle the toasted coconut over the top evenly, it will sink into the melted mixture. Then sprinkle the black salt evenly over the top. Then sprinkle the ginger bits; then, finally, do the same with the nuts (or coconut strips).
7. Allow to chill for one hour or more.
8. When solid, invert pan over a cutting board to unmold and cut into 30 or 45* squares or rectangles. Store cut pieces tightly sealed in the refrigerator or freezer.

No nuts version: Use (1 cup) large coconut strips or flakes, either plain or vanilla flavored in place of the nuts.

†Note: vanilla extract might work in place of the powder, but it yields a less attractive color and texture.

*to make 45 squares, make 5 columns and 9 rows

Ginger Baked Apples

Prep time: 15 minutes | Total Time: 65 minutes

Serves 6.

This recipe is quick and easy. Excellent dish for brunches and pot-lucks.

The baking apples that work best seem to be Jonagolds and Galas. They should be tart, fresh, and crisp. Despite their reputation as baking apples, Granny Smith apples get too mushy—their reputation may have come from their use in pies. Granny Smith are high in oxalates, and not recommended for any application.

Ingredients

6 large Gala apples

3-4 T butter, cut into rectangular chunks that will fit into the apple core (or melt)

4 T organic sugar or powdered maple sugar

1½" piece fresh ginger, peeled and cut into slim 1"-long match sticks

Juice of 1 lemon (3T)

Ground allspice

Ground cloves



Instructions

Preheat oven to: 325 °F

1. Core apples from the stem side, but not entirely through the bottom.
2. Set the apples in a baking dish, and add a tablespoon of water to the bottom of the dish.
3. Into the core space of each apple, place: 2 tsp. maple sugar powder or 2 tsp. org. sugar, butter chunks, ginger match sticks, and lemon juice
4. Sprinkle allspice and a *small* amount of ground cloves into the core of the apple and over the top.
5. Bake uncovered until the skins show signs of starting to split or are oozing a bit of foam (approximately 50 minutes).
6. Serve warm as is or with *fresh* whipped cream.

Filipino Style Rice and Corn Pudding

Makes 4 servings.

Simple gluten free, egg free, low oxalate dessert or snack. This is based on a Filipino dish called ginataang mais. The technique described here includes a twenty-four-hour soak prior to cooking the rice to assure digestibility and to create a risotto texture. I suggest using bentonite clay in the soaking water to bind arsenic and other heavy metal contaminants that might be lurking in the rice or water. Using clay to make plant foods safer to eat is a tradition used around the globe since the dawn of cooking.

Ingredients

1 C frozen organic corn (140 gm)
¼ tsp. salt, (rounded)
¼ C dry rice
1 can coconut milk (reserve 2 T)
1 tsp. potato starch
2 T cream
3 T maple syrup

Instructions

1. Set the rice in a covered pan, add filtered water to 1" above the rice level. Add 1 tsp. bentonite clay. Allow it to sit at room temperature for 24 hours.
2. Drain the rice in a fine mesh sieve.
3. Chop frozen corn in mini-blender (while it is still frozen) until it has the texture of a coarse meal. Set aside at room temperature.
4. Reserving 2 T of coconut milk, combine salt, rice, and remaining coconut milk in a heavy sauce pan.
5. Bring to a light simmer. Set a 30-minute timer. Continue to cook over low heat, stirring every 3-4 minutes.
6. Add the corn and maple syrup after about 10 minutes.
7. After about 25-30 minutes, mix the potato starch into the reserved coconut milk, then stir it in for an additional 5 minutes of cooking.
8. Remove from heat, let rest for 5 minutes.
9. Stir in the cream or reserve it for serving.
10. Drizzle cream and additional maple syrup over each serving.
11. Serve hot or chilled.

Rice Pudding New England Style

Prep Time: 35 minutes | Total Time: 24 hours for soaking

Makes 6 (7-oz.) servings (**oxalate content 11mg per serving**)

Adding molasses to rice creates a rich, almost spicy flavor. Start this a day before you need it. The technique described here includes a twenty-four-hour soak prior to cooking the rice to assure digestibility and to create a risotto texture. I also suggest using bentonite clay to bind arsenic and other heavy metal contaminants that might be lurking in the rice or water. Using clay to make plant foods safer to eat is a tradition used wherever indigenous food traditions have been maintained. Corn adds some color and sweetness but is optional. This dish is nice in the fall when the temperature is dropping. Nutrition per serving: 300 calories; Fat: 13g; Carbs: 45g; Protein: 3.9g (low quality).

Ingredients

1 C dry organic white jasmine or basmati rice
 Bentonite clay, 3 tsp. divided, optional
 (1 C fresh cooked corn on the cob, cut off and chopped
 or frozen organic corn (140 gm) optional)
 1¼ tsp. salt
 2 C water
 1 13.5-oz can coconut milk, simple (reserve 2 T)
 1 tsp. potato starch
 ¼ C cream (optional)
 ¼ C maple syrup to taste plus more for serving
 2 T molasses (or more to taste)
 1 – 2" fresh ginger, peeled, finely chopped and juiced. I use my garlic press to do this (tap, open, turn the ginger, tap, repeat). Get at least 1 – 2 tsp. of juice.

Instructions

1. Set the rice in a covered pan, add filtered water to 1" above the rice level. Add 1.5 tsp. bentonite clay. Allow it to sit at room temperature for 24 hours.
2. Drain the rice in a fine mesh sieve.
3. If using frozen corn, chop it in a mini-blender (while it is still frozen) until it has the texture of a coarse meal. Set aside at room temperature.
4. Reserving 2 T of coconut milk, combine salt, drained rice, 1 C water, 1.5 tsp. bentonite clay, and remaining coconut milk in a heavy sauce pan.
5. Bring to a light simmer. Set a 30-minute timer. Continue to cook over low heat, stirring every 5 minutes.
6. Add the corn, molasses, and maple syrup after about 10 minutes.
7. After about 25-30 minutes, mix the potato starch into the reserved coconut milk, then stir it in for an additional 5 minutes of cooking. Stir in the ginger juice.
8. Remove from heat, let rest for 5 minutes.
9. Stir in the cream or reserve it for serving.
10. Drizzle cream and additional maple syrup over each serving.
11. Serve hot or chilled.
12. Garnish with crystalized ginger, if desired.

Note: When chilled it will firm up into a sliceable brick. Consider pressing it into molded shapes, such as a loaf or individual ramekins if chilling. Or put into an oven-proof casserole for reheating.

Castagnaccio: Savory Tuscan Chestnut Cake

Prep time: 20 minutes | Total Time: 50 minutes | Serves 8 -10

Total Oxalate per serving (1/8 pie) = 19mg (44% soluble)

Castagnaccio is a traditional grain-free Tuscan dessert made from chestnut flour and sometimes described as rustic. This is not a sweet cake; the sugar comes from the dried fruit. It has a dense texture like a bagel, with the lovely flavor and texture of toasted rosemary leaf. Traditional versions often use pine nuts; this lower oxalate version uses pistachio nuts. Chestnut flour should be sweet and flavorful, so taste a small pinch to be sure you have a good quality, fresh flour. This dessert is both gluten free and egg free.

Beware: the oxalate content is significant, so it's not daily fare unless you are using oxalate to avoid excessive oxalate release from the body tissues.

Ingredients

- ¼ C raisins, 40 g (or chopped dates)
(4mg ox)
- 1 C hot water
- 2 C chestnut flour (270 gm) (131mg ox)
- ½ tsp. real salt
- 1 C room-temperature water
- 3 T olive oil or melted butter, divided (opt.)
- ¼ tsp. almond extract (opt.)
- 2 T whole dried rosemary leaf or, fresh leaves stripped from 1 large sprig
- Extra virgin olive oil
- 1 oz. pistachio nuts (16mg ox) or a scant ¼C pumpkin seeds)



Instructions

1. Pour 1 C very hot water over the raisins and allow them to soak for 10 minutes. (if using dates, this step is not necessary)
2. Grease a 12" cast iron skillet with butter or ghee.
3. Preheat oven to 375°F.
4. Toss chestnut flour and salt in a large batter bowl. Slowly add the raisin soaking water and the room temperature water, stirring continuously until you have a smooth and liquid batter. It should look like a dark-brown pancake batter. Add half of the oil or melted butter. Add the almond extract, if using.
5. Add half-to-¾ of the raisins and stir again. Let the batter sit for 5 minutes.
6. Stir the batter and pour into the prepared skillet.
7. Sprinkle remaining raisins, pistachio nuts or pumpkin seeds, and rosemary leaves over the top of the batter.
8. Drizzle the top with remaining olive oil or butter.
9. Sprinkle a pinch of salt over the surface.
10. Bake in preheated oven, lowered to 350°F for about 25—30 minutes until chestnut cake is firm and the edges are cracked.
11. Cool for 10 minutes. Cut into wedges.
12. Serve it warm or cold. Try it with ghee, butter, or olive oil.

Cheese Cake with Sour Cream: Egg-free

Prep Time: 20 minutes | Total Time: 10 hours for chilling | Serves 8.

A wonderful egg-free cheesecake that works well with pre-made standard or gluten-free pie crusts. Mascarpone is an Italian cream cheese that has much better quality, flavor, and digestibility than American cream cheese.

Ingredients

Use a pre-made and lightly baked crust
(gluten-free if desired)

1 env. (0.25 oz., 7g, or 1 scant T)
unflavored Gelatin

2 T cold water

½ C boiling water

⅓ C organic sugar

8 oz. mascarpone

8 oz. high quality, stiff, grass-fed sour
cream

1 tsp. lemon extract

⅛ tsp. lemon oil (opt.) (see variation)

Pinch salt or more to taste



Instructions

1. Combine the cold water with gelatin in a medium bowl, let sit for 1 minute.
2. Add the boiling water and stir several minutes until gelatin is completely dissolved. Stir in the sugar until it is dissolved.
3. In a deep, medium or large bowl. Beat the cream cheese, sour cream, lemon extract, lemon oil, and salt with beaters until blended and smooth.
4. Gradually beat in the gelatin and sugar.
5. Taste. Adjust with additional salt, sugar, or a drop more lemon oil, if needed.
6. Refrigerate the filling for about 30 minutes or until thickened, stirring every 10 – 15 minutes.
7. Transfer into a cool crust.
8. Chill for 4 – 12 hours before serving.
9. Serve at room temperature, optionally topped with whipped cream, blueberry jam, or a drizzle of honey or maple syrup.
10. Other garnish ideas: crystalized ginger root slices or fresh blueberries.

Variation

Vanilla: Use 1½ tsp. vanilla extract or vanilla powder in place of lemon extract and lemon oil.

Pumpkin Pie Filling

Egg-Free, Dairy-Free, Low-Oxalate, Low Sugar

Prep time: 20 minutes, if using prepared squash | Total Time: 4 hours (1 hour for baking, 1³/₄ hours if making crust, plus 1 hour of resting or chilling.) | Serves 8.

Adjust the amount of potato starch for desired thickness based on how watery your squash seems. Tastes best with winter squash, which is sweeter. Use more sugar if using pumpkin. Makes a great leftover and tastes great cold.

Ingredients

½ C apple juice
 1 T powered gelatin
 3 T ghee or coconut oil,
 6 T coconut manna
 ¾ C canned coconut milk
 3 T sugar or maple syrup powder, or
 use more to taste (double if using
 canned pumpkin)
 1 T lemon juice
 2 T potato starch
 2½ C cooked, mashed and *drained*
 winter squash or pumpkin at room
 temperature (butternut or other)
 (or use canned pumpkin)
 1 tsp. vanilla extract
 ½ tsp. allspice extract
 Pinch ground clove
 ⅛ tsp. freshly grated nutmeg
 2" fresh ginger root, minced and juiced
 with a garlic press = ½ tsp juice.
 ¼ tsp. mineral salt
 Ghee to coat crust
 1 pie crust
 Maple syrup for serving

Instructions

Preheat oven to 350°F.

1. Set apple juice in small sauce pan, do not heat. Add the gelatin to soften in apple juice for 1 minute.
2. Turn on heat to medium-low. Stir until gelatin is dissolved.
3. Remove from heat; add coconut milk, coconut manna ghee or coconut oil and sugar. Stir to combine.
4. Use a hand mixer to combine pumpkin or squash with lemon juice, potato starch, salt, and spices in a large bowl. Add the gelatin-coconut mixture, beat until the all the ingredients are smooth.
5. Transfer to a prepared pie crust (or a greased pie plate for a no-crust version). (Try adding a light coat of ghee to the crust before filling.)
6. Bake uncovered for about 50-60 minutes, or until top is dry, browned and slightly puffed at the center.
7. Let rest at room temperature for at least 1 hour before cutting. Refrigerate if not using within 5 hours.
8. If you prefer a sweeter pie, drizzle 1 – 2 tsp. maple syrup per slice when serving.

Pie Crust

(Low Oxalate, Egg-free & Gluten-Free)

8 servings (oxalate content 1.6 mg / serving; 20g carbs / serving)

Makes one bottom crust. The texture is more tender when made with lard. If using lard or ghee, leave the dough with obvious chunks of butter. If you can use eggs, try the egg version.

Loosely based on a crust in the book *Gluten Free Gourmet Cooks Fast and Healthy*.

Ingredients

- ½ C chilled lard or butter or a combination
- ⅔ C coconut flour (5.8 mg ox)
(or sweet rice flour) (60g Carbs)
- ⅓ C potato starch (3.6 mg ox)
(53g Carbs)
- ⅓ C white rice flour
(3.2 mg ox) (42g Carbs)
- ½ tsp. salt
- 2 - 3 T cold water or chick pea liquid (has eggy qualities)
- 4 - 7 T chilled sparkling mineral water

Instructions

1. Mix dry ingredients. Cut in lard or ghee.
2. Add cold water (or chickpea liquid) and work with your fingers until dough holds together and you can make a soft, malleable ball that doesn't crumble. The amount of liquid is variable, depending on the moisture level in the flours and the humidity level. Mineral water adds lightness; if you need a substitute, you can use tap water with a pinch of baking soda instead. Do not over-do the water.
3. Pat the dough into a good-sized 9- or 10-inch pie pan. (Cover with waxed paper, optional.) Pat the dough until it is an even layer on the bottom and up the sides, forming a fluted top edge. I sometimes use another pie plate as a press to help get an even thickness on the bottom. (If you want to roll it out, do it between sheets of waxed paper.)
4. Now use as any other pie crust.
5. Baking Notes.
Pre-bake depending on the pie-filling.
If using a glass pie plate, bake at **325°F**.
If using a metal pie place, bake at **340-350°F**.
(Time for partially baked: about 9-12 minutes.

For a fully prebaked crust: for about 16 - 18 minutes or until lightly browned. (Coconut flour browns and burns easily, consider guarding the outer edge of the crust from the heat with foil.

Notes: This does not work as a rolled top crust, but it might serve as the base for a crumble topping. Just add 2 - 3 T sugar (reduce the potato starch by 2 - 3 T).

Egg Version (Still Gluten-free)

This version can be used for a top crust and is a bit easier to handle.

Use a small egg in the place of 2 tablespoons of the liquid. The egg will help hold it together and give it some loft.