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Health and Fun; Cooking Demo

Recipes from Helen Padarin BHSc (Nat), ND, DN, DBM

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Cauliflower “Popcorn”

You will need

- 1 head Cauliflower
- 2 tspn Cumin powder
- 1 tspn Turmeric powder
- 1 tspn Good quality sea salt, Himalayan crystal salt or kelp salt
- Ghee or coconut oil, gently melted.

Directions

Mix turmeric, cumin and salt into the melted ghee / coconut oil.
Break the head of cauliflower into popcorn size pieces and place in a large bowl.
Top with the melted oil and spice mix, stir until even distributed.
Add more turmeric, cumin and / or salt to taste.
Serve as a delicious raw veggie snack. An excellent source
of anti-inflammatory, antioxidant liver support.

Variations

If raw foods are not yet tolerated, spread the prepared “popcorn” on to a baking tray and bake at a high heat (200 degrees C) for about 10 minutes.
Make a sweet version by mixing cinnamon and stevia powder in to the ghee / oil.



Food As Medicine

Turmeric is one of the best medicines for supporting liver function.

It is also high anti-inflammatory and anti-oxidant.

Cumin stimulates the pancreas to produce more digestive enzymes, thereby improving digestion and assimilation of nutrients. Cumin is another potent free radical scavenger (antioxidant).

Cinnamon is a great antioxidant, anti-inflammatory and cognitive stimulant. Both cinnamon and stevia help to regulate blood sugar levels and cinnamon helps to improve insulin sensitivity (ie good for diabetes, insulin resistance and dysglycaemia).

Good quality salt provides essential trace minerals.

Fatty acids in ghee promote healthy brain development, contain essential fat soluble vitamins A and D and assist with absorption of minerals such as calcium.

Fatty acids in coconut oil are anti-inflammatory, antifungal and anti-viral.

Liver Meat balls

Ingredients

600g Mince meat – beef or lamb

Herbs

1 tspn cumin and ½ tspn oregano for beef

1 tspn dried rosemary for lamb

¼ cup organic Liver (pre frozen for 2 weeks first), defrosted.

¼ cup finely chopped onion

1 organic egg

Ghee, tallow or lard for frying or baking.

1 teaspoon good quality sea salt

½ teaspoon finely cracked black pepper.

Method

In a food processor, blend the liver to a smooth consistency

In a large mixing bowl, add all of the ingredients and mix thoroughly.

Roll mixture into balls or make patties

Shallow fry or place in baking tray with fat and into a preheated 180C oven for 35-45 minutes. Remove from oven half way through cooking to baste with the fat.



Lactofermented Salsa

(a great alternative to tomato sauce) Chilli free From www.cheeseslave.com

Ingredients

4 medium fresh tomatoes, or 2 pounds canned tomatoes, organic if possible
1 medium white or yellow onion, organic if possible
2 garlic cloves
2 lemons or 3 limes, organic if possible
1 tablespoon sea salt
4 tablespoons whey (or, if you don't have any whey, use ½ sachet of BED Vegetable culture starter
or an additional 1 tablespoon salt)
Optional: 1 bunch oregano, fresh (or 1 teaspoon dried)
Optional: 1 bunch cilantro, fresh
Optional: Filtered water

Equipment

Quart-sized mason jar with lid / Optional: Food processor

Method

If using fresh tomatoes, peel and deseed them: Fill a large saucepan halfway with water, set on high heat and bring to a boil. Carefully set tomatoes in saucepan and let sit for 5-10 seconds, then remove with a slotted spoon or tongs. Cool and peel.

Cut tomatoes in half and gently squeeze out the seeds, or scoop out with a spoon, and discard. Set aside.

Peel and quarter the onion and peel and smash or crush the garlic.

If using fresh herbs, rinse, dry and chop them, discarding the stems.

Place the tomatoes, onion, garlic, and optional herbs into the food processor (you can also do this by hand — just dice everything with a sharp knife).

Add the sea salt and whey.

Pulse several times (more or less for desired consistency).

Transfer to quart-sized mason jar. Add a little filtered water if necessary (if you like it more liquid and it's too chunky). If you add water, put the lid on and shake it up so it's incorporated. Make sure to leave at least an inch of space from the top of the jar.

Cover and keep at room temperature for 2-3 days before transferring to the fridge. Salsa will keep for weeks or months in fridge.



Kale Chips

Ingredients

Bunch of green or purple Kale
Coconut oil
Good quality Sea salt

Method

Cut stem and main vein from kale.
Rub kale leaves with coconut oil (or ghee)
Sprinkle with salt.
Place in baking tray and into a hot oven (180C) for 5-10 minutes, watching carefully so that they do not burn.

Mango Chutney

Ingredients

Cups chopped mango
1 small onion chopped
1 tspn finely grated ginger
½ cup fresh mint leaves, chopped
1 organic red pepper chopped
½ - 1 bunch coriander
1 small jalapeno chopped (optional)
2 tspn rapadura / sucanat
2 tspn celtic sea salt
¼ cup liquid whey or 1 sachet Vegetable Culture Starter
½ cup lime juice diluted with ½ cup filtered water

Method

In a large bowl, mix all ingredients together thoroughly. Scoop into jars, making sure the liquid comes to the top of the fruit mix.
Ferment at room temp for 2 days then keep in the fridge. Use up within 2 months.



Parsnip Hot Chips

Ingredients

Julienne parsnips (cut into fingers)
50-100ml ghee or coconut oil
2 teaspoons cumin

Method

Spread parsnips over baking tray. Top with dollops of ghee or coconut oil, then sprinkle with cumin. Mix around a little. Bake in a hot (200C) oven for about 30 minutes, taking the tray out to stir and coat with the melted oil mid way through.

Root vegetables Crisps

Ingredients

Root vegetables of your choice (e.g. big fat carrots, beetroots, parsnips).
1-2 teaspoons coconut oil or ghee
1 teaspoon good quality salt
apple cider vinegar (optional)

Method

finely slice the vegetables using a mandolin or similar slicer.
Rub each side of veggie slices with coconut oil and salt
place on dehydrator trays and dehydrate for 6-8 hours
(depending on dehydrator and level of crispiness desired).

Variation

For salt and vinegar style chips, soak the sliced veggies in 50:50 filtered water: raw unfiltered apple cider vinegar for half an hour. Then drain and proceed with rubbing oil and salt into veggies.

