

Magic Mineral Broth - Makes 6 quarts

6 unpeeled carrots,
cut into thirds
2 unpeeled yellow onions,
cut into chunks
1 leek, white and green parts, cut into thirds
1 bunch celery, including the heart, cut into thirds
4 unpeeled red potatoes, quartered
2 unpeeled Japanese or regular sweet potatoes, quartered
1 unpeeled garnet yam, quartered
5 unpeeled cloves garlic, halved
1/2 bunch fresh flat-leaf parsley
1 8-inch strip of kombu
12 black peppercorns
4 whole allspice or juniper berries
2 bay leaves
8 quarts cold, unfiltered water
1 teaspoon sea salt

Rinse all of the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.

Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste. Let cool to room temperature before refrigerating or freezing.

Carrot-Ginger Soup - Serves 8

2 tablespoons extra virgin olive oil
2 cups chopped yellow onions
3 pounds carrots washed and cut into 1-inch pieces
2 teaspoons grated fresh ginger, or 1 teaspoon ground
1/4 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1/4 teaspoon turmeric
1 small pinch of red pepper flakes
8 cups Magic Mineral Broth (see above recipe)
1 teaspoon sea salt
1/8 teaspoon maple syrup

In a 6- to 8-quart pot, heat the olive oil over medium heat. Add the onions with a pinch of salt and sauté until golden. Add the carrots, ginger, cumin, cinnamon, turmeric and red pepper flakes and stir to combine. Deglaze the pan with 1 cup of water or broth, then add the remaining 7 cups of liquid and 1 teaspoon of salt. Cook until the carrots are tender, about 20 minutes.

In a high-speed blender (Vita-Mix), blend the soup in batches, adding the cooking liquid first and then the carrots. Blend until **very smooth**. Add additional liquid to reach the desired thickness. Return to the pot, add the maple syrup, and reheat slowly. Serve with Cashew Cream.

Cashew Cream - Makes about 3 1/2 cups

2 cups raw cashews
2 cups water
2 teaspoons freshly squeezed lemon juice or orange juice
1/2 teaspoon sea salt
1/8 teaspoon freshly ground nutmeg

Grind the cashews in a mini food processor or nut grinder to give them a head start in the blender. (If you have a Vita-Mix, you can skip this step.) Put the water in a blender, then add the lemon juice, salt, nutmeg, and cashews and blend until creamy smooth. This takes several minutes, but your taste buds will reap the rewards of your patience.

Prep Time: 5 minutes • Cook Time: Not applicable

Storage: Store in an airtight container in the refrigerator for 2 weeks or in the freezer for 2 months.

Per Serving: Calories: 30; Total Fat: 2.2 g (0.4 g saturated, 1.2 g monounsaturated); Carbohydrates: 2 g; Protein: 1 g; Fiber: 0 g; Sodium: 20 minutes

Orange Pistachio Quinoa - Serves 6 to 8

1 1/2 cups quinoa, rinsed with cold water
1 teaspoon cumin
1/2 teaspoon coriander
1 teaspoon sea salt
1/8 teaspoon freshly ground pepper
1/2 cup chopped fresh mint
2 scallions, finely chopped (both green and white parts)
1/8 cup freshly squeezed orange juice
Zest of one orange, about 1 tablespoon
1 1/2 tablespoons olive oil
1 1/2 tablespoons fresh lemon juice
1/2 cup toasted pistachios
1/2 cup raisins

Place quinoa in a fine mesh strainer, rinse well under cold running water to remove all the resin.

In a pot bring 2 1/2 cups water or Magic Mineral Broth and 1 teaspoon salt to a boil. Add the quinoa and cover. Decrease heat, simmer for 15 to 20 minutes. Transfer from heat, fluff with a fork.

Spread mixture out on a sheet pan and “rake” with a fork occasionally until cooled.

Stir in cumin, coriander, and salt. Spread the quinoa on a sheet pan and rake it again with a fork and cool to room temperature.

Transfer quinoa from the sheet pan to a large bowl, add mint, scallions, orange juice, zest, olive oil, lemon juice, pistachios and raisins. Mix well.

TASTE: you may need a pinch of salt, a squeeze of lemon or a dash of olive oil.

Mixed Greens with Roasted Beets and Avocado tossed with Meyer Lemon Shallot Vinaigrette - Serves 6 to 8

Dressing

3 Tablespoons freshly squeezed Meyer Lemons
1/4 cup extra virgin olive oil
1 tablespoon diced shallot
1/4 teaspoon sea salt

Salad

Mixed salad greens, rinsed and spun dry (6 to 8 cups)
1 Hass avocado, sliced with a squeeze of lemon or lime juice to prevent browning
3 medium beets or 5 small (about 1 to 1/4 cup small cubes) trimmed, and washed
1 teaspoon extra virgin olive oil
Pinch of sea salt

Preheat oven to 425°F

Drizzle beets with 1 teaspoon of olive oil and a sprinkle of salt. Roast beets by wrapping in parchment paper and then in foil, for 30 minutes (depending on size) or until tender and their aroma will tell you when. Insert a fork to test them, tender but firm. Transfer from oven, cool and peel off skins. When cool cut into desired size...small cubes, thin slices, or julienne

Decrease oven temperature to 325°F to roast pistachios about 5 minutes, watch carefully so they don't burn.

Dressing

Whisk the Meyer Lemon juice salt and shallot. Slowly pour in the olive oil and whisk until smooth. (This dressing can be emulsified for banquet purposes.)

Assembly

In a large bowl add mixed greens, top with avocado and beets. Have dressing served on the side with a bowl of roasted pistachios.

Mediterranean Lentil Salad

1 cup dried lentils, French Le Puy
2 bay leaves
1 clove garlic, peeled and bruised,
¼ teaspoon dried oregano
¼ teaspoon sea salt
1 cinnamon stick or ¼ teaspoon ground cinnamon

¼ cup extra virgin olive oil
1 tablespoon brown rice vinegar
2 tablespoons lemon juice
1 teaspoon lemon zest
½ teaspoon ground cumin
¼ teaspoon sea salt
1 medium red bell pepper, seeded and finely diced
1 small cucumber, seeded and diced small
¼ cup Kalamata olives, rinsed and sliced
3 tablespoons chopped mint
3 tablespoons chopped parsley
2 ounces feta cheese, (optional)

Rinse the lentils well and place in a saucepan with bay leaves, 1 bruised garlic clove, oregano and cinnamon stick and salt. Cover with water or broth by 2 inches. Bring to a boil, reduce the heat to low and simmer until the lentils are tender, 20-25 minutes. Drain.

In a small bowl whisk together the olive oil, vinegar, lemon juice, zest,, cumin and salt in a small bowl. Toss the vinaigrette with the lentils, red bell pepper, cucumbers, olives, mint and parsley in a mixing bowl. Let sit 20 minutes (Keep the Feta in a separate dish)

Transfer to a large serving bowl or individual plates and serve at room temperature.

Wendy's Date Nut Truffles - Makes 20 truffles

1/4 cup finely diced dried apricots
2 tablespoons boiling water
2 ounces dark chocolate with a 64 to 72 percent cacao content, finely chopped
1/3 cup plus 2 tablespoons almonds
1 cup pitted and halved Medjool dates
1 1/2 teaspoons orange zest, or 1/2 teaspoon orange oil (not orange extract)
1/8 teaspoon sea salt
1/2 cup unsweetened shredded coconut

Soak the diced apricots in cold water for 5 minutes.
Stir the boiling water into the chopped chocolate and let it stand for 30 seconds. Using a small whisk, stir until the chocolate is completely melted and glossy. Coarsely grind the almonds in a food processor, then add the dates, orange zest, salt, and the chocolate mixture and process until smooth, about 1 minute. Transfer to a bowl; drain the apricots well and stir them into the chocolate mixture. Cover and chill for approximately 2 hours, until firm. Scatter the coconut on a large plate. Scoop up approximately 1 tablespoon of the chocolate mixture and roll it into a smooth ball between your palms, then roll it in the coconut to coat. Repeat with the remaining mixture, then place the truffles in an airtight container and chill thoroughly before serving.

Variation: Substitute 1/2 cup of pecans for the almonds.

How To Season Foods for Gourmet Flavor and Optimal Nutrition

© 2011 Nutritional Solutions, Jeanne M. Wallace, PhD, CNC • (435) 563-0053 • www.nutritional-solutions.net

I was seated at dinner one evening in a lovely Seattle restaurant with chef Rebecca Katz and culinary instructor Catherine McConkie. We were eating a puréed soup which, though good, was not quite excellent. I could tell it was missing “something,” but what? The chefs at the table gently swished the soup around their palates and proclaimed it needed a smidgeon of acid. Lemon would do the trick, so I fished the wedge of lemon out of my drinking water, and added a few drops to my soup. It was suddenly transformed into a great soup: vibrant, warm, smooth and unexpected. Wow. How does a chef know what will bring out the best flavors in a dish? If you could give your meals a bit of that culinary magic, wouldn’t that encourage you to eat the very best anti-cancer diet and, most importantly, really look forward to it?



The very strategies that create outstanding flavor also increase the nutritional value of a dish.

Many people eat mediocre tasting food, focusing on the fact that specific foods, like vegetables, are healthy for us. But superbly delicious, gourmet food—the domain of master chefs—is within your reach. And the very strategies that create outstanding flavor also increase the nutritional value of a dish.

Let’s explore an example. Kale is a super nutritious leafy green vegetable. Steaming kale and eating it plain is good. But kale sautéed in olive oil with garlic, onions, and red pepper flakes then drizzled with balsamic vinegar is superb. Serendipitously, these simple culinary additions significantly increase the nutrient density and cancer-fighting power of the kale. Oil is necessary for the absorption of cancer-fighting

carotenoids in kale. The acid, vinegar or lemon, improves the bioavailability of minerals (kale is a rich source of calcium). The garlic, onions and peppers add phytonutrients that act synergistically with those in the kale to shift our gene expression away from cancer. So, not only does the chef’s sautéed version of kale taste better, it’s actually far more nutritious than eating the vegetable plain! Your taste buds are your guide to optimal nutrition.

But I Followed the Recipe Ever have the experience where you followed a recipe exactly, but the results weren’t as awesome as expected? Or a dish that’s great one night, is less than impressive another time you make it? It’s because ingredients vary. The flavor, texture and color are influenced by how an ingredient is grown, when it’s harvested, how it’s stored, its age, how it is heated, and the equipment it came in contact with. For example, kale grown in the summer can be bitter; but that harvested in fall and early winter is sweeter and more flavorful.

A recipe is for interpreting: more like a general guideline than a set

Marrying Flavor and Nutrition in Your Cooking			
Flavor Balancer	Examples	Culinary Job	Nutritional Job
Aromatic	garlic, onion, shallots, citrus zest, ginger, pepper, herbs & spices	Provide depth of flavor and interest	Provide modulators of healthy gene expression (antioxidant, anti-inflammatory, NFkB inhibitors)
Fat	olive oil, butter, coconut oil, sesame oil	Distribute flavors across the palate, add creaminess (rich mouth feel)	Needed for absorption of phytonutrients (carotenoids), increases satiety
Acid or Sour	lemon, lime, vinegar, tamarind, sumac, ponzu, tomatoes, pickles, caneberries	Add “zing,” brighten flavors	Increase absorption of minerals, stimulate digestion
Salt	kosher or sea salt, tamari or soy sauce, MSG-free bouillon (“Better than Bouillon” brand), fish sauce, nitrate-free bacon or ham	Bring out flavors, reduce blandness, move flavor to the front of the tongue (where it’s best perceived)	Improve appetite, balanced ratio with potassium essential for energy and cellular metabolism
Sweet	maple syrup, honey, agave, other low-glycemic sweeteners, apples, fruits, caramelized onions	Calm harsh, sour or spicy flavors, “round out” or harmonize the flavors	Increase desire to eat and sense of pleasure. Provide sense of being nourished.

of fixed instructions. Tasting throughout the cooking process, and working to balance the flavors, is needed with every recipe.

Begin with Superior Ingredients The first step in achieving a great dish is in selecting high quality ingredients: local, organic, seasonal, and harvested at the peak of ripeness. Once harvested, produce begins to lose nutritional value, so when you select locally grown foods, their nutrient density is much higher than foods that have been shipped from afar. Organic foods, because they are grown in mineral-rich soils, have higher levels of vitamins and minerals, as well as phytonutrients. A plant's cancer-fighting phytonutrients serve as its host-defense system to deter pests. When plants are sprayed with agricultural chemicals, they don't need to develop these compounds to protect themselves, and their nutritional value is diminished as a result. To select superior produce, choose it by color, touch and scent. Taste a sample if it's offered. Ever noticed how vine-ripened tomatoes harvested from your own garden (or from the farmer's market or CSA) taste so superior to the pale, mealy counterparts found in supermarkets mid-winter? The missing yumminess is your clue to a lack of nutrients. For animal-based ingredients, select pasture-raised, and organic (hormone-free and antibiotic-free) options. Your insistence on superior ingredients helps you obtain the highest nutrition!

Adjusting the Flavor of a Dish A chef works to balance the flavor of a dish, so that no one flavor overpowers the others, and together the flavors work as a harmonious and delightful whole. Developing this ability will help you be successful more than any other kitchen skill. Balancing flavors allows you to brighten a drab dish, rescue something that's on the brink of disaster, or transform an ordinary meal into an extraordinary one. Rebecca Katz—author two excellent cookbooks: *One Bite at a Time* and *The Cancer-Fighting Kitchen*—teaches a simple technique for creating “yum” that she calls FASS. The acronym stands for the four cornerstones of creating amazing flavor: fat, acid, salt and sweet.

The first rule of flavor balancing is taste, taste, taste! Even before you begin a recipe, consider sampling your ingredients to get a sense of their qualities. A recipe that calls for bananas may need less sweetener if they are very ripe and sweet, or you may need a bit of extra sweetener if your bananas are under ripe. Continue tasting as you prepare the dish. Adjust, taste again, and re-adjust the dish. Add flavor adjustors—see guidelines below—in small amounts: you can always add more, but you can't add less (particularly important with salt). For most recipes, you will begin by sautéing the aromatics (garlic, onions, celery) in some oil with a pinch of salt. Follow the recipe as directed, tasting as you go. In the last few minutes of preparation, just before serving, adjust with salt, acid and sweetness as needed.

Too spicy? Add some sweetness or creaminess (dairy cuts heat)

Too sweet? Add some sour or heat (cayenne, red pepper flakes, chili powder, curry, mustard, black pepper, coriander)

Too sour? Add sweet

Too bland? Add salt or some heat

Too salty? Add sour. A sliced raw potato cooked in the dish for a few minutes then discarded can help absorb excess salt

Just needs a spark? Add acid or one of the aromatics added at the end of cooking, or just a touch of heat

Need more depth? Start with aromatics next time (or sauté them separately and add to the dish now).

Too harsh? Try just a touch of sweetness, such as 1/4 tsp Grade B maple syrup to a pot of soup.

To gain confidence using FASS, try this experiment. Roast a whole, un-peeled butternut squash in the oven at 400°F for one hour until tender. Cool enough to handle, then cut in half, remove the seeds, and scoop the flesh into a blender or food processor. Now sauté one diced yellow onion and one minced clove of garlic in olive oil for 3-4 minutes and add to blender. Purée until smooth and creamy, adding water or broth as needed to achieve desired soup consistency. Now, it's time to FASS! Taste the unseasoned soup and consider the flavor. Add a generous pinch of salt and taste again. Add a squeeze of lemon and taste. Now add about 1/4 tsp maple syrup (no need to worry about glycemic issues with such a small amount). Taste again. Notice how the flavor shifts and improves with each addition. You are training your taste buds in the skill of culinary artistry, while at the same time ramping up the nutritional value of the soup!

If you are going through cancer treatment, temporary changes to your taste buds and olfactory perception can make foods taste off. You can use the FASS technique to adjust your portion so that it tastes right to you.

Just as you keep your pantry stocked with essentials, you may wish to ensure you always have your FASS essentials on hand. Good quality kosher or sea salt, extra-virgin olive oil (in a dark-colored glass bottle to protect it from oxidation), lemons or limes, and some grade B maple syrup. For spices, purchase in small amounts as they will lose their vibrancy after 6 months and need to be replaced. Keep them stored in air-tight containers in a cool, dark place.

