

Healthy Healing Recipes

A kitchen of earth kindness

In aid of ITerra



Gentle recipes

Sweet Rice Pudding with carrot Jam

Carrot Jam

1lb of carrots
1lb of preserving sugar.
1 teaspoon ground ginger
The juice and grated rind of 1 lemon

Method:

Wash and peel carrots.
Boil until tender in lightly salted water.
Strain and sieve.
Boil all the ingredients together as for ordinary jam.
Pot when consistency begins to thicken.

(goes well stirred into rice pudding or simple rice)

Apple baked / hot apples

Are a famous remedy for relaxing the stomach and easing digestion.
Perfect after a long flight or long day.

Mulled Apple a Juice (warming for cold elderly or recovering from sickness bodies)

1l apple juice (you can also make an apple purée or stock and thin it out with water)
strips of orange peel
1 cinnamon stick,
3 cloves
sweeten to taste.

Carrot and Potato Mash

2 medium/large potatoes per person
1 medium/large carrot per person
1/2 oz butter per person
salt and pepper to taste

Method

Fill a large saucepan with salted water and heat

Chop potatoes into small pieces (1/2 inch chunks) and place in saucepan of hot water

Grate carrots and add to saucepan too

Bring to boil and then simmer for about 15 mins or so until potatoes are tender

Drain thoroughly

Add butter to saucepan and mash thoroughly

Add salt and pepper and stir thoroughly until satisfactory taste has been achieved.

Serve with a little knob of butter on top

Nettle Soup

• 2 or 3 Large cupped handfuls of Nettles

- 2 Medium White Potatoes
- Shallots
- Butter (Or Ghee)

(Makes One serving)

Boil together gently ideally on a slow fire. Season to taste.
 Nettles we famously loved by the enlightened poet singing saint yogi Milarepa.
 They are enjoyed in the Himalayas by meditators to strengthen a practice of yoga.

Pretty Perfect Pears (Can be a mash for the elderly)

- 6 small white turnips
- 2 or 3 pears
- Natural Salt
- Fresh ground pepper
- Oil
- Juice of half a lemon
- 1 tablespoon orange zest

Slice turnips finely and place in a pan.
 add water to cover.
 Add oil and seasoning.
 When the turnips are soft remove from pan and set aside.
 Slice the pear and lemon juice and simmer until of a consistence of pear sauce purée.
 Add the turnips and mush them together by hand.
 Season to taste and decoratively garnish with orange zest.

Stewed Fennel with Apple over mashed potatoes

Sprinkle with black pepper.
 Beautiful way : make mashed potatoes or a jacket potato then pour over the stewed fennel apple mixture. Garnish with the digestive herb parsley. Alternatively make a one pot mash :)
 Fennel helps balance the water system in the body and is an ancient remedy for bladder circumstances.

Jiwans Apple soup

- 9 assorted apples for vitamin variety (green and red)
- 1 tsp. curry powder
- 1/2 tsp. freshly ground nutmeg
- Crushed cardamom seeds (to taste)
- Freshly ground black pepper (to taste)
- Mint leaves

Directions

Wash and core, but do not peel, the apples. Slice finely.
 Place them in a pot covered with water and simmer until everything starts to soften. Add all the spices except the mint lives and stir well until merged together. Add mint leaves to warm soup just before serving.

Parsley Soup (or sauce) with Potato Cakes

- * Bunch of lovely Parsley
- * Leeks or other green vegetables like celery or celeriac for clearing the system.
- * Water
- * Salt / Pepper

* Olive Oil for Italians , rape seed oil for English. (local produce is earth kind and healthier)

Boil together as a delicious soup or sauce.

Add potatoes or whole wheat flour to thicken soup or pour as a sauce over potato cakes :

Pretty Parsley - for fresh breath , better digestion, curing cancer , reducing swelling , reliving headaches as well as being a natural anti - biotic !

Easy Potato Turnip cakes

1 pound russet potatoes (about 2 medium)

1/2 pound white turnips (about 1 large)

1/4 cup olive oil

1 teaspoon coarse salt

1/4 teaspoon ground pepper

DIRECTIONS

Coarsely grate or finely slice potatoes and turnips.

In a medium bowl toss with coarse salt and ground pepper.

Heat olive oil in a large skillet over medium heat. Form potato mixture into four tightly packed patties; place in skillet, flattening gently with a spatula to a 3/4-inch thickness. Cook patties, turning once, until browned and cooked through, about 10 minutes per side (reduce heat if patties start to brown too quickly, and add more oil to skillet if necessary). Transfer to paper towels; sprinkle with salt.

Baja Borscht (warming for winters)

Borscht is famous in Russia for keeping everyone warm in minus snowy temperatures. It is good for the blood circulation.

A healing version :

INGREDIENTS:

2 Cups Cook Beets

3" ginger-root thinly sliced boil in:

4 Cups water

1 Tbsp Lemon Juice

2 tsp. fresh mint finely chopped

A little black salt

DIRECTIONS:

Blend 2 cups cooked (Boiled or roasted) beets until smooth. Add 1 1/2 cups ginger tea, lemon juice, mint and salt to taste. Serve devotionally cold or heated.

A Yogi Bhajan recipe

Frugally Frugal

Cheap Onion Soup for 8

8 onions

3oz Oil

1 tablespoon rice Flour

Salt and pepper

1 teaspoon of sugar or local sweetener

2 quarts of water

Cut the onions and fry well in oil.
Mix the rice flour smoothly with water.
Add the onions , seasoning and sugar and simmer until tender.
Thicken with flour if necessary.

* experiment with other kinds of flour.

(*Mrs Beatons Recipe*)

Potatoes Peel Broth

A cup of potato peel broth each morning is a remedy for stiff joints and rheumatism or Arthritis
(details and poetic language in a menu help many people more interested in what they are eating)

Water Mellon Rind Pickle

A delicious pickle. Lemon zest and orange peels also make wonderful marmalades.
Treasure everything that is Gods gift that comes to a kitchen to offer herself.

Economical Peels Stew with old Chapattis or stale bread :

After washing vegetables and chopping them for other dishes
Save all the vegetable peelings :

Onion peels
Carrot peels
Potato peels
Garlic skins
And experiment with any other scraps left over.

Put them in a large pot a boil for a few hours on a fire.
Strain with a cotton cloth.
The liquid left is a delicious vegetable soup and stock.
Season with natural salt , pepper and and spices you have..

Tear up old hard Chapattis into small pieces and add to the soup.
If you have oil add that , in not it doesn't matter....
Warm over a fire until the Chapattis small pieces are soft and really mixed into the soup.

Easy Healthy Clean Recipes (Easy to cook by one person beginners. Most recipes are one pan cooking.)

Super Easy Tomato Sauce (From The " Food not Bombs cook book ")

In a pan sauté garlic and onions in a small amount of oil. Add the spices available such as oregano, basil ,thyme, bay leaf, rosemary and so on.
Add freshly chopped tomatoes.
If you like include vegetables like carrots , beetroot , green peppers , broccoli and so forth.
Stir often until all the vegetables are soft and the sauce becomes thick.
Serve over flat bread, rice or use as base of a vegetable stew or even as a dip for potato chips ...

Ginger Citrus Rice

2 tablespoons ghee
2 tablespoons fresh ginger root, minced
1/2 teaspoon ground cumin
4 cups of water
2 cups basmati rice

2 teaspoons salt
1 large lime

In saucepan over medium heat, heat ghee until very hot. Add ginger root and ground cumin and cook for 1 minute. Add 4 cups water and bring to a boil. Stir in rice and salt. Reduce heat to low; cover and cook 15 to 18 minutes until all water is absorbed and rice is tender. Stir in lime juice and offer hot.

From the Hare Kristna Cook Book.

Gnocchi (potato pasta)

- * boil floury potatoes until soft
- * Mash them and add half the weight in flour
- * Add the some herbs and natural salt
- * Rub your hands in a little oil (it helps prevent sticking)
- * Merge together by hand kneading the dough.
- * Divide dough into long snake strips and slice into Gnocchi shape (2cm pieces)
- * Place in boiling water until they float.
- * Add to sauce immediately, garnish and serve...

Or

- * You could make a herby vegetable stir fry to go with anything...
- * Perhaps..Pour the sauce over a salad or baked potato...

Potatoes : are very absorbent and is a traditional medicine for nourishing the body and removing poisons.

Pure Wheat Flour : The food of saints. In all ancient medicine books they are listed as one of the finest remedies for just about everything ! Intolerances to it are considered by master Ayurvedics a signal that the body is out of balance with the earth element. A remedy is to introduce her gently and kindly. One suggestion is to sprinkle her into dishes to thicken the sauce.

Interesting salads mixtures

Tomato mushroom broad bean turnip fennel mint basil salad

Strawberry Basil Salad.

Strawberry , fennel bulb , celery , plus green leaf salad .

Peach and tomato Salad

Italian Apple and walnut Salad

English Cob nut and Strawberry Salad

Caribbean banana and passion fruit salad

Grape and Artichoke Salad

Pear and Pecan Salad

Pineapple and Fennel herb Salad

Pure Simple Flat Breads

Chapattis , Pitta and Fantastic Flat Bread are very pure and healthy.

As they contain only pure wheat and pure water (and no yeast !)

This makes them easily digestible and very friendly.

Throughout the ages this kind of simple pure wheat bread has been the food of saints.

Simply make a dough from water and wheat flour - cook on a iron Chapatti flat plate.
Really easy.

Salad Dressings without bottled Oil - Very Fresh and Eco-friendly

1. avocado dressing

Simply substitute the flesh of a ripe avocado for the Oil part in any salad dressing recipe.

2 : vegetable based dressings.

Simply Crush or blend vegetables to make a dressing for example:

Dracula's Delight :

1 small beetroot
Raw sunflower seeds
Water
Lemon juice
Cayenne
Basil
Garlic

Carrot calm

Carrots
Water
Walnuts
Parsley
Dill

Tomato treat

Tomatoes
Almonds
Avacado
Lemon juice
Spring onion
Garlic
Basil

Nut milk dressing.

Blend soaked nuts and water to make a milk.
Delicious and nutritious.

Dip based Dressings

Houmous (blended chick peas)

Or

Bread bean or peas blended

Or

Cucumber with herb mash

Simply thin with water if needed and add what you like and have such as herbs or fruit...

Fruit juice can also make a good dressing liquid base.

(some people like this for Eco- friendly reasons as Oil in a factory made bottle has a carbon footprint which you can avoid .When you go natural)

Easy Tomato Gazpacho (cold soup) for 4

Look with love upon your Tomatoes - they can reduce prostate cancer and skin problems !
When the tomato was introduced to Europe in the 1500s, The French called it “the apple of love.”
And The Germans called it “the apple of paradise.”

Start by Making breadcrumbs, brown or white, about a cup full. Put in the bottom of a bowl.
(from pure flatbread without chemicals is kinder)

Peel 6 tomatoes(some people make it easier by dropping them gently in boiling water for 1 minute before peeling) chop them roughly.

Chop 1 large clove garlic

Peel and chop 1 cucumber

De-seed and roughly chop 1 red pepper

Put all the vegetables and ingredients in a blender with some cold water or do it the Yogic prayerful way by mashing a blending by hand with a mantra.

Add 1 tsp of salt

Once mashed and blended together and pour over the breadcrumbs and stir. Add more water to the desired consistency and taste.

Beautiful Presentation is a sign of love.

Ratatouille

1 Medium sized onion
1 red or green pepper
1 Large Aubergine
2 Large courgettes
4 tbsp oil
6 tomatoes
3 crushed garlic cloves
Oregano 1/2 tsp
Basil 1/2 tsp
Salt
Paper

Chop. Heat in oil saucepan first onion then auberhine until soft. Add courgettes and pepper for 5 mins. Add remaining ingredients. Cover and simmer until soft.

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Herby Root mash

In yogic cooking we balance roots with shoots. The earth, heavy with the sky, light energy)

Simply Boil any roots and shoot together - experiment to find your own perfect recipe: carrots, turnips, parsnips, swede mash with herbs chive, parsley, fennel)

Winter Warmers

Tis the season to be jolly and warm hearted :)
(good for warming cold bodies up)

Mulled orange juice

An creative seasonal way to enjoy vitamin C freshly.
It also helps with digestion and eases constipation...

SERVES 8

Ingredients

- 1 litre freshly squeezed orange juice
- 1 cinnamon stick
- 4 cloves

Instructions

Simmer the orange juice with the cinnamon stick and cloves for about 10 minutes until the flavours have infused.

Remove the cinnamon stick and the cloves. Serve warm.

Esau's Pottage

A thick nourishing stew

3 cups red lentils (beans)

1/4 cup brown rice

1/4 cup butter or Ghee (Can be vegan - substitute with Olive oil.)

10 cups water

4 onions chopped

Seasoning

Sauté onions in butter until soft.

Add remaining ingredients and simmer until the whole pottage thickens and the rice becomes soft.

Adjust seasoning to taste.

Simple Rice on a Fire

Generally rice to water ratio is 1:2. But it depends on the quality of rice and how new or old the rice is. New rice needs less water.

You can start with 1 and a half cup water for each cup of rice. You can add more water if needed.

For one cup rice:

Wash rice and keep aside.

Heat 1 1/2 cup water in the pot. When it starts boiling, add the washed rice. Do not cover the pot completely as it may flow over. Keep a plate on the pot in such a way that steam can escape.

Stir occasionally - add water if necessary. Add salt if you wish. When soft Remove the pot from fire. But keep it covered till serving time.

Camp Fire Baked Potatoes

Rural method 1:

Pierce the potatoes. Rub their skin in ash

Place the Potatoes in the hot ash. Allow to cook slowly.

Herbal teas and water infusions.

Cucumber water

Lemon water

Fennel waters

Camomile Flower waters

Rose water

Rice Water

Rice Gruel - boil rice for hours. Drink rice water. Helpful for detoxing and digestion.
A well known remedy for the nervous system.

Barley water

2oz pearl barley

2 quarts boiling water

1 pint cold water

Wash pearls of barley in cold water. Place in pan with 1 pint of cold water. When it has boiled for around 1/4 of an hour strain off the water.

Replace with 2 quarts of water.

Boiled it until the water has been reduced by half to make 1 quart of barley water.

Strain.

Can be flavoured with lemon zest peel and also sweetened to taste.

Barley water can help fever and is helpful for the body
in hot weather.

(Barley water is a cure for over 1000 diseases in Ayurvedic texts)

Reasons to cook with wholesome , fresh and earth kind ingredients

"Good food is wise medicine. " ~Alison Levitt M.D., Doctor in the Kitchen

A crust eaten in peace is better than a banquet partaken in anxiety."

Aesop

A recipe book to help 1terra

1Terra is an eco-friendly organisation which does (and invites everyone to join in) good deeds to restore our natural environment in the Sikh (Sikh means student of all) tradition of living ethically , kindly and purely. We believe that cooking from simple unprocessed organic pure ingredients is a way of healing our earth

Contact Details :

Admin@1terra.org