Recipes:

Magic Mineral Broth (for the soup):

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
½ 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

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). Let cool to room temperature before refrigerating or freezing.

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Bella’s Carrot Orange and Fennel Soup

2 tablespoons olive oil  
1 cup chopped yellow onion  
1 cup chopped fennel  
sea salt  
3 pounds carrots, cut into 1-inch pieces  
¼ teaspoon orange zest  
¼ teaspoon ground cumin  
¼ teaspoon turmeric  
¼ teaspoon freshly ground ginger  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground allspice  
pinch of red pepper flakes  
8 cups magic mineral Broth  
1 tablespoon freshly squeezed orange juice  
2 teaspoons freshly squeezed lemon juice  
¼ teaspoon maple syrup

Heat the olive oil in a soup pot over medium heat, then add the onion, fennel, and a pinch of salt and sauté until golden, about 4 minutes. Stir in the carrots, orange zest, cumin, turmeric, ginger, cinnamon, allspice, red pepper flakes, and ¼ teaspoon of salt and sauté until well combined. Pour in ½ cup of the broth and cook until the liquid is reduced by half. Add the remaining 7½ cups broth and another ¼ teaspoon salt and cook until the carrots are tender, about 20 minutes.

In a blender, puree the soup in batches until very smooth, each time adding the cooking liquid first and then the carrot mixture. If need be, add additional liquid to reach the desired thickness. Return the soup to the pot over low heat, stir in the orange juice, lemon juice, maple syrup, and a pinch of salt, and gently reheat slowly. Taste. It may need a squeeze of lemon, a pinch or two of salt, or a drizzle of maple syrup?

Serve garnished with a drizzle of Walnut Cream.

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Walnut Cream

makes about 3 ½ cups

2 cups raw walnuts, soaked for eight hours and rinsed
2 cups water
2 teaspoons freshly squeezed lemon juice
½ teaspoon sea salt
1/8 teaspoon freshly ground nutmeg

Put the water and walnuts, lemon juice, salt, nutmeg in a high-speed blender and blend until creamy smooth.
Quinoa with Pomegranate and Mint

Serves 6 to 8

1 ½ cups quinoa, rinsed with cold water
1 teaspoon cumin
½ teaspoon coriander
1 teaspoon sea salt
1/8 teaspoon freshly ground pepper
½ cup chopped fresh mint
¼ cup chopped fresh parsley
2 scallions, finely chopped (both green and white parts)
1/8 cup freshly squeezed orange juice
Zest of one orange, about 1 tablespoon
1 ½ tablespoons olive oil
1 ½ tablespoons fresh Meyer lemon juice
½ cup toasted walnuts
½ cup pomegranate seeds

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

In a pot bring 2 ½ cups water or Magic Mineral Broth and ½ 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 remaining ½ teaspoon of 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, walnuts and pomegranate seeds. Mix well.

Taste: you may need a pinch of salt, a squeeze of lemon or a dash of olive oil.
Lacinato Kale with Ginger and Crispy Shitake Mushrooms

Serves 4 (makes a packed pint)

2 tablespoons olive oil
1 tablespoon freshly ground ginger
2 teaspoons garlic
Pinch or red chili flakes
1 bunch kale, stemmed and cut into bite size pieces
¼ teaspoon sea salt

Heat oil in a large pan over medium high heat. Add in garlic, ginger and chili flakes and mix, stir and cook about a minute. Add the kale and salt and saute for 3 minutes or just until it turns an emerald green. Deglaze the pan with water and stock and cook until tender. Top with baked crispy shitakes.

Crispy Shitakes
½ pound shitake mushrooms, stems removed and thinly sliced
2 tablespoons extra-virgin olive oil
¼ teaspoon sea salt

Preheat oven to 375 degrees. Place shiitakes in a bowl and drizzle with olive oil, and salt, tossing until evenly coated. Arrange mushrooms in a single layer on a parchment lined sheet pan and roast until crisp and browned, about 20 minutes.
Poached Pears with Saffron Broth

Serves 4

4 cups pear nectar
¼ teaspoon Grade B maple syrup
Zest of 1 lemon, in long pieces
4 inches peeled fresh ginger, cut into ¼-inch pieces
4 teaspoons maple syrup
generous pinch of saffron (12 to 15 threads)
2 ripe but firm pears, preferably Bosc or Comice, peeled, cut in half, seeded, and stemmed

To make the broth, stir the pear nectar, agave nectar, lemon zest, ginger, maple syrup, and saffron together in a large saucepan or 3-quart sauté pan over medium-high heat. Bring to a boil, then place the pear halves in the saucepan, flat side down. Place a piece of parchment paper over the pears and cover with a small plate to weight the pears down as they simmer. Lower the heat and simmer until the pears are tender and a knife pierces them all the way through without resistance.

Remove the pears from the saucepan. Return the liquid to the heat, bring to a lively simmer, and cook until syrupy, about 10 minutes. Taste the liquid for a quick FASS check. It may need a pinch of salt and a squeeze of lemon juice to balance the flavors.

Serve the pears drizzled with the poaching liquid.

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Green Tea Chai

Makes 3 quarts

12 cups water, divided  
⅛ cup sliced peeled fresh ginger, cut ¼ inch thick  
3 tablespoons coriander seeds  
1 ½ tablespoons cardamom pods  
4 cinnamon sticks  
5 whole cloves  
4 Sencha, or your favorite green tea bags  
1 tablespoon Grade B Maple Syrup

Combine 8 cups of the water, ginger, coriander, cardamom, cinnamon and cloves in a saucepan, and bring to a boil. Lower the heat, cover, and simmer for 45 minutes.

While chai is simmering, make the green tea. Bring remaining 4 cups of water to a boil, then add the tea bags. Steep for 6 minutes. Remove tea bags and set aside.

Strain the tea through a fine-mesh sieve into a clean saucepan. Add the green tea and 1 tablespoon maple syrup and reheat.
Silk Road Spiced Walnuts

Serves 8

2 teaspoons extra virgin olive oil
1 teaspoon grade B maple syrup
2 tablespoons freshly squeezed orange juice
¼ teaspoon orange zest
¼ teaspoon sea salt
½ teaspoon cumin
½ teaspoon coriander
¼ teaspoon ginger
pinch of cayenne
1 cup raw walnuts

Preheat the oven to 350°F and line a sheet pan with parchment paper.

Whisk all ingredients, except walnuts, together in a small bowl. Add the nuts and toss until evenly coated. Spread mixture evenly on the sheet pan.
Bake for 10 - 15 minutes, until liquid is bubbly and reduced and nuts are aromatic and slightly browned. Let cool to room temperature, then use a metal spatula to loosen the nuts.

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