



theNUTRITIONpractice

by Marieke Rodenstein

RECIPES

Marieke Rodenstein

Dietitian, Nutritionist & Functional Medicine Practitioner

The Nutrition Practice

marieke@thenutritionpractice.com.au

ph: 0450 458 549

Bone broths

CHICKEN BROTH

3-4 chicken carcasses plus some additional chicken feet, drumsticks, wings or necks

cold filtered water (several litres depending on size of pan)

2 large onions (with skin), quartered

2 carrots, coarsely chopped

3-4 celery stalks (and tops), coarsely chopped

1 small bunch parsley

1 tsp pepper corns

2-4 bay leaves

2 tbs celtic sea salt

Place chicken carcasses in a large stainless steel or cast iron pot filled with water and bring to a boil. Remove the scum that rises to the top then reduce to a very gentle simmer. Allow to gently simmer, covered for 6-12 hours.

Add remaining ingredients (except for the parsley), cover and simmer for an additional hour. Just before finishing, add the parsley and simmer another 10 minutes. Strain the stock into a large bowl. Let cool in the refrigerator and remove the congealed fat that rises to the top. Transfer to smaller containers and to the freezer for long-term storage.

BEEF BROTH

Beef marrow and knuckle bones (ask butcher to cut them in half)
cold filtered water (several litres depending on size of pan)
2 large onions (with skin), quartered
2 carrots, coarsely chopped
3 celery stalks (and tops), coarsely chopped
several sprigs of fresh thyme
1 small bunch parsley
1 tsp pepper corns
2-4 bay leaves
2 tbs celtic sea salt

Place beef bones in a large stainless steel or cast iron pot filled with water and bring to a boil. Remove the scum that rises to the top then reduce to a very gentle simmer. Allow to gently simmer, covered for 8-15 hours.

Add remaining ingredients (except for the parsley), cover and simmer for an additional hour. Just before finishing, add the parsley and simmer another 10 minutes. Strain the stock into a large bowl. Let cool in the refrigerator and remove the congealed fat that rises to the top. Transfer to smaller containers and to the freezer for long-term storage.

Ferments

SAUERKRAUT

1 litre glass jar with spring lid
1 large cabbage
2 tablespoons sea salt
1 tablespoon caraway seeds

Grate the cabbage with a grater or process in a food processor, then mix in a large container with the salt. Pound the cabbage with a meat mallet or wooden pounder until the juices cause suction when you pull the pounder out of the mix.

Press the mixture into a clean glass jar. Press firmly until the juice rises to the top and covers the mixture. If there is not enough liquid add some filtered water with a little sea salt. Leave at least 5cm or more of space at the top of the jar to allow for expansion.

Place a small clean glass or jar on top of the kraut to keep it pressed down then close the lid. Store the jar in a cupboard for a week before transferring to the refrigerator.

The sauerkraut may be consumed after 2 weeks but if you allow the fermentation process to continue for a month or so in the refrigerator the flavour improves.

Recommended dose: 1 tbs 1-2 times daily with a meal.

Soup

SPICED LENTIL & PUMPKIN SOUP

1.5kg butternut pumpkin, peeled, deseeded, cut into 3cm pieces
1 1/2 cups red lentils (soaked for 8 hours)
1 brown onion, finely chopped
2 garlic cloves, crushed
2 tablespoons olive oil or ghee
2 tsp ground cumin
1 tsp ground coriander
1/2 tsp ground turmeric
1/4 tsp chilli powder
1.2 L chicken bone broth
Salt & black pepper, to taste

Soak lentils for 8 hours in water, drain and rinse.

Heat the oil in a large heavy-based saucepan over medium heat. Add the onion and cook, stirring often, for 5 minutes or until it softens. Add the cumin, coriander, chilli powder and turmeric. Cook, stirring, for 30 seconds or until aromatic.

Add the lentils and stir to coat in the onion mixture. Stir in the pumpkin and chicken stock. Bring to the boil then reduce heat and simmer, covered, stirring regularly, for 15 minutes or until pumpkin and lentils are very soft. Add the garlic a few minutes before the soup is done. Blend the soup with a handheld blender until smooth and serve.

Salad

PRE- AND PRO-BIOTIC SUPER SALAD

1/2 raw purple onion, finely chopped
2 grated raw carrots
1 grated granny smith apple
1/2 cup sauerkraut

Dressing

1-2 tbs olive oil
1 tbs apple cider vinegar
a little raw honey

Combine ingredients and serve.

Teas & Tonics

TURMERIC TONIC

2 cups apple cider vinegar
2 tbs turmeric, freshly grated or dry
1 tbs grated fresh ginger
1 tbs black peppercorns
1 tbs raw honey or manuka honey
1 tsp whole dried cloves
2 sprigs fresh thyme

Place all ingredients in a 500ml capacity glass bottle and seal. Shake well to combine and leave in the fridge for at least 24 hours to infuse. Enjoy a daily morning shot before breakfast.

GARLIC SYRUP

1 head of garlic
1/2 cup of luke warm filtered water
1/2 cup of raw honey or manuka honey
1/4 cup of raw apple cider vinegar

You can also add expectorant herbs such as crushed fennel seeds, thyme and sage which help to expel built up mucous.

Peel and mince an entire head of garlic and place in a small bowl, cover with raw honey or manuka honey, luke warm water and ACV and herbs and stir well. Leave the mixture to infuse in the fridge for 24 hours. Strain off the pulp and store the syrup in a glass jar in the fridge.

Take a teaspoon every couple of hours at the onset of cold or flu symptoms. You can also take 1 tsp as a daily tonic.

ELDERBERRY SYRUP

5 cups of filtered water
1 cup dried elderberries
3 tsp dried ginger pieces or slices of fresh ginger
3 tsp licorice root
3 tsp hibiscus
1 tsp cloves
1 cinnamon stick
2 tsp cinnamon powder
½ cup raw honey

Bring all of the ingredients except for the raw honey to the boil and let simmer for 1 hour. Let cool then blend in a high speed blender with the raw honey. Pour through a strainer (be sure to squeeze out all of the liquid) into a bowl and then pour into a glass bottle and store in the fridge.

Take 15ml every couple of hours at the onset of cold or flu symptoms. You can also take 15ml as a daily tonic.