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Health & Spirituality



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Come to the Kitchen

Let your food be your medicine and your medicine be your food.





SESSION TWO: Traditional Sustenance: Meats and Vegetables (cuts of red meats and poultry, soups, saucy combinations, grain-meat combinations)



BEST END NECK
CUTLETS



LOIN CHOPS



SADDLE



LOIN



HAZEL



RIB



LOIN



RIB



CHUMP CHOPS



BCTAG



SHOULDER



KNEE



KNEE



LEG

ROLLED
BREAST



SHOULDER





Buy whole chickens and cut them up yourself for the best value and nutrition.





Use the necks, backs, wing tips, skin, gizzards, and bones to make delicious stock for the base of a soup or sauce.





Save your leftover cooked bones too! The stock they will yield is a pure bonus, and tastes of whatever lovely spices you used in the cooking!





Today's Recipes





Lemon Chicken with Pine Nuts





Step 1: Prepare Boneless Chicken Breast





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Mix 5tbsp lemon juice, 3tbsp of Dijon mustard, 2 garlic cloves, finely chopped, 1/5 tsp black pepper and 5tbsp of oil







Step 4: Marinate a Few Hours or Overnight





Step 5: Fry the Chicken Pieces & Nuts





**Step 6: Add 2 Cups of chicken stock and 1
tea spoon of corn starch dissolved in 1tb
water**





Cook the sauce over low heat, stirring frequently until it reduces by half. Add 1tb of marmalade or jam, 2T of butter, 1 TB of chopped parsley and 1/8 of red chili flakes





*Add the sauce to the chicken in the pan
and simmer for another 5-10 minutes*





Place in a serving bowl, top with the pine-nuts you fried earlier, and a bit of fresh parsley, and serve.





Moroccan Chicken





Make the spice mix: 1t cinnamon, 1t powdered ginger, ½ t turmeric, 1/2t black pepper, 1 ½ t salt, 2T olive oil.





Coat the chicken pieces with this. Add 2-3 thin-sliced onions and mix them in so they are also coated with spices. Let this mixture stand for an hour or so.





Arrange the chicken pieces and onion slices in a roasting pan. Cover with foil and bake at 350F or 180 C for about 45 minutes. Then remove the foil and bake till the chicken pieces are nicely browned and the onions are caramelized.





Simmer 1c water in a saucepan. Add 2T mild honey, a 3-in stick of cinnamon , 1/3 cup of dried apricots, chopped coarsely, 1/3 c dried cranberries until reduced by half. Fry 1/3c of almonds in a bit of butter until they are lightly toasted. You can use whichever almonds you prefer: whole unpeeled, whole blanched (peeled), slivered, or sliced. Set these aside.





Pour the glaze over the chicken and allow to simmer for about ten minutes. Place the chicken and sauce into a serving dish, toss over the top almonds that you have toasted in a heavy skillet with butter,, and serve. Afiyeh!





Green Bean- Ground Lamb Saute





Chop 2-3 onions (red or white). Add to hot oil in a heavy pot.





Saute till the onions are transparent. Add 1t salt, 1/2t black pepper, 1/2t cumin, ½ t turmeric, and 1/2t hot pepper flakes and fry for a few minutes longer.





Mix it Around





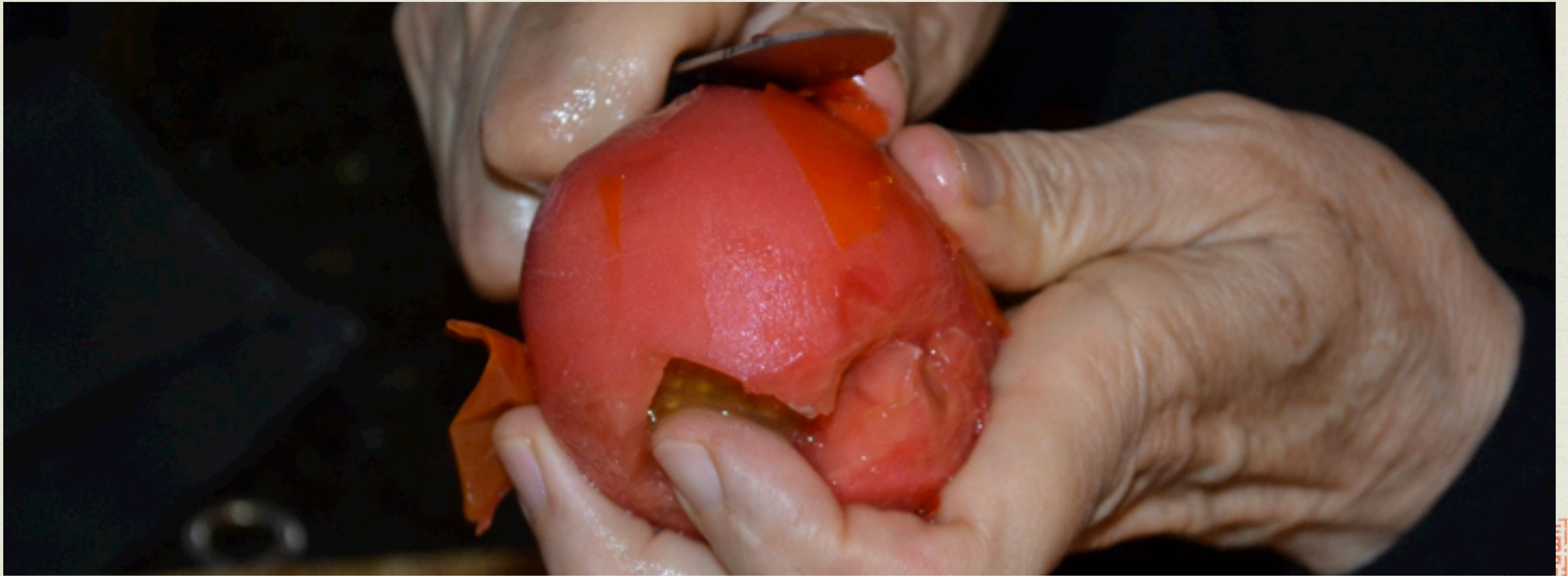
Add 250 grams of ground lamb or beef. Brown the meat, then add $\frac{1}{2}$ c water and cook until the water disappears and fry the meat again for 5-10 minutes.





Toss 2-3 washed tomatoes, into which you have cut an x through the skin on the bottom, into a pot of boiling liquid. I have just used my trusty stock-pot, always ready to serve in a multitude of ways! Leave them for 2-3 minutes, then fish them out and toss into cold water.





Cut out the blossom end and peel away the skin.





Chop them and add them to the meat and onions.





Continue cooking and stirring occasionally for another 15 minutes. If it begins to stick you can add 1/4c water.





Wash, top and tail half a kilo of fresh green beans and chop them.





Add them to the pan. Add a tiny bit more water if you think necessary. Cover the pan and cook on the lowest possible heat for half an hour or until the beans are tender, stirring occasionally.





Adjust the seasonings and serve. Afiyeh!





Lamb Artichokes with Rice





Soak 2 c of white basmati rice in boiling water and 3T salt.





Heat a heavy cast-iron skillet until a drop of water dances over it. Sprinkle it with coarse salt. Lay 6 or 7 slices of bone-in lamb into it and fry until they are browned. Turn and fry the other side.





Lay them in the bottom of a 2-quart heavy-bottomed pan. Don't wash your skillet.





Slice a large onion into thin wedges.





Put them into the skillet in which you seared your chops, over medium heat.





Pour a half-ladle or so of boiling stock over them, enough to deglaze the pan under the onions. If you don't have a pot of stock keeping you company, use hot water.





Use a flat edge for scraping the glaze away from the pan and dissolving it in the hot liquid. Saute the onions in this liquid for 5-6 minutes until they begin to soften and caramelize. Add a bit more water whenever you feel you need it.





Add the onions on top of the meat.





Slice 3-4 carrots and add them to the pan, along with one large chopped, peeled tomato, 2t salt, and $\frac{1}{2}$ t pepper. Put the frozen artichoke hearts into the pan, arranging them around the edge and pressing them halfway down under the vegetables.





Turn the heat under the to high and listen for the sounds of sizzling. Working quickly, drain the rice well and add it to the pot. Add 4C of boiling stock (chicken is fine) or boiling water and cover immediately and tightly. Give the pot a few gentle shakes to settle everything well. Reduce the heat to the lowest possible setting and allow to cook for 25 minutes, or until the liquid is absorbed by the rice. Allow to stand for 20-30 minutes.





To serve, invert a plate that is quite a bit larger than the circumference of the pot over the top and turn it upside down. Wait a few minutes to allow the meat to dislodge from the bottom. Sprinkle with chopped coriander and serve. Sahtain!





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