

recipes

BUILD YOUR BEST IMMUNE
DEFENSE FROM YOUR
KITCHEN

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The Genomic Kitchen & Kate Waters

All recipes by

Kate Waters





All of these recipes are versatile. They can all be played with, built up or built down. Just use them as a base. Add more spices: turmeric, cumin, coriander. Add more herbs: throw in some rosemary, thyme or basil, what ever you have on hand. Don't be restricted by what is actually available to you. Lets reclaim our kitchens and get back to having a little understanding that recipes can be shifted and moved to accommodate the ingredients you have available to you.

Wishing you all good health

Kate



Barbeque Bean Burger

These delicious bean burgers are a great source of plant protein and offer an excellent source of complex carbohydrates, fibre and vegetables. They are gently spiced to give that BBQ taste and are baked in the oven rather than fried.

Serves: 8-10 burgers depending on size.

Ingredients:

- 2 medium onions finely diced
- 100g/ 3 ½ oz carrot grated
- 100g/ 3 ½ oz parsnip grated
- Olive oil to sauté
- 4 cloves garlic crushed
- ¼ tsp./1.25ml cinnamon
- 1 tsp./5ml paprika
- ½ tsp./2.5ml turmeric
- ½ tsp/2.5ml celery salt (or less)
- 2 x 400g/ 2x 14 oz tin aduki beans, washed and drained
- 30g/1 oz oats
- 1 tbsp./15ml tamari
- 1 tsp./5ml Dijon mustard

Method:

1. Crush the garlic and leave for 10 min to activate allinase, the medicinal part of garlic.
2. In a small saucepan, heat just enough oil to coat the onions lightly and cook until translucent.
3. Add the grated veg and cook to soften around 1-2 min.
4. Add the garlic and cook for 2 minutes. Once cooked but not brown add the spices and cook for a further 30 seconds. Take off the heat.
5. Mash the beans, you want to crush them but not to a smooth mix, you want to still have some beans for texture, a quick squeeze with the hands for each handful seems to work well.
6. Mix in the rest of the ingredients including the fried onion mixture and stir well together.
7. Season to taste and shape burgers. You want about 50g/ 1 ¾ oz per burger. Brush the tops with olive oil or coconut oil and place on a baking tray. Bake in the oven at 180°C/360°F for 20 min until golden brown on top, then flip them over and cook for a further 10 min so golden on each side.



Beetroot and walnut dip

Like all these recipes, this is another versatile one. You can use any kind of soft nut, pecan, macadamia, or seeds like sunflower or pumpkin. Walnuts do add a lovely flavour and they also contain more omega 3 fatty acids than other nuts and most seeds. You can use lemon juice in place of vinegar, and if you don't have tahini then use miso.

- 100g/ 3 ½ oz walnuts
- 300g/10 ½ oz cooked beetroot, cut into chunks
- 60ml/ 2 fl. oz olive oil
- 1-2 tbsp/15-30ml/0.5-1 fl. oz of apple cider vinegar
- 1 tbsp/15ml tahini
- A large pinch ¼ tsp/1.25ml of sea salt
- A pinch ¼ tsp/1.25ml of cayenne pepper (optional)

1. Place all the ingredients in a blender and blend until smooth
2. Serve with celery sticks, carrot sticks, oat cakes or on the side of chicken salad

Notes:

Take care with the vinegar, add 1 tbsp first then a bit more, it will depend on the size and flavour of your beetroot.

Source: recipe by Kate Waters



Meat Stock/ Bone Broth

Boiling the bones for a length of time allows nutrients, collagen and the gelatin to be released from the marrow. Try not to boil vegetables (aromatics) for longer than 45 min or you end up with a stewed vegetable taste. The intensity of the flavour can be improved by roasting

Optional additions include leek, fennel, parsnips, peppers and rosemary, dried mushrooms, kombu, sun dried tomatoes. In fact, you can add almost any veg that has a good flavour and can take being cooked for 45 minutes without turning to mush.

Ingredients

- 1-2 chicken carcases raw or cooked with all the meat taken off
- Enough water to cover the carcases well
- Pinch salt
- 1 tbsp/15ml apple cider vinegar
- 1 onion
- 1 large or 2 small carrots
- 2 pieces celery
- 8 peppercorns
- Fresh thyme
- Bay leaf
- Parsley stalks

Method

1. Place the chicken in the pan with the salt and vinegar and water.
2. Bring to a boil. Put on lowest heat setting and simmer with lid on for 2-4 hr.
3. Whilst its cooking, roughly dice up the other veg.
4. When the chicken has had enough time, add the veg/aromatics and place the lid back on. Cook for 45 min.
5. Take off the heat and let it cool with the veg in the pan.
6. Strain and throw away the veg.
7. Reduce the stock down till it has good flavour. Let it go cold in the fridge and it will become gelatinous. It will keep in the fridge for up to 5 days or you can put it in bags/pots and freeze it for 3-6 months, label and date it clearly.

Source: Recipe by Kate Waters



Vegetable Stock

Try not to boil vegetables (aromatics) for longer than 45 min or you end up with a stewed vegetable taste. The intensity of the flavour can be improved by roasting the vegetables first.

Optional additions include leek, fennel, parsnips, peppers and rosemary. In fact, you can add almost any veg that has a good flavour and can take being cooked for 45 min without turning to mush.

Makes 1 Lt. but then reduce it!

Ingredients

- 1 piece Kombu (do not wash!)
- 1 onion
- 1 leek (well washed)
- 1 large or 2 small carrots
- 2 pieces celery
- 3 garlic cloves
- 8-12 dried shiitake mushrooms (a handful)
- 8 peppercorns
- 2 sun dried tomatoes (if you can buy without oil)
- Fresh thyme
- Bay leaf
- 1 litre/ 1 ¾ pints filtered water
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Method

1. Place the kombu, shiitake, peppercorns, dried herbs, water and sundried tomatoes in a pan.
2. Bring to a boil. Put on lowest heat setting and simmer with lid on for 1 hr.
3. Whilst its cooking, roughly dice up the other veg.
4. After 1 hr, add the other veg and place the lid back on. Cook for 45 min.
5. Take off the heat and let it cool with the veg in the pan.
6. Strain and throw away the veg.
7. You can add a large tbsp./15ml of white miso at this point to add more flavour if you like. However, boiling the stock with the miso in will remove the beneficial bacteria. It might be better to stir in at the end of the dish.

Notes:

Like all stock, you may want to add more salt, tamari, or reduce the liquid to intensify the taste. Vegetable stock loses flavour quickly so make it close to the time you want to use it or freeze it quickly

Source: Recipe by Kate Waters



Bouillon/Vegetable Stock Powder

Add depth of flavour to soups, gravy, stews or even salad dressings! As its homemade it is free of additives and you can adapt the ingredients to suit any specific dietary requirements. Use as a coating for veg or fish before cooking, or sprinkle over a pasta dish for extra umami and nutrient density.

Ingredients

- 2 medium onions
- 2-4 garlic cloves
- 3 large carrots
- 2 stalks celery
- 1 large leek
- 1 medium parsnip
- 3 medium sized leaves – kale/cabbage/spinach/chard
- 2 medium tomatoes (dried already makes life easy!)
- Handful parsley (or other soft herbs, play around with the flavor) including stalks
- 4 sprigs aromatic herbs – sage, rosemary, thyme
- Shiitake mushrooms (dried already makes life easy!)
- 1 tbsp./15ml Dried seaweed

Extras:

- Sea salt
- Black pepper
- Dried chili
- Spices or dried herbs

Method

1. Thinly slice the vegetables and chop the leaves and herbs into small pieces. Keep separate.
2. Arrange it all on dehydrator trays. Keep the same kind together so that you can easily remove the faster drying ingredients. Different veg have different water content so they will dry at different rates.
3. Once everything has dried leave to cool.
4. Place in a blender, and blitz till a powder. Do it in batches so you can get down to the bottom of the blender.
5. Store in a labelled container in a cool dry dark cupboard.

Note: you can dehydrate in the oven at 140 F. Many ovens do not have this setting, so set your oven to warm and dehydrate this way.



Silky Butternut Squash Soup

This delicious silky soup is packed with beta-carotene, plus the coconut adds healthy fats.

Serves: 4-6

Ingredients:

- 3 to 4 shallots, unpeeled
- 700g/ 1 1/2 pounds pumpkin, or butternut squash leave the skin on
- 500ml/18 fl. oz canned or fresh coconut milk
- 250ml/ 8. ¾ - 9 fl. oz vegetable stock
- 50g/1 cup loosely packed coriander leaves
- 2 tbsp/30ml/1 fl. oz tamari/soy sauce
- Generous grindings of black pepper
- 40g/1/4 cup minced scallion greens (optional)
- 1/2 tsp./2.5ml salt (optional)

Method:

1. In a heavy skillet, or on a charcoal or gas grill, dry-roast or grill the shallots, turning occasionally until softened and blackened. Peel and cut the shallots lengthwise in half and set aside.
2. (If this is too much just peel and cut the shallot and fry off in a little oil till just before it starts to color)
3. Cut the pumpkin or squash and clean out the seeds. Cut into small 1/2-inch/1cm cubes.
4. Place the coconut milk, broth, pumpkin cubes, shallots, and coriander leaves in a large pot and bring to a boil. Add the salt and simmer over medium heat until the pumpkin is tender, about 10 minutes. Stir in the soy sauce and cook for another 2 to 3 minutes. Taste for salt and add a little more soy sauce if you wish.

Notes: You could use fish sauce for a more authentic Vietnamese flavor.

Source: Adapted By Kate Waters from 'Hot, Sour, Salty, Sweet' by Jeffrey Alford and Naomi Duguid



Red Lentil and Tomato Soup

A delicious soup that tastes a bit like Heinz tomato soup but without sugar. A great source of protein from the lentils plus iodine from the kombu.

Serves: 4-6

Ingredients:

- 2 tbsp./30ml/ 1 fl. oz olive oil
- 1 red onion diced
- 1 carrot diced
- 1 stick celery
- 2 cloves garlic sliced
- 400g tin/ 14 oz tomatoes
- 80g/ 3 ¾ oz red lentils
- 1tbsp./15ml tom puree
- 600ml/1pt water
- Half a stock cube
- Bay leaf
- Thyme
- Kombu (optional)

Method:

1. Chop and sauté the red onion in enough oil to coat it. When it is translucent (about 5-7min) add the carrot and celery and cook off for a few min. Then add the garlic and cook for a further 1-2 min on a low heat.
2. Add the tin of tomatoes and tomato puree.
3. Wash the red lentils and leave to one side to drain. Place the water in a separate pan and bring to the boil with the red lentils. Once it froths up, skim off the scum. Once it's clear, pour into the veg dish.
4. Add the half stock cube and the herbs and kombu.
5. Leave to cook for 40 min till lentils are cooked. Puree and season and serve.

Notes:

This is nice served with a drizzle of olive oil over it.

Source: By Kate waters



Sikil Pak

A pumpkin seed dip originates from Yucatan and is like guacamole or hummus. It can be made from mostly cupboard ingredients with some added herbs. This is my take on it. I have added sunflower seeds for their nutrient properties. You can use any soft herbs you have to hand, parsley, coriander, mint or chives.

Serves

Ingredients

- 65g/2.3oz/1/2 cup Pumpkin seeds
- 65g/2.3oz/½ cup Sunflower seeds
- 75g/2.6 oz/½ cup finely chopped shallot or a red onion
- 1 chilli pepper de-seeded and chopped finely or just some chili sauce to taste
- 1-3 garlic cloves minced (amount to taste)
- Pinch salt
- Small bunch parsley
- Small bunch coriander
- 2 tbsp/30ml/ 1 fl. oz fresh lime juice & the limes zest (you could use 1 tbsp apple cider vinegar)
- 2 tbsp/30ml/ 1 fl. oz olive oil

Method

1. Blend the pumpkin seeds and the sunflower seeds with the rest of the ingredients in a blender.
2. Check the seasoning and if there is enough garlic, chilli etc.
3. Serve with veg sticks or on the side of a salad bowl.

Notes:

Optional additions are orange zest and or juice to the recipe. Some add roasted/charred tomatoes, some add tahini. Play around with the flavours.

Source: Recipe by Kate Waters



Pesto

A versatile sauce that can be made with pretty much anything green. Use anything from wild garlic, kale, rocket or herbs. You can omit the cheese (is called pistu) or you can omit the nuts and use seeds, or you can have no nuts, seeds nor cheese to make it a herb oil.

Serves 4

Ingredients

- ½ a clove garlic or more if you like garlic!
- 40g/1 ½ oz 1 big bunch of fresh basil
- 45g/ 1 ½ oz pine nuts/pecans/pumpkin seeds/sunflower seeds
- 50g/1 ¾ oz freshly grated Parmesan cheese
- 100ml/ 3.3 fl. oz extra virgin olive oil
- Pinch salt (optional)

Method

1. Peel the garlic, and crush with a knife.
2. Pick, the basil leaves off their stems, then bash to a paste (or pulse in a food processor).
3. Add the nuts or seeds to the mixture and pulse again, then stir in half the Parmesan.
4. Add the oil – you need just enough to bind the sauce and get it to an oozy consistency.
5. Add the remaining cheese, then season with salt and black pepper. It's good to keep tasting and adding a bit more cheese or oil until you are happy with the taste and consistency.

Notes:

Some like to toast the pine nuts first but you get a creamy flavor only if not toasted or only lightly toasted.

Source: Recipe by Kate Waters

