

# Homemade Chicken Stock

*1-2 whole free-range/pasture raised\* chickens (depends on their size) or 3-4 pounds of chicken parts*

*2-4 chicken feet (optional)\*\**

*About 4 quarts cold water (whatever it takes to fill slow cooker to the top)*

*1-2 tablespoons vinegar*

*1 large onion, coarsely chopped*

*2 carrots, peeled and coarsely chopped*

*3 celery stalks, coarsely chopped*

*a few parsnips, turnip, kale, greens, etc...*

*1 tsp of dulse flakes*

*1 clove of garlic*

*1/2 tsp of black pepper grains*

*1 tablespoon of Celtic Sea salt*

*2 shakes of cayenne pepper*

*4 shakes of paprika*

*2 shakes of tumeric*

*parsley (add when reheating)*

*\*Note: Factory farmed chickens often do not produce stock that gels. Organic chicken usually gels well.*

*\*\* Chicken feet are very high in gelatin and considered by many to be the "secret ingredient" (purchase online from US Wellness Meats)*

Season and roast chicken in a pyrex or ceramic dish:

(Preheat oven to 475°, season chicken with paprika, Celtic Sea salt, pepper and butter pats or olive oil on skin. Put chicken into oven. Immediately REDUCE HEAT to 330° and cook for 1-1.5 hr, depending on the size of the chicken.)

Carve the chicken and set meat aside to eat separately.

Place all the bones, along with remaining meat left on them, into a large slow cooker.

Add water, **vinegar**, and all vegetables and seasonings, except parsley. Set at high and bring to a boil. Reduce heat to low, and simmer for 12-24 hours. The longer you cook the stock, the richer and more flavorful it will be.

Remove and discard bones and veggies with a slotted spoon. Strain the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered glass containers in your refrigerator or freezer. When reheating, add parsley and additional seasoning (more Celtic salt!)

# Chopped Liver

1 onion

3/4lb of chicken liver

Ghee, coconut oil, chicken fat (schmaltz) or duck fat

2 hard boiled eggs

salt and pepper

Slice and sauté an onion in fat (ghee, coconut oil, or chicken/ duck fat) until golden. Put into food processor. Saute 3/4 pound of chicken livers in same pan until pink inside. Let cool and put into food processor with onions. Add 2 hard boiled eggs. Process onion, liver and eggs to a consistency you like but not too fine. Keep some lumpiness. Add salt and pepper to taste.

If your child is not a fan, you can make the above recipe without the eggs, and simply add small amounts to hamburgers, chili, spaghetti sauce, meatballs, shepard's pie, etc...

Another option is to use frozen, raw liver and grate with a cheese grater. Mix grated liver into hamburger meat for burgers, spaghetti sauce, etc... No more than 1/4 cup to 1lb of hamburger meat or else your child may taste it.

Other liver recipes:

- **Marinate slices of liver in the fridge overnight in lemon juice** or water with vinegar, plus lots of garlic and bay leaf. After marinating, pat dry and fry in olive oil and/or lard and/or butter until well done (really brown on the outside and slightly rose inside). **The key is marinating to take away any unpleasant taste.**
- **The liver needs to come from a fairly young animal and be free of hormones and organically or pasture raised.** Cover the liver with flour on both sides and bake with a little butter or ghee for several minutes at very low heat, otherwise it will be hard. Add handful of sliced onion, a little vinegar and water. Increase the heat to 350° for a few minutes then cook for 20 minutes at low heat. You can add fresh mushrooms and at the end a bit of salt. Serve with noodles, rice, or mashed potatoes.
- Slice the liver thin (no more than 1/4th inch) then dredge it in a mixture of almond flour, salt and lots of pepper. (Almond flour is just a replacement wheat.) Fry on both sides in ghee or lard. You can cook up the whole liver at one time then either heat up the leftovers during the week, or snack on it cold.
- **Marinate the sliced liver in red wine vinegar and a couple tsp of honey for about 1 hr.** Slice 1-2 onions and fry in lots of fat/butter for about 1/2 hour until onions are small and brown. Remove the onions. Toss in the liver with a bit of the vinegar/honey mix. Fry quickly, turning frequently, and serve hot with onions and wine sauce and a side of kimchi.
- **The key to delicious liver is lots of garlic.** Use lard to sauté it, and add some olive oil when it's closer to done. Don't overcook it. First saute 1 onion and 5 cloves of garlic with plenty of herbs and spices. Slice the liver thinly. Cook for about 5 minutes and flip once a minute. Cook bacon and cut into small pieces. Serve on top of the liver with onions and garlic.
- Cut liver into small pieces. Roll it in beaten egg, then in nut flour. Fry in coconut oil. Salt and pepper to taste. It's out of this world!
- **Liver is delicious with a gravy or sauce.** Marinate liver in lemon juice or vinegar for several hours and pat dry. Cook quickly in hot lard and set aside in a warm oven. To make a gravy: stir unbleached white flour in the remaining fat and add beef stock. Whisk until smooth and boil down a bit. To make a clear buttery sauce: Adding some wine or brandy to the fat and add beef or chicken stock. Boil down, skimming as necessary until it thickens a bit. Then whisk in several tablespoons of softened butter. Season with salt and pepper. *Sally Fallon*

## **“Breakfast” - Oatmeal Fruit Bar**

*3 cups oats (rolled oats, not instant)*

*3 cups water*

*4 eggs*

*1-2 apples, pears, or bananas, cut into tiny pieces*

*2/3 cup butter (softened) or coconut oil*

*1 Tablespoon cinnamon*

*2 shakes of nutmeg*

*1 tsp vanilla*

*1/2 tsp Celtic Sea salt*

*1/2 cup maple syrup*

*1/2 cup raw honey*

*2 packets of 100% stevia*

*fresh or frozen blueberries or blackberries*

*fresh or frozed peaches or nectarines*

*(optional) 1/2 cup chopped nuts or sunflower seeds*

9x13 inch pyrex or ceramic dish

Baking time 45min - 1 hour

Preheat oven to 375°

Grease pan with coconut oil or butter. Cover the bottom of the greased pan with fresh or frozen berries and peaches/nectarines.

Mix all other ingredients into the oat mixture. Be careful to make sure butter has cooled first, so not to cook the eggs.

Cook for 45 min - 1hour on middle rack.

Remove and cool for 15 minutes.

Cut into squares

Refrigerate or freeze

# Quiche with a Brown Rice Crust

*1 1/2 cup cooked brown rice*  
*1/4 cup grated Parmesan*  
*1 green onion, chopped*  
*1 egg white*  
*4 eggs*  
*1 egg yolk*  
*1 cup shredded Swiss cheese*  
*2/3 cup cream or milk*  
*2 green onions, chopped fine*  
*1/4 teaspoon Celtic sea salt*  
*1/4 teaspoon pepper*  
*1/4 teaspoon nutmeg*  
*2 cups fresh spinach or kale, cooked and excess liquid squeezed out*

## Directions

- Heat oven to 325°. Butter (or coconut oil) a pie plate.
- In a small bowl combine rice, Parmesan, green onion and egg white.
- Press rice mixture into the bottom of a pie plate and up the sides making sure to cover the entire surface. Bake 5-7 minutes.
- Beat eggs and yolk until very foamy. Stir in remaining ingredients and pour in to prepare pie shell.
- Bake 45 minutes or until knife inserted comes out clean.

**Here is the 2013 Dirty Dozen.** This is where you want to spend the extra money on organic produce whenever possible:

1. Apples
2. Strawberries
3. Grapes
4. Celery
5. Peaches
6. Spinach
7. Sweet Bell Peppers
8. Nectarines- imported
9. Cucumbers
10. Potatoes
11. Cherry Tomatoes
12. Hot Peppers

**And here is the Clean 15 list for 2013.** These are the items with the least amount of pesticide contamination found so these are not as high of a priority when buying organic.

1. Sweet Corn (however may be GMO and thus I recommend organic)
2. Onions
3. Pineapple
4. Avocado
5. Cabbage
6. Sweet Peas- frozen
7. Papaya
8. Mangos
9. Asparagus
10. Eggplant
11. Kiwi
12. Grapefruit
13. Cantaloupe
14. Sweet Potato
15. Mushrooms