



Infertility Recipes

Fertility Enhancing

Tea Chino

2 herbal tea bags (recommend Tea-Chino)
1 cup soymilk, steamed
1 quart water

Bring 1 quart of water to a boil. When the water boils, remove from the heat and add the tea. Steep until the whole pot is flavored, about 10 minutes. While the tea is steeping, steam soy milk. Pour cup of tea, add the foamed milk on top, and serve. Sweeten with royal jelly, optional.

Moroccan Paella

2 large skinless, boneless chicken breasts
5 oz prepared squid, cut into rings
10 oz cod or haddock fillets, skinned and cut into bite-size chunks
8-10 raw king prawns (jumbo shrimp), peeled and de-veined
8 scallops, trimmed and halved
12 oz mussels, scrubbed and bearded
9 oz (1-1/3 cup) long grain rice
2 tbsp sunflower oil
1 bunch green onion, cut into strips
2 small zucchini, cut into strips
14 fl oz (1-2/3 cup) chicken stock
8 fl oz (1 cup) pureed tomatoes
Salt
Fresh ground pepper
Fresh coriander (cilantro) sprigs
Lemon wedges, to garnish (optional)

For Marinade

2 fresh red chillies, seeded and chopped
Handful of cilantro
2-3 tsp ground cumin
1 tbsp paprika
2 garlic cloves
3 tbsp olive oil
4 tbsp sunflower oil
1 lemon, juiced

1. Process all the ingredients for the marinade in the food processor with 1 tsp salt. Cut the chicken into bite size pieces. Place in a bowl.
2. Place the fish and shellfish (not the mussels) in a separate glass bowl. Divide the marinade between the chicken and fish, then stir. Cover and leave in a cool place for 2 hours.
3. Place the rice in a bowl, cover with boiling water and set aside for 30 minutes. Drain the chicken and fish, reserving the marinade. Heat the oil in a wok and fry the chicken for a few minutes until lightly browned.

4. Add the green onions to the pan, fry for 1 minute and then add the zucchini and red pepper and fry for 3-4 minutes. Transfer the chicken and the vegetables to separate plates.
5. Scrape the marinade into the pan and cook for 1 minute. Drain the rice, add to the pan and cook for another minute. Add the chicken stock, pureed tomato and chicken, seasonings and stir. Bring to a boil, then cover and simmer for 10-15 minutes.
6. Add the cooked vegetables to the pan and place all the fish and mussels on top. Cover again with a lid or foil and cook over a moderate heat for 10-12 minutes until the fish is cooked and the mussels have opened. Discard any mussels that remain closed. Serve immediately, garnished with coriander and lemon.

Egg & Sperm Count Enhancing

Moules Provencales

- 2 Tbsp Olive Oil
- 7 oz rindless unsmoked bacon, chopped
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 bay leaf
- 1 tbsp chopped fresh mixed herbs (thyme, marjoram, basil, oregano)
- 1-2 tbsp sun-dried tomatoes in oil, drained and chopped
- 4 large, ripe tomatoes, peeled, seeded and chopped
- 2 oz (1/2 cup) pitted black olives, chopped
- 7 tbsp dry white wine
- 5 lbs mussels, scrubbed and bearded
- Salt and ground black pepper
- 4 tbsp coarsely chopped fresh parsley, to garnish French bread
- cut into chunks, to serve

1. Heat oil in large pan. Fry the bacon until golden and crisp. Remove with a slotted spoon; set aside.
2. Add onion and garlic to the pan and cook until softened. Add the herb mixture, with both tomatoes. Fry gently for 5 minutes, stirring. Stir in the olives and season with salt and pepper.
3. Put the white wine and mussels in another pan. Cover and cook over a high heat for 5 minutes, shaking the pan frequently, until the mussels open. Discard any that remain closed.
4. Strain the cooking liquid into the pan containing the tomato sauce and boil until reduced by about one-third. Add the cooked mussels and stir with a wooden spoon to coat them thoroughly with the sauce. Take out the bay leaf and discard.
5. Divide the mussels and sauce among four heated dishes. Scatter over the fried bacon and chopped parsley and serve hot, with French bread for mopping up the juices.