



Kidney Deficiency Recipes

Congee

1 cup long-grain white or brown rice
1 slice ginger, optional (after ovulation)
8 cups water

1. Add rice (if desired, ginger) and water to a pot. Cover the pot and bring to a boil.
2. When water boils, set the temperature to low.
3. Cook, covered, stirring occasionally, for 2 to 3 hours, or until the congee becomes a porridge consistency. If the congee becomes too dry, add more water and cook a little longer.
4. Congee can be refrigerated, but it will congeal.
5. To serve, add water, stir, and heat through until the congee is the desired consistency.
6. Remove ginger before serving.

*You can adjust the quantity of congee you make by following the rule of 1 part rice to 8 parts water

Black-Bone Chicken

1 black-bone chicken, whole*
1 bunch scallions, cut into 5 or 6 pieces (white and green parts)
1 tablespoon rice wine
5 to 6 slices gingerroot
Salt to taste

1. Combine all the ingredients, except salt, in a slow cooker or large pot. Cover with water.
2. Simmer on low heat for 3 to 4 hours, until chicken is tender and meat begins to come off the bone.
3. Serve chicken meat seasoned with salt, and a little of the cooking juice, if desired.

*Black-bone chicken, sometimes sold as Silky Chicken, can be found in the frozen food section of many Asian markets. The black-bone chicken is a small bird with dark skin, a little bigger than a game hen. It is often sold with the head and feet intact. While cooking leave these still intact.

Fried Seafood Dinner

½ - 1 lb. clams or oysters
2 raw eggs
¼ c. fresh wheat germ (unsweetened)
¼ c. pumpkin seeds

1. Rinse and drain clams or oysters. Dry on paper towels.
2. Beat eggs. Dip clams or oysters in eggs.
3. Crush the pumpkin seeds and combine with the wheat germ.

Continued on NEXT page

4. Roll egg dipped clams or oysters in the pumpkin-wheat germ mixture.
5. Dip the clams or oysters into the hot olive oil and fry. Drain excess oil out.

Root Soup

Add in any root vegetables (beets, yams, squash, etc) into a big pot, add salt and pepper. Bring to boil and then simmer for three hours.

Spicy Shrimp

2 lbs. medium to large shrimp, peeled and de-veined
6 scallions, cut into 2 inch lengths
2 jalapeno peppers, seeded and halved
1 bunch cilantro, stems removed
1/3 c. sliced or whole almonds
6 cherry tomatoes, halved
3 cloves garlic
2 tsp. cumin
1/8 cup, 1 Tbsp olive oil
1/4 c. water
1/8 cup lemon juice
salt to taste

Garnish - 1 small avocado, thinly sliced

1. Put almonds, jalapeno peppers, cilantro, scallions, garlic, cumin, olive oil and water in the bowl of a food processor or blender, and blend for 1 minute until a smooth paste is formed.
 2. Place the paste into a container and put the shrimp in the paste and marinate in the refrigerator covered for at least 1 hour.
 3. Heat the olive oil over moderate heat in a large sauté pan. Sauté the shrimp, stirring continuously for 4 minutes, until pink and opaque.
 4. Add the lemon juice, and season with salt.
-

Thai-Style Green Curry Chicken

2 stalks fresh lemongrass
1-2 Tbsp. Thai green curry paste
2 large boneless skinless chicken breasts (about 1 lb.), cut into 2 inch pieces
1 1/2 pounds sweet potatoes or yams, peeled and chopped into 1 inch pieces
a cup small tomato wedges
1/2 c. thinly sliced red onion
1/4 c. chopped fresh cilantro
1/4 cup chopped fresh mint
1/4 c. chopped fresh basil (preferably Thai basil)
1/8 c. canola oil
1 can coconut milk
1/8 c. lime juice
1 Tbsp. soy sauce

1. Mix the garlic with the ginger, lemongrass, and curry paste in a large bowl.
2. Add the chicken breasts and mix well to evenly coat the chicken with the spices. Marinate the chicken for 10 to 20 minutes in the refrigerator.
3. Heat the oil in a wok or large sauté pan over medium-high heat.

Continued on NEXT page

4. Sauté the chicken for 5 minutes.
 5. Add the coconut milk, lime juice, soy sauce, and sweet potatoes, and bring to a boil.
 6. Simmer the chicken covered for 25-30 minutes, until the chicken is cooked through and the sweet potatoes are firm-tender.
 7. At the last 5 minutes of cooking, add the tomatoes, red onion, cilantro, mint, and basil.
-

Turkey or Chicken Tacos

1/8 c. canola or olive oil
1 lb. ground turkey
1/2 small onion, chopped
1/2 green pepper, chopped,
1/2 red pepper chopped
1 clove garlic, minced
1 Tbsp. chili powder
1 tsp. dried oregano or 1 Tbs. Fresh
1/2 tsp. cumin
1 Tbsp. unsweetened cocoa powder
1 15 oz. can kidney beans, well rinsed and drained
8 oz. tomato sauce

1. Heat the oil in saucepan large enough to hold all ingredients. Add the ground poultry, and sauté for 5 minutes, until cooked through. Add the onion, peppers, garlic, chili powder, oregano, cumin and cocoa powder. Continue to cook for 3 minutes longer.
 2. Drain off any fat. Add the beans and tomato sauce. Simmer for about 20 minutes.
 3. Serve with shredded lettuce, diced tomato, grated soy cheese, and salsa in corn taco shells.
-

Chinese Chicken Stock

5.5lb organic chicken (or equal amount of chicken backs and necks)
-- remove skin, trim away excess fat and chop into 8 pieces
4 spring onions, green parts only
1 thumb-sized piece of fresh ginger, peeled and sliced
6 liters cold water

1. Rinse chicken pieces thoroughly under cold running water.
2. Place chicken in a large stockpot cover with cold water and bring to boil. Turn down the heat to simmer, skimming off surface periodically.
3. Add spring onions and ginger to the pot and simmer for 2 hours.
4. Strain stock.
5. When cooled, refrigerate to chill and remove any solidified fat.

*Can be stored for up to 3 days in refrigerator or 2-3 months in freezer. Makes 3.5 liters

Lamb Burgers with Tomato Relish

1 oz (3 tbsp) bulgur wheat
1-1/4 lb lean mined ground lamb
1 small red onion, finely chopped
2 garlic cloves, finely chopped
1 fresh green chili, seeded and chopped
1 tsp ground toasted cumin seeds
½ oz (1/3 cup) chopped parsley
2 tbsp chopped fresh mint
Salt
Ground black pepper
Olive oil

For the relish:

2 red bell peppers, halved and seeded
2 red onions, cut into ¼ in thick slices
5-6 tbsp extra virgin olive oil
12 oz cherry tomatoes, chopped
½ fresh red or green chili, seeded and finely chopped
2 tbsp chopped fresh mint
2 tbsp chopped fresh parsley
1 tbsp chopped fresh oregano
½ tsp ground toasted cumin seeds
½ lemon, juiced
Sugar to taste

1. Pour 2/3 cup boiling water over the bulgur wheat in a bowl and leave to stand for 15 minutes, then drain in a strainer lined with a clean dishtowel. Squeeze out the excess moisture.
2. Place the bulgur wheat in a bowl and add the lamb, onion, garlic, chili, cumin, parsley and mint. Mix together by hand, then season with 1 tsp salt and plenty of black pepper and mix again.
3. Form the mixture into eight small round burgers and set aside.
4. Grill (broil) the peppers, skin side up, until the blister and begin to char. Place in a bowl, cover and leave to stand for 10 minutes, then peel.
5. Meanwhile, brush the onions with 1 tbsp oil and grill for about 5 minutes on each side. Leave to cool.
6. Chop the peppers and onions and place in a bowl with the tomatoes, chili, herbs and cumin. Stir in 4 tbsp of the oil and 1 tbsp of the lemon juice. Season with salt, pepper and sugar and set aside for 25 minutes, then add more lemon juice, if needed.
7. Heat a heavy frying pan over a high heat and grease lightly with olive oil. Cook the burgers for 6 minutes on each side, or until cooked to your taste. Serve immediately, with the relish.