

Shrove Tuesday Gumbo

Here's a traditional recipe to start Lent

- 10 oz andouille sausage but if you can't find a good source without nitrates and from quality pork, then Polish, Italian or any smoked sausage will do.
- 2 cups chicken meat
- raw shrimp (preferably wild)
- $\frac{1}{2}$ cup crab meat

2T lard, tallow or duck fat

- 1 stick organic butter
- file powder (optional) found at gourmet stores
- 3 bay leaves
- 1 whole lemon
- 2 cups okra (this is optional because some don't like okra, but I like a more traditional gumbo)
- 2 T fresh parsley
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped bell peppers
- 3 chopped garlic cloves
- 8 medium chopped organic tomatoes
- 1/4 cup chopped garlic
- 1 sprig fresh thyme
- 1/2 teaspoon fresh oregano
- 2 tsp paprika
- 1 tsp cayenne(I like more)
- 1 tsp ground peppercorns
- 1 tsp Celtic or other whole salt
- 1 tsp onion powder
- 2 cups dark beer. (Optional but adds depth)
- 2-3 cups bone stock. (Homemade is best)
- 3 bay leaves

- 1/4 cup flour or arrow root for thickening

Directions

Slice sausage and fry in lard, tallow or duck fat until lightly crisp. Remove sausage and place in a bowl. In the same pan, fry chicken pieces on both sides. Set to the side with the sausage.

In the same pan, saute chopped onion, celery, bell peppers, okra and garlic a few minutes until tender. Add more fat if needed.

In a large pot, combine spices, tomatoes, meat, stock and beer. Bring to a simmer. Add bay leaves and cover.

Make a roux by melting $\frac{1}{2}$ stick butter in a small pan and then sprinkling flour into it until it thickens and is slightly browned. If you're on a gluten free diet, do the same with arrowroot powder. You will need to constantly stir this mixture so it doesn't burn.

Add roux to gumbo, cover and simmer for about 2 hour, stirring from time to time. A few minutes before serving, add the shelled shrimp. As soon as they pink up, add the juice of the fresh lemon, remove bay leaves, add file powder and serve over cooked rice.

It tastes better the second day, so you might want to prepare this in advance.

Incredible!

Serves 8-10

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Almond Flour Pizza Crust

3 cups almond flour

1/2 cup parm cheese

1/2 tsp sea salt

2 tsp oregano

2 tsp garlic powder

1 tsp basil

6 tbsp olive oil

4 eggs

Mix all dry, mix all wet, mix together – 2 heaping tsp on parchment paper

Cover with parchment paper, spread out into small circles.
Cook shells 10-12 mins

@ 350 – you can keep in fridge or freeze and use as needed.

Use as individual shells with any toppings. I use olive oil, homemade pasta sauce, harvati cheese,

Organic pepperoni a little more oregano on top – cook 350 10 mins.

Also use for garlic toast, olive oil, garlic salt, cook @ 350 10 mins...then broil till brown.

Nancy A. Beale

Thick Homemade Crock Pot Yogurt

Did you know that making delicious, nutritious yogurt could be as easy as prepping a few ingredients and leaving them in your crock pot for several hours? Here is my easy to follow method for making crock pot yogurt.

- Start your crock pot to get it a bit warm for about 10 minutes.
- Pour 1-2 quarts of whole, raw milk in your

crock pot and keep it at the low setting for 3 hours.

- Turn it off and allow the milk to sit for 2 hours or longer.
- Add 1 (2 if you're making 2 quarts) cup of whole, plain yogurt into a bowl and add an equal amount of the warmed milk.
- This should be mixed well and when added to the pot, mixed well again.
- Wrap the crock pot in a beach towel and put aside in the warmest corner of your kitchen until the following day.

Now it is ready to be eaten or put in the refrigerator where it will thicken even further.

Please note: some crock pots do not have a low enough setting to keep the milk warmed without actually cooking it. If your crock pot has a "warm" setting, that setting would probably work well for making this yogurt.

Cranberry Almond Loaf

$\frac{3}{4}$ cup creamy roasted almond butter, at room temperature

2 tablespoons [olive oil](#)

3 large eggs

$\frac{1}{4}$ cup arrowroot powder
1 teaspoon [Celtic sea salt](#)
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{4}$ cup dried apricots, chopped into $\frac{1}{4}$ inch pieces
 $\frac{1}{2}$ cup [dried cranberries](#)
 $\frac{1}{4}$ cup sesame seeds
 $\frac{1}{4}$ cup sunflower seeds
 $\frac{1}{4}$ cup pumpkin seeds
 $\frac{1}{4}$ cup sliced almonds, plus 2 tablespoons to sprinkle on top
olive oil for greasing
[blanched almond flour](#) for dusting

1. In a large bowl, blend almond butter, olive oil and eggs with a handheld mixer until smooth
2. In a medium bowl, combine arrowroot powder, salt and baking soda
3. Blend arrowroot mixture into wet ingredients until thoroughly combined
4. Fold in apricots, cranberries, seeds and sliced almonds
5. Grease a $3 \frac{1}{2} \times 7 \frac{1}{2} \times 2 \frac{1}{4}$ inch loaf pan with olive oil and dust with almond flour
6. Pour batter into loaf pan and sprinkle remaining sliced almonds on top
7. Bake at 350° for 40-50 minutes until a knife inserted into center comes out clean
8. Let bread cool in pan for 1 hour, then serve

Yield 1 loaf

Courtesy of Elena's Pantry Blog: <http://www.elanaspantry.com>

1/11/11

Cheese Pucks

(-From "Secret Spoonfuls. Confessions of a Secret Mom" CD Booklet)

Ingredients:

1 cup arrowroot powder

1 cup grated cheese

$\frac{1}{2}$ cup butter

1 cup cream cheese

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp white or cayenne pepper

Mix arrowroot, salt and pepper; add butter and cheese to form dough. If it is too dry, add more butter; if too wet, add more arrowroot. Roll into a long snake, wrap in wax paper and chill for one hour. Cut into $\frac{1}{2}$ inch rounds. Bake on ungreased cookie sheet at 400 degrees for 5-10 minutes.

These are good hot but remain fresh for weeks, so they are wonderful on trips and for school lunches.

It's Sunday Morning Pancakes!! Gluten-free Style

In a food processor, blend the following ingredients:

2 cups almond flour

8 free range eggs

1 tablespoon maple syrup

2 teaspoons vanilla

$\frac{1}{2}$ teaspoon Celtic salt

$\frac{1}{2}$ teaspoon baking soda

Butter a hot griddle or cast iron frying pan and when good and hot, ladle a *small* amount of batter on to the sizzling surface. Keep the amount small as these pancakes don't have gluten, so they don't have the "glue" to keep them from breaking. Fragile, but delicious!

Load with rich, raw butter and local maple syrup, then serve with organic bacon and a glass of cold raw milk. Yum.

Homeopathy Useful for Motion Sickness

Summertime brings family vacations and with them often comes motion sickness, whether the travel is by car, plane, bus, train or boat. Over the counter medications often cause drowsiness, affect cognitive function and can interfere with

other medications. Homeopathy offers safe alternatives that address the discomfort of the symptoms and often avert them. Doses of the chosen remedy may be given every twenty to thirty minutes for up to three doses for severe symptoms. If the symptoms are relieved, use the remedy only if symptoms return. If there is no relief after 15 minutes of the third dose of a remedy, try a different one.

Nux Vomica is a commonly used remedy that may fit many of the symptoms of motion sickness. Nausea seems constant with a severe headache. Sometimes there may be a ringing in the ears.

If motion sickness symptoms don't point to any one remedy, *Cocculus* is the recommended remedy to try. It addresses the common symptoms of dizziness, vomiting and nausea. The person feels better lying down and craves quiet. The smell, sight or even the thought of food often make nausea worse.

Petroleum will be useful for the person who gets nauseas and dizzy from riding in a boat or car. There may be much salivating, he becomes pale and faint, and breaks out in a cold sweat. There may be a headache and eating often relieves an uncomfortable, sometimes painful, sensation in the stomach.

Tobacum should be considered for one who exhibits symptoms of extremely intense nausea and suffers from severe vomiting made worse from movement. There is cold perspiration and he is pale and cold. Symptoms are better in open air with closed eyes.

If you or a loved one is troubled with motion sickness, give homeopathy a try for safe and effective relief.

The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed healthcare provider.

The Best Eggnog Recipe Ever; No, I Mean Real Eggnog

I'm not talking about the stuff that comes out of a carton. Yuck!

I mean the kind that's loaded with live enzymes, nutrient dense vitamins and of course delicious good cheer.

The most important ingredient is that the ingredients be important. That is, preferably raw, organic milk and cream and free range egg yolks. Here's one of my Christmas favorites:

12 free range eggs

6 cups raw milk

2 cups heavy, raw cream

1/2 cup raw honey. If you don't like the flavor of honey, consider maple syrup or succanat

2 teaspoons freshly ground nutmeg

Traditional Eggnog Directions

Submerge the eggs (still in the shell) in a large bowl of near boiling hot water plus a few drops of dish soap. As the water cools; wash, rinse then wipe the eggs dry.

Separate the egg yolks, place in a mixer with the honey and beat for 10 minutes.

Allow to cool in the refrigerator for up to 8 hours

30 minutes before you plan to serve, mix the milk into the chilled yolk mixture. If you plan to add brandy, this is the time to incorporate it.

Stir in 1+ 1/2 teaspoons ground nutmeg.

On high-speed, in a separate bowl, beat the cream until the cream forms stiff peaks.

In yet another bowl, beat the egg whites until stiff peaks form.

Gently fold the egg white mixture into the egg yolk mixture.

Gently fold the cream into the egg mixture.

Ladle into cups and sprinkle with the remainder of nutmeg.

Serves: 8