

## 'Beat the Winter Chill' Jan. 17th, 2016



**Good For You  
Gourmet**

We take the work out of eating well.

Warm up with these wonderful winter foods: 1) Chicken & Ginger Bone Broth; 2) Hot & Sour Goji Berry Soup; and 3) Warm Yam & Corn Salad with Walnuts, and Golden Berry dressing.

Chef Laura will demonstrate and sample out all three recipes in class, and students take home handouts.

Chicken & Ginger Bone Broth, makes approximately two liters

Version 1: **Bones from 2 Chickens**, roasted until golden; Water to cover plus one inch; simmer 2-4 hours, adding water to keep level up. Half hour before done, add **3-4 Garlic Cloves**, crushed; and **2 Bay Leaves**, return to simmer. Remove from heat and add bouquet garni of **Rosemary and Oregano Sprigs**, let stand 15-30 minutes, then sieve and cool, then serve or use for soup base.

Version 2: **Bones from 2 Chickens**, roasted until golden; Water to cover plus one inch; simmer 2-4 hours, adding water to keep level up. Half hour before done, add **3-4 Garlic Cloves**, crushed; **1/4 cup Ginger, grated**, and **3-4 Kaffir Lime Leaves**, and return to simmer. Remove from heat, let stand 15-30 minutes, then sieve and cool, then serve or use for soup base.

\*Optional: add **2 Tbs Apple Cider or Malt Vinegar** to broth at beginning: the acidity will draw nutrients from the bones. \*Broth contains natural gelatin, collagen, glucosamine, calcium, magnesium, and phosphorus, proteins proline and glycine: all very important nutrients

Hot & Sour Soup with Goji Berries & Arame, four med. small servings, or two full size meals

Soup base: **1 liter Broth; 2 cups Water; 1/4 cup Goji Berries; 3-4 Tbs. Sweet Ginger Chili Sauce; 2 slices Lemon** cut in rounds; **4 Kaffir Lime Leaves; 1/4 cup Lemon Juice; 2 tsp Ginger**, grated; **1/2 Red Bell OR 1 Red Hot Pepper**, seed & finely chop. Combine stock, water, goji berries, chili sauce, lemon slices, kaffir leaves, lemon juice, ginger and sweet or hot pepper in a medium size soup pot and bring to a boil.

Prepare Veggies: **1 cup Mushrooms**, sliced, **1 cup Zucchini**, slice on a bias; **1 cup Tofu or Tempeh**, cubed; **1 cup Pineapple chunks; 2-3 Tbs. Cilantro**, chopped; **2-3 Green Onions**, chopped. Presoak for 10 minutes then drain **1/4 cup Arame**, then set aside. Add mushrooms/zucchini, tofu/tempeh and pineapple to soup: simmer five minutes, then remove from heat.

Stir in green onions and arame: to thicken, whisk together **2 cups Water**; and **2 Tbs Arrowroot powder**, and stir into soup while still very hot. Taste, and season with white pepper to suit personal preference. Portion into four serving bowls, divide **1 cup Mung Sprouts OR 1 cup Cilantro**, chopped, amongst the four bowls as a garnish.

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Warm Yam & Corn Salad w/Golden Berry Dressing, four med small portions, or two meal size

Yams: **1 pound Yams**, peel & cut into inch cubes; bring to a boil, lower heat to simmer for 18-20 minutes. Drain & allow to cool somewhat before tossing with dressing.

Veggies: **1 cup Corn Kernels**, thaw & drain; **1/2 cup Celery**, diced;

Golden Berry Dressing: **1/4 cup Golden Berries**, soak in 1/2 cup hot water for 10 minutes. Macerate with **1-2 Tbs. Agave Syrup; 1/2 tsp Sea Salt, 1/4 tsp White Pepper**, season to taste, toss with yams & veggies, and serve garnished with **1-2 Tbs Walnuts per serving**

### About 'Super Foods'

Arame: a sea vegetable used in traditional Asian cooking, chelating, antioxidant, chlorophyll

Goji Berries (aka 'Wolf Berry'): traditional Tibetan & Chinese food and medicine, high in Vitamin C & B vitamins and fiber, contains all essential amino acids, in same family as eggplant.

Walnuts: rich w/phenols, vitamin E, cardiovascular, antioxidant and anti-inflammatory benefits

Golden Berry: South American in origin, high in Vitamin and protein, loaded with antioxidants, mild diuretic

### Next Events:

**Whole Foods Philosophy** with Chef Laura Moore, the Good For You Gourmet

Ready to make the shift towards a healthier lifestyle and diet? Delve into the nature of cravings? Fee: \$35 plus GST. Next Dates: Sat Jan 30th, 3-5 PM; Sun April 24th, 2-4 PM; Sat Sept 24th, 6-8 PM

**Aphrodisiac Chocolate Desserts & Wine for Lovers**, with Chef Laura & Guest Sommelier

Friday February 12, 4-6 PM \$40/person, \$75/couple, plus GST

Share the nutritious delicious decadence of chocolate and wine with your loved one this Valentines weekend: Chocolate Rose Macaroons, Red Velvet Beet Cake with Cashew Creme Icing, and Chocolate Truffles with Gogi Berry sauce will be paired with dessert wines for an euphoric experience.

More about The Good For You Gourmet events, workshops and our whole foods personal chef and catering service at: [www.gfyg.ca](http://www.gfyg.ca), text or call chef Laura directly @ 250.514.1544.



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