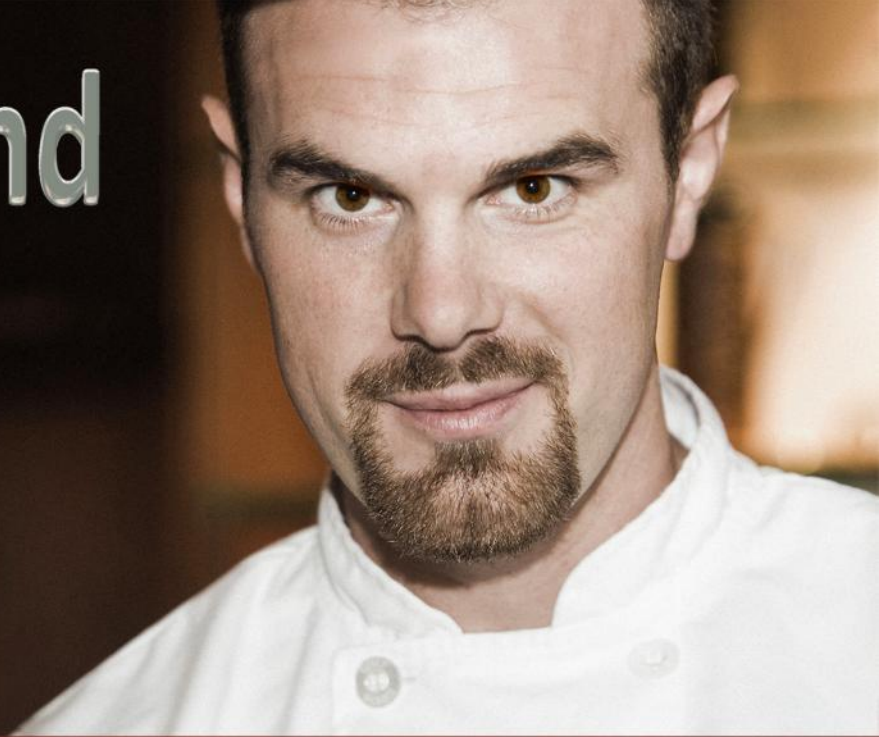


Daniel Edlund



The *EASY* way to Organic Cooking

Table of Contents

Foreword by the Author	p. 4
<i>Introduction</i>	p. 5
Tips for the kitchen	p. 6
Use what you have	p. 7
Plan ahead, fresh is always better	p. 7-8
Keep it simple	p. 8
Equipment and methods	p. 8-10
The good food	p. 11-14
Nutrients	p. 14-15
Some words on exercise and movement	p. 15-16
Organic Vs. Processed foods	p. 16-19

Recipes

Appetizers and starters	p. 21-24
Soups	p. 25-29
Sauces	p. 30-32
Condiments	p. 33-38
Dips and dressings	p. 33-36
Marinades	p. 37-38
Sides	p. 39-72
Rice	p. 40-44
Quinoa	p. 45-48
Whole grains	p. 49-53
Pasta	p. 54-57
Potatoes	p. 58-63
Beans and lentils	p. 64-67
The Quiche	p. 68-73
Vegetables	p. 73-80
Salads	p. 81-84
Meats	p. 85-95
Poultry	p. 96-107
Fish & seafood	p. 108-119
Healthy recipes for children	p. 120-135
Breakfast & Snacks	p. 121-125
Dinners	p. 126-135
Desserts	p. 136-142
Breakfast	p. 143-152
Sources	p. 153-154
Conversion charts	p. 155-156
About the author	p. 157-158

Foreword by the author



My intention in writing this book is to document my many years of insight and experience from the kitchen and share my passion for working with food in a comprehensive organic cook book that is meant to be used as a hands-on guide. I wanted to create a real tool, which would be actually useful in terms of planning and preparing foods in everyday life. While at the same time integrating an organic, healthy lifestyle in an *easy* way. All recipes are designed to taste delicious, are simple to make and are nutritionally balanced. Good and healthy food should not and does not have to be a sacrifice of taste, effort or otherwise. With this book, you can save both time and money by

making your own food, have enough left for additional meals, while at the same time eating healthier than you ever have before. I also want to share the joy that the knowledge of food preparation gives and how integrating healthy organic food benefits our lives. You want food with pure natural power in your life and included in this book are ways to get there.

All the resources in this book, (the literary recommendations as well as the food supplements from NutriVision), are the very best I have encountered during the 10+ years I have been working with health, nutrition and food. I wanted to share with you this vital information. I have included these resources as an additional option for you to broaden your knowledge, should you have the interest.

The Good Food

In this book, there are numerous recipes that offer delicious flavor and color combinations that have a healthy, balanced ratio of fat, proteins and carbohydrates. Food should not be a burden either in preparing or eating. It should be joy to create and pleasing to share. Eating healthy will not only increase your effectivity, but also your motivation and energy. Junk food, as you may know might be comforting for the moment, but harmful in the long run.

When you have changed the way you nourish your body it will actually start to let you know what kind of foods are good for you and therefore naturally help you to avoid those that are not. You know you will need lunch, so start to think about planning it rather than just allowing it to happen. Without real food energy you can count on heading straight to the coffee pot, or resorting to sugary snacks just to try to make it through the rest of the day. Any 'energy' you get from such non-nutritional sources will not last long resulting in a crash. Do not eat too much at lunch (or any meal) since your body cannot utilize and digest too much food at one time. This will also result in the previously mentioned low energy. Also any excess energy that you put in your body is likely to make you fat, regardless of the source. As a general rule portions of starch and protein should be no larger than the size of your fist. The rest of the plate can be filled with fresh vegetables and topped with fresh unrefined oil for added benefit. Below are basic yet highly effective pointers on how to incorporate a healthy food and lifestyle regime:

- If you feel hungry or just feeling like a pick me up, have small snacks in between meals. Fresh fruit is detoxifying and regenerating but should be combined with fat and/or protein (cheese or nuts for example) to balance the sugar and slow the absorption process.
- The most essential element in fine tuning your own personal diet regime is finding balance. Always have a meal ratio that is proportionate and experiment to find the right "fuel ratio" between the carbohydrates, protein and fats. This practice is also referred to as the 'Metabolic Typing Diet'.

Black Rice Salad with Mango

Serves 4-6

2 cups black (forbidden) rice
4 cups filtered water
2 chopped tomatoes
1 cup chopped fresh basil
½ cup chopped dried or fresh mango
(optional)
2 tbsp. olive oil
Sea salt



How To Do It:

Forbidden rice is great for you as it is high in fiber, minerals and amino acids. As in vegetables, more color suggests a higher density of nutrition. Put the rice, water, oil and salt in a medium stainless steel pot, cover and let come to a boil. Reduce the heat to low and simmer for 40-50 min. Stir in the tomatoes, mango and basil and let sit for 10 min. Taste the rice to see if more salt or oil is needed.

Daniel's Swedish Meatballs

Serves 6-8

1 lb. lean ground beef

½ lb. ground pork (optional)

½ cup of oats

¼ cup of cream

1 yellow onion, grated

3 tbsp. butter

2 whole eggs

3-4 tsp. allspice

2-3 tsp. paprika

2 tsp. black pepper

2 tsp. sea salt



How To Do It:

This is the secret recipe for classic traditional Swedish meatballs. I could not count how many times I have brought these to a party with immense success; I have to say that they have almost reached the standard of my Grandmother's, but I will never get there...

Start by soaking the oats with the cream for 5 min. then add the grated onion, which can be grated by hand with a grater, or in a food processor. Add the spices and leave for another 3 min. Blend in the ground meat with your hands and add the eggs. Be careful not to over work the mix, as the meat will turn stringy. The batter should be quite moist for the meatballs to come out juicy. Let rest 10 min. in room temperature before shaping into small balls with your hands.

Curry Wok

Serves 4-6

2 heads of bok choy, sliced

1 head of broccoli, cut into small bouquets

1 red pepper, sliced in strips

1 fennel, sliced

½ onions, chopped

4 cloves of garlic, chopped

1 cup roasted tofu

¾ cup of peanuts

3 tbsp. tamari

2 tbsp. curry powder

2 tbsp. olive oil

2 tbsp. coconut oil

Sea salt to taste



How To Do It:

In a large wok, heat the oils and start sautéing the bok choy, peppers and fennel for a few minutes. Add the broccoli, onions and garlic and sauté for a few minutes more. Add the curry and tamari followed by a quick stir. Lastly, fold in the tofu and peanuts and add salt to taste.