

Naturally fresh & delicious

Healthy Cooking with A.Vogel

Translated by Irene E. Robbie



A.Vogel

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“What would
stimulate us to
eat and drink
if we drew no
pleasure from it?”

Alfred Vogel

Table of Contents

Introduction – For the Love of Nature	6
Principles for a healthy diet according to A.Vogel	17

Cold Starters and Snacks

Product Information	20
Two Molkosan Dressings	22
Two Cucumber Salads	24
Spicy Mango Salad	26
Tomato and Courgette Salad with Lavender	28
Two Raw Salads	30
Lentil Salad with Sorrel	32
Fennel Carpaccio	34
Red Pepper Mousse with Parsley Yogurt	36
Papaya Soup	38
Avocado Soup	40
Golden Pea Dip, Lentil Pâté	42
Chickpea Grissini	44

Hot Starters and Snacks

Product Information	48
Courgette and Aubergines with Chickpea Puree	50
Stuffed Comfrey Leaves	52
Small Artichokes with Peppermint Filling	54

Stuffed Vine Leaves	56
Jerusalem Artichoke Flan with Mushroom Fondue	58
Nettle Soup	60
Cauliflower and Pear Soup	62
Celery Soup with Dill Seeds	64
Spelt Focaccia with Goat's Cheese and Olives	66
Spelt Farfalle with Lemon Sauce	68
Scallops on Lime Leeks	70

Main Meals

Product Information	74
Tomatoes filled with Buckwheat	76
Aubergine Gratin with Bulgur Wheat	78
Leek and Hazelnut Medallions	80
Chicory Gratin	82
Small Potato Cakes with Papaya Chutney	84
Vegetable Gratin with Goat's Cheese	86
Port Wine Onions with Sweet Potato Puree	88
Potato Cake with Vegetables	90
Orange Leeks with Tofu	92
Asparagus Risotto	94
Oriental Fragrant Pea Pilaf	96
Exotic Rice in a Banana Leaf	98





Bulgur with Dried Tomatoes	100
Millet Dumplings with Red Bean Sugo	102
Rolled Barley with Juniper Carrots	104
Red Noodles with Beetroot	106
Baked Wild Bear's Garlic Ravioli	108
Braised Mushrooms with Port Wine Sauce	110
Common Mussels with Vegetables	112
Prawn Kebabs with Red Lentil Puree	114
Zander Fillets with Lemon Bean Sauce	116
Monkfish with Pea and Nut Puree	118
Char in foil	120
Sea Bream South American Style	122
Fennel Pizza	124
Pumpkin and Chestnut Quiche with Salmon	126
Brussels Sprout Leaves with Apricots	128
Chicory Vegetables	130

Desserts

Product Information	134
Dandelion Honey, Dandelion Parfait	136
Apple Parfait with Steamed Apples	138
Marinated Pineapple with Honey Yogurt	140
Grilled Pears	142

Gooseberry Soufflé	144
Berry Compote with St.Gallen Biscuits	146
Berry Soufflé with Berry Coulis	148
Pumpkin Pudding	150
Fig Tart with Cassis	152
Pear and Almond Tart with Sea Buckthorn	154
Date and Mocha Tartlets	156
Apple Cake with Olive Oil	158
South Seas Muesli with Papaya	160
Muesli Bars	162

Drinks

Product Information	166
Two Spicy Lassi	168
Three Power Drinks	170
Sea Buckthorn and Banana Smoothie	172
Red Iced Tea	174
Chilli Chocolate, Soya and Banana Milk	176

Index	178
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For the love of nature

Alfred Vogel's life and work and the importance of a healthy diet



Pretty bottles of blood red St John's Wort oil on a window sill suffused with light, glasses with blue flowers in alcohol standing in rows, tubs planted with herbs, rows of shelves full of honey, rice and dates, freshly cut herbs hanging from the ceiling to dry, strainers with tea leaves ... The world of Alfred Vogel in Teufen is full of smells, colours and fascinating ingredients from nature. Bees and bumble bees hum and buzz round thousands of flowers such as raspberry bushes, wild roses, purple coneflowers, milk thistle, lemon balm and flax. Sheep can be heard bleating behind hedgehog mounds and anthills. Wooden houses, greenhouses, a tipi, inviting seats, a group of visitors learning how to prepare a tincture. In the bistro there is the smell of mushroom risotto, Bambu-Frappé and wholemeal baking. Healthy pleasure and pure nature in a picture book idyll in Appenzell.

Even when you visit a health food store on the other side of the world, in Australia for example, you may come across products from the Swiss pioneer of nature. In Canada, perhaps a tub of Herbamare springs into view; in South Africa you may possibly come across Molkosan; in India, Echinaforce. A.Vogel foodstuffs and remedies are also known in Europe, from Helsinki to Gibraltar.

Alfred Vogel is known as the 'Nature Doctor' and producer of fresh plant preparations well beyond the borders of Switzerland. Many people knew him on a personal level as a herb gatherer, brilliant orator, explorer, nature doctor, health resort operator, entrepreneur or plantation owner, best selling author and publisher of Gesundheits-Nachrichten (Health News). Whatever else Alfred Vogel was, he was always a pioneer, always ahead of his time. At heart he

was always a nutritional therapist as he described himself in Pocket Guide to Life Transformation from 1926, the first of his numerous publications. His interest in and commitment to healthy, natural and wholesome nutrition runs through his life like a thread. He was the one who gave substance to the saying “You are what you eat” and throughout his life strove to find “the art of eating correctly”. Even for the fairly young Alfred Vogel, nutrition was the key to health. It can promote diseases or even trigger them if you are eating incorrectly. On the other hand, thanks to its healing potential it can have exactly the opposite effect. Vogel’s maxim is that “nature heals everything and provides us with everything we need for the protection and maintenance of health”.

Alfred Vogel had at his disposal an extraordinary talent for communication and reached a large audience with his lectures and publications. He put forward his views on diet as a healing factor in 1935 in his first major published book of the same title (*Die Nahrung als Heilfaktor*). It deals with “the astonishing effects of a natural diet which takes into account the correct quality, quantity, proper composition and preparation”, including actual recipes. Who was the man who even in his early years grappled intensely with health and nutrition and made them his mission during his long and eventful life?

Who was Alfred Vogel?

Alfred Vogel came into the world in 1902 in Aesch in Basel, Switzerland. The relationships into which he was born were modest but character-forming: the father, a hairdresser

with a knowledge of herbs and a gifted gardener, liked to take his fourth and youngest child on long walks and raised him to work in the garden in order to draw him closer to native medicinal herbs. Likewise, the grandmother who was an expert on herbs – she was 103 years old – passed on her knowledge to her grandson. Furthermore there was a ‘medicinal herb pharmacy’ in the attic of his parents’ house that fascinated Alfred Vogel as a child and formed the basis of his unshakeable trust in the healing powers of plants.

Indeed, a business apprenticeship could not quench Vogel’s thirst for knowledge of medicinal plants at that point but provided very useful information that was soon to be of benefit to him as a young businessman. In 1923 Alfred Vogel opened the ‘Vogel Colonial House’ in Basel in which he sold cane sugar, Ceylon tea and other colonial wares. By 1924 he had under his own brand ‘AVOBA’ (A.Vogel Basel), oat flakes, fig syrup, wholegrain rice, as well as an early form of his well known cereal and fruit coffee ‘Bambu’ in the range.

Following his marketing strategy at that time he called the healthy drink ‘Avoba coffee’. Soon Avoba products made with wholemeal dough, Avoba wholemeal rusks, biscuits, wheat based products and other wholemeal products arrived on the scene.

However, the resourceful young entrepreneur was not quite clear as to what name he should give to his rapidly growing business. He swithered between ‘A.Vogel Health Food Store’, ‘Herb Pharmacy and Health Food Store’, ‘Phytotherapy Specialist’, ‘Health Food Store Specialist’ and other descriptions. The health food store business alone was beginning to become too restrictive for him and his

range had long since extended to infusions, balsams and other 'health products' and remedies. The thought of also using his ever increasing knowledge of herbs and medicinal plants in a practical way fascinated him more and more. Also the demand for advice from the young health food store owner both from outside and from his customers was growing. Thus the plan to try to gain recognition for himself as a nature doctor started to take shape.

In Alfred Vogel's view, extracts from firstly the whole and secondly the fresh plant are superior to those from parts of the plant. He saw things no differently as far as food supplements are concerned. Here too he maintained – rightly – that in terms of nutritional value, whole grains, unrefined rice or raw cane sugar were incomparably more nutritious than "denatured foodstuffs such as hulled, polished rice, white flour or crystallised sugar" as he called them.

On the basis of this conviction, Alfred Vogel developed hundreds of herbal remedies and nutritious food supplements over the next decade. Whilst doing so, he always, without exception, laid great store on the origin of plant components, i.e. the ingredients. Soil, cultivation and harvesting conditions had to comply with his strict guidelines. Even today all A.Vogel products are still, wherever possible and practical, organically grown and prepared within the shortest time after harvesting. The A.Vogel motto is "as fresh as possible".

In 1927 Alfred Vogel married a teacher, Sophie Sommer, and soon two daughters, Ruth (1928) and Maya (1929) were born. From 1929, with the support of his wife, he

gave his thriving businesses more momentum through his own monthly magazine called *Das neue Leben* (A Fresh Start). In the thirties, he opened branches of his health food store in Zürich, Solothurn and Bern. In 1933 he was recognised as a nature doctor by the Association of Swiss Naturopaths which formed the cornerstone for his therapeutic work in the Appenzell region which began immediately. Alfred Vogel had already set up a practice there with his young family in anticipation of the title. The double canton was reputed to nurture an especially naturopath-friendly climate.

As well as the Vogel Diet and Health Resort (*Diät-Kurhaus Vogel*), the naturopath who was always on the go, continued to run his health food stores and make himself a name as a spa manager and lecturer on naturopathy and matters of nutrition. From 1935 as well as producing health food products in his 'Bioforce laboratory' in Trogen, he also produced herbal remedies, organic cosmetics and fertiliser. In Teufen where in 1937 he acquired a spacious plot of land in Hätschen at approximately 1000 metres above sea level, he constantly expanded his range and his reputation as a naturopath grew and grew. As well as the health resort and dwelling house, he built a separate production building for his 'Bioforce' specialities, fresh plant extracts to which more ointments, syrups, teas, tinctures and tablets were added. In the meantime he himself cultivated herbal plants, fruit, cereals and vegetables organically at Hätschen, and on the surrounding mountain pastures, in order to have at his disposal fresh end products of the highest quality and foodstuffs without any additives.





That the enthusiastic sportsman and nature lover did this by hand goes without saying. However this was not enough: Alfred Vogel pressed on. Inspired by a thirst for knowledge and an inquiring mind, he wanted to find out more about the state of health and the diets of native peoples. Vogel began to travel and in the meantime his herbal remedy company, Bioforce, continued to grow and his magazine, which from 1943 he called Gesundheits-Nachrichten (Health News), found ever more interested readers each month.

His extended travels took Alfred Vogel to all corners of the earth. He was tireless in his search for new discoveries, vitamin rich and medicinal foodstuffs and new tropical natural remedies. In doing so, he made many astonishing observations, such as on the healing effect of papaya, saw palmetto, ginkgo biloba, durian fruit, or devil's claw from the Kalahari desert, to name but a few. Even when far away Vogel remained true to his basic principles, testing the healing effects of plants that were unknown to him on himself and buying even more farmland in order to cultivate his new discoveries by himself, according to his organic demands. Notwithstanding this, he continued his work as a publicist and lecturer. Also many of his fascinating books appeared during this time.

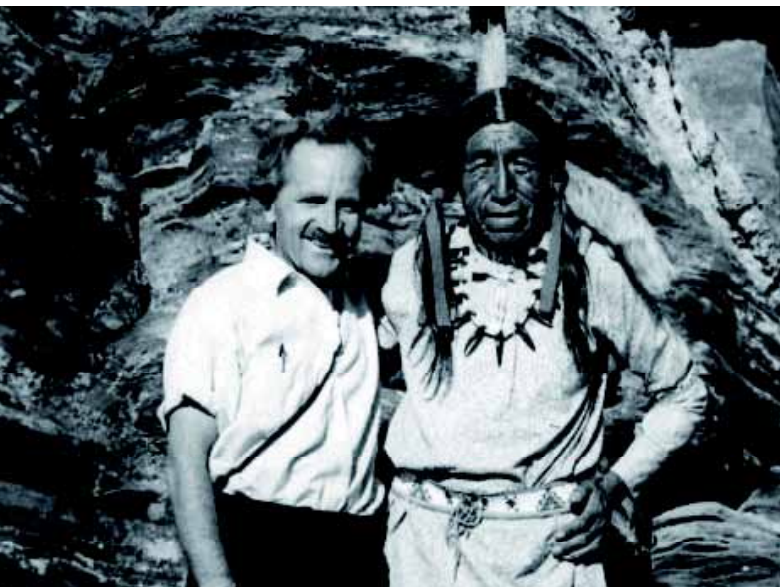
Alfred Vogel came into more and more contact with well-known researchers and scientists. The list of his conversational partners stretched from the Swiss doctor Maximilian Bircher-Benner, to Albert Schweitzer, to Nobel prize winner Linus C. Pauling or the leading phytotherapist Rudolf Fritz Weiss. Vogel was recognised in the world of science and gradually

began to describe himself as a phytotherapist. Together with Dr Weiss, he wrote a standard work on tea infusions. His services to phytotherapy gained worldwide recognition and awards did not fail to appear: in 1982, he received the Priessnitz medal from the German Naturopathic Society and in 1984 was made an honorary member of the Swiss Society for Empirical Medicine (SAGEM).

One way or another, Alfred Vogel had his share of setbacks. One example was the loss of a farm acquired in Peru (Tarapoto) in 1958 where, with the help of the South American Indians he cultivated cane sugar, coffee, bananas and papaya. A land reform prohibiting foreigners from possessing more than 15 hectares of land also affected Alfred Vogel's paradise, as he called the farm, since it encompassed 72 hectares of land. Vogel lost no time and gave away not just the 'extra' portion of land but the entire farm. His small paradise was lost to him.

Almost at the same time, he received an unexpected gift from another quarter that in the course of time was to prove most valuable – the purple coneflower. The Sioux Ben Black Elk showed him the medicinal *Echinacea purpurea* which Alfred Vogel subsequently cultivated at Hätschen in Switzerland. From the American composite flower with the pink blooms the tireless naturopath developed probably the best known natural medicinal preparation – Echinaforce.

Conditions in Teufen had become over time too restricted to cover the needs of A. Vogel products and led to the founding of Bioforce AG in Roggwil in 1963. In the new production buildings, fresh plant extracts, other medicinal, health store products and foodstuffs could now be produced



on a grand scale according to the most modern standards. Again the raw material originated in part from the surrounding fields. At over 60 years of age, Alfred Vogel made the transition to entrepreneur and that again on an international scale. He remained active into his 90s.

A.Vogel today: "The fresh world of medicinal plants"

Today A.Vogel/Bioforce is represented worldwide in over 30 countries. The company has branches in Canada, Germany, France, Finland and United Kingdom amongst others as well as partners in all five continents. The leading products of the A.Vogel brand today are the fresh herb sea salts, fruit and cereal coffee, a whey product with nutritional lactic acid, various types of lozenge as well as pharmacy products to strengthen the immune system, for prostate complaints, vein problems and rheumatic diseases – all products initiated or inspired by A.Vogel himself. Many hundreds of tons of vegetables and herbal remedies, whether from wild gathering or organic cultivation, are used in the preparation of A.Vogel products each year at Bioforce.

Most of Alfred Vogel's books are still available (mainly in German). Verlag A.Vogel which moved into the naturopath's former home at Hätschen in Teufen where Alfred Vogel once wrote in full view of Mount Säntis, is responsible for these. There have been 72 editions of the Nature Doctor which first appeared in 1952. It was translated into 12 languages and is a best-seller with over 2 million copies sold. Throughout, the A.Vogel Gesundheits-Nachrichten magazine was produced here as well as topical

books on the subjects of health, nutrition, wellbeing and environment, with phytotherapy as the main focus.

In the world of Alfred Vogel in Teufen you can take part in all sorts of activities. Today as before, the A.Vogel Health Centre at Hätschen attracts visitors from all over the world. As well as a magnificent show garden, a pharmacy, an advice centre, museum, bistro and a bulging workshop calendar are all part of the idyllic world of Vogel in Teufen. As always the garden is organically cultivated and it goes without saying that no sort of insecticides, pesticides or weed killers, etc. are used. The results are for all to see. At a height of 1000 metres, the terrain in the foothills of the high mountains of the Alps, which is really steep in parts, resembles a Mediterranean Garden of Eden. There, unaffected by the height, sunloving vegetables from artichokes to courgettes, old varieties of vegetables, berries, every conceivable type of cooking herb and over a hundred medicinal herbs richly thrive. In 2006 the show garden was named Garden of the Year in Appenzell and offers many reasons for a visit. Nowhere is there a better sense of the spirit of its founder than here.

Cooking with A.Vogel

The idea of an A.Vogel cookbook had been in the minds of many for a long time and in the end Alfred Vogel's work on healthy nutrition became the central theme. The recipes in this cookbook have been created recently to comply with the basic principles of Alfred Vogel. They are mostly vegetarian. He recommended eating only a little meat and fish, if at all, and only if good quality, i.e. husbandry and origin also play

a great role in animal products. Good meat from free range animals or from hunting is healthier and better tasting than mass produced meat. The motto is "a little often is better".

The meals in this book hopefully taste so good that you will not realise that for the most part they are 'without'. Their success and the fact that they are so tasty is down to the use of wholesome foodstuffs as laid out in A.Vogel's basic principles of nutrition.

The recipes were created with the objective of being "healthy, modern, refined and elegant".

Several of the recipes are lactose, cholesterol and gluten free and are specifically noted as such. Information on calories adds to the clarity of an A.Vogel cookbook. A limit of 150 calories has been set for starters and side dishes; everything below this is declared as low calorie. The bar for main meals is up to 500 calories per person, up to 200 calories for desserts, and up to 40 calories per 100 ml for drinks.

As it is indeed an A.Vogel cookbook, the ingredients are of course linked to available A.Vogel foodstuffs. Naturally there are several without. Most recipes use conventional foodstuffs. The exceptions are meals that contain specialised ingredients such as Molkosan and Bambu and whose appeal lies in these special components.

The basic steps required for the preparation of many recipes can be found in the product information section at the beginning of each corresponding chapter. The recipes are worked out so precisely that each one will be a success if the instructions are carefully followed. That the book includes cooking from all over the world and exotic ingredients is down to Alfred Vogel himself. As a truly experienced world traveller he was driven to the furthestmost corners of the globe in his lifelong search for valuable foodstuffs and gained plenty of experience with the most diverse styles of cooking.

Alfred Vogel brought back many delicacies from the South Seas, the desert and from the Andes over a period of 50 to 60 years. His enthusiasm about an exotic fruit, nut or bean due to its health benefits also influenced his menu. In his first book *Die Nahrung als Heilfaktor* (Diet as a Healing Factor), he demonstrated how versatile and nutritious healthy vegetarian cooking could be. There are over sixty years between the aforementioned work and the current cookbook. Years full of experiences, new discoveries and new foodstuffs which are at our disposal today. Healthy, natural cuisine has developed accordingly and its rustic image has been overcome. Today the motto is no longer only 'eat healthily' but 'to enjoy health' because healthy nutrition with all the existing resources we have at our disposal can be highly enjoyable and elegant cuisine.





Principles for a healthy diet according to A.Vogel

1. Eat better

Eating should be a pleasure and good for one's health. Even more so if the quality of the food is good, if it is organically grown and therefore as fresh and natural as possible. Then it will not only taste better but also be healthier.

2. Eat healthily

Eat foodstuffs that are wholesome, rich in fibre, vitamins and minerals. Choose good oils such as cold pressed vegetable oils, e.g. olive oil, rapeseed oil, grapeseed oil, wheatgerm oil. Fish is also a good source of omega 3 fatty acids.

3. Eat slowly

Well chewed is half digested. Give yourself time to eat. A few minutes relaxation before eating, chewing slowly, salivating whilst eating and an after dinner walk not only have a positive effect on the stomach, intestines and figure but also on the entire body, including the nerves.

4. Eat fresh

Whenever possible, use fresh ingredients and prepare them well so as to retain the maximum amount of valuable nutrients. Short cooking times and steaming prevent the unnecessary loss of nutrients. It is better to prepare meals in smaller quantities so that food is fresh rather than reheated. Ready made or pre cooked meals do not constitute a healthy diet and often contain undesirable additives.

5. Eat basic

Eat a lot of raw food and if possible set aside regular days as juice only, fruit only, sauerkraut or rice only days. For Alfred Vogel these were essential for digestive health and wellbeing. Good for the figure too. According to Alfred Vogel a high proportion of raw fruit and vegetables is the best thing for your health. Deacidify with vegetable days.

6. Drink more

Drink less coffee and alcohol and give up nicotine. They irritate the stomach, intestines and liver. Alcohol is high in calories. Instead, drink more water, drinks with whey or herbal teas. Sweet drinks are not an alternative.

7. Better seasoning

Check your salt consumption from time to time and get into the habit of seasoning much more with herbs, sprouts, shoots, radishes, garlic, lemon juice and spices. Your taste buds and your health will thank you for it.

8. Eat purposefully

Only eat when you are really hungry. It is worth listening to your body and only eating when signs of hunger appear and not out of frustration, as a substitute, compulsion or out of habit when faced with any of these situations.

9. Eat less

Eat less since less is needed anyway when eating wholesome foods because they are more substantial and the feeling of satisfaction lasts longer. Despite the fact that today's need for calories is lower due to reduced physical effort and the prevailing lack of movement, the temptation of snacks and the constant availability of consumables leads us to having too many good things to eat.

10. Eat together

Eat in company. If you eat with others it is more pleasurable, more enjoyable and more fun. When eating is a small daily ceremony or ritual it promotes the social aspect of eating. Eating alone is not half as good.

Cold Starters and Snacks







SHOOTS AND SPROUTS

These tiny plants are much more than decoration on the edge of a plate. They contain enzymes, proteins, minerals, trace elements, vitamins and secondary plant substances in an extraordinary concentration – more than the majority of types of sprouted legumes, vegetables and cereals. In addition, the body can absorb the vital substances contained in sprouts and seeds extremely well. It is worth experimenting with sprouts other than cress: for example, improve pumpkin soup with leguminous sprouts, season potato salad with radish or mustard sprouts, enrich muesli, yogurt, compote or fruit salad with fenugreek, oat or wheat

sprouts, or simply scatter red clover or alfalfa sprouts over buttered bread. These small vitamin-packed sprouts act as a miracle cure for bland taste.

Sprouts are available in most supermarkets. You can grow them yourself from seed with the aid of a simple sprouter, in jam jars or preserving jars or in special tiered 'sprout gardens'. The A.Vogel BioSnacky range has a great selection of seeds and sprouters. From the 4th to approximately the 12th day they deliver crisp, freshly harvested sprouts without the need for a balcony or garden, irrespective of time of year. Growing sprouts is very easy

once you have mastered the technique: it has to do with the right amount of water, the correct temperature and lighting conditions.

OILS Indulge yourself with something good, even if it comes at a price, and buy cold pressed, unrefined oils! These contain far more nutritional unsaturated fatty acids and taste much better than synthetically extracted oils. Lately, more and more cooks, mainly at the cutting edge of gastronomy, have caught on to neutral flavoured rapeseed oil of outstanding quality. If you are looking for the characteristic unique taste of an oil, olive oil aside, try cold pressed pumpkin seed, poppyseed, sesame seed and walnut oil. Also argan oil from the seeds of the Moroccan argan tree reminds you of walnut with a slightly smokier note. Interesting effects can also be achieved with oils flavoured with chilli, truffles, caraway or lime provided they are based on a good oil. Lemon olive oil, which is also used to perfume hot food, is extremely popular. It can be bought ready-made or be homemade allowing you to determine the quality of the oil.

Basic recipe for lemon olive oil: Finely peel the skin from 8 to 10 unwaxed organic lemons. Heat in a partially covered aluminium pan with 1 litre of olive oil over a low heat. Leave to cook very gently until no more bubbles rise up from the pieces of peel. According to the type of pan, turn the heat source up or down as required. The temperature of the oil must never exceed 110 °C. This process takes about an hour until the lemon pieces turn brown. Then sieve the oil and pour into a clean bottle. Leave a piece of peel in the oil so that you can see at a glance what kind of oil it is.



LEGUMES Peas, beans, lentils, chickpeas, mung and soya beans all belong to the large family of legumes. They are a household name for vegetarians, but otherwise they eke out a miserable existence as dried reserves in the store cupboard. Protein and fibre packed legumes are continually moving away from this image; they are trendy. Their preparation time has been drastically reduced thanks to industrial pre-treatment. These days according to the instructions on the packet, soaking is often **not** required for many legumes such as lentils, but they do become more digestible if this is done. Incidentally they should be soaked in cold water, otherwise they begin to cook. Put them on with cold water and add salt at the end of the cooking time otherwise most legumes will not be cooked. The soaking water cannot be used afterwards.

Recipes using legumes can be found on pages 42, 50, 102, 114 and 116. Puree them by adding more liquid, make them into fine, creamy sauces, reduce the amount of liquid, turn them into sophisticated Apéro pastes with which to amaze guests.

VINEGAR AND ALTERNATIVES Many swear by vinegar as an appetising aperitif or as a digestive and drink it straight from the glass. There are indeed some exceptionally delicious types of fine vinegars. Others shudder at the thought of it since they cannot even tolerate it in a salad. There are several alternatives. For those who find lemon juice too acidic, the well tolerated juice of green, unripe grapes, Verjus or Agraz will probably fill them with enthusiasm. In the Middle Ages it was the quintessential method of pickling and proves to be milder, fruitier and more refined than lemon juice and vinegar. Today Verjus is celebrating a

comeback in the gourmet kitchen and is available in well-stocked food shops. Another extremely healthy alternative from A.Vogel is Molkosan, a serum from lacto fermented whey which has a delicate, sourish taste. For better tolerability, fat and protein are removed from the whey and dextrorotatory lactic acid added.

As with oil, you can experiment with aromatic vinegars. Especially fascinating is the contrast between sweet berries and the acidity of vinegar as is typical of raspberry vinegar which goes well with nuts, walnut oil, bitter vegetables and delicate salad leaves. It comes into its own when used sparingly.

Basic recipe for raspberry vinegar: Bring to the boil 2 crushed peppercorns, 50 g raw cane sugar, 100 ml red wine, 200 ml red wine vinegar and 2 tbsp red Acetum balsamic vinegar. Pour the mixture over 250 g crushed raspberries. Leave in a well sealed preserving jar for two to three weeks in a dark, cool corner. Shake the jar occasionally. Filter and pour into clean glasses. Can be kept for approximately 12 months.

Strawberry, blackberry, blueberry, blackcurrant and gooseberry vinegars can also be made in the same way.



Preparation time approx. 5 minutes

INGREDIENTS

Serves 4

YOGURT DRESSING:

- ¼ Plantaforce® vegetable bouillon cube*
- 1 tbsp Biocarottin Instant**
- 2 tbsp hot water
- 1 tbsp Molkosan®
- 3 tbsp natural yogurt (see Tip)

MUSTARD DRESSING:

- 1 tsp Molkosan® Vitality***
- ½ tsp Herbamare® Original
- 2 tbsp hot water
- 2 tsp mustard, medium strength
- 1 tsp runny honey
- 1 tbsp walnut oil
- 50 g crème fraîche

*not available in CA/UK

**not available in CA/SA/UK; see Tip p. 80

***not available in SA

****not available in CA/SA/UK

2 Molkosan Dressings

Mix all ingredients together in a mixing bowl. Season with Herbamare, according to taste.

The dressings can be used in raw, leafy salads as well as in cooked vegetable salads.

Yogurt Dressing: per portion approx. <1 g protein,
<1 g fat, 2 g carbohydrate, 48 kJ/12 kcal

low calorie, cholesterol free, gluten free

Mustard Dressing: per portion approx. <1 g prote-
in, 6 g fat, 1 g carbohydrate, 237 kJ/57 kcal

low calorie, cholesterol free, gluten free

TIP The dressing can be made up in larger quantities and kept in the mixing bowl in the refrigerator for a few days. Fresh herbs or herb mixtures can also be added, according to use. White wine vinegar can be used instead of Molkosan. Thanks to the whey concentrate the original dressings are much easier to digest and are pure health foods. Yogurt can be homemade using A.Vogel Vital-Ferment 'Crème-Joghurt'****.



Cucumber and Tarragon Salad:

Preparation time approx.

15 minutes + 15 minutes marinating

Steamed Cucumber Salad:

Preparation time approx.

20 minutes + cooling time

INGREDIENTS

Serves 4

CUCUMBER AND TARRAGON SALAD:

1 red onion

2 tbsp sherry vinegar

2 organic cucumbers, each 250 g

1 tsp sea salt

¼ Plantaforce® vegetable bouillon cube*

2 tbsp hot water

Herbamare® Original

Freshly ground pepper

2 tbsp olive oil

4 radishes

2 handfuls of tarragon leaves

STEAMED CUCUMBER SALAD:

2 organic cucumbers, each 250 g

1 tsp dill seeds

1 tbsp olive oil for steaming

4 portions of Molkosan & Mustard Dressing

(see page 22)

*not available in CA/UK

Cucumber and Tarragon Salad: per portion approx.

1 g protein, 3 g fat, 5 g carbohydrate 206 kJ/49 kcal
calorie free, cholesterol free, gluten free, lactose free

Steamed Cucumber Salad: per portion approx.

<1 g protein, 3 g fat, 3 g carbohydrate, 164 kJ/39 kcal
low calorie, cholesterol free, gluten free

Two Cucumber Salads

- 1 For the cucumber and tarragon salad, cut the onion into strips, mix with the vinegar. Leave to marinate for 15 minutes. Peel the cucumbers, cut in half lengthways and deseed. Cut into approx. 10 cm long pieces and cut these into thin strips. Mix with salt, leave to marinate for 15 minutes. Rinse with cold water in a sieve, and leave to drain. Whisk the Plantaforce cube* with water, Herbamare, pepper and oil. Mix in the onion and vinegar. Slice the radishes and add along with the cucumber. Add the tarragon just before serving.
- 2 For the steamed salad, peel the cucumbers, halve lengthways, deseed if desired and cut into 1 cm cubes. Slowly steam with dill seeds in oil over a moderate heat for 10 to 15 minutes, stirring constantly until transparent. Leave to cool. Mix with the Molkosan & Mustard Dressing.

TIP Dill seeds are available in health food shops or at the delicatessen. In contrast to (fresh) dill tips, the seeds taste slightly like caraway and are good for digestion. Like caraway, aniseed, coriander and fennel seeds, with which you can also experiment, dill seeds have a warming and stimulating effect on the stomach and intestines. The seeds can be crushed in a mortar before use to help develop their effectiveness.



Preparation time approx. 35 minutes

Spicy Mango Salad

INGREDIENTS

Serves 4

1 ripe mango, approx. 350 g
1 organic cucumber, approx. 250 g
25 g cashew nuts
1 tsp green Thai curry paste
2 tbsp peanut oil
1 small lime
½ tbsp Thai fish sauce
½ tbsp raw cane sugar
100 g cherry tomatoes
1 large handful of chives

- 1 Peel the mango and remove the flesh from the stone. Cut the flesh into strips, laying aside 50 g for the sauce. Peel the cucumber, cut in half lengthways and deseed. Cut into chunks and mix with the mango strips.
- 2 Roughly chop the cashew nuts. Toast in a frying pan without oil until golden brown and set aside.
- 3 Cook the curry paste in the oil. Remove the pan from the heat. Grate the lime peel and add to the pan with the juice of the lime. Add the fish sauce, sugar and mango pieces that were set aside. Puree everything finely. Mix with the mango and cucumber.
- 4 Slice the tomatoes and add mango and cucumbers and mix together. Chop the chives and sprinkle over with the cashew nuts.

Per portion approx. 2 g protein, 6 g fat, 12 g carbohydrate,
444 kj/106 kcal

low calorie, cholesterol free, gluten free, lactose free

TIP Mango is very rich in vitamin A, stimulates the digestive system, is very well tolerated and is suitable for babies and adults. This versatile fruit tastes both spicy and refreshing. Make sure that the fruit is really ripe.



Preparation time approx. 30 minutes

Draining time 30 minutes

+ 15 minutes marinating

Tomato and Courgette Salad with Lavender

INGREDIENTS

Serves 4

400 g cherry tomatoes

Sea salt

400 g courgettes (zucchini)

2 tbsp olive oil

SAUCE:

4–5 sprigs of lavender flowers

or 2 tsp dried lavender flowers

1 tbsp Acetum balsamic vinegar (white)

1 tsp runny honey

¼ Plantaforce® vegetable bouillon cube*

2 tbsp hot water

½ shallot, chopped

Herbamare® Original

Freshly ground pepper

2 tbsp lemon olive oil (see page 20)

- 1 Halve the tomatoes diagonally and season with salt. With the cut side facing down, leave to drain on kitchen paper for 30 minutes.
- 2 For the sauce, pluck 2 tsp of the lavender flowers and mix with the rest of sauce ingredients in a bowl.
- 3 Cut the courgettes into 5 cm long pieces. Toss in the oil together with the plucked lavender stems for about 10 minutes, turning constantly. Remove and set aside. Cook tomatoes, cut side down, in the remaining oil for 3 to 4 minutes over a medium heat until they start to take on colour. Add courgettes and sauce. Mix everything together and remove from heat. Cover and leave to stand for approx. 15 minutes. Remove the lavender stalks.

Serve lukewarm or cold with crusty bread.

*not available in CA/UK

Per portion approx. 3 g protein, 6 g fat,

6 g carbohydrate, 362 kJ/86 kcal

low calorie, cholesterol free, gluten free,
lactose free

TIP The combination of tomatoes with aromatic lavender is a unique taste experience. If you have courgettes in your own garden you could also cook a few of the whole flowers. Lavender gives an aromatic flavour to both spicy and sweet cuisine. Pick the flower blossoms at the height of summer. Do not wash the flowers but use a soft brush to take off any insects.



Celeriac Salad:

Preparation time approx. 30 minutes

+ 30 minutes marinating

Red Cabbage Salad:

Preparation time approx. 35 minutes

Two Raw Salads

INGREDIENTS

Serves 4

CELERIAC SALAD:

2 tbsp pine nuts

½ tsp curry powder, hot

4 portions Molkosan & Mustard Dressing

(see page 22)

500 g celeriac

1 tart apple e.g. Boskop

1 handful of alfalfa sprouts

RAW CABBAGE SALAD:

200 g red cabbage, 2 tbsp raw cane sugar

200 g fennel, 3 or 4 savoy cabbage leaves

1 yellow pepper

2 tbsp cranberries (from a jar)

1 tbsp sherry vinegar

¼ Plantaforce® vegetable bouillon cube*

2 tbsp hot water

Herbamare® Original, Freshly ground pepper

½ tsp Worcestershire sauce

2 tsp mustard, medium strength

2 tbsp walnut oil

*not available in CA/UK

- 1 For the celeriac salad, toast the pine nuts in a non-stick pan without fat until golden brown. Set aside.
- 2 Stir the curry powder into the dressing. Cut the celeriac into good 1 cm thick slices and using a peeler, cut these into long thin strips. Mix immediately with the dressing. Quarter the unpeeled apple and remove the core. Cut the quarters into thin slices and add. Leave to marinate for 30 minutes. Serve, scattered with pine nuts and alfalfa sprouts.
- 3 For the red cabbage salad, cut the red cabbage into thin strips. Mix with the sugar and knead with the fingers until juice appears. Leave to marinate for a short time.
- 4 Slice the fennel into thin strips of equal size and cut the savoy cabbage and pepper into thin strips. Whisk the remaining ingredients into a sauce. Mix the fennel, savoy cabbage and pepper with the sauce. Drain the red cabbage in a sieve. Add just before serving.

Celeriac Salad: per portion approx. 3 g protein, 3 g fat, 6 g carbohydrate, 260 kJ/62 kcal

low calorie, cholesterol free, gluten free

Red Cabbage Salad: per portion approx. 3 g protein, 3 g fat, 8 g carbohydrate, 298 kJ/71 kcal

low calorie, cholesterol free, gluten free, lactose free

TIP Red cabbage salad is not only refreshing, crispy and good, it delivers the maximum amount of vitamins, minerals and fibres, provided that the freshest possible vegetables are used and they are peeled sparingly. Make use of the mandoline as often as possible when cooking! White cabbage, beetroot, turnip, kohlrabi, radish, carrots are all ideal vegetables to use with a mandoline when following a raw food diet.



Preparation time approx. 15 minutes

+ soaking overnight

+ 20 minutes cooking time

+ 10 minutes marinating

INGREDIENTS

Serves 4 as starter,

2 as a main meal

100 g green or brown lentils

50 g young sorrel leaves

Small handful of flat leaf parsley

150 g cherry tomatoes

DRESSING:

¼ Plantaforce® vegetable bouillon cube*

2 tbsp hot water

1 tbsp raspberry vinegar (see page 21)

1 tsp mustard, medium strength

Herbamare® Original

Kelpamare®*** seasoning or soy sauce

Freshly ground pepper

1 tbsp olive oil

1 tbsp lemon olive oil (see page 20)

*not available in CA/UK

***not available in CA

Lentil Salad with Sorrel

- 1 Soak the lentils in plenty of water for several hours or overnight.
- 2 Mix all the ingredients for the dressing in a mixing bowl. Cut the sorrel leaves into strips, chop the parsley including the stalks. Quarter the tomatoes.
- 3 Cook the lentils in the soaking water, half covered for 15 to 20 minutes until al dente. Drain off the water, leaving about 2 tbsp behind. Mix the lentils with the rest of the ingredients and the dressing in the warm pan. Leave to marinate for a few minutes, covered.

Serve either lukewarm or cold.

Per portion as a starter approx. 7 g protein,

3 g fat, 15 g carbohydrate, 476 kJ/114 kcal

low calorie, cholesterol free, gluten free,

lactose free

TIP Although better quality lentils no longer require to be soaked, they become easier to digest if they are soaked for a few hours. This is recommended particularly for those who are susceptible to flatulence. Cook without salt until soft. Young spinach leaves used in place of sorrel also give a tasty salad, although not quite as fresh and spicy.



Preparation time approx. 15 minutes

+ 15 minutes frying time

+ 30 minutes marinating

Fennel Carpaccio

INGREDIENTS

Serves 4

400 g fennel

50 g black olives, pitted

Olive oil for frying

1 tsp pink peppercorns, dried

Juice of 1 lemon

2 tbsp lemon olive oil (see page 20)

Herbamare® Original

Freshly ground pepper

- 1 Cut the fennel lengthways in 3 to 4 mm thick slices with a mandoline so that they are still connected to the root. Quarter the olives lengthways. Fry both in very hot oil on each side for 2 to 3 minutes until the fennel starts to take on colour. Drain on kitchen paper.
- 2 Lay the fennel slices and olives on a plate. Crumble the peppercorns between the fingers and scatter over. Whisk together the lemon juice, oil, a little Herbamare and pepper. Drizzle over the fennel. Marinate, covered, for 30 minutes.

Per portion approx. 3 g protein, 10 g fat, 7 g carbohydrate, 529 kJ/126 kcal

low calorie, cholesterol free, gluten free, lactose free

TIP Pink peppercorns do not originate from the pepper plant and are not spicy. They have a mild, sweet aroma, reminiscent of juniper. Simply crumble pink peppercorns between the fingers through their brittle exterior.



Red Pepper Mousse with Parsley Yogurt

Preparation time approx. 50 minutes

+ several hours chilling

INGREDIENTS

Serves 4

450 g red peppers
1 chopped shallot
2 sprigs of thyme
1 tbsp olive oil
1 tbsp tomato puree
1 Plantaforce® vegetable bouillon cube*
150 ml water
1 ½ sachets agar-agar, 12 g
8 black olives, pitted
180 g natural yogurt (see Tip)
Herbamare® Original
Small handful of flat leaf parsley

*not available in CA/UK

**not available in CA/SA/UK

- 1 Quarter the pepper and deseed. With the skin side uppermost, and the grill on, grill for 5 to 10 minutes at 200 °C on aluminium foil until blackened blisters appear on the skin. Leave to rest in the grill pan for 10 minutes then remove the skin. Chop into pieces.
- 2 Lightly cook the shallots and plucked thyme leaves in the oil. Add the peppers and tomato puree and cook briefly. Crumble a Plantaforce cube* and add with the water. Leave to cook. Puree finely. Pour back into the pan and cook. Stir agar-agar with 2 tbsp cold water, stir in and cook for 2 to 3 minutes, stirring continually. Leave to cool slightly.
- 3 Cut the olives into small pieces and add to pepper mixture. As soon as this starts to simmer, add 80 g yogurt and stir until smooth. Season to taste with Herbamare. Fill four 150 ml ramekins. Cover in clingfilm and put into the refrigerator for a few hours.
- 4 Roughly chop the parsley, including the stems. Puree finely with the rest of the yogurt. Season to taste with Herbamare.
- 5 Turn out the pepper mould on to a plate and garnish with parsley yogurt.

Per portion approx. 6 g protein, 5 g fat,
7 g carbohydrate, 433 kJ/103 kcal
low calorie, cholesterol free, gluten free

TIP You can partake of this light, delicate vitamin-packed mousse as often as you wish. Peppers and parsley both contain a great deal of vitamin C. You can make your own yogurt using A.Vogel Vital-Ferment 'Crème-Joghurt'***.



Preparation time approx. 30 minutes
+ marinating overnight

INGREDIENTS

Serves 4

50 g pine nuts
1–2 ripe papayas, approx. 700 g
50 g wholemeal bread for toasting
50 g shelled almonds
2 garlic cloves, crushed
2 tbsp Molkosan®
1 tsp honey
2 tbsp olive oil
1 tsp paprika, hot
1 tsp Herbamare® Spicy
½ Plantaforce® vegetable bouillon cube*
200 ml water

*not available in CA/UK

Papaya Soup

- 1 Toast the pine nuts in a non-stick pan without fat until golden brown. Set aside 2 tbsp of pine nuts. Peel and deseed the papaya and cut into small pieces. Remove crusts from bread and cut into cubes. Roughly chop the almonds. Mix with the remaining ingredients. Put into the refrigerator overnight.
- 2 Finely puree the mixture, thinning down with a little water if necessary. Taste the soup for seasoning and garnish with the pine nuts that were set aside.

Per portion approx. 8 g protein, 16 g fat,
10 g carbohydrate, 889 kJ/212 kcal
cholesterol free, lactose free

TIP Alfred Vogel valued the following qualities of papaya seeds above all others – they are kind to the digestion, break down protein and cleanse the intestines. You cannot eat enough of this fruit. Papaya is recommended for breakfast, following a large meal, as a snack when outdoors or pureed as a juice.



Preparation time approx. 40 minutes

+ 40 minutes cooking time

+ time to cool

INGREDIENTS

Serves 4

75 g leek

75 g celeriac

1 shallot, chopped

1 bay leaf

1 tbsp A.Vogel Naturreis*

½ tbsp olive oil

50 ml white wine according to taste

600 ml Plantaforce® vegetable bouillon**

1 ripe avocado, approx. 250 g

50 g mascarpone

Herbamare® Original

Kelpamare®*** seasoning or soy sauce

*not available in CA/SA/UK

**not available in CA

Avocado Soup

- 1 Dice the leek and celeriac. Fry with shallot, bay leaf and rice in the oil. Add wine according to taste and leave to cook out. Add vegetable bouillon, bring to the boil and leave to simmer for 40 minutes with lid on.
- 2 Remove bay leaf. Halve the avocado, rub halves together to remove stone. Peel flesh off the fruit, chop and add. Puree the soup finely, pass through a sieve, stir in mascarpone. Season to taste and leave to cool.

Per portion approx. 3 g protein, 14 g fat,

6 g carbohydrate, 705 kJ/168 kcal

gluten free

TIP The alcohol evaporates almost completely during cooking. Do not cook once avocado has been added otherwise it will destroy the vital substances and make the soup taste bitter. The soup can also be served lukewarm. Alfred Vogel extolled the virtues of the avocado. The exotic 'butter fruit' is undeniably rich in vitamins and minerals, contains a great deal of lecithin and a high percentage of unsaturated fatty acids. Brown rice can be used in place of A.Vogel Naturreis*.



Golden Pea Dip:

Preparation time approx. 30 minutes

+ 60 minutes cooking time

Lentil Pâté:

Preparation time approx. 20 minutes

+ 20 minutes cooking time

Golden Pea Dip

Lentil Pâté

INGREDIENTS

Serves 4

GOLDEN PEA DIP:

100 g yellow peas, dried

½ shallot, chopped,

1 bay leaf

½ tbsp olive oil

50 ml white wine according to taste

400 ml cold water

50 g green olives, pitted

Small handful of peppermint

½ Plantaforce® vegetable bouillon cube*

1 tsp mustard, medium strength

1 tbsp walnut oil

LENTIL PÂTÉ:

100 g green lentils

½ shallot, chopped

1 small sprig of rosemary

3 sprigs of thyme, 1 bay leaf

500 ml cold water

½ Plantaforce® vegetable bouillon cube*

1 tbsp sherry vinegar

1 tbsp olive oil

*not available in CA/UK

- 1 For the golden pea dip, wash the peas and drain well. Cook in the oil with shallots and bay leaf. Pour in the wine and leave to cook out. Add the water and bring to the boil. Cook for 60 minutes, covered, until soft. Remove the bay leaf, leave the peas in sieve to drain, retaining the cooking liquid.
- 2 Roughly chop the olives and mint. Finely puree with the peas, crumble Plantaforce cube*, mustard and 150 ml of the cooking liquid in a blender or in the mixing bowl of a food processor. Add more cooking liquid until desired consistency is reached. Finally work in the oil a drop at a time with the machine running.
- 3 For the lentil pâté, wash the lentils and drain well. Add the other ingredients up to and including the water and bring to the boil. Cook, half covered, for 20 minutes until soft. Remove the herbs, leave the lentils to drain through a sieve, retaining the cooking liquid.
- 4 Puree the lentils with crumbled Plantaforce cube*, vinegar and 150 ml of the cooking liquid as above. Finally work in the oil a drop at a time while the machine is running.

Golden Pea Dip: per 100 g approx. 5 g protein,

5 g fat, 12 g carbohydrate, 486 kJ/117 kcal

Lentil Pâté: per 100 g approx. 6 g protein, 2 g fat,

13 g carbohydrate, 400 kJ/96 kcal

low calorie, cholesterol free, gluten free, lactose free

TIP The alcohol evaporates almost completely during cooking. The purees are also suitable as spreads for bread and, if pureed with a little more cooking liquid, as lactose and gluten free sauces that can be gently heated. Legumes are rich in fibre, nutritious and vitamin-packed with lots of vegetable protein.



Preparation time approx. 20 minutes

+ soaking overnight

+ 30 minutes chilling time

+15 minutes baking

INGREDIENTS

Makes approx. 50 pieces

100 g dried chickpeas

¼ tsp caraway seeds

1 small egg

1 garlic clove, crushed

A pinch of saffron powder (125 mg)

1 tsp Herbamare® Spicy

Freshly ground pepper

1 tbsp lemon olive oil (see page 20)

Chickpea Grissini

- 1 The day before: soak the chickpeas and caraway in approx. ½ litre cold water overnight (12 hours).
- 2 On day of preparation: leave chickpeas in a sieve to drain. Process the remaining ingredients in a blender or in the mixing bowl of a food processor at low speed to form a thick paste.
- 3 Shape the paste into a rectangle measuring approx. 15 x 25 cm wide and 0.5 cm thick between greaseproof paper. Chill for 30 minutes.
- 4 Preheat the oven to 180 °C. Remove upper sheet of greaseproof paper and put the dough on a metal baking sheet into the middle of the oven. Bake for 5 minutes. Take out and, with a knife or pizza cutter, cut into 0.5 cm wide strips. Put back in the oven and bake for 10 to 12 minutes until ready.
- 5 Carefully separate the cooled strips.

Per portion approx. <1 g protein, <1 g fat,

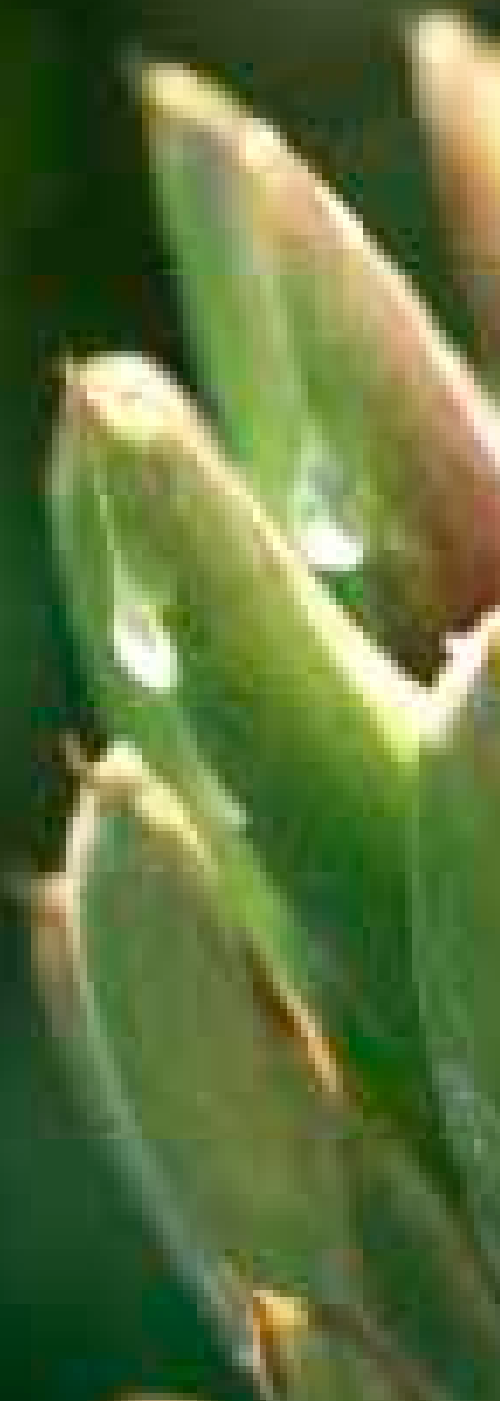
1 g carbohydrate, 40 kJ/9 kcal

low calorie, gluten free, lactose free

TIP The Grissini can be served as a side dish to soups, salads or dips. Do not use pre-cooked chickpeas as these do not bind the dough. Chickpeas are a very healthy, nutritious, fibre rich source of protein, which satisfy for a long time and, in comparison to other legumes, cause little flatulence.



Hot Starters and Snacks





SPELT, GREEN SPELT, BUCKWHEAT Spelt is, for the most part, organically grown. It is a close relative of common wheat but, by contrast, has preserved its original form, i.e. spelt is closely linked with corn which makes its preparation considerably more complex but corn is better protected from pollution. In wholefood cooking, spelt is also valued on account of its outstanding baking qualities. Baking made with spelt is airier and lighter than baked goods using wholemeal corn.

Spelt, like green spelt which is roasted, has a nutty sort of taste whereas green spelt has a slightly smoky note. At one time this used to be roasted when unripe spelt had to be harvested early due to weather conditions. Nowadays it is done intentionally, and even earlier, so long as the grains have not formed any starch and are moist. As with spelt, roasted spelt can also be made into flour. A delicate pasta dough can be made from spelt flour. We have used it in the recipes on page 68 – ‘Spelt farfalle with lemon sauce’ and ‘Baked Wild Bear’s Garlic Ravioli’ on page 108

but of course it can also be used in other

pasta meals. Pasta dough from gluten-free buckwheat flour

cannot be homemade since the flour has few binding qualities.

However gluten-free dough products from maize or buckwheat flour are available. Japanese

soba noodles are made from buckwheat and can be eaten

without hesitation by those who are

gluten intolerant. Incidentally buckwheat is not

a grain, it is the sizeable and protein-rich fruit of a species of polygonum, which can be ground into flour.

Basic recipe for spelt pasta dough:

Makes 350 g dough (serves 4)

Break 2 large eggs, approximately 64 g each, into a bowl and weigh (= approx. 115 g). Add about 230 g fine spelt semolina (double amount of egg weight) and knead to a very firm dough. Wrap in clingfilm and leave to rest in the refrigerator for 30 minutes. Roll the dough thin using a pasta machine until it starts to dry out. Cut into 1 cm wide noodles or preferred form with a knife or pizza cutter or shape them into farfalle. Cook in well salted water for 5 to 6 minutes until cooked al dente.

Often the dough is folded together and rolled again, making it softer and more delicate. Dough products made with egg cannot be dried but they do freeze better. The dough can also be made from durum wheat.

OLIVES Dessert olives are very popular as antipasti. They have slightly less oil content than oily olives but are nevertheless nutritious fruit that, thanks to their simple unsaturated acids, have a positive effect on the heart and circulation. In olive oil and without preservatives, they have a long shelf life. Olives fresh from the tree are inedible because they are hard and bitter. Olives are not only suitable as an aperitif. Black or green, filled with paprika, anchovies or almonds, pure, pitted, cut in rings or whole. Thanks to their bitter, piquant flavour, they are excellent in fruit salads, e.g. with mango or pomegranate, in oriental meals using grains or Mediterranean fish dishes with tomatoes and Herbes de Provence. Apropos Provence: an olive paste called tapenade is prepared, mainly in the south of France, from black olives and it lends that certain something to many meals. It also tastes delicious as a spread for bread. It can be served warm or cold or on its own with grissini or toasted bread.





Basic recipe for tapenade:

Blend 6 anchovy fillets in oil with 70 g capers, 200 g pitted olives, 2 tbsp lemon juice and 1 tbsp of Herbes de Provence to a paste in a blender or food processor. Season with pepper. This will keep in the refrigerator for up to 2 weeks.

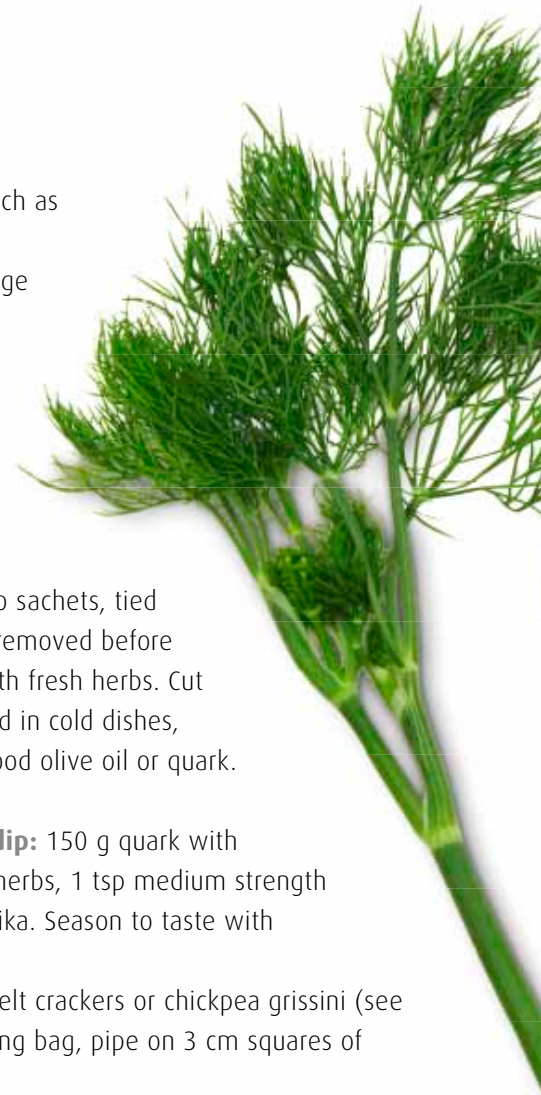
MEADOW AND GARDEN HERBS Herbs are a wonderful gift of nature. They enrich cooking immensely yet cost so little - nothing if you gather them yourself or have them in the garden. Nowadays, however, most people's knowledge of herbs does not go beyond the most common varieties. Every child knows basil, rocket, chives, etc. but few know the names or uses of the treasures to be found outside the front door. There is only one way this can be helped - buy a relevant book and experiment for yourself or ask someone who knows what's what to teach you. The satisfaction of using more than cress flowers or garlic leaves does pay off! For example sorrel, wood sorrel, comfrey, stinging nettle or dandelion, whose leaves incidentally can be used in the same way as spinach. If you finely chop kitchen herbs together with their delicate stems, the herbs have a more intense flavour since the stems contain valuable aromatic substances.

Few herbs tolerate being cooked in a pan or grill. For this reason, remove them if they were part of a marinade or add them only at the end of the cooking time. The same applies to heat-sensitive herbs such as basil, coriander or chives. They should never land in soups or braising pans.

Robust herbs and most Mediterranean herbs, such as thyme, rosemary, sage, marjoram, bay leaf, lovage or savory can withstand longer periods of heat. Afterwards, however, they no longer look appetising which is why they are made into bouquets or put into sachets, tied up with cooking string, removed before serving and replaced with fresh herbs. Cut smaller they can be used in cold dishes, above all in butter, in good olive oil or quark.

Basic recipe for herb dip: 150 g quark with 2 tbsp mixed, chopped herbs, 1 tsp medium strength mustard and ½ tsp paprika. Season to taste with Herbamare® Original.

Serve with bought spelt crackers or chickpea grissini (see page 44) or using a piping bag, pipe on 3 cm squares of pumpernickel.



Preparation time approx. 30 minutes

+ soaking overnight

+ 90 minutes cooking time

+ 30 minutes resting time

INGREDIENTS

Serves 4

CHICKPEA PUREE:

90 g dried chickpeas

¼ tsp caraway seeds

½ clove of garlic, crushed

A pinch of saffron powder (125 mg)

½ Plantaforce® vegetable bouillon cube*

1 tbsp lemon olive oil (see page 20)

1 small courgette (zucchini)

1 small aubergine (eggplant)

Sea salt

Olive oil

A few sprigs of flat leaf parsley

Freshly ground pepper

*not available in CA/UK

Courgette and Aubergines with Chickpea Puree

- 1 The day before: for the puree, soak the chickpeas and caraway in approx. ½ litre of cold water overnight (12 hours).
- 2 On the day of preparation: cook the chickpeas in the soaking water, covered, for approx. 90 minutes until soft. Leave to drain in a sieve, retaining the soaking liquid. Finely puree the chickpeas together with the caraway, garlic, saffron, crumbled Plantaforce cube* and 150 ml of the cooking liquid in a blender or in the mixing bowl of a food processor. Add more cooking liquid to give the correct consistency. Finally work in the oil a drop at a time with the machine running.
- 3 In the meantime, cut the courgette and aubergine into 1 cm thick pieces. Sprinkle liberally with salt and leave to rest for 30 minutes.
- 4 Rinse the vegetables with cold water, and dry off. Brush both sides with a little olive oil. Cook briefly in a grilling pan or under the grill on both sides until the slices start to colour slightly.
- 5 Serve the vegetables with the puree and parsley. Sprinkle with pepper.

Per portion approx. 6 g protein, 4 g fat,

13 g carbohydrate, 461 kJ/110 kcal

low calorie, cholesterol free, gluten free,

lactose free

TIP The chickpea puree can be used as a dip by adding less of the cooking water when making the puree, e.g. with wholegrain crackers, carrots, celery, cauliflower, broccoli, and beetroot – raw or steamed so that they still have a bit of bite to them. The aubergines and courgette slices can also be cooked on greaseproof paper in a hot oven at 200 °C for 25 minutes.



Preparation time approx. 40 minutes
+ 30 minutes resting time

INGREDIENTS

Makes 20

BATTER:

1 small egg
50 ml beer
¼ tsp Herbamare® Original
25 g buckwheat flour
10 g butter, melted

FILLING:

5–6 sprigs of marjoram
200 g fresh cheese (see Tip)
¼ tsp Herbamare® Original
Freshly ground pepper

40 comfrey leaves, approx. 10 cm long,
from the garden
Olive oil for frying

Stuffed Comfrey Leaves

- 1 Mix all the ingredients for the batter together and leave to rest for 30 minutes.
- 2 For the filling, chop the marjoram and mix with the remaining ingredients.
- 3 Shake the comfrey leaves, do not wash if possible or if necessary clean with a soft brush. Spread 1 tsp of the filling on the hairy underside of half of the leaves. Cover with the undersides of the remaining leaves.
- 4 Preheat a serving plate in the oven at 80 °C. Dip your pre-prepared leaves in the batter and shallow fry in very hot oil on both sides for 3 to 4 minutes. Lay on kitchen paper and keep warm on the plate in the oven.

Season with pepper and serve.

Per piece, approx. 2 g protein, 5 g fat,
2 g carbohydrate, 240 kJ/57 kcal
gluten free

TIP Very large sage, sorrel or stinging nettle leaves can be used instead of comfrey leaves. For the filling, fresh cheese such as Philadelphia or Gervais could be used.



Small Artichokes with Peppermint Filling

Preparation time approx. 50 minutes

+ 20 minutes cooking time

INGREDIENTS

Makes 20, 4–6 portions

½ lemon

2 tsp sea salt

750 g baby artichokes, no larger than an egg,

approx. 20

Large handful of flat leaf parsley

Small handful of peppermint

2 anchovy fillets

2 garlic cloves, crushed

4 tbsp breadcrumbs

2 tbsp Acetum balsamic vinegar (red)

Herbamare® Original

Freshly ground pepper

2 tbsp olive oil

50 ml white wine or Plantaforce® vegetable

bouillon*

*not available in CA

- 1 Squeeze the lemon and put in a pan with the salt and approx. 2 litres of cold water. Cut away the stem and the upper third of the artichoke. Make sure to remove the hard outer leaves. Put the artichokes into the lemon water immediately. Heat and leave to cook for about 10 minutes. Rinse in cold water and leave to drain.
- 2 Chop the parsley with their stalks, mint leaves and anchovy fillets. Crush in a mortar along with the garlic or puree in a blender. Mix the breadcrumbs and vinegar. Season with Herbamare and pepper.
- 3 Preheat the oven to 180 °C. Put the herb filling in small amounts (with the aid of a coffee spoon) between the artichoke leaves. Push the artichokes back together a little to distribute the filling. Coat a gratin dish with 1 tbsp oil. Stand the artichokes upright in the dish. Drizzle over the rest of the oil and wine. Cook in the centre of the oven for 20 minutes.

Serve hot, lukewarm or cold.

Per artichoke, approx. <1 g protein, <1 g fat,

2 g carbohydrate, 68 kJ/16 kcal

low calorie, cholesterol free, lactose free

TIP 4 large artichokes can be prepared in the same way. According to size, cooking time in the water is between 30 to 45 minutes. Artichokes contain valuable bitter substances which have a beneficial effect on the liver and gallbladder. They stimulate appetite, are good for the figure and liven up the digestion.



Preparation time approx. 40 minutes

+ 30 minutes in water

+ 90 minutes cooking time + time to cool

INGREDIENTS

Makes 20

FILLING:

25 g pistachios, shelled and salted

50 g sultanas

150 g A.Vogel Naturreis*

1 shallot, chopped

1 clove

1 bay leaf

1 tbsp lemon olive oil (see page 20)

25 g pine nuts

1 pinch of ground cinnamon

400 ml water

1 Plantaforce® vegetable bouillon cube**

Small handful of flat leaf parsley

Small handful of peppermint

Herbamare® Spicy

Freshly ground pepper

20 vine leaves in brine, from the delicatessen

1 lemon

*not available in CA/SA/UK

**not available in CA/UK

Stuffed Vine Leaves

- 1 Carefully separate the vine leaves and place in cold water for 30 minutes. For the filling, cut the pistachios roughly and the sultanas finely. Wash the rice and drain. Briefly cook the shallots, clove and bay leaf in the oil. Add the rice, pistachios, sultanas, pine nuts and cinnamon and cook well. Add the water and the Plantaforce cube**. Cook, partially covered, at a low heat for 45 minutes until the liquid has been absorbed. Remove the clove and bay leaf. Leave to cool.
- 2 Finely chop the parsley along with the stems and the peppermint. Mix with the rice and season to taste. Drain the vine leaves, dry off and lay out, underside upwards. If necessary, cut away the existing stems. Put approx. 1 tbsp of the rice mixture on each leaf, fold the edges in from the side over the filling and roll up. Put into a pan, barely cover with water and weigh down with a plate. Bring to the boil and simmer, covered, over a low heat for about 45 minutes. Pour off remaining liquid.

Serve lukewarm or cold with slices of lemon.

Per roll approx. 1 g protein, 2 g fat,

8 g carbohydrate, 234 kJ/56 kcal

cholesterol free, gluten free, lactose free

TIP The rolls can be made in late spring using the unsprayed leaves of dessert grapes as long as the leaves are still soft and not bitter. Blanch these a few at a time in very salty water for 30 seconds and pour cold water over them. Brown rice can be used in place of A.Vogel Naturreis*.



Jerusalem Artichoke Flan with Mushroom Fondue

Preparation time approx. 35 minutes

+ 50 minutes cooking time

INGREDIENTS

Serves 4

FLANS:

2 sprigs of marjoram

300 g Jerusalem artichoke

2 tbsp white port according to taste

50 g quark

½ Plantaforce® vegetable bouillon cube*

1 large egg

Herbamare® Original

Freshly ground black pepper

Butter for the ramekins

MUSHROOM FONDUE:

50 g small brown mushrooms

100 g Fontina (full fat semi-hard cheese from Aostatal) or Fontal or Cheddar

½ tsp cornflour

50 ml full cream

1 egg yolk

*not available in CA/UK

- 1 Strip the small leaves from the marjoram, chop and set aside. Brush off the dirt from the Jerusalem artichokes under running water and dice. Cook until soft with the port wine and the stripped marjoram stems in an unperforated bowl in a steamer for 20 to 25 minutes. Remove the marjoram stems. Mix the vegetables with the quark and crumbled Plantaforce cube* and puree. Leave to cool.
- 2 Coat four 100 ml ramekins with butter. Whisk the marjoram and egg and mix with the Jerusalem artichokes, seasoning to taste with Herbamare and pepper. Fill the ramekins. Cover with aluminium foil. Steam for 25 minutes (steamer at 100 °C or in the steam compartment of a pan).
- 3 Meanwhile, cut the mushrooms for the fondue into thin slices and set aside. Dice the cheese and mix in a small saucepan with cornflour, and cream. Warm on a low heat, stirring constantly, until the cheese melts and forms strands. Add the egg yolk and increase the heat slightly; continue stirring until the sauce comes together but do not allow to cook. Season with Herbamare and pepper. Add the mushrooms until they are just hot.
- 4 Turn the Jerusalem artichoke flans out on to a plate and serve with the sauce.

Per portion approx. 12 g protein, 18 g fat,

5 g carbohydrate, 979 kJ/234 kcal

gluten free

TIP The alcohol is absorbed almost completely during cooking. Floury potatoes can be used in place of the Jerusalem artichokes which are rich in carbohydrates and contain inulin (suitable for diabetics). The flans can be prepared in advance and stored in the refrigerator overnight. The cooking time is then increased by about 5 minutes. Or poach the flans in the oven – preheat a deep gratin dish in the oven at 180 °C. Place the ramekins in the gratin dish to cook and fill to just under the rim of the gratin dish with the boiling water. Cooking time remains the same.



Preparation time approx. 20 minutes
+ 20 minutes cooking time

INGREDIENTS

Serves 4

100 g floury potatoes
100 g fennel
50 g leeks
1 shallot, chopped
1 bay leaf
3 sprigs of thyme
1 tbsp olive oil
750 ml Plantaforce[®] vegetable bouillon*
100 g young nettle leaves
20 g young ribwort leaves
Trocomare^{®**}
Freshly ground pepper

*not available in CA

**not available in CA/UK; use Herbamare[®] Spicy

Nettle Soup

- 1 Chop the potatoes and fennel finely. Chop the leek and cook with shallots, bay leaf and thyme in the oil. Briefly cook the potatoes and fennel. Add the vegetable bouillon. Leave to cook with lid on for 20 minutes. Remove the herbs.
- 2 Add nettle and ribwort and cook until leaves begin to wilt. Puree the soup finely. Season with Trocomare^{**} and pepper.

Per portion approx. 2 g protein, 2 g fat,
9 g carbohydrate, 243 kJ/58 kcal
low calorie, cholesterol free, gluten free,
lactose free

TIP Only pick the tips of the nettles (using gloves!) and the upper, delicate leaves of ribwort. Both are at their best in the spring. Brought to the boil briefly, nettles lose their burning effect. Ribwort has a light herby flavour, something between cabbage and spinach and can be used like garlic, sorrel and dandelion, raw or cooked. It can be replaced by spinach or delicate kohlrabi leaves. Or simply increase the amount of nettle leaves.



Cauliflower and Pear Soup

Preparation time approx. 45 minutes

+ 15 minutes cooking time

INGREDIENTS

Serves 4

500 g cauliflower

1 tbsp cider or white wine vinegar

Sea salt

300 g pears

½ shallot, diced

¼ garlic clove, crushed

1 tbsp butter

1 sprig of rosemary

50 ml white wine according to taste

500 ml Plantaforce® vegetable bouillon*

100 g Stilton or other blue cheese

Herbamare® Original

Freshly ground pepper

1 tbsp black sesame seeds according to taste

*not available in CA

- 1 Cut cauliflower into florets. Blanch for 2 minutes in boiling salted water to which vinegar has been added. Drain well. Set aside 100 g florets for garnish. Peel and core pears and cut into slices.
- 2 Cook garlic and shallots in butter. Add plucked rosemary needles, cauliflower and pears, cook briefly. Add wine and leave to cook. Add bouillon, bring to the boil and leave to cook for 15 minutes with lid on.
- 3 Puree soup together with rosemary and pass through a fine sieve into pan. Cut cheese into chunks and add. Heat gently, stirring throughout, until the cheese has melted. Do not overcook. Season to taste.
- 4 Put set aside cauliflower florets into a soup dish or soup plates, pour hot soup over and sprinkle with sesame seeds according to taste.

Per portion approx. 9 g protein, 10 g fat,

14 g carbohydrate, 756 kJ/181 kcal

gluten free

TIP The alcohol evaporates almost completely during cooking.

Alongside the delicate aroma of the cauliflower, the slight sweetness of the pear works in harmony with the piquancy of the cheese. Soup also tastes good if broccoli is used instead of cauliflower.

Cauliflower regulates blood pressure and contains both magnesium and vitamin C.



Celery Soup with Dill Seeds

Preparation time approx. 30 minutes
+ 30 minutes cooking time

INGREDIENTS

Serves 4

150 g celery
150 g celeriac
100 g floury potatoes
1 large onion, chopped
1 tsp dill seeds
1 tbsp lemon olive oil (see page 20)
50 ml white wine, according to taste
600 ml Plantaforce[®] vegetable bouillon*
Trocomare^{®**}
Freshly ground pepper

*not available in CA

**not available in CA/UK; use Herbamare[®] Spicy

- 1 Slice the celery and dice the celeriac and potatoes. Cook in oil together with the onion and dill seeds. Add wine and leave to cook out. Add stock, bring to the boil and leave to cook, covered, for 30 minutes.
- 2 Puree the soup finely and pass through a sieve. Season to taste.

Serve with Chickpea Grissini (see page 44) or flavoured breadsticks.

Per portion without Grissini approx. 2 g protein,
2 g fat, 8 g carbohydrate, 221 kJ/51 kcal
low calorie, cholesterol free, gluten free,
lactose free

TIP The alcohol evaporates almost completely during cooking. Dill seeds are available in health food shops and at the delicatessen. The soup also tastes good served cold. According to Alfred Vogel, celery is good for the kidneys and prevents the formation of stones. He recommended celery juice to help lift the spirits of elderly people and for stimulation of excretion.



Preparation time about 35 minutes

+ 60 minutes resting

+ 10 minutes baking time

INGREDIENTS

Serves 4

FOCACCIA DOUGH

10 g fresh yeast

150 ml milk, lukewarm

250 g light spelt flour

$\frac{3}{4}$ tsp Herbamare® Original

1 tbsp olive oil

TOPPING:

100 g fresh goat's cheese

1 red onion

1 red pepper

50 g green olives, pitted

1 garlic clove

1 sprig of rosemary

2 tbsp olive oil

Freshly ground pepper

Spelt Focaccia with Goat's Cheese and Olives

- 1 For the starter dough, dissolve yeast in 2 to 3 tbsp milk. Add 2 tbsp flour and stir until smooth. Sprinkle over about 100 g of flour. Leave to stand, covered, at room temperature for about 30 minutes until the upper surface of the flour breaks open.
- 2 Mix the remainder of the flour with Herbamare, add the rest of the milk and oil and mix. Add the starter dough and knead to a smooth dough. Cover and leave until doubled in size (approx. 60 minutes).
- 3 Preheat a baking tray in the oven at 220 °C. Roll out the dough on a little flour to a rectangle of approx. 30 x 35 cm and put on greaseproof paper. Make lots of impressions in the dough with the fingertips. Crumble the cheese. Cut the onions and peppers into thin strips, the olives into rings and the garlic into thin slices. Chop up rosemary needles. Mix everything with the oil and divide between the dough. Season with Herbamare and pepper.
- 4 Put the greaseproof paper with dough on a baking tray and bake in the lower part of the oven for 8 to 10 minutes until crispy.
- 5 Cut into pieces and serve hot.

Per portion approx. 14 g protein, 10 g fat,
48 g carbohydrate, 1433 kJ/343 kcal

TIP The focaccia served with a salad makes a main meal for 2 people. The dough is also suitable for pizza, the amount stretches to 2 thin bases of approx. 25 cm in diameter. For anyone who does not like goat's cheese, buffalo mozzarella or ricotta can be used.



Spelt Farfalle with Lemon Sauce

Preparation time approx. 60 minutes

+ 30 minutes drying time

INGREDIENTS

Serves 4 as a starter,

2 as a main meal

1 portion of spelt pasta dough, approx. 350 g
(see page 48)

Sea salt

Small handful of chives

LEMON SAUCE:

1 unwaxed lemon

1 shallot, chopped

1 garlic clove, crushed

1 tsp runny honey

1 tbsp butter

2 tsp fresh ginger, grated

50 ml white port

300 ml Plantaforce® vegetable bouillon*

150 ml full cream

50 g Parmesan, freshly grated

Herbamare® Original

Freshly ground pepper

*not available in CA

- 1 For the farfalle, roll out the pasta dough with the aid of a pasta machine to a thickness of approx. 1 mm. Cut into 7 cm squares with a knife or a pastry wheel. Fold each square three or four times in zigzag fashion and press together in the centre to form a butterfly shape. Leave to dry in the oven for 30 minutes then set aside, covered, until ready to cook or freeze until ready to use.
- 2 Peel the skin of the whole lemon thickly, removing the white inner skin and dice the flesh of the fruit. Cook the shallot, garlic and honey briefly in the butter. Add the diced lemon and ginger and cook everything to a pulp. Add the port and vegetable bouillon and allow to thicken slightly. Pass through the sieve and cook until thick. Add the cream and Parmesan, bring to boil and season to taste.
- 3 Cook the farfalle in salted water for 5 to 6 minutes until al dente. Add the lemon strips 2 minutes before the end of the cooking time and cook together. Drain the pasta and mix with the strips and sauce.
- 4 Cut the chives into 2 cm long pieces and scatter over.

Per portion as a starter approx. 13 g protein,
22 g fat, 47 g carbohydrate, 1789 kJ/427 kcal

TIP The alcohol evaporates almost completely during cooking. White grape juice can be used instead of the port. The lemon puree must be cooked without allowing the cream to curdle. Do not use half fat cream. The fresh tangy sharpness of the ginger goes very well with the spelt. Ginger stimulates digestion and the absorption of vital substances from food.



Preparation time approx. 25 minutes
+ 20 minutes cooking time

INGREDIENTS

**Serves 4 portions as a starter,
2 portions as a main meal**

50 ml olive oil
½ tsp aniseed
1 small lime
1 red chilli pepper
¼ Plantaforce® vegetable bouillon cube*
Kelpamare®** seasoning or soy sauce
Freshly ground pepper
300 g scallops, removed from shells and
without orange coral
2 sprigs of rosemary
300 g leek, preferably with thin stems
8–12 small spring onions
2 tbsp white wine or water

*not available in CA/UK

**not available in CA

Scallops on Lime Leeks

- 1 Heat the oil slightly. Grind the aniseed in the mortar and add to oil. Grate the lime peel, squeeze the juice, and add, stirring all the time. Halve the chilli lengthways, deseed, chop and add together with Plantaforce cube*. Season to taste with Kelpamare** and pepper and mix well. Cover and set aside. Halve the scallops according to size and dry off.
- 2 Preheat the oven to 220 °C. Put rosemary sprigs into a gratin dish. Cut the leek into 8 to 10 cm long pieces. Halve lengthways. Put into the dish next to each other with cut side facing upwards. Cut the spring onions in equally long pieces, add the white parts to the dish and spread ¾ of the lime oil over. Mix the green parts of the onions and the scallops with the remainder of the lime oil, cover and set aside.
- 3 Pour the wine over the leeks. Lay a strip of wet greaseproof paper directly on the vegetables. Cook for 15 minutes in the centre of the oven. Remove the paper. Place the green parts of the spring onions and scallops on top and cook for a further 4 to 5 minutes.

Per portion as a starter approx. 7 g protein,
16 g fat, 7 g carbohydrate, 842 kJ/201 kcal
cholesterol free, gluten free, lactose free

TIP Strips of fish fillets can be used instead of the scallop. Serve with rice as a main meal.

Fresh, just cooked scallops have a delicate, soft, slightly nutty meat that melts in the mouth and, in contrast to other types of scallops, have a definite bite to them. It is also rich in protein, easy to digest, contains iodine and is very low in calories.



A close-up photograph of a tomato with a green leaf attached, set against a blurred background. The tomato is bright red and occupies the right side of the frame. A green leaf is visible at the bottom right, partially obscuring the tomato. The background is a soft, out-of-focus mix of green and red.

Main Meals



CORN AND RICE There is a wide choice of wholegrain cereals available in health food shops. From millet, barley, spelt, amaranth, quinoa and many other grains such as bulgur and couscous, as well as the delicious oriental grains from hard wheat, e.g. semolina, all extend the palette. The preparation of grains is simpler than those who do not use them believe. As a general rule for grains and rice: put one part grain + two parts liquid (always by volume, not by weight!) into cold water, leave to cook, covered, on a low heat until it begins to swell. Never lift the lid! If the lowest heat on the cooker is still too hot, put the grains in the oven to swell at 100 °C. Buckwheat is cooked in the same way as rice. Drying the grains intensifies their flavour. In the drying process, a proportion of the starch in the types of sugar is converted making it slightly sweet to taste and easier to digest. To dry, the grains are dampened slightly and on a low heat in a non-stick frying pan, are once more slowly dried for half to one hour.

Natural rice (wholegrain rice) is superior to white, i.e. polished rice, the vitamin content being two to three times higher. This is due to the nutritional fibres, mineral substances and B-vitamins that are contained in the hard husks and silver skins that surround the grain. Both are, however, far removed from polished rice.

BOUILLONS, JUICES AND WINE

For the preparation of juicy pot roasts and fine sauces, liquid is needed to finish off the roast or for the cooking of vegetables, meat and fish.

You may like to use wine to extract the delicate flavours from the ingredients and from the bottom of the pot. The alcohol in wine is mostly absorbed during cooking. If you do not wish to use alcohol, you can avoid it in recipes marked with 'according to taste' or use a substitute. In place of white wine, you could use alcohol free cider (see pages 112, 120) or Verjus. Apple juice, white or red grape juice offers a liquid substitute for port wine. Red wine is more difficult to substitute because in most cases undesirable sweetness remains when red grape juice is used. In all cases, simply increase the amount of bouillon used.

A good vegetable bouillon such as A.Vogel Plantaforce* is an excellent base for soups, stews and braising recipes. It is also useful for cooking rice such as in risotto and dough products as well as in the preparation of vinaigrettes, cold and warm sauces. In more refined cooking, above all for sauces of particular depth and sophistication e.g. the recipe 'Braised Mushrooms' on page 110, you need an intense, dark vegetable stock that can be made in bulk and frozen in portions.

*not available in CA



Basic Recipe for Dark Vegetable Stock: Dice 200 g carrots, 200 g celery, 100 g leek and 100 g onions and mix with olive oil. Roast for approximately 20 minutes on moderate heat, stirring occasionally until the vegetables start to colour. Add 1 tbsp tomato puree and cook briefly. Add 2 bay leaves, 2 cloves, 1 tbsp peppercorns. Add 200 ml red wine and leave to cook. Add 1.5 litres water and with lid on, leave to simmer gently for about 2 hours. Drain and measure liquid. Add 1 tsp Herbamare® per litre. Makes approximately 1 litre stock.

SPICY FLANS AND QUICHES There is even a dough that provides a base suitable for savoury cuisine. It is easy to make, and no butter, eggs or milk are required for it. Instead cheese and wine are used. The cheese, depending on its age, gives the dough a more distinctive flavour and in doing so, gives the flan or quiche that certain something. Depending on the season, other ingredients can be used as a topping in place of the pumpkin and chestnut, e.g. beetroot and pecan nuts or leek and sweet potatoes. Fine combinations can be made from radishes, pears and Gorgonzola or Swiss chard, apple and chestnuts.

Basic recipe for cheese-olive oil dough: For a 28 cm dish, mix 50 ml white wine with ¼ tsp Herbamare® Original and 80 ml of olive oil in a shaker; wine can be replaced by water. Add 175 g wholegrain flour and 50 g finely grated Gruyère and combine to form a soft dough. If necessary, add more flour. Cover in clingfilm and put into the refrigerator for an hour to cool. For a smaller 20 cm dish, reckon on about half the amount of ingredients.

SALT, HERBAL SALT AND KELP Salt is a taste enhancer that can in some ways make the taste nerves addictive, in that it can increase the desire for salt. However, it is sensible to keep

an eye on salt consumption, for example by increasing the use of fresh herbs or spicy seasoning in order to keep the amount of salt down. Tasty and good in content, natural, unrefined and unbleached sea salt is far superior to industrially manufactured salt since it has more minerals and trace elements (calcium, magnesium, potassium, etc.). A.Vogel Herbamare is made from such natural sea salt and, due to its proportion of freshly harvested herbs and vegetables, is an ideal way to reduce salt consumption.

It is particularly tasty and, in addition, contains the sea alga, kelp, which provides a natural source of iodine. Kelp is an iodine and potassium rich seaweed, which belongs to the brown or large algae and grows in the underwater forests, provided that the water is clear, cold, shallow and rich in nutrients. Kelp is also available as a liquid seasoning (A.Vogel Kelpamare**) and resembles a dark soy sauce in appearance. It surpasses soy sauce both in taste and quality. Herbamare is also available as a low sodium diet salt based on potassium and magnesium chloride instead of sea salt; it is also available in several forms from mild to spicy.

**not available in CA



Preparation time: approx. 60 minutes
+ soaking time + 30 minutes cooking time
+ 10 minutes resting

INGREDIENTS

Serves 4

1 yellow pepper
1 large sprig of rosemary
1 shallot, chopped
1 garlic clove, crushed
1 bay leaf
½ sachet saffron threads (125 mg)
1 tbsp olive oil
50 ml white port or apple juice
500 ml cold water
1 Plantaforce® vegetable bouillon cube*
200 g buckwheat, whole seeds, roasted
8 beef tomatoes, approx. 300 g
Sea salt
Herbamare® Spicy
Freshly ground pepper
200 g buffalo mozzarella
2–3 sprigs of basil

*not available in CA/UK

Tomatoes filled with Buckwheat

- 1 Preheat oven to 100 °C. Cut the yellow pepper into small dice and chop the rosemary needles. Cook shallots, garlic, bay leaf and saffron in a pan with close-fitting lid on a medium heat. Add port and allow to almost cook out completely. Add water, Plantaforce cube* and buckwheat, and heat slowly. Bring to the boil. Cover and leave to soak in the oven for 30 minutes. Remove bay leaf.
- 2 Cut a lid from the tomatoes. Use a teaspoon to hollow out the tomatoes, salt the insides, turn upside down and set aside to drain. Chop up the hollowed-out tomato flesh and set aside half without the juice. Season the rest with pepper and Herbamare Spicy and spread out in the base of a gratin dish with a lid.
- 3 Raise the oven temperature to 200 °C. Cut about 8 slices of mozzarella and set aside. Cut the rest into small dice. Mix with the chopped tomatoes that were set aside and the buckwheat mixture and season to taste. Fill the drained tomatoes with the mixture. Put a slice of mozzarella, basil leaves and a tomato lid on top. Put into gratin dish. Cook with lid on in oven for 15 minutes. Remove lid and cook for another 15 minutes.

Leave to stand for approx. 10 minutes with lid on before serving.

Per portion approx. 15 g protein, 12 g fat,
42 g carbohydrate, 1380 kJ/330 kcal
low calorie, gluten free

TIP The alcohol evaporates almost completely during cooking. The large firm beef tomatoes that are only available in the summer are particularly good for this dish. They can be prepared and kept in the refrigerator overnight, the cooking time then becoming 35 minutes.



Preparation time approx. 45 minutes
+ 20 minutes baking time

INGREDIENTS

Serves 4

1 Plantaforce® vegetable bouillon cube*
400 ml water
250 g bulgur wheat
400 g buffalo mozzarella
500 g tomatoes
Small handful of peppermint
1 garlic clove, crushed
2 tbsp lemon olive oil (see page 20)
Freshly ground pepper
100 g Parmesan, grated
1 kg aubergine (eggplant)
1 tsp sea salt
50 ml cider vinegar
3 tbsp olive oil

*not available in CA/UK

Aubergine Gratin with Bulgur Wheat

- 1 Bring Plantaforce cube* in the water to the boil. Pour over the bulgur wheat and mix. Cover with clingfilm, leave to soak and to cool.
- 2 Cut the 200 g mozzarella into thin slices, set aside. Chop the rest into small pieces. Cut the tomatoes into 0.5 cm thick slices.
- 3 Chop the peppermint and mix into the bulgur with the garlic, oil, pepper and mozzarella pieces. Set aside 4 tbsp Parmesan and mix in the rest.
- 4 Cut the aubergines lengthways into 1 cm thick pieces. Bring 1 litre of water with salt and vinegar up to the boil. Blanch the aubergines in portion sizes and leave to drain.
- 5 Preheat the oven to 180 °C. Dry the aubergines and sprinkle with oil. Layer alternately in a gratin dish – bulgur, tomatoes and mozzarella. Cover with the remaining Parmesan. Bake in the centre of the oven for about 20 minutes.

Per portion approx. 40 g protein, 34 g fat, 64 g carbohydrate, 3005 kJ/718 kcal

TIP Meat alternative: Briefly cook 4 chicken breasts and then cut the breasts into slices. Layer the meat with half of the above mentioned ingredients in a dish. Cooking time remains the same.



Leek and Hazelnut Medallions

Preparation time approx. 45 minutes
+ 30 minutes resting

INGREDIENTS

Serves 4

150 g leeks, green and white parts
1 tbsp lemon olive oil (see page 20)
1 egg
100 ml milk
100 g millet flakes
50 g hazelnuts, ground
50 g Roquefort or other blue cheese, diced
1 tsp Kelpamare^{®*} seasoning or soy sauce
Herbamare[®] Original
Freshly ground pepper

Olive oil for frying

CARROT YOGURT:

180 g natural yogurt (see Tip)
2 tsp Biocarottin Instant^{**}
1 pinch saffron threads
½ tsp Herbamare[®] Original

*not available in CA

**not available in CA/SA/UK; see Tip p. 80

***not available in CA/SA/UK

- 1 Cut the leek into matchsticks and dice finely. Mix with the oil. Cook in a frying pan for 4 to 5 minutes, leave to cool. Mix well with the rest of the ingredients. Season to taste. Leave to rest for 30 minutes, covered.
- 2 Mix all the ingredients for the carrot yogurt and leave to marinate.
- 3 Shape 12 to 16 medallions from the leek and hazelnut mixture and cook in the oil on both sides.

Serve the medallions with the carrot yogurt.

Per portion approx. 13 g protein, 21 g fat,
5 g carbohydrate, 1414 kJ/338 kcal
low calorie, gluten free

TIP A fresh leafy salad is a good accompaniment.

In place of Biocarottin, you can gently steam carrots or beetroot, puree with herbal salt and mix with yogurt. You can make the yogurt at home using A.Vogel Vital-Ferment 'Crème-Joghurt'^{****}.



Preparation time approx. 35 minutes

+ 20 minutes cooking time

+ 15 minutes to gratinate

INGREDIENTS

Serves 4

½ garlic clove, crushed

1 tsp olive oil

4 white chicory

Herbamare® Original

100 ml white port or apple juice

100 ml Plantaforce® vegetable bouillon*

100 ml cream

50 g Gorgonzola, crumbled

1 tbsp Parmesan, freshly grated

1 tsp mustard, moderate strength

Freshly ground pepper

1–2 tomatoes

½ organic cucumber, approx. 150 g

*not available in CA

Chicory Gratin

- 1 Cook the garlic in oil in a large frying pan. Halve the chicory lengthways and lay in the pan, with the cut side facing upwards. Season, sprinkle with the port and steam, covered, over a low heat for about 20 minutes until barely soft. Gradually pour in the liquid.
- 2 Brush the inside of a gratin dish with a little oil. Dry the chicory well and spread over dish with the cut side facing upwards. Set aside.
- 3 Pour the vegetable bouillon into the rest of the liquid in the pan. Heat and allow to cook out almost completely. Add cream, Gorgonzola, Parmesan and mustard, season and allow to cook to a thick sauce.
- 4 Preheat the oven to 250 °C. Cut the tomatoes crosswise, plunge into boiling water until the skin begins to loosen, rinse in cold water, skin, deseed and dice. Peel the cucumber, and cut into 3 mm thick slices, halve and use as a garnish between the chicory leaves. Pour over the Gorgonzola sauce. Scatter over the diced tomatoes. Gratinate in the uppermost part of the oven for 10 to 15 minutes.

Per portion approx. 6 g protein, 14 g fat,

7 g carbohydrate, 799 kJ/191 kcal

low calorie, gluten free

TIP The alcohol absorbs almost completely during cooking. The gratin can be prepared beforehand and kept covered in the refrigerator for several hours. The time in the oven would then increase to between 20 and 25 minutes. The meal is suitable as a vegetable side dish for 8 people. Chicory, radicchio and cicorino verde are, like artichoke, liver-friendly bitter vegetables. They can be eaten cold and raw, from the grill, from the pan or turned into a gratin.



Preparation time approx. 45 minutes

+ 20 minutes cooking time

+ 30 minutes resting

INGREDIENTS

Serves 4

SMALL CAKES:

250 g floury potatoes

25 g buckwheat flour

2 small eggs

25 g crème fraîche

½ tsp Herbamare® Original

Olive oil for frying

CHUTNEY:

1 small papaya, approx. 250 g

2–3 sprigs of coriander, with stalks

1 shallot, chopped

Juice of ½ lime

1 tbsp Thai fish sauce

1 tsp raw cane sugar

400 g smoked salmon, thinly sliced

Small Potato Cakes with Papaya Chutney

- 1 Peel the potatoes, dice and steam for 20 minutes until very soft. Remove from the heat and leave to cool slightly. Add the buckwheat flour, whisk the remaining ingredients and mix everything together. Leave to rest, covered for 30 minutes.
- 2 For the chutney, stone the papaya, peel, roughly chop and put into a bowl. Wash the coriander well, chop both the leaves and stalks. Add with the rest of the ingredients, mix well with a fork and mash the papaya. Although the sauce appears to be thin at the start it will thicken slightly after about 30 minutes.
- 3 Heat 2 to 3 tbsp oil in a non-stick pan. Put small portion size pieces of the potato dough into the pan and flatten with the back of a spoon. Cook on both sides over a medium heat until a crust is formed. Lay on kitchen paper and keep warm.

Serve the cakes with chutney and salmon.

Per portion approx. 34 g protein, 31 g fat,

18 g carbohydrate, 2031 kJ/485 kcal

low calorie, gluten free

TIP In place of chutney, sauces made from pulses go very well with the cakes, see pages 42, 50, 102, 114 and 116. Fresh coriander is a highly aromatic, incomparable herb in Thai cooking. It can be found in any good supermarket, delicatessen or Asian shop. It goes particularly well with spicy salads, beef and poultry, vegetables, curries and Asian noodles.



Vegetable Gratin with Goat's Cheese

Preparation time approx. 45 minutes

+ 15 minutes to gratinate

INGREDIENTS

Serves 4

1 kg vegetables: carrots, courgettes (zucchini),
broccoli

1 sprig of rosemary

1 tbsp lemon olive oil (see page 20)

½ tsp Trocomare^{®*}

200 g tomatoes

300 g goat's cheese

2 tbsp runny honey

1 tbsp olive oil

*not available in CA/UK; use Herbamare[®] Spicy

- 1 Cut the carrots and courgettes into 0.5 cm thick slices. Cut broccoli into florets and broccoli stalk into slices. Steam vegetables separately but make sure they still retain their crunch. Plunge into iced water, remove and leave to drain.
- 2 Chop up rosemary needles, mix with oil and Trocomare^{*}, add vegetables and mix well. Cut tomatoes and cheese into very thin slices. Arrange in a gratin dish as in tiles on a roof. Drizzle over honey and oil.
- 3 Preheat the oven to 200 °C. Bake the gratin on the top shelf of the oven for 15 minutes until the cheese has melted.

Per portion approx. 12 g protein, 15 g fat,

15 g carbohydrate, 987 kJ/236 kcal

low calorie, gluten free

TIP Any seasonal vegetables can be used. Sliced, cooked potatoes can also be added. Lukewarm goat's cheese or a small mature soft cheese made from cow's milk, e.g. Tomme, Camembert or Romadur, with honey, walnut oil, nuts and thyme, makes a simple but refined Provençal dessert.



Port Wine Onions:

Preparation time approx. 40 minutes

+ marinating overnight

+ 60 minutes braising time

Sweet Potato Puree:

Preparation time approx. 15 minutes

+ 15 minutes cooking time

Port Wine Onions with Sweet Potato Puree

INGREDIENTS

Serves 2 as a main meal, 4 as a starter

ONIONS:

500 g medium red onions

150 ml red port (see Tip)

¼ tsp cinnamon powder

1 unwaxed orange

½ Plantaforce® vegetable bouillon cube*

1 tbsp olive oil

2 cloves

1 bay leaf

1 small sprig of rosemary

Herbamare® Spicy

Freshly ground pepper

SWEET POTATO PUREE:

800 g sweet potatoes

30 g butter

1 tsp Herbamare® Spicy

1 tsp Kelpamare®*** seasoning or soy sauce

Freshly ground pepper

- 1 The day before: carefully peel the onions so that they are still attached to the root. Quarter and place in a freezer bag. Mix the port and cinnamon and pour over. Seal the bag as tightly as possible and leave the onions to marinate in the refrigerator overnight.
- 2 On the day of preparation: drain the onions, retaining the port. Cut the orange peel into thin strips. Squeeze the juice and mix with the port. Heat slightly and dissolve the Plantaforce cube* in it. Cook the onions in a wide frying pan in moderately hot oil on both cut sides for about 5 minutes. Briefly cook the orange peel, cloves, bay leaf and rosemary. Add the liquid. Simmer gently for 1 hour, partially covered. Turn the onions over every now and then, making sure they are lying on cut side so that they do not fall apart.
- 3 Remove the herbs and orange peel. Cook a little longer, season to taste. Keep warm and covered.
- 4 Meanwhile, for the puree, peel, dice and steam the sweet potatoes for approx. 15 minutes until soft. Mash, add small pieces of butter and season to taste.

Serve the sweet potato puree with onions and the sauce.

*not available in CA/UK

***not available in CA

Per portion as a main meal approx. 11 g protein,

18 g fat, 36 g carbohydrate, 1454 kJ/347 kcal

low calorie, gluten free

TIP The alcohol is almost completely absorbed during cooking. Red grape juice can be used in place of port. This will make the sauce somewhat sweeter to taste and the slightly floury sweet potatoes with their sugar and starch content, as the name suggests, already have a sweetish taste. Serve as a side dish to a piece of lamb's kidney.



Potato Cake with Vegetables

Preparation time approx. 45 minutes

+ 50 minutes baking time

INGREDIENTS

Serves 2 as a main meal, 4 as a starter

750 g floury potatoes

Sea salt

50 ml hazelnut oil

Herbamare® Original

Freshly ground pepper

1 sprig of rosemary

200 g carrots

100 g leeks

100 g hazelnuts

2 tbsp fresh horseradish, grated

100 g Sbrinz or Parmesan, grated

- 1 Peel potatoes, slice into 3 mm thick slices. Blanch in boiling salted water for 2 minutes. Remove, plunge into cold water and allow to drain. In a bowl, mix potatoes well with the oil and season. Layer half of the potatoes on a baking sheet approx. 26 mm in diameter and lined with baking parchment, working from the middle outwards, as in a rosette.
- 2 Chop the rosemary leaves finely. Cut the carrots and leek into matchstick pieces. Chop the hazelnuts roughly. Mix everything together with horseradish and Sbrinz and season. Spread over the potato slices. Layer the remaining potato slices over the top working from the outside in.
- 3 Preheat the oven to 180 °C. Cook in the lower half of the oven for approx. 50 minutes, until the edges of the potato slices turn brown. Drizzle remaining oil over the dish.

Per portion as a main meal approx. 31 g protein,

74 g fat, 78 g carbohydrate, 4605 kJ/1101 kcal

gluten free

TIP Serve as a main meal with salad. Use horseradish according to taste. Generally speaking, it is one of the healthiest vegetables and supports the function of the pancreas, strengthens the immune system, has an antibiotic effect, vitalises and also contains a great deal of vitamin C. What else can it be used for? Quark, salad sauces, cooked beef, fish, cabbage, raw vegetables but above all, any type of root vegetable.



Preparation time approx. 45 minutes
+ 20 minutes marinating

INGREDIENTS

Serves 4

500 g tofu
2 tbsp soy sauce
2 unwaxed oranges
1 red chilli, according to taste
1 tsp curry powder, hot
1 tsp Trocomare®*
1 tsp cornflour
50 g sultanas
500 g leeks
2 tbsp groundnut oil
1 tsp runny honey

*not available in CA/UK; use Herbamare® Spicy

Orange Leeks with Tofu

- 1 Cut the tofu into 1.5 cm thick slices and then cut these into triangles. Drizzle with soy sauce and marinate for 20 minutes.
- 2 Thinly peel half the orange, cut into thin strips and set aside. Squeeze the juice from both oranges. Half the chilli lengthways, de-seed and chop. Add the curry powder, Trocomare*, cornflour and sultanas to the orange juice and leave to soak for 15 minutes. Cut the leeks into 1.5 cm slices.
- 3 Drain the tofu, cook on both sides in 1 tbsp oil in a non-stick pan. Remove carefully from the pan and set aside.
- 4 Cook the leeks in the remaining oil in a wok or frying pan. Add the orange peel and sprinkle the honey over. Add the orange juice mixture. Heat the liquid on a high heat but do not allow the leeks to lose their crunch. Place the tofu on top and leave to sit for a few minutes.

Serve with perfumed rice.

Per portion without rice approx. 16 g protein, 11 g fat, 19 g carbohydrate, 999 kJ/239 kcal
low calorie, cholesterol free, gluten free, lactose free

TIP If not using tofu, orange leeks can be served as a spicy accompaniment to fish, game or briefly cooked poultry, e.g. poultry breast. Tofu is an excellent source of protein and contains essential amino acids. Also it is alkaline and a good source of calcium.



Preparation time approx. 45 minutes

+ 70 minutes cooking time

+ 10 minutes resting time

INGREDIENTS

Serves 2 as main meal, 4 as a side dish

500 g green asparagus

1 Plantaforce® vegetable bouillon cube*

1 litre water

200 g unpolished rice e.g. A.Vogel Naturreis**

1 spring onion

1 garlic clove, crushed

1 clove

1 bay leaf

1 tbsp olive oil

50 ml white wine, according to taste

50 g Parmesan, freshly grated

2 tbsp butter

Herbamare® Original

Freshly ground pepper

*not available in CA/UK

**not available in CA/SA/UK

Asparagus Risotto

- 1 Peel the lower third of the asparagus. Cut the tips in 10 cm long pieces and cut the rest into small pieces. Put Plantaforce cube* into water and bring to the boil. Cook tips for approx. 3 minutes until al dente. Remove, plunge into cold water and set aside. Cook asparagus pieces in the Plantaforce for 15 to 20 minutes in a half covered pan until really soft. Puree finely along with the liquid and pass through a sieve. Bring to boil, cover and keep warm.
- 2 Wash the rice, leave to drain. Chop onion and cook briefly with garlic, clove and bay leaf in the oil. Add rice and cook well. Add wine and leave to cook out. Add the asparagus puree gradually until the rice absorbs the liquid. Over a medium heat, stirring frequently, cook for 40 to 50 minutes until risotto starts to thicken.
- 3 Add Parmesan and butter and season to taste. Lay the drained asparagus tips on top and leave to rest, covered, for 10 minutes.

Per portion as a main meal approx. 21 g protein,
24 g fat, 82 g carbohydrate, 2656 kJ/638 kcal

TIP The alcohol evaporates almost completely during cooking. Natural, unpolished rice contains a variety of vitamins, nutrients and minerals in comparison to white rice. Asparagus stimulates the metabolism, in particular excretion, is very low in calories but rich in protein and other vital substances. Green asparagus is better than the white variety.



Preparation time approx. 30 minutes

+ 20 minutes cooking time

+ 20 minutes soaking time

Oriental Fragrant Pea Pilaf

INGREDIENTS

Serves 4

Pinch of saffron threads

1 tbsp rosewater

150 ml coconut milk

½ tbsp cinnamon

¼ tsp ground cloves

¼ tsp freshly ground pepper

50 g sultanas

600 ml Plantaforce® vegetable bouillon*, hot

350 g unpolished Thai rice

½–1 red chilli

1 shallot, chopped

1 tbsp fresh ginger, grated

½ tsp caraway seeds

2 tbsp ghee or clarified butter

350 g green peas, fresh or frozen

1–2 tomatoes

*not available in CA

- 1 Mix the saffron with the rosewater, leave to soak. Mix the coconut milk with cinnamon, cloves and pepper. Soften the sultanas in the stock. Wash the rice and leave to drain.
- 2 Halve the chillies lengthways, deseed and chop. Cook in hot butter with shallots, ginger and caraway. If using frozen peas rinse in boiling water, leave to drain and then add to pan with rice, and steam. Fresh peas can go straight into the pan. Add stock with sultanas, bring to boil and then simmer without a lid until the liquid has been absorbed.
- 3 Mix coconut milk and saffron rosewater, add to pan and leave to soak, covered, at a low heat for 20 minutes. Stir occasionally.
- 4 Cut tomatoes crosswise, immerse in boiling water until the skin begins to loosen, run under cold water, peel and chop. Mix with the rice.

Per portion approx. 11 g protein, 10 g fat,

93 g carbohydrate, 2133 kJ/510 kcal

cholesterol free, gluten free

TIP Inexpensive, perfumed rosewater is available in health food stores or at the delicatessen. It is a useful ingredient in oriental cooking for sweet as well as spicy meals and is not limited to the making of marzipan. Ghee is clarified butter and is frequently used in eastern countries. Meat alternative: Roast 4 chicken joints in butter until golden brown, add shallots and seasonings and continue.



Preparation time approx. 60 minutes

+ 40 minutes soaking time

+ 30 minutes baking time

INGREDIENTS

Serves 4

400 g unpolished rice e.g. A.Vogel Naturreis*

2 lemongrass stalks

1 small lime

1 tbsp red Thai curry paste

4 cardamom pods, split

8 cloves

1 tbsp groundnut oil

700 ml water, cold

2 tbsp soy sauce

50 g peanuts

250 g tomatoes

1 tbsp fresh ginger, grated

30 g grated coconut

180 g natural yogurt

8 small spring onions

1 papaya, approx. 300 g

8 banana leaves, approx. 30 x 30 cm

*not available in CA/SA/UK

Exotic Rice in a Banana Leaf

- 1 Wash the rice, leave to drain. Slice the lemongrass into thinnest possible rings. Shred the lime peel and cut into thin strips. Cook both with curry paste, cardamoms and cloves in the oil to bring out their perfume. Add water, soy sauce and rice and heat slowly. Bring to boil. Cover and leave to soak for approx. 40 minutes at a low heat until all the liquid has been absorbed.
- 2 Roughly chop the peanuts, squeeze the lime and dice the tomatoes. Mix everything, including the ginger and grated coconut, with the yogurt. Combine with the rice. Cut the spring onions into 5 cm long pieces, halving the white parts lengthwise. Quarter the papaya, deseed and peel. Cut lengthways into 0.5 cm thick slices so that the fruit is still held together at the base. Using your hand, press on the fruit so that the slices are splayed.
- 3 Wash the banana leaves. Hold briefly over a gas flame or heat briefly (makes the leaves soft and supple). Divide the rice between the leaves, laid out in twos, overlapping each other. Top with the spring onions and quartered papaya. Fold the leaves over to form parcel and secure with toothpicks.
- 4 Preheat the oven to 180 °C. Place the parcels in the centre of the oven and bake for 30 minutes. Serve, unopened on large plates.

Per portion approx. 14 g protein, 16 g fat,

86 g carbohydrate, 2316 kJ/553 kcal

low cholesterol, gluten free

TIP In place of banana leaves, baking parchment can be used to make the parcel. The parcels can be prepared beforehand and kept overnight in the refrigerator. The baking time will then increase to 35 minutes. Brown rice can be used in place of A.Vogel Naturreis*.



Bulgur with Dried Tomatoes

Preparation time approx. 20 minutes
+ 15 minutes soaking time

INGREDIENTS

Serves 4

50 g dried tomatoes, in oil
A few sprigs of marjoram and flat parsley
250 g bulgur
400 ml Plantaforce® vegetable bouillon*
100 g fresh cheese with pepper
4 tbsp tapenade (olive paste –
see recipe on page 49)

*not available in CA

- 1 Warm 4 plates in the oven at 80 °C. Chop the drained tomatoes into small pieces. Chop the herbs. Mix everything with the bulgur. Bring vegetable bouillon to the boil and pour over. Put in the oven, covered, for approx. 15 minutes until all the liquid has been absorbed.
- 2 Mix in fresh cheese and warm in the oven.
- 3 Fill small bowls (approx. 250 ml) with the mixture, press down lightly and turn upside down on to preheated plates.

Serve with the tapenade.

Per portion approx. 13 g protein, 22 g fat, 53 g
carbohydrate, 1944 kJ/465 kcal

low calorie

TIP Bulgur, also burgul, is a quick-cooking form of whole wheat. This recipe can also be prepared using couscous. Both are light, easy to digest and kind to the stomach, and are basic foodstuffs in Arabic cooking.



Bean Sugo:

Preparation time approx. 15 minutes

+ soaking overnight

+ 60 minutes cooking time

Millet Dumplings:

Preparation time approx. 25 minutes

+ 60 minutes soaking time

Millet Dumplings with Red Bean Sugo

INGREDIENTS**Serves 4****BEAN SUGO:**

80 g dried red kidney beans

1 bay leaf

1 sprig of rosemary

Small handful of flat leaf parsley

½ Plantaforce® vegetable bouillon cube*

1 tbsp tomato puree

1 tsp Acetum balsamic vinegar (red)

1 tbsp olive oil

MILLET DUMPLINGS:

3–4 sprigs of basil and flat leaf parsley

Small handful of chives

½ unwaxed lemon

250 g quark

1 large egg

½ tsp Herbamare® Original

150 g millet flakes

Kelpamare®** seasoning or soy sauce

Sea salt

- 1 The day before: For the sugo, soak the beans with bay leaf and rosemary in approx. ½ litre of cold water overnight (12 hours).
- 2 On the day of preparation: Gently cook the beans, covered, in the soaking water together with the bay leaf and rosemary for about 60 minutes. Remove the herbs, and drain the beans in a sieve, retaining the cooking liquid. Roughly chop the parsley, including the stalks. Finely puree the beans, crumbled Plantaforce cube*, tomato puree, balsamic vinegar and 150 ml of the cooking liquid in a blender or in the mixing bowl of a food processor. Add more cooking liquid to give desired consistency. Finally work in the oil, a drop at a time, with the machine still running.
- 3 For the millet dumplings, roughly chop the herbs along with their stalks and add the grated lemon zest. Mix with the remainder of ingredients and season to taste.
Leave, covered, for 60 minutes to swell.
- 4 Using a teaspoon, shape the millet mixture into dumplings. Put into lightly simmering salt water for 4 to 5 minutes in portion sizes. Drain.
- 5 Gently heat the bean sugo and serve with the millet.

*not available in CA/UK

**not available in CA

Millet Dumplings: per portion approx. 14 g protein,

16 g fat, 29 g carbohydrate, 1318 kJ/313 kcal

low calorie, gluten free

Bean Sugo: per portion (100 g) approx. 5 g protein,

2 g fat, 10 g carbohydrate, 299 kJ/73 kcal

low calorie, cholesterol free, gluten free, lactose free

TIP The dumplings, which are kind to the stomach, can also be prepared using fine oat flakes. They go well with soup. The bean sugo can be used as a sauce for pasta or if less cooking water is used, as a dip. According to Alfred Vogel, tasty, mineral rich, wholegrain millet should be a regular feature on our menus.



Preparation time approx. 40 minutes

+ 20 minutes cooking time

+ 20 minutes swelling time

INGREDIENTS

Serves 4

750 g carrots

1 shallot, chopped

1 tbsp olive oil

1 litre Plantaforce® vegetable bouillon*

5 juniper berries, crushed

Small handful of flat leaf parsley

2 tbsp gin according to taste

Herbamare® Original

Freshly ground pepper

300 g rolled barley

1 sprig of rosemary

1 bay leaf

½ unwaxed lemon

*not available in CA

Rolled Barley with Juniper Carrots

- 1 Cut the carrots diagonally in 2 cm wide pieces, doing a quarter turn after each cut, to give uneven slices. Cook in the oil with the shallots until they start to take on colour. Add sufficient vegetable bouillon to barely cover the vegetables. Add the juniper and cook gently for 15 to 20 minutes, half covered.
- 2 Drain the carrots in a colander, retaining the liquid. Roughly cut the parsley along with the stems. Finely puree two thirds of the carrots with parsley, juniper berries, gin and 100 ml of the cooking liquid. Season to taste with Herbamare and pepper and mix with carrot pieces. Set aside, covered.
- 3 In the meantime wash the rolled barley and leave to drain. Increase the rest of the cooking liquid from the carrots with the remainder of the vegetable bouillon to 650 ml. Slowly heat the rolled barley, rosemary and bay leaf and add the grated lemon peel. Bring to the boil. Leave to swell, covered, on a low heat (or in the oven at 100 °C) for approx. 20 minutes. Remove the rosemary and bay leaf.
- 4 Cook the carrots in the sauce. Serve with the rolled barley.

Per portion approx. 9 g protein, 3 g fat,

67 g carbohydrate, 1420 kJ/339 kcal

low calorie, cholesterol free, lactose free

TIP Another name for rolled barley is pearl barley; the small pearl barley grains are the best quality. Rolled barley is hulled, polished grains of corn whose layers of nutrients have been removed. To make the dish more wholesome use wholegrain barley, increasing the swelling time by 30 minutes.



Preparation time approx. 45 minutes
+ 30 minutes resting time

INGREDIENTS

**Serves 2 people as a main meal and
4 as a starter**

4–5 sprigs of basil
350 g beetroot, cooked
½ tbsp lemon olive oil (see page 20)
Trocomare®*
Freshly ground pepper
1 large egg, approx. 64 g
200 g spelt, approx.
Sea salt
1 shallot, chopped
1 tbsp olive oil
1 tbsp Acetum balsamic vinegar (red)

*not available in CA/UK; use Herbamare® Spicy

Red Noodles with Beetroot

- 1 Lay aside 4 nice basil tips and cut the leaves into strips. Cut the beetroot into dice of approx. ½ cm. Finely puree 150 g of this with the basil and lemon olive oil, season to taste with Trocomare* and pepper and set aside. Puree the egg with the 30 g of beetroot pieces. Put in a bowl and weigh. Add approx. 200 g spelt (double the amount of egg and beetroot weight) and knead to give firm dough. Leave to rest wrapped in clingfilm for 30 minutes in the refrigerator.
- 2 Roll out the dough with the help of a pasta machine to 1mm thickness and leave to dry out slightly. With a knife or pizza cutter, cut into 1 cm wide noodles. Cook in salted water for 5 to 6 minutes until al dente.
- 3 Meanwhile cook the shallots and the rest of the beetroot pieces in the oil. Season with balsamic vinegar, Trocomare* and pepper.
- 4 Drain the noodles, mix with the set aside pieces of beetroot in the pan and serve on heated plates. Divide the beetroot pieces between them. Garnish with basil tips.

Per portion as a main meal approx. 14 g protein,
10 g fat, 92 g carbohydrate, 2097 kJ/500 kcal
low calorie, lactose free

TIP The strongly coloured plant pigment in beetroot, betanin, has no blood building qualities as was believed for a long time. It is only responsible for hard-to-remove stains. The second pigment anthocyan protects against free radicals, slows down harmful oxidation reactions in the cells and is consequently cancer inhibiting. Beetroot stores nitrate, which can be changed into harmful nitrosamines under certain circumstances in the body. This can be avoided by preparation with a little vinegar.



Baked Wild Bear's Garlic Ravioli

Preparation time approx. 40 minutes
+ 15 minutes baking time

INGREDIENTS

Serves 4

FILLING:

150 g leaf spinach

50 g garlic

1 shallot, chopped

1 tbsp lemon olive oil (see page 20)

150 g ricotta or low fat quark

50 g Parmesan, freshly grated

1 egg

100 g carrots

½ tsp Trocomare^{®*}

Freshly ground pepper

1 portion of spelt pasta dough, approx. 350 g
(see page 48)

½ tbsp butter

4 small rosemary sprigs

*not available in CA/UK; use Herbamare[®] Spicy

- 1 Cut the spinach and garlic into wide strips. Cook the shallot in the oil in a large, wide frying pan. Add the spinach and garlic and keep turning until wilted.
- 2 Mix ricotta with Parmesan and egg. Add roughly grated carrots. Mix in the spinach and garlic. Season.
- 3 Roll out the pasta dough with the aid of a pasta machine to a thickness of about 1 mm. Cut into 8 pieces about 15 x 20 cm in size. Quarter the filling to divide between 4 pieces of dough leaving an edge of about 2 cm. Brush the edges with water. Lay the remaining pieces of dough on top, press the edges down well and cut. Lightly prick the upper surfaces.
- 4 Preheat the oven to 180 °C. Place the ravioli on baking parchment on a baking tray. Melt the butter and brush the ravioli and rosemary with it. Lay the rosemary on the ravioli. Bake in the lower part of the oven for about 15 minutes.

A mixed salad makes a good accompaniment.

Per portion approx. 17 g protein, 16 g fat, 44 g carbohydrate, 1585 kJ/379 kcal

low calorie

TIP Outwith the garlic season, basil, dandelion, cress (watercress), Rucola or sprouts can be substituted and due to their (very different) aroma, can be used raw. Sorrel and stinging nettle leaves can be steamed instead of spinach.



Mushrooms:

Preparation time approx. 35 minutes

+ 30 minutes baking time

Port Wine Sauce:

Preparation time approx. 20 minutes

Braised Mushrooms with Port Wine Sauce

INGREDIENTS

Serves 4

1 small savoy cabbage, approx. 300 g

Sea salt

3–4 tbsp olive oil

2 tbsp lemon olive oil (see page 20)

600 g mixed mushrooms: e.g. chanterelles,
porcini, cauliflower mushrooms, oyster or
shiitake mushrooms

50 g walnuts

4–5 sprigs of thyme

Herbamare® Original

Freshly ground pepper

PORT WINE SAUCE:

300 ml dark vegetable stock (see page 74)

75 ml red port

3 sprigs of rosemary

2 tsp cornflour

2 tsp full cream, according to taste

- 1 Remove the leaves from the savoy cabbage and blanch in boiling salted water for approx. 2 minutes. Take out, rinse in cold water and leave to drain well. Mix both kinds of oil. Brush an ovenproof braising dish with a little oil and lay 4 or 5 large savoy leaves in it. Cut the remainder of the savoy cabbage into strips. Preheat the oven to 200 °C.
- 2 Clean the mushrooms, and either slice or quarter, according to type of mushroom. Roughly chop the nuts. Pluck the leaves from the thyme. Mix everything in a mixing bowl with the rest of the savoy cabbage and the oil. Season. Put into the braising dish. Cook the mushrooms in the centre of the oven, covered, for 30 minutes.
- 3 Meanwhile, for vegetable stock, cook the port and rosemary for 10 minutes with the lid on. Sieve into a saucepan. Mix the cornflour with cream or a little cold water and add. Cook until the sauce becomes thick. Season to taste with Herbamare and pepper.
- 4 Serve the mushrooms with the sauce.

Polenta or potato puree make a good accompaniment.

Mushrooms: per portion without accompaniment approx.

8 g protein, 24 g fat, 11 g carbohydrates, 1195 kJ/286 kcal

low calorie, cholesterol free, gluten free, lactose free

Port Wine Sauce: per portion approx. <1 g protein, 5 g fat,

2 g carbohydrate, 229 kJ/55 kcal

low calorie, gluten free

TIP Ready-made vegetable stock can be used in place of homemade. The alcohol is absorbed almost completely during cooking. Red Acetum balsamic vinegar makes a good substitute for port. Cauliflower mushrooms resemble a sponge and are, like other mushrooms, seasonal and available at many weekly markets.



Preparation time approx. 60 minutes
+ 20 minutes cooking time

INGREDIENTS

Serves 4

2 kg common mussels
1 carrot
50 g leeks
100 g celery
Small handful of flat leaf parsley
1 small, unwaxed orange
200 ml white wine
2 shallots, chopped
1 garlic clove, crushed
1 bay leaf
½ tsp aniseed
1 tbsp butter
100 ml cream
Freshly ground pepper

Common Mussels with Vegetables

- 1 Wash the mussels under running water and remove the beards. Discard damaged or opened mussels. Drain. Cut the vegetables into small dice. Chop parsley along with the stems. Squeeze the orange, setting aside one pressed half.
- 2 Bring the wine to the boil in a large pan and add the mussels. Cook, covered, on a high heat for 5 to 8 minutes, giving the pan an occasional shake. Drain the mussels in a sieve, retaining and filtering the liquid. Discard any unopened mussels, put the opened ones back into the pan, cover and set aside.
- 3 Cook the vegetables, parsley, shallots, garlic, bay leaf and aniseed together with the orange half in the butter. Add the orange juice and 500 ml of the mussel liquid. Leave to cook, covered, for about 20 minutes until the vegetables are tender. Remove the bay leaf and orange half. Add the cream and puree everything finely. Season to taste with pepper.
- 4 Pour the sauce over the mussels, cover and heat at a low temperature.

Serve with crusty bread.

Per portion without bread approx. 51 g protein,
17 g fat, 6 g carbohydrate, 1592 kJ/381 kcal
low calorie, gluten free

TIP Alcohol free cider can be used in place of wine. The remaining liquid contains ample salt from the mussels so that, as a rule, no more salt need be added. Mussels are mineral and protein enriched fat busters and contain few calories. Among the numerous varieties of common mussels, Boulot mussels from Normandy and Bretagne are the height of luxury and grow on posts in the tidal shallows.



Prawn Kebabs:

Preparation time approx. 20 minutes

+ 60 minutes marinating

Red Lentil Puree:

Preparation time approx. 35 minutes

Prawn Kebabs with Red Lentil Puree

INGREDIENTS

Serves 4

1 red chilli
1 shallot, chopped
1 garlic clove, crushed
1 tsp fresh ginger, grated
Freshly ground pepper
½ tbsp soy sauce
1 tbsp groundnut oil
12 large, raw prawns, shelled, approx. 500 g
4 thin stems of lemongrass

LENTIL PUREE:

100 g red lentils
1 tsp fresh ginger, grated
150 ml coconut milk
½ tsp Herbamare® Spicy
½–1 tsp curry powder, hot
¼ tsp turmeric powder
½ lime
1 tbsp groundnut oil

- 1 Cut the chilli lengthways, deseed and chop. With a pestle and mortar, work into a paste with shallots, garlic, ginger, pepper, soy sauce and oil. Mix with the prawns. Lightly crush the lemongrass, make a pointed end and skewer the prawns. Leave to marinate in the refrigerator for at least 1 hour.
- 2 For the puree, wash the lentils and leave to drain. Cover with 200 ml cold water. Add ginger and bring to the boil. Lower the heat and leave to simmer until all the liquid has been absorbed. Mix the coconut milk, Herbamare, curry powder and turmeric. Bring to the boil and then remove the pan from the heat. Add grated peel and lime juice. Puree well in a blender. Add hot water if a thinner consistency is needed. Finally, add the oil with the machine still running.
- 3 Briefly cook the prawns on both sides under the grill or in a pan.
- 4 Warm the lentil puree slightly and serve with the kebabs.

Prawn Kebabs: per portion approx. 26 g protein,

3 g fat, 4 g carbohydrate, 617 kJ/149 kcal

low calorie, gluten free, lactose free

Lentil Puree: per portion approx. 7 g protein, 9 g fat,

16 g carbohydrate, 696 kJ/165 kcal

low calorie, cholesterol free, gluten free, lactose free

TIP The lentil puree can be eaten cold as a dip or as a spread for bread. Monkfish fillets, scallops or calamari can also be used in this recipe. Firm fleshed fish such as halibut, swordfish or tuna fish steaks can be marinated with only 1 stem of prepared lemongrass and grilled in one piece on both sides in the pan with 1 tbsp groundnut oil for 2 to 3 minutes.



Lemon Bean Sauce:

Preparation time approx. 20 minutes

+ soaking overnight

+ 90 minutes cooking time

Zander Fillets:

Preparation time approx. 20 minutes

Zander Fillets with Lemon Bean Sauce

INGREDIENTS

Serves 4

LEMON BEAN SAUCE:

100 g dried white beans

1 clove

3–4 kaffir lime leaves, according to taste

1 unwaxed lemon

½ Plantaforce® vegetable bouillon cube*

1 tsp mustard, moderate strength

1 tbsp lemon olive oil (see page 20)

4 zander fillets of approx. 130 g

Herbamare® Original

Kelpamare®*** seasoning or soy sauce

Freshly ground pepper

3 tbsp semolina

Olive oil for frying

*not available in CA/UK

**not available in CA

- 1 The day before: for the bean sauce, soak the beans, clove and lime leaves in approx. ½ litre of cold water overnight (12 hours).
- 2 On the day of preparation: gently cook the beans, covered, in the soaking liquid together with the clove and lime leaves for about 90 minutes. Remove the seasonings and drain the beans in a sieve, retaining the cooking liquid. Zest ¼ of a lemon and squeeze 1 tbsp of lemon juice. Finely puree the beans, crumbled Plantaforce cube*, mustard and 100 ml of the cooking liquid in a blender or in the mixing bowl of a food processor. Add sufficient cooking liquid to give desired consistency. Finally work in the oil with the machine still running.
- 3 Sprinkle the fish fillets with a little lemon juice and season. Fold in half, and coat in semolina. Fry in oil over a good heat on both sides for 2 to 3 minutes.
- 4 Gently heat the lemon bean sauce. Cut the rest of the lemon into slices and serve with the fish fillets and the sauce.

Lemon Bean Sauce: per portion approx. 6 g protein,

2 g fat, 13 g carbohydrate, 373 kJ/90 kcal

low calorie, cholesterol free, gluten free, lactose free

Zander Fillets: per portion approx. 25 g protein, 2 g

fat, 3 g carbohydrate, 566 kJ/134 kcal

low calorie, lactose free

TIP The lemon bean sauce can be used as a dip or as a spread for bread if less cooking liquid is added. Semolina, whether made from spelt or wheat, is splendid as a light coating in place of breadcrumbs.



Preparation time approx. 50 minutes
+ 10 minutes baking time

INGREDIENTS

Serves 4

ORANGE NUT CRUST:

75 g walnuts
½ unwaxed orange
1 tsp runny honey
3–4 sprigs of marjoram
½ tbsp walnut oil
Kelpamare® seasoning or soy sauce
Herbamare® Original
Freshly ground pepper
8 monkfish fillets of 80 g
1 tbsp olive oil for frying

PEA AND NUT PUREE:

20 g shelled almonds, pine nuts and shelled pistachios
200 ml milk
1 Plantaforce® vegetable bouillon cube**
Nutmeg, freshly grated
500 g green peas, fresh or frozen
2 tsp lemon olive oil (see page 20)

*not available in CA

**not available in CA/UK

Monkfish with Pea and Nut Puree

- 1 For the orange and nut crust, toast the nuts in a non-stick frying pan with no added fat. Add grated orange peel together with honey and marjoram and grind in the blender. Work to a paste with the oil and approx. 1 tbsp orange juice and season to taste with Kelpamare®, Herbamare and pepper. Marinate the fish in the remaining orange juice.
- 2 For the pea puree, set aside the almonds, a few pine nuts and pistachios as a garnish and toast the rest in a non-stick frying pan without any fat until golden brown. Ground these finely.
- 3 Bring the milk with the Plantaforce cube** and nutmeg to the boil. Pour boiling water over the frozen peas and leave to drain. Add to milk. If using fresh peas add immediately and leave to cook for 6 to 8 minutes with the lid off. Puree finely. Add ground nuts and mix well. Season well with Herbamare and pepper and add flavour with the oil. Heat gently. Scatter over the nuts that were set aside. Keep warm.
- 4 Preheat the oven to 200 °C. Pat the fish dry. Put the oil into a gratin dish, turn the fish in it and spread out in the dish. Spread orange and nut mixture over the fish. Bake in the centre of the oven for 8 to 10 minutes.

Per portion approx. 41 g protein, 26 g fat,
22 g carbohydrate, 2025 kJ/484 kcal
low calorie, gluten free

TIP Monkfish can be replaced with zander or flounder fillets. Fold these in half before the nut mixture is divided between them. The slightly sweet pea puree also makes a good accompaniment to poultry or grains.



Preparation time approx. 30 minutes
+ 20 minutes cooking time

INGREDIENTS

Serves 4

4 ready prepared char or trout at approx. 300 g
1 unwaxed lemon
100 g mushrooms
300 g tomatoes
150 g carrots
2 sprigs each of flat leaf parsley and tarragon
1 sprig of rosemary
½ tsp Herbamare® Original
Freshly ground pepper
4 bay leaves
100 ml white wine or alcohol free cider
Aluminium foil

Char in foil

- 1 Wash the fish in cold water and pat dry. Finely grate lemon peel into a dish. Squeeze the lemon juice. Sprinkle the fish inside and out with the juice. Prepare 4 large pieces of aluminium foil.
- 2 Dice the mushrooms and tomatoes. Cut the carrots into matchsticks. Roughly chop the parsley and tarragon and finely chop the rosemary needles. Mix everything in the bowl with the lemon peel, Herbamare and pepper. Divide half the mixture between the pieces of foil, placing in the centre.
- 3 Season the fish inside and out with Herbamare and lay on top of vegetables. Pile the rest of the vegetables and bay leaf over the fish. Add the white wine. Seal the foil tightly. Preheat in oven to 200 °C.
- 4 Cook the foil parcels on a baking sheet in the centre of the oven for 15 to 20 minutes.

Serve in the foil parcels. Serve with rice.

Per portion without rice approx. 41 g protein,
6 g fat, 7 g carbohydrate, 1091 kJ/261 kcal
low calorie, gluten free, lactose free

TIP This meal can be prepared using 150 g to 200 g portions of fish fillets, the cooking time in the oven then being reduced to 8 to 10 minutes followed by 3 to 4 minutes resting on warmed plates. Prepare each portion in its own foil parcel. Connoisseurs believe that wild-caught sea char is the most delicate freshwater fish of all. Its flesh is really soft and tasty.



Preparation time approx. 30 minutes

+ 2 hours marinating

+ 15 minutes cooking time

Sea Bream

South American Style

INGREDIENTS

Serves 4

Preparation in the steamer

4 ready prepared sea bream of approx. 300 g

2 limes

1–2 red chillies

1 garlic clove, crushed

2–3 shallots

1 piece of ginger, thumb size

Small handful of coriander

100 ml sweet sherry or apple cider

200 ml fish stock

1 tsp cornflour

Herbamare® Original

Freshly ground pepper

A little groundnut oil for the cooking dish

- 1 Wash the fish in cold water and pat dry. Make 3, approx. 1 cm deep incisions on each side of the fish. Squeeze the lime juice, retaining the peel. Deseed the chillies and chop finely. Add to lime juice with the garlic. Rub the fish well with the mixture and leave to cool in the refrigerator for 2 hours.
- 2 Drain the fish and put into an oiled perforated cooking dish. Quarter the limes and shallots and cut the ginger into slices. Put into an unperforated cooking dish with the coriander sprigs and the marinade which was set aside.
- 3 Prepare the steamer according to instructions at a temperature of 100 °C. With the unperforated dish below, place the fish in the perforated container above it. Cook for 15 minutes. Keep fish warm.
- 4 Sieve the liquid out of the unperforated container into a small saucepan. Cook to one third of volume with sherry and stock. Stir cornflour with a small amount of cold water, add and cook until the sauce starts to thicken. Season to taste and serve with the fish.

Dry rice (not polished perfumed rice), bananas cooked in sesame or groundnut oil and sweet potatoes all make good accompaniments.

Per portion without accompaniment approx. 36 g protein, 1 g fat, 6 g carbohydrate, 858 kJ/205 kcal

low calorie, gluten free, lactose free

TIP The alcohol evaporates almost completely during cooking. If you do not have a steamer, you can cook the fish together with seasoning and marinade in an aluminium foil parcel in the oven at 200 °C for 25 minutes. Other wild-caught sea fish such as sea bass, sea grayling, john dory and mackerel can also be used in this recipe. According to size, the preparation time should only be a few minutes longer.



Preparation time approx. 30 minutes
+ 15 minutes baking time

INGREDIENTS

Serves 2

FILLING:

¼ tbsp aniseed
1 egg
2 tbsp cream
½ tsp Herbamare® Original

1 shallot
75 g celeriac
25 g black olives, pitted
250 g fennel
Pinch saffron threads
½ tbsp olive oil
½ tbsp lemon olive oil (see page 20)
1 portion focaccia dough (see page 66)
250 g tomatoes
Freshly ground pepper
100 g buffalo mozzarella
50 g Roquefort or other blue cheese, diced

Fennel Pizza

- 1 For the filling, crush the fennel seeds with pestle and mortar and whisk with other ingredients.
- 2 Cut the shallots, celeriac and olives into thin strips and cut the fennel into 3 mm thick slices. Mix all these together with saffron threads and oil in a bowl.
- 3 Shape the dough into 2 thin, round pieces approx. 25 cm in diameter or to a rectangle approx. 35 x 25 cm. Form an edge and lay on baking parchment.
- 4 Preheat the baking sheet in the oven at 250 °C. Cut the tomatoes into thin slices and spread out on the dough. Spread the vegetables and fennel over it. Season with pepper and Herbamare. Cut the mozzarella into small pieces, crumble along with the Roquefort and add to bowl with remainder of oil. Put baking parchment with the pizza on to baking sheet into the centre of the oven and bake for 5 minutes.
- 5 Spread filling over the top and bake for a further 8 to 10 minutes.

Per portion approx. 31 g protein, 34 g fat,
60 g carbohydrate, 2885 kJ/683 kcal

TIP If in a hurry, you can use 450 g ready prepared pizza base. Tuna fish can also be used. Mix in 300 g drained tuna fish from a tin into the filling. Buy a good quality tuna as tinned versions do vary. Do not make a false economy.



Preparation time approx. 30 minutes
+ 30 minutes cooking time
+ 30 minutes baking time

INGREDIENTS

Serves 4

For one 28 cm baking tin

1 portion cheese and olive oil dough
(see page 75)
800 g pumpkin or butternut squash, peeled
½ tsp aniseed
½ tsp black mustard seeds
1 tsp coriander seeds
1 tsp Herbamare® Original
2 tbsp pumpkin seeds
2 tbsp buckwheat, whole seeds, roasted
100 g cooked, peeled chestnuts
1 tbsp walnut oil
1 tbsp lemon olive oil (see page 20)
200 g smoked salmon, in thin slices

FILLING:

1 large egg
100 g crème fraîche
A pinch of saffron threads
Herbamare® Original
Freshly ground pepper

Pumpkin and Chestnut Quiche with Salmon

- 1 Line the baking tin with rolled out dough and give it an edge. Prick the dough well with a fork and put into the refrigerator for 30 minutes. Whisk together all the ingredients for the filling and season to taste.
- 2 Preheat the oven to 180 °C. Dice the pumpkin into approx. 2 cm large pieces. Finely crush the aniseed, mustard, coriander and Herbamare in the mortar. Add to the pumpkin seeds, buckwheat seeds, chestnuts and the oils and mix well. Cook until soft on a baking sheet or in a large gratin dish in the centre of the oven for about 30 minutes. Remove from the oven and leave to cool slightly.
- 3 Mash the chestnut with a fork. Cut the salmon into strips. Mix with pumpkin and filling and spread over the dough. Bake at 180 °C for 25 to 30 minutes.

Serve with a green salad.

Per portion approx. 28 g protein, 48 g fat,
39 g carbohydrate, 2958 kJ/707 kcal

TIP Fish is very healthy, in particular fatty fish such as salmon. This is due to its high content of omega-3 fatty acids and easily digested protein. With fish, less is better but it must be of the best quality. In the case of salmon, this means wild-caught salmon or if farmed, then from organic aquacultures where the fish are healthier and kept on the move.



Brussels Sprout Leaves with Apricots

Preparation time approx. 45 minutes

INGREDIENTS

Serves 4 as a side dish and 2 as a main meal

500 g Brussels sprouts

Sea salt

50 g dried apricots, sulphur free

2 tbsp olive oil

2 tbsp cranberries, from a jar

Herbamare® Original

Freshly ground pepper

Nutmeg, freshly grated

- 1** Separate the Brussels sprouts' leaves. Cut the stem several times and remove as many leaves as possible. Quarter the rest of the head. Blanch for 2 minutes in portion size pieces in lots of salted water. Rinse in iced water and leave to drain.
- 2** Cut the apricots into small dice. Cook in the oil. Add Brussels sprouts and cranberries. Keep turning over until everything is hot. Season with Herbamare, pepper and nutmeg.

Per portion as a side dish approx. 7 g protein,

3 g fat, 18 g carbohydrate, 534 kJ/128 kcal

low calorie, cholesterol free, gluten free,

lactose free

TIP Serve as a main meal with lamb chop or venison cutlets. The combination of herb (sprouts) and sweet (fruit) is a good one and lends itself well to other types of cabbage such as white, red or pak choi. Raisins can be used instead of apricots and put in rosewater.



Preparation time approx. 20 minutes

INGREDIENTS

Serves 4 as a side dish

350 g white chicory (Belgian endives)
200 g red chicory, trevisano or radicchio rosso
¼ Plantaforce® vegetable bouillon cube*
50 ml boiling water
4 tbsp buckwheat, whole seeds, roasted
3 tbsp rapeseed oil
2 tbsp raspberry vinegar (see page 21)
Herbamare® Original
Freshly ground pepper

*not available in CA/UK

Chicory Vegetables

- 1 Cut the white and red chicory diagonally into 3 to 4 cm pieces, removing the hard parts from the stem. Dissolve the Plantaforce cube in water.
- 2 Roast the buckwheat in 1 tbsp oil in a frying pan, stirring continuously, until golden brown. Set aside.
- 3 Heat the rest of the oil in a large frying pan. Add the chicory and cook over a good heat, turning all the time until the vegetables wilt. Add the vegetable stock and vinegar. Cook briefly. Season to taste with Herbamare and pepper.

Serve and sprinkle with the buckwheat.

Per portion as a side dish approx. 2 g protein,
4 g fat, 6 g carbohydrate, 283 kJ/68 kcal
low calorie, cholesterol free, gluten free, lactose
free

TIP Buckwheat seeds roasted in oil or butter impart a delicate, nutty flavour to other vegetables or potatoes. According to Alfred Vogel, buckwheat has the same beneficial effect on raised blood pressure as brown rice, particularly in relation to salt free and protein free preparations. The bitter substances in chicory and trevisano have a beneficial effect on liver activity.





Desserts





FLOUR/PASTRY Freshly baked wholemeal dough with raw cane sugar, homemade and without trans-fatty acids, stabilisers and other unwanted additives, not only is healthier but also tastes healthier than ready-made dough from white flour and crystallized sugar. What is more, this dough is quickly and easily made.

Basic recipe for wholemeal shortcrust pastry Mix 200 g wholemeal flour with 50 g raw cane sugar and a pinch of sea salt. Whisk together 1 small egg, 1 tsp cider vinegar and 1 tbsp water, add with 70 g diced cold butter to the flour mixture, and mix everything to a dough with the fingertips or the dough hook of a food processor. Wrap in clingfilm and leave to rest for 30 minutes in the refrigerator. The dough can be used in the recipe for 'fig tart' and 'date and mocha tartlet'. Naturally it can also be used in the making of other sweet and fruit products. The measurements are based on a baking tin 20 cm in diameter. For a 28 cm baking tin you will need 1 ½ times the amount.

YOGURT AND OTHER DAIRY PRODUCTS Many people cannot tolerate milk due to the lactose. It is not the same with yogurt. This is because yogurt cultures form large quantities of the enzyme lactase that breaks down lactose. On the one hand, it helps the stomach to break down lactose and on the other aids the absorption of nutrients and minerals such as calcium. In general, this soured milk product from the Middle East is an excellent promoter and restorative for the digestive system and for the formation of healthy intestinal flora. This is due to the

lactic acid bacteria which are found mainly in fresh yogurt.

There is nothing fresher than homemade, and you can guarantee there are no artificial additives. To make it yourself you will need a growing medium (dextrose) and live, natural lactic acid bacteria as a 'starter culture' to set the souring process of the milk in motion. Stirring such an enzyme or 'Vital-Ferment' into the milk leads to the production of lactic acid, whereby a part of the lactose in lactic acid changes. The milk protein coagulates and the milk thickens. According to the type of lactic acid bacteria used, you can make natural yogurt in this way as well as yogurt L+ (with dextrorotatory lactic acid), probiotic yogurt, cream yogurt, sour milk, kefir, fresh cheese or quark at home. A wide range of dairy products can be made with A.Vogel Vital-Ferment* (starter cultures and equipment).

It is not easy to tell which milk will be successful, as anything is possible from fresh untreated milk to milk made from milk powder. If you do not wish to use cow's milk, you can just as well use sheep, goat, buffalo, rice or soya milk according to the type of enzyme. It is important to reach the correct temperature according to the desired fermentation process (between 20° and 42 °C) and to allow the dairy products to ferment for 5 to 11 hours in a special yogurt maker or in glasses in a polystyrene box, before finally being left to mature in the refrigerator.

EXOTIC FRUITS These are the crown jewels of nature's cooking treasures and play a great role in healthy nutrition. Most exotic fruits deliver vital substances and energy in a concentrated form, e.g. mangos, bananas, cherimoya or durian fruit. Some are a balm for the nerves and help provide a good sleep, e.g. passion



fruits and bananas. Others such as papaya, kiwis and grapefruits can help with slimming. Many others, such as melons, pineapples, cactus figs or figs boost digestion and much more.

To get the most enjoyment from them, you must examine them closely when buying to choose the ripe ones out of all the many unripe exotic fruits. In the case of passionfruit, for example, the wrinkly skin is a sign of sweetness and ripeness; with kiwi and papaya, yielding under light pressure; and with melon, the smell. In pineapples, it is when the leaves can easily be pulled away from the leafy crown and a small leaf crown is a sign of intense flavour, as is pronounced scales on the exterior. Since the mango is more difficult, and the colour is no indication of ripeness, it is best to buy these from a reputable store.

Pomegranates travel well so you are most likely to enjoy juicy seeds.

The versatile, vitamin and mineral rich durian fruit is, next to papaya, Alfred Vogel's favourite exotic fruit, and is still used in his muesli today. The stinking fruit, the name also given to durian is, for him, the food that "gives the power

to achieve extraordinary things". Although its smell is far from being the finest, its taste is excellent which is why the ripe fresh fruit should be consumed as often as possible but also as soon after harvesting as possible.

SUGAR AND HONEY When it comes to sweet things Alfred Vogel was in favour of nutritious natural sugars and other "perfect" sweeteners such as honey, glucose, maple syrup and dried fruits. Raw cane sugar contains "a complete mixture of mineral components such as calcium carbonate, fluorine,

magnesium, manganese, iron, silicic acid, phosphorus etc.", though not as much as natural sugar, whereas white sugar has none of these and is in Alfred Vogel's eyes, like white flour and white rice, a 'denatured experience' that only leads to tooth decay and other diseases of civilisation.

Honey is, by comparison, a tried and tested, highly nutritious foodstuff and a medicinal remedy. With the various sources of gathered flower nectar, there comes a variation in colour, consistency and flavour of honey with the result that there are innumerable different nuances. It is important however that the nectar does not originate from flowers in over-fertilised meadows or that are in the vicinity of very busy roads. To make solid honey runny again, place in a bain-marie up to a maximum of 45 °C. Higher temperatures will result in loss of valuable ingredients which is why it is better to be used to enhance salad sauces, sweets made with muesli, sour fruits, desserts or simply spread on a wholemeal slice of bread and butter rather than in baking and cooking.

*not available in CA/SA/UK



Dandelion Honey:

Preparation time approx. 60 minutes

+ overnight resting

Dandelion Parfait:

Preparation time approx. 30 minutes

+ time to cool

Dandelion Honey Dandelion Parfait

INGREDIENTS

Makes 750 g honey and

450 g parfait

HONEY:

150 g dandelion flowers (only the plucked
yellow petals)

1 litre water

1 lemon

1 kg raw cane sugar

PARFAIT:

400 ml white wine or white sparkling grape
juice

125 g butter

3 egg yolks

100 g dandelion honey

¼ unwaxed lemon

- 1 The day before: for the dandelion honey, briefly cook the flower petals in the water and leave to stew overnight, covered.
- 2 On day of preparation: drain the liquid. Peel the lemons, cut into slices and add the sugar. Heat and cook to one third of the volume until the mixture becomes syrupy. Test: take out a little of the mixture on a tablespoon, cool. It should be viscous. Sieve the honey into glasses, seal and leave to cool.
- 3 For the parfait, open the wine and cook down to 200 ml. Remove from the stove. Mix the pieces of butter and egg yolk gradually into the hot liquid. Finally mix in the dandelion honey and grate in the lemon peel. Leave to cool in the refrigerator and then put into an ice cream maker.

Dandelion Honey per 100 g approx. <1 g protein,
<1 g fat, 132 g carbohydrate, 2260 kJ/540 kcal
cholesterol free, gluten free, lactose free

Dandelion Parfait per 100 g approx. 3 g protein,
28 g fat, 30 g carbohydrate, 1600 kJ/369 kcal
gluten free

TIP The rest of the Dandelion Honey can be used as a spread for bread or to sweeten and flavour muesli and desserts. If well sealed, the jars can be kept for about a year. If you do not have an ice cream maker put the mixture into a flat container in the freezer and stir every 15 minutes with a fork until the parfait is frozen. The alcohol is almost completely absorbed during cooking.



Preparation time approx. 45 minutes
+ cooling time

INGREDIENTS

Serves 4

PARFAIT:

1 apple, approx. 150 g
½ lemon
50 g raw cane sugar
2 tbsp water
1 sprig of rosemary
30 g runny honey
180 g natural yogurt (see Tip)

1 apple, approx. 150 g
50 ml apple juice
A few rosemary needles

Apple Parfait with Steamed Apples

- 1 For the parfait, peel the apple and cut into slices. Cook, covered, to a pulp with the juice of the lemon, sugar, water and rosemary. Remove the rosemary. Puree and leave to cool. Mix in the yogurt and honey. Put into an ice cream maker.
- 2 Peel the apple and remove the core. Cut the apple into 4 slices. Gently cook along with rosemary needles in the apple juice until just soft.
- 3 Turn the apple slices on to the plates. Top with parfait and garnish with rosemary.

*not available in CA/SA/UK

Per portion approx. 2 g protein, 2 g fat,
30 g carbohydrate, 627 kJ/150 kcal
low calorie, cholesterol free, gluten free

TIP If you do not have an ice cream maker, put into a flat container in the freezer and stir with a fork every 15 minutes until the parfait is frozen. Yogurt can be homemade using A.Vogel Vital-Ferment 'Crème-Joghurt'^{†*}.



Marinated Pineapple with Honey Yogurt

Preparation time approx. 35 minutes

+ 3 to 4 hours marinating

INGREDIENTS

Serves 4

1 pineapple, approx. 600 g

½ vanilla pod

½ lime

½ fresh ginger, grated

50 ml water

50 g raw cane sugar

HONEY YOGURT:

80 g quark

240 g natural yogurt (see Tip)

40 g runny honey

50 ml full cream

20 g whole almonds

- 1 Peel the pineapple, cut in half lengthways and cut out the core. Dice the pineapple. Halve the vanilla pod lengthways and scrape out the seeds. Squeeze the lime and mix the juice with ginger and water.
- 2 Caramelize the sugar over a moderate heat in a wide stainless steel casserole dish until hazelnut brown in colour, not stirring until the sugar melts. Remove the casserole dish from the stove, add the lime mixture. (Be careful, the mixture will be very hot!). Add the vanilla seeds and pod and stir over a low heat until the caramel is completely dissolved. Mix in the pineapple. Leave to marinate, covered, for 3 to 4 hours at room temperature. Remove the vanilla pod.
- 3 Mix the quark, yogurt and honey well. Beat the cream until stiff and fold into the mixture. Roughly chop the almonds and scatter over.
- 4 Serve the pineapple with the yogurt.

*not available in CA/SA/UK

Pineapples: per portion approx. <1 g protein, <1 g fat,
26 g carbohydrate, 455 kJ/109 kcal

Low calorie, cholesterol free, gluten free, lactose free

Honey Yogurt: per portion approx. 6 g protein, 12 g fat,
13 g carbohydrate, 768 kJ/183 kcal

low calorie, gluten free

TIP Pineapples are low in calories and contain an enzyme, bromelain, which breaks down protein and aids the digestive system. For a more intense taste, use baby pineapples. You will need 3 for this recipe. If using pineapples from a tin, use the juice instead of water. Yogurt can be homemade using A.Vogel Vital-Ferment 'Crème-Joghurt'*.



Preparation time approx. 50 minutes
+ 15 minutes grilling

INGREDIENTS

Serves 4

500 ml water
2 tbsp Bambu® Instant*
2 tbsp raw cane sugar
4 pears of about 150 g, not too ripe

FILLING:

50 g fresh cheese (see Tip)
1 tbsp Bambu® Instant*
¼ tsp cinnamon powder
50 g crystallised ginger

MERINGUE:

1 tbsp butter
1 egg white
Pinch of sea salt
1 tbsp raw cane sugar
1 tbsp light spelt flour
1 egg yolk

* Bambu® Instant Organic (CA)

Grilled Pears

- 1 Bring the water, Bambu and sugar to the boil. Peel the pears, halve and core. Cook in the Bambu stock until al dente. Take out 4 pear halves and put into a gratin dish. Cook the rest of the pears until quite soft.
- 2 For the filling, mix the cheese with Bambu and cinnamon. Chop the ginger and add to mixture. Fill the al dente pear halves with the ginger mixture and pour over some of the Bambu stock. Preheat the oven to 175 °C.
- 3 For the meringue, melt the butter, and leave to cool a little. Beat the egg white with the salt until halfway stiff. Add sugar and beat once more until the mixture is stiff. Add flour and stir in the yolk with the butter. Divide the meringue between the pear halves and bake in the centre of the oven for about 15 minutes until golden.
- 4 Meanwhile puree the rest of the pear halves with 100 ml of Bambu stock to make a sauce. Divide between 4 dessert plates and place the grilled pears on top.

Serve warm or cold.

Per portion approx. 3 g protein, 9 g fat,
24 g carbohydrate, 789 kJ/188 kcal
low calorie

TIP This sophisticated dessert also works well with apples. The choice of cheese is important to its success. Do not use quark or ricotta, but cheese such as Philadelphia or Gervais. Bambu lends a surprisingly earthy coffee flavour to this dish, giving a wonderful contrast to the lightness of the grilled pears.



Preparation time approx. 30 minutes
+ 30 minutes baking time

INGREDIENTS

Serves 4 as a dessert

250 g stale bread (semi white or brown)
500 ml milk
50 g hazelnuts
1 unwaxed lemon
3–4 sprigs of lemon balm and basil
2 egg yolks
180 g crème fraîche
50 g raw cane sugar
½ tsp cinnamon
2 egg whites
Pinch sea salt
500 g gooseberries

Butter for the dish

Gooseberry Soufflé

- 1 Cut the bread into cubes. Bring the milk to the boil, pour over the bread and leave to soak a little. Press through a coarse sieve or puree.
- 2 Roughly chop the nuts and roast in a non-stick frying pan with no fat until golden brown. Grate the lemon peel and squeeze the juice. Cut the lemon balm and basil leaves into thin strips. Whisk together the rest of the ingredients up to and including the cinnamon. Whisk everything together and add the bread mixture.
- 3 Preheat the oven to 200 °C. Beat the egg whites with the salt until stiff, and fold in together with all the gooseberries. Pour into a buttered soufflé dish. Bake in the lower part of the oven for approx. 30 minutes.

Per portion approx. 17 g protein, 33 g fat,
63 g carbohydrate, 2572 kJ/615 kcal

TIP This soufflé also works well with grapes or other berries. Before American gooseberry mildew spread in Europe, gooseberries were the most popular of garden berries. Now there are new robust varieties on the market. Their pleasantly sour sweetness comes to the fore when cooked in chutney, jam, fruit pudding and compote or in baking or desserts from the oven. They also go well with fatty fish such as mackerel and poultry, e.g. duck.



Biscuits:

Preparation time approx. 30 minutes

+ soaking overnight

Berry Compote:

Preparation time approx. 20 minutes

INGREDIENTS

Compote serves 4

Makes 40 biscuits

ST.GALLEN BISCUITS:

50 g butter

70 g raw cane sugar

50 g millet flakes

¼ unwaxed lemon

1 tbsp light spelt flour

1 tbsp egg, whisked

Pinch of sea salt

Pinch of cardamom powder

COMPOTE:

400 g berries: strawberries, blackberries,
blackcurrants and raspberries

2 tbsp raw cane sugar

2 tbsp water

Berry Compote with St.Gallen Biscuits

- 1 On day before: melt the butter for the biscuits. Add the sugar and millet flakes, mix well and leave overnight, covered, at room temperature to swell.
- 2 On day of preparation: grate the lemon peel and add to the millet mixture together with the flour. Stir together the egg, salt and cardamom and mix in. Preheat the oven to 250 °C.
- 3 From the mixture form 9 small heaps of approx. ½ tsp each and set apart from each other on baking parchment on a baking tray. Bake in the centre of the oven for approx. 2 ½ minutes until the edges start to turn brown. Remove the paper from the tray, leave to stand for a short time until the biscuits are firm. Loosen with a spatula.
- 4 Quarter the strawberries and put in a bowl with the other berries. Bring the sugar and water with approx. 2 tbsp of each type of berry to the boil. Puree and press through a sieve. Mix with the rest of the berries and put in the refrigerator to cool until ready to serve.

Serve the compote with the St.Gallen biscuits.

Biscuits: per biscuit approx. <1 g protein, <1 g fat,
<1 g carbohydrate, 23 kJ/5 kcal

low calorie

Compote: per portion approx. 1 g protein, <1 g fat,
10 g carbohydrate, 202 kJ/48 kcal

low calorie, cholesterol free, gluten free, lactose free

TIP When the biscuits are still hot they can be made into round shapes of equal size using the edge of an upturned water glass. Alfred Vogel was a great lover of red berries as even the sourest of them (with the exception of cranberries) are alkaline forming, liver friendly and rich in vitamins and minerals. These berries also contain the important antioxidant ellagic acid.



Preparation time approx. 25 minutes
+ 35 minutes cooking time

INGREDIENTS

Serves 4

50 g butter
100 g runny honey
2 small eggs
100 g light spelt flour
½ tsp phosphate-free baking powder
25 g ground almonds
150 g blueberries, raspberries or other berries
1 tbsp raw cane sugar
2 tbsp water

Butter for the soufflé dishes

Berry Soufflé with Berry Coulis

- 1** Melt the butter and honey in a bain-marie. Beat in the eggs. Mix the flour and baking powder and add the almonds. Mix in 50 g berries. Brush the insides of four 100 ml soufflé dishes with butter and pour in the mixture.
- 2** Steam the dishes for 35 minutes (in a steamer at 100 °C or in the steam insert of a pan).
- 3** Bring the rest of the berries to the boil with the sugar and water, puree and press through a sieve.

Serve the soufflés hot, lukewarm or cold with the coulis.

Per portion approx. 9 g protein, 17 g fat,
44 g carbohydrate, 1526 kJ/365 kcal

TIP A soufflé that does not collapse! If you do not have any phosphate-free baking powder to hand, use the equivalent amount of your usual baking powder.



Preparation time approx. 45 minutes

+ 30 minutes cooking time

+ time to cool

INGREDIENTS

Serves 4

300 g pumpkin e.g. Muscade de Provence,
peeled

½ vanilla pod

50 g raw cane sugar

200 ml water

1 cardamom pod, split

2 tsp black sesame seeds according to taste

300 ml milk

100 g coarse polenta

1 tsp fresh ginger, grated

Butter for the ramekins

Pumpkin Pudding

- 1 Cut the pumpkin into large cubes. Halve the vanilla pod lengthwise and scrape out the seeds. Caramelise the sugar in a stainless steel casserole over a moderate heat until hazelnut brown in colour, only stirring for the first time once the sugar has melted. Remove the casserole from the heat and add the water. (Be careful, the mixture will be very hot!). Add the vanilla seeds and pod along with the cardamom and stir over a low heat until the caramel has completely dissolved.
- 2 Add the pumpkin cubes and leave to cook, covered, for 2 to 3 minutes until they are cooked but still retain their bite. Remove half of the pumpkin cubes from the liquid and mix with the sesame seeds and set aside, covered. Cook the rest of the pumpkin, with the lid on, until it breaks down. Mash in the pan with a fork. Remove the vanilla pod and cardamom.
- 3 Add the milk and bring to the boil. Leave the coarse polenta to break up on a low heat, stirring constantly until it becomes a thick puree. Add the ginger. Brush the insides of four approx. 120 ml ramekins with butter and fill with the mixture. Leave, covered, to cool. Store in the refrigerator until ready to serve.
- 4 Plunge the dishes briefly in hot water to release the pudding. Garnish with the pre-prepared cubes of pumpkin.

Per portion approx. 6 g protein, 6 g fat,

39 g carbohydrate, 976 kJ/233 kcal

gluten free

TIP The pudding can also be served warm as a sweet puree. As pumpkin has a rather bland taste, the burning, fresh sharpness of the ginger goes well with it and has a warming effect. At the same time, cardamom with its slightly sharp pungent note is a spice that goes equally well with pumpkin prepared as a sweet or spicy dish. The caramel intensifies the taste experience even more.



Preparation time approx. 25 minutes

+ 40 minutes baking time

+ time to cool

INGREDIENTS

For a baking dish approx. 20 cm in diameter

Serves 8

1 portion of wholemeal shortcrust pastry
(see page 134)

25 g ground hazelnuts

350 g fresh figs (6 large or 12 small)

50 g crystallised ginger

½ lemon

100 ml white wine or white sparkling grape
juice

100 ml Cassis liqueur or syrup

¼ tsp cinnamon powder

2 tbsp raw cane sugar

Icing sugar according to taste.

Fig Tart with Cassis

- 1 Place the rolled out shortcrust pastry in the baking dish, giving it an edge. Prick the pastry base with a fork. Scatter over the hazelnuts. Quarter the figs and divide them out. Preheat the oven to 180 °C.
- 2 Chop the ginger, squeeze the lemon. Heat both with the white wine, Cassis liqueur, cinnamon and sugar and cook down to one third of original amount. Pour over the figs. Bake in the centre of the oven for 35 to 40 minutes.

Leave to cool and sprinkle over icing sugar.

Per portion approx. 5 g protein, 11 g fat,
35 g carbohydrate, 1060 kJ/253 kcal

TIP This tart is naughty but nice and tastes so good. It contains very healthy ingredients, figs, nuts, ginger and Cassis. The alcohol evaporates during cooking and baking. The use of Cassis syrup removes the need to add sugar.



Preparation time approx. 35 minutes

+ 50 minutes baking time

+ time to cool

INGREDIENTS

For a loose bottomed dish of approx. 20 cm

Serves 8

100 g butter, softened

100 g raw cane sugar

1 tsp bourbon vanilla sugar

3 egg yolks

125 g buckwheat flour

75 g ground almonds

1 ½ tsp phosphate-free baking powder

½ tsp cinnamon powder

1 large pear

3 egg whites

Pinch sea salt

FILLING:

150 ml full cream

75 g sea buckthorn pulp

Butter for the dish

Pear and Almond Tart with Sea Buckthorn

- 1 Stir the butter with 50 g sugar until creamy. Stir in the egg yolks. Mix the flour, almonds, baking powder and cinnamon together and add, stirring briefly.
- 2 Brush the tin with the butter. Preheat the oven to 180 °C. Peel the pear, grate coarsely and mix into the dough. Beat the egg whites with the salt until almost stiff, slowly add the rest of the sugar and beat once more until the mixture is stiff. Carefully fold into the dough mixture. Pour into the tin and smooth over. Bake in the centre of the oven for 45 to 50 minutes. Leave to cool.
- 3 For the filling, beat the cream until stiff. Mix in half of the sea buckthorn pulp. Halve the tart and fill with the buckthorn cream. Coat the upper edge with the rest of the buckthorn pulp.

Decorate with the cooked pear halves if desired.

Per slice approx. 7 g protein, 25 g fat,

33 g carbohydrate, 1615 kJ/386 kcal

gluten free

TIP The tart can be baked a day in advance and filled just prior to serving. If phosphate-free baking powder is not available, the equivalent amount of your usual baking powder can be used. Thanks to the cold stirred buckthorn, the tart contains a great deal of vitamin C and when combined with almonds, buckwheat and pears gives a pleasantly rounded and fresh taste.



Preparation time approx. 20 minutes

+ 15 minutes baking time

+ time to cool

INGREDIENTS

Makes 4 approx. 10 cm tarts

1 portion wholemeal shortcrust pastry

(see page 134)

50 g walnuts

150 g dried dates, stoned

50 g dried apricots, sulphur free

100 g mascarpone

50 ml cream

2 tsp Bambu® Instant*

½ tsp cinnamon

1 tsp bourbon vanilla sugar

Icing sugar, according to taste

* Bambu® Instant Organic (CA)

Date and Mocha Tartlets

- 1 Cut 4 circles from the pastry. Prick the bases with a fork. Roughly chop the walnuts, dates and apricots into small pieces. Preheat the oven to 180 °C.
- 2 Mix the mascarpone with cream, Bambu, cinnamon and vanilla sugar. Mix in fruit and nuts. Divide between pastry circles. Bake in the centre of the oven for approx. 15 minutes.

Dust with icing sugar if desired.

Per slice approx. 13 g protein, 38 g fat,

83 g carbohydrate, 3021 kJ/722 kcal

TIP These tarts are a source of energy for athletes. They deliver readily available, slow releasing energy; the apricots and the dates in particular, contain very healthy fruit sugars. Fresh dates are low in calories and are not so sweet as dried. They often have quite a hard skin, which can be peeled off, and they can then be kept for up to three days if stored in a cool place.



Preparation time approx. 30 minutes
+ soaking time: 20 minutes
+ 40 minutes baking time
+ time to cool

INGREDIENTS

Using an approx. 20 cm round loose
bottomed baking tin

Makes 8 pieces

60 g sultanas
75 ml olive oil
1 tbsp hot water
100 g raw cane sugar
Pinch salt
1 large egg
250 g slightly tart apples
½ unwaxed lemon
175 g wholemeal flour
½ tsp cinnamon
1½ tsp phosphate-free baking powder

Icing sugar, according to taste

Apple Cake with Olive Oil

- 1 Soak the sultanas in warm water for approx. 20 minutes. Stir in oil, water, sugar and salt until almost all the sugar has dissolved. Add the egg and beat until mixture is pale and thick in consistency. Peel an apple and remove the core. Add the finely grated apple and lemon peel into the mixture. Add the flour, cinnamon and baking powder and mix well. Add to the egg mixture a tablespoon at a time until mixture forms a stiff dough.
- 2 Preheat the oven to 180 °C. Roughly grate the remaining apples. Mix into the dough with the dried sultanas. Grease the baking tin, fill with the mixture and smooth down. Bake for 30 to 40 minutes in the centre of the oven.
- 3 When cool, dust with icing sugar if desired.

Per piece approx. 4 g protein, 11 g fat,
36 g carbohydrate, 1087 kJ/260 kcal
lactose free

TIP The cake tastes best 2 to 3 days after baking. As a rule, oil and a little water can be used as a substitute for butter. Rapeseed oil is also suited to baking. It has a neutral taste and a low cholesterol content. If phosphate-free baking powder is not readily to hand, the same amount of your usual baking powder can be used.



South Seas Muesli with Papaya

Preparation time approx. 10 minutes
+ 10 minutes soaking time

INGREDIENTS

Serves 4 for breakfast or as a snack

1 small, very ripe papaya, approx. 250 g
1 banana
150 ml water
200 g muesli, e.g. A.Vogel Wholegrain Muesli*
200 ml coconut milk
2 tbsp Bambu® vanilla*
1 tbsp runny honey
4 passionfruit or grenadines

*not available in CA/SA/UK

- 1 Deseed the papaya and peel. Mash half the papaya and the banana with a fork. Add to the muesli mixture with the water and mix. Leave to soak for 10 minutes.
- 2 Whisk the coconut milk with the Bambu vanilla* and honey and add. Cut the remaining half papaya into slices, halve the passionfruit, and spoon out the jelly-like fruit flesh together with the seeds. Mix everything together.

Per portion approx. 7 g protein, 12 g fat,
51 g carbohydrate, 1427 kJ/341 kcal
cholesterol free

TIP Muesli flakes must always be left to soak with water before the dairy products are added as the latter prevents the breakdown of cereal. If yogurt, for example, is used instead of coconut milk then the passionfruit should be eaten separately as it can taste bitter when combined with dairy products.

A.Vogel Muesli* has the advantage that it is a nutritious five flake muesli without crystallised sugar. Durian lactose, raisins, apple pieces and almonds give the sweetness.



Preparation time approx. 30 minutes

+ soaking overnight

+ 25 minutes baking time

+ time to cool

INGREDIENTS

Makes 30 bars

100 g dried apricots, sulphur free

50 g dried stoned dates or dried bananas

1 tbsp Biocarottin Instant*

50 g raw cane sugar

½ tsp cinnamon

Pinch salt

200 ml lukewarm water

30 g almond flakes

30 g pine kernels

30 g sunflower seeds

30 g pumpkin seeds

30 g sesame seeds

80 g butter

250 g muesli, e.g. A.Vogel Wholegrain Muesli**

*not available in CA/SA/UK; see Tip p. 80

**not available in CA/SA/UK

Muesli Bars

- 1** The day before: chop the apricots and dates. Dissolve the Biocarottin*, sugar, cinnamon and salt in the water. Add the fruit and mix together. Leave to soak overnight, covered.
- 2** Do not puree the fruit mixture too finely. Lightly toast the almonds, kernels and seeds in a non-stick frying pan without fat. Remove from the heat, add the butter and melt. Combine the fruit puree and muesli flakes and mix well.
- 3** Preheat the oven to 180 °C. Line a 30 x 35 cm baking tray with baking parchment. Transfer the mixture to the tin and smooth out. Bake in the centre of the oven for 20 to 25 minutes until golden brown. Leave in the baking tray to cool.
- 4** Turn out, remove baking parchment and cut into pieces approx. 3 x 10 cm in size.

Per 100 g 9 g protein, 22 g fat, 46 g carbohydrate,
1741 kJ/416 kcal

TIP Vitamins, vitamins, vitamins! An energy provider par excellence: a snack for both young and old, energy provider for sportsmen and women, brain food during exam time, for stress at school and in work. Pack between layers of baking parchment in an airtight container. They will keep for about 4 weeks.



Drinks







VEGETABLE JUICES

According to Alfred Vogel, the health benefits of raw, vitamin and mineral rich vegetable juices which strengthen the immune system and may protect against cancer, are underrated. Lactic acid fermented vegetable juices are also good for balanced intestinal flora. Vegetable juices are altogether lower in calories and easier to digest than fruit juices. They are best taken during a fasting day and taste excellent, provided one has a flair for delicious combinations. Fennel, apple and lemon are examples of one such mixture that make you want more, or beetroot and orange. Beetroot, carrots and sauerkraut are amongst Alfred Vogel's most popular fruit and vegetables: raw sauerkraut is an excellent source of calcium, carrot juice contains a great deal of natural carotene and beetroot juice is a source of iron and stimulates both the liver and gall bladder. When combined with orange juice it tastes less earthy. Celery juice is especially alkaline forming, stimulates excretion and energises. For best effect it is better not be drunk cold. Also, tomato and carrot juice may protect against skin ageing.

It is best to prepare vegetable juices at home using fresh, unpeeled vegetables with the help of a good juicer with a centrifuge. This means they contain the maximum amount of fibre and guarantee no additives. Kept in dark bottles, the juices can be stored in the refrigerator for up to three days. They can also be frozen.

HERB TEAS Herb teas taste best when self harvested, i.e. collected. It makes sense on warm summer days to harvest herbs for tea and flowers such as



lemon balm, mint, verbena, sage, camomile, golden lemon balm, mallow, fennel seeds, rose flowers, lavender and many others and to dry them in well ventilated areas in order to be prepared for the rest of the year with your own tea mixtures according to different needs. If there is no opportunity to do so, fresh herbs can be obtained

at the market or dried from the delicatessen or from the gourmet grocery store. If using dried herbs, only use half the amount you would use of fresh herbs.

Basic recipe for tea: One of Alfred Vogel's most favourite herb mixtures is an excellent tasting and stimulating herbal tea. It consists of dried leaves from lemon balm, peppermint, raspberries, blackberries and garden strawberries, with small amounts of woodruff as well as blue mallow flowers and cornflowers for colour. For one cup, pour hot, off-the-boil water over a teaspoonful of the herb mixture and leave to infuse for 10 minutes. Other herbal teas can also be prepared in this way.

WILD FRUITS Wild native berries and fruit rate among vitamin rich foodstuffs. So too do rosehips and sea buckthorn which, next to the acerola cherry, contains the highest proportion of vitamin C. The making of cold stirred rosehip pulp, which retains the most vitamins, is so expensive that it is not suitable for home use. The bread spread can be obtained in health stores or at the market. It can also be used for braised meats, dishes of wild game, fruit sauces, spicy vol au vents or sweet and sour baking. The drying of rosehips with seeds and fruit flesh is wearisome. Sea buckthorn is full of vitamins, above all vitamin c, beta carotene and fatty acids. It strengthens the immune system and protects against cancer. The berries are not eaten in their pure form but as a puree. This is easy



to prepare. The berries are crushed or pureed, pressed through a sieve and sweetened, according to taste, with honey. It can be stored in the refrigerator for between 2 to 4 weeks. As well as having health benefits, elderberry, juniper, sloe berries, rowans, hawthorns and other wild fruit also have culinary uses.

NUTS AND DRIED FRUITS Don't be afraid to eat nuts! With the exception of the coconut, they are indeed very high in fat but their high proportion of simple and multiple unsaturated fatty acids makes them so healthy that they help to keep the cholesterol level balanced and even to lower it. Nuts are an extraordinary high source of protein and, thanks to their vitamin and vital substances, are efficient brain and nerve nutrition. Cashew nuts and almonds are well tolerated and, because of this, play a role as healing foods for small children and convalescents. Almond milk is almost as rich in calcium as cow's milk. A propos milk: inside the coconut is a watery, very nutritious, sterile, glucose and mineral rich liquid, that should under no circumstances be thrown away. It should be drunk. Coconut milk, which is indispensable in many Asian recipes, can be made at home by pureeing the white coconut flesh with the same amount of warm water and passing through a muslin. The taste is wonderfully fresh and intense.

Nuts provide an ideal sustaining (snack) food during physical exertion. They give power and energy like no other foodstuff. The protein in nuts develops best when

combined with cereal and legumes. The aroma of nuts improves if they are toasted in a pan without any fat on a low heat shortly before being eaten. They can be flavoured with salt, herb salt, cayenne pepper or paprika according to taste.

Dried fruit, above all dates and figs, are not without their merits. They are also very nutritious due to their high amounts of easily digestible sugar, protein, vitamins and mineral substances. Both taste delicious in salty and warm dishes. Dried dates, figs and other dried fruit contain more calories than fresh fruit.

Figs are a component of Bambu, A.Vogel's soluble fruit and cereal coffee. The coffee-bean-free drink is completely natural. It is made from roasted chicory, wheat, malted barley and acorns and contains natural silicic acid. Bambu is also available in vanilla, cocoa and frappé flavours in some countries.



Preparation time approx. 10 minutes

Two Spicy Lassi

INGREDIENTS

Makes 4 x approx. 200 ml glasses

SPROUTS LASSI:

200 g tomatoes
 50 g lamb's lettuce (field salad)
 50 g sprout mixture e.g. alfalfa, cress, radishes, red clover (see Tip)
 200 ml water
 360 g natural yogurt (see Tip)
 Kelpamare^{®*} seasoning or soy sauce
 1 tsp Trocomare^{®**}

MANGO LASSI:

1 ripe mango, approx. 350 g
 360 g natural yogurt (see Tip)
 1–2 tsp curry powder, hot
 200 ml water

*not available in CA

**not available in CA/UK; use Herbamare[®] spicy

***not available in SA

****not available in CA/SA/UK

Sprouts Lassi: Dice the tomatoes, coarsely chop the lamb's lettuce. Puree with the sprouts and water, mix in the yogurt, add spicy seasoning.

Mango Lassi: Peel the mango, cut small pieces of fruit from the stone (approx 220 g). Puree with the rest of the ingredients.

Sprouts Lassi: per glass approx. 5 g protein, 4 g fat, 6 g carbohydrate, 318 kJ/76 kcal

low calorie, gluten free

Mango Lassi: per glass approx. 4 g protein, 4 g fat, 12 g carbohydrate, 408 kJ/98 kcal

gluten free

TIP Lassis are refreshing, cooling and healthy thirst quenchers in Ayurvedic cuisine. They can be either salty or sweet on a base of yogurt, pureed according to taste with water or with 200 – 250 g fruit flesh or vegetables. You can grow sprouts yourself using the A.Vogel BioSnacky^{***} sprouting seeds and make yogurt with A.Vogel Vital-Ferment 'Crème Joghurt'^{****}.



Preparation time approx. 5 minutes

INGREDIENTS

Makes 4 x approx. 200 ml glasses

GREEN POWER:

4 large oranges, peeled
400 g celery, in pieces
4 whole stems of lemongrass
½ banana

BERRY POWER:

400 ml carrot juice
300 ml pineapple juice
200 g strawberries
1 tbsp Molkosan® Vitality*

MINT POWER:

200 ml pear or apple juice
200 ml apricot nectar
1 tbsp Molkosan® Vitality*
400 ml peppermint tea, cold

*not available in SA

Three Power Drinks

Green Power: prepare all ingredients in a juicer

Berry Power: combine all the ingredients

Mint Power: combine all the ingredients

Green Power: per glass approx. 2 g protein,
<1 g fat, 24 g carbohydrate, 461 kJ/110 kcal
Berry Power: per glass approx. 2 g protein,
<1 g fat, 20 g carbohydrate, 383 kJ/92 kcal
Mint Power: per glass approx. <1 g protein,
0 g fat, 14 g carbohydrate, 256 kJ/61 kcal
cholesterol free, gluten free, lactose free

TIP Other vitamin rich drinks can be made using the juicer from apple, cucumbers, fennel and sprouts or from tomatoes, peppers, carrots and parsley.



Sea Buckthorn and Banana Smoothie

Preparation time approx. 5 minutes

INGREDIENTS

Makes 4 x approx. 200 ml glasses

SEA BUCKTHORN SMOOTHIE:

360 g kefir (see Tip)
100 g sea buckthorn pulp
2 tbsp runny honey
2 tbsp Bambu® Kakao*
300 ml cold water
4 sprigs of lemon balm, as a garnish

BANANA SMOOTHIE:

2 bananas, approx. 240 g
60 g dried dates, stoned
1 tbsp grated coconut
300 ml coconut milk
¼ tsp cinnamon powder
200 ml cold water

*not available in CA/SA/UK

Sea Buckthorn Smoothie: mix all the ingredients, pour into the glasses and garnish with lemon balm.

Banana Smoothie: cut the bananas and dates into small pieces and finely puree with grated coconut, coconut milk and cinnamon. Dilute with water.

Sea Buckthorn Smoothie: per glass approx. 4 g protein, 3 g fat, 30 g carbohydrate, 720 kJ/172 kcal
Banana Smoothie: per glass approx. 3 g protein, 15 g fat, 28 g carbohydrate, 1055 kJ/252 kcal
cholesterol free, gluten free, lactose free

TIP All fruit and berries are suitable for smoothies but vegetables can be used too. These can be made with either water or ice cubes or also with finely pureed dairy products making it smooth and velvety. You can make kefir from A.Vogel Vital-Ferment* quite easily at home.



Preparation time approx. 10 minutes

+ soaking overnight

+ 10 minutes infusing time

+ time to cool down

INGREDIENTS

Makes 1.5 litres

CONCENTRATE:

25 g rosehip, dried (fruit flesh and pips)

1 tbsp hibiscus flowers, dried

750 ml water

2 cardamom pods, split

¼ cinnamon stick

1 tbsp fresh ginger, chopped

½ lemon

75 g raw cane sugar

25 g runny honey

750 ml ice cold water

Red Iced Tea

- 1 The day before: put the rosehips and hibiscus flowers in cold water overnight.
- 2 On the day of preparation: sieve the rosehips and hibiscus flowers, collecting the liquid. Add the cardamom, cinnamon and ginger to the fruit and flowers. Bring the sieved liquid to the boil, pour over the rosehips and seasonings and leave to infuse for 10 minutes. Squeeze the lemon add the juice and sieve. Sweeten with sugar and honey. Leave to cool and place in the refrigerator.
- 3 To serve, dilute the concentrate with the same amount of cold water, add ice cubes and garnish with slices of lemon.

Per 100 ml prepared drink approx. <1 g protein,

0 g fat, 7 g carbohydrate, 120 kJ/29 kcal

low calorie, cholesterol free, gluten free,

lactose free

TIP The use of the pips in rosehip tea neutralises the acidity of the fruit flesh. Thanks to the ginger, cinnamon, cardamom, etc. the refreshing, full flavoured tea warms from the inside out. For a sugar free alternative sweeten the concentrate with stevia leaves instead of sugar and honey. Hibiscus flowers as well as stevia leaves can be obtained from well stocked foodstores or at the delicatessen.



Chilli Chocolate:

Preparation time approx. 10 minutes

+ 10 minutes infusing time

Soya and Banana Milk:

Preparation time approx. 5 minutes

INGREDIENTS

Makes 4 x approx. 150 ml cups

CHILLI CHOCOLATE:

½ vanilla pod

500 ml milk

1 red chilli

½ cinnamon stick

1 cardamom pod, split

100 g bitter chocolate, cocoa content at least 70 %

1 tsp Bambu® Instant*

1 tbsp runny honey

SOYA AND BANANA MILK:

1 banana

500 ml natural soya milk

1 tbsp Bambu® Kakao**

2 tbsp Biocarottin Instant***

1 tbsp runny honey

*Bambu® Instant Organic (CA)

**not available in CA/SA/UK

***not available in CA/SA/UK; see Tip p. 80

Chilli Chocolate Soya and Banana Milk

Chilli Chocolate: Halve the vanilla pod lengthways, scrape out the seeds and add both to the milk. Halve the chilli lengthways, deseed and add, along with cinnamon and cardamom. Heat up, leave to infuse for 10 minutes, covered. Sieve into another saucepan. Break up the chocolate and add with Bambu to the flavoured milk. Heat up slowly, stirring continuously until the chocolate has melted. Sweeten with honey. Enjoy whilst hot.

Soya and Banana Milk: Mix all the ingredients together. Heat if desired or serve cold.

Chilli Chocolate: per cup approx. 6 g protein, 12 g fat, 25 g carbohydrate, 964 kJ/230 kcal

Soya and Banana Milk: per cup approx. 20 g protein, 13 g fat, 17 g carbohydrate, 1093 kJ/261 kcal

cholesterol free, gluten free

TIP 'High percentage' dark, bitter chocolate with a high percentage of cocoa, without sugar and milk – is a medicine for connoisseurs. It protects against heart disease, lowers blood pressure, cures chronic coughs and does not harm the figure. Soya milk is an alternative for those who have an intolerance to cow's milk.



Index

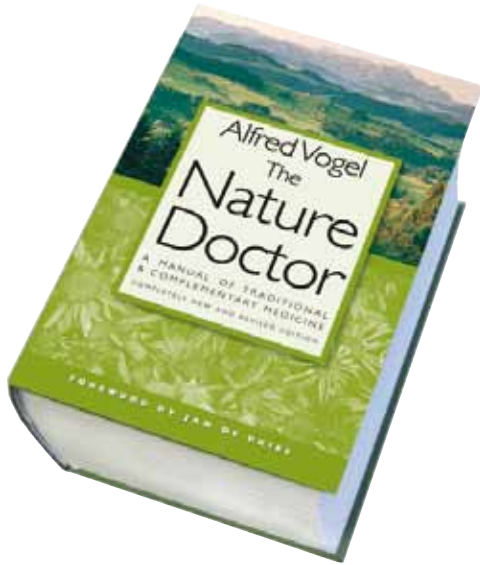
- | | | | |
|---|-----------------------------------|---------------------------------|---|
| Agraz | 21 | (Gervais, Goat's cheese) | 52, 66, 86, 142 |
| Almonds | 38, 118, 140, 148, 154, 162 | Gorgonzola | 82 |
| Apple | 30, 138, 142, 158, 166, 170 | Mascarpone | 40, 156 |
| Apricots | 128, 156, 162, 170 | Mozzarella (buffalo mozzarella) | 66, 76, 78, 124 |
| Argan oil | 20 | Parmesan | 68, 78, 82, 90, 94, 108 |
| Artichokes, | 54 | Sbrinz | 90 |
| Jerusalem | 58 | Cheese-olive oil dough | 75, 126 |
| Asparagus, green | 94 | Chestnut | 75, 126 |
| Aubergines | 50, 78 | Chickpeas | 21, 44, 50 |
| Avocado | 40 | Chicory | 82, 130 |
| | | Comfrey | 49, 52 |
| Banana | 11, 135, 160, 162, 170, 172, 176 | Courgettes | 28, 50, 86 |
| Barley, | | Cranberries | 30, 128 |
| pearl | 104 | Cucumber | 24, 26, 82, 170 |
| rolled | 104 | | |
| Beans, | 116 | Dairy products | 134 |
| Kidney | 102 | Dates | 6, 156, 162, 167, 172 |
| Mung | 21 | Dried fruits | 135, 167 |
| Beetroot | 75, 80, 106 | Durian | 11, 135, 160 |
| Bilberries | 148 | | |
| Bitter substances | 54, 130 | Eggplant | 50, 78 |
| Bitter vegetables | 21, 82 | Endives, Belgian | 130 |
| Blackberries | 21, 146, 166 | | |
| Blackcurrants | 21, 146 | Fennel | 24, 30, 34, 60, 124, 166, 170 |
| Bouillon | 74 | Figs | 7, 135, 152, 167 |
| Broccoli | 50, 62, 86 | Fish | 17 |
| Brussels sprouts | 128 | char | 120 |
| Buckwheat | 48, 52, 74, 76, 84, 126, 130, 154 | halibut steak | 114 |
| Bulgur | 74, 78, 100 | monkfish fillets | 114, 118 |
| | | sea bream | 122 |
| Cabbage, | | swordfish steak | 114 |
| red | 30 | tuna fish steak | 114 |
| white | 30 | zander fillets | 116 |
| savoy | 30, 110 | Flans | 58 |
| Calamari | 114 | spicy | 75 |
| Cauliflower | 50, 62 | Fruits, dried | 135, 167 |
| Cauliflower mushrooms | 110 | exotic | 135 |
| Celeriac | 30, 40, 64, 124 | | |
| Celery | 64, 112, 170 | Ginger | 68, 96, 98, 114, 122, 140, 142, 150, 152, 174 |
| Cereals, wholegrain | 74 | Gooseberries | 21, 144 |
| Chanterelles | 110 | Grape juice | 68, 74, 88, 136, 152 |
| Cheese | | Grapes | 144 |
| Blue cheese (Stilton, Roquefort) | 62, 80, 124 | Grenadines | 160 |
| Cheddar | 58 | | |
| Fontina (Full fat semi-hard cheese from Aostatal) | 58 | Hazelnuts | 80, 90, 144, 152 |
| Fresh cheese | | Herb dip, basic recipe | 49 |
| | | Herbal salt | 75 |
| | | Herbs | 49 |

Honey	135	Prawns	114
Jerusalem Artichoke	58	Pumpkin, - seeds	126, 150, 162
Juices,	74	Radishes	24
grape	68, 74, 88, 136, 152	Raspberries	146, 148, 166
vegetable	166	Red cabbage	30
Kelp	75	Ribwort	60
Kidney beans	102	Rice	6, 8, 17, 40, 56, 70, 74, 92, 94, 96, 98, 120, 122, 130, 134, 135
Leek	40, 60, 70, 80, 90, 92, 112	Rosehip	166, 174
Lemon olive oil, basic recipe	20	Rosewater	96
Lentils, red lentils	21, 32, 42, 114	Rucola	108
Mango	26, 168	Salmon, smoked	84, 126
Millet	74, 80, 102, 146	Salt, herbal	75
Mung beans	21	Savoy cabbage	30, 110
Mushrooms,		Scallops	70, 114
cauliflower	110	Shiitake mushrooms	110
chanterelles	110	Spelt, 48, 66, 68, 74, 106, 108, 116, 142, 146, 148 green	48
oyster	110	Spinach	32, 49, 60, 108
porcini	110	Spring onion	70, 94, 98
shiitake	110	Sprouts	17, 20, 30, 108, 168, 170
Mussels (Boulot-, Common-)	112	Squash, butternut	126
Nettle leaves	60, 108	Stock, dark vegetable	74, 110
Nuts	167	Strawberries	146, 166, 170
Oat flakes, fine	102	Sugar	135
Oil	20	Sweet potatoes	75, 88, 122
Argan	20	Tapenade	49, 100
lemon olive oil, basic recipe	20	Tofu	92
Olive paste	49	Tomato, 26, 28, 32, 76, 78, 82, 86, 96, 98, 120, 124, 168	
Olives	48	dried	100
Oranges	88, 92, 112, 118, 170	Vegetable juices	166
Oyster mushrooms	110	Verjus	21, 74
Papaya	10, 38, 84, 98, 160	Vinegar, basic recipe	21
Passionfruit	160	raspberry	21, 32, 130
Pastry,	134	Walnuts	110, 118, 156
shortcrust	134, 152, 156	Whey	21
Pears	62, 75, 142, 154, 170	Wholemeal	48, 152, 156, 158
Peas, green	21, 42, 96, 118	Wholegrain cereals	74
Peppers (vegetable)	30, 66, 76	Wine	74
Pineapple	135, 140, 170	Yogurt	134
Porcini	110	Zucchini	28, 50, 86
Potatoes,	58, 60, 64, 84, 90, 130		
sweet	75, 88, 122		

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