



Healing & Easy Eats

*Recipes for Head and Neck Cancer
Patients & Survivors*



HEAD AND NECK CANCER
ALLIANCE

Official Cookbook
Second Edition

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SAUCES & BASES



Sauces & Bases

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Brown Sauce

2 tbsp butter
2 tbsp flour
1 tbsp sherry
1/2 tsp salt
1/4 tsp pepper
1/2 qt beef stock

1. In non-stick stockpot, melt butter. Add flour, salt and pepper, stirring to blend.
2. Slowly add beef stock, stirring constantly.
3. Cook for 15 minutes over very low heat.
4. Add 1 tablespoon of sherry for flavor. Serve with beef dishes.

Yield: 4 servings

Easy Chicken or Beef Gravy

1 qt Chicken stock
1/2 tsp Onion powder
1 tbsp Chicken bouillon powder
2/3 c Bisquick

1. In blender combine stock, onion powder, bouillon powder and Bisquick.
2. Blend at high speed until smooth.
3. Pour into non-stick stock pot and stir constantly over medium heat for 5 minutes or until it has smoothed and thickened.
4. Serve at once.

Yields: 8 servings

Easy Chicken or Beef Stock

2 lb chicken quarters or beef shanks

2 qt cold water

2 large carrots, thick cut

2 stalks celery, thick cut

1 stalk leek, thick cut

1 bay leaf

1. In a soup pot, bring all ingredients to a boil.
2. Simmer until meat falls apart.
3. Strain your stock through a strainer.
4. You may save the meat and vegetables to purée when cooled.
5. Then add them to the stock to thicken.

Yield: 8 servings

Hollandaise Sauce

3 egg yolks

1 tbsp freshly squeezed lemon juice

1/2 c butter

1. Stir the egg yolks and lemon juice vigorously in a 1/2 quart saucepan.
2. Add 1/4 cup of the butter and stir over very low heat, stirring constantly until butter is melted.
3. Add remaining butter. Continue stirring vigorously until butter is melted and sauce is thickened. (Be sure the butter melts slowly, as this gives the eggs time to cook and thicken the sauce without curdling.)

Red or Yellow Pepper Sauce/ *Coulis a Vegetable Sauce*

- 1 (28 oz) can of fire roasted red or yellow peppers
- 4 cloves garlic, minced
- 1 tsp white pepper & salt mix

Yield: 8 servings

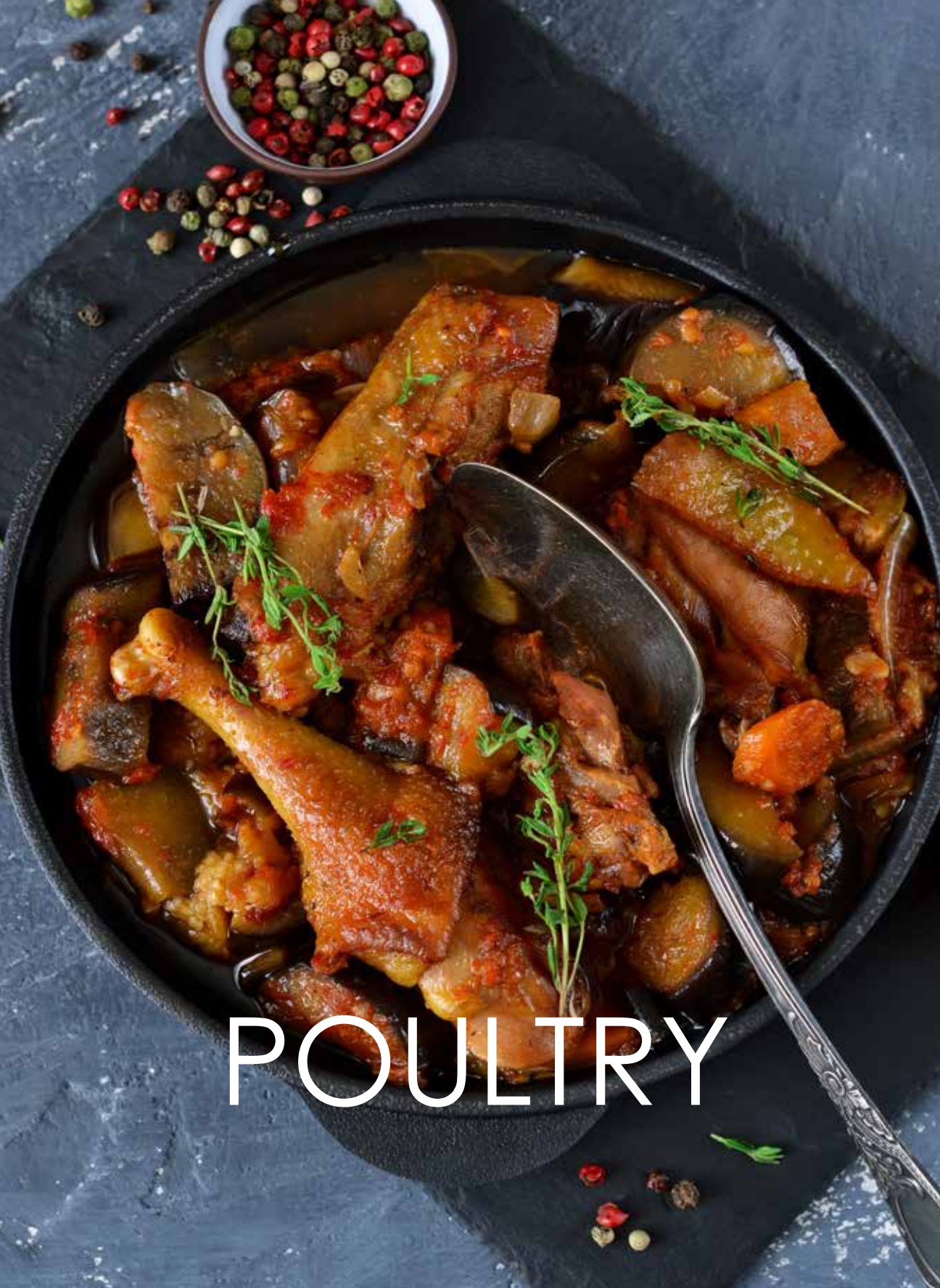
1. Drain the peppers, peel and discard the skins, seeds and cores.
2. Coarsely chop the peppers.
3. In a non-stick stock pot, sauté garlic and peppers in olive oil until they are tender, and then purée them in a food processor.
4. Season to taste with salt and pepper.

White Sauce

- 4 oz butter
- 1 qt milk
- 1/2 c flour
- 1/2 tsp salt
- 1/4 tsp pepper

Yield: 8 servings

1. Cut the stick of butter into small pieces, and then combine milk, flour and butter in the blender. Cover and blend at high speed for 10-15 seconds, until contents are thoroughly mixed.
2. Pour into non-stick stock pot; add salt and pepper and stir, simmering over low heat until sauce has thickened.



POULTRY

Poultry

Note: For budget purposes, chicken can be substituted for all duck recipes.

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Arkansas Duck Gumbo

2 ducks
1 1/2 c butter
1 c flour
1 bunch celery, diced
4 cloves garlic, diced
4 medium sweet onions, diced
1 bunch green onions, diced
2 large green bell peppers,
diced
4 c okra, sliced
14 oz canned rutabaga, diced
10 Roma tomatoes, diced
1 (16 oz) can unseasoned
tomato paste
1 tsp oregano
1 tbsp salt
2 tbsp parsley flakes
1 tsp thyme
1/8 tsp red pepper or hot sauce

Yield: 8 servings

1. Rinse the ducks and pat them dry inside and out. Place ducks in a non-stick stock pot, cover with water and boil until tender. Drain, reserving 2 quarts of the broth. Remove all bones from meat.
2. In a non-stick stock pot melt the butter add flour and cook until mixture is dark brown, stirring continuously.
3. Add duck meat, the remaining ingredients and seasonings. Add 2 quarts reserved duck stock. Cook over low heat for 2 hours or until desired consistency, stirring frequently.
4. Serve over hot cooked rice or any noodles of your choice.

Asian Chayote Squash Soup with Chicken

1 qt chicken stock
26 oz chicken breast cut into
small cubes
1 sweet onion, thinly sliced
1 stalk green onion, thinly sliced
2 chayote squash, peeled,
seeded & diced
1 tbsp fish sauce
1 tsp sugar
2 allspice berries
2 sprigs fresh cilantro

Yields: 6 servings

1. In a non-stick stock pot bring 1 quart of chicken stock to a boil.
2. Add diced chicken and sliced onion.
3. Simmer for 10 minutes.
4. Add diced chayote squash, allspice berries, fish sauce and sugar. Simmer covered for 20 minutes.
5. Pour soup into soup bowls and garnish each bowl with sliced green onions and one leaf of fresh cilantro.

About Chayote

Chayote (roughly pronounced "chy-O-tay") is the Spanish name of the plant from Nahuatl. It was domesticated in Mexico and used by the Aztecs and the Mayans but can now be found cultivated across the world, primarily for its fruit but also in some regions for its root. The fruit is roughly pear shaped, somewhat flattened and with coarse wrinkles, ranging from 4 to 8 inches in length. It has a thin green skin fused with the white flesh and a single large flattened tip. The flesh has a fairly bland taste and a texture described as a cross between a potato and a cucumber. Although most people are familiar only with the fruit, which in culinary terms is a vegetable, the root, stem, seeds, and leaves are all edible. The fruit does not need to be peeled and can be eaten raw in salads. It can also be boiled, stuffed, mashed, baked, fried or pickled. Both the fruit and the seed are rich in amino acids and vitamin C.

Baked Irish Chicken

1 lb cut frozen green beans
1/2 lb fresh white mushrooms
2 medium sweet onions, diced
4 tbsp butter, divided
4 (6 oz) chicken breast
2 tbsp canola oil
2 c diced cooked potatoes
1 bay leaf
1/4 tsp dried basil
1/4 tsp dried chervil
1/4 tsp dried thyme
1/4 tsp dried rosemary
2 tsp salt
1/2 tsp ground pepper
2 tbsp Irish whiskey
1 c heavy whipping cream
1 c buttered fresh bread crumbs
Gruyere cheese (optional)

Yield: 4 servings

1. Thaw frozen beans under running water. Dry beans in paper towel set aside.
2. Wash mushrooms and cut lengthwise into quarters. Sauté onions and mushroom in 2 tablespoon of butter until golden brown set aside.
3. Cube chicken breast and sear in 2 tablespoon of canola oil. Mix chicken, green beans, potatoes, (you can substitute freshly cooked potatoes with frozen diced breakfast potatoes), onions and mushrooms. Add bay leaf and all herbs, Irish whiskey and heavy whipping cream, toss well. Transfer all mix to a Pyrex glass dish. Cover and refrigerate for 4 hours.
4. Take out your Irish chicken mix of refrigerator and bring to the room temperature.
5. Preheat oven to 350°F. While oven preheats, melt remaining 2 tablespoon of butter and stir in to bread crumbs. Let it bubble for 1 minute. Cover the mix evenly with bread crumbs.
6. Shred gruyere cheese and top your mix 5 minutes before baking is finished (optional). Bake at 350°F for 30 minutes.

Bayou Duck Gumbo

2 ducks, cut up
1/2 c cooking oil
2/3 c all-purpose flour
1 lb smoked sausage, diced
2 c onion, diced
1 1/2 c green pepper, diced
1 1/2 c celery, diced
2 tbsp fresh parsley, minced
1 tbsp garlic, minced
8 vine ripened tomatoes, diced
2 bay leaves
1 tbsp Worcestershire sauce
1 tsp salt & black pepper mix
1 tsp thyme, dried
2 qt water

Yield: 8 servings

1. In a non-stick stock pot, brown duck in batches in oil over medium heat. Remove and set aside.
2. Discard all but 2/3 cup drippings. Add flour to drippings, cook and stir on medium heat until brown, about 10 minutes.
3. Add sausage, onion, green pepper, celery, parsley and garlic. Cook for 10 minutes, stirring occasionally.
4. Add remaining ingredients and mix well. Add duck, bring to a boil. Reduce heat, cover and simmer for one hour or until duck is tender.
5. Remove duck. Let the meat cool. Separate meat from bones. Cut into chunks and return to pan. Simmer for 10 minutes or until heated through.
6. Remove bay leaves. Serve with rice.

Brazilian Chicken & Mushrooms

2 oz butter
2 c white mushrooms, sliced
1/2 green bell pepper, diced
2 oz flour
1 tsp salt & white pepper mix
1 c chicken stock
1 c milk or thin cream
3 c sliced chicken breasts,
cooked
1/2 red bell pepper, diced
1/2 yellow bell pepper, diced
1/2 tsp lemon juice
4 egg yolks

Yield: 4 servings

1. Melt butter in large pan, add mushrooms and diced green peppers. Sauté for 5 minutes over low heat to prevent butter from burning.
2. Add flour and seasonings, mix well. Add cold chicken stock and milk. Stir continuously until creamy.
3. Set dish over hot water in a double boiler, add chicken slices, diced red and yellow peppers and lemon juice and cook until hot.
4. Add well beaten egg yolks last. Continue stirring until everything is hot. Do not overcook! Serve over cooked rice.

Breast of Duck with Pappardelle, Shiitake Mushrooms & Manchego Cheese

6 duck breasts cut into
1/4-inch thick slices

6 tbsp dry sherry, divided

1 tbsp soy sauce

2 tbsp cornstarch

1 tsp hoisin sauce

1 tbsp sesame oil

3 cloves garlic, minced

1/4 lb shiitake mushrooms, thinly
sliced

1 small cabbage, quartered &
finely sliced

1 c chopped scallions

2 tbsp freshly grated Manchego
cheese

Yield: 6 servings

1. Toss duck with 2 tablespoons sherry and 1 tablespoon soy sauce and set aside.
2. Combine remaining 4 tablespoons of sherry, 2 tablespoons of soy sauce, cornstarch and hoisin sauce in another bowl and set aside.
3. In a non-stick stock pot sauté the duck over medium high for about 7 minutes, or until the duck is barely pink.
4. Remove from the skillet. Add garlic and mushrooms to the pot and cook, stirring for 5 minutes.
5. Add the cabbage and 2 tablespoons water, cook until cabbage is crisp-tender about 5 minutes.
6. Stir in the scallions and duck. Stir the sherry mixture into the skillet and cook until thickened.
7. Cook the duck with the skin on and remove it before eating.
8. Serve over pappardelle or any pasta of your choice. Garnish each serving with freshly grated Manchego cheese.

Broiled Breast of Chicken with Provencal Herbs

4 (6 oz) chicken breasts
1 tbsp herbs de Provence
1/2 tsp salt & pepper mix

1/2 c dry wine

Yield: 4 serving

1. Rinse chicken breast and rub it with herbs de Provence and salt and pepper mix. In non-stick skillet heat the oil and lightly brown chicken breasts on both sides.
2. Pour wine over chicken and broil it under the broiler at 350°F for 5 minutes each side, basting occasionally. Serve with rice and vegetables of your choice.



Celery, Potato & Chicken Stew

1 qt chicken stock
1 lb red-skinned potatoes cubed
2 c celery, sliced, divided
1/2 c celery leaves, chopped,
divided
1 tbsp vegetable oil
4 (6 oz) chicken breast cubed
1 c red bell pepper, diced
3 tbsp tomato paste
1/2 tsp rosemary leaves, dried,
crushed
1/2 tsp sugar
1 tsp white pepper & salt mix

Yield: 4 servings

1. In non-stick stock pot, bring stock to a boil. Add potatoes, 1 cup celery and 1/4 cup celery leaves.
2. Reduce heat and simmer, covered for 15 minutes.
3. Drain, reserving cooking liquid and vegetables separately.
4. Heat oil in non-stick stock pot. Add chicken, bell pepper and remaining 1 cup celery.
5. Cook, stirring constantly for 10 minutes.
6. Stir in tomato paste, rosemary, sugar and black pepper.
7. Add reserved potatoes, celery and 2 cups of the reserved liquid.
8. Bring to a boil. Cook until sauce thickens.
9. Season to taste with pepper and salt mix. Sprinkle with remaining celery leaves.

Chicken Almeria (Spanish)

3 1/2 lb chicken, cut up
1/2 tsp cardamom, ground
1 tbsp olive oil
1/2 c onion, diced
1/2 c green pepper, diced
1 large garlic clove, minced
1/2 tsp cumin, ground
2 large tomatoes, peeled &
diced
1/2 tbsp lime juice
1 (15 oz) can black beans, rinsed
& drained

Yield: 6 servings

1. Sprinkle raw chicken with ground cardamom. In a non-stick stockpot, sauté chicken in olive oil for three minutes on each side, and then remove chicken from pan, leaving the drippings.
2. Add onion, green pepper and garlic to pan drippings. Cook for two minutes, or until onions are softened.
3. Add cumin, tomatoes, lime juice and black beans and stir. Return chicken to the pot cover and simmer for 20 minutes.
4. Remove lid and continue to cook until chicken is done and juices run clear about 10 minutes. Serve with rice.

Chicken Breast with Cambozola Sauce

4 (6 oz) chicken breast
2 tbsp olive oil
4 oz Cambozola cheese
5 tbsp sour cream
1 c red pepper, finely diced
1/2 c freshly chopped chives
1 tsp salt & pepper mix

Yield: 4 servings

1. Cut the chicken breasts sidewise at a 45° angle into strips.
2. Heat olive oil in a non-stick pan. Cook the chicken slices on medium-high for 7 minutes, turning from time to time.
3. Take the chicken out of the pan, but leave the cooking juices in. Set the chicken aside (the inside must stay slightly pink).
4. In the same pot, over medium heat add crushed Cambozola cheese and sour cream. Simmer for 5 minutes and stir from time to time with a wooden spoon in order to obtain a thick sauce.
5. Put the chicken back in the sauce, add red pepper, chives, salt and pepper mix and cook for 10 minutes on low heat. Stir all the time so the sauce stays homogeneous.
6. Serve over pappardelle or any pasta of your choice.

About Cambozola

Cambozola cheese was created in Germany in the 1970s as the offspring of a marriage between French camembert and Italian gorgonzola. The same unique blue mold that gives gorgonzola its delicious spiciness is added during aging and the wonderful bloomy rind that surrounds its exterior is similar to camembert's. Much milder than its parents, its rich consistency is achieved by adding cream to the milk. Cambozola has become one of the most popular creamy blues in America today.

Chicken Catalan

4 lb whole chicken, cut in pieces

1 tbsp salt

1 c flour (to cover a plate)

1 c olive oil

1 large sweet onion diced

3 garlic cloves, chopped

1 bouquet garni

1 c white wine

2 bay leaves

1 c water

3 boiled eggs

Yield: 8 servings

1. Start by sprinkling salt over each piece of chicken and coating them in flour.
2. Cover the bottom of a cast-iron frying pan with olive oil and let it heat up. When the oil starts to smoke, fry the pieces of chicken lightly in two batches for about 5 minutes each. Set chicken aside on a plate.
3. Using the same oil (or if there is too much oil get rid of about 1/3) cook the onion and garlic over a low heat with the bouquet garni for about 15 minutes.
4. Next add the wine and water and bay leaves. Boil for 10 minutes, allowing the flavors to come out.
5. Add the chicken, making sure it is completely covered by the liquid (if not, add some more water), and cook everything very slowly for 30 minutes.
6. Finally, chop the egg whites and crumble the egg yolks and add them to the stew. Cook for an additional 5 minutes.
7. Serve with boiled potatoes and a green vegetable.

Chicken Legs in Beer Alsace Style

3 slices apple smoked bacon

1 tsp salt & pepper mix

4 chicken legs

3 juniper berries

2 bay leaves

4 clove garlic, unpeeled

1 bunch fresh sage

12 fl oz dark beer

1 lb new or red potatoes,
peeled, parboiled or roasted

Yield: 4 servings

1. Preheat the oven to 475°F. Cube the bacon into small chunks. Season the chicken legs with salt and pepper. Crush the juniper berries with a kitchen mallet. Place the chicken legs, bacon chunks, seasonings and beer in an oven-proof casserole. Cook in the oven for 20 minutes, turn the chicken legs over, and reduce oven temperature to 350°F and cook for another 20 minutes.
2. The chicken will be dark brown and the garlic soft. Remove the chicken and keep warm.
3. Squeeze the garlic out of its skin, mix into the casserole with the remaining liquid and reduce over medium-high heat.
4. Spoon the caramelized jus over the chicken and serve with parboiled/roasted potatoes.

Chicken Mole (Mexican)

3 1/2 lb chicken, cut into serving
2 qt chicken stock
3 corn tortillas
1 tbsp raisins
2 oz unsweetened chocolate
1/2 sweet onion, quartered,
coarsely diced
1 medium green pepper,
coarsely diced
1 large tomato, quartered
2 garlic cloves, peeled
1/2 tsp cinnamon ground

Yield: 4 servings

1. Arrange chicken in a non-stick stock pot. Add stock and cook until tender but not falling apart. Lift chicken out of stock and cool slightly. Save the stock.
2. Process tortillas, raisins, chocolate, onion, bell pepper, tomato and garlic in blender until finely ground.
3. Add enough stock to make a thick gravy-like sauce.
4. Add cinnamon. Pour sauce into pot. Add chicken pieces and simmer for 30 minutes.
5. If mixture becomes too dry, add more stock. Serve hot over steamed rice.

About Mole Sauce

Mole sauce is a dark brown Mexican sauce made from dry chillies, nuts, spices, vegetables, chocolate and seasonings. It takes a great deal of time to prepare and is served as chicken, beef or pork mole for special occasions and holidays in Mexico.

Chicken with Peppers & Quinoa

1 c quinoa
2 c water
1 lb chicken breasts, cubed
4 tbsp oil, divided
2 bay leaves
2 green cardamom seeds
1/4 tsp cumin seeds
1/4 tsp ginger powder
1/4 tsp garlic powder
1/4 tsp coriander powder
1 sweet onion diced
1 green pepper cut in thin strips
1 red pepper cut in thin strips
1 yellow pepper cut in thin strips
2 tbsp tomato purée
1/2 c water

Chicken Marinade

1/4 tsp turmeric powder
1/4 tsp cumin powder
1/2 tsp garam masala powder
1/2 tsp salt
2 tbsp oil

Yield: 4 servings

1. In a zip lock bag combine all ingredients for chicken marinade. Add chicken breasts. Toss well and chill in refrigerator for 2 hours.
2. In non-stick pan, heat 2 tablespoons of oil and fry chicken pieces till golden brown. Set aside.
3. In non-stick stock pot, heat 2 tablespoon oil. Add bay leaves, cardamom seeds, cumin seeds, and all powdered spices. Sauté for 5 minutes.
4. Add diced onions and cut peppers. Sauté on low heat for 5 minutes. When the veggies turn translucent take them out, put aside.
5. To this same pot, add cubed chicken and tomato purée. Cook chicken on low heat without cover till well coated.
6. Add 1/2 cup water and cook it covered on medium heat for 5 minutes.
7. Add all veggies and cook together until excess water has evaporated. Serve over cooked quinoa.

Easy Duck with Mushrooms

2 Whole ducks, cut in pieces

3 tbsp Butter

1 Small garlic clove, minced

1 tsp Thyme

4 oz Ham, cubed

1 tsp Parsley, chopped

1/2 lb Mushrooms

1/2 tsp Salt

1/2 tsp White pepper

1 tbsp Flour

1 Jar small pearl onions

1. Brown the duck pieces in a skillet over medium heat using butter.

2. Add rest of ingredients except onions. Sauté for 10 minutes. Stir often.

3. Add enough water to cover mixture $\frac{1}{2}$ way up. Simmer for 15 minutes, add onions, and then simmer for 15 more minutes.

Yield: 6 servings

Easy Turkey Chili

1 lb ground turkey
1/2 c sweet onions, diced
1/2 c bell peppers of your choice
1/2 tsp olive oil
1/4 c celery, diced
1 (15 oz) can dark red kidney beans
4 vine ripened tomatoes
1 3/4 c chicken stock
6 oz tomato paste
1/2 tbsp Worcestershire sauce
1/2 tsp salt
1/2 tsp garlic powder

Yield: 4 servings

1. Place turkey, onions, bell peppers, and celery in non-stick stock pot with oil. Cook over medium heat for 10 minutes, stirring and separating turkey as it cooks.
2. Add beans, tomatoes, stock, tomato paste, Worcestershire sauce, salt, and garlic powder. Bring to a boil. Reduce heat and simmer for 30 minutes.



Filipino Pancit Lomi Soup with Luffa

2 tbsp canola oil
3 cloves garlic, minced
1 onion, chopped
2 chicken breasts sliced into strips
6 chicken gizzards, sliced
1 c small shrimp, peeled
6 c chicken broth
2 tbsp fish sauce
1 tsp sugar
1 tsp salt & pepper mix
12 oz lomi noodles
1 medium carrot, thinly sliced
1 small luffa, sliced 1/4 inches
thick (substitute 4 okra pods)
8 baguio beans, sliced (substitute
French beans)
2 leeks, cut in 1 inch lengths
2 eggs, beaten
1 tbsp arrowroot, dissolved in 1/8
cup water

Yields: 6 servings

1. Heat oil in non-stick stock pot.
2. Sauté garlic and onion for 2 minutes.
3. Add chicken breast, gizzards, and shrimp. Stir-fry gently for 2 minutes.
4. Add chicken broth and fish sauce. Heat to simmering.
5. Add sugar, salt and pepper. Simmer for 6 minutes.
6. Add noodles and vegetables, cook for 3 minutes.
7. Add beaten egg, stirring slowly until the eggs are cooked.
8. Stir in cornstarch mixture, cook until the broth thickens.

Italian Chicken Castellina

4 chicken breasts (6 oz)

6 oz flour

1 tsp salt & pepper mix

1 1/2 oz olive oil

2 oz white wine

1 1/2 lb cooked pasta

2 c baby spinach

1/4 c chopped parsley for
garnish

Sauce

2 oz pancetta, diced

3 oz butter

1 tsp garlic chopped

2 oz sun-dried tomatoes diced

12 oz heavy whipping cream

1 oz cornstarch

2 oz grated parmesan cheese

3 oz smoked gouda, coarsely
shredded

3 oz white mushrooms sliced

8 1/2 oz can artichokes drained,
sliced

1 tbsp fresh rosemary chopped

1 tsp salt & pepper mix

Sauce Prep

1. In a non-stick stock pot over medium high, sauté pancetta (Italian bacon or thick cut bacon strips) until crisp and golden.
2. Lower heat, add butter, garlic and sun-dried tomatoes. Sauté for 2 minute stirring frequently.
3. Whisk in heavy whipped cream and cornstarch. Raise heat to medium high.
4. Whisk in Parmesan and Gouda. Once cheese melts, add remaining ingredients and bring just to a boil stirring continuously.
5. Remove from heat and let stand uncovered.

Chicken Prep

1. Mix flour with salt and pepper. Coat chicken with seasoned flour.
2. Heat olive oil in large skillet. Add chicken and seared on both sides (7 minutes per side).
3. Add wine to chicken in skillet. Tossed gently and cook until wine is evaporated.
4. Add sauce and bring to a boil.
5. Cook pasta of your choice. Place pasta on each plate. Distribute chicken and sauce over pasta. Garnish with chopped parsley.

Yield: 4 serving

Japanese Miso Soup with Chicken & Shiitake Mushrooms

1 qt chicken stock
2 chicken breasts, sliced
8 shiitake mushrooms, sliced
1 tbsp granulated dashi
2 tbsp white bean miso paste
1 strip of kombu (dried kelp)
1 tsp soy sauce
2 sprig scallions, sliced
1 lb udon noodle
2 qt water

Yield: 4 servings

Never boil miso as it changes taste and destroys the living enzymes.

1. In non-stick stock pot, bring chicken stock to a boil. Add sliced chicken breast and cook until tender.
2. Add sliced shiitake mushrooms and boil for 5 minutes.
3. Remove the pot from the stove. Stir in dashi (dashi forms the base for miso soup), miso paste (miso is fermented soy-bean paste) kombu (dried kelp) and soy sauce.
4. In separate pot, boil udon noodles in 2 quarts of water. When the noodles are cooked, rinse the noodles with cold water and strain.
5. Place udon noodles in the bowl and pour miso soup in to the bowl, and sprinkle with sliced scallions on top.

About Miso

Miso is a traditional Japanese food produced by fermenting rice, barley and/or soybeans (the most typical miso is made with soybeans), with salt and koji (a type of fungus). The typical result is a thick paste used for sauces and spreads, pickling vegetables or meats, and mixing with dashi soup stock to serve as miso soup called misoshiru, a Japanese culinary staple. High in protein and rich in vitamins and minerals, miso played an important nutritional role in feudal Japan. Miso is still very widely used in Japan, both in traditional and modern cooking, and has been gaining world-wide interest. Miso is typically salty, but its flavor and aroma depend on various factors in the ingredients and fermentation process. Different varieties of miso have been described as salty, sweet, earthy, fruity, and savory. There is an extremely wide variety of miso available.

Louisiana Chicken (*Maque Choux*)

18 ears silver corn
1 large spring chicken
2 tbsp cooking oil
1 large sweet onion, finely
chopped
1/2 bell pepper of your choice,
chopped
1 large tomato, cut into small
pieces
1 tsp salt
1 tsp brown sugar
1/8 tsp black pepper
1 tbsp heavy whipping cream

1. Cut corn off the cobs and scrape ears with the back of a knife to collect the milky pulp.
2. In a heavy iron pot, brown the chicken in oil, a few pieces at a time, until all sides are done.
3. Add corn, onions and the rest of the ingredients to the pot. Stir mixture frequently while cooking over low heat for 30 minutes.
4. If mixture is too dry, add a small amount of heavy whipping cream.

Yield: 4 servings

About Maque Choux

When the Acadians came to Louisiana, corn was not a staple of their diet. The local Indians there introduced them to corn. Since then, cornbread, cush cush, corn in crawfish boils, and maque choux have found a home. Maque choux (pronounced mak shoo) is said to be an Indian word.

Mediterranean Style Rosemary Chicken Stew

2 medium potatoes, peeled &
cut into small cubes
3 tbsp olive oil
1 large sweet onion, diced
2 cloves garlic, diced
1 lb chicken, boneless, skinless,
cut in small chunks
1 1/2 c chicken stock
3 carrots, peeled & cut into 1/2
inch rounds
1/2 tbsp lemon, juiced
1/2 tbsp rosemary, fresh
(or 1 tsp dried)
2 tbsp basil, fresh, torn into large
pieces (or 1 tsp dried)
1/2 c parsley, chopped
12 black olives, pitted, sliced

1. In a small pot, cover potatoes with water and boil for 5 minutes, until tender. Drain into colander.
2. Heat olive oil over medium heat in a non-stick stock pot. Add onion and garlic; sauté for 5 minutes, until translucent.
3. Add chicken and sauté approximately 5 minutes, until chicken is opaque.
4. Add chicken stock, carrots, lemon juice, rosemary, basil, parsley and olives. Simmer for 25 minutes until chicken is cooked thoroughly.

Yield: 4 servings



Moroccan Chicken Stew

4 c chicken stock
1 clove, whole
2 bay leaves
2 garlic cloves, minced
8 chicken thighs
4 tomatoes, diced
1 green pepper, diced
2 carrots, sliced
1 tbsp vegetable oil
1/2 tsp salt
19 oz chickpeas, drained
4 c couscous hot

Yield: 4 servings

1. In a non-stick stock pot combine chicken stock, cloves, bay leaves, minced garlic and chicken. Bring it to a boil.
2. Reduce heat to low, cover and cook for 20 minutes.
3. Sauté tomatoes, green pepper and carrots for 5 minutes in 1 tablespoon of vegetable oil.
4. Add vegetables to stock pot. Add salt and chickpeas. Cook for another 10 minutes or until chicken and vegetables are tender.
5. Prepare four soup plates by placing one-fourth of the couscous in the center of each plate. With a slotted spoon, arrange the chicken and vegetables around the couscous.
6. Ladle broth over all, serve immediately.



Modified Chicken Kelaguen (Guam)

1 whole chicken, cut into pieces

1 tsp salt

1 c chopped green onions

1/2 red pepper, seeded &
julienne

1/2 green pepper, seeded &
julienne

1/2 c fresh squeezed orange
juice

2 c freshly grated coconut
(frozen fresh coconut can be
substituted)

4 flour tortillas

Yield: 4 servings

1. Sprinkle chicken with salt and place pieces on a broiler pan. Broil for about 10 minutes.
2. Turn and broil for another 10 minutes until chicken is cooked, but still moist.
3. De-bone, discard the skin and finely chop cooked chicken pieces.
4. Combine peppers and onion in small glass bowl add 1 teaspoon of water and microwave it for 2 minutes to tenderize. Strain the tenderized vegetables.
5. In a medium bowl combine the chicken, green onions, orange juice, coconut and peppers. Chill for two hours and serve.
6. You can wrap it in a flour tortilla or cut flour tortilla in triangles and top with chicken kelaguen.

Oven Roasted Duck with Green Apples

1 whole duck
1/4 c teriyaki sauce
4 tbsp dried marjoram leaves
1 tbsp salt
4 large garlic cloves, minced
6 green apples, peeled,
quartered & cored

Yield: 4 servings

1. Rinse the duck and pat dry inside and out. Baste the duck outside and inside with teriyaki sauce then rub the duck outside and inside with marjoram. Rub the duck cavity with salt and minced garlic place the duck on a roasting rack in a roasting pan.
2. Cover with foil and let set in the refrigerator about an hour.
3. Preheat oven to 300°F and roast the duck uncovered for about 3 to 4 hours. One hour before your duck is done arrange apple pieces around the duck in roasting pan and finish roasting.
4. When the duck is done put the duck on cutting board, remove the skin and debone the duck.
5. Slice the meat and arrange on serving platter placing the green apples around the duck.
6. If you like, you can top the duck with some drippings from roasting pan.

Plum-Teriyaki Turkey

1/2 c teriyaki baste & glaze

1/4 jar plum sauce

1/2 tbsp dry sherry

1 clove garlic pressed

2 lb turkey, breast halves,
deboned

Yield: 6 servings

1. Preheat oven to 400°F. Combine first 4 ingredients.
2. Brush both sides of turkey breasts with 1/4 of glaze mixture.
3. Place turkey breast skin up in a shallow foil-lined baking pan. Cover pan with foil. Bake for 30 minutes. Reduce oven temperature to 325°F.
4. Discard foil and turn turkey over and brush with 1/4 of glaze mixture. Bake for additional 30 minutes.
5. Again, brush turkey breasts with 1/4 of glaze mixture and bake for 20 minutes or until juices run clear when pierced with fork.
6. Brush with remaining glaze mixture and bake for final 20 minutes. When the meat is done, slice it thinly and serve over rice.

Sarawak Chicken & Sweet Potato Stew

1/4 c sesame oil
4 (6 oz) breasts of chicken, diced
1 sweet onion finely diced
1 tbsp flour
2 c chicken stock, divided
1/8 tsp ground cinnamon
1/8 tsp ground cloves
1/8 tsp cardamom
2 tbsp garlic diced
4 large sweet potatoes, diced
1 c unsweetened coconut milk
1 tbsp chopped fresh cilantro

1. In a non-stick stock pot sauté in sesame oil diced chicken breast and onions for 5 minutes.
2. Add flour and stir well. Add 1 cup chicken stock and simmer.
3. Add cinnamon, cloves, cardamom, garlic, potatoes and 1 cup stock and simmer on low heat till stew thickens.
4. One minute before serving, add coconut milk and continue to cook for 1 minute. Add cilantro and serve hot or warm.

Yield: 6 servings



Shredded Balinese Chicken (*Ayam Pelalah*)

2 1/2 lb whole chicken
1 tbsp salt
1/2 tsp ground cardamom
1/2 c red bean paste
1/2 c tomato paste
5 garlic cloves; minced
1/2 tbsp freshly grated ginger
3 tbsp freshly squeezed orange
juice
6 tbsp coconut oil
2 whole fire roasted red peppers

Yield: 4 servings

1. Season the chicken outside and inside with salt and cardamom. Set aside.
2. In a large bowl mix red beans paste with tomato paste, garlic, ginger and orange juice. Rub the chicken outside and inside with the rub mix.
3. Place wire rack in a roasting pan. Place the chicken on the wire rack and roast in preheated oven at 400°F for 20 minutes turning every 10 minutes.
4. Reduce heat to 350°F and roast chicken until done. Frequently baste chicken with a mixture of drippings and coconut oil.
5. In the last 10 minutes before you finish your roasting, place whole red peppers in the roasting pan. When chicken is tender and roasted peppers are hot take it out. Let it set for 5 minutes.
6. Remove chicken from bones and pull it by hand into chunks.
7. Cut roasted peppers in strips and lightly toss with chicken meat.
8. Serve over steamed rice. You may use the drippings as a sauce.

Sicilian Chicken

4 lb chicken pieces
1 tsp salt
2 sprigs fresh rosemary leaves
1 tsp dried oregano
1/2 tsp grated nutmeg
2 tbsp olive oil
1 large sweet onion diced
3 cloves garlic chopped
1 c blood orange juice
1/2 tsp ground black pepper
1/2 c dry white wine
3 tbsp canola oil

Yield: 8 servings

1. Sprinkle chicken pieces with salt, rosemary, oregano, and nutmeg. Cover and refrigerate for 1 hour.
2. In a large skillet, heat the 2 tablespoons of olive oil over medium-high heat. Brown the chicken pieces.
3. When the chicken is browned on all sides add chopped onion, garlic, orange juice, black pepper, and wine. Simmer for 5 minutes.
4. Pour canola oil into a large baking dish. Place the chicken pieces in a single layer in the dish. Pour the sauce over the chicken.
5. Place in the oven and bake at 375°F for 1 hour. Baste the chicken with the pan juices from time to time. When cooked, plate the chicken and pour the sauce over the chicken pieces.

Skillet Roasted Breast of Duck with Green Apples

4 whole duck breasts
4 tbsp teriyaki Sauce
2 tbsp canola oil
1 tbsp dried marjoram
4 large garlic cloves, minced
1/2 tbsp salt
4 green apples, peeled,
quartered & cored

Yield: 4 servings

1. Rinse the duck breast and pat dry. Baste the duck breast with teriyaki sauce then rub the duck breast with canola oil, marjoram, minced garlic and salt. Cover with foil and seat in the refrigerator an hour.
2. Preheat non-stick roasting skillet or pan and seared the duck breast on the high heat on the both side till golden brown.
3. Cover the skillet and roast the duck breast on mid high heat till internal meat temperature reach 140°F. Occasionally add small quantity of water to prevent duck breast sticking to the skillet.
4. Arrange apple pieces around the duck breasts in skillet and continue cooking the duck breast till internal meat temperature reached 160°F in thickest part of the duck breast.
5. When the duck is done, put the duck breast on cutting board, and slice it at a 45° angle. Place the sliced duck breast on dinner plate and arrange green apples around. If you like you can top the duck with some drippings from roasting pan. Serve with roasted or mashed potatoes and cranberry sauce.



South Carolina Breast of Duck

4 duck breasts
1 tsp black pepper, freshly ground
2 tsp salt
2 tbsp rosemary, fresh, minced
1 tbsp ginger, ground
5 cloves garlic, minced
1/2 c butter, melted
1 c honey
1/4 tsp dry mustard
1/4 c lemon juice
1/4 c sweet onions, minced
1 tbsp orange peel, grated
1/4 c orange juice
1 tbsp arrowroot mixed with equal part cold water

Yield: 4 servings

1. Preheat oven to 400°F. Combine pepper with next four ingredients. Rub mixture over both sides of duck breasts. Combine butter with next 6 ingredients. Place duck breasts in baking bag and pour one-half of the sauce over duck. Bake for 45 minutes.
2. While baking, pour remaining sauce into a small saucepan. Bring to the boil. Then add arrowroot mixture, a little at a time until sauce thickens. Do not overcook!
3. For each serving, place one duck breast on plate and spoon sauce over it.

South Texas Duck Gumbo

- 3 whole ducks
- 8 c water
- 1/2 c vegetable oil
- 3 c flour
- 1 tbsp salt
- 1 tsp pepper
- 1 c celery, sliced 1/2 inch thick
- 1 c carrots, thinly sliced
- 1 c bell peppers of your choice, sliced
- 1 c onion, sliced
- 1 c okra, sliced 1 inch thick
- 2 cubes chicken bouillon
- 1 (10 oz) can chicken rice soup
- 8 vine ripened tomatoes, peeled & diced
- 1 tbsp Worcestershire sauce
- 2 bay leaves
- 4 tbsp olive oil
- 1/4 c flour

Yield: 10 servings

1. Bring water to a boil in a 2 gallon pot while preparing other ingredients.
2. Fillet the ducks and cut into 1 inch pieces.
3. Heat oil over medium heat in large skillet.
4. Combine flour and seasonings in a plastic bag and shake them up. Add 10-12 pieces of duck to the bag and shake until all pieces are lightly floured. Remove pieces from the bag and brown them in the preheated skillet for 5 minutes. Do not overcook!
5. Remove duck pieces from skillet and drain on paper towel. Repeat until all pieces are done. Discard remaining flour.
6. Sauté vegetables in the same skillet until onions are golden brown. Add duck and stir-fry for 10 minutes.
7. Dissolve cubes of bouillon in the boiling water. Add chicken rice soup, tomatoes and seasonings. Add sautéed vegetables and duck. Cover and cook for 40 minutes on medium heat.
8. To make roux, warm 4 tablespoon olive oil over medium heat in skillet. Sprinkle 1/4 cup flour into the oil and stir. Continue adding flour a little at a time until the mixture is dry and light brown, about 10-12 minutes. Do not burn! Remove from heat. Cool for 5 minutes.
9. Add 2 cups hot duck soup and stir over heat until mixture thickens. Return roux to soup after soup has cooked for 40 minutes. Cover and cook for 30 minutes, stirring occasionally. Remove from heat, set aside for 20 minutes. Serve over rice.

Turkey Gumbo

2 tbsp butter
1/2 lb okra, fresh, cut in 1 inch pieces
1 c celery, diced
1 sweet onion, diced
1 green pepper, diced
2 cloves garlic, minced
1 (8 oz) can tomato paste
4 vine ripened tomatoes, peeled & diced
2 c chicken stock
2 c turkey, cooked, diced
1/2 tsp gumbo filé powder

Yield: 4 servings

1. Melt butter in non-stick stock pot. Add okra and sauté for 5 minutes. Remove okra pieces to a bowl.
2. Add celery, onion, green pepper and garlic to the pot. Cook over medium heat until onion is transparent.
3. Add tomato paste, tomatoes, chicken stock, okra mixture and turkey. Cook over low heat for 10 minutes or until turkey is hot.
4. Add gumbo filé powder. Stir to blend. Spoon over cooked rice in soup bowls.

Turkey Scaloppini with Peas

1 c roma tomatoes, diced

1 lb lean turkey breasts, boneless,
skinless

1 tsp salt & pepper mix

2 tbsp flour

1 tbsp olive oil

1/8 c dry white wine

1/2 c chicken stock

1 tsp sage leaf, dried

12 oz frozen peas, thawed

Yield: 4 servings

1. In a blender, purée tomatoes and their juices.
2. Slice turkey breasts, then sprinkle slices with salt and pepper and coat with flour.
3. In non-stick stock pan, heat oil over medium heat. Add turkey and cook for 1 1/2 to 2 minutes on each side until lightly browned. Remove turkey from pan and keep warm.
4. Add wine to pan and stir to scrape up browned bits. Add puréed tomatoes, chicken stock and sage. Heat until mixture is simmering. Simmer for 5 more minutes or until sauce thickens slightly.
5. Add peas and cook for 1 minute to heat thoroughly. Pour sauce over turkey.

Turkey Stroganoff

2 c broccoli, fresh
1 tbsp butter
1/4 c onion, chopped
2 c white mushroom, fresh, sliced
3 tbsp all-purpose flour
1 c chicken stock
2 c turkey, cooked, cubed
1 c sour cream
1/2 tsp rosemary, dried
1 tsp salt & white pepper mix

Yield: 6 - 8 servings

1. Blanch the broccoli. Drain and set aside.
2. In non-stick stock pot, melt butter. Add onion and mushrooms. Cover and cook on high until tender.
3. Add flour and blend well. Whisk in stock. Cook on high for 6 minutes or until thickened and bubbly, stirring every 2 minutes.
4. Add remaining ingredients, including turkey. Cook on high for 3 minutes or until meat is cooked and dish is heated through, stirring once.
5. Add reserved broccoli, stirring to blend. Serve over egg noodles.



Turkey/Chicken Primavera

1/4 c all-purpose flour
2 tsp parsley, fresh, minced
2 lb turkey tenderloins or chicken breasts, cubed
2 tbsp olive oil
1/2 c chicken stock
2 c shiitake mushrooms, fresh, sliced
1 sweet onion, finely diced
4 cloves garlic, minced
1/2 medium green pepper, finely diced
1/2 qt beef stock
3/4 c fresh tomato purée
1/2 tsp dried thyme
1/2 tsp dried rosemary
1/2 tsp dried basil
1 bay leaf
1 tsp salt & white pepper mix

Yield: 6 servings

1. Combine flour and parsley in a plastic bag shake them up. Add meat and shake until all pieces are coated.
2. In non-stick stock pot brown meat in oil. Remove with a slotted spoon and set aside.
3. In the same pot, combine chicken stock, mushrooms, onion, garlic and green pepper. Cook and stir for 4 minutes.
4. Add beef stock, tomato purée and seasonings. Cook and stir for 20 minutes or until sauce has desired consistency.
5. Add meat and heat thoroughly.
6. Remove the bay leaf serve over fettuccine pasta. Sprinkle with cheese if desired.

About Primavera

In Italian, "primavera" means "spring style." In the culinary realm, it refers to the use of fresh (raw or blanched) vegetables.

Turkey/Chicken Tetrazzini

4 c turkey or chicken, cooked & cubed

1/2 lb white mushrooms, sliced

1/2 medium sweet onion, diced

1/2 c celery, diced

2 tbsp olive oil

2 tbsp unsalted butter

5 tbsp flour

2/3 c half & half

16 oz chicken stock

1/2 tbsp sherry

1 tsp salt

8 oz spaghetti pasta, broken & cooked

1/4 c parmesan cheese, freshly grated

1. Dice turkey or chicken and set aside.
2. Sauté mushrooms, onions and celery in olive oil.
3. In a separate 10” non-stick frying pan, melt butter and add flour. Add broth and half & half slowly, stirring continuously to keep smooth.
4. When thickened, add sherry and other seasonings.
5. Combine chicken, sauce, mushrooms, spaghetti and parmesan cheese in a non-stick stock pot. Cover and simmer on medium heat until meat is cooked and tetrazzini is thoroughly warm.

Yield: 4 servings

About Tetrazzini

The dish was named for Italian opera singer Luisa Tetrazzini (1871-1941), “The Florentine Nightingale. She was a star of the San Francisco Opera, and a long-time resident of San Francisco. It was a culinary tradition to name new dishes after personalities of the day, and chefs of the 19th century used to flatter great prima donnas like Luisa Tetrazzini by naming dishes after them. According to Tetrazzini’s 1921 autobiography, she was unaware of this tradition.

Healing and Easy Eats is addressed to anybody who is affected by cancer of the head, neck, tongue, throat or anyone undergoing surgery, chemotherapy, and/or radiation therapy. The time during and after treatment will be hard for you and your family. Based on the experience on the head and neck cancer survivors and patients who have contributed to this collection of recipes, we understand that nutrition is one of the most important parts of your recovery. Your battered body will need high calorie foods, but your ability to eat, drink, and swallow foods will be very limited. Therefore you will need a special menu that will enable you to get the right amount of calories and avoid a huge weight drop during your treatment. The Head and Neck Cancer Alliance wishes you the best of luck on your recovery and that this book can help you along your journey.



HEAD AND NECK CANCER
ALLIANCE

The Head and Neck Cancer Alliance is a nonprofit organization working to increase the early detection of these cancers by partnering with local health facilities to conduct awareness programs and health screenings.

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