



Healing & Easy Eats

*Recipes for Head and Neck Cancer
Patients & Survivors*



HEAD AND NECK CANCER
ALLIANCE

Official Cookbook
Second Edition

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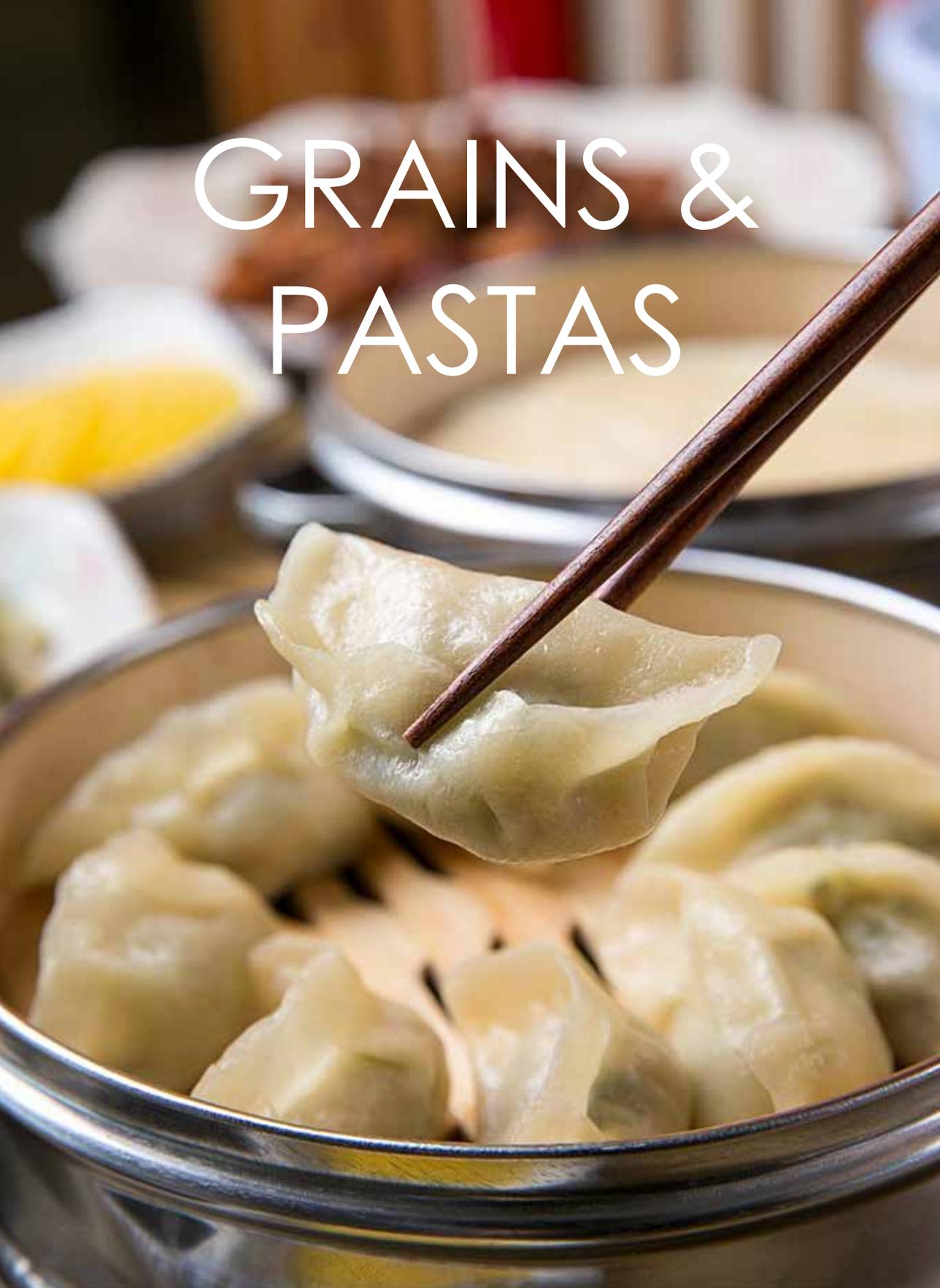
Head and Neck Cancer Alliance
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GRAINS & PASTAS



Grains & Pastas

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Chinese Soft Dumplings

1 lb ground pork, cooked & drained
2 c bok choy, finely chopped
2 eggs
1/2 c scallion, chopped
3 tbsp soy sauce
2 tbsp mirin rice wine or any sweet wine
1/2 tsp ginger root, fresh, minced
1 tbsp brown sugar
1 tbsp sesame oil
1/2 pack wonton wrappers

Yield: 4 servings

1. Combine all ingredients, except wonton wrappers, in a mixing bowl. Mix very well.
2. With a 3" biscuit cutter, cut wonton wrapper into rounds.
3. Put 1 tablespoon of the filling onto each wrapper, fold each wrapper in half and seal the dumpling with your fingers. Be sure to seal well.
4. Repeat until all the filling has been used.
5. Drop the dumplings in simmering water with 1 teaspoon of oil. Do not crowd. Simmer for 10 minutes, stirring gently to prevent sticking.
6. Remove with a slotted spoon and drain well.



Cooked Basmati Rice

2 c basmati rice

4 c chicken stock or water

3 tbsp olive oil

Yield: 8 servings

1. Boil water or chicken stock in a non-stick stock pot.
2. Add rice and cook over medium heat until tender, about 25 minutes.
3. Toss with oil in a large bowl to avoid sticking.

About Basmati Rice

Basmati rice has a pleasant floral aroma and long slender grains. Basmati cultivation is localized to Northwest Indian states: Punjab, Haryana and Western Uttar Pradesh and to a limited area in Himachal Pradesh, Jammu, Kashmir and Rajasthan.



Cooked Orzo

2 c orzo
2 qt water
3 tbsp olive oil

Yield: 8 servings

1. Boil water in a non-stick stock pot.
2. Add orzo and cook over medium heat until orzo is tender, about 10 minutes.
3. Drain orzo well and toss with olive oil in a large bowl to avoid sticking.

About Orzo

Orzo is a tiny, rice-shaped Italian pasta which is great in soups and can be used instead of rice.



COUSCOUS

1 c couscous (quick-cooking)

1 c water or stock of your choice

Yield: 4 servings

1. Bring stock of your choice to a boil in a non-stick stock pot with a lid.
2. Add quick-cooking couscous. Cover; remove from heat and let sit for 5 minutes.
3. Fluff with a fork to separate grains.

About Couscous

Couscous is a coarsely ground semolina pasta. The grain is a staple in many North African countries. Over the last decade, it has cropped up on American menus and dinner tables.



Dumplings with Green Cabbage & Shiitake Mushrooms

Stuffing

- 2 lb cabbage, finely shredded
- 1 large sweet onion, finely diced
- 1/2 tsp sugar
- 6 strips bacon, diced
- 1 tsp salt & pepper mix
- 2 c shiitake mushrooms, diced

Dough

- 4 c all-purpose flour
- 2 eggs
- 1 tsp salt
- 2/3 c warm water

Sauce

- 4 tbsp soy sauce
- 1 tsp sesame oil
- 1 tsp Chinese rice vinegar
- 1/2 tsp freshly grated ginger
- 1 tsp fresh cilantro leaves, chopped
- 1 tsp green onion, chopped

Yield: 12 servings

Sauce

1. Combine all the ingredients. For best results, prepare ahead of time to allow the flavors to blend. Store in a sealed container in the refrigerator until ready to use. Reheat before serving.

Dumplings

1. Shred cabbage finely and sauté along with onions, bacon, salt, pepper, sugar, and mushrooms for approximately 20 minutes on low heat in a covered non-stick stock pot, stirring occasionally.
2. Mix flour, eggs, salt, and water, a little at a time. Knead until dough is firm and elastic. Place in a bowl, cover and let rest for 10 minutes.
3. On a floured surface, roll dough to about 1/8-inch thickness. Cut into 3 inch rounds.
4. Place a small spoonful of filling in the center of each round, fold and press the edges together firmly to seal.
5. Drop the dumplings in simmering chicken bouillon with 1 teaspoon of oil. Do not crowd. Simmer for about 10 minutes, stirring gently to prevent sticking.
6. Remove with a slotted spoon and drain well. Place the drained dumplings on a large plate and pour sauce mixture over all.

Dumplings with Mashed Potatoes and Cheese Dough

Dough

4 c all-purpose flour
2 eggs
1/2 c sour cream
1 tsp salt
2/3 c warm water

Potato Filling

3 medium potatoes, cooked,
drained & mashed
1 medium sweet onion
1/4 c butter
1 tsp salt & pepper mix

Cheese Filling

1 lb dry curd cottage cheese or
farmer's cheese
2 eggs beaten
1/2 tsp salt
1/4 c butter

Sauce

1 large sweet onion, chopped
1/2 c butter

Yield: 12 servings

Dough

Mix flour, eggs, sour cream, salt, and water, a little at a time. Knead until dough is firm and elastic. Place in a bowl, cover and let rest for 10 minutes.

Potato Filling

Cook and mash potatoes. Sauté onion in butter. Add onion, salt and pepper to potatoes. Mix well and set aside.

Cheese Filling

Combine ingredients and mix.

Sauce

Sauté onion in butter until golden.

Assembly

1. Divide dough into three parts. On a floured surface roll dough to about 1/8-inch thickness. Cut into 3-inch rounds.
2. Place a small spoonful of the filling in the center of each round, fold and press the edges together firmly to seal. Drop the dumplings in simmering chicken bouillon with 1 teaspoon of oil. Do not crowd. Simmer for 10 minutes, stirring gently to prevent sticking.
3. Remove dumplings with a slotted spoon and drain well. Place the drained dumplings on a large plate and pour sauce mixture over all.

Dumplings with Meat Stuffing

2 c chicken, beef or pork,
cooked meat pieces

3 slices bacon, diced

1 medium sweet onion, chopped

1 tbsp bacon drippings

1 tsp salt & pepper

Dough

4 c all-purpose flour

2 eggs

1 tsp salt

2/3 c warm water

Yield: 9 servings

1. Grind the meat. Fry bacon in a pan, and then sauté onions in the drippings. Season with salt and pepper.
2. To prepare dough, mix eggs with flour, add a dash of salt and as much water as needed to knead a smooth loose dough. Roll out as thinly as you can. Cut out 2 1/2 to 3 inch squares.
3. Put a little of the stuffing on each square. Fold to form a triangle, pinch the edges together.
4. Cook in a large kettle with boiling salted water on high heat for 10 minutes.
5. Remove with a slotted spoon to a warm serving platter.

Pearl Barley

2 c water or stock of your choice
(We suggest using stock for
cooking since the grain has very
little flavor)

1 c pearl barley

Yields: 8 servings

1. Bring water or stock to a boil in a non-stick stock pot with lid.
2. Add pearl barley return to boil. Reduce heat to low, cover and cook for 45 minutes or until barley is tender and liquid is absorbed.

Note: Barley can cooked ahead of time and placed in an airtight container and refrigerated or frozen for up to a week. For best results, bring refrigerated or frozen cooked barley to room temperature before using. Does not require pre-soaking and usually cooks within 30 to 45 minutes. Quick barley will cook in 10 to 12 minutes. When cooking, cook with twice as much liquid as the barley measures.



About Barley

Wild barley comes from Epi-Paleolithic sites in the Levant (eastern end of the Mediterranean Sea), beginning in the Natufian. The earliest domesticated barley occurs at Neolithic sites in the Near East such of Tell Abu Hureyra in Syria. Barley was one of the first crops domesticated in the Near East, at the same time as the einkorn and emmer wheat. Tibetan barley has been the only major staple food in Tibet for centuries. It is made into a flour product called tsampa. Palaeoethnobotanists have found that barley has been grown in the Korean Peninsula since (c1500–850 BCE) along with other crops such as millet, wheat, and legumes.

Barley is an annual grass that has two growing seasons, winter and spring and is very adaptable to various environments. It does best in the spring in a temperate zone with a 90 day growing season and can be found growing in sub-arctic regions like Alaska or in Norway, with very short growing seasons. Barley also has a very good resistance to dry heat compared to other small grains. This feature allows it to grow near desert areas such as North Africa.

Barley is the fourth most important grain crop in the United States. Barley is high in carbohydrates, with moderate amounts of protein, calcium and phosphorus. It also has small amounts of the B vitamins. Research is being conducted for its ability to help alleviate diabetes, high cholesterol, and obesity when used regularly in the diet. Some research suggests barley may also protect against colon cancer.



Quinoa

1 c quinoa

2 c water

Yield: 4 servings

1. Rinse quinoa thoroughly in a small strainer under running water. Drain.
2. Put quinoa and water in non-stick stock pot; bring to the boil. Reduce heat to simmer; cover and cook until all water is absorbed (10-15 minutes).
3. When done, the grain appears translucent and the germ ring will be visible.

About Quinoa

Quinoa (pronounced KEEN-wah or KEE-no-uh, Spanish quinua) is a species of goosefoot. Quinoa originated in the Andean region of South America, where it has been an important food for 6,000 years. Quinoa is generally undemanding and altitude-hardy, so it can be easily cultivated in the Andes up to about 4,000 meters. The Incas, who held the crop to be sacred, referred to quinoa as "chisaya mama" or "mother of all grains." During the European conquest of South America quinoa was scorned by the Spanish colonists as "food for Indians." Quinoa was of great nutritional importance in pre-Columbian Andean civilizations, being secondary only to the potato, and followed in third place by maize. In contemporary times this crop has come to be highly appreciated for its nutritional value, as its protein content is very high (12%–18%), making it a healthy choice for vegetarians and vegans. Quinoa contains a balanced set of essential amino acids for humans, making it an unusually complete protein source. It is a good source of dietary fiber, phosphorus, magnesium and iron. Quinoa is gluten free and considered easy to digest.

VEGETABLES



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Acquacotta Tuscan Peasant Soup

1/2 c olive oil
6 celery stalks, diced
1 carrot, diced
2 sweet onions, diced
2 lb beet greens or spinach,
stemmed, washed & coarsely
chopped
1 lb plum or roma tomatoes
peeled, diced
7 c chicken stock
1 tsp salt
5 eggs, beaten in a bowl
1/2 c grated pecorino Romano
cheese
6 slices toasted Italian bread

Yield: 8 servings

1. Heat olive oil in a non-stick stock pot.
2. Sauté onion, carrots, celery till translucent.
3. Add the greens. Cover and cook over low heat till the greens wilt (about 5 minutes).
4. Add 1 cup chicken stock, tomatoes and simmer for 20 minutes.
5. Add remaining chicken stock and salt. Simmer for another 20 minutes.
6. Meanwhile, mix the eggs and grated cheese together.
7. Place toasted bread on the bottom of each soup bowl and spoon the beaten egg mixture over the bread.
8. Ladle the boiling soup into the bowls. Stir it well and serve immediately.

Bean Mix Soup

3 (15 oz) cans beans of your choice (red, kidney, black, pinto, white, and/or chickpeas) drained & thoroughly rinsed

1 qt chicken stock

1 tbsp sour cream (per serving)

Yield: 4 servings

1. Combine all beans and chicken stock in a non-stick stock pot and cook over low heat for 15 minutes.
2. Blend all ingredients in blender until smooth.
3. Return soup to the pot and simmer for 30 minutes.
4. Top each serving with a dollop of sour cream.



Breadfruit Chowder

4 thick cut slices of bacon, diced
1 sweet onion, diced finely
1 scallion, chopped finely
1 small carrot, peeled & diced
finely
4 c peeled & chopped
breadfruit.
4 c chicken stock
1 c heavy whipped cream
1 tsp salt & pepper mix

Yields: 6 servings

1. In a non-stick stock pot, fry diced bacon until crisp.
2. Take out 1 tablespoon bacon and reserve for chowder garnish.
3. Add onion to the pot and cook until translucent.
4. Add the carrot, breadfruit and stock, bring to a boil.
5. Simmer all ingredients for 20 minutes.
6. Put chowder in small batches into the blender.
7. Blend until smooth.
8. Return to the pot. Stir in heavy whipped cream and simmer for 5 minutes.
9. Ladle chowder into soup bowls. Sprinkle with finely chopped scallion and reserved bacon. Serve warm.

About Breadfruit

Native to Malayan Archipelago, breadfruit has been a traditional carbohydrate source for many tropical cultures. Generally the skin is thin and green, becoming pale green with red brown areas on maturity. It is patterned with irregular polygon shaped "bumps" which flatten and enlarge on maturity of the fruit. When mature, the interior of the fruit is white or pale and starchy. When completely green, the raw breadfruit is hard and starchy, like a raw potato; when slightly ripe, the raw pulp resembles both eggplant and partly baked bread. Grown in south Florida, breadfruit is available January through March, in limited quantities. It is also imported from the West Indies islands, particularly Jamaica, and is available June through October, and sometimes year-round. It is most apt to found locally in specialty markets.

Chickpea & Baby Spinach Soup

- 1 large sweet onion finely diced
- 2 cloves garlic chopped
- 1 c heavy whipping cream
- 16 oz can chickpeas drained,
rinsed
- 1 lb fresh baby spinach rinsed &
diced
- 1/8 tsp cardamom
- 1/8 tsp mace
- 1/2 tsp salt & pepper mixed

Yield: 4 servings

1. In a non-stick stock pot, sauté the onion and garlic over low heat until the onion is translucent.
2. Add heavy whipping cream and bring it just to a boil, stirring constantly.
3. Add chickpeas, spinach and spices. Reduce heat to a simmer.
4. Continue to cook stirring occasionally until spinach is wilted.
5. Remove half of the soup and cool slightly.
6. Purée the cooled mixture in the blender.
7. Return the purée to the simmering soup. Stir well and serve hot.

Chilled Vichyssoise / Cold Leek & Potato Soup

6 large potatoes peeled & sliced

2 large leeks, sliced into 1 inch of green part

2 qt chicken stock

1/2 tsp salt

1/2 tsp white pepper

1/2 c heavy whipping cream

6 tsp freshly minced chives

Yield: 6 servings

1. In a non-stick stock pot, simmer potatoes and leek in chicken stock until tender.
2. Purée vegetables in a blender. Return purée to the stock pot and simmer for 5 minutes.
3. Stir in white pepper and heavy whipping cream. Set aside to cool.
4. Pour into a bowl cover and refrigerate for at least 4 hours.
5. Ladle the soup into 6 chilled bowls, garnish with 1 teaspoon of freshly minced chives.



Corn Chowder with Fenugreek

6 strips apple wood smoked
bacon, diced

1 sweet onion, finely diced

4 potatoes peeled & diced
3 c chicken stock

3 c corn kernels, fresh or frozen
3 c heavy whipped cream

1 tsp salt & white ground pepper
mix

1/2 tsp ground fenugreek spice
(may substitute 1/8 tsp ground
cumin or curry)

1 tbsp fresh chives, finely diced

1. In a non-stick stock pot, sauté finely diced bacon until translucent (don't make it crispy).
2. Add diced potatoes and onion and sauté for 10 minutes.
3. Add chicken stock, corn, heavy whipped cream, salt, pepper and fenugreek spice.
4. Cover and cook for 10 minutes.
5. Pour chowder into soup bowls and garnish each bowl with finely diced fresh chives.

Yields: 8 servings

About Fenugreek

Fenugreek also called methi is a crop plant grown as a potherb and for the spice made from its seeds. The fenugreek plant grows wild from the eastern Mediterranean area to China; it is cultivated worldwide. The name fenugreek or foenum-graecum is from Latin for "Greek hay". Fenugreek is used both as a herb (the leaves) and as a spice (the seed). The yellow, rhombic fenugreek seed is frequently used in the preparation of pickles, curry powders and pastes, and is often encountered in the cuisine of Africa, India, China and Thailand. The young leaves and sprouts of fenugreek are eaten as greens and the fresh or dried leaves are used to flavor other dishes.

Cream of Gobo Root & Mushroom Soup

1 lb gobo root sliced razor-thin
1 large sweet onion diced
3 tbsp vegetable oil
1/2 lb white mushroom caps
cleaned & diced
3 c chicken stock
2 tbsp unsalted butter
1 tbsp all-purpose flour
1 c heavy whipped cream
1 tsp salt & black pepper mix

Yields: 6 servings

1. To prepare the gobo root, cut off about 1 inch of the top and bottom ends. Scrub the gobo root in plenty of water and slice razor-thin.
2. Heat vegetable oil in a non-stick stock pot. Sauté the gobo root and onion for 15 minutes.
3. Stir occasionally to prevent sticking, as gobo root is dry. Add diced mushrooms and sauté for 10 minutes.
4. Cover with 2 cups chicken stock and simmer for 20 minutes.
5. In a heavy pan, melt the butter. Add flour, stirring to blend.
6. Gradually add 1 cup chicken stock, simmer for 2 minutes then slowly add heavy whipped cream.
7. Heat until the sauce begins to thicken. Slowly add sauce to the soup stirring occasionally until the soup is smooth. Season with salt and pepper mix.

About Gobo Root

Common Burdock (Gobo in Japanese) grows wild throughout most of North America, Europe and Asia. Burdock root is very crisp and has a sweet, mild, and pungent flavor. The taste resembles that of artichoke, to which the burdock is related. The root is eaten cooked and the young sprout can be eaten just like asparagus. It is also used as a medicinal herb. Beginners usually get into trouble when they sauté burdock root instead of simmering or steaming it because sautéing makes it more difficult to make the root tender. The trick is to slice the root razor-thin and braise it after sautéing.

Cream of Potato Soup with Cream Cheese

1 qt chicken stock
4 c potatoes, diced
1/2 c leek, chopped
1 c celery, chopped
1/2 c carrot, chopped
4 oz cream cheese

Yield: 4 servings.

1. Cook potatoes, leek, celery and carrots in chicken stock until tender.
2. In small batches, blend all ingredients in blender until smooth.
3. Return contents to the pot.
4. Add cheese and stir until it is well blended with soup.

Creamy Asparagus Soup

1 lb asparagus, trimmed &
chopped
4 c chicken stock
1 c heavy whipping cream

Yield: 4 servings

1. Trimmed 1/3 of asparagus ends and discard.
2. Boil asparagus in chicken stock until tender.
3. Place asparagus in blender, blend until smooth.
4. Return contents to stock pot, add heavy whipping cream and cook until heated through, stirring constantly.



Creamy Tomato & Basil Soup

2 tbsp butter
1 tbsp olive oil
1 onion, finely chopped
1 garlic clove, chopped
2 lb heirloom or plum tomatoes,
chopped
2 ¼ cups vegetable stock
½ cup dry white wine
2 tbsp sun-dried tomato paste
Handful of fresh torn basil leaves
2/3 cup heavy cream
Salt & pepper

1. Melt butter with the oil in a heavy bottom pan. Add onion and cook on medium heat for about 5 minutes or until tender. Add garlic, cook 1 minute. Add tomatoes, stock, wine and tomato paste. Stir well. Add salt and pepper to taste. Partially cover the pan and simmer, stirring occasionally for 20-25 minutes until soft and pulpy.
2. Remove pan from heat and cool slightly. Transfer to a food processor or blender, in batches if necessary. Add basil and purée. Push mixture through a mesh strainer into a rinsed out pan.
3. Stir the cream into the soup and heat through, careful not to boil.

Tip: Instead of fresh basil, try homemade pesto in its place. It is just delicious, but only if you are not planning to freeze any leftovers. Pesto does not freeze well in this recipe.



Curried Spaghetti Squash Soup with Coconut Milk

2 large spaghetti squash
1 tsp vegetable oil
1 tsp curry powder
1 (13 oz) can coconut milk
1 qt chicken stock
1 tsp brown sugar
2 tsp heavy whipping cream

Yield: 8 servings

1. Cut squash in half lengthwise. Remove seeds.
2. Brush a non-stick baking pan with vegetable oil. Place the squash, cut side down on the pan and bake for 30 minutes at 350°F.
3. Spoon out pulp from the squash into a bowl to cool.
4. When cooled, process the squash pulp in the blender until smooth. Set aside.
5. In a non-stick stock pot bring 1 quart chicken stock to a boil. Add curry powder.
6. Cover, reduce heat and simmer for 10 minutes.
7. Add puréed squash and stir until smooth. Cook for 2 minutes stirring constantly.
8. Stir in coconut milk and sugar bringing it to a boil. Cover, reduce heat and simmer for 5 minutes stirring occasionally.
9. Serve hot or warm in a soup bowl. Garnish with a few dots of heavy whipping cream.

Easy Gazpacho Soup

2 c chicken stock
2 lb vine ripened tomatoes,
peeled, seeded & diced
2 large cucumbers peeled
seeded & diced
1 c celery diced
3 c red pepper, chopped
1 tsp garlic, chopped
2 tsp fresh basil, chopped
2 tsp fresh Italian parsley,
chopped
1 tsp fresh cilantro, chopped
1 tsp white sugar
1/2 tsp red wine vinegar
1/2 c extra virgin olive oil
12 oz V8 juice
8 slices white bread, toasted (cut
the crust off)

Yield: 8 servings

1. Combine all ingredients in a blender (except bread) and purée until smooth.
2. Line the bottom of a large bowl with the toasted bread.
3. Slowly pour all the blended ingredients over the bread.
4. Refrigerate for 6 hours. Remove from the refrigerator and stir. Let rest for 15 minutes.
5. Pour into soup bowls to serve.

About Gazpacho

Gazpacho is a liquid salad from the southern Spanish region of Andalusia, made of ripe tomatoes, bell peppers, cucumbers, garlic, and bread that is blended with olive oil, vinegar and served cold. Gazpacho comes in a variety of different intraregional versions, some of which contain almonds, and no tomatoes and peppers. Tomatoes and peppers were added to the modern version after the time of Columbus.

Fruit & Vegetable Tzimmes

2 tbsp unsalted butter
1 medium sweet onion, diced
1/2 lb carrots, sliced
1/2 lb parsnips, sliced
1 lb sweet potatoes, diced
4 oz dried apricots, diced
4 oz dried cherries, diced
4 oz prunes, diced
1/3 c honey
Zest of 1/2 Orange
1 c orange juice
1/2 tsp salt
1/4 tsp cinnamon
1/4 tsp nutmeg
1/8 tsp allspice
1/4 tsp pepper

Yield: 8 servings

1. Melt the butter in a large soup pot. Add the onion and sauté until tender.
2. Add carrots, parsnips, sweet potatoes, apricots, cherries, prunes, honey, orange zest and orange juice. Add seasonings and spices; bring to a boil.
3. Reduce to simmer. Stir often. Cover and simmer for 30 minutes, or until carrots and sweet potatoes are tender.

About Tzimmes

Tzimmes or tsimmes is a Jewish dish in which the principal ingredient is diced or sliced carrots, sometimes combined with dried fruit like prunes or raisins, or chunks of meat, usually brisket. The dish is cooked slowly over low heat and flavored with honey and sometimes cinnamon. There are many variations of this dish. The non-meat version is sweeter, along the lines of candied yams.

Tzimmes is often part of the Rosh Hashanah (Jewish New Year) meal, when it is traditional to eat sweet and honey-flavored dishes. The name probably comes from the German words zum (for) andessen (eating). Some say the word is a corruption of the word "simmer." "To make a big tzimmes over something" means to make a big fuss.

German Cucumber & Potato Soup

4 large potatoes peeled & diced
2 c chicken stock
2 medium cucumbers
1 medium sweet onion grated
1 tbsp vegetable oil
1 tsp salt & white pepper mix
1 c heavy whipping cream
4 tsp fresh dill chopped

Yields: 4 servings

1. In a non-stick stock pot boil potatoes in chicken stock until potatoes are very soft. Strain potatoes through sieve and save the liquid. Set aside to cool.
2. Peel the cucumbers and slice lengthwise. Scoop out seeds with a teaspoon and discard. Dice cucumbers finely.
3. In a non-stick stock pot over medium heat sauté shredded onion and diced cucumbers in the vegetable oil until translucent stirring occasionally.
4. Add salt and pepper mix. Simmer for 2 minutes.
5. Purée cucumber, onion and potatoes in a blender or food processor adding saved liquid/stock to thin.
6. Return to the stock pot and let it simmer for 5 minutes.
7. Stir in heavy whipping cream. Bring to a simmer. Set aside to cool.
8. Pour into a bowl, cover and refrigerate for at least 4 hours.
9. Ladle the soup into 4 chilled bowls, garnish before serving with 1 teaspoon of freshly chopped dill and season to taste.

Japanese Kabocha Squash Chowder

8 c chicken stock, divided
2 bay leaves
1 large kabocha squash, peeled,
deseeded & diced
6 strips apple smoked bacon,
finely diced
2 celery stalks, diced
1 large carrot, peeled &
shredded
1 sweet onion, peeled & diced
2 cloves garlic, chopped
1/2 tsp fresh thyme, chopped
1/4 tsp fresh oregano, chopped
2 tbsp flour
1/2 tbsp parsley, chopped
1/2 tsp scallions, sliced thin

Yield: 6 servings

About Kabocha Squash

Kabocha (**(kuh-bowtchah)**) squash is a Japanese squash, whose name (Nam Gwa) means sweet mama. This orange-fleshed winter squash has a striated green rind. It is sweeter, drier, and less fibrous than other winter squash, and it tastes a bit like sweet potatoes.

1. In a non-stick stock pot, add 6 cups of the stock, the diced squash and bay leaves. Simmer slowly until the squash is tender (about 20 minutes). The squash will thicken and color the soup as it softens. After it is cooked, strain the squash and set stock aside. Discard bay leaves. Allow squash to cool.
2. While squash is cooling, sauté finely diced bacon in a non-stick stock pot (don't make it crispy). Drain and reserve the fat. Set bacon aside.
3. Using some of the bacon fat slowly sweat* the celery, shredded carrot and onion. When soft, add the garlic and chopped herbs and cook until fragrant, about 3 minutes.
4. Add the flour and cook for another 2 minutes.
5. Slowly add the remaining 2 cups of stock, stirring constantly until it boils. When thickened, set aside.
6. Purée the cooled squash in a blender or food processor adding reserved stock. Soup should be thick, so add only as much reserved stock as needed.
7. Add puréed squash to vegetables and simmer for 5 minutes.
8. Add bacon and parsley. Ladle the soup into 6 soup bowls and garnish each soup with 1 teaspoon of sliced scallions.

** Sweat: To cook foods over gentle heat, usually covered or partly covered, until they release their moisture. Vegetables, meats, and seafood are often sweated when making soups, stews, and sauces so that the foods release their juices into the pan and surrounding liquid. Sweating is the opposite of sautéing.*

Lentil & Shiitake Mushroom Soup

1 lb shiitake mushrooms
4 tbs olive oil, divided
1 qt chicken stock
1 c lentils
1 tsp salt
1 tbs soy sauce
2 bay leaves
6 oz can V8 juice
1/2 tsp dried sweet paprika
1/2 tsp dried marjoram
1/2 tsp dried thyme
1 sweet onion finely diced
2 cloves garlic minced
2 carrots finely diced
2 celery stalks finely diced
3 vine ripened tomatoes diced
2 tbs sherry
1/2 tsp fresh basil chopped
1 tsp brown sugar

Yields: 6 servings

1. Rinse mushrooms remove and discard the stems. Thinly slice the caps.
2. In non-stick skillet sauté mushrooms with 2 tablespoons of olive oil for 5 minutes and set aside.
3. In a non-stick stock pot bring chicken stock to a boil.
4. Add lentils, salt, soy sauce, bay leaves, V8 juice, sweet paprika, marjoram, thyme and simmer for 10 minutes.
5. In skillet heat remaining 2 tablespoons of olive oil and sauté onion, garlic, carrots, celery and tomatoes for 5 minutes.
6. Add vegetable mixture to stock pot. Add mushrooms to stock pot. Stir in sherry and brown sugar. Cover and simmer for 20 minutes.
7. Before serving garnish each soup with 1/2 teaspoon of chopped basil.

About Lentils

Lentils may have been one of the first agricultural crops grown more than 8, 500 years ago. Production of this cool season annual crop spread from the Near East to the Mediterranean area, Asia, Europe and finally the Western Hemisphere. It may have been introduced to the United States in the early 1900s. Lentils are an excellent supplement to cereal grain diets because of its good protein/carbohydrate content. It is used in soups, stews, casseroles and salad dishes.

Lisa's Asparagus Soup

1 bunch of asparagus
3 c vegetable stock
4 tbsp butter
1 onion, chopped
3 tbsp all-purpose flour
¼ tsp ground coriander
1 tbsp lemon juice
2 c milk
6 tbsp half & half
Salt and pepper

1. Wash and trim the asparagus reserving woody stems. Cut the tips in short pieces. Skip this step if the asparagus is fine.
2. Add stems to the vegetable stock and boil for 20 minutes. Strain stock and discard stems. .
3. Add tips to minimal boiling salted water. Cook 5-10 minutes. Drain and set tips aside.
4. Add butter to sauce pan and sauté onion on low heat until soft. Stir in the flour and cook for 1 minute. Gradually whisk in reserved stock and bring to a boil. Cook for 2-3 minutes until thickened.
5. Stir in cooked asparagus, lemon juice, coriander and salt and pepper to taste. Simmer for 10 minutes.
6. Remove the saucepan from heat and cool slightly.
7. Transfer to a food processor or blender, in batches if necessary, and purée. Return soup to the pan and add the milk. Simmer for 10 minutes.
8. Add the half & half and heat through.

Malanga Soup

2 qt chicken or beef stock
2 lb malanga, peeled & diced
1/4 tsp mace
8 tbsp sour cream, divided
Chopped chives or parsley for
garnish

Yield: 8 servings.

1. Boil the stock, add malanga. Reduce heat and simmer for 25 minutes. Allow to cool then place malanga in blender and blend until smooth.
2. Return contents to the pot, add mace and cook until heated through, stirring constantly.
3. Top each serving with a tablespoon of sour cream.
4. Garnish with a pinch of finely chopped chives or parsley.

About Malanga

Malanga, also known as an African potato, makes an interesting addition to stews and soups, adding flavor, thickness and creaminess. Malanga is often milled into flour, since malanga is probably the most hypoallergenic food in the world. Even persons with extensive allergies should do very well with this flour. The starch grains are the smallest and most easily digested of all complex carbohydrates. Malanga flour is used as a substitute for wheat flour to make cookies, quick breads, loaf breads, pancakes, bagels, muffins, doughnuts, dumplings, and similar items. Malanga is high in calories, at 135 calories per 1/2 cup, cooked serving. It is a fairly good source of thiamine and riboflavin and contributes modest amounts of vitamin c and iron. There are about 1,530 calories in one pound of malanga flour. The composition of malanga flour is approximately: 75. 5 percent carbohydrates, 5. 1 percent protein, 1. 6 percent fat, 9. 8, percent fiber, 1. 2 percent water, and 6. 8 percent minerals.

Polish Leek, Potato & Kielbasa Soup

1/2 tsp fennel or caraway seed,
lightly crushed

1 large leek, rinsed & sliced (white
part only)

4 medium potatoes, peeled &
diced

1 qt chicken stock

1 lb Polish kielbasa, very finely
diced

1/2 c heavy whipping cream

4 tbsp unsalted butter

Yields: 6 servings

1. In a small skillet toast fennel or caraway seed over moderate heat until very fragrant (about 3 minutes). Set aside to cool.
2. In a non-stick stock pot simmer leek and potatoes in chicken stock till tender. Strain vegetables, reserving stock and allow vegetables to cool.
3. Purée leek and potatoes in a blender or food processor. Blend the purée into the reserved stock and simmer for 5 minutes.
4. Stir in the toasted fennel or caraway, diced or shredded kielbasa, and heavy whipped cream simmer for another 10 minutes. Serve hot or warm.



Ribollita Tuscan Style Bean Soup with Black Cabbage

2 (16 oz) can cannellini beans, rinsed
1 tbs fresh basil leaves, chopped
1 tbs fresh parsley, chopped
1 tsp fresh thyme, chopped
2 lb black Tuscan cabbage, sliced
(Black cabbage may be replaced
with Savoy cabbage)
2 lb carrots, diced
2 celery stalks, diced
1 large sweet onion, diced
2 leeks, thinly sliced
1/2 c extra virgin olive oil
1/2 c bacon bits
2 lb vine ripened tomatoes, peeled &
diced
2 qt chicken stock
1 tsp salt & black pepper mixed
1 slice toasted whole wheat bread
per serving

Yields: 8 servings

1. Rinse beans well under the running water. Drain and set aside. Chop basil, parsley and thyme; mix together, put aside. Clean, wash and slice the cabbage and put aside.
2. Dice carrots, celery, onion and leeks. Heat oil in a non-stick stock pot. Sauté onion, carrots, celery and leeks till translucent.
3. Add the cabbage and bacon bits and continue to cook over a low heat so that the vegetables can stew well.
4. Add the tomatoes, basil, thyme, salt and pepper mix and continue to simmer over a low heat for 15 minutes, stirring frequently.
5. Add 2 quarts chicken stock and bring it to a boil.
6. Divide cannellini beans in two parts. Put one part of beans into the blender or food processor and blend until smooth. Add blended beans to the pot. Simmer for 5 minutes. Add rest of the beans to the pot, stir well and let cook for 20 minutes.
7. You can always add more chicken stock if soup gets too thick.
8. Toast the sliced bread and place in soup bowls, pour soup over the bread. Serve hot.

About Black Cabbage (Kale, Nero di Toscana)

Brassica Oleracea. This is not your average Cabbage. It actually looks more like a cauliflower plant without the expected bit in the middle. The leaves are long strap-like shape and fairly upright. Dark green would be an understatement in describing the leaf color. Treat them culinarily like a spring green. Flavor is out of this world. Can also be used young as a salad leaf.

Roasted Butternut Squash Soup

2 butternut squash, halved,
seeded

2 tbsp butter, divided

1 qt chicken stock

2 c heavy whipping cream

1/4 tsp mace

Yield: 8 servings

1. Brush each cut side of squash half with butter. Roast squash, cut side down on non-stick baking sheet, at 350°F until tender, about 45 minutes. Remove from oven and let cool completely.

2. Separate skin from flesh and sauté squash in 1 tablespoon of butter over low heat in non-stick stock pot for 5 minutes.

3. Add chicken stock and bring to boil. Reduce heat and simmer for 10 minutes.

4. Transfer to blender and purée. Return to stock pot, add heavy whipping cream and cook until heated through, stirring constantly. Season with mace.



Roasted Red Pepper & Smoked Gouda Soup

2 tbsp butter
6-7 red bell peppers, roasted & chopped
1 onion, chopped
5 garlic cloves, minced
3 c chicken stock
½ cup heavy cream
Dash of ground black/white pepper
2 c fine shredded smoked gouda cheese

1. Place peppers on foil lined cookie sheet and roast on broil until skins char and start to come loose. Allow to cool.
2. Peel skins, seed and coarsely chop.
3. Melt butter in large saucepan over medium heat. Sauté peppers, onion and garlic for 15-20 minutes, or until tender.
4. Add chicken stock and stir well. Reduce heat to low and simmer for 30 minutes.
5. Remove from heat and cool slightly.
6. Transfer to blender or food processor, in batches if necessary, and purée until smooth.
7. Return to saucepan over medium low heat. Stir in heavy cream, black/white pepper and the cheese. Heat through to allow cheese to melt.

Summer Squash & Corn Chowder

2 slices of smoked bacon, diced
¾ c green onion, chopped fine
½ celery, diced fine
1 lb yellow squash, diced
1 lb white and yellow corn,
thawed
2¼ c milk or half & half
1 tsp fresh thyme
½ tsp salt
¼ tsp pepper
¼ cup extra sharp cheddar
cheese

1. Cook bacon over medium high heat until crisp. Remove bacon and set aside.
2. Add onion, celery and squash to drippings and sauté until tender, about 8-10 minutes.
3. Place corn and milk in the blender, in batches, and process until smooth. Push mixture through a mesh strainer (if you do not have difficulty swallowing, skip this step) over pot, discard solids.
4. Add thyme, salt, pepper and bacon. Cook on low until heated through.
5. Sprinkle cheese over soup when serving.

Tip: If you are able to eat more solid foods, reserve 1 cup of whole corn to add to soup. You can also top with fresh chopped green onion, bacon, diced tomato and homemade croutons.

Tuscany Cold Cucumber Soup

4 tbsp unsalted butter
1 medium sweet onion, finely
diced
2 lb cucumbers, peeled & sliced
4 c chicken stock
1/2 tsp salt
1/2 c heavy whipping cream
2 fresh mint leaves, chopped
1 tbsp fresh dill, chopped

Yield: 8 servings

1. In a non-stick stock pot over medium heat melt the butter, Add onion and sauté until translucent, stirring occasionally.
2. Add the cucumbers and stir well. Add chicken stock. Reduce heat to low and cook uncovered until the cucumbers are tender. Remove from heat and set aside to cool slightly.
3. Purée cucumber mixture in a blender or food processor adding a little stock to thin. Pour into a bowl, cover and refrigerate for at least 4 hours.
4. Before serving add the salt and heavy whipping cream mixing well. Ladle into chilled bowls, sprinkle with the mint and serve.



Wadmalaw Okra Soup

1 ham bone (with some meat still attached)

2 tbsp butter

1 lb okra, sliced thin

6 large vine ripened tomatoes, peeled, deseeded & diced

2 large green bell peppers, cored, deseeded & finely diced

1 medium sweet onion, finely diced

1/4 tsp white pepper ground

1/4 tsp coriander ground

4 c cooked rice

Yields: 8 servings

1. Put the hambone in a non-stick stock pot. Cover with water and bring to a boil.
2. Reduce heat. Simmer for 2 hours.
3. Strain the stock. Remove meat from bone then discard bone.
4. Melt the butter in a non-stick stock pot add okra, tomatoes, green pepper and onion and sauté for 10 minutes.
5. Add to the soup. Simmer until the soup is thick.
6. Shred the meat into the soup and add white pepper and coriander. Serve over cooked rice in soup bowls.

White Turnip Soup

6 medium white turnips
1 large sweet onion
6 c chicken stock
3 tbsp butter
1 tsp salt & pepper mix
1 c bread crumbs or plain bread
stuffing
2 egg yolks
1/2 c heavy whipping cream

Yield: 6 servings

1. Peel, slice and dice the vegetables.
2. In a non-stick stock pot sauté turnips and onion in butter for 5 minutes.
3. Add 6 cups chicken stock, salt and pepper mix and bread crumbs. Simmer the soup for a half hour.
4. Put soup in small batches into the blender or food processor. Blend until smooth. Return to the pot.
5. Beat the egg yolks and add heavy whipped cream. Stir to blend well. Add to the pot and simmer for 5 minutes.
6. Ladle soup into individual soup bowls.
7. The turnip green leaves (greens) are often cooked like spinach. You can chop the top part of turnip greens, sauté separately in butter for 5 minutes and use as garnish for the soup.

About Turnips

Turnips are a member of the Mustard Green family. Indigenous to Europe and Asia. Turnips were grown at least 3500 years ago as an oilseed crop in India and continues in this country today. In Roman times, the Galls and other European groups were growing turnips with a swollen root that was eaten cooked as a vegetable. The turnip, which was actually used for trading in young colonies, has been grown in America since 1622, starting in Massachusetts.

Wild Mushroom Soup

2 tbsp olive oil
1 large carrot, diced
2 stalk celery, diced
1 lb button mushrooms or fresh
wild mushrooms (e. g. oyster,
portabella, cremini)
1 qt chicken stock
1/2 c heavy whipping cream

Yield: 4 servings

1. Separate the stems from the caps of the mushrooms discard stems and dice the caps.
2. Heat olive oil in non-stick pan. Sauté mushrooms, carrot and celery until tender.
3. Place all ingredients in blender or food processor and blend until smooth, adding some stock to thin if necessary.
4. Heat chicken stock in stock pot. Add mushroom mixture to the stock. Add heavy whipping cream. Bring soup to a boil and cook until heated through, stirring constantly.





FRUITS

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Ahu Sweet Coconut Soup

2 c fresh grated coconut

3 c sweet coconut juice

½ c white sugar

½ c tapioca starch mixed with
water

1 sprig fresh cilantro

Yield: 6 servings

1. In a non-stick stock pot combine sugar, water and coconut juice.
2. Bring to a boil.
3. In a separate mixing bowl, combine coconut meat and tapioca starch, add some water and mix until it becomes a lumpy batter.
4. Slowly add to boiling liquid and stir vigorously.
5. Bring to a second boil and serve.
6. It should be consistency of chowder.
7. Garnish with fresh cilantro and serve hot or warm.

About Tapioca

Tapioca is native to South and Central America, Africa, the West Indies and parts of India and Asia. Tapioca is an essentially flavorless starchy ingredient produced from treated and dried cassava (manioc) root and used in cooking. It is similar to sago and is commonly used to make a milky pudding similar to rice pudding. Purchased tapioca is comprised of many small white spheres each about 2 mm in diameter. These are not seeds, but rather reconstituted processed root. The processing concept is akin to the way that wheat is turned into pasta. Tapioca has been considered a healthy food because, as a starch, it is easy to digest.



Cherimoya Refreshing Dessert

2 ripened cherimoya fruit
8 oz plain yogurt
4 tbsp unsweetened coconut milk
(optional)
4 fresh mint leaves

Yield: 4 servings

1. Cut the cherimoya in half, remove the seeds and scoop out the pulp.
2. Cube the pulp into small pieces and put into the blender or food processor. Blend until smooth and put it back into the fruit shell. Refrigerate one hour before serving.
3. Mix yogurt with coconut milk and garnish each half with one scoop of yogurt/coconut mix and one leaf of fresh mint.

About Cherimoya

The cherimoya is a species of *Annona* native to the Andean-highland valleys of Peru, Ecuador, Colombia and Bolivia. The fruit is oval, often slightly oblique, 10-20 cm long and 7-10 cm diameter, with a smooth or slightly tuberculated skin. The fruit flesh is white, and has numerous seeds embedded in it. It is cultivated in many places throughout the Americas, including as far north as California where it was introduced in 1871. Mark Twain called the cherimoya "the most delicious fruit known to men."

Cold Tropical Fruit Soup

2 mangoes
2 papayas seeded & diced
2 bananas peeled & diced
1 small sweet cantaloupe,
peeled, seeded & diced
6 oz can sweet coconut milk
6 whole mint leaves

1. In a blender, purée mango, papaya, banana and cantaloupe.
2. Add sweet coconut milk and continue blending.
3. Chill mixed fruit soup in refrigerator. Pour into bowls and garnish with one fresh mint leaf.

Yield: 6 servings

Honeybee Ambrosia

2 small cans of mandarin
oranges
2 ripened bananas, sliced
2 tbsp blueberries
1/2 c fresh orange juice
1/4 c honey
1 tbsp fresh orange juice
2 tbsp flaked coconut
4 maraschino cherries with stems

1. In the blender blend 1/2 cup orange juice and honey.
2. Combine mixture with oranges, bananas and blueberries until coated.
3. Arrange oranges, bananas and blueberries in footed glasses.
4. Drizzle remaining tablespoon of orange juice over fruit. Sprinkle flaked coconut over the fruit. Garnish each serving with one maraschino cherry.

Yield: 4 servings

Longan Fruit & Vanilla Ice Cream

1 (20 oz) can of longan in syrup

1 small container of vanilla ice cream

Yield: 6 servings

1. In a small bowl or small footed dish place one large scoop of vanilla ice cream in the center.
2. Lace the longan fruit around and on top of the ice cream.

About Longan Fruit

A native of Asia, this edible fruit is often used in East Asian soups, snacks, desserts, and sweet-and-sour foods. They are round with a thin, brown-colored inedible shell. The flesh of the fruit, which surrounds a big, black seed, is translucent white, soft, and juicy.

Muscatel & Vanilla Poached Pears

6 firm, ripe, large Anjou pears,
peeled, halved, cored

2 tbsp fresh orange juice

2 c water

2 c muscatel (sweet wine)

6 tbsp honey

1 tsp pure vanilla bean extract

1. Toss pears with orange juice in large bowl. Set aside.
2. Combine water, muscatel wine and honey in large saucepan. Scrape in seeds from vanilla bean; add bean. Stir over medium heat until honey dissolves.
3. Add pears. Cover mixture with round piece of parchment paper. Reduce heat to low. Simmer until pears are just tender when pierced, turning when half-way through cooking, 15 minutes.
4. Using slotted spoon, transfer pears to large bowl.
5. Boil poaching liquid until reduced to half. Cool syrup.
6. Pour syrup over pears. Cover and refrigerate until cold, at least 8 hours or overnight.
7. Remove vanilla bean. Halve the pears, removing the cores with stem attached. Or thinly slice each pear half lengthwise, leaving slices attached at stem end for a fancier presentation.
8. Using metal spatula, transfer pears to plates. Spoon some syrup over pears. Serve with ice cream or enjoy the poached pears as they are.



Peruvian Lucuma Parfait

2 lb lucuma fruit, peeled & blended

Or 4 tbsp lucuma powder

8 egg yolks

2 1/2 c condensed milk

4 tbsp sugar

1 tsp natural vanilla extract

1/2 c port wine

1 1/2 c sugar for the syrup

2 egg whites

1/2 tsp ground cinnamon

Yield: 4 servings

Note: If you have to rehydrate the lucuma using lucuma powder, soak lucuma powder with 3 x the quantity of cold water for 3 hours to get a purée (i.e., 1 tbsp Lucuma powder & 3 tbsp Cold water). The resulting purée can then be used to prepare a variety different desserts.

1. Beat the yolks until they get creamy and have a clear yellow color. Set aside.
2. Pour the condensed milk with the sugar in to non-stick pot and bring it to the boil. Simmer stirring constantly until thickened.
3. Add the lucuma and continue stirring until you can see the pot's bottom.
4. Remove from heat and add beaten yolks, stirring vigorously.
5. Return pot to the heat. Add vanilla and simmer for 5 minutes. Do not boil the mixture.
6. Pour into 4 parfait glasses.

Syrup

1. In non-stick pot, bring port wine to a boil, add sugar and simmer for 3 minutes.
2. Beat the egg whites to form peaks. While you're beating the whites, pour the syrup into the whites.
3. Beat until the meringue gets tepid. Spoon the meringue over lucuma and sprinkle some powdered cinnamon over the top.

About Lucuma Fruit

The lucuma is a fruit of Andean origin (sometimes known as lucmo in English), native to the dry subtropical Andean coastal valleys of Peru; introduced later in other South American countries. It grows at temperate elevations, between 1,000-2,400 meters. The largest concentration of this fruit is found in the Peruvian regions of Cajamarca, Ancash, Lima, and Ayacucho. Lucuma is a fruit that is very nutritious, having high levels of carotene and vitamin B3. The lucuma is exported all around the world. In some countries it is one of the most popular ice-cream flavors. Lucuma is one of the lost crops of the Incas and its remarkable nutritional value and exotic flavor make it worth recognizing and appreciating.

Plantain, Brie & Dried Fruit Dessert

6 (5.5) oz ramekin cups
2 large plantains
8 oz brie cheese, diced
1 tbsp walnuts, coarsely chopped
2 tbsp honey
1 tbsp dried cherries, diced
1 tbsp dried apricots, diced
1 tbsp dried dates, diced
1 tbsp dried papaya, diced
1 tbsp brown sugar
6 scoops French vanilla ice cream
6 fresh mint leaves

Yield: 6 servings

1. Grease the sides of ramekin cups (aka soufflé cup or crème brulee cup) and put parchment paper on the bottom.
2. Use yellow ripe plantain. Cut six long slices of the plantain and fold it along the inside of each cup.
3. In large bowl mix diced brie, chopped walnuts, honey and all diced dried fruits. Fill all cups with mixture up to plantain ring.
4. Preheated oven at 375°F and bake the mixture until the sides of the plantain turn brown.
5. Sprinkle sugar on the top of the mixture and cook for 5 more minute until sugar is caramelized.
6. Sit at room temperature for 10 minutes before serving.
7. Serve with one scoop of French vanilla ice cream on the top. Garnish with one small leaf of fresh mint.

Quick Cold Strawberry Soup

1 qt fresh strawberries, hulled

1 qt softened strawberry ice cream

1 c heavy whipping cream

1 tbsp mandarin orange juice

1 sprig fresh mint

1. Combine all ingredients in large bowl.

2. Put mixed ingredients in small batches into the blender or food processor, blend until smooth.

3. Ladle soup into individual soup bowls. Garnish with a half of strawberry or mint sprig and serve immediately.

Yield: 6 servings



Quince with Honey & Orange Juice

4 medium quinces
4 tbsp honey
2 tbsp fresh orange juice
3 tbsp water
4 tsp orange zest
4 tbsp whipped cream

Yield: 4 servings

1. Preheat oven to 300°F. Quarter and peel quinces. With a sharp knife, remove the entire core area and all the hard parts surrounding the core. Quarter the quince into 4 slices.
2. Arrange slices overlapping in a baking dish. Drizzle honey over slices to coat. Sprinkle with orange juice and water, and cover with foil. Bake for 1 hour until slices are soft and translucent.
3. Remove the foil and increase oven temperature to 425°F. Bake for 10 minutes until syrup is slightly thickened and slices are golden red.
4. Top with whipped cream and orange zest.

About Quince

The fruit was known to the Acadians, who called it supurgillu. The modern name quince originated in the 14th century. The quince tree is native to Iran, Azerbaijan, Georgia, Turkey, Albania, Republic of Macedonia, Greece, and Bulgaria, but the Greeks grafted from a superior strain from ancient Kydonia now Khania, a port in Crete, whence both the common and better-preserved genus name. Cultivation of quince may have preceded apple culture, and many references translated to "apple", such as the fruit in Song of Solomon, may have been to quince. Among the ancient Greeks, the quince was a ritual offering at weddings, for it had come from the Levant with Aphrodite and remained sacred to her. Plutarch reports that a Greek bride would nibble a quince to perfume her kiss before entering the bridal chamber; it was a quince that Paris awarded Aphrodite. This interesting fruit can also be eaten cooked or raw. They are an excellent source of vitamin C.

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.



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ALLIANCE

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