

Suzanne Vandyck

Member of IACP(International Association of Culinary Professionals)

Is taking you on an International Culinary Adventure with

**VitaClay™ Chef Gourmet Rice & Slow Cooker Pro Recipes**

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## Suzanne Vandyck

### Member of IACP International Association of Culinary Professionals

Born in Belgium (Europe's best-kept culinary secret) Suzanne inherited her love for cooking from her mother and a country where cooking rituals is a feast every day. Suzanne states, "In Belgium, food is a cause to socialize. Its cuisine is historic and gastronomic. We are passionate about good quality food. Belgians are gourmands who enjoy lunches and dinners, which are the focus of sharing with friends and family."

Although she didn't pursue the culinary arts at first, (instead she graduated in International Business), traveling throughout all of Europe and the Middle East, Suzanne always has been intrigued in cultures and their cuisines. "My food passion has been there from the day I was born" she laughs, "I like to educate myself on food trends, cultures, cooking rituals, collecting cookbooks from all over the world and going to culinary events, in the country where I am traveling at." With moving to, and living for 17 years in the San Francisco Bay Area, California, Suzanne has been constantly involved in the food and hospitality industry. With a hospitality management background, numerous educational culinary activities and working with some great international chefs in the Bay Area, her food passion is expressed in her enthusiasm and her elegant entertaining style with a definite European flair. "Creating and experimenting with food is on my mind, day and night," she says "There are so many new culinary inspirations going through my head, that I even dream about it. There is just not enough time in the day for me to express all this passion inside of me, but at least I can share and pass it on to my students in class, hoping that my food excitement rubs off on them, and that is an enormous emotional satisfaction. Food is all about having fun and making people happy, and that is my mission in life" she states. With her down to earth attitude, Suzanne says that despite the general concept, "Creativity is not the first step in cooking, the most important factor is being disciplined, knowledgeable, organized and the ability of using common sense. Creativity is only the last part...it is the icing on the cake!

After working both: in food and in the corporate world, she decided to go 100% for her passion. Recently, she quit the rat race of corporate world and dedicates her time only to the culinary arts with cooking classes and fine private events. Suzanne defines her culinary style as global, with strong Mediterranean influences. She travels extensively throughout Italy for her culinary inspiration. She teaches yearly at the renowned Cordon Bleu institute in Florence (Italy), the heart of Tuscany, as a guest chef and culinary instructor.

Suzanne Vandyck, teaches International Cooking classes in the San Francisco Bay Area, California, for Corporate, Private and Adult Education.

## Introduction

With this recipe collection, I am inviting you on an international tour to discover many nutritious, varied and ethnic, slow cooking dishes that inspired me on my travels throughout the years.

Cooking in the VitaClay™ Gourmet Chef is as close as you can get for flavorful stews with optimal results, just like traditional clay cooking pots that are used all over the world! Moroccans use the tagine with its conical lid; the Spanish a lidless cazuela; in Provence, the shallow open dish called a tian.

Cooking in wet terra cotta clay pots is an ancient tradition that dates back to the Etruscans. Because of the characteristics of the moist heat of clay pot cooking, excessive amounts of seasonings or fat aren't needed in order to achieve flavorful results. In essence "no fat" is needed, since the clay cooker cooks with a minimum of liquid and retains all the intense flavors of every ingredient, achieved by simmering in their own juices. More of the essential nutrients and vitamins are retained in foods cooked in clay pots because food cooks in a closed environment with limited liquids.

Meats cook especially well in clay cookers with the tendency to stay moist and juicy. What I like most is that the clay cooker is one dish; you only use one pot for the whole meal. Great for busy people! A limited amount of preparation time is needed to prepare a dish. Once the ingredients are put into the clay pot, you can leave the house, while VitaClay™ does the work.

Many studies have been carried out which have shown that what we eat can affect our health. It is possible that by eating certain protective foods, we may be able to reduce our risk of developing diseases such as cancer or heart disease. I included several Mediterranean dishes because it is proven that the Mediterranean diet contains many of the foods, which have been shown to have these protective properties. I also added a little Health Note for your reference with every recipe. I am a strong believer that it pays to invest in a lifetime of good eating and to eat well and healthy, without compromising good taste and the pleasures of eating.

Welcome to my International VitaClay™ Pot of Health, and Cooking Pleasures.

Suzanne Vandyck  
VitaClay™ Chef

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## Creamy Artichoke-Parmesan Dip

Native to the Mediterranean, artichokes are popular vegetables in certain countries, especially France. Although artichokes are available year-round in most markets, prime season is from March to May. For this recipe it is perfectly fine to use processed marinated artichoke hearts.

- ※ 2 cans (14 ounces each) artichoke hearts, drained and chopped
- ※ 1 cup shredded mozzarella
- ※ 1 cup grated Parmesan cheese
- ※ 1/2 cup crumbled feta cheese
- ※ 1-1/2 cups mayonnaise (can be substituted with soft Tofu)
- ※ 1/2 cup finely chopped onion or scallions
- ※ 1/2 teaspoon dried oregano leaves or 1 teaspoon fresh
- ※ 1/2 teaspoon dried basil leaves or 1 teaspoon fresh
- ※ 2 cloves of garlic, minced



1. Combine all ingredients in VitaClay™ pot; stir to blend well.
2. Cover and set on **Slow Cooking - stew** to cook for 2 hours.
3. When ready to serve, cut pita breads into wedges.
4. Arrange some pita breads, rustic bread slices and/or vegetables on platter; serve with warm dip.

### Makes about 4 cups dip.

#### Health Note:

Artichokes are low in calories, about 60 calories for a medium one. Good sources of fiber, potassium and magnesium.

It is a natural diuretic, a digestive aid, and provides nutrition to health-promoting bacteria in the intestinal tract. Some studies suggest that fresh artichokes help control blood sugars in diabetics and lower cholesterol levels. However artichokes have a high amount of natural sodium, but still lower than many processed foods.

## Hot Spinach Cheese Dip

A mixture of healthful spinach combined with cheeses is not only great for dip and appetizers, but goes well as a snack on whole grain breads at any time of the day.

- ※ 16 to 20 ounces frozen chopped spinach, thawed and squeezed dry
- ※ 2 (8 ounces) packages mild goat cheese, cut up
- ※ 1 cup shredded cheddar cheese
- ※ 1 cup shredded Monterey jack
- ※ 3/4 cup chopped green onions (also called scallions)
- ※ 2 cloves of garlic, minced
- ※ 1 shallot, finely chopped
- ※ 1 teaspoon Hungarian paprika
- ※ Freshly ground pepper and salt to taste



1. Add all ingredients except 1/4 cup shredded cheese, in VitaClay™ pot; stir to blend well.
2. Cover and set on **Slow Cooking-Stew** for 30 minutes, stirring once or twice, until very hot.
3. Garnish with 1/4 cup of shredded cheese for topping.
4. Serve with assorted crackers, pita wedges, rustic bread slices, chips, or vegetable dippers

**Makes about 2 1/2 cups.**

### Health Note:

Spinach tops the list, along with other green leafy vegetables, as a food most eaten by people who don't get cancer. A super source of antioxidants and cancer antagonists, containing about four times more beta-carotene and three times more lutein than broccoli, for example. Rich in fiber that helps lower blood cholesterol.

## Spicy Mexican Refried Bean Dip

Queso Fresco is a spongy white cheese, used to crumble over enchiladas and taquitos, this type of cheese was introduced to Mexico from Burgos, Spain. It is usually made from cow's milk and/or goat's milk. A very mild feta is an acceptable substitute for queso fresco.

- ※ 2 cans (16 ounces) refried beans
- ※ 1 cup shredded cheddar cheese
- ※ 1 cup Mexican cheese such as queso fresco.
- ※ 3 chili peppers, chopped and deseeded, add more if you want to spice it up
- ※ 1 cup chopped tomatoes
- ※ 1 teaspoon ground cumin
- ※ 1 teaspoon cayenne pepper
- ※ 1 teaspoon dried Mexican oregano
- ※ 1/2 cup chopped green onions
- ※ salt and freshly pepper to taste
- ※ 1/4 cup fresh cilantro, for garnish
- ※ 2 tablespoon pumpkin seeds, shelled and toasted, for garnish



1. Add all ingredients to VitaClay™ pot, except for the garnish ingredients; stir to blend well.
2. Cover and set on **Slow Cooking-stew** to cook for 30 to 40 minutes.
3. Serve hot and garnish the top with a sprinkling of green onions, cilantro, and pumpkin seeds, accompanied with tortilla chips or some warmed mini tortillas.

**Makes about 2 1/2 cups.**

### Health Note:

Pumpkin seeds, make a healthy and tasty snack.

Pumpkin seeds are also very high in iron as well as calcium and phosphorus, with some magnesium and copper; they also contain vitamin E and essential fatty acids. There is a mix of B vitamins, with niacin being the richest. Pumpkin seeds are usually eaten raw, roasted, or blended into a seed meal and used on other foods. Pumpkin seeds are also known as pepitas.

## Shitake Mushroom & Barley Soup

This is both a vegetarian and a heart-smart meal. Serve with some rustic breads or fresh salad.

- ※ 4 garlic cloves, finely chopped
- ※ 1 onion, finely chopped
- ※ 1 cup dried or fresh shitake mushrooms, sliced thin
- ※ 1 cup pearl barley
- ※ 1 carrot, sliced diagonally 1/2-inch thick
- ※ 1 to 2 celery sticks, sliced diagonally 1/2-inch thick
- ※ 1 teaspoon dried thyme, crumbled
- ※ 1 teaspoon dried rosemary, crumbled
- ※ 1 tablespoon soy sauce
- ※ 1 tablespoon Sherry wine
- ※ 6 cups chicken or vegetable broth
- ※ 1/3 cup minced fresh parsley leaves, for garnish



1. Combine all ingredients in VitaClay™ pot; stir to blend well.
2. Cook, covered, set on **Slow Cooking - soup** for 2 1/2 hours to 3 hours or until mushrooms and barley, are tender.
3. When soup is done, taste for seasonings and season soup with salt and pepper to taste.
4. Just before serving, stir in chopped parsley.

**Makes 4 to 6 servings.**

### Health Note:

Shitake mushrooms possess important disease-preventing qualities and are low in fat, high in calcium, phosphorus, iron and other minerals. They contain more vitamin B12 than milk or fish. They also contain no starch and are a great source of fiber and a low calorie food, making them an important component of a healthy diet.

Barley contains soluble fiber, which is the same kind of cholesterol-lowering fiber found in oats.

## Mexican Bean Soup

In Mexico, soups and stews are enjoyed any time of day or night, including breakfast. Warm and pleasantly spicy, this authentic fare is a delicious way to enjoy a real taste of Mexican Cuisine.

Peruano beans used in this recipe are small-round light yellow beans and will add life to any of your white bean recipes! Originating in Mexico, the bean is sweet tasting and has a creamy texture!

Tomatillos are smaller than regular tomatoes, and have a papery husk. Similar in taste to tomatoes, they add a sharp, sour-like flavor to recipes

- ※ 1 onion, chopped finely
- ※ 2 cups Peruano beans (soaked overnight, rinsed and drained)
- ※ 1 bay leaf
- ※ 1 fresh Serrano chili (or more if you like it hot)
- ※ 5 green tomatoes (tomatillos)
- ※ 1 zucchini, finely diced
- ※ 1 medium carrot, finely diced
- ※ 1 tsp dried oregano
- ※ 1 tsp cumin
- ※ A few fresh thyme leaves
- ※ Chicken broth
- ※ A handful of vermicelli or other fine short pasta
- ※ Lime juice for extra flavoring (optional)
- ※ Cilantro



1. Pick over the beans, checking for stones and debris, rinse.
2. Add beans, bay leaf, onion and chicken broth to VitaClay™ pot.
3. Be sure the beans stay covered by stock at all times, add more if needed.
4. Set on **Slow Cooking - stew** for 2-3 hours, until beans are tender.
5. Mean while in a blender or food processor mix the green tomatoes with the Serrano chilies and a little cilantro until well blended.
6. When beans are almost tender, add the tomato mix to the beans and add other vegetables, cumin, oregano, thyme and more chicken broth if needed.
7. Set **slow cooking - stew** for about 20-30 minute to a boil. Until all flavors are blended in and beans and vegetables are tender.
8. Towards the end of cooking, add a handful of vermicelli and let cook until tender but still al dente (about 5 minutes).
9. Check for seasonings and serve soup hot, with chopped fresh cilantro. Add some lime juice for flavor if desired and enjoy with corn tortillas.

**Makes 6 servings.**

### Health Note:

Beans provide a major source of soluble fiber, which, when passing through the digestive tract grabs and traps bile that contains cholesterol, removing it from the body before it's absorbed. Eating a cup of cooked beans a day can lower your total cholesterol by up to 10% in 6 weeks. Though that may not seem like much, it actually decreases your risk of heart disease by 20%. Also because of the high fiber in beans, they can curb your appetite for fattier more dangerous foods.

## Minestrone - Italian Soup

A thick Italian vegetable soup with beans and pasta or rice. It usually can contain any number of vegetables, whatever you have available or what is in season, but for authenticity, meat is never added.

- ※ 1 medium onion, chopped
- ※ 2 cloves of garlic, chopped coarsely
- ※ 2 medium carrots, thinly sliced
- ※ 2 stalks celery, cut into 1/2 inch pieces
- ※ 1 red or yellow bell pepper, seeded, cut into 1/2 inch pieces
- ※ 1 medium zucchini, sliced into 1/2 inch rounds
- ※ 2 cloves garlic, minced
- ※ 6 to 8 cups vegetable or chicken broth
- ※ 1 (28 oz. can) crushed Italian tomatoes
- ※ 2 (15 1/2) oz. cans kidney beans, drained
- ※ 2 tsp. dried marjoram or oregano
- ※ Salt and black pepper to taste
- ※ 1 cup rice or short pasta



1. Add all ingredients except rice or pasta in VitaClay™ pot.
2. Cover and cook on **Slow Cooking - soup** for 2 2.5 hours or until vegetables are tender.
3. Add rice or pasta the last 20 minutes of cooking and stir to combine.

**Makes 6 servings.**

### Health Note:

Celery has a mild diuretic effect. Contains eight different families of anti-cancer compounds. Many foods lose much of their nutritional value when cooked, celery does not. Most of us eat the stalk but actually it's the leaves that contain the most nutritional benefits. So use the leaves as well in your soup.

## Split Pea Soup

When fresh peas are not available or when you want to enjoy a starchier, heartier flavored legume, dried peas are perfect for a hearty split pea soup.

Since the process of cooking dried split peas produces a lot of foam, it is a good idea to pre-soak the split peas for several hours, then draining and rinsing them thoroughly under running water.

- ※ 2 cups dried split peas, sorted and rinsed
- ※ 8 cups chicken or vegetable stock
- ※ 2 onions chopped
- ※ 2 cloves of garlic, chopped
- ※ 2 carrots peeled, diced fine
- ※ 1 rib celery, diced fine
- ※ 1 bay leaf
- ※ 4 slices bacon or smoked ham or sausage, chopped in small pieces
- ※ Salt and freshly ground black pepper to taste



1. In frying pan, bake bacon until crispy, drain.
2. Add to VitaClay™ pot with all other ingredients.
3. Cook on **Slow Cooking - Soup** for 2 hours or until peas are tender.
4. Don't fill the VitaClay™ pot too full, due to foaming.
5. Stir well, adjust the seasonings, and serve.
6. Remove and discard bay leaf
7. If you like the soup smooth and creamy, blend with hand held blender until desired consistency.

**Makes 6 servings.**

### Health Note:

Dried peas, a small but nutritionally mighty member of the legume family, are a very good source of cholesterol-lowering fiber. Not only can dried peas help lower cholesterol, they are also of special benefit in managing blood-sugar disorders since their high fiber content prevents blood sugar levels from rising rapidly after a meal.

Fiber is far from all dried peas have to offer. Dried peas also provide good to excellent amounts of four important minerals, two B-vitamins, and protein--all with virtually no fat. As if this weren't enough, dried peas also feature isoflavones (notably daidzein). Isoflavones are phytochemicals that can act like weak estrogens in the body and whose dietary consumption has been linked to a reduced risk of certain health conditions, including breast and prostate cancer.

## Ribollita Tuscan Winter Bean Soup

Ribollita means 're-cooked' in Italy, and slow cooking is the secret of this hearty winter vegetable soup designed for wood stoves. There are many different recipes and you can use any vegetable to your choice, but most Tuscan recipes call for cavolo nero-black leaf kale-the closest substitute being savoy cabbage-and cannellini-Tuscan white beans-the closest substitute being Great Northern beans. In Tuscany, soup is often layered with slices of day old bread and cheese, which is always served with a cruet of extra virgin olive oil for seasoning.



- ※ 1 large onion, chopped,
  - ※ 2 garlic cloves, chopped,
  - ※ 1 carrot, sliced into half-inch rounds,
  - ※ 1 zucchini, sliced into half-inch rounds (optional),
  - ※ 1 teaspoon dried rosemary leaves or 1 tablespoon fresh,
  - ※ 1/4 teaspoon dried thyme leaves or 1 tablespoon fresh,
  - ※ 1 cup savoy cabbage, shredded and chopped (optional),
  - ※ 1 cup cavolo nero or kale (optional),
  - ※ 1 cup spinach, shredded and chopped,
  - ※ 2 potatoes, peeled and cut into one-half inch cubes,
  - ※ 1 cup hearty red wine, such as Chianti,
  - ※ 6 cups chicken or vegetable stock,
- 
- ※ 2 cups Tuscan white cannellini beans (soaked overnight, cooked and drained), one-half cup pureed and one-half cup whole,
  - ※ 4 tablespoons tomato paste,
  - ※ Left over fine cut meats such as chicken, turkey etc. (optional),
- 
- ※ 1 pound stale Italian bread, sliced (optional),
  - ※ 1/2 cup freshly grated Parmesan or Pecorino cheese,
  - ※ 1/4 cup extra virgin olive oil, for serving.
1. Add first 12 ingredients to VitaClay™ pot, set on **Slow Cooking-soup** for 2 hours or until vegetables are tender.
  2. Add the tomato paste, beans, turkey, and beans the last 15 minutes.
  3. Optional: Position a rack in the center of the oven and preheat to 400F. Arrange the bread on a baking sheet and lightly brush with the remaining oil. Bake until the bread is lightly roasted around the edges, about 10 minutes, set the toasted bread aside.
  4. Serve soup in deep soup bowls, including a piece of the crusty bread in each serving if desired, or just serve with some freshly grated Parmesan or Pecorino cheese.
  5. Pass extra virgin olive oil for drizzling.

### Makes 6 servings.

#### Health note:

Beans regulate blood sugar levels. An excellent food for diabetics. Linked to lower rates of certain cancers. Very high in fiber. Cabbage contains numerous anti-cancers and antioxidant compounds and has anti-bacterial and anti-viral powers.

## French Onion Soup

Onion Soup is comfort food to me and reminds me of my college days in Europe. After a night of drinking, late at night or early morning, this is served at the bistros or cafes in Belgium to cure hangovers.

- ※ 1/4 cup olive oil
- ※ 8 large yellow onions sliced thin
- ※ 2 tablespoons flour
- ※ 2 tablespoons Dijon-style mustard
- ※ 8 cups chicken or beef broth
- ※ 1 cup Sherry wine or Calvados brandy

1. In a large pan, saute the onions in the olive oil, over medium-high heat. Continue cooking until the onions are slightly caramelized. Add the flour, salt, ground pepper, and Dijon mustard. Stir until blended and continue cooking for 2 minutes.
2. Place the onions in VitaClay™ pot.
3. Add broth and Sherry wine or Calvados to the mixture.
4. Set **Slow Cooking-Soup** to cook for 1 -1/2 to 2 hours.
5. Serve with a generous sprinkling of grated Gruyere cheese on top.
6. You can serve some baguette slices on top of soup bowl, top with grated cheese and let ovenproof soup bowl bake for a few minutes in a 400 degree oven. The cheese will melt over the onion soup and bread slice, providing ultimate enjoyment to the palate.



### Makes 6 servings.

#### Health Note:

Onions were reputed in ancient Mesopotamia to cure virtually everything. An exceptionally strong antioxidant. Full of numerous anti-cancer agents.

Onions are from the same family as garlic, leeks and shallots and provide a range of nutritional benefits. Onions are low in calories and contain vitamin B, vitamin C and small amounts of minerals.

In addition, onions contain the antioxidant quercetin, flavonoids and several other micronutrients, which are proven to reduce blood clotting and raise healthy cholesterol (high-density-lipoproteins).

## Pumpkin Soup with Lime Drizzle

When pumpkins are in season, nothing tastes better than pumpkin soup. This soothing soup with a hint of curry, ginger and lime juice is equally delicious served warm, at room temperature, or well chilled.

- ※ 1 apple - peeled, cored and chopped
- ※ 1 large onion, finely chopped
- ※ 2 cloves garlic, crushed
- ※ 1 tablespoon curry powder
- ※ 1 teaspoon ground cumin
- ※ 1 (15 ounce) can of solid pumpkin puree or fresh pumpkin pulp
- ※ 6 cups chicken broth



- ※ 1 tablespoon grated fresh ginger
- ※ 1/2 cup plain nonfat yogurt or sour cream
- ※ 1/4 cup fresh lime juice and 1 tablespoon lime zest

1. In VitaClay™ pot, combine the first seven ingredients; mix well.
2. Cover and set on **Slow Cooking-Stew** for 2 to 2-1/2 hours or until pumpkin and apples are tender. Puree with hand blender if smooth consistency is desired.
3. In a small saucepan over medium heat cook the lime juice and grated ginger together for 2 minutes. Strain into medium bowl, discard the ginger and whisk the remaining liquid with the sour cream.
4. Ladle the soup into bowls. Put the lime-sour cream mixture into a squeeze bottle and decorate the bowls of soup by drizzling designs on top.
5. Sprinkle with lime zest.

**Makes 6 servings.**

### Health Note:

Ginger has many medicinal properties such as, anti-depressant, anti-diarrheal and strong antioxidant activity. High in anti-cancer activity.

Pumpkin is extremely high in beta-carotene, the antioxidant reputed to help ward off numerous health problems, including heart attacks, cancer, cataracts.

## Egyptian Red Lentil Soup

This simple, nutritious, vegetable soup is scented with cumin and flavored with lemon and lemon zest. Great for leftovers, since it will taste even better the next day!

- ※ 5 cups chicken or vegetable stock
- ※ 1 cup dried red lentils
- ※ 1 large chopped onion
- ※ 2 cups chopped potatoes
- ※ 1 jalapeno or chili pepper, deseeded and sliced
- ※ 1 stick celery, chopped
- ※ 1 carrot, chopped
- ※ 8 large garlic cloves, peeled, left whole
- ※ 2 teaspoons ground cumin
- ※ 2 teaspoons turmeric
- ※ 2 teaspoons paprika powder
- ※ 1/3 cup chopped fresh cilantro or flat leaf parsley
- ※ 3 tablespoons fresh lemon juice and zest
- ※ salt and freshly ground black pepper to taste



1. Add all ingredients to VitaClay™ pot except lemon juice and cilantro.
2. Cover and set on **Slow Cooking-soup** for 2 to 2-1/2 hours.
3. When lentils are soft, add lemon zest, lemon juice, salt and pepper.
4. Puree soup with hand blender, if you prefer a smooth consistency.
5. Serve hot, sprinkled with cilantro or parsley, if desired.

**Makes 6 servings.**

### Health Note:

Lentils are a high-protein legume, low in fat but rich in zinc, folic acid, and other important nutrients. They're also high in fiber and quite mild-tasting, so they'll take on the flavor of whatever seasonings you use. Lentils are the quickest-cooking "bean" out there, making it one of the most convenient to cook with.



## Chinese Rice Porridge

In China congee (or jook) is the standard morning meal. Rice porridge is a long-simmered soup or porridge that has strengthening properties. According to Chinese medicine, simmering this soup for three hours balances the yin and yang of each ingredient. Chinese people, have a long tradition of eating nutritious porridge, with a lot of different ingredients added. The Chinese traditionally drink certain porridges in different seasons, believing them to be healthy and nutritious at various times of the year.

- ※ 1/2 cup rice (or barley, wild rice or whole oats)
- ※ 8 cups chicken stock or just water (add more for thinner consistency or longer cooking time)
- ※ 1 bay leaf
- ※ 2 teaspoons minced ginger
- ※ 1 cup chopped cooked chicken breast, cubed tofu, or shrimp
- ※ 2 scallions, chopped, for garnish
- ※ Soy sauce to taste
- ※ Black sesame seeds for garnish



1. Add all ingredients to VitaClay™ pot except chicken or tofu, soy sauce and scallions
2. Set on **Slow Cooking - Porridge** to cook for 2 hours, stirring occasionally. Add additional stock if necessary.
3. Prior to serving add the chicken and scallions and cook for 5 minutes, or until the chicken, shrimp or tofu is warmed through.
4. Season to taste and sprinkle a few black sesame seeds on top of each serving.

**Makes 6 to 8 servings.**

### Health Note:

I love black sesame seeds because they cause dramatic presentation but they have some good health benefits as well.

Sesame seeds come from little seed pods of one of the oldest of cultivated plants. Sesame seeds are about 20 percent protein and contain some vitamins A and E and most of the B vitamins except B12 and folic acid. Minerals, however, are very abundant in sesame, as in most seeds. Zinc is high, as are calcium, copper, magnesium, phosphorus, and potassium. Sesame seeds are an excellent source of calcium. Sesame seeds may also have a mild antioxidant effect. Black sesame seeds are used in China to slow graying hair and premature hair loss.

## Thai Curry Coconut Chicken

Thai food offers a variety of flavors and tastes. The subtle mixing of herbs and spices, curries and market-fresh ingredients, makes Thai dining a unique culinary experience.

- ※ 8 chicken thighs with skin removed or 3 chicken breasts cut up in strips
- ※ 1 tablespoon Thai Masman Curry Paste (available in Asian markets)
- ※ 1/4 cup organic peanut butter
- ※ 1 teaspoon paprika powder
- ※ 1 teaspoon ground coriander
- ※ 2 tablespoons brown sugar
- ※ 1 tablespoon soy sauce
- ※ 1 teaspoon grated fresh gingerroot
- ※ 2 kefir lime leaves, cut in half
- ※ 1 can coconut milk
- ※ A splash of Thai fish sauce
- ※ A few leaves of Thai basil, chopped
- ※ 2 tablespoons fresh lime juice
- ※ 1/4 cup chopped unsalted peanuts, toasted (for garnish)
- ※ A handful of chopped fresh cilantro (for garnish)
- ※ Lime wedges (for garnish)



1. Place all ingredients except peanuts, lime juice and cilantro in VitaClay™ pot.
2. Cover and set on **Slow Cooking - Stew** to cook for 2 hours, or until chicken is tender and done. Add lime juice and basil to chicken mixture and test for seasonings.
3. Remove chicken dish from VitaClay™ pot and serve with sauce over hot steamed Jasmine rice and garnish with lime slices, chopped toasted peanuts and fresh cilantro.

**Makes 4 to 6 servings.**

### Health Note:

Peanuts and peanut butter are nutritious! Peanut butter was invented around 1890 as a health food for undernourished patients. To this day, peanut butter provides an inexpensive source of plant protein, monounsaturated fats, and many nutrients. One ounce of peanuts is a good source of protein and contains several vitamins and minerals. Peanuts are good sources of vitamin E and B vitamins. They supply minerals such as calcium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium and zinc.

## Provençal Chicken with Artichokes

Provence is an area in Southern France where “Herbes de Provence” originate from. Usually a mix of dried herbs used for meat, poultry and vegetables. The mix can consist of basil, fennel seeds, lavender, marjoram, rosemary, sage, summer savory and thyme. The portion of each herb varies dramatically depending on the maker. Artichokes are abundant in Provence and enjoyed with many dishes.

- ※ 1 jar (28 oz) marinated artichokes in oil.
- ※ 3 tablespoons olive oil
- ※ 1 frying chicken cut in to 6 or 8 pieces
- ※ 1 tablespoon herbes de Provence
- ※ 1 teaspoon anise seeds
- ※ 20 pearl onions, blanched 1 minute in boiling water, peeled or 8 shallots or 1 onion sliced in half rings
- ※ 1/4 cup red wine vinegar or sherry wine vinegar
- ※ 1/2 cup chicken broth or water
- ※ 6 large whole garlic cloves, peeled
- ※ 2 bay leaves
- ※ Salt and freshly ground pepper to taste
- ※ 1/4 cup chopped fresh Italian parsley (for garnish)



1. Sprinkle chicken with salt and pepper and herbes de Provence.
2. Heat large heavy pot or skillet with olive oil.
3. Working in batches, add chicken to skillet and brown well on all sides about 12 minutes per batch.
4. Transfer browned chicken and all other ingredients to VitaClay™ pot and set on Slow Cooking -Stew to cook for 2 hours or until chicken is tender. Check for seasonings and adjust.
5. Sprinkle with freshly chopped parsley, remove bay leaves and serve with roasted potatoes or nutty Carmague rice.

**Makes 6 servings.**

### Health Note:

Artichokes provide the important minerals magnesium, chromium, manganese, potassium, phosphorus, iron and calcium.

In addition to all these important minerals, artichokes are a good source of fiber, vitamin C and folate. Artichokes are low in calories and sodium, have no fat and no cholesterol.

All this means that artichokes, as a part of a low-fat, high-fiber diet, can help reduce the risk of certain types of heart disease, cancers and birth defects.

## Canary Islands Chicken Fricassee

I sampled this dish in a small village in the Canary Islands (Spain) and truly enjoyed all the different flavors. I especially loved the almonds that mark this dish, which harken to medieval Spanish cuisine.

- ※ 1 whole large roasting chicken, cut up in parts
- ※ 3 tablespoons of olive oil
- ※ 2 medium onions, chopped

### In food processor:

- ※ 1 cup almonds (first sautéed in garlic and olive oil)
- ※ 2 garlic cloves, finely chopped
- ※ 1/4 cup Sherry wine
- ※ Salt and pepper to taste
- ※ 2 egg yolks, hard-boiled
- ※ 1/4 teaspoon saffron, diluted & crushed in 1 cup of chicken broth
- ※ 1/2 cup dry white wine
- ※ 1 cup chicken broth

- ※ 2 slices cured Spanish ham (Jamon Serrano), chopped
- ※ A handful of parsley, chopped (for garnish)
- ※ Slivered almonds (for garnish)



1. Cut up the chicken and brown the pieces with the onions in olive oil, in large hot skillet.
2. Remove the chicken and onion, transfer to VitaClay™ Pot.
3. Meanwhile, sauté the almonds and garlic in a little olive oil, then remove and grind into a paste in food processor with all other ingredients, except parsley, chopped ham and slivered almonds. Add entire mixture to the pot. Mix chicken well with mixture.
4. Set on **Slow Cooking-Stew** to cook for about 2 hours or until chicken is tender.
5. Finally, add the chopped ham to the chicken mixture and heat through.
6. Garnish with extra chopped parsley and some slivered almonds and serve with saffron rice.

**Makes 6 servings.**

### Health Note:

Almonds can be part of a healthy diet. Although they are high in fat. Studies have shown that people who eat nuts on a regular basis have a lower risk of heart attack or death from coronary artery disease. Almonds also contain significant amounts of fiber, vitamin E, folate, calcium and other vitamins and minerals.

## Chicken Tagine with Green Olives & Preserved Lemon

Moroccans have been cooking in their cone-topped clay cooker: the Tagine, for centuries. The Tagine refers both to the cooking pot as well as a stew cooked in it. During cooking, the condensation rises to the top of the Tagine, then drips back down on the food, infusing it with depth and flavor. Morocco is North Africa's culinary star. Cumin, coriander, saffron, chilies, ginger, cinnamon and paprika are among the most commonly used spices.

Mix in Food Processor:

- ※ 1/2 finely chopped onion
- ※ 1/2 cup finely chopped fresh cilantro
- ※ 1/2 cup finely chopped flat-leaf parsley
- ※ 2 garlic cloves, minced
- ※ 1 teaspoon ground cumin
- ※ 1 teaspoon ground ginger
- ※ 1 teaspoon sweet paprika
- ※ 1 teaspoon turmeric
- ※ 1/2 teaspoon black pepper
- ※ Olive oil to make a paste



※ 1 frying chicken, cut up in parts

- ※ 1/2 cup chicken broth
- ※ A few saffron strands, steeped in hot chicken broth for at least 15 minutes
- ※ 1 cup green pitted olives
- ※ 1/2 Moroccan preserved lemon (skin only), chopped or lemon juice to taste works well too (see-attached recipe for preserved lemons).
- ※ Juice of 1 lemon
- ※ Salt & freshly ground pepper

1. Add first 10 ingredients in food processor and process. Rub cut up chicken, and let marinade for at least 10 minutes to overnight, in refrigerator.
2. Heat a sauté pan on medium heat with some olive oil and bake chicken until nicely browned.
3. Transfer chicken to VitaClay™ pot with the rest of the marinade.
4. Add 1/2 cup chicken stock with saffron, cover and Set on **Slow Cooking-Stew** to cook for about 30 to 1-1/2 hours, or until chicken is done.
5. The last 10-minutes add the preserved lemon and olives.
6. Sprinkle chopped parsley and freshly squeezed lemon juice on top of chicken dish when ready to serve. Lemons and olives should be visible as well when serving.

**Makes 6 servings.**

**Health Note:**

Parsley is useful as a digestive aid. It helps to purify the blood and stimulate the bowels. It contains three times as much vitamin C as oranges, and twice as much iron as spinach parsley contains vitamin A and is a good source of copper and manganese for a natural breath freshener, try a sprig of parsley!

## Preserved Lemons for Chicken Tagine

A jar of preserved lemons is so beautiful to look at that I sometimes hesitate to open it.

Preserved lemons are an intense and sweet flavored Mediterranean condiment. I just use them in about everything. I always have a few jars on my kitchen counter waiting to be enjoyed in my dishes, since lemons are abundant in California. The jar will keep for a long time, since the lemon acid and salt acts as a preservative.



- ※ 4 large (about 6 ounces each) lemons (preferably thin-skinned), scrubbed
- ※ 2/3 cup coarse Kosher salt
- ※ 1 cup fresh lemon juice (from about 5 large lemons)
- ※ Olive oil (optional)
- ※ Fresh lemon leaves (optional)

1. Wash and dry lemons well and cut each into 8 wedges. In a bowl toss wedges with salt and transfer to a glass jar (about 6-cup capacity). You could add a few lemon leaves for a visual attraction.
2. Add lemon juice and cover jar with a tight-fitting glass lid or plastic-coated lid. Remember not to use a jar with a metal lid as this will affect the preserving process and the metal may erode.
3. Let lemons stand at room temperature for 7 days, shaking jar each day to redistribute salt and juice.
4. You can add 1/2 cup of fresh water to encourage the process of preservation, with the addition of olive oil to act as a sealant on top of the lemons. These last two processes are optional.
5. Store, covered and chilled.
6. The lemons will then be preserved and ready to use.
7. They last up to four years.

**Suzanne's note:** "If you run out of preserved lemons, or decide on just a few day's notice to cook a dish with lemons and olives and need preserved lemons in a hurry, you can use this quick five-day method. Lemons preserved this way will not keep, but are perfectly acceptable in an emergency." With a sharp paring knife, make 8 fine 2" vertical incisions around the peel of each lemon to be used. (Do not cut deeper than the membrane that protects the pulp.) Place the incised lemons in a stainless-steel saucepan with plenty of salt and water to cover and boil until the peels become very soft. Place in a clean jar, covered with cooled cooking liquid, and leave to pickle for approximately 5 days.

**Health Note:**

Lemons contain vitamin C, calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc. Although too acidic to eat raw the use of lemons in cooking is highly recommended. In addition, lemon juice diluted half and half with hot water, is highly anti-bacterial and makes a highly effective gargle or mouthwash for mouth ulcers and sore throats. Pure lemon juice may also be applied directly to spots or cold sores.

## Chicken Cacciatore

Cacciatore means “hunter’s style” This dish developed in central Italy and has many variations. It is considered a country-style dish in which chicken pieces are simmered together with tomatoes and mushrooms. The dish originated in the Renaissance period (1450-1600) when the hunters would come back from their hunting trip to enjoy a heartwarming meal that had been simmering on the fire for some hours.

- ※ 1 frying chicken, cut up in parts
- ※ 1 onion, sliced
- ※ 1 cup sliced mushrooms
- ※ 1 ( 28-ounce) can diced Italian tomatoes with juice
- ※ 3 cloves garlic, minced
- ※ 1 red and 1 green bell pepper, chopped
- ※ 1/4 cup dry white wine
- ※ 1/2 cup chicken broth
- ※ 1/2 teaspoon fennel seeds (optional)
- ※ 1 1/2 teaspoons dried oregano leaves
- ※ 3 tablespoons rinsed and drained capers
- ※ Freshly ground pepper and salt to taste



- ※ 1/4 cup coarsely chopped fresh basil leaves (for garnish)

1. Place all ingredients except capers and basil in VitaClay™ pot.
2. Cover and Set on **Slow Cooking-Stew** to cook for about 1-1/2 to 2 hours until chicken is thoroughly cooked and tender.
3. If you like to brown the chicken for more color and flavor, heat oil in a deep skillet. Roll and coat each piece of chicken in some flour. Brown each piece of chicken until golden brown, then proceed as above.
4. Add capers towards the last 5 minutes of cooking.
5. Sprinkle chopped basil leaves on top when ready to serve.
6. You can serve with rice or polenta, or your favorite Italian bread.

**Makes 6 servings.**

### Health Note:

Capers are the pickled flower buds of a Mediterranean shrub; Capers are a sharp, distinctively flavored addition to sauces, stews, fish dishes, and salads. Capers are packed in brine, so it is best to rinse and drain them before using. Opened jars should be kept refrigerated. Capers are very low in Cholesterol. It is also a good source of Protein, Vitamin A, Vitamin E, Niacin, Calcium and Manganese, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Riboflavin, Folate, Iron, Magnesium and Copper. Fennel Seed is used as an appetite suppressant and eyewash. Promotes the functioning of the kidneys, liver & spleen.

Helps relieve abdominal pain, colon disorders, gas, and gastrointestinal tract spasms.

## Pomegranate Braised Chicken

Of royal Persian origin and Arabic roots, this dish is a favorite Rosh Hashanah dish of the Moroccan Jews. Because of their many seeds, pomegranates symbolize the hope that in the year ahead, Jews will be able to perform many worthy deeds, or mitzvahs. The piquant pomegranate contrast with the sweet rich walnuts, provide an extraordinary texture and flavor. In ancient Persia, the sauce for Fesenjan is traditionally made with walnuts and pomegranate molasses.

- ※ 1/4 cup olive oil
- ※ 1 tablespoon minced garlic
- ※ 1 onion, diced in half circles
- ※ 1/4 cup dry white wine
- ※ 1 (3 1/2 to 4-pound) chicken, quartered

Mix in food processor:

- ※ 1 cup walnuts
- ※ 4 pitted dates
- ※ Juice of 1/2 lemon
- ※ 1 teaspoon cinnamon
- ※ 1 teaspoon cumin
- ※ 1 tablespoon Hungarian Paprika
- ※ Salt and freshly ground pepper
- ※ 2 cups fresh tart pomegranate juice or 3 tablespoons pomegranate molasses mixed with 1-cup chicken stock.



- ※ 1 cup fresh pomegranate seeds (optional for garnish)

1. In large skillet, brown the chicken on both sides in the olive oil.
2. Remove the chicken and sauté onions in the chicken oil.
3. Transfer chicken and onions to VitaClay™ pot.
4. Grind all other ingredients in a food processor to a chunky paste and add to chicken mixture in VitaClay™ pot. Stir well, cover and Set on Slow Cooking-Stew to cook for about 1-1/2 to 2 hours or until chicken is tender.
5. Garnish with pomegranate seeds and serve with Basmati Rice.

**Makes 4 to 6 servings.**

### Health Note:

Dates are high in iron and potassium and contain modest amounts of folate and a small amount of vitamin A, and the B vitamins. Dates are beneficial for anemia, constipation and fatigue.

Pomegranates are a great source of antioxidants and vitamins. Pomegranate juice is particularly effective at:

Neutralizing damaging free radicals, Preventing oxidation of LDL cholesterol and plaque build-up in blood vessels and Preserving nitric oxide, a key chemical in the body for regulating blood flow and maintaining vessel health.

## Coq au Vin

### French Chicken Stew in Red Wine Sauce

Coq au Vin is a French classic. Using a whole frying chicken, bacon, brandy, red wine, pearl onions and herbs. Slow cooking was a very important tenderizing method when this dish originated. Farmers used this method as a way to cook old chickens that could no longer breed.

- ※ 2 slices thick-cut bacon
- ※ 1 frying chicken, cut up in parts
- ※ 2 cups pearl onions or shallots or regular onions
- ※ 1 cup sliced mushrooms, to your choice
- ※ 2 cloves garlic, minced
- ※ 1 teaspoon dried thyme leaves
- ※ 1/2 cup dry red wine
- ※ 1/4 cup good brandy or cognac
- ※ 3/4 cup reduced-sodium chicken broth
- ※ 1/4 cup tomato paste
- ※ Salt and freshly ground pepper to taste



1. Cook bacon in medium skillet over medium heat. Drain and crumble.
2. Brown chicken quickly in bacon fat.
3. Transfer and add all other ingredients to VitaClay™ pot.
4. Cover and Set on **Slow Cooking-Stew** to cook for about 1-1/2 to 2 hours or until chicken is tender. If sauce is too thin, you can thicken it a little with adding 2 tablespoons of flour dissolved in some water, add it to the pot and let it cook for 15 more minutes or until sauce has thickened.
5. Serve over rice, potatoes or just with rustic bread.

**Makes 6 servings.**

#### Health Note:

Chicken is a significant source of daily requirements of protein, niacin, B-6, B-12, vitamin D, iron and zinc.

Ounce for ounce, skinless chicken is one of the lowest-fat meats around. Although breast meat definitely has the lowest fat content, even skinless dark meat is comparatively low in fat and high in iron and other essential vitamins and minerals. Plus, a good portion of the fat it does have is unsaturated the good kind of fat. Prepared the right way, chicken is low in calories, cholesterol and has no carbohydrates.

Chicken is the perfect ingredient in today's most popular diet plans. Compared to popular cuts of steak, chicken (even with the skin on) has lower fat, and similar levels of protein, iron and minerals.

## Hungarian Goulash

Hungarian goulash (gulyás) is the traditional stew of Hungary. Its origins can be traced back to the ninth century. Originally it consisted of chunks of meat and onions, slowly cooked until all the liquid was boiled away, and then dried in the sun. The meat could then be used to prepare a stew by boiling it in water. Paprika was added to the recipe in the 18th-century.

Every family has its own version of Goulash. Most Hungarian chefs would NEVER consider tomatoes or green peppers or other spices in Goulash. Some other recipes would have tomato or green pepper, go ahead and add them if you like, but remember, you can never use too much paprika.

- ※ 2 lbs. beef chuck, cut in 1 inch squares
- ※ 2 onions, chopped
- ※ 4 cloves garlic, chopped
- ※ 2 tablespoons olive oil
- ※ 2 tablespoons (or more) Hungarian paprika for ultimate flavor
- ※ 2 bay leaves
- ※ 4 cups water or beef stock
- ※ 4 peeled and diced potatoes
- ※ Freshly ground pepper and salt to taste



1. Place all ingredients in pot. Mix well.
2. Cover and Set on **Slow Cooking-Stew** to cook for about 2 hours or until meat is tender.
3. Serve hot with dollops of sour cream.

**Makes 8 servings.**

#### Health Note:

Garlic works inside the body by promoting the ability of white blood cells to fight infections, and by stimulating other immune cells like macrophages and T-cells which fight viral and bacterial infections, as well as cancer cells. In other words, it helps your body to help itself, and neither bacteria nor virus can develop a resistance to that.

## Greek Beef Stew

Enjoy the aromatic flavors of Greece in this stew, topped with Greece's pride and joy: Feta Cheese.

- ※ 2 tablespoon olive oil
- ※ 1 teaspoon cumin,
- ※ 1 teaspoon light brown sugar,
- ※ 1 teaspoon dried oregano
- ※ 1 teaspoon rosemary
- ※ 1 teaspoon cinnamon
- ※ Salt and freshly ground pepper to taste
- ※ 2 pounds lean beef round or chuck, cut in 1 inch cubes and patted dry
- ※ 1 large onion, sliced
- ※ 1/4 cup Greek red wine
- ※ 2 tablespoons red wine vinegar
- ※ 3 large cloves of garlic minced
- ※ 2 cups reduced sodium beef broth
- ※ 3 tablespoons tomato paste
- ※ 1 cup diced plum tomatoes
- ※ 3 tablespoons minced fresh mint



- ※ Crumbled feta cheese (for garnish)

1. In large bowl add all the dry spices and herbs (except mint), olive oil and add meat. Season with salt and pepper. Stir well to combine, marinate for 1 hour or more in refrigerator.
2. If you like to brown the meat first, sear beef in a large skillet over moderately high heat with some olive oil, sear on all sides. Remove and add onions and give onions a good stir to absorb the meat drippings.
3. Transfer to VitaClay™ pot and add all other ingredients except feta cheese and mint, make sure to cover mixture with enough liquid.
4. Cover and Set on **Slow Cooking-Stew** to cook for about 1-1/2 to 2 hours or until beef is tender.
5. Add chopped mint, the last five minutes of cooking, adjust seasonings.
6. Sprinkle each serving with chopped feta cheese.
7. Serve over rice, potatoes or bread.

**Makes 6 servings.**

### Health Note:

Feta cheese, has been made in the Balkans and Greece for centuries, probably as long as there have been Balkan shepherds tending goats and sheep. By heavily salting their cheese, farmers made it last through the winter months, Feta cheese is a good source of Protein, Riboflavin, Vitamin B12, Calcium and Phosphorus.

Cheese is of high nutritional value due to its high concentration of proteins. Casein contains various levels of all the essential amino acids, although it is relatively low in sulfur containing amino acids. Feta cheese made by the ultrafiltration method would have a slightly higher protein quality than traditionally made feta because the process retains some of the sulfur rich whey proteins.

## Asian Style Curry Beef Stew

Exotic flavors from star anise, lemongrass and annatto seed oil will flavor this hearty stew with irresistible aromas.

- ※ 1/2 cup olive oil or corn oil
- ※ 2 tablespoons annatto or achiote seeds (Annatto seed (poor man's saffron) is used to color food. It's from South America. The golden-yellow oil is used to fry or marinate vegetables or meat. Which results in a bright orange surface. In Vietnam, batters are often prepared with annatto oil to achieve a more attractive color)
- ※ 2 lbs top round beef, cut into cubes
- ※ 1 large onion, finely chopped
- ※ 4 cloves garlic, finely chopped
- ※ 2 tablespoons brown sugar
- ※ 1 tablespoon Thai red curry paste
- ※ 1 tablespoon Thai Fish Sauce
- ※ 1 cup beer or more (optional)
- ※ 1 stalk lemongrass, finely chopped (begin chopping at the bottom of the stalk until the stalk becomes too woody).
- ※ 2 pieces star anise
- ※ 1 cinnamon stick
- ※ 1 cup chopped carrots
- ※ 1 red bell pepper cut in small strips
- ※ 1 cup mint leaves or Thai basil leaves
- ※ Lime wedges for garnish



1. Heat half of the oil with annatto seeds and stir quickly until the oil takes on the reddish-brown color of the seeds.
2. Set aside, strain and remove the seeds. This is an oil to keep at hand for other dishes, since the oil will give a colorful hint to other dishes. Will keep up to 1 month.
3. Marinate the beef cubes with onion, half the garlic, salt, sugar and half of the annatto seed oil mixture for an hour in refrigerator.
4. Add remaining annatto seed oil, remaining garlic, curry paste, Thai fish sauce, carrots, bell pepper, celery, beer and beef marinade mixture, lemongrass, star anise and cinnamon to VitaClay™ pot. Make sure that mixture is covered with enough liquid. You can add some more beer or water if needed.
5. Cover and Set on **Slow Cooking -Stew** to cook for about 1-1/2 to 2 hours until beef is tender.
6. Garnish and serve over steamed Jasmine or Basmati rice.

**Makes 6 servings.**

### Health Note:

Throughout the rainforest, indigenous tribes have used annatto seeds as body paint and as a fabric dye. It has been traced back to the ancient Mayan Indians who used the entire plant as medicine for centuries. The plant has also been considered good for the digestive system. The seeds are believed to be an expectorant, while the roots are thought to be a digestive aid and cough suppressant. Like anise, star anise has carminative, stomachic, stimulant and diuretic properties. In the East it is used to combat colic and rheumatism. It is a common flavoring for medicinal teas, cough mixtures and pastilles. Lemongrass is reported to have antimicrobial and antifungal activity and the oil acts as a central nervous system depressant.

## Tex Mex Chili

Chili is a hotly debated subject, with its own body of myth and folklore. The only thing certain about the origins of chili is that it did not originate in Mexico. It is generally thought, by most historians, that the earliest versions of chili were made by the very poorest people around San Antonio, Texas.

- ※ 1 1/2 pounds lean ground beef or half pork/half beef
- ※ 1 (28 oz) can black beans or any beans to your choice, drained
- ※ 1 (28 oz.) can tomatoes, cut up
- ※ 2 tablespoons tomato paste
- ※ 1 chopped celery rib
- ※ 1 chopped medium onion
- ※ 4 cloves of garlic, chopped coarsely
- ※ 1 chopped green or red bell pepper
- ※ 1 cup fresh, frozen or canned corn
- ※ 2 jalapeno peppers, chopped and deseeded (or more if you like it hot)
- ※ 1/2 tablespoon brown sugar
- ※ 1 bay leaf
- ※ 1 tablespoon chili powder
- ※ 2 to 3 teaspoons ground cumin
- ※ 1 teaspoon dried leaf oregano
- ※ 1 teaspoon paprika powder
- ※ Freshly ground pepper and salt to taste
- ※ Chopped green onions (for garnish)



1. In skillet brown ground beef and drain.
2. In VitaClay™ pot combine all ingredients.
3. Cover and Set on **Slow Cooking-soup** to cook for about 2 hours.
4. Remove bay leaf and stir before serving.
5. Serve with some sour cream, chili cornbread, polenta or over rice.

**Makes 6 servings.**

### Health Note:

Sweet bell peppers are on the market all year in good supply, but they are somewhat more plentiful in the summer months. Excellent source of vitamin C and good source of vitamin A and B. Evidence has shown that peppers may have some beneficial properties. Capsaicin in chili peppers, the predominant capsaicin, has been found to work as an anticoagulant, thus possibly helping prevent heart attacks or strokes caused by blood clot. Small amounts of capsaicin can produce numbing of the skin and have an anti-inflammatory effect.

## Lebanese Lamb and Okra Stew

Okra probably originated in Africa and was cultivated by the ancient Egyptians, spreading to the Middle East and later the rest of the world. Today okra is popular in the Middle East, Greece and Turkey. Look for young, tender but firm pods. They should snap easily in half. The best varieties are a rich green color. Wash when ready to use, when cutting it will become slimy and becomes an excellent sauce thickener.

- ※ 2 pounds lamb, cubed
- ※ 1 pound whole fresh okra
- ※ 1 onion, chopped
- ※ 2 garlic cloves, minced
- ※ 1 can (28 oz) crushed tomatoes
- ※ Salt and freshly ground pepper to taste
- ※ 4 small potatoes, peeled and cubed
- ※ 1 teaspoon allspice
- ※ 1 teaspoon cinnamon
- ※ 1 teaspoon ginger
- ※ 1 teaspoon nutmeg
- ※ 3 tablespoons tomato paste
- ※ 3 cups water or chicken broth
- ※ 1 teaspoon ground coriander



- ※ 2 cloves of garlic
- ※ 1 tablespoon of butter or olive oil
- ※ 2 tablespoons lemon juice
- ※ Chopped parsley for garnish

1. In large skillet, lightly brown the meat and onion in the butter. Cut off the stems of okra and add them to the pot, fry gently for a few minutes.
2. Transfer meat, onions and okra to VitaClay™ pot, mix in the tomatoes and potatoes and simmer for 5 minutes. Season with salt, pepper, allspice, cinnamon, ginger and nutmeg. Add tomato paste, then stir in water or broth.
3. Cover and Set on **Slow Cooking-Stew** to cook for about 1-1/2 to 2 hours or until meat is tender.
4. In a separate pan, crush the minced garlic with a little salt and fry it in a tablespoon of butter or oil with the coriander until the garlic begins to smell sweet. Be careful not to burn the garlic as it may become bitter.
5. When ready to serve, stir the garlic mixture and the lemon juice into the stew and ladle into bowls. Garnish with chopped parsley and serve with pita breads.

**Makes 4 to 6 servings.**

### Health Note:

Okra is a good source of vitamin C and A, also B complex vitamins, iron and calcium. It is low in calories, a good source of dietary fiber, and is fat-free. Okra is often available fresh year-round in the South, and from May to October in many other areas.

Lamb is low in Sodium. It is also a good source of Riboflavin, Niacin and Zinc, and a very good source of Protein, Vitamin C, Vitamin B12, Iron, Phosphorus and Selenium.

## Moroccan Fish Tagine with Aromatic Spices

Rediscovering an old-world solution to the question of how to keep meals interesting: the creative use of spices. Vivid seasonings like coriander, cumin, preserved lemons, are becoming more common, and are being used in surprising new ways in today's kitchen. This dish is named after its clay-cooking vessel: the Tagine, a Moroccan classic.

- ※ 1 onion, coarsely chopped
- ※ 2 garlic cloves, finely chopped
- ※ 1 red bell pepper, chopped or sliced in strips
- ※ 2 tomatoes, chopped
- ※ 1 teaspoon whole or ground cumin seeds
- ※ 1 teaspoon ground ginger
- ※ 1 teaspoon turmeric
- ※ 1 cinnamon stick
- ※ 1 tablespoon homemade harrissa (see below)
- ※ 1/2 cup white wine
- ※ 1/2 cup fish broth
- ※ 1 pinch of saffron (steeped in hot broth)
- ※ 1 1/2 pound mixed firm fish fillets to your choice, seasoned with salt and pepper
- ※ 2 preserved lemons, chopped
- ※ 12 green olives, stoned and roughly chopped



※ a bunch of cilantro, finely chopped

For the home-made harrissa:

- ※ 3 fresh red chilies, roughly chopped
- ※ 3 garlic cloves, finely chopped
- ※ 1-2 lemons, juice and zest
- ※ 4 tablespoons olive oil
- ※ Salt and freshly ground black pepper

Put the chilies, garlic, lemon juice and olive oil into a food processor or mortar and pestle, and blend into a rough paste.

1. Add all of the above ingredients to VitaClay™ pot.
2. Cover and Set on **Slow Cooking-Stew** to cook for about 30 to 60 minutes or until fish becomes flaky. When ready to serve blend in chopped cilantro and a few sprigs on top for garnish.  
Make sure that olives and preserved lemons are visible when serving.
3. Serve on a bed of steamed couscous.

**Makes 6 servings.**

### Health Note:

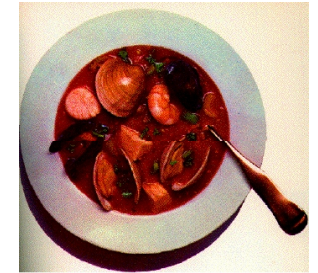
**Turmeric:** Truly one of the marvelous medicinal spices of the world. Its main active ingredient is curcumin, which gives turmeric its intense cadmium yellow color. Curcumin, studies show, is an anti-inflammatory agent

**Saffron:** In traditional Indian medicine, saffron is used as an aphrodisiac, a cure for arthritis, asthma, to reduce fever, healing the liver and combating alcoholism. Many other applications are recounted other sources suggest that an active ingredient in saffron can lower blood cholesterol too.

## San Francisco Fishermen's Wharf Cioppino

Fishermen of Italian and Portuguese descent created Cioppino in San Francisco. A hearty tomato based stew; redolent of garlic and herbs and rich with the days catch. Living in the San Francisco Bay area, I can guarantee you that it is perfectly good manners to dunk your sourdough bread in this irresistible dish, to soak up the broth and lick your fingers when finished.

- ※ 3 cups chopped onion
- ※ 2 tablespoons olive oil
- ※ 2 to 4 cloves garlic, finely chopped
- ※ 1 green and red bell pepper cored, seeded and cut into thin strips
- ※ 4 cups chopped imported peeled tomatoes
- ※ 1 cup fresh or canned tomato sauce
- ※ Salt and freshly ground pepper
- ※ 1 bay leaf
- ※ 1 teaspoon dried oregano
- ※ 1 teaspoon dried thyme
- ※ 1 tablespoon dried basil
- ※ Red pepper flakes to taste
- ※ 2 cups fish stock
- ※ 1 cup fresh or bottled clam juice
- ※ 1 cup dry white wine
- ※ 1 pound firm-fleshed fish, cut into bite-size pieces  
Seafood to your choice or what is fresh and available:
- ※ 1/2 pound fresh scallops, preferably bay scallops
- ※ 1 pound raw shrimp, shelled and deveined
- ※ 1 dozen well-washed small clams in the shell
- ※ 1/4 cup shucked oysters with their liquid
- ※ 1/2 pound lobster tail, cooked in the shell
- ※ 1 hard-shell crab, cooked in the shell and cracked



1. Add all ingredients to VitaClay™ pot except Fish and Seafood.
2. Cover and Set on **Slow Cooking-Stew** to cook for about 1-1/2 hours.
3. Twenty minutes or so before serving, add fish.
4. Cook for about 10 minutes on **Slow Cooking-Stew**, then add the rest of the seafood ingredients.
5. Simmer on **Slow Cooking-Stew** for about 8 minutes or until seafood is done (shrimps should be pink and clams and mussels should have opened their shells).
6. Serve Cioppino with authentic San Francisco Sourdough bread to make it a true San Francisco experience. Provide lots of napkins, since this can be a messy delight, due to cracking crab legs, scooping out mussels and clams. Enjoy with some fine California Chardonnay.

**Makes 6 servings.**

### Health Note:

Research shows that seafood has higher levels of beneficial Omega-3 oils than many other food sources. The omega-3 fatty acids found in fish are thought to be the components of fish responsible for protection against cancers.

Eating fish afford some protection diabetes. Incorporating a fishmeal into a weight-loss regimen was effective at improving glucose and lowering high cholesterol.



## Mediterranean Roasted Potatoes

All the flavors of the Mediterranean are represented in this dish. Olives, Rosemary, Basil and nutty Pine Nuts. A great dish to compliment any meat or poultry dish.

- ※ 2 pounds small red potatoes, scrubbed and cut into chunks
- ※ 2 tablespoons olive oil
- ※ 1 red onion, thinly sliced
- ※ 10 black Kalamata olives, thinly sliced
- ※ 2 tablespoons toasted pine nuts
- ※ 3 cloves of garlic, crushed with a chef's knife
- ※ 1 tablespoon freshly chopped rosemary
- ※ Salt and freshly ground pepper to taste
- ※ 1/2 cup dry vermouth



- ※ 2 tablespoons thinly sliced fresh basil (for garnish)

1. Place potatoes and onions in VitaClay™ pot.
2. Toss with a good olive oil.
3. Add olives, pine nuts, garlic and rosemary.
4. Season with salt and pepper.
5. Mix in vermouth.
6. Cover and set on **Slow Cooking -Stew** to cook for about 1 to 1-1/2 hours.
7. Garnish with freshly chopped basil leaves and serve.

**Makes 6 servings.**

### Health Note:

Potatoes are an excellent source of carbohydrates, the body's best energy source. There are two types of carbohydrates: simple carbohydrates found in refined sugar, candy bars and most refined products to provide a quick burst of energy quickly as well as deplete energy quickly and complex carbohydrates (as in potatoes) release their energy slowly, keep the blood sugar level steadier and longer, the body's best source of energy on a long term basis. Potatoes are high in fiber aiding the digestive system and they absorb water, which makes one feel satisfied and less hungry. Potatoes are fat free, cholesterol free, sodium free and saturated fat free. They are high in Vitamin C and potassium and are a great source of Vitamin B6 and dietary fiber.

## Barley with Toasted Pine Nuts

This can be a meal by itself. I usually mix Pearl Barley and Camargue Mahogany Rice, which is rice from the Camargue area in France, and has a nutty flavor providing this dish a pleasant texture and presentation. Goes nicely with any meat or poultry dish.

- ※ 1 cup uncooked Pearl Barley
- ※ 1 cup Camargue Mahogany rice or 2 cups Pearl Barley
- ※ 1 medium red bell pepper, chopped
- ※ 1 medium onion chopped
- ※ 6 cups mushroom stock (vegetable or chicken stock)
- ※ Freshly ground pepper and salt to taste



- ※ 1/4 cup pine nuts, toasted
- ※ Chopped parsley for garnish

1. Add all ingredients to VitaClay™ pot except the pine nuts and parsley.
2. Cover and set on **Slow Cooking -Stew** to cook for about 2 hours or until barley is tender but still al dente, and liquid is absorbed. Check for seasonings and adjust.
3. Toast pine nuts in a dry skillet over medium heat or on a baking sheet in the oven at 350 degrees for a few minutes to bring out their natural flavors. When ready to serve, mix into barley mix and serve with a sprinkle of chopped parsley.

**Makes 6 servings.**

### Health Note:

Pine nuts are the edible seeds from several varieties of pine trees.

There are two main varieties: The Mediterranean or Italian pine nut and has a light delicate flavor and the Chinese pine nut has a strong, pungent flavor. Pine nuts are somewhat more expensive than other nuts, due to a labor-intensive harvesting process.

Pine nuts are a good source of iron, containing almost 3 milligrams in a one-ounce serving. Adding nuts to your diet is one of many nutritional strategies for reducing your risk of coronary heart disease. The best way to reduce your risk is to combine a high-fiber diet, rich in complex carbohydrates (whole grains, legumes, nuts and seeds) to a variety of fruits, vegetables and low-fat dairy each day.

## Vegetarian Spaghetti Sauce

An aromatic vegetable stew that can serve as a sauce over pasta, rice or to accompany chicken, lamb and beef.

- ※ 1 lb eggplants, peeled and cut in 1 inch cubes
- ※ 1 red and green bell pepper, cut in small strips
- ※ 1 carrot, chopped finely
- ※ 1 medium onion, chopped
- ※ 4 garlic cloves, minced
- ※ 1 (28 oz) can stewed tomatoes, Italian style
- ※ 2 tablespoons tomato paste
- ※ 4 oz mushrooms, sliced
- ※ 1 chili pepper, deseeded and chopped (optional)
- ※ 1 teaspoon dried oregano
- ※ 1 teaspoon dried basil
- ※ 1 teaspoon dried rosemary
- ※ Freshly ground pepper and salt to taste
- ※ Kalamata or California olives for garnish



1. Combine all ingredients in VitaClay™ pot except olives.
2. Stir well.
3. Cover and set on **Slow Cooking-Stew** to cook for about 45 minutes to 1 hour.
4. Serve over your choice of pasta with some freshly grated Parmesan cheese and top with some olives for garnish.

**Makes 6 servings.**

### Health note:

Spaghetti sauce, including canned tomatoes and tomato paste contains Lycopene, a powerful antioxidant. Antioxidants work by neutralizing free radicals that are formed when body cells burn oxygen for energy. Antioxidants also may help keep the immune system healthy and reduce the risk for cancer and other diseases.

Several studies suggest that consumption of foods rich in Lycopene is associated with a lower risk of prostate cancer and cardiovascular disease.

## Middle Eastern Style Lentil Stew

A nutritious and tasty vegetarian stew with lentils, potatoes, and squash using cumin and allspice to accent flavors of Middle Eastern cooking.

- ※ 1 cup dried red lentils, sorted and rinsed
- ※ 1 lb. butternut squash, peeled and cubed
- ※ 10 small new red potatoes, cubed
- ※ 1 onion, chopped
- ※ 4 cloves garlic, chopped coarsely
- ※ 1 (28 oz) can diced tomatoes
- ※ 2 teaspoons cumin
- ※ 1 teaspoon allspice
- ※ 1 teaspoon paprika
- ※ 2 cups chicken or vegetarian stock



- ※ 8 oz fresh cut green beans or peas (for last minute cooking)
- ※ Salt and freshly ground pepper to taste
- ※ A handful of freshly chopped cilantro (for garnish)

1. Combine all ingredients except green beans, peas and parsley in VitaClay™ pot.
2. Cover and Set on **Slow Cooking-Stew** to cook for about 2 to 2-1/2 hours or until lentils, squash, and potatoes are tender when tested with knife. Add green beans or peas to the last 15 minutes of cooking and increase heat to High setting.
3. When ready to serve, sprinkle some freshly chopped cilantro on top of stew.

**Makes 6 to 8 servings.**

### Health note:

Fresh green beans contain vitamin A, B-complex vitamins, calcium and potassium.

Green beans are diuretic and may be used to treat diabetes. A fresh bean should snap crisply and feels velvety to the touch.

Cilantro (also called Coriander) seeds have a health-supporting reputation that is high on the list of the healing spices. Coriander (also called cilantro) contains an antibacterial compound that may prove to be a safe, natural means of fighting Salmonella, a frequent and sometimes deadly cause of food borne illnesses. Coriander qualifies as a very good source of dietary fiber and a good source of iron, magnesium and manganese.

## Shrimp Jambalaya

6 to 8 servings

### Ingredients

- ※ 3 tablespoons vegetable oil
- ※ 1/2 cup chopped onion
- ※ 1/3 cup chopped green onion
- ※ 3/4 cup chopped green pepper, divided
- ※ 1/2 cup chopped celery
- ※ 1 garlic clove, minced
- ※ 1/4 pound diced cooked ham
- ※ 2 cups chicken broth
- ※ 1 can (14 -1/2 ounce) tomatoes, diced
- ※ 1/4 cup minced parsley
- ※ 1/2 teaspoon salt
- ※ 1/8 teaspoon pepper
- ※ 1/4 teaspoon dried leaf thyme
- ※ 1/8 teaspoon chili powder or ground red pepper
- ※ 1 bay leaf
- ※ 1 cup uncooked rice
- ※ 3/4 pound medium cooked shrimp, peeled and de-veined



### Directions

1. **Heat** oil in large heavy skillet over medium-high heat. Stir in onion, green onion, 1/2 cup chopped green pepper, celery, ham, and garlic. Cook for 5 minutes or until onion is tender, stirring occasionally.
2. **Stir** in chicken broth, tomatoes, parsley, salt, pepper, thyme, chili powder, and bay leaf; cover and bring to boiling.
3. **Mix** in shrimp and remaining 1/4-cup green pepper. Simmer uncovered for 5 minutes longer. Remove bay leaf.
4. **Add** above into cooked rice in VitaClay™ Pot gradually, stirring with a fork. Cover and simmer for 20 minutes or until flavor is enriched.

## Artichoke Risotto

4 servings

- ※ 3 tablespoons olive oil
- ※ 1/2 yellow onion, finely chopped
- ※ 3 cloves garlic, minced
- ※ 2 cups Arborio rice
- ※ 1 cup dry white wine
- ※ 6 cups chicken stock
- ※ 4 cooked small artichokes, quartered or 2 cooked large artichokes hearts, sliced
- ※ 1/4 cup unsalted butter
- ※ 6 tablespoons freshly grated Parmigiano-Reggiano cheese, plus more for garnish
- ※ Salt and freshly ground black pepper



1. Heat a large sauté pan over medium-high heat and add the oil. Add the onion and garlic and sauté, stirring frequently, for about 10 minutes, until lightly browned. Add the rice and stir for 1 minute, or until opaque. Add the wine and cook for about 10 minutes, until the liquid is reduced by two-thirds.
2. Transfer the rice mixture to the VitaClay™ pot and add the stock and artichokes. Cover and cook on **Rice Cooking - Regular**, until cooking complete at sound of beep. Stir in the butter, cheese, salt, and pepper to taste just before serving.
3. Transfer to a warmed serving dish and garnish with cheese. Serve immediately.

## Seaweed Rice

Serves 4 as side dish

Seaweed is a super food! This simple brown rice recipe is a gem because it is a perfect way to help you get more of it in your diet. It's easy to make, goes with many dishes, and tastes great, making it easy for you to receive its incredible health benefit

- ※ 2 medium pieces wakame, (2TBS soaked and chopped)
- ※ 2 TBS chopped dulse seaweed
- ※ 2 1/4 cups warm water
- ※ 1/2 medium onion, minced
- ※ 2 large cloves garlic, chopped
- ※ 1 cup long grain brown rice
- ※ Salt and white pepper to tastes.



1. Soak brown rice in drinking water for 30 minutes and drain.
2. Rinse wakame, and soak in 2 1/2 cups warm water for about 5 minutes. Squeeze out water from seaweed and chop. Save water.
3. While seaweed is soaking, chop dulse, onion and garlic.
4. Heat 1 TBS of seaweed soaking water in a medium saucepan. Healthy Sauté chopped onion over medium heat for 2 minutes, stirring frequently. Stir in garlic, rice, chopped seaweed, and soaking water.
5. Please above contents to VitaClay™ pot. Set **Rice Cooking Regular**.
6. Season with salt and white pepper to taste.

## Nutritional Profile

Seaweed Rice 1.00 serving 180.36 calories				
Nutrient	Amount	%DV	Nutrient Density	Healthiest Foods Rating
manganese	1.82 mg	91.0	9.1	excellent
magnesium	72.24 mg	18.1	1.8	good
phosphorus	162.97 mg	16.3	1.6	good
selenium	11.15 mcg	15.9	1.6	good
tryptophan	0.05 g	15.6	1.6	good