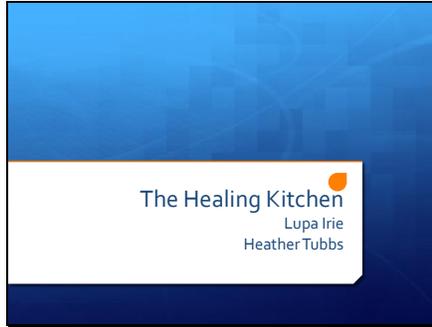


Slide 1



Slide 2

About Lupa and Heather

Lupa Irie
Traditional foods expert - is a business owner, entrepreneur and co-owner of Healing Waters Jamaica along with her husband Ian. Lupa is a naturopath, natural food chef, teacher and the creator/owner of Lupa's Kitchen, Inc, which opened in 2011. She has spent nearly 40 years building and expanding her knowledge in the area of natural foods preparation. The motto of Lupa's Kitchen is "Therapy through Food." This is where she teaches and produces a line of certified 100% organic GMO-free, casein-free and gluten-free, sprouted buckwheat granolas and germinated trail-mixes produced in the greater Atlanta area.

Heather Tubbs
Snelville/Stone Mountain, Georgia chapter leader - She is a stay-at-home mom who offers local food consulting, teaches local food and green living courses and works with farmers to start CSAs at local schools and businesses. Heather continued her work in promoting local food when she served as sourcing manager for Improv'eat (at the time it was a local WAP style food service).

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Starting Anew

Drink clean purified water daily. Reverse osmosis filtered or spring water

- Also, it is good to have a shower filter for bathing

Air Filter – Austin Air Filters made in American are some of the best and they are made in the US

Use of Natural Body products

- <http://www.pain.org/indones/>
- www.nadi.ca/nadihome.com

Throw-out all processed food and any foods with soy, canola or high fructose corn syrup.

Buy organic foods - locally grown vegetables/fruits are best.

Quality dairy and meats from local food sources

- <http://www.natropathic.org/local-chapters/finding-nutrient-dense-foods>
- <http://www.eatwell.com>
- <http://www.EatWell.com>

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Re-Organizing

Get organic cleaning products, hydrogen peroxide or vinegar work great for produce and meat. Vinegar and baking soda work well for cleaning kitchen surfaces.

No microwave. Replace it with a toaster oven and/or a dehydrator in its place.

Be picky about your cookware: no Teflon or aluminum or low quality stainless steel.

Safe cooking options are:

- Surgical Grade Stainless Steel
- Glassware
- Ceramic
- Cast Iron

Slide 5

Lifestyle – eating habits

Get the Weston A Price Shopping Guide or App

Understand your Ingredients, know what is in your food.

- A five-digit code beginning with 8 signifies a genetically modified (GM) product.
- A five-digit code beginning with 9 identifies an organically grown product.
- A five-digit code beginning with 0 (or a four-digit code) marks a non-qualified (i.e., conventionally grown) product.

Read more at
<http://www.snopes.com/food/prepare/produce.asp#ooAckqzIEIpmUKcRgg>

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Lifestyle – eating habits

GMO's and MSG are hidden by many names in our foods.

Foods that ALWAYS contain MSG:

- Autolyzed Yeast, Calcium Caseinate, Gelatin Glutamate, Glutamic Acid, Hydrolyzed Protein, Monopotassium Glutamate, Monosodium Glutamate, Sodium Caseinate, Textured Protein, Yeast Extract, Yeast Food, Yeast Nutrient

Foods and Ingredients that often contain MSG or create MSG during processing:

- Flavors and Flavorings, Seasonings, Natural Flavors and Flavorings, Natural Pork Flavoring, Natural Beef Flavoring, Natural Chicken Flavoring, Soy Sauce, Soy Protein Isolate, Soy Protein Bouillon, Stock, Broth, Malt Extract, Malt Flavoring, Barley Malt, Anything Enzyme Modified, Carrageenan, Maltodextrin, Pectin, Enzymes, Protease, Corn Starch, Citric Acid, Powdered Milk, Anything Protein Fortified, Anything Ultra-Pasteurized

<http://articles.mercola.com/sites/articles/archive/2009/04/21/msg-is-this-silent-killer-lurking-in-your-kitchen-cabinets.aspx>

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Lifestyle – eating habits

Magnesium Stearate – Hydrolyzed Cotton Seed Oil. It serves as a lubricant for the machinery.

Slide 8

Lifestyle – eating habits

Dirty Dozen and the Clean Fifteen
<http://www.ewg.org/foodnews/summary.php>

Plan ahead and learn to make and enjoy healing foods.

- Soaking flour, grains, beans, and nuts, be prepared!
- Bone Broths—chicken , beef , fish, and vegetable broth.
- Cultured foods, be sure to enjoy their benefits in daily.
- Lacto-fermented drinks, like water kefir, beet kvass, milk kefir, Kombucha, and whey sodas.

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Fun

Learn to be quiet, slow down, and put your feet on the ground to connect to the earth!

Give thanks and laugh every day!

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Menu

Appetizers

- Caesar Bites - Salmon Caviar, Cucumber, Kvart, Cilantro
- Avocado Boat - Avocado, Kvart, Salmon Caviar, Cilantro
- Chicken Liver Pate and Flax Crackers with Cultured Veggie Topping

First Course

- Fish Head Soup

Main Course

- Beef Heart Mole with Roasted Red Pepper Crema and lard- fried tortillas

Dessert

- Meyer Lemon Chiffon Mousse with Pumpkin Muffins

Beverages

- Kombucha
- A Variety of Lacto- fermented drinks

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Order

Beef Heart Mole
Roasted Red Pepper Creama
Fish Head Soup - Lupa's Fish head magic
Lemon Card
Pate
Fermented Kraut
Kvart
Whay Soda
FRESH Lemon Mousse
Lard-fried Tortillas

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Beef Heart Mole

Ingredients

- 1 tablespoon bacon fat/ard Olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 stalk celery, sliced
- 1 carrot, cubed
- 1 whole beco, sliced into small strips
- 2 pounds beef heart, rinsed and cubed
- 8 cups of Chicken or Beef Bone broth
- 4 dried ancho chiles
- 2 anchomonies, dried
- 1 garlic clove, minced
- 1/2 cup properly prepared peanuts
- 1/2 cup properly prepared pumpkin seeds
- 2 tsp. onion
- 1 tsp. orange
- 1 tsp. roasted cumin
- 1 cup of Olive oil
- Salt & Pepper

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Beef Heart Mole

Directions

Place Bone Broth to heat on High in crockpot. Heat the bacon fat in a Dutch oven or skillet over low heat. Add onions, celery, and carrots. Cover, and let the vegetables sweat for about 8 minutes and then add garlic. Sauté for about 2 more minutes. Move cooked vegetables to the crockpot. Place the cubed beef heart in the pan, adding a bit more fat if necessary. Sauté over medium heat while browning add the spices, once browned add meat to crockpot.

Quick Mole Sauce

Soak and then drain ancho chilies, remove stem and seeds. Add all remaining ingredients to blender. Blend, and then add to crockpot.

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Roasted Bell Pepper Crema

Ingredients:

- > 16 oz Organic sour cream
- > 2 Organic roasted bell peppers
- > 1 small can of organic green chilies
- > Juice from one lime
- > Zest from one lime
- > Lime fingers
- > Sea salt

Place all ingredients except the lime fingers in blender, blend and chill. Serve with lime zest and lime finger caviar on top.

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Fish Head Soup

Ingredients

- > 3-4 lb. fish heads- cleaned and split in half
- > 2-3 Lemons
- > 1/4 cup olive oil
- > 1/4 cup ghee
- > 4 Roma tomatoes
- > 1 cup chopped leek
- > 2.5 liters of water
- > Fresh herbs- thyme, parsley, fennel bulb/fronds, dill, and bay leaf
- > 1 tsp. turmeric or saffron (a few strands)
- > 1 Tbsp. unrefined sea salt
- > 1-2 large cloves garlic

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Fish Head Soup

Rinse and rub down fish heads with lemon halves, squeeze remaining lemon juice over the fish.

Add the ingredients to a large pot over medium heat in the following order:

- Turmeric, leek, garlic, and salt – stir into olive oil/ghee.
- Fennel and celery then gently cook for 5 minutes.
- Blended tomatoes and 2 cups water and cook gently until vegetables are soft (approx. 5 minutes).
- Fish heads/bones and remaining water.
- Bring to a slow simmer in an open pot, skim off foam as soup comes to a boil.
- Reduce heat, bring to a slow simmer and add herbs, cover the pot.
- Cook 45 minutes, then strain the broth into a large bowl or another pot, discarding the solids.

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Fish Head Soup

To season a healing broth:

- Add – egg yolk, fat, and a cultured element.
- For example - Egg yolk, ghee, coconut oil, coconut milk, nutritional yeast, chopped herbs, such as cilantro, and/or beet kvass/sauerkraut juice, lemon juice and or a spoonful of cultured veggies.
- Bottle the hot broth and then place in an ice bath to cool. In a short time you will hear a pop. The broth has sealed and the top will not dent in. Refrigerate. Will keep up to 2 weeks if well sealed and unopened.
- Always reheat your broth slowly. Enjoy!

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Meyer Lemon Curd

Ingredients

- 3 eggs
- 1 Tbsp. lemon zest (from 2 Meyer lemons)
- 1/4-1/3 cup of high quality honey
- 1/2 cup freshly squeezed Meyer lemon juice
- 6 Tbsp. of coconut oil, butter, or ghee

Slide 19

Meyer Lemon Curd

Directions

- In a medium stainless steel or enamel saucepan, whisk together the first three ingredients until light colored.
- Add the lemon juice, give a stir and then add the ghee.
- Cook, whisking over medium heat until the ghee is melted. Continue to cook until the mixture thickens and you start to see a few bubbles popping at the surface.
- Remove from heat, and scrape into a fine sieve set over a bowl. Strain the curd, gently stirring through the sieve.
- Refrigerate for several hours to thicken. Will keep about one week or longer in the refrigerator.

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Chicken Liver pate'

Ingredients

- 2 cup chicken livers
- 2 Tbsp. minced shallots
- 4 Tbsp. ghee
- 1/3 cup wine or cognac
- 1/4 cup whipping cream
- 1/2 tsp. salt
- 1/4 tsp. allspice
- 1/8 tsp. pepper
- pinch of thyme
- 1/2 cup melted ghee

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Chicken Liver pate'

Pate' Preparation

Cleaning the Liver
Remove any greenish or blackish spots from the livers, as well as any sinew. Cut the livers into half inch size pieces.

To prepare pate'.

- Melt ghee over medium heat in a sauté pan.
- Sauté livers with the shallots in the ghee for 2 to 3 minutes, until the livers are just stiffened, but still rosy inside, then scrape into the food processor.
- Pour the wine or cognac into the pan and boil it down rapidly until it has reduced to 2 tablespoons. Scrape it into the processor.
- Add the cream and seasonings to the blender jar. Cover and blend at top speed for several seconds until the liver is a smooth paste.
- Add the melted ghee and blend several seconds more. Adjust seasoning.
- Pack into the bowl or jar and chill for 2 to 3 hours.

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Fermented Dill Kraut

Ingredients

- > 2 head cabbage- purple
- > 1 large beets grated
- > 1 Tbsp. Sea salt
- > 2 Tbsp. fresh dill

Directions

- > Slice cabbage in food processor and grate beets.
- > Mix cabbage and beets together with salt and fresh dill.
- > Pound your cabbage mix until juices run or let sit a few hours and let nature do the work for you. The Salt will draw the moisture out of the vegetables.
- > Pack into wide mouth Mason jars leaving 1" of space at the top to allow for expansion. Then add a bit of water to make sure the top layer is floating.
- > Ferment at room temperature for 2-3 days then move to cold storage for at least 2 weeks then enjoy!

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Kvart cheese/dip

Ingredients

- > 2 cups yogurt
- > 1 plastic strainer/or bamboo
- > 1 coffee filter
- > 1 large bowl
- > Plate or cloth to cover with
- > Place coffee filter in strainer

Directions

Pour yogurt into a strainer lined with a coffee filter. After 30 minutes you will get about 1/4 - 1/2 cup of dripped whey. Let it sit overnight, till all the whey is dripped out. Set it on the counter during the day, then place in refrigerator to complete dripping overnight. In morning you will have lots of curds and whey ready to creating many fun dishes and drinks.

Healing meal

Place half an avocado on a few Bibb Lettuce Leaves, fill the avocado with kvart, top with salmon eggs and cilantro. Serve with a fresh soup or cup of broth and flax crackers served with sliced raw cheese and pate'.

Slide 24

Whey Soda

Ingredients for basic recipe

- > 1/2 cup fermented honey
- > 1 cup lemon juice
- > 1 cup kiwi or raspberry
- > 1/2 cup dripped whey
- > 1/2 tsp. unrefined salt

Directions

Add ingredients to blender and process. Add water enough to fill 2 quart jar. Let sit at room temperature for about two days, this depends on season. After fermenting, strain into narrow neck bottle, place the cap on tightly and allow to sit one more day at room temperature before refrigerating. Enjoy!

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Lemon Mousse

Ingredients

- 1 cup of Lemon Curd
- 22 oz. of Heavy whipping cream
- 1 tsp. Vanilla Powder (Optional)
- Sweeten with Maple syrup, if needed
- Lemon Zest

Directions

Whip Cream until fluffy. Add vanilla powder. Then fold in Lemon Curd. Add Maple syrup, if needed (when using Meyer Lemons it is usually not needed). Top with lemon zest and serve.

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Lard-Fried Tortilla Chips

Ingredients

- Enough lard to fill the bottom of a frying pan
- Organic corn tortillas
- Unprocessed Salt
- Pepper to taste

Directions

Heat oil to 350 degrees. Cut tortillas into desired size and shape. Fry until crispy. Dry on a bleach free paper towel. Salt and serve while warm.

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Enjoy!!!

Appetizers

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