

French Matural
Remedies & Recipes
from
Beautiful Tasmania

Written and illustrated by Christiane Guise

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A mon Petit Canard que j'aime de tout cœur

(To my Little Duck whom I love with all my heart)

Liffey Valley in Beautiful Tasmania (inspired by Jean-Arthur Rimbaud's *Le Dormeur du val*)

It's a green valley where the river sings
Hanging here and there pretty silver stains.
It's a green valley where the warm sun clings
On the green prairies and the golden mountains.

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Finally, thank you to Patrick, my wonderful husband and friend, for his incredible patience and above all for the exceptional life we are living together.

Foreword

The remote upper Liffey Valley is a natural herb garden. Beneath the great rock cliffs of *Taytitikitheeker* (Drys Bluff) and along the *Tellerpanger* (Liffey River) is a kaleidoscope of forests, ferneries, shrubberies, mosses and fungi. The native heart berries and the pepper brushes, the mountain cresses and the tiny sweet 'cherries' of the ancient ecosystem, give way in the farmlands to mint, hawthorn and briar, and the organic herb farms brought with great care from other continents.

In the quiet beauty of the Liffey Valley is rest for the most anxious soul. But now, in this little book of remedies from Christiane Guise are recipes for body and mind for those beyond the reach of Liffey's own charm: be you in Manhattan, Montmartre, or Melbourne. In here, Christiane has a little potion for everyone.

Bob Brown

Preface

How to replace expensive and dangerous drugs with natural remedies and healthy meals?

Many books discussing natural medicines appear regularly on the market but *French Natural Remedies from Beautiful Tasmania* is an innovation; it essentially differs on five major points.

- Primarily, all recipes and remedies are inspired from French and Mediterranean cuisine; therefore, they are not only excellent for our health, they are original, elegant, and delicious.
- Furthermore, the opening focuses on body and mind. When the mind is disturbed, health is at risk; and for this reason, the first chapter explains how to manage stress.
- Then, a brief description of the plants used in the recipes is given; this includes their legends, cultivations, and medicinal values of course. To treat minor disorders and conditions such as high cholesterol and blood pressure, only common plants have been selected. This choice is essential for two reasons: you will not worry about side effects as common plants are harmless when taken in reasonable amount; and you can grow most of

- them in your garden or you can buy them in any nursery or health food store.
- In the following sections, various types of remedies are offered to suit the whole family's preferences. You may like teas, capsules, or tinctures for yourself, syrups for your children, and on special occasions, wines and liquors.
- Finally, the three last sections contain a touch of French cuisine with beautiful recipes to break the monotony of everyday meals and improve your health. You will learn how to make delicious creative seasonings, entrees, soups, main meals, and desserts.

Though I am not a doctor or an herbalist, all my life, I have used herbs to treat all the little discomforts my family and friends experienced through time. Many call me the Good Witch and come regularly to get their potions or special formulas. No, I do not have supernatural power; I only love working with Mother Nature's gifts.

My knowledge came from the tremendous work of brilliant herbalists. I compared their findings, experimented them, and discarded any suspicious plants. Then, I created my own remedies with a touch of French cuisine, which as you will see does not always focus on butter and cream. Indeed, the French are known for their exquisite cuisine and amazingly, they are healthy and rarely overweight.

I made teas to ease digestion, syrups to smooth the throat, and wines to strengthen the heart. The more I learnt, the more I enjoyed working with herbs.

As you will certainly appreciate, all the recipes are very easy to make; and if you will cook delicious meals and fill up your shelves with beautiful homemade remedies; but above all, you will see that happiness is how you see life so where ever and who ever we are, happiness is always ready to flood our heart, when we use our five senses.

Yes, I hope you will have great fun in your garden and in the kitchen.

Look around, my friend!

The weather has left its winter coat

And Dame Nature shows her new dress,

To the timid and charming sun.

Here and there, she picks a shade of pink Or sprays a golden light. Breathe, my friend! Breathe The rosebud and the lily of the valley.

Look around my friend and see
The myriads of little joys twirling around you.
The joyous time of spring is full of hope
So Listen to the birds and choose to be happy.

See how humans share love, bread, and sorrow.

In a warm bed, around a table,

See my friend how humans care.

O Yes my friend, humans care

Look around my friend and see.

Look, listen, and breathe my friend.

Life is so beautiful when we know how to look at it.

We don't need much to be happy!

Introduction

For more than ten years, my husband and I have the chance to live in Tasmania. On this pastoral island, we are close to Mother Nature. We enjoy her tranquillity and all the goodness she kindly provides.

It is in Tasmania that I began writing my recipes and when I decided to share them with you, I took the opportunity to insert dazzling pictures of where we live.

In this introduction, we will voyage in Tasmania through the seasons but this does not mean that you must live here to create your own remedies. Indeed, most of the plants required for the recipes are easy to grow anywhere and when it is not the case, you can buy them either in the grocery shop, the nursery, or the health food store.

You will also find some recommendation on how to collect and dry herbs, how to store, and label them, and of course how to prepare and use them.

Now let us start our little journey.

The magnificent Liffey valley

Tasmania is covered with green fields and forests sheltering unique animals, rare birds, and wonderful herbs. In Liffey, a fresh breeze gently ventilates the valley and diffuses the delicate scents of the nearby streams and rainforest. Since 1989, Drys Bluff and Liffey Valley are part of the *Tasmanian Wilderness World Heritage*. The forests and their three varieties of eucalyptus are protected as well as the giant tree fern, blackwood, sassafras, and myrtle. These temperate rainforest species grow on the lower hills of the valley among the cascades of crystalline water.

Unsurprisingly, this green paradise attracts wildlife. In the forest, pygmy possums, bettongs, potoroos (tiny kangaroo rats), and bandicoots play hide and seek through the undergrowth; and at nightfall, wombats and wallabies leave their hiding to explore the prairies. Our spiky friends, the echidnas, also dwell in the valley; from time to time, we can see them crossing quietly the grassy paths leading to the river where platypuses enjoy swimming with the swift trout and the yabbies. Of course, we also have Tasmanian devils and spotted quolls in Liffey; these smart furry things always find a clever way to catch our chooks!!!

This is part of living in the bush; we share Nature's goodness with animals and birds.

There are indeed exceptional birds in Tasmania. The beautiful white goshawks, the yellow-tailed black cockatoos, and the proud wedge-tailed eagles happily fly on the top of the highest trees. We also have the green

rosellas and the welcome swallows; but my heart falls for the cute fairy-wrens, the exquisite scarlet robins, and the pretty goldfinches.

The rich Tasmanian flora

Having a temperate climate and good rains in mountainous areas, the island's vegetation is magnificent.

Every year, we witness with delight the return of the four seasons and their changing colours, delicate perfumes, and wonderful plants. In many instances, Tasmania reminds me of the South of France, my native country.

In summer, poppies and white yarrows invade the meadows; and in the sunny forest, pink foxgloves climb to the sky while golden mulleins tower above fragile lady mantles on the cool tablelands. Summer is resplendent in every garden as well. Next to the delicate lobelias and the vermeil gladioli, jasmine and lavender give away their enchanting perfume. Of course, the roses and the marigolds are splendid.

During the warm season, we collect many herbs to use in cooking and medicine. *Les herbes de Provence* (thyme, sage, savoury, rosemary, and marjoram) are superb seasonings with great healing properties.

Then, autumn comes with its warm colours and the swallows start their long journey toward warmer regions. We pick delicious apples and tasty mushrooms, scarlet rosehip and versatile hawthorn, the magic berry as you will see. And soon, snowflakes begin to fall on the mountain peaks. It is freezing outside; but at home, the wood crackles in the chimney and the shadow of bright flames dances on the wall. Time to read or write, to knit or crochet; and at four o'clock, time to take a nice cup of *Winter delight tea* with honey or jam spread on beautiful homemade bread. This is what I call living a nice winter while Mother Nature silently continues its magnificent work.

Indeed, her imperceptible labour suddenly appears to every-one's eyes in August. The mountains are all gold with the acacias in bloom; and here and there, trembling lambs make their first steps in the green meadows. In the garden, the daffodils look like little suns on green carpet; and the fragile pansies resist valiantly among the calendulas. Despite the cold, the pretty wrens and the cute robins celebrate the renewal wearing bright feathers to court their girlfriends.

At last and to our delight, the first couple of swallows flies around the house searching for its nest. Spring, the season of love, is Mother Nature's ultimate gifts to all living beings so they remember Paradise. Beneath the white and purple lilacs, violets timidly exhale their sweet scent close to the exquisite lilies of the valley; Grandma loved these delightful little bells she called them *la fleur du bonheur*, the flower of happiness. Do you know that its essence is the base of the greatest perfumes?

In spring, we pick hawthorn blossoms and elder flowers to make amazing remedies and delicious wines. young dandelions are great in salads; and dried in the gentle sun, blackberry and raspberry leaves will enhance the flavour of any herbal tea.

And the cycle ends; summer is back with its bright colours and exhilarating perfumes.

Mother Nature's gifts

How can we maintain our health and treat small discomforts like cold and flu, stomach-ache, or liver tiredness? Amazingly, it is in our garden that we can find the best remedies. However, natural medicine is not without danger.

- 1. Primarily, we must be conscious that we do not have the expertise of a doctor or qualified herbalist. Accordingly, we may treat minor disorders but should not expect more than that; and as soon as we suspect some complications, we must consult our doctor. Furthermore, if you are under medication and want to take some herbal remedies, let him/her know about it in order to avoid unexpected problems due to double medication; and never stop taking the medicine prescribed by your doctor.
- 2. Herbs and even common herbs can be harmful therefore, great precautions must be taken to prevent all forms of poisoning or toxicity. Do not collect herbs in the wild unless you can positively identify them. Though it is easy to recognise hawthorn, rosehip, or yarrow, some plants can be mistaken for others that may be poisonous.

- 3. Completely discard any suspicious herbs; do not even use them in herbal tea or ointment. When some herbs are highly criticised by the scientific community, it must be for good reasons.
 - While plants have healing properties, adverse effects may appear after prolonged use. In such a case, the accumulation of toxic substances can cause irreversible damage and even death.
 - Many plants are dangerous to the neophyte because of their unstable and variable potency.
 - Some herbs are addictive, abortive, carcinogenic, or hallucinogenic; some cause abortion, and others should only be used externally.
- 4. Always make sure that your harvest is chemical free as well as the herbs, seeds, and seedlings that you buy or receive from friends.
- 5. Never pick herbs after the rain or in the midday sun. The best time is in the morning when all traces of dew have evaporated. First, enjoy this precious time and take a pretty basket lined up with your favourite towel for your collect. Gather leaves when they are young, flowers as soon as they open, and fruit when they are ripe. But most of all my friend, look and see the beautiful things around you and breathe Mother Nature's sweet perfumes.
- 6. Only choose the best specimens and process them as soon as possible. For drying,
 - spread the herbs, flowers, or fruit on muslin and put them in a well-ventilated, dust free, and dark cupboard

- or wrap small bunches in muslin and hang them in a well-ventilated room. Never dry herbs, flowers, or fruit in hot sun or wind.
- 7. When the plants are completely dried, crush them slightly and store them in airtight green or amber glass containers. Keep them away from sunlight and heat; and always label your products correctly. Indicate
 - the name of the preparation
 - its purpose
 - the date of processing
 - the ingredients
 - the eventual adverse effects
 - the amount to take
- 8. If you buy dried herbs from the chemist, the herbalist, or the health-food store, beware of their origin, quality, and freshness. Do not buy any products, which are not organically grown, have no date of packaging or use by date. Always transfer the herb in a jar with a label indicating its names and the date of purchase.
- 9. Check your products regularly and at any sign of mould discard them immediately. After a year, use them for composting.

Preparalions

Every preparation requires scrupulous hygiene so you must carefully sterilise the equipment you use.

Either boil your jars and bottles for fifteen minutes or use a special solution and let them dry before filling them up.

When making teas, use a porcelain or glass teapot. Rinse it with hot water, put the herbs, and cover them with very hot water (not boiling). Remember to put the lid on to minimise evaporation. It usually takes three minutes for the herbs to infuse. Nevertheless, some herbs like mallow must be infused in lukewarm or cold water for at least an hour; and valerian does not release its properties in less than twenty-four hours.

When making decoctions use an enamelled or a glass pan with a lid. Cover roots, barks, or seeds with cold water and boil them for ten minutes to extract their medicinal properties.

The amount of herbs is important.

- Use no more than one teaspoon of dried herbs per cup of very hot water and double the amount for fresh herbs.
- Take no more than four cups of tea daily for three days unless contra-indicated and reduce the amount to three cups a day for three weeks no more. My recipes are generally for six cups of tea and sometimes more. If you want to make less, combine all the dried ingredients and take one teaspoon of the mixture; keep the rest in a glass jar and label it.
- For syrups and capsules, take one or two tablespoons or capsules every three or four hours for the first three days; then, decrease the amount as for the teas.
- For tinctures, count 100g of dried powdered herbs (double the amount for fresh herbs) and largely

cover them with alcohol such as Gin, Vodka, or Kirsch. This alcohol ensures the complete extraction of all the natural chemicals and keeps the product fresh for years. At last, tinctures are very handy when travelling.

In addition, remember that herbal tea can be kept in the fridge for three days; that syrups do not last as long as cordials; and that herbs in capsule stay fresh in small dark containers for up to three months. Tinctures, wines, and liquors mature with age.

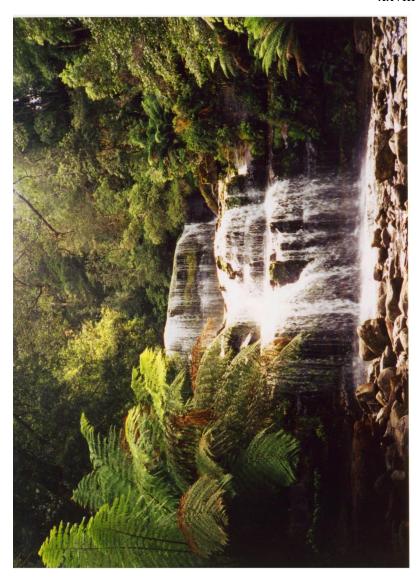
Unfortunately, some herbs or recipes may cause disagreements. Perhaps, you do not digest garlic as it gives you heartburn or stomach cramps. Fennel seeds make you sweat and you do not like the strong smell emanating from your body... This of course can happen so try to adjust the recipes to your own taste and tolerance; and when you try a recipe, make a very small amount first and write your comments on the first page of every chapter of this book. Remember also that herbs used for a long period or in excessive amount lose their goodness and become harmful. As a rule, a treatment should not last more than three weeks unless specified.

As you will see, the number of recipes that we can make is countless. Indeed, there is an infinite number of herbs, flowers, and fruit; and there are many ways to combine them. Accordingly, you will not get bored and you will enjoy creating your own remedies.

As a final word, I hope with all my heart that this book brings you closer to Mother Nature who holds the secrets of health and happiness. Take the time to enjoy a nice cup of tea or a glass of wine. Free your mind from all negative thoughts and admire the superb work of God, the great Designer and Ultimate Gardener.

I wish you an excellent health and a beautiful life.





Magnificent Liffey Falls



Liffey forest by the river

Managing Stress

We all know that prevention is better than cure and avoiding illness implies harmony between body and mind. Indeed, when our mind is under excessive pressure, our body becomes very sensitive to all sorts of germs and viruses.

Fortunately, there are numerous ways to manage stress. Personally, I always use two very simple techniques that work beautifully together.

The first one is to rediscover the myriad of little joys twirling around us. Little joys warm the heart, boost our energy, and re-build our self-esteem. As a result, they change the way we see life; and ultimately, they change our life. Seeing our problems in perspective that is among the little joys that we encounter everyday is the secret of happiness.

We must therefore take every opportunity to look at the world around us. However, it sometimes happens that we do not see even with our eyes open. When we stare at the footpath lost in our thoughts, how can we see the cherry-tree in bloom, the scarlet robin singing on its branch, or the passer-by's contagious smile? Obsessed with our problems, we live in darkness and become mentally and physically ill.

Not seeing the beauties around us and having a heavy weight on our chest or a lump in our throat are the typical signs indicating that something wrong is happening to us. The mind is in such a bad state that its only defence is to alert the body.

The first step to restore the mind and avoid eventual illnesses is to go for a walk. The wilderness or the closest park will do, even a small garden. There, sit down anywhere you feel comfortable and let your mind registers the sights, the sounds, and the smells of your environment. Then, gently close your eyes and very very slowly, take a deep breath through your nose. Hold it for as long as you can, and very slowly again, exhale the stale air through your mouth while slowly opening your eyes. Do this until you feel as light as a feather; it usually takes only three to five breathings to release the tension oppressing the chest and to clear the throat.

Yes my dear reader, when we breathe freely and see clearly, we become conscious that we live in the most beautiful world; and we arrive to the incredible but indubitable conclusion that everything is possible. Even obstacles become useful challenges so we may fully develop our potential.

Really, my friends, we do not need much to be happy.

Healing Plants

artichoke

Artichoke is a wonderful vegetable but it takes eighteen months to mature. It likes a moist soil, plenty of compost, and good mulch to control weeds.

Artichoke prevents the hardening of the arteries and treats all liver problems; it is also a gentle diuretic.

Basil

Basil is the herb of charm and sensuality dear to Krishna and Vishnu.

In spring, plant seeds and seedlings in a well drained soil. Remember that basil does not like frost and its best companion is marjoram, capsicum, and tomato.

Basil calms the nerves, gives energy, activates blood circulation, and reduces blood sugar levels. It also has antibacterial properties and relieves urinary inflammation, headache, and fever.

Basil is a very aromatic herb and is better fresh.

Bay Laurel

Laurel was Apollo's sacred plant.

It is a small tree liking full sun. It tolerates light frost and dryness when established. Trim the tree in summer and remove the suckers. Collect the leaves, which are called bay leaves; or buy them at your grocery shop. Laurel strengthens the stomach and the bladder and alleviates arthritis.

However, do not eat the berries especially when you are pregnant as they may cause abortion.

Beans and lentils

Plant beans when the soil temperature reaches 20°C and protect them from the wind. Beans like carrots and sweet corns but hate onions, chives, or leeks.

Dried beans, peas, or lentils are excellent sources of antioxidant. They protect against cancer and lower cholesterol significantly.

Blackberry

Do not plant blackberries in your garden, as they usually become a pest. In cool climates, they abound in woodlands and hedgerows. Collect the young leaves in spring and the berries in autumn.

All blue and purple plants are powerful antioxidants with antibacterial properties. Blackberry purifies the blood and is the flu's enemy. Chewing blackberry leaves is good for bleeding gums.

It is rich in iron, magnesium, potassium, sodium, and vitamin C.

However, blackberry leaves contain high levels of tannin so they may cause gastro-intestinal disorders and constipation if you take them on regular basis. To avoid nausea, do not eat blackberries on an empty stomach.

Blackcurrant

Black and redcurrants like cool climate especially mountainous areas and they tolerate most soils; the plant bears fruit the second year. Collect their leaves and berries.

Blackcurrant is a well-known diuretic and an anti-rheumatic remedy. It strengthens the immune system.

It contains magnesium, phosphor, potassium, vitamins B and C, and zinc.

Blueberry

Blueberry likes cool climates with moist and acidic soil and full sun. The plant only bears fruit after three years. Collect the berries.

Blueberry is recommended for rheumatism and arthritis. It is good against diabetes and typhoid fever.

It contains potassium and vitamins A and C.

However, avoid eating the leaves; due to their high level of tannin, they can cause constipation and anaemia; they may also damage the liver.

Bran

Oat bran and barley bran contain soluble fibres, which lower cholesterol and blood sugar levels; they relieve constipation and prevent intestinal cancer.

However, remember to drink plenty of water while eating bran to avoid intestinal blockage.

Calendula

Calendula also known as marigold since Roman time, is a beautiful self-seeding plant bright orange or yellow. It loves cool to cold climate where it flowers all year around.

Calendula purifies the blood and is very good to treat problems related to menstruation and haemorrhoids. Infused in almond oil or cooked in lard, it is excellent against skin diseases. Do not forget to try the beautiful flowers in salads.

Calendula contains carotenoids, which are soluble in fats.

Carrol

Grandma used to say that carrot gives beautiful thighs...

They are very easy to grow. Plant them early spring to late summer and use the whole plant when it is very young.

All orange fruit and vegetables are antioxidants; they protect against cancer and tumour; and they boost the immune system. Carrots are excellent against colic, diarrhoea, typhoid fever, gastro-enteritis, and dysentery.

They contain beta-carotene.

Celery

Celery likes sandy soils and needs good fertilisers. Eat it as a vegetable and collect the seeds.

Celery is good against cystitis, liver problems, and arthritis; the seeds reduce blood pressure and cholesterol.

Celery is rich in iron, vitamins A, B, and C.

However, avoid eating celery in large amount when you are pregnant.

Chamomile

Chamomile was the Egyptians' favourite herb; it symbolises purity and meditation.

Plant chamomile in full sun or semi-shade and collect the flowers in summer.

Chamomile calms the mind, eases menstrual pain, and assists menopause. It has anti-inflammatory properties and treats neuralgic pain and rheumatism. Use it to clean open wounds and as eyewash against conjunctivitis.

Chamomile contains calcium, iron, magnesium, potassium, and vitamin A.

However, do not infuse chamomile for more than three minutes as it may have adverse effects such as nausea and irritability. Avoid it if you have some allergy.

Cinnamon

Cinnamon is the herb of seduction.

It only grows in tropical area but you can buy it anywhere.

It is very good to treat a cold as it warms the body. It also alleviates abdominal pain and stomach cramps.

However, use cinnamon in very small amount only as it may cause nausea and vomiting.



Clove is the symbol of long friendship.

As cinnamon, it is a spice from the tropic and you can buy it anywhere.

Clove purifies the blood and cures any cold as it induces sweating. It has anaesthetic property so it can be used locally to relieve toothache.

Corn Poppy

French people compare corn poppy to a vibrant heart. It symbolises consolation.

It is a self-seeding flower loving wheat fields. Collect its petals and famous seeds.

Poppy is good against bronchitis and cough; and it is a gentle sedative.

However, it may cause irritability and depression when taken in large amount and on regular basis, even though it does not have the narcotic effect of opium poppy, its cousin.

Conslip

Cowslip is the Virgin Mary's emblem.

It grows on low hills in sunny meadows early spring. Plant the seeds in dry and slightly alkaline soil, in full sun or semi shade. Collect the flowers in spring and the roots in autumn but only after two years.

Cowslip is good against headache and for all problems related to menstruation and menopause. Indeed, it cures night sweating, irritability, sleeplessness, and loss of self-esteem.

It contains vitamin A.

However, cowslip should never been eaten fresh. It must be cooked or dried. Do not take it in large amount as it can irritate the lining of the stomach and cause

vomiting and diarrhoea. People with gastrointestinal disorders should avoid cowslip root.

Dandelion

Dandelion means tooth of a lion in French; this name was given because its healing power is as great as a lion's. Its other name, *pissenlit* means wetting the bed, indicating that it is a good diuretic.

Dandelion is a self-seeding plant growing almost anywhere. In spring, use the young shoots in salad and dry the roots in autumn.

Dandelion cleanses the bloodstream, purifies the blood, treats all liver problems, and dissolves gallstones. It improves appetite and digestion. As a diuretic, it removes excess of fluids and poisons.

Dandelion contains calcium, choline, gluten, inositol, iron, magnesium, niacin, phosphorus, potassium, vitamins A, B, C, E, and P, and zinc.

Echinacea

American Indians love echinacea, one of the greatest natural antibiotics. It symbolises strength and healing.

Echinacea is a beautiful garden flower blooming in summer and autumn. Sow the seeds in spring or propagate it by cuttings in winter. Collect flowers and leaves in summer and the roots and rhizomes in autumn but after two years.

Echinacea enhances the immune system and treats common cold and sore throat. It purifies the blood and fights typhoid fever.

It contains glucose, iron, potassium, sulphur, and vitamins A, C, and E.

However, do not take echinacea if you suffer from allergy.

Eggshell

Eggshells are very rich in calcium and act as an excellent antacid so they alleviate stomach cramps and heal peptic ulcer.

However, do not take excessive amount as it may cause constipation.



Elder protects against nasty witches and evil spirits; it brings good luck when inserted in wedding bouquet and symbolises compassion.

Elder is a small tree flowering in spring. It likes cool climate, full sun, and a slightly alkaline soil. It is easily propagated by seeds in autumn or softwood cuttings in summer. Do not prune it too much if you want flower and fruit. Collect and dry the flowers and cook the berries.

Elderberries and elderflowers improve the immune system and reduce coughing and asthma. They also induce sweating, which is very good against common cold; and they treat liver problems and rheumatism. Elder is a gentle laxative.

However, elderberries should not be eaten fresh.

Fennel

Fennel gives strength and courage.

It likes full sun and well drained soil. Plant the seeds early spring.

Fennel relieves flatulence and stimulates digestion. It alleviates sore throat and cough; and as eyewash, it is good against conjunctivitis. For people who want to lose weight, the seeds suppress hunger without providing nourishment.

Fennel contains sulphur.

Fish

Fish like tuna, salmon, mackerel, and sardine are very rich in omega 3 fatty acid. They lower triglycerides, increase HDL or good cholesterol, fight rheumatism and arthritis, and improve brain functions.

Garlic

Garlic repels evil spirits and counteracts charms.

Plant it in winter in a well-drained soil and full sun. Then, when the leaves are long enough, fold them so that the bulb can grow and dig them out in summer.

Garlic is an excellent antibiotic with antibacterial and antiviral functions. It fights nose, throat, and chest infections; and it kills intestinal parasites. Garlic and onion are known for lowering blood pressure, cholesterol, and blood sugar levels. They prevent the formation of blood clots and retard the hardening of arteries.

Garlic contains, calcium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, sulphur, vitamins A, B, and C, and zinc.

However, people who have stomach ulcer, gastritis, or low blood pressure should avoid it. Never

give any garlic preparation to infants, small children, or women who are breast-feeding. Fresh garlic may cause dermatitis.

Ginger

Ginger propagates from rhizome and likes moist soil and sunny positions. It hates drought and frost so it is difficult to grow in cool climates. However, you can buy ginger root anywhere.

Ginger stimulates appetite and digestion, promotes blood circulation, reduces headaches, prevents nausea, and kills intestinal parasites. It is also very good against cold and flu.

Ginger contains choline, inositol, and vitamin B.

However, ginger should be used in moderation during pregnancy and breast-feeding. People with intestinal problems and skin diseases should avoid it.

Ginseng

In China, ginseng is a divine plant symbolising longevity and sexuality.

Ginseng is difficult to grow. It must be planted in a rich soil with heavy mulch of leaves. It also likes a lot of shade and it takes seven years to obtain a good root. Fortunately, you can buy ginseng in any health food store or herbalist.

Ginseng is a fantastic tonic helping people with debilitation and depression. It restores health after severe illness and provides clarity and understanding. Indeed, it improves mental and physical activities. It also regulates hyper- and hypo-glycaemia and blood pressure, stimulates appetite, and alleviates gastritis. It relaxes the muscles and relieves rheumatism. Many people also believe that it increases longevity.

Ginseng contains calcium, camphor, iron, saponin, and vitamins A, B, and E.

However, do not take ginseng while bleeding, during fever, or when suffering from severe insomnia or asthma. Furthermore, the treatment should never last more than three weeks. People on medication must absolutely ask their doctor before taking ginseng.

Green Tea

Green tea reduces bad cholesterol and is excellent against symptoms of menopause such as night sweating and irritability.

However, green or black tea should be taken in moderation especially for people who suffer from constipation or insomnia.

Hawthorn

Hawthorn is a magical plant associated with happiness, hope, and courage.

Hawthorn makes beautiful hedgerows. It likes cool climates and grows well in any soil and in full sun. Collect the flowers in spring and the berries in winter.

Hawthorn leaves, flowers, and berries are excellent against angina pectoris, inflammation of the heart, arteriosclerosis, and high blood pressure. This incredible plant also prevents blood platelets from sticking to the arteries; it inhibits the development of lung, skin, and throat cancers; and it alleviates fatigue and cures insomnia.

Hawthorn contains choline, citric acid, inositol, saponin, tartaric acid, and vitamins B and C.

However, people with low blood pressure should avoid it.

Honey

Honey is God's elixir.

It is a delicious sweetener, which has a soothing effect on the throat. Due to its mineral salts and formic acid, it has antiseptic, antibacterial, and antiviral properties.

Honey contains vitamins A, C, and E.

Hyssop

In the Scripture, hyssop was used for cleaning sacred places. It is the herb of sacrifice and one of the many ingredients of the French liquor Chartreuse.

Plant the seeds in spring in a dry soil next to lavender and rosemary, which are hyssop's best companions.

Hyssop purifies the blood and ensures a good circulation. It is good against bronchitis, sore throat, and common cold.

However, and like sage, do not use it on regular basis as it constricts muscles.

Lady's Mantle

Lady's mantle is also called alchemilla because of its alchemical properties; the dewdrops trapped in the leaves shaped as tiny cups have magic power...

Lady's mantle is a self-seeding pretty flower blooming in summer. It likes cold climates especially high tablelands or mountainous pastures but you can also find it near streams. Plant it early spring in a well drained soil and in full sun. Collect leaves and flowers as soon as they open.

Lady's mantle is every woman's friend; it alleviates painful menstruation, fights morning sickness during pregnancy, and treats gastrointestinal disorders.

However, prolonged use of lady's mantle may prevent calcium and iron absorption and people suffering from constipation should avoid it.

Lavender

Lavender is the symbol of chastity and watchfulness.

It likes alkaline dry and well drained soil and full sun. Furthermore, it does not mind drought and is frost resistant. Propagate it by cuttings in summer and trim it lightly after flowering. Collect the flowers as soon as they open.

Lavender gently acts on the nervous system and helps people with neurasthenia; it regulates low blood pressure, alleviates headache, and eases digestion.

However, strong tea may cause nausea and colic.

Lemon and Orange

All citrus fruit have antiseptic, antibacterial, and antiviral properties so they are good against cold and infections.

They contain large amount of vitamin C.

Lemon Balm

Lemon balm was Paracelsus' favourite plant. It is the best friend of the mind.

Lemon balm likes full sun and a well-drained soil. Propagate it by cuttings in autumn and spring, cut off the dry stalks, and stir the ground between the roots.

Grandma used to say that lemon balm brings sweet dreams... This pleasant tea induces a good sleep because it helps digestion. Lemon balm also has antiviral properties and is an effective antihistamine. It lowers blood pressure, prevents the development of tumours, and strengthens memory.

Lemon balm is better fresh.

Linden

Also called lime-tree, linden is a beautiful tree blooming in summer. The flowers have a lovely scent.

Plant the tree in full sun and in a rich but dry soil. Protect it from frost and wind when small. Collect the flowers and dry them quickly. You can also buy them at the health food store or the herbalist.

Linden is an old remedy against sleeplessness and indigestion. As it promotes sweating, linden is good against cold and sore throat.

However and like chamomile, it should not be used regularly.

Mallow

Mallow is the symbol of softness and gentleness.

It likes any soils and full sun or semi shade. Propagate mallow by seeds in spring or autumn. Collect leaves and flowers in summer.

Mallow has a soothing effect on the throat and being an excellent expectorant, it treats any chest disorders.

Remember to cover mallow with cold or lukewarm water and infuse it overnight. Indeed, boiling water would kill its healing properties.

Marjoram

Marjoram symbolises joy; it was Aphrodite's favourite herb.

Marjoram does not like frost. Sow the seeds indoors and carefully remove the weeds that grow quicker than the seeds; indeed, they are long to germinate. Plant the seedlings in a rich soil and in full sun. Its best companion is basil. Marjoram is better fresh.

Marjoram is a calming herb and a liver tonic. It alleviates headache and eases digestion. Furthermore, marjoram is a strong antioxidant with antibacterial and antiviral properties; it is also a good expectorant treating any respiratory problems.

Marshmallow

Marshmallow is the symbol of comfort and healing.

It loves damp places but can grow anywhere. Plant the seeds in spring and beware that germination is inconsistent; you may therefore prefer cuttings taken in autumn. Collect the leaves in summer and the roots in autumn after two years.

With its antibacterial and antiviral properties, marshmallow is excellent against cold and cough; and it relieves sore throat. It also has an anti-inflammatory effect and alleviates all kinds of irritation including urinary disorders.

Like mallow, marshmallow should be infused in lukewarm or cold water to preserve its healing properties.

Meadowsweet

Meadowsweet was one of the sacred herbs of the Druids.

It is a wild flower, which abound in damp meadows. Sow the seeds early spring in a very moist soil. Collect leaves and flowers as soon as they open.

Meadowsweet contains salicylic acid, the main agent of aspirin; consequently, it has the ability to relieve all sorts of pain including gout, arthritis, and even heartburn. It also reduces fever.

However, excessive amount and prolonged use may irritate the stomach and cause constipation.

Mink

Mint is the symbol of wisdom and virility.

Plant it in a moist soil, full sun or semi-shade and where it will not disturb other herbs when it spreads. Collect leaves and flowers.

Mint acts on the liver and relieves nausea and vomiting; it also alleviates flatulent colic and treats insomnia and migraine.

It contains menthol, tannic acid, and vitamin C.

However, do not take too much mint as it may cause constipation due to its high content of tannin.

Motherwort

Motherwort is the herb of inspiration and long life.

It likes moist soil and full sun. Sow the seeds in spring and collect leaves and flowers in summer.

Motherwort is very good for the heart; it treats angina pectoris, decreases palpitations, lowers blood pressure, and reduces muscle spasms and cramps. Furthermore, it alleviates menopause disorders.

However, motherwort may cause dermatitis and people suffering from heart insufficiency should avoid it. If you have any heart problems, talk to your doctor before taking it. Excessive amount may also impair concentration and cause drowsiness.

Mulberry

For Chinese people, mulberry is a sacred tree.

It grows in any climate but requires some manure and frequent diggings around the roots; do it carefully as they are fragile. Propagate it by softwood cuttings in summer. Prune the tree slightly in winter and collect the young leaves and delicious berries.

Mulberry fights anaemia and regulates blood circulation. It also kills intestinal parasites. The leaves are used to treat diabetes.

Mulberry contains vitamin C.

However, unripe berries may cause hallucinations and irritate the stomach.

Mullein

Mullein also called Aaron's rod was used to protect people against trickery.

It is a beautiful self-seeding plant growing on the cool tablelands. It can be cultivated but could become a pest so be careful where you plant it. Propagate the seeds in spring and autumn in a well-drained and dry soil. Collect leaves and flowers in summer.

Mullein is a great expectorant and an antispasmodic agent able to dissolves phlegm. Flowers infused in olive oil for three weeks relieve earache.

Mullein contains choline, iron, magnesium, potassium, saponin, sulphur, and vitamins B and D.

Nellle

Nettle is the symbol of positive change.

Due to their stinging leaves, nettles are rarely grown in gardens but you can find them almost anywhere. They like moist soil and full sun. Propagate them by seeds in spring and cut the nettles to the ground in summer to ensure re-growth.

Nettle is an excellent blood purifier. It has a beneficial effect on the arteries and the heart. It fights anaemia, ensures a good circulation, and prevents chilblain. It is also good against asthma, scurvy, arthritis, and rheumatism. Excellent as a conditioner for greasy hair.

Nettle contains iodine, iron, magnesium, potassium, sodium, sulphur, tannin, and vitamins A and C.

Parsley

Parsley is very easy to grow. To activate the seeds germination, soak them in warm water for two days. Sow them in spring and summer.

Parsley is more than a seasoning herb stimulating appetite and digestion. It treats anaemia, increases blood circulation, and promotes menstruation. It is also a mild diuretic so it is good against urinary infections.

Parsley contains calcium, iodine, iron, phosphorus, potassium, and vitamins A and C.

It is better fresh.

Pepper

Though pepper mainly grows in tropical regions, you can buy any kinds of pepper anywhere.

Pepper and especially cayenne pepper have antibacterial and antiseptic properties. They improve digestion and promote blood circulation. Cayenne pepper is also a powerful excitant to boost the heart.

It contains vitamins A, B, and C.

However, people with haemorrhoids or stomach ulcer should avoid chilli and large amount of pepper.

Plantain

Plantain is the herb of patience and virility.

It is a very common weed growing in meadows and by the roadsides. Use the leaves fresh and collect some to dry.

It is very good for all problems involving mucus and cough irritations. Plantain also treats bladder and

intestinal problems including cystitis. But above all it magically alleviates earache when crunched in olive oil.

Quince

Quince was Venus's sacred fruit, the symbol of love and happiness.

Quince trees like rich moist soil. They should be protected from the wind when small. Harvest the beautiful golden fruit in autumn.

Quince stimulates digestion and is very good against diarrhoea and dysentery.

Raspberry

Raspberries symbolise protection and fertility.

They like a cool, moist, and acid soil. Grow them on fences or stakes; and protect them from the wind. In winter, remove the dry canes and feed the plants with good compost and manure. Collect the young leaves in spring and the delicious berries in summer.

According to Chinese people, raspberry is a Yang tonic; it raises body temperature, cures dry cough, and relieves sore throat.

Raspberry contains citric acid, pectin, silicon, and vitamins C and D.

Rose

Roses and especially red roses are the emblem of love and beauty.

They are very hardy and easy to grow. Roses like sandy or clay soil and full sun. Water them every fortnight in spring and autumn and once a week in summer. Collect the petals when the rose is fully open.

Roses have great medicinal properties; they purify the blood and are wonderful as a nerve tonic. They also have an anti-inflammatory agent and relieve headache.

Rosehip

Rosehip symbolises pleasure and pain.

The dog rose or wild rose can be grown from seeds or cuttings. It likes well-drained soil and is resistant to frost but does not like drought. Harvest the hips after the first frost.

Rose hips are excellent energy boosters; they also dissolve gallstones. They are also excellent again liver disorders

They contain vitamins A, B, C, D, E, K, and P, citric acid, tannin, and zinc.

Rosemary

Rosemary symbolises youth and friendship. It is the herb of souvenir.

It is frost resistant and likes a well-drained soil slightly alkaline. Prune it after flowering to encourage its growth and use it fresh.

Rosemary increases blood circulation, stimulates the stomach and the liver, and relieves headache; it also has antibacterial and antiviral agents so it is good against any cold.

However, use rosemary in small amount only.

Sage

Sage was Homer's favourite herb; it is the symbol of immortality.

Sage likes a dry soil and full sun. Prune it back early spring and propagate it from cuttings. Sage is better fresh than dry.

Sage has powerful antiseptic, antibacterial, and antiviral properties; it relieves sore throat and any pain related to menstruation. Furthermore, it is good to treat menopause.

However, do not take sage regularly as it tends to constrict the muscles and avoid strong tea during pregnancy.

Thyme

Thyme is the symbol of strength, courage, and elegance.

It is the greatest of all garden herbs; it loves the sun and a dry stony soil. Its best companions are lavender and rosemary. Remember, they do not like water. As all herbs, it is better fresh than dry.

Thyme has anti-microbial, antioxidant, antiseptic, and antispasmodic properties. Since antiquity, it has been used to treat throat and respiratory problems. It also kills intestinal parasites.

Thyme contains tannin, thiamine, thymol, and vitamins B, C, and D.

However and like rosemary, use it in small amount only.

Tomalo

Tomato does not like frost or cool soil. Plant the seeds or seedlings in a well-drained and rich soil when the night temperature is above 18° C or keep them indoors. As the plants grow, tie them to stakes and prune

them to encourage flowering. Protect them from the wind.

Tomatoes are very good antioxidants especially when cooked in olive oil. They fight infectious diseases and boost the immune system.

However, people suffering from stomach ulcer or arthritis should eat tomato in moderation.

Valerian

The name valerian comes from the Latin valere, which means to be well. It symbolises healing power and tranquillity.

Valerian is common near rivers or mountainous meadows. It flowers all summer. Valerian likes rich and moist soil. After planting, add good manure regularly and water it regularly. Cut and collect the flowers in summer to encourage growth and dig out the roots and rhizomes in autumn. Dry them quickly.

Valerian is a great sedative plant and mixed with other herbs, it is quite palatable. Remember to infuse the roots for twenty-four hours to release all their medicinal properties.

Valerian contains acetic acid and magnesium.

However, and like any sedative, do not take it regularly. Unfortunately, valerian may have adverse effect on some people.

Vervain

Vervain comes from the tears of Isis; and due to its magic power, it was used in religious ceremonies by the Romans and the Druids. It symbolises peace of mind.

Vervain has pretty lilac flowers and likes sunny meadows. Plant seeds in a moist soil and when well established, pinch the tips to encourage branching. Collect the herb just after flowering.

Vervain is a good remedy against insomnia, hysteria, and depression. It also treats bladder infections.

However, vervain is very strong and bitter so use it in very small amount. Furthermore, excessive use may cause severe vomiting and diarrhoea. Avoid it during pregnancy and if you suffer from heart diseases.

Violet

Violet was Io's favourite flower. It symbolises modesty and kindness.

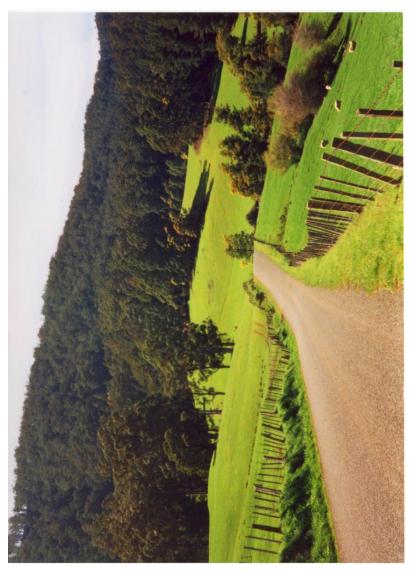
Violet abounds in small woods or forests. It flowers in spring and propagates itself but it is hard to cultivate. Plant the seeds in a rich and moist soil in the shade. Collect the leaves and the flowers in spring. It is better fresh.

Violet is good for all sort of nervous problems. It fights anger, melancholy, and migraine. It also relieves pain caused by cough and whooping cough and reduces the growth of tumours.

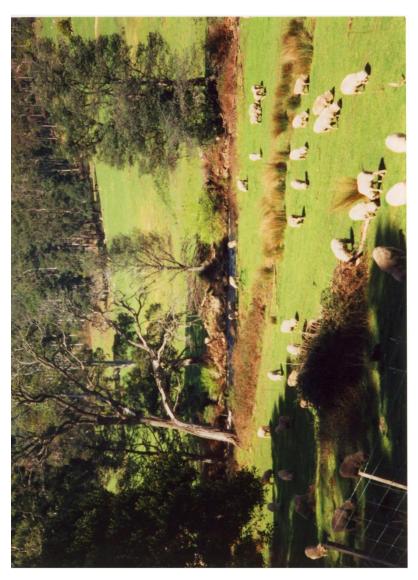
Walnut

Walnut is God's delicacy and having the shape of a brain, it symbolises intelligence.

Walnut tree grows in temperate regions and does not like humidity. Plant it in rich and well-drained soil away from other trees or plants, as its roots are toxic. The tree bears fruit after five years. Collect the leaves in summer and the nuts early winter. Walnut has antioxidant and anti-inflammatory properties. It also lowers cholesterol. Walnut leaves are good against skin problems. It is the food of the brain.



Liffey Green Valley



Sheep at the river

Wonderful Teas

Noles

Your own leas & modifications

Kappiness lea

When you drink this tea, my Friend
Use your five senses
And happiness will flow into your heart.
Listen to the goldfinch on the cherry-tree in bloom
And feel the caress of the gentle breeze.
Look at the newborn lamb running to its mother
And breathe the sweet perfumes twirling around you.
We don't need much to be happy, my Friend.

This magic tea contains all the ingredients to make you feel good.

1 Tbsp. each of Sweet Violet, Marjoram, Basil,

Rose petals, and crushed Rosehips

1/2 Vanilla pod

1 Tsp. of Orange peel

1/2 Tsp of Aniseeds

1/2 Tsp of grated Ginger

2 Tbsp. of dried or fresh Berries

1 Tbsp. of Hawthorn liquor in each cup (optional)

(see the recipe)

Soften the dry berries in little water. Put the rosehips in a saucepan and add one litre of boiling water. Let it boil for ten minutes. Turn the heat off and add the violet, marjoram, rose petals, orange peel, aniseeds, ginger. Infuse the herbs three minutes and strain the tea.

Cut the vanilla pod lengthwise and scrap the inside in the teapot; strain the berries and add the liquid to the tea.

In each cup, put few berries and a tablespoon of hawthorn liquor; then, pour the tea.

Drink it hot in winter; and in summer, it is beautifully refreshing icy cold.

One of the greatest secrets of beauty and well-being is sleep. Unfortunately, we do not sleep well because we are anxious.

These teas repair the damage done to our nerves during the day. They are wonderfully calming but remember not to take them regularly.

Good night tea

1 Tbsp. of Valerian roots,

1 Tbsp. of Chamomile and Linden flowers

Pour a litre of very hot water over the flowers; infuse them for three minutes and strain. When the tea is cold, add the valerian. Let stand for twenty-four hours and strain.

Half an hour before going to bed, re-heat the tea and drink it sweetened with honey if you like.

Sleep well potion

1 Tbsp. of Hawthorn blossoms2 Tbsp. of fresh Lemon Balm

1/2 Tbsp. of Vervain

Pour a litre of very hot water over the herbs and flowers. Infuse them for three minutes and strain.

Drink it sweetened with honey half an hour before going to bed.

Winter delight tea

Winter is here
And the fire dances in the chimney.
The sky is grey
And few birds quickly fly away toward their nest.
Home sweet home!
It is so nice and warm here!

A good winter tea should prevent cold and flu and have a pleasant taste.

1 Tbsp. cooked Elder berries and Elder flowers,

1 Tbsp. of Echinacea leaves and roots,

1 Tbsp. of Raspberry leaves

½ Tsp. of Cinnamon

1 Tsp. of Orange peel

1 Tbsp. of Rosehip syrup in each cup

(see Fruit syrup recipe)

½ Cup of dried Apples pieces

Soften the fruit in little water. In a glass jug, pour one litre of very hot water over the elder berries—that you have already boiled for ten minutes—elderflowers, Echinacea—unless you are allergic to it—and raspberry leaves; add the cinnamon and the orange peel.

Let stand five minutes and strain. Strain the fruit and add the liquid to the tea. Re-heat the tea.

Put few pieces of apple in each cup and a tablespoon of rosehip syrup.

Pour the tea and drink it hot. There is no restriction about this tea so you can enjoy it freely.

Cool summer punch

Summer...

The warm season.
The season of long days and languorous nights,
When fruit and flowers exhale
their rich perfumes.
But summer does not last, my friend,
So, enjoy it now.

Summer is indeed a beautiful season but you must avoid the midday sun and drink a lot more than usual to regain the moisture lost during perspiration. All the ingredients in this punch have a cooling effect and a high content of vitamin A and C. Of course, you can use mineral water instead of Champagne.

1 Tbsp. of fresh Apple mint, Lemon balm, and Sage

1 Tbsp. Of Rosehips

1 Tsp. of Lemon peel

½ Lemon juice

1 Tbsp. of Elderflower syrup in each glass

(see Herb and Flower syrup)

2 Tbsp. of Raspberries

1 bottle of Champagne

Pour two cup of very hot water over the mint, balm, sage, rosehips and lemon peel. Let the herbs infuse ten minutes, strain, and add the lemon. Let the tea cool down and keep it in the fridge.

Just before serving, add one bottle of champagne to the tea and put a tablespoon of elderflower syrup and some raspberries in tall glasses.

Serve the punch and enjoy it in moderation.

Pectoral flowers tea

In this bouquet,
I combined beauty and goodness
Thank you Mother Nature
For your precious gifts.

Bronchitis and cough are some of the conditions that may become chronic if not treated properly. The efficacy of the **Pectoral Flowers** have been demonstrated scientifically; and compared with chemical antibiotics, they have absolutely no side effects.

In severe cough, take one cup of tea every three hours.

1 Tsp. each of Mullein, Marshmallow, Linden, Plantain, Violet, and Corn poppy ½ Tsp. of Thyme

Pour a litre of very hot water over the flowers except the marshmallow that you will add when the tea is lukewarm or cold. Meanwhile, let the herbs infuse three minutes and strain them. Add the marshmallow and let it stand over night. Strain and re-heat the tea. Add the lemon juice and drink it sweetened with honey.

Digestive lea

We hardly think about the tremendous work done by our liver when we eat rich food or drink alcohol. Fortunately, the following tea is excellent to ensure a good digestion and alleviate any discomfort. Do not forget the elder berry syrup, which has a mild laxative effect.

Take one cup an hour before or after meal.

1/2 Tsp. each of Fennel seeds
and Caraway seeds
1 Tbsp. each of crushed Rosehips,
Mint, and Linden
1 Tbsp. of Elderberry syrup in each cup
(see Fruit syrup)

Slightly crushed the seeds and infuse them with the herbs in a litre of very hot water for three minutes.

Pour the tea in each cup over a tablespoon of elderberry syrup.

Cleansing lea

A clear skin, bright eyes, and shiny hair are the signs of good health. Unfortunately, pollution, stress, lack of sleep, and inappropriate nutrition dramatically affect our appearance. This delicious cleansing tea will counteract such disastrous effects.

It can also be used as a gentle lotion to cleanse the face or heal a damaged skin.

1 Tbsp. each of Calendula flowers.

Nettle, Linden, and Peppermint

1/2 Tbsp. of Dandelion flowers and Camomile flowers

Infuse flowers and herbs in a litre of very hot water for three to five minutes. Leave them for fifteen minutes for external use.

Strain the tea and use it as you want.

Herbs. 6 Flowers in capsules

Notes Your own capsules & modifications

Eggshell to ease the stomach

Eating eggshell may sound strange; but I can assure you that it is one of the best antacids. Indeed, eggshell alleviates stomach cramps and is a very good source of calcium. However, do not use it on regular basis as it may cause constipation.

Take two capsules three times a day for three days.

1 Dozen free range Egg shells Empty capsules

Put the shells on the oven tray and bake them until brown. Let them cool down and grind them very finely in your coffee grinder.

Fill up the capsules.

Sweet seeds for the liver

The liver's greatest friends are dandelion, celery seeds, and artichoke. In this preparation, I add some fennel seeds to improve digestion and ginger to prevent nausea.

Take two capsules half an hour before meal, twice a day; and try the other recipes for a healthy liver.

3 Tbsp. each of Dandelion, Nettle,
Fennel and Celery seeds,
1 Tbsp. of ground Ginger
Empty capsules

Reduce all the herbs into fine powder. Add ginger, mix, and fill up the capsules.

Manny's Antibiolic

In our modern societies, people wrongly think that antibiotics are miracle cures and take them to eliminate any small discomforts as soon as they appear. As a result, many become immune to antibiotics and this is very bad in lifethreatening conditions. The other problems associated with antibiotics are side effects; they cause yeast infections and destroy the intestinal flora.

Fortunately, the following preparation contains natural antibiotics, which are gentle on the system and very effective. If you need something more powerful, try the *Antibiotic Tincture for Busy People*; and for children and people with digestive problems, see the delicious *Antibiotic Syrup for Sweet Tooth*.

Take two capsules every three hours at the first symptoms for three days; then, take two capsules three times a day for the rest of the week. Remember that to start the healing process, you must rest, keep warm, and drink plenty of water, fruit juice, or herbal tea.

1 Tbsp. of Thyme, Mullein, and Elder berries
1 Tsp. each of Cloves and Garlic powder
Empty capsules
1 Tbsp. of Echinacea tincture

Put the herbs and spices in your coffee grinder. Grind them until you have a fine powder and fill up the capsules.

Menopause Formula

Nothing is ever the same... Yes, everything and everyone change imperceptibly; and around fifty, we are overwhelmed by those changes...

However, there are numerous ways to naturally slow the aging process and maintain a good health. One of them is to eat slightly less than you are used to. If you can, make your main meal at lunchtime and opt for a light dinner. Reduce the amount of refined food, red meat, and dairy products; eat more whole grains and legumes, and of course, more vegetables, fruit, and nuts, particularly walnuts; drink green tea; and remember to exercise gently and regularly.

Finally, take this preparation to regulate your blood pressure, control your cholesterol, ease your digestion, and calm your nervous system.

2 Tbsp. of Hawthorn berries crushed
1 Tbsp. of Elder flowers and Raspberry leaves,
1 Tbsp. of Mullein and Borage
1 Tsp. each of Sage, Cinnamon, and ground Ginger

Reduce the herbs into fine powder; add the cinnamon and the ginger; and mix well. Fill up the capsule and take one twice a day with a cup of green tea.

Handy Tinclures

Notes Your own recipes & modifications

Antibiotic tincture for busy people

This formula is particularly good for people who need fast relief. As the amount of alcohol is very small, it should not cause any problem.

1 Tbsp. of Thyme, Mullein, Mallow,
Echinacea roots, Plantain, and Elderberry
3 Crushed Cloves and 3 Cloves of Garlic sliced
1 Tbsp. of grated Ginger
Fruit alcohol, Kirsch, Gin, or Vodka

Put the herbs and spices in a glass jar and cover them largely with the alcohol. Close the jar tightly and leave it on the windowsill for three weeks. Shake it regularly.

Strain the tincture and fill up small sterilised bottles.

Take thirty drops diluted in a hot drink with lemon juice and honey four times a day for three days; then, reduce the amount to three times a day for a week.

The wonderful herbs for the heart

High levels of cholesterol and high blood pressure are the main causes of heart diseases; unfortunately, traditional medicines not only lose their efficacy very quickly, they often cause constipation and damage the liver.

This tincture is one of the best natural alternatives and you can expect very good result if you modify your diet and your lifestyle.

A healthy diet is of course primordial; it should include oat and barley bran, beans and lentils, all kinds of fish especially mackerel, tuna, and salmon, and plenty of vegetables and nuts like almond and walnut.

Finally, changing your way of life is not as drastic as you may think. Just take time to enjoy life, do gentle exercises, and breathe deeply in time of stress.

Take thirty drops of this tincture in a cup of green tea once a day for three weeks. Then, a small glass of hawthorn wine twice daily with meal for three more weeks is a good alternative.

6 Tbsp. of crushed Hawthorn berries3 Tbsp. of Motherwort (if permitted)

2 Tbsp. of Rosemary 1 Tbsp. each of Hyssop and Nettle 3 Cloves of Garlic Fruit alcohol, Kirsch, Gin, or Vodka

Put the herbs in a large jar and cover them largely with the alcohol. Leave it in a warm place for three weeks and shake it regularly. Strain and pour into small sterilised bottles.

To more toothache with Cloves

Though the oil of clove is very toxic in large dose and may irritate and damage the gums, we do not use the essence or pure oil in this preparation. Indeed, the cloves macerate in oil or alcohol so it is a very gentle remedy. While the oil maceration lasts six months, the alcohol based lasts forever.

A few drops of oil or tincture in the tooth cavity relieve toothache temporarily. Of course, you must see your dentist as soon as possible...

10 Crushed Cloves ½ Cup of fruit alcohol, Kirsch, Gin, or Vodka Or ½ Cup of Olive oil

Pour the alcohol or oil over the cloves in a dark bottle. Close it hermetically and leave it in a dark place for three weeks; shake it regularly. Carefully strain the tincture and use it when required.

Calming Kerbs

As I already told you valerian, lavender, and violet have great healing properties.

In tincture, these properties are enhanced and preserved.

Take thirty drops in water or juice half an hour before going to bed or when melancholy strikes.

2 Tbsp. of Lavender
2 Tbsp. of Violet
2 Tbsp. of Valerian
Fruit alcohol, Kirsch, Gin, or Vodka.

Put the fresh herbs and flowers in a glass jar and cover them largely with the alcohol. If you use dry herbs, reduce the herbs into a reasonably fine powder in your coffee grinder and cover them with alcohol as for the fresh herbs.

Let infuse the herbs for three weeks and shake the jar regularly. Strain the brew and fill up small sterilised bottles.

Woman's Friends

Though it is great to be a woman, this may involve discomfort and pain. Menstruation, for instance, can be a difficult time; we feel tired and depressed; and sometimes, we have painful abdominal cramps. Unfortunately, menopause can cause numerous problems as well.

In this preparation, I choose chamomile for its calming effect and meadowsweet for its ability to relieve pain. I also add lady's mantle and cowslip, which are wonderful to treat women's problems.

For pre-menstrual or menstrual problems, take thirty drops in water or juice morning and night a week before menstruation.

For menopause or pre-menopause, take thirty drops in a cup of green tea three times a day for three weeks. Then, alternate with three cups of chamomile tea daily for the first following week; three cups of lady's mantle for the second week; and three cups of cowslip for the third week. Finally, go back to the tincture.

3 Tbsp. of Lady's Mantle
2 Tbsp. of Chamomile
1 Tbsp. of Meadowsweet
1 or 3 Tbsp. of Cowslip (for menopause)
Fruit alcohol, Kirsch, Gin, or Vodka

Put the herbs in a glass jar and cover them largely with alcohol. Let them infuse for three weeks and strain them. Pour the tincture into small sterilised bottles.

Mo more earache with Plantain

Earache is certainly one of the most painful experiences I had before my sweet friend Josiane told me about the wonderful property of plantain in olive oil.

A few drops of oil onto a cotton ball is all you need to relieve a bad earache. Of course, if the pain persists, you must see your doctor as soon as possible.

10 Fresh Plantain leaves crushed 1 Cup of Olive oil

Put the crushed leaves in a jar and pour the oil over them. Close the jar hermetically and leave it in a dark place for three weeks; shake it regularly. Carefully strain the oil and put it into small sterilised bottles.

Use it as often as you need but be carefully not to disturb the sediment at the bottom of the bottle.

Greals Syrups

E

Cordials

Notes Your own syrups & modifications

Antibiotic syrup for sweet tooth

Oh! I feel so cold and tired! What could cheer me up?

Yes, it can be quite cold in Tasmania and it is a pleasure to stay home with a nice cup of tea. However, we may also need something to stop an aching cough, a sore throat, or a nasty fever.

I shall not linger on the herbs in this syrup, as I already described them earlier; but I want to mention honey, which also has a very good reputation. Indeed, it has a soothing effect and it pleasantly sweetens herbal medicine. Of course, if you are allergic to it, replace it with raw sugar.

I also add to the mixture some blackberry and rosehip syrups for their great content of vitamin C and some violet syrup for its calming effect.

Two tablespoons every three hours will bring relief against sore throat and cough. You may also dilute the syrup in hot water to overcome any symptoms associated with cold and flu.

1 Tbsp. each of Thyme, Mullein,

Mallow, and Elderberry

1 Tbsp. of grated Ginger

3 Crushed Cloves

3 Crushed cloves of Garlic (optional)

1 Large Lemon juice

Fruit Alcohol, Vodka or Kirsch (optional)

2 Cups of pure Honey or 2 Cups of raw Sugar

1 Cup each of Blackberry syrup,
Rosehip syrup (see Fruit syrup),
and Violet syrup (see Herb syrup)
3 Tbsp. of Echinacea tincture

Infuse the herbs in very little hot water and when the brew is cold, add mallow. Alternatively, put all the ingredients at once in a glass jar and cover them with alcohol. For both preparations, let the herbs infuse overnight and strain them.

Heat the honey and add the brew, lemon juice, ginger, cloves, and garlic. Boil the syrup for ten minutes and let it simmer for half an hour. Strain and add the fruit and flower syrups. Bring the mixture to boil and keep it boiling until it slightly thickens. Let it cool and add the echinacea tincture if you are not allergic to it.

Fill up small sterilised bottles. If you want to keep them for a year, make sure that they are tightly closed and put them in a pan and cover them with hot water; let it boil for half an hour. When cold, label them correctly.

Herb & Flower Syrups

Remember the olden days,
When lemonade was for special occasion only;
Grandma used to prepare beautiful syrups and cordials.
Hum, they were so nice!
So it is your turn to do them now.

There are many great syrups recipes; my favourite are:

- One tablespoon of Violet syrup to beat melancholy and anger.
- Two tablespoons of **Hawthorn blossom syrup** before going to bed to induce sleep.
- One tablespoon of **Elder flower syrup** to fight cold and flu and give a nice flavour to tea and ice cream.

4 cups of fresh Herbs or Flowers
Or 2 Cups of dried ones
½ Litre of water
1 Lemon juice

Pure Honey Or Raw Sugar if you are allergic to Honey

Infuse the herbs or flowers in hot water. Let them stand twenty-four hours. Add the lemon juice and strain. Measure the liquid. In a saucepan, warm the same amount of honey or raw sugar. Add it to the tea and boil the mixture until it becomes syrupy.

Fill up small sterilised bottles and boil them as for the **Antibiotic syrup** if you want to keep them.

Yummy honey fruit syrups

Fruit syrups are prepared the same way as herb and flower syrups. Rosehip, hawthorn berries, elder berries, raspberries, currants, etc... are all very pleasant to drink.

- A tablespoon of **Rosehip syrup** will give the daily amount of vitamin C required for children.
- A tablespoon of Hawthorn berry syrup is good for the heart.
- **Raspberry syrup** is an excellent liver tonic. For chronic hepatitis, take two tablespoons three times a day.
- A tablespoon of Mulberry syrup taken three times a day gives energy, fights anaemia, and regulates blood circulation.
- Two tablespoons of **Blueberry syrup** morning and night is recommended for rheumatism and arthritis.

5 Cups of crushed Rosehip or any Berries Honey or raw Sugar 1 Lemon juice

Cover the berries with water and boil them. Add the lemon juice and let stand twenty-four hours. Strain and measure the liquid. Bring it to boil. In a saucepan, warm the same amount of honey or raw sugar. Add the tea and boil it again. Simmer and stir frequently until it becomes nicely syrupy.

Fill up small sterilised bottles and boil them as for the **Antibiotic syrup** if you want to keep them.

Flower cough Syrup

This syrup has a very pleasant taste and works beautifully. Of course, being very concentrated, it is more powerful than the **Pectoral flowers tea**, so do not take more than two tablespoons every three hours.

You can also dilute the syrup in hot water to induce perspiration.

1 Tbsp. each of Mullein, Marshmallow,
Elderflower, Linden, Plantain,
Violet, Corn Poppy, and Mallow
Honey
1 Lemon Juice

Infuse the flowers in half a litre of hot water and when the tea is cold, add mallow and marshmallow. Let stand for twenty-four hours. Then, strain the tea and measure the liquid. In a saucepan, put the same amount of honey, add the lemon juice, and the tea. Bring it to boil and simmer until it becomes syrupy.

Fill up small sterilised bottles. Do not forget to close the bottles tightly and boil them half an hour to keep them.

Blackberry cordial: The flu's enemy

With any herb, flower, or fruit, we can make cordial and this is particularly good for people who do not like or are allergic to honey.

For instance, the blackberry cordial is a very old recipe to fight the flu and it tastes great.

4 Kg of Blackberries
2 Litres of water
1 Lemon juice
1. ½ Kg of raw Sugar

Crush the berries and cover them with water. Let them stand twenty-four hours. Boil the mixture and strain it by wringing out the pulp through a muslin. Put the sugar into the pan with the juice and let it boil fifteen minutes. Then, simmer it until it thickens.

Fill up sterilised bottles; again, I always boil cordials and syrups for half an hour so I can keep them longer.

Superb Wines

Eiguors

Noles

Your own wines & liquors and your modifications

Sweet heart wine

Scientifically, it has been recognised that a glass of wine with meal is good for us; and when the wine is natural and contains great medicinal properties, it becomes a real treat. The Hawthorn wine is indeed an excellent healthy wine as it strengthens the heart and regulates blood pressure.

Primarily, to make any wines, take care not to pick any fruit or berries on the side of roads where there is heavy traffic. Furthermore, make sure that the shrubs or plants were not treated chemically. Of course, do not add any chemicals to preserve the wine or enhance its flavour.

The **Sweet heart wine** can replace advantageously any dry white wines and it is very low in alcohol.

Excellent with entrees and fish; serve it chilled and drink it in moderation.

3 Kg of Hawthorn berries
2 Kg of raw Sugar
Wine Yeast
Boiling water
2 Oranges and 1 Lemon (organic)

1 Cinnamon stick and 1 Sprig of Rosemary

Slice the oranges and the lemon thinly. Put them and the hawthorn berries in a big pot and cover them with boiling water. Boil the fruit for five minutes to kill wild yeast and bacteria.

When this has been done, empty the pot in a 25 litres bucket; add the cinnamon and the rosemary and fill up the bucket with boiling water. Close the bucket and leave it for twenty-four hours.

Strain the brew, add the sugar melted in warm water and fill up the bucket with more boiling water. When the brew is around 27 ° C, take one cup and dilute the yeast, close the bucket tightly, and put the airlock.

Keep it in a warm place and wait until the fermentation ceases or when the hydrometer shows 1000 or less.

Pour into sterilised bottles and be careful not to disturb the sediments at the bottom of the barrel. Do not touch the wine before six months.

Cheers!!!

Refreshing Orange or Cherry wine

This wine is very refreshing and rich in vitamin C. It is a delightful aperitif served before meals to stimulate the appetite. You may use organic oranges for a summer drink and the small Kentish cherries for winter to remind us of the warm season.

Remember that the degree of alcohol depends on the wine you use. Therefore a small glass on special occasion does not harm but more certainly could.

5 Litres of Sweet heart wine or White Wine ½ Litre of Fruit Alcohol, Kirsch, Gin, or Vodka 10 Organic Oranges or 3 Kg of Kentish or sour Cherries 600 G of raw Sugar

Put the cherries with their pips or the unpeeled oranges thinly sliced in a small barrel or very large jar and pour the wine over it. Melt the sugar in a little hot water and add it to the brew with the alcohol. Cover and let it stand three weeks.

Wring out the oranges or cherries, strain, and fill up sterilised bottles. Do not forget to put pretty labels.

Serve it chilled and drink it in moderation with light savouries. Bon Appétit!!!

Manny's warming Pelile liqueur

In winter, we like something to warm our blood particularly when the day is cold. This little liquor is not Benedictine or Chartreuse; it is much milder but absolutely delicious. Furthermore, the good properties of the herbs are extracted in alcohol like in tincture therefore the liquor contains all the goodness of the herbs to prevent and cure a cold but of course take it with moderation.

1 Small bunch of fresh Thyme
Or 3 Tbsp. of dried Thyme
1 Small branch of fresh Rosemary
Or 1 Tbsp. of dried Rosemary
20 Leaves of Vervain
Or ½ Tbsp. of dried Vervain
1 Litre of water
1 Kg of raw Sugar
½ Litre of Fruit Alcohol, Kirsch, Gin, or Vodka

Put the herbs in a large jar and cover them with the alcohol. Let them infuse for three weeks and strain. Boil the water with the sugar until it becomes syrupy. This should take ten minutes. Let the mixture cool and add it to the alcohol. Fill up pretty (sterilised) bottles.

The delicious hawthorn liquor

to regulate blood pressure

Some people prefer liquor to wine and this is a great way to take hawthorn whether it is for pleasure or medical reasons. Indeed, this liquor is good against heart diseases and high blood pressure.

All the liquors in this book can be used as beautiful starters or refreshing drinks. Try two tablespoons of **Hawthorn liquor** in a glass of **Sweet heart wine**, dry white wine, or Champagne and enjoy it in moderation of course. In summer, it is delicious with mineral water.

500 G of Hawthorn berries 400 G of raw Sugar ½ Litre of Fruit Alcohol, Kirsch, Gin, or Vodka 5 Cloves and 1 Cinnamon stick

Put the berries in a large jar. Pour the alcohol and add the cloves and the cinnamon. Melt the sugar in little hot water and put it into the jar. Then, close the lid tightly and leave it in a warm place for at least a month. Shake it regularly and strain it through fine muslin or coffee paper. Please be patient as it takes some time to do this.

Pour the liquor into nice bottles. The older it is, the better it is so write the date. But will you be able to keep it as it is so Yummy!!!

Crème de cassis (blackcurrent) 97anny's favourite liquor

Yes, I love this liquor; it is smooth like velvet and deliciously fruity. Furthermore, it is rich in vitamin C.

The **Crème de cassis** is also used in the famous Kir, which is one third of cassis in a glass of chilled dry white wine and on special occasion Champagne as for a Kir Royal. Do not forget the mineral water as well for a refreshing drink.

1 Kg of Blackcurrants 1 Litre of good red Wine Raw Sugar

3/4 Litre of Fruit Alcohol, Kirsch, Gin, or Vodka

Soak the fruit in wine for forty-eight hours and strain it. Keep the berries to make a delicious jam. Measure the liquid while pouring it in a large saucepan. Add 600g of sugar per litre of juice. Stand over low heat and stir until the sugar has dissolved. Let it cool and add one cup of alcohol per three cups of liquid.

Pour into pretty bottles.

Enjoy!!!

Manny's Cointreau

This liquor is delicious. Of course, take an organic orange.

1 Large Orange 4 Cloves

400g of raw Sugar or 40 Sugar cubes 1 Litre of Fruit Alcohol, Kirsch, Gin, or Vodka

Put the alcohol and the sugar in a large glass jar. Insert the cloves in the orange and hang it so it does not touch the alcohol. Leave the jar on the windowsill. When the orange has shrunk and become hard, discard it. This usually takes 40 days.

Transfer the liquor into a nice bottle and serve it with crushed ice.

Superb!!!

Olden Days Quince Liquor

Many people do not know what quinces are. Nevertheless, you can make delicious quince jelly and liquors with these golden fruit.

Few tablespoons of quince liquor are good against diarrhoea or dysentery.

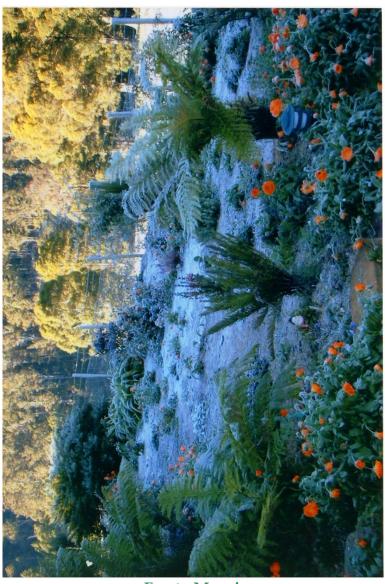
Ripe Quinces Raw Sugar

Fruit Alcohol, Kirsch, Gin, or Vodka 3 Cloves and 1 Stick of Cinnamon

Grate the quinces in a pot and cover them with sugar (1 cm thick). Put a plate with a heavy weight on top. Let stand three days and strain the mixture. Pour it into a glass jar with 500g of sugar per litre of juice. Add the cloves and the cinnamon. Cover with one cup of alcohol per cup of juice. Let it stand one month and half on the windowsill.

Strain through coffee paper and pour into pretty bottles.

Great!!!



Frosty Morning



Little Suns on green carpet

Nice & Spicy Seasonings

Moles

Your own seasonings & your modifications

The good salt

This mix is an amelioration of the famous *gomasio*, a combination of sea salt and sesame seeds. To this, I add flaxseeds to reduce the risk of cardiovascular diseases and cancers.

With flaxseeds always remember to drink more than usual in order to facilitate the evacuation of the seeds in the intestines.

This **Good salt** is very nice in soup, pasta, or rice; but use it in moderation.

1/2 Cup of Sesame seeds
1/4 Cup of Flaxseeds
1 Tsp of Sea Salt

In a large shallow frying pan, lightly roast the sesame seeds without any fat. When ready, crush them slightly and put them aside. Crush the flaxseeds and add them to the sesame seeds.

Mix them with sea salt; wait until the seasoning **cool** down and put it in an airtight container.

Nully seasoning

The best way to add flaxseeds, sunflower seeds, and almonds in our diet is to take them as seasoning.

Accordingly, I add a pinch of sea salt and ground ginger, a dash of cayenne pepper, and some garlic flakes.

This seasoning has a very pleasant nutty flavour and goes well with any food.

1/4 Cup of ground Almond
1 Tsp of Sea Salt
1 Tsp of ground Ginger

1/2 Cup of Flax and Sunflower seeds

1 Tsp of Garlic flakes

1/4 Tsp of Cayenne Pepper

In your coffee grinder, reduce the seeds and flakes into a fine powder. Add the salt, ginger, and cayenne and mix them all.

Keep it in an airtight container.

Digestive celery salt

Celery salt is a nice seasoning and a healthy treat for the liver and the stomach.

All the seeds in this recipe help digesting food; they improve bowel functions, and reduce flatulence and bloating. Furthermore and above all, they decrease the risk of developing skin cancer.

1 Tbsp. each of Flax, Fennel, Caraway, Anise, and Celery seeds, 1 Tbsp. of Nettle 1 Tbsp of ground Dandelion root and Ginger 2 Tbsp. of Sea Salt ½ Tsp. of Cayenne Pepper

Reduce herbs and seeds into a fine powder and mix them with salt.

Keep it in a shaker.

L'aioli

People from Mediterranean regions love garlic and of course, they enjoy this mayonnaise. It is one of the sauces, which go well with the Fondue Bourguignonne, cold fish, or potato salad.

However, eat only very small amount of any mayonnaise.

4 Cloves of Garlic finely sliced
1 Egg yolk
1 Tsp. of Dijon Mustard
Some Olive Oil (usually, ¼ Litre)
1 Tsp. of Apple Cider Vinegar
Few Tbsp. of warm Water
Salt and Pepper

In a bowl, crush the garlic and add the mustard, egg yolk, salt, and pepper. Very slowly, pour the oil drop by drop while beating constantly until the **aioli** take a nice consistency.

Then, add the vinegar and a tablespoon of warm water. Again, add more oil. Cover the **aioli** with glad wrap and keep it in the fridge.

If your mayonnaise turns wrong, in a clean bowl, put a tablespoon of boiling water and drop by drop add the failed mayonnaise while beating vigorously.

La vinaigrelle

There are many sorts of **vinaigrette** but I like this one particularly because it is very simple to make and it is very tasty.

You can also use chives, tarragon, or chervil instead of parsley; and you may add some capers and small cornichons finely sliced. Remember to add the fresh herbs only at the last minute.

1 Cup of Olive Oil
1 Tsp. of Dijon Mustard
3 Tbsp. of Apple Cider Vinegar
1 Tbsp. of Shallots very finely sliced
1 Small bunch of Parsley
Salt and Pepper

Mix all the ingredients and keep the **vinaigrette** in the fridge; then, just before serving, add the herbs.

Superb olive oil

In reasonable amount, olive oil is one of the best oils. It protects from heart diseases. Indeed, the oil is rich in monounsaturated fatty acids, which lower bad cholesterol and increase good cholesterol.

Of course, you can put any herbs and spices to flavour the oil. It is a matter of choice; but if you put garlic, remove it after three days. The **Superb olive oil** is excellent with pizza, rice, pasta, and even stir-fry. Like any fat, use only very small amount of oil when it is necessary and remember not to burn it.

2 Cups of first cold pressed Olive Oil

1 Sprig of Basil

1 Sprig of Oregano

1 Tsp of black Peppercorns

3 Crushed cloves of Garlic

3 Chillies (optional)

Put the cloves in a jug, cover them with oil, and let them infuse for three days. Strain the oil and keep the garlic for cooking. Pour the flavoured oil in a dark glass bottle and add the herbs, peppercorns, and chillies. Close the bottle and shake it regularly. Do not keep your oils on the windowsill or close to the stove. Store it in a dark place and do not use it before three weeks but no longer than six months.

Le pesto

The **pesto** is a Mediterranean seasoning, usually served with **pistou**, a thick soup from the South of France. The **pesto** is a very healthy and tasty paste.

In this recipe, I cook the tomatoes in olive oil to release their antioxidant and I use walnuts instead of pinenuts.

This **pesto** is delicious with the **pistou**, rice, and pasta, or spread on toasted bread or pizza bases.

3 Large Tomatoes

1/2 Cup of Walnut

4 Cloves of Garlic

1 Bunch of Basil

4 Tbsp. of Olive Oil

Salt and Pepper

Cut the tomato in small pieces and cook them in two tablespoons of oil. Meanwhile, in the food processor, put garlic, basil, walnut, and the last two tablespoons of oil. Process it until you obtain a creamy paste. Add the tomato to the mixture, salt and pepper, and process again. Serve in a small dish.

To preserve your **pesto**, just increase the quantity and put it into small sterilised pots. Then, boil them for thirty minutes.

La Rouille

In south of France and North of Africa, the **rouille** is a popular hot sauce very appreciated with **Couscous** and **Bouillabaisse**. The only change I made is to replace the bread with oat bran; however, you can also use wholemeal bread. As it contains chilli, use only small amount especially if you suffer from haemorrhoids.

2 Cloves of Garlic 2 Chillies

1/2 Cup of Oat Bran or 1 Slice of wholemeal Bread soaked in Chicken stock
1 Tbsp. of Olive Oil
Salt and Pepper

Puree of the ingredients in your food processor and serve in a small dish.

You can preserve the **Rouille** as you preserve the **Pesto**.

Thealthy Cooking

Bon Appélil!

Notes Your own recipes & modifications

Salmon savoury cake

This cake thinly sliced and served with aperitif or as a starter is a wonderful change to chips and crackers. In addition, it is excellent to lower cholesterol.

240 g of socket Salmon
150 g of grated Soy Cheese
1 Cup of wholemeal Flour
1 Cup of Oat bran reduced into thin flour
12 Green Olives sliced
1 Tbsp of Baking Powder
4 Eggs white
1/4 Cup of skim Milk
2 Tbsp of Olive oil
Salt, Paprika and Cayenne Pepper

Crumble the salmon and mix the milk, oil, and eggs lightly beaten, cheese, and olives. Add the two flours and baking powder, salt, paprika, and cayenne.

Blend all delicately with a wooden spoon and pour into a lightly greased oblong or bread tin or in 12 paper cups. For the large cake bake it forty minutes at 220 degrees but only twenty minutes for the small ones.

This cake(s) freezes very well.

La bonne soupe for delicate stomach

Every Province of France has among its specialities a delicious soup.

Some are very nutritious, rich in vitamins, gentle on the stomach; and despite their simplicity, they tastes great. La bonne soupe is one of them. Indeed, for the ill or convalescent, those who do not digest food easily or want to lose weight, La bonne soupe is the best choice.

- Potatoes are easily digested and have a soothing effect on the stomach.
- Carrots and any yellow or orange fruit and vegetable are powerful antioxidants. They boost the immune system and protect against cancer.
- Leeks contain a lot of fibre so they cleanse the bowels.
- Finally, all the onion family including garlic have anti-bacterial and anti-viral properties; they also protect against cancers and heart diseases.

As a treat, you may serve the soup with toasted slices of wholemeal bread rubbed with garlic and sprinkled with cheese

1 Bunch of young Carrots with their tops 2 Young Leeks 2 Tsp. of coarse Sea Salt ½ Tsp of Peppercorns 1 Tbsp. of fresh Parsley chopped

Wash the vegetables in cold water. Peel the potatoes, brush the carrots, and trim the leeks. Slice them roughly and put them in a large pot with two litres of cold water and salt. Cover and let the soup boil for fifteen minutes; then, simmer it until vegetables are tender.

Blend the soup in your food processor and serve it hot with freshly ground peppercorns and parsley.

Minestrone

This thick soup from Italy is a treasure for the heart and its arteries. We have the good oil, the precious legumes and vegetables, the garlic, and even the great fibres. I usually serve this soup not as an entrée but a main meal, especially when I invite my vegetarian friends (remember to serve the parmesan and the bran in separate dishes).

- Red fruit and vegetables especially tomatoes are powerful antioxidants.
- Beans, bran (oat, barley, and rice), lentils, and soy products decrease bad cholesterol and increase good cholesterol. They also protect against cancer and alleviate symptoms of menopause.

Do not forget the crusty wholemeal bread rubbed with garlic!

2 Large Potatoes diced
2 Large Tomatoes quartered
1 Zucchini and 3 Carrots diced
1 Onion chopped
1 Stick of Celery finely sliced
2 Cloves of Garlic crushed
1 Cup of dried Haricot or Cannellini Beans
1 Tbsp. of Beef Stock powder

2 Tbsp. of Olive Oil2 Tbsp of Parmesan4 Tbsp of Barley bran

Soak the beans overnight and discard the water. Heat the oil in a casserole and fry the onions for two minutes; add garlic and tomatoes and cook them five minutes. Do the same for five more minutes with the carrots, zucchinis, and potatoes.

Finally, stir in two and half litres of cold water with the stock and add the beans. Cover and let the soup boil for ten minutes; then, simmer it for two hours or until the beans are tender.

Serve the **Minestrone** hot with parmesan, barley bran, and crusty garlic bread.

Enjoy! It is beautiful.

Le pistou

The **pistou** is a Mediterranean soup from the South of France. It is served with the famous **pesto**, parmesan, and garlic bread. As for the **Minestrone**, I serve it as a main dish; and for people who do not eat chicken, I put more beans and vegetables. Again, it is a very healthy and delightful dish.

1 Small Zucchini and Eggplant diced 1 Leek finely chopped 4 Small Tomatoes quartered 1 Carrot whole and 2 diced ones 1 Onion with 2 Cloves 4 Cloves of Garlic crushed 4 Sprigs of Basil 1 Cup each of Small Peas and French Beans sliced 1 or 2 Cups of haricots or Cannellini Beans 1 Tbsp. of Chicken Stock powder 1 or 2 Cup of Macaroni 3 Tbsp. of Parmesan in a small dish Chicken leftover or carcass 2 Chicken Breasts in strips Coarse Sea Salt and crushed Peppercorns

Pesto (see Recipe)

Soak the beans overnight and discard the water. In a large pot, put the chicken leftover or carcass with three litres of cold water, the chicken stock, and the salt. Let it boil and add the whole carrot, the onion with cloves, the garlic, the beans, and the crushed peppercorns. Simmer for two hours. Add the other vegetables to the pot with the basil. Cook for thirty minutes.

Then, add the macaroni and ten minutes later the chicken breasts; cook for five more minutes.

Meanwhile, prepare the **pesto**. Put the steaming pot on the table, add the **pesto** and serve immediately with parmesan.

Yummy!

Artichokes, a feast for the liver

This salad is a very nice and healthy entrée or lunch. Indeed, it contains all the ingredients to revitalise the liver, the heart and its arteries.

1 Tin of Artichoke hearts or 5 fresh ones
3 Tbsp. of black Olives thinly sliced
1 Tin of Tuna or Salmon
1 Small bunch of fresh and young Dandelion
2 ripe Tomatoes sliced
Or 1 Punnet of Cherry Tomatoes
1 Tbsp. of Shallots finely chopped
3 crushed cloves of Garlic
1 Tsp. of Dijon Mustard
2 Sprigs of Basil
6 Tbsp. of Olive Oil
2 Tbsp. of Apple Cider Vinegar
Cayenne Pepper and Celery Salt

Combine the oil, mustard, vinegar, cayenne and salt. Add the shallots and cloves of garlic. Slice the olives and cut the artichokes in dices; add them to the **vinaigrette**. Crumble the tuna and mix all well.

Keep in the fridge for few hours; and just before serving, add the basil, dandelion, and tomatoes.

Salade de pissenlits (dandelion)

Dandelion is a treat for the liver and a powerful diuretic; but we should pick them only when they are young otherwise they are tough and bitter.

1 Bunch of fresh and very young Dandelion

3 Bacon Rashers trimmed

2 Eggs

1 Tbsp. of Shallots chopped

2 Tbsp. of Parsley chopped

6 Tbsp. of Olive Oil

2 Tbsp. of Apple Cider Vinegar

1 Tsp. of Dijon Mustard

Salt and Pepper

Prepare the **vinaigrette** with the oil, vinegar, shallots, mustard, salt and pepper. Boil the eggs and slightly fry the bacon cut in small pieces. In a large salad bowl, put the dandelions and the bacon with the juice. Add the **vinaigrette** and the eggs sliced. Blend all the ingredients delicately and serve immediately.

Salade niçoise

This beautiful salad originates from Nice a town in the South of France; and if you omit eggs, it is very good to lower bad cholesterol and increase good cholesterol.

1 Cup of cooked Rice
1 Cup of mix Vegetables
1 Punnet of Cherry Tomatoes cut in half
6 Green and Black Olives
6 Anchovy Fillets roughly chopped
1 Small tin of Salmon or Tuna
2 Boiled Eggs sliced (optional)
Vinaigrette (See Recipe)
1 Small Clove of Garlic finely chopped

In a large salad bowl, prepare the **vinaigrette** and add all the ingredients except the salmon and the eggs. Mix well and keep in fridge.

Just before serving, add the last ingredients.

Le cassoulet

Beans are good for us yes, but the traditional **Cassoulet** contains so much fat that it should be avoided at all cost by people with cholesterol problems. Fortunately, I modified the original recipe and the result is very nice. This is may be surprising but duck and even duck fat is very good for us.

2 Tbsp. of Olive Oil
4 Crushed Cloves of Garlic
1 Large Onion with 2 Cloves and 1 Onion chopped
1 Carrot sliced
4 Large Tomatoes quartered
Bouquet Garni (Thyme, Bay Leaf, and fresh Parsley)

1 Duck
8 Bacon Rashers trimmed
2 Cups of Haricot Beans soaked over night.
2 Tbsp. each of Barley bran and Parmesan
2 Tbsp. of Tomato paste

2 Tbsp. of Beef Stock powder

Cover the beans with stock and water. Add the bacon, carrot, onion with the cloves, and *bouquet garni*. Simmer for an hour and half and put the salt only when the beans are almost cooked. Add the tomato paste and two of the tomatoes chopped. Cook again for fifteen minutes.

Meanwhile, heat the oil in a large ovenproof dish and fry the onions and the garlic. Put the duck and brown it on all sides. Add the last tomatoes close the lid and cook very slowly for two hours or until tender. Cut the meat and cover it with the beans. Blend the parmesan and the barley bran and sprinkle the mixture over the beans. Cook again for thirty minutes in hot oven.

Serve the Cassoulet immediately with green salad.

Lentils and ham

We should eat lentils more often. They are rich in iron and lower cholesterol.

1 Carrot and 1 Tomato diced 1 Onion with 2 Cloves 1 Onion chopped 2 Crushed Cloves of Garlic 1 Cup of Lentils 1 Tbsp. of Beef Stock powder 2 Tbsp. of Parsley chopped Bouquet Garni (Thyme, Bay Leaf, and fresh Parsley) 1 Tbsp. of Olive Oil 250 g of lean Ham or trimmed Bacon Corn Chips and 1 Tbsp. of no-fat Yoghurt (Optional)

Heat the oil in a large pot and fry the onion for two minutes. Add garlic and tomatoes and cook five more minutes. Stir in one litre of water and stock and add the lentils, the carrot, the onion with the cloves, and the bouquet garni. Cover, and simmer for forty-five minutes or until the lentils are tender. Discard the bouquet and season with salt and pepper. Keep it warm.

Meanwhile, cut the ham in thick slices and brown them on each side. Serve the lentils with a thick slice of ham and chopped parsley. If you want, decorate with corn chips and a tablespoon of no-fat yoghurt.

Australian pol-au-seu

Though kangaroo and wallaby are not very popular on Australian tables, they are cholesterol free, they have very little fat, and are very nice if you know how to cook them.

3 Carrots and 1 Turnip
1 Onion with 2 Cloves
2 Leeks
3 Large Potatoes
1 Branch of Celery
1 Large Kangaroo tail or few small ones
Dijon Mustard and Gherkins
Salt and Pepper

Cut the tail(s) in pieces. Put them in a large pot and cover them with two and half litre of cold water. Bring it to boil. Add the vegetables, salt and pepper, and return to boil. Then, simmer for two hours.

Serve with large *tartines* (French bread toasted), mustard, and small cornichons. With the stock, you can also make a nice soup for dinner by adding some rice vermicelli or tapioca.

Wallaby Croquettes

This is a very pleasant way to lower your cholesterol. Indeed, wallaby is cholesterol free and the croquettes contain the good fibres. You can choose either oat bran or barley bran; both are excellent.

250 g of Wallaby or young Kangaroo mince
4 Tbsp. of Barley or Oat bran
2 Tbsp. of Flour
2 Tbsp. of Olive Oil
1 Onion finely chopped
2 Eggs White slightly beaten
1 Tbsp. Beef Stock powder
Salt, Pepper, and Nutmeg
Chopped Parsley

Heat one tablespoon of olive oil and fry the onions. In a bowl, combine the meat with the oat or barley bran, the fried onions, one egg white beaten, and one cup of water with the stock. Season it with salt, pepper, and nutmeg. Let stand the mixture in the fridge for twenty minutes.

Then, form small balls and roll them in the last egg white and the flour. Flatten them slightly and cook them slowly in the last tablespoon of olive oil.

Serve them sprinkled with parsley, a nice homemade tomato sauce, and some mashed potatoes and pumpkin.

Manny's Paella

Many people rarely eat fish probably because they do not know how to cook them. Try this beautiful and healthy recipe.

> 1 Cup of Rice 2 Tbsp. of Chicken Stock powder 3 Tbsp. of Olive Oil 12 Black Olives 1 Small Chicken Breast in strips 50 g each of Tuna, Salmon, and Mackerel 1 Dozen Mussels 2 Cups of Marinara Seafood **6 King Prawns** 1 Cup of mix Vegetables 2 Tomatoes quartered 1 Red Capsicum sliced and skinned 1 Onion chopped 2 Cloves of Garlic crushed 1 Tbsp. of Parsley chopped 1 Pinch of Saffron Salt and Pepper

In a large and deep pan, heat the oil and fry onion and garlic. Add the chicken and slightly brown it. Remove it from the pan and add the rice and the capsicum.

When the rice is white, put the tomatoes and three cups of water with the stock. Season it with salt, pepper, and saffron. Bring it to boil and add the vegetables. Cover tightly and cook for ten minutes. Add more stock if required.

Then, add the fish, mussels, and prawns. Cook again for ten minutes then add the chicken. Meanwhile, grill the king prawns and arrange them nicely on the rice.

Sprinkle with chopped parsley and serve immediately.

La bouillabaisse

Les Marseillais (people from Marseille, a city in the South of France) are very proud of their famous spicy fish soup. It is a main dish for all seasons and I am sure that you will enjoy it. Again I modified the recipe by putting more fatty fish as you will see.

50 g each of Tuna, Salmon, and Mackerel 50 g of Shark or firm Fish with bones 1 Crab, 1 Dozen each of Mussels and Prawns 1 Cup of Squid finely sliced 2 Tbsp. of Olive Oil 1 Onion chopped 4 Crushed Cloves of Garlic Bouquet Garni (Thyme, Bay Leaf, and fresh Parsley) 2 Sticks of Celery chopped 4 Tomatoes and 1 Fennel sliced 2 Cups of Sweat heart wine or White Wine 3 Tbsp. of Fish or Chicken Stock powder Salt 1 Pinch each of Cayenne Pepper and Saffron 6 Slices of Bread rubbed with Garlic

Rouille (see recipe)

In a large pot, heat the oil and fry the onion. Add the firm fish and a litre of water with the stock, the wine, garlic, celery, tomatoes, and bouquet garni. Season it with salt, cayenne, and saffron. Bring to the boil and cook the soup for thirty minutes.

Discard the bones and *bouquet garni*; add the crab, salmon, tuna, and mackerel and cook again five more minutes. Delicately put fish and shell in the soup dish; cover them with the slices of bread and pour the strained soup over.

Prepare the **rouille** to accompany the **bouillabaisse**. Serve it very hot straight from the pot with the rouille in a separate dish.

Le conscons

This is a variation of the famous dish from North Africa. It is very healthy.

1 Cup of Bourghul or Couscous
3 Cup of cold Water,
1 Pinch of Sea Salt
1 Onion, 2 Shallots, and 1 Clove of Garlic chopped
1 Carrot, 1 Eggplant, 1 Zucchini diced
3 Tomatoes quartered
1 Cup of cooked Beans or Chick Peas
2 Tbsp. of Olive Oil
2 Chicken Breast in strips
3 Cups of Chicken Stock powder
1/2 Cup of Sultana soaked in 1 Cup of Chicken Stock
Coriander, Cumin, Sea Salt and Cayenne Pepper
Rouille (see Recipe)

Put the bourghul in a glass dish with water and salt; cover it with glad wrap and let it stand for at least two hours. Fry the onion, shallots, and garlic. Add the chicken and slightly brown it for five minutes. Remove it from the pan and roast the vegetables. Gradually, add the chicken stock so they will not stick and burn and add the seasoning. When the vegetables are cooked, make sure there is enough sauce. If not, add more stock. Then, add the chicken and the strained sultanas. Simmer five more minutes.

Put the bourghul in the microwave and cook it on high for four minutes and strain it. Serve the **couscous** with the **rouille** and the vegetables in a separate dish.

Salmon en papillole

This fish recipe is really beautiful and very healthy.

As you already know salmon increases good cholesterol and though I did not mention cabbage yet, it is a very healthy vegetable if we cook it properly. Indeed, cabbage blocks cancerous cells and reduces the development of tumour.

2 Salmon steaks
2 Papillotes (20 cm sheets of foil)
brushed with Olive Oil
1 Leek chopped and ¼ of Cabbage shredded
2 Carrots thinly sliced
2 Tsp. of Margarine
1 Lemon Juice
Celery Salt and Pepper

Steam the carrots and leeks until they are tender. Blanch the cabbage leaves in boiling water for ten minutes. Then, steam them.

Meanwhile, put the salmon steaks on the papillotes and season them with celery salt, pepper, and lemon juice.

Strain the vegetables and put them over the salmon. Add a small nut of margarine on top and season with salt and pepper.

Close the papillotes and steam them for eight minutes. Serve immediately.

Mackerel in croquelles

Another way to enjoy fish and especially mackerel are these beautiful croquettes that you can eat hot or cold. Make a large amount as they freeze very well.

2 Cans of 450 g of Mackerel

1/4 Tsp. of Turmeric

2 Tsp of Mustard seeds

2 Tbsp. of Olive Oil

2 Medium Onions finely chopped

4 Cloves of Garlic finely chopped

500 g of mashed Potatoes

3 Small Chillies deseeded and finely chopped

4 Tbsp. of Lemon juice

1 Tsp. of grated Ginger

1 Can of 450 g of Tomato or 5 large tomatoes peeled

4 Eggs white lightly beaten

Salt, Paprika, Cayenne pepper

1 Cup of Oat bran

1 Tbsp of Canola Oil

Crumble the fish in a bowl and add the turmeric. Heat the olive oil in a frying pan and sauté the onions and garlic. Add the mustard seeds and the fish and blend delicately.

Prepare your mashed potatoes and add the fish, the chillies, lemon juice, ginger, tomatoes, the two eggs white, and season it with salt, paprika, and cayenne pepper.

Shape the mixture into small patties roughly 12. Dip them in the egg white and coat them with oat bran.

Put the croquettes onto an oven tray lightly grease with canola oil. Bake them at 180 degrees for twenty minutes.

Delicious Sweets

Noles

Your own sweets & desserts and your modifications

Pears in blackberry syrup

This dessert is simply delicious.

8 Small Pears

1 Tbsp. of Lemon juice

2 Cups of Blackberry syrup

1 Scoops of low-fat Vanilla or Berry Ice cream

Peel the pears and take the core out but leave the stem on. Put them in a saucepan of boiling water and lemon juice. Let simmer for five minutes and delicately put two pears in individual dessert bowls.

Just before serving, boil the blackberry cordial in a saucepan until it thickens.

Meanwhile, put one scoop of ice cream between the two pears in each bowl; and add the hot syrup.

Hourrah!!!

Friands

Friand is the abbreviation of *friandise* in French; it means sweet things. However, this recipe is not only nice, it also lowers cholesterol.

Enjoy these little cakes for breakfast, morning or afternoon tea.

1 Cup each of Oat bran and Almond meal

1/2 Cup of plain Flour

1 Tbsp. of Baking powder

1/2 Cup of chopped Walnuts

1/2 Cup of Sultanas soaked in 1 Tsp of Kirsch or Rum

1/2 Cup of Honey

1 and 1/2 Cup of Skim Milk

2 Egg Whites
2 Tbsp. of extra virgin Olive Oil
2 Tbsp. Of Kirsch or Rum
Cooking Spray

Soak the sultanas overnight in one cup of water and a teaspoon of Kirsch or Rum.

Next morning, reduce the oat to a fine powder. In a large bowl, mix the oat with all the dry ingredients; and in another bowl, combine the sultanas, Kirsch, egg whites, milk, honey, and oil. Delicately, blend the two mixtures.

Lightly spray twelve cup-cake tins or foils. Pour the mixture and bake them for fifteen minutes in a hot oven.

You can keep them three days in the fridge.

Candlemas' Crêpes

In Britain, West of France, the traditional pancakes are made of buckwheat. They are called *galettes* or *crêpes*; and at Candlemas, which is on the 2nd of February, in every French family, *on fait sauter les crêpes* (we flip the pancakes with one hand while holding a small coin in the other hand).

If the *crêpe* falls back into the pan, the lucky flipper will be rich all year; if not, the whole family will have a good laugh.

At Candlemas, we only eat *crêpes*. We eat them with prosciutto, chicken, ham, mushroom, or all sorts of things; and for dessert, we spread them with honey, maple syrup, any fruit compote, lemon syrup, or jam.

Have fun and enjoy a very special diner.

250 g of Buckwheat Flour

1/2 Tsp of Salt

3 Eggs

2 Tbsp. of Olive Oil

1 Tbsp of raw Sugar

1 Paper towel dipped in Olive Oil

1/4 Litre of Milk

1 Cup of Beer

1 Cup of shredded Prosciutto

1/2 Cup of grated Cheese

1 Lemon juice and peel

1/2 Cup of caster Sugar

1 Cup of Water

Mix the eggs with flour, sugar, and salt. Then add milk and beer slowly until you obtain a creamy texture covering your wooden spoon. Add the oil and cover the dish with a towel. Let it stand for two hours in a warm place.

Meanwhile, prepare the lemon syrup. In a small pan, melt half a cup of raw caster sugar with the lemon juice and peel and one cup of water. Bring it to boil and discard the peel; simmer until it becomes syrupy.

When your guests arrive, put some dishes of boiling water on the table to keep the *crêpes* warm while you are making them.

Grease a small fry pan with the paper towel and turn the heat on medium high. Pour a small ladle of batter in the pan to thinly coat it and cook for two minutes.

Now it is time to show your guests how to flip the *crêpe* with the coin. Each must participate and you will see it is really funny.

Finally, when the *crêpe* is back into the pan—if it does!!!—put some prosciutto and grated cheese on the top. Cook it for one more minute.

For the sweet *crêpes*, re-heat the lemon syrup and serve it in a small dish.

Apples in field dress

Hum! This dessert is absolutely beautiful and healthy.

4 Granny Apples
2 Mandarin Peel
The juice of 4 mandarins
2 Tbsp. of Almond meal
2 Tbsp. of Oat bran
1 Tbsp. of extra virgin Olive Oil
4 Tbsp of Maple syrup
2 Tsp of raw Sugar

Preheat the oven. Take the core out of the apples and put them in small greased ramekins. Then, use your potato peeler to take the mandarins' peel and squeeze the juice. Combine the almond meal, oat bran, half the mandarin juice, the oil, and the maple syrup.

Fill up each apple with the mixture and put one teaspoon of raw sugar on top and the finely shredded mandarin peel. Pour the rest of the juice in each ramekin.

Finally, put the small dishes in oven for thirty-five to forty minutes and serve them warm.

La Crème Caramel

Have you ever tried to make your own *Crème Caramel*. It is so much nicer than the one you buy and so easy to do.

½ Litre of Milk 1/3 Vanilla Pod 3 Eggs 80 + 50 g Caster Sugar

Boil the milk with the vanilla pod; meanwhile beat the eggs with 80 g of sugar for one minute; and pour the hot milk on the eggs and sugar mixture.

In a sauce pan melt the 50 g of sugar and remove it from the heat when it has reached a blond colour. Pour in a Charlotte tin or any tin; hold the tin with a towel and move it so that the caramel coats the tin. Pour the milk-egg-sugar mixture over the caramel and put the tin in a bain-marie (a dish of boiling water).

Bake it in oven 180 degrees for 30 minutes. With a knife check if the *Crème* is cooked; the blade must come out dry. Let the *Crème* cool and put it in the fridge until well set.

Turn it over before serving it is....very very nice.

Le trou Mormand

In special occasion such as Christmas, our poor stomach finds very hard to keep up with rich food. The *Trou Normand* means the Normand hole. Was it in Normandy that this sorbet was invented? I do not know but this is a great idea as it really helps digestion and it is very nice.

1/2 Cup of Lemon juice
1 Lemon peel
1/2 Cup of caster Sugar
1/2 Cup of Orange juice
1/2 Cup of Water
1 Tbsp. of Vodka

1 Egg white beaten until white and firm

In a *bain marie*, dissolve the sugar in juices and water. Add the peel and let it simmer ten minutes. Put the mixture in a shallow dish and beat it very regularly; of course, if you have an ice-cream maker, it will be easier.

Meanwhile, beat the egg white and when the ice cream is slightly firm, delicately fold the egg in it and add the vodka.

Put it back in the freezer and beat it frequently until it reaches the right firmness.

Serve the *Trou Normand* between courses or as a refreshing dessert. So nice!!! Oh yes it is.

Delice Framboise

One of the greatest ways to preserve raspberries is certainly in sorbet. What a pleasure it is to eat them in the middle of winter! You can also use strawberry for a great change.

1 Cup of Sugar1 Cup of Water

2 and ½ Cups of Raspberry pureed 2 Tsp. of Lemon juice

1 Egg white beaten until white and firm

Combine sugar and water in a saucepan and bring it to boil; simmer for five minutes and let it cool down. Put the mixture in the fridge to the next morning.

Add the raspberry pureed and delicately fold the egg white.

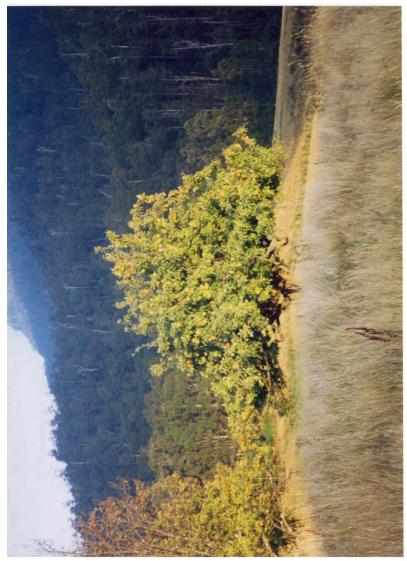
If you do not have an ice-cream maker, put the mixture in the fridge and beat it frequently until it reaches the right firmness.

You can eat the sorbet just as it is or you can make delicious *vacherins* by putting a thick layer of sorbet onto a large or some individual flat meringues; top it with fresh cream and fresh or defrost raspberries.

Oh la la! C'est si bon!



Spring's Beauty



Autumn's Delights

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