

MEAT STOCK & BASIC SOUP RECIPES

Chicken Stock (not for Blood Type B, use turkey instead)

- Put a whole or half a chicken into a large pot.
- Fill it up with water and add Celtic or Himalayan salt to taste.
- Heat up to a boiling point.
- Cover the pan, reduce the heat to a minimum and simmer for 1 ½-2 hours.
- Take the chicken out and put the stock through a sieve.
- Keep in the refrigerator.
- The chicken cooked this way is delicious and can be served for dinner with vegetables and a hot cup of freshly made chicken stock.

Beef, lamb, game or pork (not pork for Blood Type O)

- Put the joints, bones, and meat into a large pot.
- Add 5-10 peppercorns and Celtic or Himalayan salt to taste.
- Fill it up with water.
- Heat up to a boiling point.
- Cover the pan, reduce the heat to a minimum and simmer for at least 3 hours.
- The longer you cook the meat and bones, the more they will “give out” to the stock and the more nourishing the stock will be.
- Take the bones and meat out and pour the stock through a sieve into a separate pan to remove any small bones and peppercorns.

Fish Stock

- To make a good fish stock you need bones, fins, skins, and heads of the fish, not the meat.
- So, buy your fish whole, cut the meat off to cook as a separate meal and use the rest of the fish to make your fish stock.
- Your fishmonger can do all the trimming for you if you wish.
- Put the heads, bones, fins and skin of the fish into a large pan.
- Add 8-10 peppercorns and fill the pan with water.
- Bring up to the boil, reduce the heat to a minimum and simmer for 1-1/2 hours.
- Add salt to taste at end of the cooking if necessary, as fish is already salty
- Take the fish out and sieve the stock.
- Take any meat off the fish skeleton to use for soup making.

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Basic Soup Recipe

To make a soup, bring some of your homemade meat stock to the boil.

Add chopped or sliced vegetables and simmer for another 20-25 minutes.

- Choose any combination of **seasonal** vegetables: onion, cabbage, carrot, broccoli, cauliflower, pumpkin, courgette, marrow, squash, celery, leeks, spinach, beetroot, nettle, tomatoes, peas (great for thickening, can pop in straight from the freezer).
- If you are planning on blending the soup, cut vegetables roughly into any size pieces.
- If you prefer to have your soup without blending, then make sure that you cut or dice your vegetables into nice small pieces before cooking.
- If your meat stock was made with lamb, pork, or beef you can add a handful of dried mushrooms for flavour (not if you have a yeast intolerance though) – crush them by hand before adding.
- At the end of the cooking, add 1-2 tablespoons of chopped garlic, bring to the boil, and turn the heat off.
- Blend with a soup blender until smooth unless you want it chunky.
- Alternatively, you can put everything together into an electric soup maker.

How to make a Meat Stock from the Gut and Psychology Syndrome (GAPS) Diet by Dr
Natasha Campbell-McBride, MD