

Efficiency Cooking Guide for June 2019

Dear Pilgrim

I am so excited to share the first efficiency cooking guide with you!

Before starting the process of this month, make sure you read the general guidelines. If you are already familiar with the process, you might also jump directly to the separate summary sheet I supply to inspire new food combinations.

Step 1: Shopping

As explained in the general guidelines, you can either go to a shop or market to buy your local, seasonal & organic FERTILE foods OR you can order online using one of the addresses I supply in the Free Guidance section on my website.

Personally, I used to order from Agricovert for a long time and have lately been shopping at Färm. This month for the first time I ordered a vegetable basket from my friends Stan & Laetitia who started an organic farm (O Champ d'Abeilles). I picked it up on a Monday evening and could not wait to get home to discover all the goodies and to start planning meals with them (which I would prepare on Tuesday afternoon).

Normally I would include a picture of the basket's content at this point, but I was so excited to create this first guide for you, that I deleted it per accident… ☺.

Copyright Camino de la Fertilidad



Step 2: Planning meals: List all ingredients

The first thing to do is to list all the foods that you have available.

The goal is to create balanced meals, meaning to combine vegetables/fruits with clean proteins, good fats and optionally a starch in every meal. For more details download my free Basic Food Plan in the Free Guidance section on my website.

For me, this looked like this:

Vegetables	**Protein/Fat***	**Starch/Fruit**	**Extra Fat**
1 green lettuce	Ground beef (freezer)	Oats	Flax seeds
1 biiiig batch of arugula salad	Ground lamb (freezer)	Buckwheat	Chia seeds
2 kohlrabi (chou rave) with lots of healthy greens	Chicken liver (freezer)	Rice noodles & Rice paper	Ghee
5 long white radishes with green	Sardines (jar)	Pain de fleur	Olive oil
1 small broccoli	Chickpeas	Dried apricots	
A bag of sweet peas	Collagen	Corn in a jar**	

*I do not eat eggs and dairy at the moment, which is why they are not in the list, but you can of course include them.
** I classify it as a starch, even though it is of course also a vegetable, but very sugary one

Looking at the list above, I make some general observations:

- The green lettuce is just enough for 1 big meal, which I will prepare for my lunch on Tuesday.
- The rest I can prepare for 4-5 days, possibly more.
- I do not really have a starchy veggie to bind my soup, so need to buy that on top.
- I hate raw radishes, so will “hide” them in the soup.

Copyright Camino de la Fertilidad



Step 3: Planning meals: Mix-match ingredients

Mix-matching ingredients to prepare:

- 1 soup
- 1 combination of veggies, starch, meat + fat
- 1 combination of veggies, starch, fish + fat
- An additional snack

Note that I do not usually prepare ALL of that at once, but most of the time have two cooking moments in a week. At the moment of receiving the vegetable basket, I still have 4 portions of millet with wild salmon and spinach in my fridge, so the fish combination is already done.

Vegetables (from my basket)	**Protein/Fat***	**Starch/Fruit**	**Extra Fat**
1 green lettuce	Ground beef (freezer)	Oats	Flax seeds
1 biiiig batch of arugula salad	Ground lamb (freezer)	Barley	Chia seeds
2 kohlrabi (chou rave) with lots of healthy greens	Chicken liver (freezer)	Rice noodles & Rice paper	Ghee
5 long white radishes with green	Sardines (jar) in olive oil	Pain de fleur buckwheat	Olive oil
1 small broccoli	Chickpeas	Dried apricots	Tahin (sesame paste)
A bag of sweet peas	Collagen	Corn in a jar**	

I decide that I want to buy some additional ingredients to complete my meals:

- Sweet Potato (for the soup)
- Mushrooms (for the salad)
- Red onion (for the meat dish)
- Purple carrots (for the snack)

Menu of the week:

- Soup from radishes (incl. greens), sweet potato, 1 chicken liver, collagen + ghee
- Rice rolls with minced lamb meat, red onion, kohlrabi (incl. greens), broccoli, sweet peas and a sauce of tahin + tamari
- Millet with wild salmon and spinach (already prepared from last efficiency cooking)
- Arugula-corn-sardine “pesto” with purple carrots or buckwheat pain de fleur
- Plus one meal of green lettuce, arugula, mushrooms, corn and sardines in olive oil.

Copyright Camino de la Fertilidad

Efficiency Cooking Process Step-by-Step

1. Salad for Lunch

First thing I do is to start preparing my salad, because it is Tuesday afternoon and I haven't had lunch yet!! On my way back from yoga I quickly jumped into Färm and bought some oyster mushrooms, red onions and sweet potatoes. I start cutting the mushrooms and pressing some garlic. It is recommended to have pressed garlic sit in the air for at least 15min before cooking it, so the allicin it contains (a antimicrobial substance) can get activated.



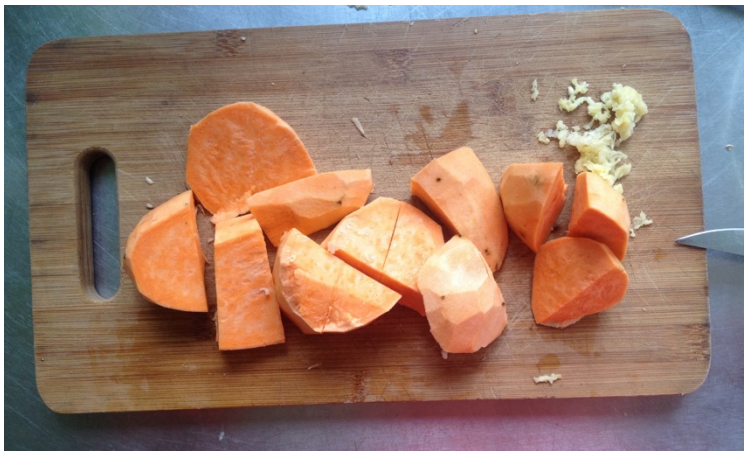
While the ghee heats in the pan, I wash the salad greens.



When the ghee is hot, I put the mushrooms into the pan with a bit of salt and a bit of the garlic:



While they are cooking, I peel and cut the sweet potatoes roughly (they go into the soup, so no need to chop them finely). Note that the rest of the garlic is still sitting there ☺.



Copyright Camino de la Fertilidad

When the mushrooms are cooked, I put them on the salad and also add some corn from a jar.



The final step is to add 2 sardines and a tablespoon of olive oil and to mix it all up into a big, nourishing, FERTILE meal salad:



Copyright Camino de la Fertilidad



2. Soup

After I have eaten my salad (ok, admitted, while I am eating), I continue peeling and chopping the sweet potatoes. I also wash the radishes and chop them into rough pieces. I also separate the greens from the stalks, using the greens for the soup and keeping the stalks for later (yes, you can even use the stalks, not in soup though, since they will not mix well and you will have fibers in your soup which is not really enjoyable). I also add 1 chicken liver to my soup. I do not like the taste of liver, but they are very nutrient rich, so I often hide one in my soups, since then I do not really taste them anymore.





I add filtered water and a spoon of Himalaya salt to the soup and put it on the stove to get it boiling (I do not have broth this time, so will add some collagen to the soup before blending it).



3. Veggie-meat-combination

While the soup is getting ready to boil, I prepare the next dish. First I chop up the onions (and add the sufficiently oxidized garlic to them).



Next I peel the kohlrabis (chou rave) and chop it up:



Copyright Camino de la Fertilidad



I keep the greens and stalks, since they are very fresh. After washing them (and reducing the heat of the soup which is boiling by now), I chop them finely:



Copyright Camino de la Fertilidad



I also chop the broccoli



After all that chopping is done, the soup is already ready to be blended. I add the collagen, a tablespoon of ghee and some curry powder and blend it all with my hand-held blender. I then fill it into Ikea jars to cool down. It yielded a total of 3.5 liter which is enough for a whole week:



Copyright Camino de la Fertilidad

I continue with my veggie-meat dish: I did all the chopping, so now it's time to cook! (I recommend doing all the chopping first, since you do not want your onions to burn because you are still chopping the broccoli).

First I heat some ghee and cook my onions and garlic in it.



I then add the minced lamb meat to it (in this case a package of 300g) plus a teaspoon of salt:



Copyright Camino de la Fertilidad



In a separate big pot (because it won't all fit into the pan), I heat some more ghee and sweat the broccoli, kohlrabi, incl. greens and stalks. I actually also chopped and added the radish and arugula stalks as you might be able to recognize in this picture:



When the meat is more or less cooked, I add the sweet peas to it:



Copyright Camino de la Fertilidad



While this is all getting cooked, I do a first round of kitchen cleaning:



When it is all cooked, I add the content of the pan to the pot and mix it all.



Copyright Camino de la Fertilidad

I know have a big portion of veggies with a bit of meat and fat. To complete this meal, I would need to add a bit more fat and a starch. The possibilities are endless: I could choose to combine this with a grain (i.e. quinoa or buckwheat), a legume (i.e. lentils) or with potatoes as starch. For fat I could add some additional olive oil, avocado or some seeds... Since I still have a lot of rice noodles and rice paper on stock, I choose to make rice rolls with a tahin-tamari sauce. Note that this actually is quite time-intensive, so if you are short on time, skip the rolls part and just keep it with the noodles or a grain or potatoes…

I first boil the rice noodles (they are purple here because I boiled them in the leftover cooking water of purple carrots I steamed but did not photograph – you see really nothing goes to waste here ☺):



Copyright Camino de la Fertilidad



I then take the rice paper, make it wet, add a bit of the mixture and roll it all up:



I get 11 rolls, which means enough for 4-5 days (2-3 rolls per meal).



I forgot to take a picture of the sauce, but it is basically mixing tahin (sesame paste) with a bit of tamari (soy sauce) and enough water until you reach your desired consistency. It is super easy and super yummy!!!

Copyright Camino de la Fertilidad



4. Snack

I still have the arugula salad (the greens, I used the stalks in the rice rolls) and also half a jar of corn and 2/3 of a jar of sardines. I decide to make a sort of pesto, a spread that I can eat on buckwheat crackers (pain de fleur) or with the purple carrots I steamed. I simply put all the arugula in my blender, add the sardines with oil, the corn, some salt and blend it all up.



That's it, in about 2-3 hours I cooked a soup, a main dish and a snack for 5-7 days! Plus the salad I had for lunch. All from local & seasonal food and well balanced between carbs, protein & fat.

Now it's your turn! Looking forward to get your feedback and see your creations!

Copyright Camino de la Fertilidad