

The Cholesterol Myths by Uffe Ravnskov, MD, PhD

"Exposing the Fallacy that Saturated Fat and Cholesterol Cause Heart Disease," *Myths* reviews the research in depth. Technical in places, but presents a well-documented case.

The Whole Story of Soy by Kaayla T. Daniel, PhD, CNN

This book is quite technical in places, very thorough but lightened with a fresh sense of humor. Invaluable is an indepth history of soy among Asian populations, much misunderstood by westerners.

The Ploy of Soy, A Debate on Modern Soy Products by Sally Fallon, MA and Mary G. Enig, PhD

This is a reprint, much shorter than Daniel's book (above). A concise and simpler, yet comprehensive read. The virtues of real butter are also well-covered in this reprint.

The Coconut Oil Miracle by Bruce Fife, C.N., N.D

A wonderful easy-to-read book! Fife claims that "Every statement I make in this book is verified by published scientific studies, historical records, and personal experience." See *Talking Food Pages - Benefits of Coconut Oil*.

Dan's Milk

I owe this recipe to our son, Dan. In the 1980's sometime, when certified raw milk was pulled off the shelves of Alta Dena Dairies for a time, he came up with this recipe in order to avoid homogenized milk. In most locations, pasteurized milk that is not also homogenized is nonexistent. See **Breakfasts** on homogenization.

AMOUNT: 3¾ Cups

136 Calories/1cup

Mix together in quart jar; refrigerate; shake well before using:

5 tablespoons heavy cream (*pasteurized, but not ultra-pasteurized preferred*)

fat-free (skim) milk to fill jar (about 3½ cups)

(*organic, non- ultra-pasteurized preferred*)

Convenience Tip: 5 tbsps. cream = ¼ cup + 1 tbsp.

or use a scant ⅓ cup (⅓ cup = 5⅓ tbsps.)

To make ½ gallon:

1. Remove 1 cup fat-free milk from the ½ gallon container.
2. Pour this cup of fat free-milk into a small jar.
3. Measure a **scant ⅔ cup cream** (10 tbsps.)
4. Add about a tablespoon of this cream to the small jar of fat-free milk.
5. Add remaining cream to milk in the ½ gallon container.
6. Refrigerate. Use the small jar of milk first so you won't forget to use it. Shake milk again before using.

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8830 Glencoe Dr. Riverside CA 92503 951.687.5491

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Talking Food Pages

*A Comprehensive Wholefoods Cooking System
Balancing Nutritional Quality & Taste, Convenience & Cost*

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Ingredient & Recipe Updates

Food and nutrition research is an unending process. So is my recipe experimentation. This page will keep you current so you can make note of updates in recommended ingredients and recipe revisions in the cookbooks. Resources listed at the end of this article will provide the rationale for these changes.

In weighing the value of researched information I try to keep this perspective: 1) Is it in keeping with biblical teaching? 2) Is it supported by historical dietary patterns? 3) Is it well supported by current research? Keep in mind that in this life we are not going to find the perfect diet, but we can continue to make improvements.

The changes listed below follow the nutrition standards and are applied to the recipes in **Introducing Whole Foods Cooking**. Use these as models to update other recipes. For example, *Country Creole Peas 'n Corn*, p. 41, provides a model for incorporating the two-stage process in bean recipes.

Use the **Two-Stage Process** with whole grains, legumes, nuts and seeds. The method (soaking, sprouting or fermenting) depends on the category of food and the type of recipe. We use the soaking method most frequently, an adaption easy to make. Follow the specific instructions given in **Introducing Whole Foods Cooking**: for grains, p. 16 (for cooking hot cereal, see the model recipe, *Oatmeal Surprise*, p. 38; for baking, see model recipes, pp. 37, 39, 40); for legumes (dry beans), p. 19; for nuts and seeds, p. 20. For other baking, including yeast breads, see **An Introduction to Whole Grain Baking**, our text for the *Baking with Whole Grains* semester course. Our key yeast bread recipe is found in *Talking Food Pages - The Two Stage Process* or in **Whole Grain Baking**.

Choice of Dairy Products

• There is no truly satisfactory answer to dairy choices other than a safe source of raw milk, with its full compliment of unspoiled nutrients and fat to assimilate them well. Short of that, when sweet milk is desired, I use *Dan's Milk*, my alternative to homogenized milk (for the recipe see back page). The recipe approximates full fat (4%) milk. Milk must be at least low fat (2%) to absorb the calcium; to absorb all of the nutrients more effectively, full fat (4%) is best. The choice is up to you. To make low fat *Dan's Milk*, reduce the amount of cream in the recipe by half. Cream

that is not ultra-pasteurized should be used in *Dan's Milk* if possible. The cream I use is heavy cream from Trader Joe's Market. Cultured dairy products (i.e. plain yogurt, kefir, etc.) are otherwise the best choice if raw milk is not available, especially as an accompaniment to cereals and in quick breads (see p. 29, **Introducing Whole Foods Cooking**).

- Omit powdered milk from recipes.

- c. Substitute regular sour cream, cottage cheese, plain yogurt, cream cheese, etc. for fat-free or low fat versions. As for plain yogurt, I prefer full fat pasteurized that is not homogenized. Three fairly common brands available in health food stores or Trader Joe's Markets are *Seven Star*, *Brown Cow* or *Trader Joe's Cream Line*.

- Soy as a dairy alternative is not recommended. In place of soy milk, use *Coconut Milk* or *Almond Milk*. See the CD demonstrations on ; cookbook recipes are found in **Breakfasts**, 4th edition, and in **Whole Grain Baking**.

- Minimize cooking of milk which toughens the protein and further depletes nutrients. We are experimenting with alternatives such as cream + water, and nut milks in recipes with cooked milk. For example, **Coconut Milk** works very well in quiche recipes, and in *Cheese Scalloped Potatoes*. In cream soups, I thicken other liquid before adding milk, then heat just until the milk is hot.

Soy Products

I no longer recommend any soy products as dairy substitutes or as a seasoning unless properly fermented (i.e. having undergone the traditionally long fermentation process). The only products that qualify are miso, tempeh, natto, and *Tamari* or *Shoyu* soy sauce. Be sure that the soy sauce label states "naturally brewed." Find these at health food stores. This means:

- Substitute water + soy sauce, to taste, or chicken broth, for *Bragg Liquid Aminos* or *Sue's Kitchen Magic Seasoning* in recipes. To add soy sauce, to taste, start with 1 teaspoon soy sauce for 1 teaspoon *Sue's Kitchen Magic*, or for 1 tablespoon *Liquid Aminos*. Adjust the flavor to suit yourself.

- For recipes with tofu, only 2 or 3 in our books) omit the tofu.

Choice of Oils & Fats

Omit canola oil. Use butter, coconut oil or extra-virgin olive oil. Coconut oil is safe for cooking and baking and bestows considerable health benefits (see *Talking Food Pages - Benefits of Coconut Oil*). Use the best butter you can afford: raw (very costly) or organic butter from grass-fed cows (available at Trader Joe's Markets and health food stores). For salad dressings use extra virgin olive oil, or expeller pressed walnut and/or safflower oil, or in combination.

Choice of Sweeteners

Omit crystalline fructose. Use the alternative sweetener given in the recipes (usually honey). Very few recipes call for fructose alone.

Yeast Breads

I use the *Delicious Whole Grain Bread* recipe in the *Talking Food Pages - The Two-Stage Process* or in **Whole Grain Baking**, p. 144, or **Breakfasts**, 4th edition, p. 197, as my starter recipe for most of the bread recipes. I have used this same basic recipe for 32 years, now adapted to the two-stage process. If the yeast bread recipe calls for different ingredients, adapt the method used with the *Delicious Whole Grain Bread* recipe.

Balancing Menu Choices

For 30 years I recommended lowfat-high fiber menus. We are now broadening menu plans to include more reduced and low carb menu options, but not the extremes, thereof. See **Meals in Minutes**, 5th edition for menus that approximate a 40% carbohydrate, 20% protein, 40% fat balance. All other menus can be adjusted to these options by reducing serving sizes of grain items, increasing non-starchy vegetables, and increasing protein foods.

Food Storage & Wraps

Most plastic wrap and wax paper contain toxic substances. Use *Glad Cling Wrap* for plastic wrap. Use freezer paper to freeze foods not frozen in a container, or first wrapped in *Glad Cling Wrap* and then overwrapped with heavy duty foil. Use parchment paper for wax paper (such as *Reynolds*) at supermarkets. All of these are available in supermarkets. Use *Ziploc Freezer Guard* bags for plastic bag storage.

Resources

Nourishing Traditions by Sally Fallon with Mary G. Enig, Ph.D.

This book researches foods and eating patterns of traditional cultures to correct the dietary errors of our times. Exonerates red meats and saturated fats (explaining the virtues of butter and coconut oil), warns of the dangers of polyunsaturated fats, thoroughly explains the proper processing of grains, legumes, nuts and seeds for dealing with phytates and for easier digestion. Introduces the value of fermented foods with a wide variety of recipes. Much is drawn from Dr. Weston A. Price's work reported in *Nutrition & Physical Degeneration* (an invaluable classic). However, I would not put as much emphasis on meats, would trim the fat and skin from meats and poultry, and though shell fish has nutrient value, I do not recommend it.

The Untold Story of Milk by Ron Schmid, ND

A thoroughly informative expose of what has happened to raw milk, its nutritive and healing value, its status state-by-state and even some countries. Includes how to find resources.