

RECIPES
To ward off illness or to enhance recuperation
by Gilles Marin

THE SEVEN VEGETABLES SOUP
(Longevity Soup)

1 medium size leek
1/3 celery
1 large piece of banana squash or a small butternut squash or any other squash
2 turnips with greens if still fresh or a golden beet
3 carrots with greens if still fresh (take out the tough parts of the stems)
1 bunch swiss chard
Chopped parsley

- Chop veggies, put them in a big pot
- Add a teaspoon of pure sea salt (not regular table salt that contains sugar (dextrose) and heavy metals)
- Top with water (or chicken or beef stock, or bone broth) and bring to boil
- Reduce the heat and let simmer until thoroughly cooked (carrots are soft)
- Blend with a hand blender for five minutes or until completely liquified
- It should be fairly thick and ready to jar or to freeze

When reheating:

- Dilute either with water, or broth of choice, including bone broth
- Adjust salt to taste
- Serve hot with fresh chopped parsley on top or add some thyme while reheating to help digest better.

You can make variations by the day or by the person by adding in individual bowls any of the following

Black pepper
Red pepper
Olive oil or a piece of butter
Some aioli (basil and garlic mayonnaise)
Some persillade (chopped garlic and parsley)
Some grated cheese (Pecorino Romano is my favorite)
Garlic croutons (rub a clove of garlic on toast, sprinkle some olive oil, and break the toast in small pieces and voilà!)

Left-over cooked meat
Grounded raw meat directly put at the bottom of the serving plate (only when served hot enough to cook the meat)
A dropped raw egg (only when served hot enough to cook the egg)
Or whatever else your appetite is calling for.

You can jar the soup and keep it for several days in the fridge and freeze what you won't use during the week.

GINGER TEA

Ginger tea is a very good and safe adaptogen to drink throughout the day to keep you warm and strengthen your lungs. If you have a fever, make it very strong, drink it as hot as possible, wrap yourself in a warm blanket, and keep drinking it until you break a sweat. Your fever will start to go down within the hour.

For 4 cups of water

Slice thinly a piece of ginger the size of your thumb

Bring to boiling point, cover with a lid, and let simmer for 20 minutes

Drink hot as is or with honey to taste.

THE GROG

The grog in France is the most traditional home remedy against catching a cold or a flu. You can even order it in bars anywhere in the country.

A grog can be done with ginger tea as the base or just hot water.

Drink right before going to bed.

For 1 cup of hot water or ginger tea

The juice of ½ a lemon

1 teaspoon of good quality honey

1 shot of rum – or other hard liquor. Choose something of quality, not grain, corn or potato-based alcohol tainted with glyphosate (Roundup)

Drink while hot

Go to bed.

FERMENTED VEGGIES

You can ferment all kinds of vegetables. Experiment! Start with your favorite kind. You can make one kind at a time, or you can mix them. Then, try the vegetables you don't really like. Being fermented, they change taste and you might like them that way.

You need a big glass jar or a [pickling jar available here](#), to ferment all your vegetables together, and a few smaller jars for ease of consumption.

Vegetables: small cucumbers, young carrots, radishes, turnips, artichoke hearts, green beans, asparagus, okra, pearl onions, garlic cloves, brussels sprouts, cauliflower, etc....

Spices: lemon (falls between vegetable and spice), garlic, thyme, rosemary, laurel, cilantro seeds, juniper, caraway, dill, fennel, anis, mustard seeds, dry red pepper, black pepper, white pepper, clove... So many different spices. Choose according to your taste, and then, experiment...

Salt: Use a fine grain pure sea salt. Don't use common table salt, it is a poison. Its second ingredient after pure sodium is dextrose, which is a refined sugar from the corn industry (GMO, glyphosate). It also contains heavy metals (neurotoxins) as free flowing agents.

- Chop up or slice your vegetables about a bite size, or use whole if small and young.
- Put them in a mixing bowl with a fair amount of salt. Not too much either, just about twice the amount you would normally use for cooking. Add your spices of choice and be extremely generous for the amount. Spicing will prevent molds to corrupt your fermentation.
- Fill up your jar tightly and let it sit around at room temperature for a couple of hours. Vegetables will start to reduce and their juices start accumulating at the bottom. Pack up with more veggies and top up with water. Add an extra teaspoon of salt.
- Don't close the jar. Cover with a plate just to protect the content, but let it breathe.
- Put a plate at the bottom to collect the overflow of water that will come during fermentation.
- Wait for two days and taste a piece of vegetable. I like my fermented vegetables still crunchy so I usually give them only three days. After five days they become softer. It depends on the kind of vegetables: artichoke heart will need longer than asparagus, and depends mostly on your taste. The longer they stay in brine the more fermented and softer they'll get. The maximum time I left mine is five days.
- Drain the vegetables in a colander but don't rinse off the juices.
- Put in smaller jars, sprinkle with your favorite olive oil, add more or different spices (some people like to add some vinegar (I don't)). Close the jars tightly, give them a shake and put them in the bottom of your refrigerator where you can keep them for a year or so.
- Start another batch.

Enjoy and be well!

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