

AUTUMN/WINTER

FEEL GOOD FOOD

Recipes to help you nourish your body, heart and soul.

WELL MAMMA



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FEEL GOOD FOOD

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Root vegetable gratin

This dish is colorful, delicious and versatile. It also has the bonus of smelling oh-so-good when it slowly bakes in the oven. I serve it as a main, with some crusty bread and salad, but it also pairs very well with gamey meats such as duck, goose or turkey. And if for some reason you have leftovers, it is almost better warmed up the next day.



MUST-TRY

4-6 servings

Ingredients

- 1 sweet potato, cleaned and peeled
- 10 Jerusalem artichokes, cleaned and peeled
- 2 beets (one red, one yellow), cleaned and peeled
- 2 potatoes, cleaned and peeled
- 2 parsnips, cleaned and peeled
- olive oil
- 2 cups heavy cream
- 1 tbsp thyme
- 2 garlic cloves, minced
- salt and pepper to taste

Instructions

1. Preheat oven to 200 C
2. Slice all the vegetables very thin (2-3 mm) - I like to use a mandolin for this. Place them in a large bowl, season with salt, pepper and a drizzle of olive oil. Mix well and pour into an ovenproof dish.
3. In a small saucepan, warm the cream on medium heat with garlic, thyme, and a tsp of salt. Stir gently until it simmers softly, about 5 minutes.
4. Pour cream over vegetables and place in oven for an hour. Cover with aluminum foil if it starts browning too quickly.
5. Let cool 15 minutes before serving

DESSERTS

Persimmon spice cake

If you ever wonder what in the world to make with persimmons, don't. This cake's bold and spicy aroma will not only make you feel like it is Christmas, but will also warm your entire body and soul. Cloves, cinnamon, ginger and nutmeg are what we call "warming" spices that not only benefit your health, but also your mood. This recipe is inspired by James Beard's famous boozy persimmon bread.



BY-THE-FIRE SNACK

1 loaf

Ingredients

- 2 persimmons (they must be very ripe and jelly-like)
- 1 3/4 cup flour (spelt or gluten free also work)
- 2 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp powdered cloves
- 1/2 tsp nutmeg
- 1 tsp powdered ginger
- 3/4 - 1 cup white, light brown or coconut sugar
- 2 eggs, whisked
- 1/2 cup melted butter, ghee or odorless coconut oil
- 2 tsp vanilla extract
- 1 cup Sultana raisins
- 1 cup pecans, chopped

Instructions

1. Preheat oven to 190 C
2. Line a loaf pan with parchment paper
3. Peel the persimmon and take out the pit. You should be left with the jelly. Mash or blend it and set aside.
4. Mix flour, baking soda, spices and sugar in a bowl
5. Add in the persimmon jelly, eggs, butter and vanilla and mix until well combined. Add raisins and pecans.
6. Pour the batter into the pan and bake for 50-60 minutes or until cooked through and nicely browned
7. Let cool before slicing