

## TURMERIC CHICKEN LIVERS WITH ONIONS

### INGREDIENTS:

- 1 lb/500g of organic chicken livers
- 1 red onion (medium to large)
- ½ cup of pure revitalized or spring water
- 1 Tbsp of unsalted butter or ghee
- 2 turmeric rhizomes grated or chopped; or 6 shakes of dried turmeric
- 1 small ginger rhizome grated or chopped; or 3 shakes of dried ginger
- 2 Tbsp of wheat-free, low sodium tamari sauce
- 1 tsp of *Celtic* sea salt
- ½ tsp of red chili

### DIRECTIONS:

**Cut the chicken livers into smaller pieces and place them into a frying pan. Peel the onion and slice it into the pan. Peel the turmeric and ginger and grate or chop small pieces into the pan. Add the water and all the other ingredients. Cover and steam on medium heat for about 8-10 minutes. Remove the cover, stir, and sauté for another 5 minutes, until the chicken livers are cooked. Add more water if needed to prevent sticking or burning. Do not over cook.**

ENJOY this nutritious meal for brunch with Brown, Long-Grain Basmati Rice; Mung Bean Fettuccine; or Aduki Bean Spaghetti.

Serves 2

Use **organic** ingredients only

Suitable for ALL blood types

For B & AB blood types, use Brown, Long-Grain Basmati Rice instead of Mung Bean Fettuccine or Aduki Bean Spaghetti

**Chicken Livers** are a nutritious source of protein, iron, zinc, potassium, selenium, phosphorus, vitamins A and B, such as B-12, folate, and choline. They help prevent anaemia, maintain a strong immune system, and rebuild a weakened body after surgery or illness. Chicken livers also help maintain proper brain function, good eyesight, and healthy mucous membranes (mucosae). Their high fat and cholesterol are not the problem they were once thought to be. Always buy organic to avoid the toxins that factory farm animals are exposed to.

Native to Asia and the Middle East, **onions** have been cultivated for over five thousand years. They were valued both for their culinary use and their therapeutic properties. Onions were popular in ancient Greece and Rome and used as medicine in India. Egyptians valued them so highly, they used them as currency and placed them in the tombs of kings. Their use in European cuisine dates back to the Middle Ages. Christopher Columbus brought onions to the West Indies where their cultivation spread throughout the Western Hemisphere. Onions, come in many varieties such as white, yellow, and red. Smaller varieties are

green, scallion, and pearl. The red, Maui and Bermuda varieties are mild and sweet. The red variety is higher in flavonoids. Like garlic, the onion is a member of the *Allium* family. Its sulfur compounds called sulfides, are responsible for its pungent odor and taste. Additionally, they provide benefits for the body's cardiovascular system and connective tissues.

The onion also contains vitamin C, biotin, B6, B1, folate, copper, manganese, phosphorus, potassium, and fiber. These nutrients along with onion's compounds help prevent tumor growth and lower blood pressure and triglycerides.

Frequent consumption of onions can help increase bone density and provide benefits to the connective tissues. The onion is also rich in polyphenols including quercetin and flavanoids, which have anti-cholesterol, anticancer, antibacterial, antioxidant, and anti-inflammatory healing properties.

Select organic onions that are free of mold, well shaped, and firm. To maintain their benefits do not over peel or over cook onions. Store them alone in a cool dry, dark pantry or basket separated from other produce. Once cut, store in a sealed container, refrigerate, and then consume within a few days.

**Turmeric**, also known as *Indian saffron*, is native to Indonesia and Southern India, where has been harvested for over 5,000 years. It is a revered member of the Ayurvedic pharmacopeia and was introduced into Europe in the 13th century by Arab traders. Leading producers of turmeric include India, Indonesia, China, the Philippines, Taiwan, Haiti, and Jamaica.

Turmeric comes from the root of the *Curcuma longa* plant and has long been used in both Chinese and Indian medicine as a powerful anti-inflammatory. Turmeric provides relief in rheumatoid arthritis, skin problems, cystic fibrosis, IBD, such as Crohn's, ulcerative colitis, and colon cancer. Turmeric enhances liver function and inhibits cancer cell growth, metastases, and tumor growth. Because of its ability to inhibit free radical damage of fats, oxidation of cholesterol, and from pollution, it helps prevent various types of cancer, childhood leukemia, cardiovascular disease, and neurodegenerative diseases such as Alzheimer's disease.

With its deep yellow-orange pigment, called curcumin, is also used as a condiment in curries and textile dye. Pure turmeric powder has the highest concentration of curcumin compared to other curry powder products. Turmeric is also rich in manganese, iron, B6, fiber, copper, potassium.

Research (August 2006 issue of *Clinical Gastroenterology and Hepatology*) shows that the phytonutrient curcumin in turmeric, along with the antioxidant quercetin in onions, help prevent colon cancer by reducing the size and number of precancerous lesions in the human intestinal tract.

As with all herbs and spices, buy organic turmeric to avoid irradiated product and store it in a cool, dark, dry place or refrigerate.

**Ginger**, one of the main spices used in curries, is made from the rhizome of the *Zingiber officinale* plant. Its volatile oils, such as *gingerols*, are responsible for its strong taste. Ginger was originally cultivated in South-East Asia and exported to ancient Rome from India. Arabic and Indian cultures along with traditional Chinese medicine have used ginger for over 2,500 years. Its active antiseptic ingredients, terpenes and ginger oil, warm the body, promote perspiration, cleanse the lymph, and stimulate the circulation. It also enhances the body's use of serotonin. With its anti-inflammatory properties ginger increases circulation, lowers cholesterol, and thins the blood in much the same way as does garlic. Ginger is widely used as remedy for nausea, motion sickness, indigestion, IBS, bloating, and flatulence, to name a few. Ginger makes swallowing easier by stimulating saliva production and benefits digestion. Ginger is a powerful free radical scavenger/antioxidant. New

research indicates that ginger even fuels apoptosis (death of cancer cells). Fresh ginger's strong antibacterial properties makes it the most effective natural remedy for food poisoning.

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