

NEED RECIPES?

You'll find healthy and delicious recipes in the Appendix, "Beyond Organic Recipes." For additional recipes, please visit LiveBeyondOrganic.com.

BEYOND ORGANIC RECIPES

Living Beyond Organic has never been easier. In this section you will find delicious and nutritious recipes for Beyond Organic breakfasts, lunches, dinners, snacks, beverages, and desserts that your entire family will enjoy. These recipes contain foods and beverages loaded with vitamins, minerals, probiotics, enzymes, proteins, carbohydrate and fats. When preparing these recipes, it is best to use organic ingredients whenever possible.



RED MEAT DISHES

GREENFED BEEF FAJITAS

INGREDIENTS

2 pounds GreenFed beef cut into strips,
about 1/2 inch thick
6 tablespoons extra-virgin coconut oil
1/2 cup lemon or lime juice
4 garlic cloves, peeled and mashed
1/2 teaspoon chili powder
1 red pepper, seeded and cut into strips
1 yellow pepper, seeded and cut into strips
2 medium onions, thinly sliced
extra-virgin coconut oil
12 sprouted whole wheat tortillas
melted butter
amasai for topping
avocado for topping

DIRECTIONS

Make a mixture of oil, lemon or lime juice and spices and mix well with the beef. Marinate for several hours. Remove with a slotted spoon to paper towels and pat dry. Using a heavy skillet, sauté the meat, a batch at a time, in coconut oil, transferring to a heated platter and keeping warm in the oven. Meanwhile, mix vegetables in marinade. Sauté vegetables in batches in coconut oil and layer over beef. Heat tortillas briefly in a stainless steel pan and brush with melted butter. Serve beef mixture with tortillas and topping.

Serves 4-6.

FILET OF GREENFED BEEF

INGREDIENTS

GreenFed beef filets
 sea salt
 black pepper
 extra virgin olive oil
 chopped herbs (rosemary, thyme, etc.)
 2 cups port wine
 balsamic vinegar
 2 teaspoons of honey
 3 chopped shallots
 2 chopped garlic cloves
 asparagus
 porcini mushrooms
 soy sauce
 GreenFed cheddar blue cheese

DIRECTIONS

Season each filet with salt and black pepper and rub some extra virgin olive oil mixed with chopped herbs, such as rosemary and thyme. Grill or pan sear to desired temperature and taste.

Put 2 cups of port wine in a sauce pan with a good splash of balsamic vinegar, a couple teaspoons of honey, 3 chopped shallots, and 2 cloves chopped garlic. Reduce by or until slightly thickening. Strain through sieve if you like. Parboil asparagus in a generous amount of boiling water for 1-2 minutes. Shock in a bowl of ice water. Drain.

Season with salt and pepper, extra virgin olive oil, and a little chopped garlic. Chop mushrooms in half and place in roasting pan with some extra virgin olive oil, chopped garlic, salt and pepper, dash of soy sauce, and roast in 400-degree oven for 7-8 minutes or until browning and soft. Place cheddar blue cheese in a double

broiler with a few tablespoons of cream and warm until melted. Put cooked filets on plates and stack some asparagus next to them. Place some porcini mushrooms on top of the steak, put a spoonful of cheddar blue cheese over steaks, and drizzle on the port wine sauce.

The yield is 1 serving per beef filet.

Recipe courtesy of Mike and Margie Perrin of 11 Maple Street, a restaurant in Jensen Beach, Florida



GREENFED BEEF CHILI

INGREDIENTS

1 pounds ground GreenFed beef
 48 ounces tomato juice
 1 onion, chopped
 3 cans kidney beans, drained
 1 can Italian-style diced tomatoes
 chili powder
 salt and pepper to taste

DIRECTIONS

Brown beef in a skillet. In a large pot, bring tomato juice, chopped onion, drained kidney beans, and diced tomatoes to a boil and then turn down to simmer. Add browned meat after it has been drained. Add chili pepper, salt and pepper to taste. Cook on low for 30 minutes.

Serves 8.





RED MEAT DISHES

GREENFED BEEF STUFFED ACORN SQUASH

INGREDIENTS

- 1 cup GreenFed ground beef, cooked
- 1 cup quinoa, cooked
- 1 acorn squash, baked
- 1 cup onion, chopped
- 1 tablespoon extra virgin organic coconut oil
- 1 cup currants
- ¼ cup sunflower seeds
- 1-2 garlic cloves, pressed
- 1 teaspoon dried basil
- 1 teaspoon sea salt
- 1 teaspoon cumin
- 1 teaspoon paprika

DIRECTIONS

Bake the acorn squash at 400 degrees for 45 minutes, or until tender. The easiest way to cut the squash in half is to bake it for about 20 minutes whole. Remove from the oven and scoop out the seeds and return to the oven to bake until completely cooked through. If you add a little water to the baking pan, it will speed the baking process.

While the squash is baking, cook the ground beef and quinoa in separate pans. Saut onion in coconut oil until translucent. When cooked, scoop the beef and quinoa into a bowl and add onion, currants, sunflower seeds, garlic, basil, the salt, cumin, and paprika. Stir until well combined. Scoop half the mixture into each half of the acorn squash.

Serves 2.

Adapted from The Juice Lady's Living Foods Revolution by Cherie Calbom



NICKI'S GREENFED MEATLOAF

INGREDIENTS

- 1 pounds GreenFed ground beef
- 1 pasture-raised egg, beaten
- 1 teaspoon Dijon mustard
- 1 cup ketchup
- 1 finely chopped onion
- ½ finely chopped red pepper (or green)
- 1 cup organic whipping cream
- 1 teaspoon salt
- 1 cup oats
- 1 cup buttered sprouted whole grain toast
- 1 tablespoons organic cane sugar

TOPPING INGREDIENTS

- 1 ketchup
- 3 tablespoons organic cane sugar
- 2 teaspoons stone ground mustard
- 1 teaspoon chili powder

DIRECTIONS

Mix ingredients and bake in loaf pan 1 hours at 350 degrees. Spoon mixed topping ingredients over loaf the last 10 minutes.

Yield is 4-6 servings.

Recipe courtesy of Nicki Rubin



RED MEAT DISHES

SPINACH AND BEEF LASAGNA WITH GREENFED CHEESE

INGREDIENTS

- 1 pound ground GreenFed beef
- 12 spelt whole grain lasagna noodles
- 3 cups pasta sauce (or tomato sauce)
- 3 cup ricotta cheese
- 1 teaspoon olive oil
- 4 ounces crumbled GreenFed cheddar cheese
- 2 eggs, beaten
- 1 tablespoon chopped fresh basil (or 1 teaspoon dried)
- 1 cup grated parmesan cheese
- 1 cup shredded GreenFed havarti cheese
- salt and pepper or Herbamare seasoning
- 4 cups raw baby spinach (or regular chopped spinach)

DIRECTIONS

Preheat oven to 400 degrees. Place lasagna noodles in a large shallow dish and cover with boiling water for 15–20 minutes to soften. Cook beef in a large skillet for 10 minutes or until brown, stirring occasionally. Drain fat and return to skillet. Reduce to low heat and add in pasta sauce. Simmer for 5 minutes. In a bowl, mix ricotta, GreenFed cheddar cheese, eggs, basil, parmesan, and salt and pepper or use Herbamare to taste.

Spread 1 cup of sauce on bottom of 9x13-inch baking dish. Place 1/3 of softened noodles on top of sauce. Add 1/3 spinach, pressing down to make a flat layer. Spread 1/3 ricotta mixture as the next layer. Top with meat mixture, and then another 1/3 of noodles. Add remaining spinach as a layer, and then the remaining ricotta mixture as a layer. Top with remaining noodles and last cup of sauce. Bake 45 minutes to 1 hour on the middle rack at 400 degrees. Sprinkle GreenFed havarti cheese over sauce during the last 10 minutes of baking. May be prepared and refrigerated up to 24 hours or frozen.

Serves 8.

GREENFED SHEPHERD'S PIE

INGREDIENTS

- 1 pound GreenFed beef (or other red meat)
- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 cup sliced mushrooms
- 2/3 cup hummus
- 3 tablespoons butter
- 1 squash, julienne
- 1 zucchini, julienne
- 2 sweet potatoes

DIRECTIONS

Heat oven to 350 degrees. Place sweet potatoes in oven and cook for 35 minutes. Saut onion in olive oil for 2–3 minutes over medium heat. Add beef and mushrooms, cooking until done. Stir in hummus and set aside. Saut squash and zucchini in 1 tablespoon of butter until just tender.

Take sweet potatoes, peel away skin, and mash with 2 tablespoons butter. Grease a 9 x 9 casserole dish with butter. Spread the beef mixture evenly in pan. Cover with vegetable mix. Spread mashed sweet potatoes over top. Cover and cook in 350-degree oven for 20 minutes. Uncover and let cook for 5 minutes.

Serves 4.

Recipe courtesy of Jason Longman





RED MEAT DISHES

HEALTHY POWERBURGERS WITH RAW KETCHUP

INGREDIENTS

1 pound GreenFed ground beef
 1 cup chopped veggies such as yellow onions,
 green onions, zucchini, and
 yellow squash
 2 tablespoons chopped parsley

DIRECTIONS

Saut the vegetables over medium heat until tender, about 8-10 minutes. In a medium bowl, combine the saut ed vegetables with the ground beef and parsley. Work the mixture with your hands until well combined. Form into four patties and grill until done. Serve on whole grain buns, or as an open-face burger on lettuce leaves, or between two lettuce leaves.

Serves 2-4.

*Adapted from The Coconut Diet
 by Cherie Calbom*



HEALTHY RAW KETCHUP

INGREDIENTS

1 cup chopped tomato
 1 cup sun-dried tomatoes, soaked
 for 30 minutes, drained, and chopped
 1 tablespoon fresh garlic, minced
 10 fresh basil leaves
 3 dates, pitted
 1/2 cup extra virgin olive oil
 1 tablespoon unpasteurized soy sauce or 1
 teaspoon sea salt
 1- 2 tablespoons apple cider or
 coconut vinegar

DIRECTIONS

Blend all ingredients together until it forms a paste. Makes about 2 cups.

*From The Juice Lady's Living Foods
 Revolution by Cherie Calbom*





FISH DISHES

SEARED TUNA WITH BROWN RICE CAKES AND WAKAME SALAD

INGREDIENTS

- 4 6-ounce pieces tuna steaks
- 1 cup sake
- 1 cup soy sauce
- 1 teaspoon ginger, grated
- 2 tablespoons cilantro, chopped
- 4 tablespoons clarified butter (ghee)
- 1 medium onion, diced
- 1 clove garlic, chopped
- 1 jalapeño, seeded and chopped
- 1 cup shiitake mushrooms, chopped
- 3 cups brown rice, cooked
- ½ cup vegetable or fish stock
- 4 tablespoons butter
- 1 ounce dried wakame

DIRECTIONS

Mix together the sake, soy sauce, ginger, and cilantro and marinate tuna steaks for 1-2 hours. Place tuna steaks in a hot pan with 2 tablespoons of clarified butter. Sear to desired doneness. In a 12-inch skillet over medium heat, melt 2 tablespoons of butter. Add onions and garlic and sauté for 4-5 minutes. Add jalapeño and mushrooms and cook for another 6-8 minutes. Take 1 cup of cooked brown rice and place in food processor and pulse until coarsely ground. Put the ground rice and whole rice in a bowl, season with salt and pepper, and add sautéed vegetables. Mix well. Form rice into cakes.

Heat 12-inch skillet over medium-high heat and add remaining 2 tablespoons of clarified butter. Sear rice cakes for about 2 minutes per side. In a medium saucepan, warm ½ cup fish or vegetable stock. Add 2 tablespoons of cold unsalted butter and melt. Remove from heat and add wakame. To serve, place wakame (with sauce) on the plate, top with rice cake and then tuna steak.

Serves 4.





FISH DISHES

HALIBUT DIJON

INGREDIENTS

1 pounds halibut, cut into four steaks
 1 cup fresh lemon juice
 1 cup plain Amasai
 ½ cup finely chopped onion
 1 tablespoon Dijon mustard
 ¼ teaspoon red pepper flakes
 Sea salt and pepper to taste

DIRECTIONS

Make 3 diagonal cuts on each fish steak 2 inches long and ½-inch deep. Place fish in shallow bowl and pour lemon juice over the fish, making sure it seeps into the fish. Let the fish stand in the lemon juice at room temperature for 30 minutes.

Preheat broiler. In a shallow bowl, stir together Amasai, onion, Dijon mustard, and red pepper flakes.

Salt and pepper the halibut steaks, as desired.

Scoop the mustard-mustard mixture on a plate and dip each halibut steak in the mixture, coating both sides. Arrange halibut on broiler tray and broil 5 minutes, then flip the steaks. Apply the rest of the amasai mixture to the top of the steaks and return to the broiler for another 4-5 minutes, or until the fish is opaque in the center.

Serves 4.

Adapted from The Coconut Diet by Cherie Calbom

HERB-BAKED WILD SALMON

INGREDIENTS

4 6-ounce pieces of salmon
 1 tablespoon Trocomare or other mixed spice blend seasoning
 1 teaspoon tarragon (dry)
 1 teaspoon coriander crushed seeds
 juice of 2 lemons
 2 tablespoons of pasture-raised butter

DIRECTIONS

Marinate fish in herbs, spices, and lemon juice for 1-2 hours. Sear in hot butter, 2 minutes on each side. Finish in oven 5 minutes at 385 F.

Serves 4.

Recipe courtesy of Sheila Barcelo of Eden's Wellness Lifestyle in Lakeland, Florida





FISH DISHES

WILD SALMON BURGERS WITH GINGER-LEMON SAUCE

INGREDIENTS

- 16 ounces pre-cooked or canned wild salmon sockeye, drained and flaked
- 2 pasture-raised eggs
 - cup chopped fresh parsley
- 2 tablespoons finely chopped onion
 - cup cooked quinoa
- 2 tablespoons lemon juice
 - teaspoon dried basil
- 1 pinch red pepper flakes or cayenne pepper
- 1 tablespoon extra virgin coconut oil

GINGER-LEMON SAUCE

INGREDIENTS

- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
 - teaspoon fresh ginger juice or
- 1/8 teaspoon ginger powder
- 1 pinch dried basil

DIRECTIONS

In a medium bowl, mix together the salmon, eggs, parsley, onion, 2 tablespoons of lemon juice, teaspoon of basil, and red pepper flakes. Form into 6 firmly packed patties, about 1/2 inch thick. Heat the oil in a large skillet over medium heat. When the oil is hot, add the patties and cook for 4 minutes per side, or until nicely browned. In a small bowl, mix together the mayonnaise, 1 tablespoon of lemon juice and a pinch of basil. Use as a sauce for your patties.

Serves 2-4.

BLACKENED SEA BASS

INGREDIENTS

- 6-ounce pieces of fish, cover completely with blackening spice mix
- 1 tablespoon extra virgin coconut oil
- 2 tablespoons cumin seed, ground
- 2 teaspoons coriander seed, ground
- 1 tablespoon dulse flakes
- 3 tablespoons tamari
- 1 teaspoon organic cane sugar
- 1 tablespoon capers

DIRECTIONS

Heat cumin seed, coriander seed, and dulse for 1 minute in small fry pan with coconut oil. Add tamari, organic sugar, and capers. Blend well. Marinate fish for minimum 3 hours. Heat under broiler on high. Cook fish 2 minutes on each side.

Serves 4.

Recipe courtesy of Sheila Barcelo of Eden s Wellness Lifestyle in Lakeland, Florida





POULTRY DISHES

CHICKEN PICCATA WITH DIJON HIZIKI DRESSING INGREDIENTS

5 6-ounce marinated boneless chicken breasts
4 ounces clarified butter oil (ghee)
1 ounce amaranth flour
1 lemon
1 serving garlicky green beans (see recipe on page 263)
4 ounces Italian zucchini
4 ounces Dijon Hiziki (see below)
2 ounces cultured vegetables
1/8 teaspoon Herbamare or mixed spice blend

DIRECTIONS

In a large sauté pan, melt the clarified butter. Coat the chicken breast in amaranth flour. Sauté chicken 1½ minutes to sear on both sides. While searing, add the juice from lemon. Continue to sauté until nearly completed cooking, turning occasionally to lightly brown. Add the juice from lemon and finish cooking in the oven. Remove the cooked chicken piccata from the oven and slice diagonally into 5 even strips. Season the sauce to taste with a pinch of sea salt. While the chicken is cooking, prepare the garlicky green beans. In a large sauté pan with olive oil, sauté garlic, oil and sea salt 1 minute. Add green beans and sauté.
Serves 1.



DIJON HIZIKI DRESSING INGREDIENTS

2 ounces hiziki boshu
1/8 cup extra virgin coconut oil
1 quart diced yellow onions
1/2 cup Dijon mustard
1/8 gallon water
1/2 tablespoon sea salt
1 quarts chopped white cabbage
1/2 quart red peppers

DIRECTIONS

Soak hiziki in a large pan of filtered water, then transfer to a fresh pan and soak again. Transfer to a colander and rinse. In a pot, heat the oil and sauté the onions on low heat.

Stir in mustard. Dissolve the salt into the water. Add the hiziki to the cooked onions. Then add the salt water solution and bring up to heat. Reduce to simmer and cover.

Check back in 10 minutes.

Fold washed and small diced cabbage into the above mixture and continue to simmer. After liquid has cooked down, fold in peppers, remove from heat and let cool. Store, cover and refrigerate. Shelf life 3 days.

Yield: 1 quart.

Recipe courtesy of R. Thomas Deluxe Grill in Atlanta, Georgia



POULTRY DISHES

SWEET AND SOUR CHICKEN INGREDIENTS

- 1 pound boneless cubed chicken
- 1 tablespoon extra virgin coconut oil
 - red bell pepper cut into thin strips
 - green bell pepper cut into thin strips
- 1 tablespoon cornstarch
- cup soy sauce
- 1 cup pineapple cut into small chunks
 - cup pineapple juice
- 3 tablespoon vinegar
- 3 tablespoons organic cane sugar
 - teaspoon ground ginger
 - teaspoon garlic powder
- 1 cup brown rice

DIRECTIONS

Prepare brown rice as directed on package. Heat coconut oil in a large skillet and stir-fry chicken until well browned. Add peppers and cook another 2 minutes. Mix cornstarch and soy sauce. Pour into skillet. Add pineapple and juice, vinegar, organic cane sugar, ginger, and garlic powder. Bring to a full boil. Serve chicken over brown rice.

Serve 4.

HERBED STIR-FRIED CHICKEN AND MIXED VEGGIES INGREDIENTS

- 2 pounds chicken, cut into thin strips
 - cup fennel, thinly sliced
- 1 cup red and green bell peppers, thinly sliced
- 1 tablespoon red chilies, diced
 - cup carrots, thinly sliced
- 2 tablespoons mint leaves, roughly chopped
- 2 tablespoons sweet basil, roughly chopped
 - cup coconut oil
- 1 tablespoon tamari
 - cup Mirin sauce
- 4 cloves garlic, finely chopped
- 2 teaspoons coriander seeds, crushed
- 1 teaspoon cumin, ground

DIRECTIONS

Season chicken with coriander seeds, tamari, and cumin. Marinate for 3 hours. Stir-fry carrots in coconut oil for 3 minutes. Add fennel, stir-fry for 2 minutes, then add all peppers and garlic, stir-fry for 1 minute. Combine chicken and veggies; return to heat and add Mirin sauce. Heat for 3 minutes; remove from heat. Add mint and basil leaves. Combine well and serve.

Serves 4.

Recipe courtesy of Sheila Barcelo of Eden's Wellness Lifestyle in Lakeland, Florida





POULTRY DISHES

GREENFED CHEESE-STUFFED FREE-RANGE CHICKEN BREAST

INGREDIENTS

2 pasture-raised chicken breasts
 GreenFed havarti cheese
 chopped thyme
 chopped marjoram
 basil pesto (see below)
 rhubarb
 unsalted pasture-raised butter
 balsamic vinegar
 honey
 black beans
 salt
 black pepper
 chopped garlic
 extra virgin olive oil
 pine nuts
 chopped basil
 watercress
 red onions

DIRECTIONS

Cut a pocket in the side of each chicken breast and stuff with fresh goat cheese, mixed with some chopped thyme and marjoram. Rub inside and out with basil pesto (recipe follows). Dust each chicken breast with flour and pan sear both sides until nicely browned. Check middle to see if still pink, then finish roasting in oven. Wash and cut rhubarb stalks (1 per person, peel if stringy) on the diagonal into half-inch pieces. Put in roasting pan, drizzle with unsalted butter until well coated. Add 1/2 cup or so of balsamic vinegar, salt and pepper, and drizzle honey over all. Roast in a 375-degree oven until pieces feel soft and the butter and balsamic begin to caramelize. Do not stir or pieces will dissolve. Taste, and if still very tart, drizzle on a little more honey.

Soak black beans overnight. Drain. Cook black beans in a generous amount of water until tender. Drain and season with salt and pepper, a little chopped garlic and extra virgin olive oil. To make pesto, grind a good pinch of kosher salt and 2 cloves of garlic in a mortar. Add some toasted pine nuts (or substitute almonds, walnuts, etc.) and a little extra virgin olive oil. Grind up good.

Roughly chop some basil, add to mortar, grind up a little, and finish with more olive oil. Carefully spoon some rhubarb on each plate and top with chicken breast (sliced if you like). Toss watercress lightly with black beans, sliced red onions, splash of balsamic vinegar, and extra virgin olive oil. Place salad on chicken and drizzle a little pesto around the plate.

Serves 1-2 persons.

Recipe courtesy of Mike and Margie Perrin of 11 Maple Street, a restaurant in Jensen Beach, Florida



POULTRY DISHES

CHICKEN WITH SUN-DRIED TOMATOES AND SPINACH

INGREDIENTS

- 2 skinless, boneless chicken breasts
- 2 tablespoons butter
- 1 tablespoon extra virgin olive
cup white wine
cup chicken broth
- 1 lemon
cup sliced sun-dried tomatoes
- 1 cup fresh spinach
- 2 tablespoons capers
- salt and pepper

DIRECTIONS

Cut both chicken breasts into halves. Pound out to $\frac{1}{2}$ -inch thick. Season both sides with salt and pepper. Heat a large saucepan over medium high heat. Melt 1 tablespoon of butter and add olive oil. Saut chicken breasts evenly on both sides until done, about 3 minutes per side.

Remove chicken and set aside, keeping warm. Add sun-dried tomatoes and capers and let cook for 1 minute. Add white wine, chicken broth, and juice from one lemon. Reduce by half, then add spinach, cooking until just wilted.

Serves 1 or 2.

Recipe courtesy of Jason Longman



THAI EXPRESS BOWL WITH CHICKEN

INGREDIENTS

- 3 ounces chicken, cooked and pulled
- 2 ounces extra virgin olive oil
- 2 ounces broccoli
- 2 ounces red cabbage
- 2 ounces carrots
- 2 ounces green onions
- 2 ounces red onions
- 4 ounces peanut butter sauce
- 1 cup steamed quinoa
- 1 teaspoon cilantro

DIRECTIONS

In a large saut pan, heat the olive oil. Add the vegetables, chicken (slice $\frac{1}{2}$ inch thick) and saut until hot. Add peanut butter sauce and toss well only to warm the sauce. In a large bowl, steam the quinoa. Add the above saut to the hot bowl of quinoa and garnish with cilantro.

Serves 1.

Recipe courtesy of R. Thomas Deluxe Grill in Atlanta, Georgia





POULTRY DISHES

CHICKEN CURRY

INGREDIENTS

- 6-8 organic, pasture-raised chicken thighs
- 1 cups plain Amasai
- 3 tablespoons fresh lemon juice
- 3-4 tablespoons extra virgin coconut oil
- 2 cups chopped onion
- 1-2 green hot peppers, finely chopped (optional)
- 1 tablespoon freshly minced garlic*
- 2 teaspoons coriander
- 1 teaspoons turmeric
- sea salt to taste (optional)



DIRECTIONS

A medley of steamed vegetables and a wild and brown rice bed for the chicken and sauce makes a nice accompaniment and is useful for soaking up this lovely curry sauce. Heat a heavy pan, add the oil and onion, and saut gently until they are soft and transparent. Don't rush this part. It is very important that the onions be really softened and cooked to a slightly golden color. Only then will they be ready for the spices. This could take as much as 15-20 minutes.

If you like just a little touch of spiciness, seed the peppers (remove the seeds) and chop them up finely. If you like lots of spiciness, then leave the peppers whole with the seeds intact. Now add the minced garlic and spices and saut for another 3 minutes, stirring constantly. Pushing the onions aside, add the chicken pieces to the pan and cook to a slightly golden color. Turn them around and cover them with the onion spice mixture. Stir in the amasai, then simmer for at least 45 minutes until the chicken is tender. By cooking this dish slowly for a lengthy period, you ensure that the meat will absorb all the lovely flavors of the spices and the amasai. Add the lemon juice and it's ready to serve. If the lemon is very large and juicy, use only half. You may not need any salt in this dish, but if you are a salt aficionado, add a pinch.

Serve hot over a brown and wild rice bed.

** Note: Always use fresh garlic, never garlic salt or garlic powder; it will ruin the taste of the dish! A dollop of plain Amasai will be cooling, especially if the hot version is used. (A dollop is a large tablespoon or two.) This is an excellent antidote for spiciness and blends very well with any curry flavor.*

Serves 3-4.

Adapted from *The Coconut Diet* by Cherie Calbom