



Guide To

ORGANIC COOKING

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Introduction

Many people dislike the use of chemicals in fertilizers, pesticides and herbicides that are used in conventional growing methods because they feel these contribute largely to the soil's erosion and destruction and water table pollution. Plus many dislike the use of genetically modified seeds and plant stock, believing these can introduce unknown factors into nature that may not be entirely safe for everyone. Hence there's a growing popularity for organic foods.



Organic foods are basically foods that are grown in a natural way; i.e. without the use of pesticides, fertilizers that are considered chemical based. They also do not incorporate food strains that have been genetically modified.

When you head to your local supermarket or even outdoor market and look over the fresh produce, organic foods are often seen as the plainer choices there, but not always. In other words they may tend to lack the sheen look and hardy luster of crops where pesticides, chemical fertilizers and genetics have been involved during growth stages. However, don't let the foods' appearance fool you. Inside you still get great taste, good food.

So you're missing out on nothing. What you may note, though, is the price difference as organic foods tend to be priced. This is mainly because conventional farming methods can yield much larger crops at this time, resulting in better pricing overall.

Following along the practices of organic farming, organic cooking means that the foods you use in your cooking or using are:

1. Grown or fed crops that are using natural fertilizers like manure and compost instead of chemical fertilizers.
2. Grown or fed crops using natural pesticides and herbicides found in nature instead of synthetic pesticides and herbicides.
3. Grown or fed crops using only non-genetically modified plants and seed stock

Organic Breakfast Ideas

To start each day in a much healthier way with organic cooking, here are some organic breakfast ideas:

Hearty Oatmeal

Forget about those processed instant oatmeal packets. And opt instead for healthy oatmeal with small bowls of extra goodies for everyone at the table to choose from like: fresh berries, raisins, bananas, nuts, brown sugar, maple syrup or other goodies.

Ingredients:

2¹/₄ cups water

1 cup rolled oats

1 cup milk (of your choice)

½ cup raisins (optional)

¼ chopped walnuts

Sugar or other sweetener to taste

Salt to taste

Cinnamon to taste

Preparation: Boil the water and the salt in a suitable saucepan. Add in the milk and the oats when the water is boiling, stirring continually so the oats don't become lumpy.

Keep stirring until the oats are cooked, about 5 minutes, add the nuts and the raisins, mix well and turn off the heat. Cover the pan and let it sit for about 3-4 minutes. Serve with your sweetener of choice and more milk if needed.

Preparation Time: 15 minutes

Serves: makes 2 hearty servings

Hearty Hash Browns



Ingredients:

1 large or 2 medium sized Potatoes

1-2 tbsp Oil

Salt to taste

Preparation: Peel and grate the potatoes. If you're making for more than one serving place the potatoes in cold water so that that they don't turn color.

Heat the oil in a medium to large skillet. Add salt to the grated potatoes and lightly mix while the oil is heating.

Next add the grated potatoes to the skillet and fry until golden brown. Leftover spuds are also good to be used as hash browns.

Preparation Time: 5 minutes

Serves: makes 1 serving

Organic Breads, Soups & Salad Ideas

To continue your day in a much healthier way with organic cooking, here are some bread, soup and salad ideas:

Best Banana Bread Muffins

Ingredients: 2 cups All Purpose Flour
3 Bananas
1 cup Sugar
½ cup Butter
3 Eggs
1 tbsp Water
½ tsp Baking Soda
½ tsp Salt
Sugar (a little bit for sprinkling purposes)

Preparation: Preheat your oven at 350oF. Then peel and mash the bananas. Add the sugar, the eggs, butter and water and mix together well.

Next add the remainder of the ingredients and mix enough to combine the ingredients only.

Grease your muffin tray or use muffin liners and pour the batter in. Dust the batter with sugar, and place in the oven and bake for about 10-15 minutes.

When they are done take them out of the oven and place on a wire rack to cool. For a crunchy variation, you can add some chopped walnuts to the batter.

Preparation Time: 30 minutes

Serves: makes 18-24 muffins

Peppy Pasta Salad

Ingredients:: 2 cups cooked Pasta (of your choice)
½ cup frozen Peas
? cup Mayonnaise
? cup Jack cheese, shredded
2 cloves Garlic, minced
½ fresh Lemon, juiced
1 tsp Thyme
Pinch of Oregano

Preparation: Cook and drain the pasta. Then take a large bowl and mix all of the ingredients together. After that leave the whole thing in the fridge to chill for about 1-2 hours before serving.

Preparation Time: 30 minutes prep time, 2 hours chilling time
Serves: makes 4 servings.

Organic Snacks, Sides, Starter Ideas

To continue your day in a much healthier way with organic cooking, here are some bread, soup and salad ideas:

Quick & Easy Potato Chips

Ingredients: 1 Potato, thinly sliced
Oil

Preparation: Spray the dinner plate with some oil. Place the potato slices on the plate in a row.

Put the plate in the microwave on HIGH for 4 minutes. During this time turn potato slices over. Continue to microwave for another 3-5 minutes so that both sides have a chance to cook.

Potatoes are fully cooked when they are browned on top. Remove from the dinner plate. Salt and season the potato slices to taste. Toss the chips to coat with salt. Let the slices become cool so they can become nice and crispy.

Preparation Time: 10 minutes
Serves: makes about 1-2 servings

Classic Biscuits

Ingredients:

- 1 ½ cups All-Purpose Flour
- ½ cup Multi-Grain Flour
- 3 tbsp Baking Powder
- 1 tbsp Yeast Flakes or Brewers Yeast
- 1 tbsp Flax Meal
- ¾ cup Rice Milk or Soy Milk
- ? cup Margarine or Vegetable Oil
- ¼ tsp Salt

Preparation: In a bowl combine the Flax meal, both of the flour types, the yeast flakes, baking powder and salt together. To this mixture add some margarine. Blend entire mixture with a fork until the dough is crumbly.

Add Milk and blend well until dough is moist enough to knead and shape. Roll out dough mixture until it is ¾ inch thick.

Cut out the Biscuits with a cookie cutter or the top of a wine glass. Place cut out Biscuits on an ungreased baking sheet. Bake in oven at 450 degrees for 10 to 12 minutes.

When the biscuits are done they will be a golden brown on top. Serve piping hot and enjoy.

Preparation Time: 25 minutes
Serves: makes 15 servings

Organic Main Courses, Dessert & Garden Ideas

To continue your evenings and plan your garden in a much healthier way with organic foods, here are some organic main courses, dessert & garden ideas:

Mango Lassi

Ingredients: 4-6 tbsp Yoghurt
 $\frac{3}{4}$ pint of iced Water
 $\frac{1}{4}$ cup Mango juice
 Sugar to taste

Preparation: You have a choice here, you can either throw everything into the blender and get it all over and done with in one go, or you could do it the slightly longer way.

For this method, you will first need to beat the yoghurt until it's smooth then add the water, sugar and the mango juice.

For both methods however, the best way to serve it is chilled, or poured over ice.

Preparation Time: 5-10 minutes
Serves: makes 2-3 servings

Quick and Easy Chili

Ingredients: 2 large Onions, chopped
 $\frac{1}{4}$ cup Chili Powder
 2 – 4oz Green Chili Peppers, chopped (amount depends on taste)
 2 cans Red Kidney Beans, with liquid
 1 large can Stewed Tomatoes
 1 tsp Oregano
 1 tsp Garlic Powder
 Red Pepper or Cumin to taste.

Preparation: Make the chili by adding all of the ingredients to a large pot. Bring the contents to a boil.

When this mixture has boiled reduce the heat and simmer with the lid closed (there should be a little space left open to allow the steam to escape from the pot).

Keep on the stove top and simmer for 2 hours. To get the full flavor of the chili right through all of the ingredients stir the chili pot every 10 minutes.

When the chili is done remove from heat. You can serve the chili into bowls or with your favorite hot dog.

Preparation Time: 10 minutes

Serves: makes 4 servings

Well, time is nearly out now for your lessons on organic cooking. Do note that the samples above only represent a very, very small sampling of our [organic main courses](#), dessert & garden ideas that we have to share with you!

Download the rest of this book for \$19.99

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[**Read more about Organic Food**](#)