

# Health Reflections

Glenda da Blenda



## The Life and Times of Glenda da Blenda

When news of a University of York campus duck went viral this year, I smiled at the inventiveness. In the spirit of the-world's-your-oyster, who but a student would call a wild bird Long Boi, then set up an Instagram account in its name?

Another youthful pursuit, apparently, is the naming of kitchen appliances. One of my sisters has a stick blender from her student days, labelled carefully as 'Glenda da Blenda.' Glenda surely stirred up some love in her day, and is still going strong with nutritious dishes.

If I were to have access to only one electrical kitchen gadget, a stick blender, whatever its name (or gender!) would probably be it. For my G.A.P.S.<sup>TM</sup> clients too, from students to parents to elders, I often recommend that they obtain one if possible. (No, you needn't give your blender a name or set it up with an online following!)



**Creamed Soups** Let's explore some Glenda genius! To make your own soup, start off with a generous quantity of homemade stock\* and add to it a selection of seasonal vegetables. Onions, garlic, turnip, pumpkin and carrot make a good combination, and either a piece of blade mace

or a thumb of ginger for added zing. Onions, celeriac, nettle-tops and peas also make a flavoursome composition. For a creamy texture, add to the pan a spoonful of coconut butter (from a sustainable source) or a good dollop of bone marrow, or wait until the end to stir some probiotic dairy cream into the mix. Simmer until all vegetables are softened, then introduce a stick blender straight into the pan and pulse until silky-smooth.

As an undergraduate, one of my friends fancied himself as the master maker of creamed soups. When I met him several years later he gifted me with a bottle of Pumpkin Seed Oil from his native Austria, to drizzle on top of such a dish.



**Nourished Beginnings** Moving on to young families, these two purees come from Renee Kohley, founder of Raising Generation Nourished. The aim as proposed by Renee is to "set the stage for creating a broad taste palate for baby to create an adventurous, well-rounded eater."

**Carrots with Tallow or Lard and Sea Salt** : Pan-sauté some carrots in lard (kindly raised and pasture fed) or tallow (the nourishing fat from beef or lamb) until fork-tender. Season with a kiss of sea salt (no table salt please) then puree with a splash of bone broth until smooth.

**Squash with Butter and Kraut Juice** : Roast squash halves in a hot oven, buttered and sprinkled with sea salt. When fork-tender, scoop out the flesh and blend into a puree. If too thick, add just enough meat stock or bone broth to loosen. To serve, stir in an extra ½ teaspoon of butter and ¼ teaspoon of sauerkraut juice per tablespoon of puree.

*\*Stock can be easily made with raw chicken carcasses / oxtails / lamb bones / fish frames etc. Add a few onions and herbs and a pinch of salt, simmer in water for 2-3 hours, strain and refrigerate.*

### THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK\*

*Long Boi: The University of York's Viral, Very Tall Campus Duck*: Natasha Meek ([www.yorkpress.co.uk](http://www.yorkpress.co.uk), 2021);

*Nourishing Beginnings Baby Foods*: Renee Kohley (Page Street Publishing Co., 2016);

*The Heal Your Gut Cookbook*: Hilary Boynton & Mary Brackett (Chelsea Green Publishing, 2014);

*Gut and Physiology Syndrome*: Natahsa Campbell-McBride (Medinform, 2020);

*How to Make Mayo With an Immersion Blender*: Heather Dessinger ([www.mommypotamus.com](http://www.mommypotamus.com), 2022).

*\*Fran Lebowitz - Social Studies*



**Riced Cauliflower** When all grains are out and healing the gut is in, this genius idea can save the day.

Chop a cauliflower into florets then add a few at a time into a blender jug.

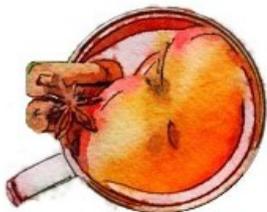
Pulse with a stick blender, shake the jug and pulse again until the cauliflower is broken into tiny pieces – but not for so long as to mush to a pulp! Transfer to a pan and simmer gently, either in stock or plain water, until softened. One could also jazz up the flavour with herbs and spices. Drain and serve as a side dish, with a sprinkling of rock salt and a knob of butter or a drizzle of olive oil.

**Lobscouse** Strapped for cash in her university days, another friend of mine used to make a weekly pot of lobscouse in her halls of residence kitchenette. It's a traditional staple that gets better when reheated, but when healing the microbiome, the potatoes must be temporarily omitted and so the thickness of the liquid may get lost. This can be rectified by using a stick blender in the pan to pulse just a small portion of the stew to thicken it up.

For those unfamiliar with making lobscouse, it's simply a case of sautéing some stewing steak in a little tallow, before adding chopped swede, turnip, carrots and onions then covering with fresh homemade stock (no stock cubes please!) Rather than potatoes, celeriac can be added if desired. Simmer slowly until the meat is cooked, then season well with rock salt or sea salt. Reheat and rejoice!

**Apricot Sauce** Forget sugary ketchups because this sauce hits the spot with both children and adults. Into a tall container, place 2 cups of unsulphured apricots, 1 cup of homemade stock, 3 tablespoons of cold pressed olive oil, 1 teaspoonful of sweet paprika and a pinch of salt and pepper. Blend well, adding more olive oil if too stiff and extra salt and pepper to taste, if needed. Refrigerate until needed, then enjoy a spoonful with a lamb dish or with 100% meat sausages or with a lacto-fermented lentil loaf.

**Buttered Apple Drink** Why not try this on cozy family evenings or weekends with grandparents? Peel, core and chop an apple and blend thoroughly with a small thumb of ginger and two cups of water. Heat in a pan together with a pinch of cinnamon, a pinch of nutmeg and a teaspoon of butter or ghee or coconut oil. Add honey to taste and when warmed through, pour and serve.



*(Serves 2 – double or triple for more people!)*

**Hazelnut Spread** For birthdays and other special occasions, this recipe is borrowed from Boynton and Brackett's *Heal Your Gut Cookbook*. It requires 2 cups of hazelnuts pre-soaked overnight in water (discard the water in the morning), 2 tablespoons of raw cacao powder, 1 tablespoon of raw honey, 2-4 tablespoons of melted coconut oil and a pinch of sea salt. Blend into a spreadable paste.



**Mayonniase** Separate 3-4 fresh eggs and place the yolks only into a tall blender jug. (Save the whites for a different recipe). Add a pinch of good quality salt, half a teaspoon of mustard, two tablespoonsful of lemon juice or apple cider vinegar and a squeeze of honey. Delicately pour half a cup of hemp seed oil and half a cup of light olive oil on top of the other ingredients, so that the egg yolks form the bottom layer and the oils form a second layer on top. Lower the blender through the oils down to the bottom of the jug. Pulse the egg layer first, and as they start to marry with the oils, move the blender up and down until emulsified. Taste and modify the seasoning accordingly. *For a video of this process, visit [www.mommypotamus.com](http://www.mommypotamus.com).*

**Convalescence** We all fall ill from time to time – a cold or a flu or an infection of some sort. It's important that we relearn the art of caring for loved ones as they convalesce, including the offering of manageable portions of food: nutrient-packed and easy to swallow.

Small pieces of poached fish are ideal. For a grain-free sauce, try using organic lard or butter to sauté an onion and a cupful of small cauliflower pieces. Add 3 crushed garlic cloves, a splash of lemon juice and a tablespoon of cooked bone marrow (straight from the stockpot or try Kettle & Fire's Bone Marrow Melt). When all ingredients are softened and heated through, blend with enough stock and / or coconut cream to form a silky sauce.

Should your patient request cheese sauce, replace the lemon juice with a small amount of a good cheddar or blue chee:



**Back Soon** Whilst home cooks don't need trillions of gadgets, we cannot but benefit from a sense of inventiveness and a buzz of Glenda magic! She promises to be back soon with more wholesome mixes for health.

*Each Health Reflections article and blog has been written for those who wish to learn about the true meaning of health, who desire to think broadly and who are ready to take responsibility for their own personal choices. All information shared is of educational nature and should not replace medical advice. No guarantees are made regarding accuracy or completeness of content, or its applicability to any condition or personal circumstance. If you choose to implement any of the ideas or principles described, you are taking full responsibility for your actions. In times of illness, seek professional healthcare.*

**AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT**

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