Cooking Methods

Dr. Gerson stated that “all vegetables must be cooked slowly, over a low flame” and only use a minimal amount of water. He offered the following optional ways to provide more cooking liquid:

- Place sliced tomatoes, apples, onions or leeks on the bottom of the pan
- Add a small amount of Hippocrates soup stock

To implement Dr. Gerson’s recommendations, we suggest using the following method for cooking vegetables, though it is fine to adopt other cooking methods that follow his principles as well.

- Use a heat diffuser underneath the pan to help maintain a low level of heat and prevent burning.
- Place one or a combination of Hippocrates soup stock, sliced tomatoes, apples, onions or leeks on the bottom of the pan and place the vegetables to be cooked on top.
- With the pan uncovered, heat the bottom layer until it begins to produce steam, but on a low enough temperature not to burn (generally medium heat).
- Once the pan emits a steady amount of steam, cover the pan to prevent steam from escaping. The steam will stimulate the vegetable on top to release its own juices and continue the cooking process.
- Once the pan lid is very hot to touch, turn down the heat as low as possible and cook for up to an hour and a half (depending on the vegetable). The finished vegetable should be very soft and require little effort to eat and digest.
**Breakfast**

**Applesauce/Stewed Apples with Raisins**

*Ingredients:*
- 3 medium apples, cored, and cut into bite-sized pieces
- 1 teaspoon honey or other permitted sweetener (optional)
- ¼ cup raisins (if making stewed apples)

*Directions:*
1. Put apple pieces in small pot with ¼ cup water.
2. Bring water to a boil and then reduce to a very low simmer.
3. Cover and cook for 15-20 minutes, or until apples become very tender.
4. To make stewed apples, add raisins during last 10 minutes of cook time. Then serve.
5. To make applesauce, mill the apples with a food mill, leaving behind any additional liquid until it’s needed for a looser consistency, and then mix in sweetener.

*Servings: 2*

**Oatmeal**

*Ingredients:*
- ½ cup rolled oats
- 1 ½ cups purified water

*Directions:*
1. Add oats and water to a small pot.
2. Bring to a boil and then reduce to a low simmer for 6-8 minutes. Stir occasionally.
3. Serve with plumped or fresh fruit. A teaspoon of permitted sweetener could be added as well.

*Servings: 1*
Lunch

**Hippocrates Soup**

*Ingredients:*
1 small celery root, fibers removed, roughly chopped  
2 medium potatoes, roughly chopped  
1 medium yellow onion, roughly chopped  
2 small or one large leek, roughly chopped  
4-5 tomatoes, roughly chopped  
4-5 cloves garlic  
1 medium parsley root or ½ bunch of parsley, roughly chopped

*Directions:*
1. In a large, pot layer ingredients in order listed above.  
2. Add enough water, about 2 quarts, to slightly cover vegetables and bring to a boil.  
3. Reduce to a very slight simmer, cover and continue to cook for 1 ½-2 hours, until all the vegetables are soft.  
4. Pass through a food mill to remove fibers.

*Servings: 8*

**Spaghetti Squash**

*Ingredients:*
1 large spaghetti squash or 2 small ones  
3 cloves of garlic, pressed or minced

*Directions:*
1. Cut spaghetti squash in half lengthwise and scoop out the seeds. Lay squash face down in a long glass baking dish, or a stainless steel baking sheet, and add 2 tablespoon of purified water.  
2. Bake in oven at 350 F for 90 minutes.  
3. Once done scoop out squash with a fork to make spaghetti strands.  
4. Add fresh-chopped garlic and fresh lemon juice and serve.

*Servings: 3-4*
Tomato Sauce

Ingredients:
6 large, ripe tomatoes, chopped
5 cloves garlic, minced
1 medium onion, finely diced
1 green pepper, diced
2 stalks celery, diced or 1 small fennel bulb, diced
2 small zucchini, sliced or 1 cup cubed eggplant
2 tablespoons fresh parsley, minced
Pinch of rosemary
Pinch of thyme
Pinch of sage
Pinch of marjoram

Directions:
1. Cook tomatoes on a low simmer for 30 minutes.
2. To ensure a thick, rich sauce, pour off and save the extra liquid from the tomatoes during cooking.
3. Put drained tomatoes through a food mill to remove skins and seeds.
4. Pour sauce back into pot and add remaining vegetables and herbs.
5. Add additional liquid from cooking the tomatoes if needed and bring the sauce to a light simmer. Cover and cook on low for 30 minutes or until vegetables are soft.
6. For a little extra flavor, add a dash or two of wine vinegar and a teaspoon of honey or other permitted sweetener.

Yields: 4-5 cups
Green Beans with Leek and Onion

*Ingredients:*
1 lb. green beans, vine ends removed
1 red onion, cut into strips
2-3 cloves garlic, minced

*Directions:*
1. Place onion strips on the bottom of a small pan, place green beans on top with the garlic.
2. Cook uncovered on medium heat until the onions produce a steady amount of steam. Cover and continue to cook until the lid becomes very hot to the touch.
3. Bring heat to low, and continue to cook for an hour.

*Servings: 3*

Butternut Squash with Tomatoes, Leek, and Onion

*Ingredients:*
1 butternut squash, cut in half lengthwise, seeds removed
1 yellow onion, cut into strips
1 small leek, cut into strips
2 tomatoes, diced
4-5 cloves garlic, minced

*Directions:*
1. Place butternut squash face down in an oven-safe dish with just enough water to cover the base of the dish. Place in the oven and bake for an hour at 350 F or until the squash can easily be pierced.
2. While the squash is baking, place the onion, leek, tomatoes, and garlic in a small pan. Cook uncovered on medium heat until the mixture produces a steady amount of steam. Cover and reduce to low heat and cook for additional 25 minutes.
3. When both the squash and tomato mixture are done, scoop the squash out of its skin, and place a spoonful of the tomato mixture on each serving of squash.

*Servings: 3-4*
Mixed Greens with Onions and Garlic

Ingredients:
1 yellow onion, cut into strips
3-4 cloves of garlic, minced
1 bunch of kale, base of stems removed, bunch cut into ½ inch ribbons
1 bunch of collards, base of stems removed, bunch cut into ½ inch ribbons
1 bunch of Swiss chard, base of stems removed, bunch cut into ½ inch ribbons

Directions:
1. Place onions and garlic into a large surface area pan. Add as much greens as will fit. Cook uncovered on medium heat until the pot produces a steady amount of steam. Cover and continue to cook until the lid becomes very hot to touch.
2. Reduce heat to low and continue to cook for 50 minutes. As the greens cook down, add the remaining greens.

Servings: 3-4

Cauliflower

Ingredients:
1 large yellow onion, sliced or diced
1 small leek, cut into thin horizontal strips
4 cloves garlic, minced
1 small head cauliflower, cleaned and cut into florets

Directions:
1. Layer the onion, leek and garlic in the bottom of the pan. Place the cauliflower on top.
2. Cook uncovered on medium heat until onions produce a steady amount of steam. Cover and continue to cook until lid becomes very hot to touch.
3. Reduce heat to low and cook for 45 minutes.

Servings: 3-4
Red Bell Pepper Sauce

*Ingredients:*
3 red bell peppers, roughly chopped
1 yellow onion, diced
4 cloves garlic
¼ cup raisins or other dried fruit
1 small baked potato, day-old, peeled and roughly chopped
2 tablespoons of apple cider vinegar

*Directions:*
1. Place the onion on the bottom of a small pan. Add 2 of the bell peppers, the garlic and the raisins.
2. Cook uncovered on medium heat until the onion produces a steady amount of steam.
3. Cover and continue to cook until lid is very hot to touch.
4. Reduce heat to low and cook for 45 minutes.
5. Put cooked mixture along with apple cider vinegar, potato, and remaining bell pepper in the blender. Blend until desired consistency.

*Yields: 2-3 cups*
**Dressings**

**Tomato Balsamic Vinaigrette**

*Ingredients:*
- ¼ cup apple cider vinegar
- ½ cup balsamic vinegar
- 4 cloves garlic
- 1 cup orange juice
- 3/4 cup water
- 2 green onions, roughly chopped
- 2 teaspoons honey or other permitted sweetener
- 2 tablespoons freshly chopped dill
- 1 red bell pepper, roughly chopped
- 2 ripe tomatoes, roughly chopped

*Directions:* Put all items in blender and blend.

*Yields:* 4 cups

**Mango Mint Vinaigrette**

*Ingredients:*
- 1 large mango, skin removed, flesh cut away from the pit
- 3 roma tomatoes, roughly chopped
- ½ red onion, roughly chopped
- 2 tablespoons chopped mint
- 2-3 cloves garlic
- Juice of 1 lime or lemon
- 2 tablespoons of flax oil
- ½ cup water (optional)

*Directions:*
1. Blend all ingredients, except mango, in a blender.
2. If mango is especially stringy, it may be helpful to blend the mango separately and then press it through a strainer. Discard what remains in the strainer, add the rest to the blended mix and blend again.

*Yields:* 2 cups
Yogurt Dill Dressing

*Ingredients:*
1 ¾ cup yogurt  
¼ cup apple cider vinegar  
1 tablespoon honey or other permitted sweetener  
2 cloves garlic, crushed or finely chopped  
2 tablespoons flax oil  
½ cup chopped chives  
1 tablespoon fresh dill, chopped

*Directions:*
1. Blend everything together, except the yogurt, in a blender.  
2. Once blended, fold in yogurt and mix with a whisk.

*Yields:* 2 cups

Orange Cilantro Vinaigrette

*Ingredients:*
1 cup orange juice  
3 roma tomatoes, roughly chopped  
2 cloves garlic  
¼ red onion, roughly chopped  
¼ cup cilantro leaves  
2 tablespoons cup flax oil  
1 lemon, juiced

*Directions:* Blend all ingredients in blender until a smooth consistency is reached.

*Yields:* 2 cups
Juice

Carrot Apple Juice

*Ingredients:*
3-4 carrots
1 Granny Smith apple

*Serving Size:* 8 oz. juice

Green Juice

*Ingredients:*
¼ head romaine lettuce
1 Swiss chard leaf
5 watercress leaves
¼ green bell pepper
2-3 leaves of curly endive or escarole
2-3 leaves of green leaf or red leaf lettuce
1-2 beet tops (young inner leaves)
2-3 leaves or a 1”x2”1” wedge of red cabbage
1 Granny Smith apple

*Serving Size:* 8 oz. juice

The green juice recipe is not necessarily a precise formula, as the amounts and ingredients may vary seasonally, depending on which of the ingredients you are able to find organic. Use every listed ingredient available to you, and do not add or substitute any greens or other ingredients other than the ones specifically listed here. If you cannot find certain ingredients organic, do not substitute with conventionally-grown produce. Obtain as many of the ingredients as possible. Adjust the quantities according to what you have on hand to yield an 8 oz. juice.