

Gerson Therapy Cooking Methods

Slow cooking

Dr. Gerson stated that “all vegetables must be cooked slowly, over a low flame, without addition of water.” He stressed the importance of the slow-cooking process, saying that “valuable components are lost in fast cooking by excessive heat” and “become more difficult to absorb.” On the Gerson Therapy vegetables are “stewed in their own juices,” without any oils and on a very low heat, which can help certain nutrients to be better absorbed. Slow cooking also preserves the natural flavor of the vegetables and makes them more easily digestible.

Dr. Gerson suggested the following optional ways to provide more cooking liquid: adding a small amount of Hippocrates Soup Stock (see Gerson Therapy Cookbook for recipe, pg 157) or placing foods that will release more liquid for cooking at the bottom of the pan, such as sliced onion, tomato, apple or leek. However, a small amount of purified water can also be used. He also suggested placing a “flame tamer” (heat diffuser) underneath the pot to maintain a lower heat level and prevent burning and to cover pots with heavy, tight-fitting lids to prevent steam from escaping.

Almost all of the cooked vegetable recipes in this book follow the steps below, as it is primary cooking method on the Gerson Therapy:

1. Place one or a combination of the following items on the bottom of a pot or pan: sliced onion, tomato, apple, leek or Hippocrates Soup Stock.
2. Prepare and place the vegetable on top of items in step 1.
3. Over medium heat but low enough to prevent burning, cook the vegetable until the bottom layer begins to produce steam. The time may vary depending on the type of stove, e.g., gas or electric.
4. After the pot has produced a steady amount of steam, about 3 to 8 minutes, cover the pot with a tight-fitting lid.
5. The steam will stimulate the vegetable on top to release its own juices and continue the cooking process. Once the pot lid is very hot to the touch, turn down the heat as low as possible and cook for up to an hour and a half, depending on the vegetable.
6. The finished vegetable should be very soft and easily digestible.

We recommend keeping the lid on the pot after turning the heat down to low. However, until you master the slow-cooking method, you may need to lift the lid several times throughout the cooking process to see if there is enough steam for cooking to continue, as well as to check to make sure your vegetable is not burning. If you need more steam, you can add Hippocrates Soup Stock or even a tablespoon or two of purified water. You may need to raise the temperature in order to turn this additional liquid into steam.

Alternatively, you can keep the pot covered from the very beginning of the cooking process. However, it is more difficult to determine when to turn the heat down without a visual cue. Instead, listen attentively for the sound of a slight sizzle, and this will be your indication to reduce the heat. With enough practice, you can determine when your pot is producing enough steam and will be able to cook your vegetables perfectly each time.

Each stove and each vegetable are slightly different, so perfecting the slow-cooking method will take a bit of practice. However, once mastered, you can cook almost all vegetables this way. Dr. Gerson strongly promoted this method cooking for patient on the Gerson Therapy and for general nutrition for health people, especially those with weakened digestive systems.

Baking

Certain foods, such as potatoes, sweet potatoes, beets and winter squash can be baked whole in the oven. Nearly all other vegetables, cauliflower for example, can be baked using the method below, which will result in a soft-cooked vegetable similar to the stovetop slow-cooking method. Always preheat the oven before baking.

1. In the bottom of an oven-safe baking dish, place chopped onion or tomato, a bit of Hippocrates Soup Stock, purified water or a few drops of lemon juice for added moisture. Then place the vegetable on top. Many vegetables contain enough liquid to cook properly without adding more.
2. Cover the dish with a tight-fitting lid.
3. Bake at a temperature no higher than 350° F (180°C) for one to one and half hours, or until the vegetable is completely soft and can easily be cut with a knife.

On occasion you can cook a vegetable using one of the other accepted methods and finish by baking it uncovered for a short amount of time. Similarly, a few recipes call for baking uncovered, or roasting, for most or all of their cook time. These recipes should only be made on occasion, and this should not become your regular means for cooking foods on the therapy.

Boiling

Some foods may be boiled, such as potatoes, beets, corn and artichokes. However, boiling as a method of cooking is not encouraged on the Gerson Therapy because important nutrients leach into the water during this process.

Liquid Sauté

Traditionally, sautéing involves cooking quickly in a hot oil or fat, and therefore isn't appropriate on the Gerson Therapy. However, a liquid, such as purified water or Hippocrates Soup Stock, can be used instead to achieve a similar outcome. A few recipes call for the addition of at least a tablespoon or two of liquid, and foods are then briefly sautéed. This is acceptable for select recipes on occasion, but foods should not be sautéed regularly.

Some recipes call for adding more liquid, such as ½ cup Hippocrates Soup Stock, and then maintaining this liquid at a light simmer for the duration of the cook time. This is appropriate only occasionally, and for select recipes, and should not be used as the primary way to cook foods on the therapy. As these are not the traditionally permitted ways to prepare food on the Gerson Therapy, consult with a certified Gerson practitioner with any questions regarding these and other similar methods.

Why steaming is not encouraged

The Gerson slow-cooking method utilizes steam for cooking, but derives the moisture needed to produce the steam from the vegetables in the pot, or the addition of a very tiny amount of liquid. This method creates steam much more slowly and gradually than typical steaming. Traditional steaming consists of a basket or insert that holds vegetables above a small amount of boiling water, and then cooks them in the resulting steam. Steaming usually cooks vegetables much more quickly because it uses higher levels of heat. The large amount of liquid used also results in many water-soluble vitamins and minerals being lost. Because of this, steaming is not recommended on the Gerson Therapy as a way to cook vegetables. The Gerson method cooks vegetables over an extended period of time, which makes food more digestible and minimizes nutrient loss.

Preparing Leftovers

The Gerson Therapy requires eating food and juices prepared as freshly as possible. However, some recipes may yield more food than you can eat in a given day. There will also be times when you just don't have the appetite to finish all of the food prepared. Consider purchasing a set of glass containers to store cooked leftovers. Raw fruits or vegetables that have been finely grated, shredded or used for salads must be eaten as quickly as possible to avoid nutrient loss, preferably within a day. Cooked vegetable leftovers that have been properly refrigerated may be reheated within 24 hours. You can store Hippocrates Soup and cooked fruits for up to 48 hours.

To reheat leftovers, add a small amount of Hippocrates Soup Stock or purified water to a pot and heat thoroughly, or warm in the oven. Follow the same guidelines as listed under the slow cooking or baking section. However, the reheating process should take far less time than it took to originally cook the vegetable, often less than ten minutes. Additionally, leftovers can also be consumed cold. Another option is to get creative and utilize leftovers in a sauce, dip or salad dressing. Regularly reheating food is not recommended; it is better to freshly prepare food for each meal.



Preparing Snacks

Leftovers from previous meals or Hippocrates Soup can be reheated anytime. Oatmeal and fresh fruit are also convenient snacks. Fruit is the original fast food. Once washed, it's ready to be eaten.

Gerson Cooking Recommended Resources

[Gerson Kitchen Digital Bundle](#)

[Gerson Therapy Cookbook](#)

[Gerson Basics Online](#)