



Healing & Easy Eats

*Recipes for Head and Neck Cancer
Patients & Survivors*



HEAD AND NECK CANCER
ALLIANCE

Official Cookbook
Second Edition

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LAMB

Lamb

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Bulgur Pilaf with Lamb

1/4 c olive oil
1 lb pound lamb
4 garlic cloves, minced
1/2 c water
2 onions, diced
2 c coarse bulgur, rinsed & drained
3 c chicken stock
4 large tomatoes, peeled & diced
1 tsp salt
2 stalks leek
1 tsp lemon zest

Yield: 6 servings

1. In large non-stick stock pot, heat olive oil and brown the meat on all sides.
2. Add minced garlic and half cup water. Cover and simmer for 30 minutes.
3. Take the meat out and put aside.
4. Add onions to the pot and sauté until onions are light brown.
5. Stir in bulgur and cook for 5 minutes.
6. Stir in chicken stock and diced tomatoes. Season with salt. Bring to the boil, reduce heat, and simmer until all moisture is absorbed.
7. Slice lamb and leek and put it in the pot on top of bulgur. Cover and cook for 5 minutes.
8. Dish up the bulgur first, and then put a few slices of lamb on top. Garnish with leeks and lemon zest.

About Bulgur

Making wheat into bulgur is an ancient process that originated in the Mediterranean region and has been an integral part of Middle Eastern cuisine for thousands of years. It may, in fact, be man's first "processed food." In approximately 2,800 B. C, the Chinese emperor Shen Nung declared it one of five sacred crops along with rice, millet, barley and soybeans. Biblical references indicate it was prepared by ancient Babylonians, Hittites and Hebrew populations some 4,000 years ago, and Arab, Israeli, Egyptian, and Roman civilizations record eating dried cooked wheat as early as 1,000 B. C. The key attributes of traditional bulgur production are that the grain is parboiled, dried (usually by spreading in the sun) and the bran is removed. Bulgur is often confused with cracked wheat, which is made from crushed wheat grains which have not been parboiled. Bulgur can be used in pilafs, soups, bakery goods, or as stuffing. It has a higher nutritional value and it is a good substitute for rice or couscous.

Greek Lamb & Potato Ragout

3 lb leg of lamb
4 tbsp butter
1 medium onion, diced
1 carrot, diced
1 tbsp fresh parsley, chopped
1 lb tomatoes, peeled
3 lb potatoes
1 c water, hot
Salt & pepper to taste

Yields: 6 servings

1. Wash and dry meat, cut into ½ inch chunks and lightly salt and pepper.
2. Brown the butter in a non-stick stock pot. Add meat and brown well on all sides. Remove meat and set aside.
3. Add onion to the pot with the butter and let it brown.
4. Add carrot and parsley, and cook until they wilt.
5. Add tomatoes, bring to a boil.
6. Add meat and 1 cup of hot water. Partially cook over low heat for 30 minutes.
7. Meanwhile, peel potatoes, cutting each into 2 or 3 pieces, and then adding them to the pot. Add salt and pepper, cook until potatoes are tender and most of the liquid has been absorbed (about 45 minutes).



Greek Lamb & Orzo

1 lb lamb leg or shoulder, finely
diced
1 qt water
8 roma or plum tomatoes, diced
1 stalk celery, cut into large
cubes
1 c uncooked orzo
1 bay leaf
1/4 tsp salt
4 oz plain yogurt (or sour cream)

Yields: 4 servings

1. Cook lamb in a non-stick stock pot with 1 quart water over medium heat until no longer pink, stirring occasionally. Drain and reserve the stock.
2. Cook down the lamb stock to the volume of one cup. Set aside.
3. Place lamb meat back in the pot. Stir in tomatoes, celery, orzo, bay leaf and salt. Bring to the boil, reduce heat. Cover and simmer for 15 minutes, stirring frequently, until tomato liquid is absorbed and orzo is tender.
4. In a small pot, reheat lamb stock. Stir in plain yogurt (or sour cream). Simmer for two minutes.
5. Serve lamb and orzo with a large dollop of lamb stock and yogurt mix.

Greek Lamb Stew

1/4 c all-purpose flour
1/2 tbsp salt
1/4 tsp black pepper
3 lb lamb, cut into mid-sized cubes
1/4 c olive oil
1 bay leaf
1/4 tsp thyme, ground
1/4 tsp rosemary, dried
2 cloves garlic
2 c chicken stock
1 tbsp white wine
4 vine ripened tomatoes, diced
1 (6 oz) can V8 juice
1 dozen small white onions,
blanched & peeled
1/2 c black olives, pitted

Yield: 8 servings

1. Season flour with salt and pepper and dredge lamb cubes in it.
2. Heat olive oil in non-stick stock pot over medium heat.
3. Brown lamb cubes in oil.
4. Sprinkle herbs and garlic over lamb and add stock, wine, tomatoes and V8 juice.
5. Season with additional salt and pepper to taste. Simmer over medium heat for 1-1/2 hours.
6. Add blanched onions and olives. Simmer 1/2 hour longer.

Greek Lamb with Peas (Arni Me Araka)

2 lb lamb
1/4 lb butter
1 sweet onion, diced
1 1/2 lb tomatoes, peeled & diced
1 tbsp fresh dill, chopped
1 tbsp fresh parsley, chopped
1 tsp salt & pepper mix
3 lb frozen sweet peas
1/2 c water

Yield: 4 servings

1. Cut meat into 1/2 cubes. Wash and drain.
2. Brown butter in a non-stick stock pot. Add meat and brown well.
3. Add diced onion, and cook until soft but not dark.
4. Add tomatoes, dill, parsley, salt & pepper. Simmer for 20 minutes.
5. Add peas and water. Cover, simmer until all liquid is absorbed.

Lamb with Yellow Squash, Zucchini & Couscous

3 lb lamb shoulder, cut into 1
inch cubes

1 tsp salt & pepper mix

6 tbsp olive oil

1 sweet onion, quartered

4 carrots, peeled & cut into 1/2
inch rounds

2 stalks celery, cut into 4 pieces

1/4 c tomato paste

3 tbsp all-purpose flour

1/2 c sweet white wine

6 c chicken stock

1 tsp cumin, ground

1 medium zucchini, cut into
rounds, 1 inch thick

1 medium yellow squash, cut into
rounds, 1 inch thick

1 1/2 c couscous

Yield: 8 servings

1. Preheat oven to 350°F. Pat the meat dry and sprinkle with salt and pepper. Heat 5 tablespoons of oil in a large covered Dutch oven over high heat on the stove. Add the meat and brown well on all sides. Remove pieces to a plate and set aside.
2. Do not pour the fat out. Reduce heat under the Dutch oven to medium. Add onion, carrots, celery and tomato paste. Cook for 5 minutes, stirring occasionally. Use your spoon to loosen and dissolve the brown bits stuck to the bottom of the Dutch oven. Add flour and cook mixture for an additional minute. Add wine, meat (and any saved juices), 5 cups stock and cumin. Cover, bring to a boil, and then place in the oven for 75 minutes, or until meat is tender.
3. Combine squash and zucchini in an ovenproof dish. Mix in 1 tablespoon oil. Cover and place in the oven to cook for 5 minutes. Cook the couscous.
4. Remove the stewed lamb and vegetable mixture from the oven. Add the squash and zucchini and their juice to the lamb. Stir to blend.
5. To make separate gravy, ladle about 2 cups of the sauce from the Dutch oven to a glass measuring cup. Pour this gravy through a fine strainer into a gravy boat and discard the vegetables that remain in the strainer.
6. Place couscous in soup bowls, top with meat and vegetables and moisten each serving with 1 cup of remaining chicken broth. Serve gravy on the side.

Moroccan Lamb (Meshoui)

4 lb leg of lamb
4 tbsp olive oil
1 tbsp Spanish paprika
1 tbsp salt & pepper mix
2 tbsp garlic, chopped
1 large carrot, diced
1 sweet onion, diced
3 vine ripened tomatoes, diced
1 stalk celery, diced
1 bunch fresh parsley, chopped
1 qt water, divided
1 tbsp flour
2 tbsp tomato paste

Yield: 6 servings

1. Using 4 tablespoon of olive oil sear the meat all around. Rub paprika, salt, pepper, and garlic all over lamb. Set aside.
2. Preheat oven to 350°F. In a roasting pan, place lamb with all drippings in the center, and then surround it with the vegetables and cook uncovered for approximately 20 minutes (for 4-pound leg) until top of lamb is brown.
3. Add half quart of the water, cover, and cook for 1 1/2 hours for medium done roast. Slice or dice lamb before serving.

Lamb Sauce

1. Strain vegetables from roasting pan. Put drippings in a heavy pan. Stir in 1 tablespoon of flour and cook for 4 minutes.
2. Add 2 tablespoon of tomato paste and remaining half quart of water. Simmer for 15 minutes.

A top-down view of a rustic meal. In the center, a brown ceramic bowl with two handles sits on a woven straw placemat. The bowl is filled with a hearty soup containing chunks of meat, potatoes, carrots, and green onions. To the top right, a brown plate holds several golden-brown, crescent-shaped dumplings. To the top left, a single dumpling rests on a brown cloth napkin. The entire scene is set on a dark, textured wooden surface.

OTHER MEATS & PROTEINS

Other Meats & Proteins

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Chicken & Minced Pork Soup with Bamboo Shoots

½ lb minced pork
2 chicken breast, diced
2 tsp soy sauce
2 cloves garlic, diced
1 tbsp rice wine
2 star anise seeds, crushed
2 tbsp vegetable oil
1 celery stalk, thinly sliced
8 oz can sliced bamboo shoots
1 qt chicken stock
1 fresh sprig parsley

Yields: 6 servings

1. In a large bowl, mix minced pork and diced chicken with soy sauce, diced garlic, rice wine and crushed anise seeds. Set aside.
2. Cut off 1 inch of the top and bottom of the celery and discard. Slice the celery stalks lengthwise, and then slice them crosswise into thin slices. Set aside.
3. Drain and rinse sliced bamboo shoots. In a non-stick stock pot, heat the oil and stir fry the meat mixture for 10 minutes.
4. Add chicken stock, sliced celery and sliced bamboo shoots. Bring to a boil and simmer for 10 minutes.
5. Pour soup into soup bowls and garnish each bowl with a small sprig of fresh parsley.

Chicken or Veal Stew with Barley & Herbs

2 oz butter
2 1/2 lb chicken thighs or stewing
veal
1 lb leeks, thickly sliced
4 cloves garlic, chopped finely
6 oz barley
3 3/4 c water
1/2 tbsp red wine vinegar
2 bay leaves
1/2 tsp salt
1/4 tsp black pepper
1 tsp dried sage

Yield: 8 servings

1. In non-stick stock pot, melt butter and sear the meat with leeks and garlic until vegetables are slightly softened and meat lightly browned.
2. Add barley, water, vinegar, bay leaves and salt. Bring to a boil, cover and simmer for 1 hour or until meat is ready to fall off the bone.
3. Add sage and continue to cook for 5 minutes.
4. Adjust seasoning to taste and serve in bowls.

Chinese Style Minced Pork Stew with Quail Eggs

1 c white rice, cooked
18 hard boiled quail eggs
1 lb lean minced pork
2 tsp sesame oil
1 tbsp cornstarch
2 c chicken stock, divided
1 tsp soy sauce
1 tsp brown sugar
1 tsp garlic black bean paste
1 tbsp finely cut chives

Yields: 6 servings

1. Cook rice and set aside.
2. Hard boiled quail eggs, peel and set aside or buy them already boiled, peeled, and canned at an Asian grocery store.
3. In a non-stick stock pot, sauté the minced or coarsely ground pork in sesame oil for 10 minutes.
4. Add cornstarch and stir until the mixture becomes sticky.
5. Add 1 cup chicken stock, soy sauce, brown sugar, garlic and black bean paste. Simmer for 10 minutes.
6. Use another cup of chicken stock to stretch your stew if it is too thick.
7. Serve over white rice. Garnish each serving with 3 quail eggs and finely cut chives.

German Beef/Turkey Hunter's Stew (*Jaeger Eintopf*)

3 tbsp vegetable oil
1 onion, finely diced
1/4 lb white mushroom caps,
diced
1 carrot, finely diced
4 potatoes, peeled & diced
1 green apple peeled, cored &
finely diced
1 lb ground beef or ground
turkey*
2 c beef or chicken stock
1 tbsp flour
1/5 tsp nutmeg
1/2 tsp worcestershire sauce
1/2 tsp salt
1/2 tsp pepper

Yield: 6 servings

** If you do this stew for stage II,
you can use finely diced beef
or turkey instead of the ground
meat.*

1. Heat oil in a non-stick stock pot. Add all diced vegetables and apples and sauté until soft.
2. Add meat and sauté 5 minutes.
3. Add flour and stir well. Add stock and bring to a simmer. Add salt, nutmeg, Worcestershire sauce, and pepper.
4. Simmer on low heat till stew thickens. Serve hot or warm.

Lesso Italian Boiled Meats Country Style

2 qt water
1 whole chicken cut into 8 pieces
4 beef shanks, about 6 oz each
2 whole carrots peeled
1 whole parsnip, peeled
(substitute 2 celery stalks)
1 whole sweet onion
4 whole cloves or allspice
2 bay leaves
1 savoy or green cabbage,
3 ears of sweet corn, cut in 3
pieces
1 tsp salt & pepper mix
2 tsp kitchen bouquet (browning
& seasoning sauce)
1/2 c freshly chopped parsley

Yield: 8 servings

1. Wash all your meats well.
2. Peel carrots, parsnip and onion.
3. Put the meats, carrots, parsnip, onion, cloves or allspice, and bay leaves in a non-stick stock pot and cover with water. Simmer for about one hour on low heat.
4. Discard onion and parsnip. Save the carrots. Add the whole cabbage, corn, salt and pepper mix, and Kitchen Bouquet. Simmer for another half an hour.
5. Take all vegetables and meats out of the stock. Debone the chicken and beef shanks.
6. Strain the stock through sieve.
7. Cut the cabbage into eight wedges.
8. Place the meat in soup plates adding one wedge of cabbage, two pieces corn and cubed carrot (optional) to each serving. Sprinkle each plate with freshly chopped parsley. Pour hot stock over it and serve.

Oriental Pork & Chicken Soup with Bok Choy

1/2 lb pork tenderloin sliced
3 stalks bok choy sliced
2 tbsp sesame oil
2 c thinly sliced white mushroom
caps
4 chicken breasts diced
2 tsp sugar
1 tsp soy sauce
1 qt chicken stock
2 tsp arrowroot
1 sweet red pepper

Yields: 8 servings

1. Using a sharp knife remove the outer fat from the tenderloin and silver skin which is a tough, silver colored membrane. Cut tenderloin lengthwise and slice thinly.
2. Prepare the bok choy stalks cutting off the tips of leaves and the ends of the stalks (about 1 inch) and discard. Slice each bok choy stalk lengthwise then crosswise into thin slices.
3. Heat sesame oil in a non-stick skillet; sauté sliced mushroom cups, diced chicken and sliced tenderloin for 5 minutes.
4. Add sugar, soy sauce and chicken stock. Bring to a simmer for 15 minutes.
5. Dissolve arrowroot in 2 tablespoons of cold water and add to the stock. Add sliced bok choy and simmer for 3 minutes.
6. Slice the red pepper lengthwise in to 8 long strips and microwave it for 1 minute.
7. Cut each pepper strip 3 even sections and set aside.
8. Pour soup into soup plates and garnish each plate with a few stripes of sliced red pepper.

About Bok Choy

Chinese cabbage has been cultivated for over six thousand years. It was introduced to Korea in the 15th century, where it became the staple vegetable for making kimchi. In the late 20th century, it was taken to Japan by returning soldiers who had fought in Manchuria during the Russo-Japanese War. At present the Chinese cabbage is quite commonly found in markets throughout the world.

This Asian green has more cancer-fighting antioxidants than many of its siblings (plus vitamin C, foliate, beta-carotene, calcium and fiber). Unless you are steaming bok choy whole, it's best to cook the crisp stems first and add the deep green leaves at the very end, since they cook much more quickly.

Turkey/Beef Meatloaf

2 lb ground turkey or lean
ground beef

1 medium sweet onion, diced

2 eggs, beaten

1/3 c whole milk

2 c bread crumbs

1 tsp salt

1 tbsp green pepper, chopped

1/4 c parsley, minced

1/2 tsp allspice, ground

3 tbsp plum sauce or barbecue
sauce

1. Preheat oven to 350°F. Combine all ingredients except plum sauce, mix well, and then knead into ground meat.
2. Press mixture into non-stick 8.5 x 4.5 x 2.5" baking pan.
3. Drizzle top of loaf with plum or barbecue sauce. Bake in oven for 35 minutes, or until thoroughly cooked.
4. Drain off any visible fat.

Yield: 8 servings



Healing and Easy Eats is addressed to anybody who is affected by cancer of the head, neck, tongue, throat or anyone undergoing surgery, chemotherapy, and/or radiation therapy. The time during and after treatment will be hard for you and your family. Based on the experience on the head and neck cancer survivors and patients who have contributed to this collection of recipes, we understand that nutrition is one of the most important parts of your recovery. Your battered body will need high calorie foods, but your ability to eat, drink, and swallow foods will be very limited. Therefore you will need a special menu that will enable you to get the right amount of calories and avoid a huge weight drop during your treatment. The Head and Neck Cancer Alliance wishes you the best of luck on your recovery and that this book can help you along your journey.



HEAD AND NECK CANCER
ALLIANCE

The Head and Neck Cancer Alliance is a nonprofit organization working to increase the early detection of these cancers by partnering with local health facilities to conduct awareness programs and health screenings.

Visit us at www.headandneck.org or email us at info@headandneck.org.