



Healing & Easy Eats

*Recipes for Head and Neck Cancer
Patients & Survivors*



HEAD AND NECK CANCER
ALLIANCE

Official Cookbook
Second Edition

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Acorn Squash Soup with Shredded Shrimp

4 acorn squashes
3 carrots diced
1 sweet onion diced
1 qt chicken stock
1 qt water
1 c beer of your choice
2 tsp old bay seasoning
1 orange cut in sections with rind
on
2 lb raw shrimp piled & deveined
2 tbsp butter
1 tbsp all-purpose flour
1/2 tsp salt
1/2 tsp sweet Spanish paprika
1/2 tsp ground nutmeg
1/4 tsp ground allspice
1 c heavy whipping cream
1 tbsp sherry

Yield: 8 servings

1. Cut squash in half lengthwise and remove seeds. Brush a non-stick baking pan with olive oil. Place the squash, cut side down on the pan and bake for 30 minutes at 350°F. Spoon pulp from squash to create a serving bowl. Reserve the pulp.
2. Place carrots and onion in a non-stick stock pot. Cover with 1 quart chicken stock and bring to a boil. Reduce heat and simmer for 15 minutes. Strain the vegetables and reserve the stock. Combine vegetables with reserved pulp. Process vegetables and acorn pulp mixture in the blender until smooth. If the mixture is too thick, stretch it with some reserved stock. Set aside.
3. In non-stick stock pot combine water, beer and old bay seasoning. Squeeze the orange into the water and add the orange sections with pulp and rind into the pot. Bring it to a boil. Simmer for 15 minutes. Add shrimp. Boil uncovered for 5 minutes. Drain, set aside to cool. Put the cooled shrimp into the blender and shred the shrimp coarsely. Set aside.
4. Over low heat in a non-stick stock pot, melt butter add flour, salt and stir until smooth. Cook for 1 minute, stirring constantly. Add puréed vegetables, the reserved chicken stock, and spices. Bring it to a boil, cover, reduce heat and simmer for 1/2 hour, stirring occasionally. Stir in 1 cup heavy whipping cream and sherry. Cook until heated. To serve, put half of a squash shell on a dinner plate. Fill the squash shell with hot squash soup and garnish on the top with coarsely shredded shrimp.

Breadfruit Tuna Patties

- 1 soft mature green breadfruit
- 1 medium green onion, diced
- 2 (6-1/2 oz)cans tuna, drained & flaked
- 2 eggs, beaten
- 1 tsp salt & pepper mix
- 2 c Japanese bread crumbs
- 8 tbsp vegetable oil
- 4 sprigs dill (optional)

Yield: 8 servings

1. Peel breadfruit and cook (like potatoes) in water. When soft, strain and mash. Set aside and cool.
2. Place the onion in a small glass bowl, add 1 teaspoon of water and microwave for 2 minutes to tenderize.
3. In a large mixing bowl combine breadfruit, onion, tuna, eggs, salt and pepper. Form the mixture into 16 patties and roll in Japanese bread crumbs.
4. Using about 1 tablespoon oil per patty, fry until light brown on both sides.
5. Serve hot with garden or tossed salad, or warm mayonnaise mixed with freshly chopped dill.

Easy Oven Broiled Salmon Dilly

- 4 (6 oz) salmon fillet
- 1/2 c heavy whipping cream
- 2 tbsp dill, fresh, chopped
- 1/2 tbsp salt

Yield: 4 servings

1. Preheat oven to 350°F.
2. Place salmon in shallow baking dish and cover with heavy whipping cream so fish is half immersed. Sprinkle with fresh dill and salt.
3. Bake for 30 minutes, occasionally spooning some of the cream over salmon.
4. Salmon is done when fish is predominately pale pink, but is still darker pink in the center.

George's She Crab Soup

1 stick butter
1 medium sweet onion, diced
4 celery stalks, diced
4 c ocean clam juice, divided
1 small bunch of fresh thyme
2 tbsp all-purpose flour
1/4 tsp ground mace
1/2 tbsp old bay seasoning
1 qt heavy whipped cream
3 lb lump blue crab meat
1/4 c crab roe
1/4 c dry sack sherry
1 c water or milk (optional)
1 sprig fresh celery leaves

Yields: 6 servings

1. In a large non-stick stock pot on low heat, melt the butter; add onion and celery.
2. Sauté vegetables for 15 minutes.
3. Add 2 cups clam juice and thyme (tie the sprigs together). Cook for 10 minutes. Discard the thyme.
4. Blend the vegetables and clam juice in the blender until smooth. Return blended mixture to the pot and bring to a simmer. Simmer for 5 minutes.
5. Add flour to the liquid, blending it well until the mixture thickens.
6. Add rest of the clam juice, mace, old bay seasoning and heavy whipped cream. Simmer for 5 minutes stirring continuously.
7. Add crab meat and crab roe. Simmer for 5 minutes.
8. Remove from heat and stir sherry in to the soup. Stir it well.
9. If the soup is too thick you can thin it with water or milk. Let the soup sit for 5 minutes before serving. Serve garnished with small green celery leaf.

About She Crab Soup

Culinary historian John Martin Taylor credits the Scottish settlers who arrived in the Carolinas in the early 1700s with bringing their famous seafood bisque recipes called partan-bree, a crab and rice soup, to the area. The addition of the crab roe, is credited to William Deas, a butler and a cook to R. Goodwyn Rhett, mayor of Charleston. She Crab Soup is a rich soup, similar to bisque, made of milk or heavy cream, crab or fish stock, Atlantic blue crab meat, crab roe, and finished with a splash of dry sherry. The soup is a regional specialty from the South Carolina Lowcountry. It is considered to be the signature dish of Charleston, South Carolina. The soup is named for the "She-Crab," or female crab, which supplies the flavorful orange roe that comprises a chief ingredient in the soup.

Greek Fish Stew with Black Mussels & Fresh Rosemary

8 roma tomatoes peeled seeded
& diced

6 potatoes peeled & diced

2 medium carrots peeled &
diced

2 cloves garlic diced

1 small scallion finely sliced

1 tbsp vegetable oil

1 bay leaf

2 c water

2 c chicken stock

1 tsp salt & white pepper mix

1/8 tsp worcestershire sauce

2 lb fish fillets (cod or grouper)
cubed into bite-size pieces

36 black mussels (frozen)

2 sprigs fresh rosemary

Yield: 6 servings

1. In a non-stick stock pot sauté tomatoes, diced potatoes, carrot, garlic and sliced scallion in vegetable oil for 10 minutes.
2. Add bay leaf, 2 cups water, 2 cups chicken stock, salt and pepper mix and Worcestershire sauce. Bring to a simmer.
3. Add cubed fish fillets and rinsed black mussels. Cover and simmer for 15 minutes.
4. Cut each fresh rosemary sprig in to 3 sections add to the pot and simmer for 5 minutes.
5. Split black mussels evenly into soup plates.
6. Pour stew over mussels and garnish each plate with small sprig of fresh rosemary.

Lobster Bisque

½ lb lobster or meat, minced*

2 tbsp oil

2 tbsp minced shallot

2 tbsp chopped green onion

3 garlic cloves minced

¼ c white wine

2 tsp worcestershire sauce

Dash of Tabasco

1 tsp dried thyme

6 tbsp dry sherry

1 tsp paprika

1 c hot water

1 tsp lobster base (better than
bullion)*

4 oz tomato paste

2 bay leaves

2 c heavy whipping cream

4 tbsp butter

1. Heat the oil over medium high heat and sauté the shallots, green onion and garlic for 1 minute.

2. Deglaze the pan with the white wine.

3. Add the Worcestershire, tabasco and thyme and sauté for 1 minute.

4. Deglaze the pan with the sherry.

5. Add the paprika, hot water and lobster base and combine well.

6. Stir in the tomato paste and add the bay leaves. Simmer for 10 minutes.

7. Whisk in the heavy cream and butter and bring to a boil.

8. Add the lobster and simmer until cooked through.

** Crab is easily substituted here, as well as a hearty seafood stock, if lobster base is unavailable. If using stock, omit the cup of hot water.*



Mexican Fish & Okra Soup with Tomatillos

2 tbsp vegetable oil
3 cloves garlic minced
2 carrots peeled & diced
3 small tomatillo diced
2 small green peppers seeded
cored & diced
6 c chicken stock
1 tsp brown sugar
1 tsp fish sauce
1/2 tsp salt & white pepper mix
1 lb fresh okra sliced
2 c green beans cut
6 red snapper fresh fillet

1. Heat vegetable oil over medium heat in a non-stick stock pot. Sauté garlic, carrot, tomatillo and green pepper for 5 minutes.
2. Add chicken stock and bring to a simmer. Season stock with brown sugar, fish sauce, salt and white pepper mix. Add okra and green beans and simmer for 10 minutes.
3. Cut fish fillets into large pieces and add to the simmering stock. Simmer for 10 minutes (till fish is cooked).
4. Pour soup into soup plates and serve immediately.

Yield: 6 servings

About Tomatillo (Husk tomato)

It is a solanaceous plant cultivated in Mexico and Guatemala and originating from Mesoamerica. Various archaeological findings show that its use in the diet of the Mexican population dates back to pre-Columbian times, as food has been found in excavations in the valley of Tehuacán (900 BC– AD 1540). In pre-Hispanic times in Mexico, it was preferred far more than the tomato. The name "tomato" derives from the Nahuatl "tomatl"; this word is a generic one for globose fruits which have many seeds, watery flesh and which are sometimes enclosed in a membrane. The tomatillo fruit improve the flavor of meals and stimulate the appetite. The fruit of the tomatillo is used cooked, or even raw, to prepare purées or minced meat dishes which are used as a base for chili sauces known generically as salsa verde (green sauce); they can be used to accompany prepared dishes or else be used as ingredients in various stews.

Moist Poached Salmon

2 (6 oz) salmon fillets
1/2 tbsp salt
1 c water
1 c dry white wine
1/2 tsp coriander seeds, whole
1 bay leaf

Yields: 2 servings

1. Arrange salmon in a single layer in a skillet that is 2 inches deep. Season with salt.
2. Add enough water and wine to completely cover the salmon. Add coriander seeds and bay leaf. Slowly bring liquid to a simmer. Reduce heat to low, cover the skillet and simmer for 3 to 4 minutes or until salmon looks opaque.
3. Turn heat off and let dish stand covered for 10 minutes.

Poached Salmon with Hollandaise Sauce

3 c water
1/2 c white wine
1 tsp salt
4 black peppercorns
3 sliced lemon
3 sprigs parsley
1 small onion, sliced
1 bay leaf
4 (6 oz) salmon filet

Yields: 4 servings

1. In non-stick stock pot, heat water and wine. Add salt, peppercorns, lemon slices, parsley, onion and bay leaf.
2. Bring mixture to boiling, and then reduce heat. Cover and simmer for 5 minutes.
3. Place the salmon steaks in the pot, adding some more water and wine if necessary to cover the fillets.
4. Heat to boiling and then reduce the heat. Simmer uncovered for 12 minutes or until the fish flakes easily with a fork.
5. Serve with Hollandaise sauce.

See Hollandaise Sauce recipe on page 8.

Portuguese Seafood Stew

(Sopa Leao Velloso)

1 qt water
1 tsp salt
1 small bunch parsley
1 bay leaf
2 cloves minced
1 stalk celery
1 small carrot
1 lb shrimp in shell
1 lb grouper filet
2 dozen black mussels in shell
1/4 c olive oil
3/4 c red onions diced
3 cloves garlic minced
4 vine ripened tomatoes peeled
1 tbsp fresh chopped coriander
1 lb crab meat
1 lb lobster meat
2 tsp arrowroot
2 tbsp fresh chopped parsley

Yields: 10 servings

1. To prepare the seafood stock, bring water to a boil in a non-stick stock pot. Add salt, parsley, bay leaf, minced cloves, celery and carrot. Simmer for 30 minutes.
2. Strain the liquid and discard all ingredients. Return stock to the pot; add unshelled shrimp and cook for 10 minutes.
3. Remove shrimp from the stock. Remove shells and devein the shrimp; set aside.
4. Cut grouper into 1 inch cubes and add to the stock. Add black mussels to the stock and simmer grouper and mussels for 5 minutes.
5. Strain the stock again and remove mussel meat from the shells. Reserve mussels meat and grouper.
6. Heat olive oil in a non-stick stock pot. Sauté onions, garlic, tomatoes and coriander for 10 minutes.
7. Add all ingredients to seafood stock along with crab, lobster, shrimp, mussels and grouper. Bring the stew to a simmer.
8. Dissolve arrowroot in 2 tablespoons of cold water and stir into the stew to thicken. Simmer for 5 minutes.
9. Pour stew into soup bowls and garnish each bowl with small sprig of fresh parsley or coriander.

Russian Clam Chowder

2 lb can chopped ocean clams
packed in clam juice

4 large white potatoes, diced

4 c chicken stock

2 c heavy whipped cream

14 oz can diced rutabagas,
rinsed

16 oz can chickpea, rinsed

1/2 c bacon bits

1 loaf (6x4) focaccia bread,
finely diced

2 tbsp arrowroot

6 tbsp whole milk

2 tbsp freshly chopped chives

1/2 tsp salt & white pepper mix

Yield: 10 servings

1. Separate the clam from the juice and set both aside.
2. Peel and finely dice potatoes.
3. In a non-stick stock pot bring the chicken stock to a boil. Add potatoes and simmer for 15 minutes.
4. Stir in the heavy whipped cream, rutabaga, chickpeas, bacon bits, chopped clams and finely diced focaccia bread. Simmer for 5 minutes.
5. In a small glass or measuring cup, stir the arrowroot into the cold milk until well blended.
6. Slowly pour the mixture into the pot stirring continuously till the chowder is thick. Add salt and pepper mix. Simmer for 2 minutes.
7. If the chowder is too thick you can stretch it with saved clam juice.
8. Ladle chowder into soup bowls. Sprinkle with finely chopped fresh chives. Serve warm.

Salmon in Dill Sauce

1 tbsp butter
2 lb salmon filet
1 tsp salt & white pepper mix
1 c sour cream
4 tbsp fresh dill, chopped
1 tbsp sugar

Yield: 6 servings

1. Melt butter in non-stick stock pot. Sauté salmon for 4 minutes per side, turning twice.
2. Add salt and pepper to taste.
3. When salmon is done, remove to hot platter.
4. Place sour cream, dill and sugar in pot, let it come to a bubble. Turn heat off immediately. Sour cream should be warm after a few minutes.
5. Pour over salmon and serve with new potatoes and green beans.



Stir-Fried Luffa Squash with Diced Shrimp & Garlic

2 tbsp canola oil
4 cloves garlic, chopped
12 jumbo shrimp, peeled,
deveined, & diced
4 luffa squashes peeled & cut
into 1/2-inch diagonal chunks
1 tbsp fish sauce
1/4 tsp white pepper

Yield: 6 servings

1. In a non-stick stock pot heat the oil on medium-high. Add the garlic and stir-fry for 15 seconds until fragrant.
2. Add the shrimp and stir-fry for 2 minutes or until the shrimp begin to turn opaque.
3. Add the squash and stir-fry for another 2 minutes or until the squash begins to turn just a little translucent.
4. Add the fish sauce and pepper, stir well, and serve immediately.

About Luffa Squash

Also known as Chinese okra, sequa or sing qua, silk squash or hechima (in Japanese) is a favorite summer squash in the Asian diet. It's very low in calories and chock full of vitamin C and foliate. Luffa squash is much spongier than most gourds, and when quickly stir-fried, it has a fantastic silky texture and subtle sweet taste. With its dark green, rather tough skin and thin, ridged, slightly curving body that grows up to a foot long, the luffa is impossible to miss in the market. The skin is usually very bitter and should be removed completely.

There's no need to seed a luffa; in fact, luffas can be eaten raw. Literally a sponge, it will soak up whatever flavors with which you pair it. It's used in coconut curries and brothy soups and pairs nicely with shrimp and squid. The cooking time is remarkably short.

West Indian Callaloo Soup with Lobster Meat

1 lb callaloo leaves (substitute
Swiss chard or bok choy)
6 c chicken stock
1 sweet onion finely diced
1 clove garlic diced or minced
1 whole sprig fresh thyme
6 oz can lobster meat (substitute
crab meat or shrimp)
1/2 c canned coconut milk
10 oz frozen okra sliced
1/2 tsp mace

Yields: 4 servings

1. Wash greens and chop finely.
2. In a non-stick stock pot bring chicken stock to a boil, and then add onion, garlic and thyme. Cover and simmer for 20 minutes.
3. Take the thyme sprig out and discard. Add coconut milk and okra and mace. Cook 10 minutes.
4. Pour soup into bowls and garnish with equal portion with lobster meat, crab meat or shrimp.

About Callaloo

Callaloo the Caribbean version of gumbo, comes out of Africa with a history as rich as the dish itself. Its foundation in green leaves and vegetables; the ways of cooking callaloo apply to many other vegetables and dishes. Crab and lobster and many other seafoods are often added to callaloo.

White Asparagus Soup with Back Fin Crab Meat & Yuzu Juice

2 lb white asparagus trimmed
4 c chicken stock
1/2 c heavy whipping cream
16 oz pasteurized back fin crab meat
1/2 tsp yuzu juice (Japanese citrus fruit)
1 tsp white sugar
1/4 tsp mace

Yield: 8 servings

1. Cut off about 1/4 asparagus end. Cut the asparagus to 1/2 inch sections (if white asparagus is not available you can use green) and boil asparagus in chicken stock until tender.
2. Place asparagus in blender or food processor, blend until smooth. Return contents to stock pot.
3. Add heavy whipping cream and cook until heated through, stirring constantly. Add crab meat.
4. Season with Yuzu juice (1 teaspoon of freshly squeezed tangerine or orange juice could be substituted) sugar and mace. Stir well and let the soup simmer for 2 minutes.

About Yuzu

The Yuzu [YOO-zoo] is a Japanese citrus fruit size of a tangerine and is sour. The rind is used to flavor various dishes such as vegetables, fish or noodles. The Yuzu is difficult to find in the U. S. You can obtain bottled juice or dry, powdered Yuzu.

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
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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.