

The Bond Effect



"How to do" the Bond Effect

# Healthy Harvest

**Cookbook**

Companion to Deadly Harvest

Nicole Bond

## FOREWORD

Prepare yourself for fine array of extraordinarily, delicious, colorful, and yes, believe it or not, *healthy meals*. They are only to be believed by experiencing them. The foods you will prepare from Nicole's cookbook collection will tantalize your taste buds and vitalize your senses into a new and exciting style of dining. Dining, of course, is what Nicole's foods are all about.

Dining incorporates all of the senses, activating not only the essential flavors of the foods, but the savory aromas for the nose, the pleasing placement and colors with romantic candle lighting for the eye, and the melodic musical melodies of vintage compositions that delight the ear. All are blended as one tasteful dish displayed before you on an artful palette designed to be enjoyed by your palate. All of this and more is to be experienced while taking the healthy diet to heart.

Dishes like Artist's Salad, Eggplant and Tahini Pie, Roasted Summer Vegetables, Curry Stir-fry Chicken Breast, Spicy Asian Fish and Chocolate Brownies, this is the ultimate in warm, earthy, healthful and natural eating — all created with a light touch.

This is the ultimate in warm, earthy, healthful and natural eating and all are created with a light and sensitive touch with your health and enjoyment in mind. It is a combination of international cuisines at its best.

Many of the recipes can be served as appetizers or as a main course. These recipes are perfect for occasions of all seasons. Winter, summer, spring, or fall, the meals will awaken a sense of newness and aliveness in your preparation, your presentation, and your appreciation for simple elegance. They are to be enjoyed and shared at the table in fellowship and friendship — these true treasures of life are exemplified by Nicole's healthy meals. Savor them.

### **Dr. James Melton**

Visionary and Speaker

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# **HEALTHY HARVEST COOKBOOK**

(Companion to Deadly Harvest)

## **CONTENTS**

### **FOREWORD**

### **INTRODUCTION**

- Preamble
- The principles behind the recipes of Healthy Harvest
- Goals
- What's in the book?

### **CHAPTER 1**

- The Ingredients and Staples
- Equipment
- Cooking Techniques

### **CHAPTER 2 - Sauces, Dressings, Dips**

### **CHAPTER 3 - Salads and Starters**

### **CHAPTER 4 - Soups**

### **CHAPTER 5 - Main Dishes**

- Vegetable Dishes
- Poultry, Game and Meat
- Seafood

### **CHAPTER 6 - Desserts**

## INTRODUCTION

### Preamble

Most of us try to do the right thing by our children and spouses, especially when it comes to feeding them. But we are confused by the conflicting messages. We are inundated with a plethora of diet books and cookery manuals claiming to show us the way to health and happiness. So what is so different about this one? The difference is fundamental. It is none other than feeding ourselves the way Mother Nature intended! That way we avoid stressing our bodies with foods it was never designed to handle. You will draw comfort from the knowledge that, by cooking our way, you are building the foundations for long, healthy lives.

We have designed all these recipes to conform to the principles of The Bond Effect. That is, they are in accordance with the basic guidelines formulated by nutritional anthropologist Geoff Bond. (See later). So when you follow these recipes you know that you are doing the right thing by yourself and your family.

This way of life does not need you to eat in an outlandish way. Your dinner guests will be surprised to find that they have been eating what seem like conventional dishes. Only you will know what subtle, yet vital changes in ingredients – and in cooking -- you have made.

### The principles behind the recipes of Healthy Harvest

Nature fashioned our bodies to be nourished in a particular kind of way – one that is special to us humans. However, for many generations, we have meddled in a state of ignorance with our food supply. The results have not always been happy ones, leading to “diseases of civilization” like cancer, heart disease, osteoporosis and diabetes.

Geoff's book *Deadly Harvest*<sup>1</sup>, describes how this happened and how we finally know the right way to feed us humans -- or as he puts it: “how to put the right gas in the tank”. There are many surprises. We learn that many foodstuffs that we take for granted are secretly undermining our health. But the message is an optimistic one: we do not need to be “food fascists” – we just need to *prioritize* what is important and what is not.

In this cookbook we focus on the important issues. Thus you will find that the emphasis is on removing bad carbs and bad fats and privilege the “good” ones. Consumption of fruits, salads and vegetables should be high. We aim to keep the intake of these up at around 75% of the diet and protein-rich foods down to 25%.

We strive to keep sodium (salt low) and potassium high. This happens quite naturally with the high intake of plant food but in addition we avoid processed food and keep added salt to a minimum. On the other hand, we obtain sumptuous flavors from the liberal use of aromatic herbs, fresh if possible.

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<sup>1</sup> *Deadly Harvest: The Intimate Relationship Between Our Health & Our Food*; Square One Publishers; New York; 2007. ISBN: 978-0-7570-0142-0

We avoid “non-human” foods that give our bodies trouble with allergic substances (like gluten and lactose) and “antinutrients”. (Antinutrients are naturally occurring poisons that plants make to fight off germs and funguses.)

All this might seem quite unusual, but in practice all we are doing is clearing out foods that have been making us sick for generations and replacing them with ones that work in harmony with our bodies. We invite anyone who is interested in knowing the background to these guidelines to check out Geoff's book, *Deadly Harvest*.

## Goals

We want you to feel comfortable with this new way of eating. We have devised recipes that follow the guidelines, yet use readily available ingredients and are simple to prepare. As Geoff says, “we go hunting for our food in the same supermarket, we just hunt smarter!”

Nicole has tested each of the recipes many times to make sure they work well under all kinds of circumstances. We eat them regularly both for our family meals and when we are entertaining. They do not require huge expertise, just basic cooking skills and a willingness to try out new ways of preparing familiar dishes. Be prepared to be adventurous too! Try variations: experiment with different herbs and flavors for example.

## What's in the Cookbook?

We set the scene for you in Chapter One. Here we help you with some of the basic equipment, ingredients and cooking techniques. Then, with Chapter Two we get into the recipes with simple sauces, dressings and dips. These, from Vinaigrette to Basil Pesto are always important to give great taste to salads, raw vegetables and other dishes. So often, conventional recipes are loaded with bad fats and bad carbs. But they don't have to be! And here we show you how.

Consumption of large quantities of plant food, preferably raw, is an important feature of the Bond Effect. That is where salads come in – we should all eat at least one good salad a day and Chapter Three focuses on those: from Avocado Salad to Moroccan Carrot Salad.

Chapter Four provides tasty recipes for soups of all kinds from the light Cold Tunisian Tomato Soup to a hearty Clam Chowder. In Chapter Five we come to main dishes. Some of them can be meals in themselves. We have divided the chapter into three classes of food: vegetable-based like Eggplant and Tahini Pie, animal based (poultry, game and meat) like Chicken Breast in Tomato and Onion or Hunter's Venison Stew, and seafood like Spicy Asian Fish.

Believe it or not, it is quite possible to devise wonderful desserts that conform to the Bond Effect. So, last but not least, with Chapter Six, we provide a range of remarkable sweetmeats from Chocolate Brownies to Rich Christmas Cake.

These dishes are for everyone! Whether or not you decide to live the Bond Effect way, you can be sure that dishes prepared from this cookbook will be the healthiest and tastiest that you can offer to your family and guests. Enjoy!