

**THE GERSON THERAPY:
THE PROVEN NUTRITIONAL PROGRAM
FOR CANCER AND OTHER ILLNESSES**

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TABLES

TABLE 1-1

Everyday Factors That Contribute to the Rise of Cancer

Taken from the medical, scientific, and environmental literature as well as from our everyday experiences, here is the coauthors' listing of forty-nine predisposing, ceaseless, contributing factors as one or more sources of cancer affecting the human body's ever-weakening enzymatic, hormonal, immunological, and other defense systems:

1. Atmospheric cosmic rays and X rays
2. Sunlight's ultraviolet rays
3. Chronic electromagnetic field exposure
4. Geopathic stress
5. Sick building syndrome
6. Ionizing radiation
7. Microwave oven radiation
8. Nonionizing electromagnetic radiation from domestic appliances
9. Overhead power lines
10. Nuclear radiation
11. Pesticide/herbicide residues
12. Industrial toxins
13. Drinking or bathing in polluted water
14. Drinking or bathing in chlorinated water
15. Drinking or bathing in fluoridated water
16. Tobacco and smoking
17. Hormonal therapies
18. Immune-suppressive drugs
19. Consuming irradiated foods
20. Ingesting food additives
21. Mercury toxicity from any source
22. Toxic metal syndrome
23. Dental amalgam fillings
24. Dental root canals
25. Dental cavitations (jawbone spaces left by poor tooth extraction)
26. Dental metals of all types
27. Steady use of street drugs
28. Steady use of prescription drugs
29. Steady use of nonprescription drugs
30. Nerve interference fields
31. Diet or nutritional deficiencies
32. Consumption of synthetic "nonfoods"
33. Chronic physical or mental stress
34. Destructive negative emotions
35. Depressed thyroid action
36. Intestinal toxicity or digestive impairment
37. Parasites
38. Viruses
39. Bacterial infections
40. Fungal infections
41. Blocked detoxification pathways
42. Free radical pathology
43. Cellular oxygen deficiency
44. Adverse cellular terrain
45. Oncogenes (cellular genes that change normal cells into cancer)
46. Genetic predisposition
47. Miasm (energy residues of previous illnesses)
48. Physical irritants, e.g., asbestos
49. Alcohol consumption

TABLE 1-2

Health Problems Successfully Treated by the Gerson Therapy

1. Acne	27. Hepatitis
2. Addictions	28. High blood pressure
3. AIDS	29. Hyperactivity
4. Allergies	30. Hypoglycemia/hyperglycemia
5. Anemias	31. Immune deficiency
6. Ankylosing spondylitis	32. Infertility
7. Arthritis	33. Intestinal parasites
8. Asthma	34. Kidney disease
9. Cancers and leukemias	35. Liver cirrhosis
10. Candidiasis	36. Lyme disease
11. Chemical sensitivities	37. Lupus erythematosus
12. Chronic fatigue syndrome	38. Macular degeneration
13. Constipation	39. Migraine
14. Crohn's disease	40. Mononucleosis
15. Cushing's syndrome	41. Multiple sclerosis
16. Depression/panic attacks	42. Obesity
17. Diabetes	43. Ocular histoplasmosis
18. Emphysema	44. Osteomyelitis
19. Endometriosis	45. Osteoporosis
20. Epilepsy	46. Phlebitis
21. Fibroids	47. Premenstrual syndrome
22. Fibromyalgia	48. Psoriasis
23. Genital herpes	49. Shingles
24. Gout	50. Stroke
25. Heart and artery diseases	51. Tuberculosis
26. Hemorrhoids	52. Ulcerative colitis

TABLE 4-1

The Core of the Gerson Therapy

The Gerson Therapy is a series of harmonious and cohesive medical treatments which have been observed to cure many individual cases of advanced cancer and other major health problems in mankind.

- The treatments consist of salt and water management which holds down the intake of Na⁺ and increases the intake of K⁺.
 - A sick person's metabolism and cell energy production are stimulated by supplementing with natural thyroid hormone.
 - Maximum digestibility of nutrients is achieved by hourly drinking fresh, raw vegetable and fruit juices and eating a basically vegetarian diet.
 - Fat is restricted in order, to lower intake of disease promoters of all kinds.
 - The restriction of protein tends to uplift a patient's immune response.
 - Coffee enemas stimulate the bowel and liver enzymes to eliminate toxins across the bowel wall. It is a kind of intestinal dialysis.
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TABLE 5-1

Percentage Frequency with Which Particular Foods and Drinks Were Avoided by 200 Cancer Victims Who Underwent "Spontaneous Regressions"

<i>Type of Food or Drink</i>	<i>Percentage of Patient Sample</i>
All canned foods	80.0
All frozen foods	80.0
All smoked foods	80.0
White sugar	79.5
Meat	79.5
Pickles	75.5
Table salt (sodium chloride)	75.5
Alcoholic beverages	75.5
Spices	75.0
Eggs	70.0
Fish	67.0
Fats	65.5
White flour	65.5
Tea	65.5
Coffee	65.5
Chocolate	63.5
Oils	62.0
Milk	62.0
Nuts	59.5
Soybeans	49.0
Tomatoes	38.5
Shellfish	16.0

(Taken with permission from Foster, H.D. "Lifestyle changes and the 'spontaneous' regression of cancer: An initial computer analysis." *International Journal of Biosocial Research*. 10(1):17-33, 1988.

TABLE 5-2

Percentage Frequency with Which Particular Foods and Drinks Were Consumed by 200 Cancer Patients Experiencing "Spontaneous Regressions"

<i>Type of Food or Drink</i>	<i>Percentage of Patient Sample</i>
Broccoli	84.5
Leeks	84.5
Cauliflower	84.5
Onions	84.5
Legumes	84.5
Carrots	84.5
Brussels sprouts	84.5
Beet roots	82.5
Squash	82.5
Apples	81.5
Pears	81.5
Apricots	77.0
Whole grain cereals	75.0
Cantaloupe	73.5
Grapes	73.0
Tomatoes	72.5
Lentils	69.0
Grapefruit juice (freshly made)	58.0
Alfalfa and other sprouted seeds	57.5
Orange juice (freshly made)	57.0
Apple juice (freshly made)	57.0
Grape juice (freshly made)	55.0
Tomato juice (freshly made)	55.0
Carrot juice (freshly made)	53.5
Green leaf juice (freshly made)	51.5
Liver	46.5
Raisins	46.5
Almonds	32.0
Pineapples	26.0
Cottage cheese	24.5
Buttermilk (churned, <i>not</i> cultured)	24.5
Eggs	24.5
Wheatgrass	22.0
Yogurt	21.0
Olive oil	20.5
Sunflower seeds	19.5
Barley grass	18.5
Avocados	18.5
Kefir	16.5
Garlic	14.0
Flax oil	7.5
Miso	4.5
Tamari	2.0

(Taken with permission from Foster, H.D. "Lifestyle changes and the 'spontaneous' regression of cancer: an initial computer analysis." *International Journal of Biosocial Research*. 10(1):17-33, 1988.

RECIPES
(CHAPTER 22)

This final chapter contains recipes for dishes prepared only with certified organically grown fresh fruits, dried fruits, vegetables, grains, and sweeteners. Especially important here are the following items:

- Hippocrates soup, recommended by Dr. Max Gerson in the first edition of his book
- Juices as described
- Salads of all types
- Many kinds of salad dressing
- Cooked vegetable dishes of all types
- Potatoes baked or prepared in different ways
- Vegetarian loaves
- Soups based on the Hippocrates soup
- Many kinds of fruit dishes
- Dairy dishes of several types (when allowed)
- Breads of organic rye with little whole wheat, unsalted
- Desserts of many types of fruit, raw or stewed

NOTE 1: The recipes that follow were compiled and edited with the cooperation of Christeene Lindsay-Hildenbrand to be used in conjunction with the Gerson Therapy videotape "Charlotte Gerson Demonstrates Basic Gerson Food Preparation."

NOTE 2: Recipes marked with a ^{YN} were contributed by Yvonne Nienstadt, director of health services at Cal-a-Vie, Vista, California. Recipes marked with a ^{SD} sign were contributed by Susan DeSimone of the Gerson Institute. Recipes marked with an ^{MZ} were contributed by Marisol Zuniga of the Hospital Meridien in Tijuana, Mexico. Recipes marked with a ^{GSG} were contributed by the Gerson Support Group in England. The recipes marked with ^{RC} were contributed by Richard Crowell. Recipes marked ^{DAIRY} contain restricted dairy ingredients; instructions for their preparation should be followed carefully. The recipes with an asterick (*) can be found in the Dairy section of the *Gerson Therapy Handbook*.

GERSON THERAPY RECIPES

The Gerson Therapy offers a diet containing a large variety of vegetarian foods ingested in huge quantities. Eating them in the recommended amounts will enable a consumer to reach an ideal weight level and remain there. And one's metabolism will achieve only homeostasis as well. But these two healthy situations are attained only when ingestion is done under certain conditions.

First, use only certified organically grown fresh fruits, dried fruits, vegetables, grains, and sweeteners. We repeat: Use strictly fresh fruits and vegetables and absolutely no canned fruits or vegetables.

Second, the produce should not be peeled or scraped unless indicated. To clean the foods, use only lukewarm water and a brush.

Third, sweeten only with Gerson-approved light honey, maple syrup, or sugar. Dried organic cane sugar (Sucanat[®]), which has a molasses flavor, may be added in recipes calling for brown sugar. Some cooks may prefer other sweetening options.

Special Soup (Hippocrates Soup)

For one person use a 4-quart pot, assemble the following vegetables, then cover with distilled water:

1 medium celery knob (or 3 to 4 stalks of celery), 1 medium parsley root (if available), garlic as desired, 2 small leeks (if not available, replace with 2 medium onions), 1½ lbs tomatoes or more, 2 medium onions, 1 lb potatoes, and a little parsley.

Do not peel any of these special soup vegetables; just wash and scrub them well and cut them coarsely; simmer them slowly for 2 hours, then put them through a food mill in small portions; only fibers should be left. Vary the amount of water used for cooking according to taste and desired consistency. Keep well covered in refrigerator no longer than 2 days. Warm up as much as needed each time. Note: For recipes that call for soup stock, use the liquid from this special soup.

PREPARATION OF JUICES

Juices are always freshly prepared. (As a reference, see the classic book *A Cancer Therapy*, p. 240.) Please be aware that it's not acceptable to prepare the full day's juices in the morning.

Carrot-Apple (8 oz juice)

3 carrots (6 oz) and 1 large green apple (6 oz).

Green Juice

Obtain as many as possible of the following kinds of leaves (no others): romaine lettuce, Swiss chard, beet tops (young inner leaves), watercress, some red cabbage, green pepper (¼ of small one), endive, and escarole. Add 1 medium apple for each glass when grinding.

Orange Juice

Squeeze only with a reamer-type juicer made of glass, plastic, or porcelain. Do not use any juice press into which the orange is inserted with the skin (if the skin is also pressed out, it will emit harmful fatty acids and aromatic substances contained in its surface). Do not use an aluminum juicer.

JUICERS

Use a separate grinder and a separate press for juicing or a juicer that incorporates both. Do not use liqueifiers, centrifuges, juice mixers or masters, and so on.

Pressing Process

Take 1 or 2 coarsely woven nylon cloths, 12" square, and place a cupful of pulp into center of moistened cloth, fold in thirds in both directions, and press.

Rinse cloths in cool water after each juice preparation.

Do not allow juice to dry on the cloths.

Wash thoroughly each night in warm or hot water; rinse thoroughly.

Keep the pressing cloths overnight in a freezer.

It is essential to clean the machine and cloths very well.

If juice retains the taste of cloth, use a new cloth.

Allow 2 cloths per juicing.

Have 1 set of cloths for each type of juice.

Leftovers of all pressings can be used only for compost or as animal food.

If the patient goes to work again after healing, apple and carrot juice only may be taken and kept in a thermos for no longer than 4 hours to drink on the job.

SALADS AND DRESSINGS

Raw fruit or raw vegetables, when finely grated or shredded, must be used fresh, as quickly as possible.

Raw living tissues may not be stored after any kind of preparation (please see *A Cancer Therapy*, p. 189).

The following vegetables are very important to consume (finely grated if necessary, or chopped; mixed or separate): knob celery, tomatoes, escarole, cauliflower, romaine, chives, green peppers, apples, carrots, lettuce (all types), chicory, watercress, radishes, scallions, and endives.

Buttermilk Dressing^{YN} *

1 cup churned buttermilk (not cultured), 1/3 cup nonfat yogurt cheese (Quark), 1/4 tsp horseradish powder, 2 tsp honey, 1 tsp cider or wine vinegar, pinch of dill, and tarragon or savory.

Hand beat or buzz in blender until smooth. Leftover dressing may be kept in a tightly covered jar in the refrigerator for 48 hours.

Garlic and Onion Dressing

1/2 tsp lemon juice or wine vinegar, 2 tsp water, 1 tsp brown sugar, a little diced onion, 1 clove garlic, and a small amount of permitted herbs.

Mix ingredients together, allow time for flavors to mingle, and serve on salad.

Herb Dressing

2 $\frac{1}{3}$ cup apple cider vinegar, 1 tsp brown sugar, $\frac{2}{3}$ cup water.

Mix these three basic ingredients together and add some or all of the following herbs (optional) and leave them to infuse: tarragon (pushed in stalk first), shallots or spring onions chopped finely, 2 cloves garlic peeled and crushed with the back of a knife, and 1 fresh bay leaf.

Orange Dill Vinaigrette^{RC}

$\frac{1}{2}$ cup vinegar, 3 cloves peeled garlic, 1 cup orange juice, $\frac{1}{2}$ cup water, 1 green onion, 2 tbsp honey, $\frac{1}{2}$ tsp dried dill, and $\frac{1}{4}$ red bell pepper.

Blend all ingredients in Osterizer. Makes 1 pint of zesty and sweet dressing.

Variation: Substitute juice of 1 lime or lemon for orange juice; increase water. Substitute sage or thyme for dill.

Spinach Dressing^{YN *}

1 cup nonfat yogurt, 2 cups spinach chopped raw or 1 cup spinach cooked, 3 green onions chopped, 1–2 tsp vinegar, $\frac{1}{2}$ tsp dill weed, a pinch of mace.

Place in a blender and spin until smooth.

Yoguefort Dressing*

$\frac{3}{4}$ cup dry, fat-free and unsalted cottage cheese, 1 cup yogurt (or churned buttermilk), $\frac{1}{4}$ cup vinegar or lemon juice, 2 tsp honey, 1 clove garlic crushed, $\frac{1}{4}$ tsp tarragon, marjoram, or dill, $\frac{1}{4}$ cup chives or green onions chopped, and 2 tbsp linseed oil (optional).

Blend the first 5 ingredients in blender until smooth.

Add herbs and chives.

To thin mixture, add more yogurt.

Chill before serving.

Summer Cole Slaw*

1 stalk celery finely chopped, $\frac{1}{4}$ cup minced red onion, 1 $\frac{1}{2}$ cups shredded cabbage, $\frac{1}{4}$ cup shredded carrot, pinch of fresh dill, and 2 cups nonfat yogurt.

Combine all ingredients in bowl and toss well.

Serve chilled.

Artichoke Salad

1 purple onion, 1 tomato, 2 tbsp apple cider vinegar, 1 artichoke, 1 green bell pepper, 2 carrots, and 3 tbsp flaxseed oil.

Wash the artichokes well and boil in covered pot for 45 minutes to 1 hour.

When ready, peel them until you can see the center.

Remove the “chokes” with a spoon and discard.

Cut the artichoke heart and other vegetables into bite-sized pieces.

Combine and toss with vinegar and oil.

Bessarabian Nightmare^{SD}

2 tomatoes sliced, 1 small onion sliced, 1 red or green pepper (or both) sliced, 2–3 cloves of garlic crushed, and permitted herbs to taste.

Layer each ingredient in a glass Pyrex[®] baking dish.

Bake at 350° until tender.

Cool and add flaxseed oil to taste when cool enough.

Celery Root (Knob) Salad

Remove loose roots from 2 celery knobs and scrub clean.

Boil knobs in jacket about 1 hour; peel and slice.

Add: 1 medium chopped raw onion, scallions (green onion).

Toss with Herb or Garlic and Onion Dressing.

Cold Broccoli Salad^{YN *}

2 lbs broccoli cut into bite-sized pieces.

Stew over a low flame in a heavy pan with a tight-fitting cover until barely tender, about 25–30 minutes. Chill.

Add: 1 cup cherry tomatoes, ½ cup shallots or green onions, 1 cup buttermilk dressing, 2–3 tsp chives, and 2–3 tsp parsley.

Combine broccoli, tomatoes, and shallots in bowl.

Mix in dressing.

Serve on bed of endive and garnish with chives and parsley.

Eggplant Salad^{SD}

1 eggplant baked for one hour at 350° F (180° Celsius).

Let eggplant cool, then chop into bite-sized pieces.

Combine with: 1 small onion chopped, 1 tbsp cider vinegar, chopped parsley, 2 sliced tomatoes, and flax oil.

Fruity Winter Salad GSG DAIRY

½ white cabbage, 2 medium carrots, 2 red apples, 1 oz raisins, 1 oz dried figs, 1 oz dried apricots, 10 tbsp nonfat yogurt, 1½ lemon, and chopped parsley.

Soak dried figs and apricots in bowl of water overnight.

The next day, empty water and add finely shredded cabbage, coarsely grated carrots and apples, and raisins.

In a separate bowl, combine yogurt, lemon juice, and parsley.

Combine contents of each bowl and toss together until well mixed.

Serve chilled.

Italian Salad

Cauliflower, broccoli, celery, tomatoes.

Wash and cut up all vegetables, then toss with Herb or Garlic and Onion Dressing.

Peach Salad^{SD}

Mix together the following: 1 tomato chopped, 1 red pepper chopped, 1 green pepper chopped, 1 peach chopped, ½ cup green and red seedless grapes, and a few mint leaves.

Dress with lemon and garlic dressing: equal parts lemon juice and water.

Add a little brown sugar (Sucanat) and crushed garlic.

Potato Salad, Basic (#1)

Boil potatoes in jackets until soft (1 hour); peel and slice.

Add: onions, scallions, celery, green peppers, Herb or Garlic and Onion Dressing.

Potato Salad, Fancy (#2)

4 potatoes, 1 white onion, ¼ cup celery, 3 grated carrots, flaxseed oil, 2 bay leaves, 1 purple onion, parsley, 3 tbsp apple cider vinegar, and 1 green bell pepper.

Boil the potatoes, in their jackets, with the bay leaves on slow heat.

Cut the vegetables and sauté with the apple cider vinegar (can use wok).

Use *no* oil!

Once the potatoes are cooked, peel and cut them into small cubes and add the cooked vegetables.

Add the flaxseed oil after the mixture is cooled.

Rice Salad^{SD}

Mix cooked, organic, brown rice (with bay leaf and a little rosemary) with plenty of chopped vegetables including tomatoes, celery, zucchini, radishes, fresh garden herbs, and lemon and garlic dressing (see under Peach Salad).

Rose, borage, or marigold petals look beautiful sprinkled over the salad.
Add apricots that have been soaked in water and chopped (if desired).

Raw Grated Carrots and Apples

Grate by putting through food grinder or Norwalk juicer: 2 or 3 carrots, 1 apple peeled.

Add ¼ cup raisins, juice of ½ orange or lemon.

Red and Green Salad^{YN}

Combine the following ingredients and serve with spinach dressing:

1 head romaine lettuce, 2 cups shredded savoy or green cabbage, 3 green onions, 1 cup sunflower greens, 2 kohlrabi cut in shoestring strips or peeled broccoli stems, 1 thinly sliced yellow crookneck squash, and 1 pint cherry tomatoes or 1 large sweet red pepper cut in strips.

Sunchoke (Jerusalem Artichoke) Salad

Combine: 2 cups sunchoke (cooked or raw), ½ cup celery sliced diagonally, ¼ cup green peppers, and ½ cup salad dressing.

Tomato and Pepper Salad^{SD}

1 green pepper cut into thin rings, 2 tomatoes firm but ripe and sliced or chopped.

Dress with lemon juice and crushed garlic, fresh herbs, and chopped celery leaves.

Add flax oil to taste.

Beet Salad

Boil beets in water for 1 hour.

Peel and cut tips off; slice thin.

Add chopped onions and either Herb or Garlic and Onion Dressing.

COOKED VEGETABLE DISHES

Preparation of Vegetables

All vegetables must be cooked slowly, over low flame, with little or no added water. In order to preserve the natural flavor of the vegetables and keep them easily digestible, the slow cooking process is very important. All vegetables should be “done” or tender. Valuable components are lost in fast cooking by excessive heat. Because the components’ cells burst, the minerals go out of their colloidal composition and become more difficult to be absorbed. A stainless steel “flame tamer” may be used to prevent burning. And a little of the Special Soup (see above) may also be used, or tomatoes, apple slices, or chopped onion may be placed at the bottom of the pan to produce more fluid. In some cases this addition also improves the flavor. Only spinach water is too bitter, contains too much oxalic acid, and must be discarded.

Tomatoes, leeks, zucchini, and onions should be stewed in their own juices, as they contain an abundance of fluid by themselves. Red beets should be cooked like potatoes, in their peel, in water. All vegetables must be carefully washed and cleaned. Peeling or scraping is forbidden, because important mineral salts and vitamins are deposited directly under the skin.

The pot (not aluminum) must close tightly, to prevent escape of steam. Don’t use a pressure cooker. Lids must be heavy and fit well into the pots. Cooked foods (soup and fruit) may be kept in the refrigerator for 48 hours. Baked vegetables should be slow cooked in a “low” oven (180–190° F; use oven thermometer) for 2 to 2½ hours, in a covered casserole with a tightly fitting lid. This method of baking is virtually waterless. Use onions or tomatoes, or sprinkle vegetables with lemon to add moisture when necessary.

Stewed vegetables are cooked in a heavy pot with a tightly fitting lid on top of the stove over a low flame, slowly with little or no added liquid.

Simmered vegetables are cooked on the top of the stove over a low flame in a tightly covered pan with a small amount of liquid. The temperature is kept just at the boiling point.

Boiled vegetables (like corn and artichokes) are cooked on the top of the stove in a heavy pot with a tightly fitting lid. Place 1" of cold water in the bottom of the pot, add the washed vegetables (do not peel or scrape), and cover. Cook over medium heat, slowly bringing the liquid to a boil (bubbles breaking on the surface and steam given off). Lower the flame as much as possible, keeping the liquid boiling.

Note: Bring liquids to a boil only if the recipe specifically calls for it.

Tightly Fitting Lids

Saucepans must be tightly covered to prevent steam from escaping.
Covers must be heavy and close-fitting.
You may have to place wax paper under the lid to aid the seal.

Artichokes

Cut artichoke ends and rinse in the center.
Bring 2 inches of water to a boil.
Add artichokes.
Lower temperature, cover, and simmer for approximately 1 hour.
Serve with salad dressing on the side as a dip.

Asparagus

Bake in covered casserole with a small amount of soup stock or lemon juice in low oven 1 hour, or simmer with 1/2" soup stock for 30 minutes or until tender.

Beautiful Borscht^{SD}

1 onion, 3 garlic cloves, 1 cup Special Soup, 6 small beets with tops, 1 large potato, 1 carrot, 4 red cabbage leaves, 2 bay leaves, 3 cups water, and 2 tomatoes.
Run all the vegetables through your grinder and add the water and bay leaves.
Cook for 30 minutes on low heat.
Serve with a dab of nonfat yogurt.

Beets

Bake or boil beets in their jackets.

Glazed Beets^{YN} (serves 6–8)

Scrub 9 large beets and boil in 1" water until tender, approx. 1 to 1 1/2 hours.
Peel in cold water.
Slice or cut into bite-sized pieces.

Glaze for Beets:

Combine: 2/3 cup fresh orange juice, 1 tsp cornstarch, 1 1/2 tsp cider vinegar, and 1 tsp honey or crude brown sugar.
Cook over low flame until thick.
Add beets and mix well.
Variation: Use 1/2 cup apple juice and 3 tsp lemon juice in place of orange juice.

Beets, Cooked and Creamed^{DAIRY}

3 cooked beets, 6 tbsp nonfat yogurt, 1 tbsp fresh snipped chives, 2 tbsp finely chopped onion, finely chopped parsley.

Put cooked, chopped beets into a saucepan with the yogurt, chives, and onion and heat gently.

Put into serving dish and sprinkle with chopped parsley.

Broccoli

Bake in a covered casserole in low oven with onions or a small amount of soup stock for 1–2 hours.

Serve with tomato sauce.

Broccoli and Herbs^{MZ}

2 bunches of broccoli, 4–6 cloves of garlic, ½ onion sliced, ¼ tsp dill, and ¼ cup Special Soup broth.

Wash broccoli and peel stems.

Put garlic and onion in one pot and cook until onion becomes translucent.

Add cut broccoli crowns and stems, dill, and broth.

Cook on low heat until broccoli is tender.

Festive Broccoli^{YN} (or Festive Green Beans)

1 large bunch broccoli (or 3½ cups sliced green beans), 1 clove garlic minced, 1 small onion diced, 1 medium sweet red or yellow bell pepper cut in strips, 2 tsp lemon juice (optional), and ¼ tsp dried or 1 tsp fresh dill weed.

Select dark green bunch of broccoli with no yellowing.

Wash well and cut into spears, peeling tougher stalks at base.

Place onion and garlic in pot.

Cover and stew on low flame for 45 minutes or until tender.

Add pepper strips for last 20–25 minutes of cooking.

Add lemon just before serving (lemon will discolor broccoli if added during cooking).

Sprinkle vegetables with dill and serve.

Cauliflower

Wash cauliflower and break into sections.

Add 2–3 tomatoes, sliced and cut into chunks.

Stew together for approximately 45 minutes (or until tender) on low heat.

Cauliflower and Carrot Sauce

1 small cauliflower, 3 carrots, and flaxseed oil.

Separate the cauliflowerets and place in a baking dish with a little water and cook until soft at 250° F.

When ready, drain off the water.

At the same time, simmer the carrots on low heat with enough water until they are soft.

Blend carrots in blender with the oil.

Pour sauce over the cooked cauliflower, and place in warm oven (turned off) for 5–10 minutes, before serving.

Carrots and Honey

Wash carrots, cut off ends, and slice.

Do not peel or scrape.

Stew in a small amount of soup stock for 45 minutes or until tender.

Last 5–10 minutes of stewing add: ½ tsp honey for slight flavoring.

Chard Rolls, Stuffed^{MZ}

1 bunch of chard, 6 medium potatoes, 4 carrots, ½ onion sliced, and 3 large cloves of garlic minced.

Cook onions and potatoes separately.

In another pot, cook carrots and garlic.

When done, puree each potful separately, then mix together.

Put chard leaves in very hot water, being sure not to overcook.

Spread each leaf and remove tough center stem.

Then place puree in center of leaf and roll tightly.

Display on tray and serve with ketchup (see recipe, p. 85 of the *Gerson Therapy Handbook*).

Corn

Corn may be baked in the husk wrapped in foil.

Bake in low oven for 1 hour or place in boiling water for approximately 7 minutes.

Corn with Mixed Vegetables

3 stalks of celery, 2 carrots, 2 ears of corn, and 2 zucchini squash.

Wash the corn well and husk it.

Cut the kernels off.

Slice the other vegetables into smaller pieces.

Put the corn in a baking dish and add the vegetables.

Bake in the oven at 200° F for 1 hour.

Creamed Corn

3 ears of corn and 1 green bell pepper.
Husk corn and cut off the kernels.
Put kernels from 2 ears in a blender and blend.
Add the kernels from the third ear to the blended corn.
Place in a baking dish and on the top place sliced green pepper.
Bake in the oven 1½ hours at 200–250° F.

Corn with Orange Juice

2 ears of corn and 1 glass of orange juice.
Wash the corn well, husk, and cut off the kernels.
Put this in a baking dish with a lid and bake in the oven at 250° F until done.
Pour the corn juice off, and add the orange juice.
Let set 5–10 minutes before serving.

Dilly Beans^{YN}

3 cups green beans, ⅓ cup onion sliced in half rings, ½ tsp dill weed, 2 tsp lemon juice, and green or white cabbage.
Combine in pan: ½ cabbage, shredded thinly, pinch marjoram, 3–4 tsp apple cider vinegar, 1 large tomato, chopped sage, and 1 onion diced.
Combine and bake in low oven in a covered casserole until tender.
Stew approximately 1 hour, until tender.
Do not add water.

Eggplant, Baked

Put some soup stock in bottom of large covered baking dish.
Add in layers: 1 chopped onion, 1 eggplant sliced, plus 2 tomatoes sliced and skinned.
Cover and bake in low oven for 2 hours.

Eggplant, Stewed

Combine in a stew pot: 1 eggplant cut into cubes, 2 onions chopped, and 3 tomatoes (peeled and chopped).
Stew approximately 30 minutes (until tender).
Do not add water.

Eggplant Roulades^{DAIRY} with Red Pepper Sauce

The Sauce:

1 red pepper quartered and deseeded, 1 onion finely chopped, 2 tomatoes chopped, 1 clove garlic crushed, and 6 tbsp water.

To make the sauce, cook the pepper, onion, tomatoes and garlic in the water, and simmer for 20 minutes.

Put through the food processor or blender.

The Roulade:

2 eggplants, 16 oz of cottage cheese (unsalted, nonfat), 2 tomatoes skinned and chopped, plus herbs (such as parsley or coriander).

For the roulade, cut the eggplants lengthwise into 1/4 inch slices.

Put in an oven-proof dish and cook a little in the oven to soften them.

In the meantime, mix together the cottage cheese and herbs and prepare the tomatoes.

Then spread a little cottage cheese over each partially cooked piece of eggplant, scatter with tomatoes and roll up.

Place back into the oven-proof dish and cook for 15–20 minutes.

Serve hot, garnished with the pepper sauce.

Fennel Treat^{SD}

1 bulb of fennel, 1 large tomato cut into 1/4" slices, and 2–3 cloves garlic peeled and sliced thin.

Cut off stalks and leaves from fennel.

Slice bulb in half lengthwise so you have two flat halves.

Rinse halves under running water to remove sand and put them in a baking dish with cut side up.

Cover halves with tomato slices and place garlic slices on top of tomatoes.

Cover dish and bake at 250° for 1–2 hours.

Serve with a baked potato and a salad of grated carrots on a bed of pretty greens.

Green Chard Rolls

4 leaves of green chard, 2 carrots, ¼ head broccoli, 2 cloves garlic, ½ cup rice uncooked, ¼ head cauliflower, 2 small zucchini squash, 1 ear of corn (cut kernels off), and 1½ tomatoes.

Wash the vegetables well.

Put the chard leaves in hot water long enough to wilt them so they will bend.

Cut the other vegetables into small pieces, and put them in a pan with a little bit of water to boil on low heat.

When cooked, drain the water off.

Make a sauce in the blender with the tomatoes and garlic, and pour this sauce on top of the vegetables and raw rice.

Place some of the vegetables-rice mixture in the center of each leaf and roll them up.

Put these in a baking dish with a lid and bake in the oven for 1 to 1½ hours at 250° F.

Green Peppers

2–4 sliced green peppers and 2–4 sliced onions.

Stew in tightly covered pot approximately 30 minutes (add no water).

Lima Beans and Zucchini

1 large onion, 1 clove garlic, ½ cup soup stock, 1 cup fresh lima beans, 3 cups zucchini, 4 med. tomatoes, ½ tsp cornstarch, 4 sprigs fresh parsley, a dash of thyme and sage or a pinch of dried parsley.

Mix all ingredients except herbs.

Simmer about 15 minutes (until tender).

Thicken with cornstarch mixed with a little water.

Just before serving add herbs.

Onions and Raisins

1 onion peeled and chopped plus ¼ cup raisins.

Stew in tightly covered pot approximately 30 minutes.

Onions, Cheese Marinated*

2 tbsp lemon juice, 3 oz pot cheese (unsalted, nonfat), ½ tsp brown sugar, and 2 cups onions sliced thick.

Stuffed Pepper^{SD} *

1 large green or red pepper, 4 oz pot cheese, ¼ onion, 1 zucchini, 1 small carrot, 3 tomatoes, 1 small turnip, 1 clove garlic, 1 tbsp fresh mixed herbs, and 4 oz Special Soup.

Put the pepper in a saucepan with a little water and cook over low heat (covered) until tender.

Remove from the pan and leave the pepper upside down to drain and cool.

Finely chop the onion, zucchini, carrot, herbs, tomatoes, turnip, and garlic.

Place in a small saucepan with the soup and simmer over low heat for 45 minutes to an hour.

Core the pepper with a sharp knife, removing all seeds.

Mix the pot cheese with the cooked vegetables and fill the pepper using a small spoon.

Stand the pepper in a suitable baking dish and bake for 40 minutes at 350° F.

Serve with French Tomato Sauce, baked potato, and a green vegetable.

Potatoes

Potatoes are most often boiled slowly in a covered pot over medium-low heat approximately 1 hour until tender.

Baked Potatoes

Baked potatoes should be thoroughly washed, not scraped or peeled.

Bake in a low-heat oven for 2 or 2½ hours or, alternatively, bake for 50 minutes to 1 hour at 350° F.

Mashed Potatoes

Peel and cube potatoes.

Place in pan with one small onion and enough water to bring to a boil and simmer until done.

When done, there should be no water left.

Mash with enough nonfat yogurt to make smooth.

Mashed Potatoes and Chard

Take one bunch of chard, green or red, wash and shred, and put in pan. Add small amount (4–5 tbsp) of water or soup stock, and start to boil. When boiling, turn down to simmer.

Meantime, peel 3 large or 4 medium potatoes; cube and place on top of the chard.

Let simmer until potatoes are soft and done.

Remove water if any remains, and add approximately 6–8 oz of nonfat yogurt.

Mash all together.

Add a little more yogurt if the mixture is too dry.

The same recipe can be used with kale. When using kale, remove central stems by stripping them before shredding into pan.

Parsley Potatoes

Boil several potatoes in their skins until done.

Remove the peel and roll in some chopped parsley after slightly brushing with flaxseed oil.

Potato Puffs (Note: this is marginal food; eat rarely)

Take a baking potato and cut it into thin ($\frac{1}{2}$ ") slices.

Place the slices on the oven rack and, without any addition, bake at high heat (425° F) to puff, turn over, and lower heat to 325° F (with oven door cracked open).

Bake for another 20 minutes.

The slices puff up and become crisp and tasty, almost like fried potatoes.

Done when shiny brown on both sides.

Scalloped Potatoes

Take a glass baking dish and place one whole chopped onion in bottom.

Slice potatoes and place one layer on top of the onion.

Then place a layer of sliced tomato on top, another layer of sliced or chopped onion.

Sprinkle with a dash of marjoram and/or thyme and bake in a low oven 1–2 hours or until done.

Potatoes and Carrots, Westphalian Style

6–8 small carrots sliced or 4–5 large carrots sliced, 3 medium potatoes or 2 large potatoes, 1 large onion, and 3–4 tbsp of soup stock.

Wash and slice carrots into pan.

Peel and slice potatoes and chop onion.

Add all together in pan with soup stock.

Let simmer until done, adding a bit more soup stock if necessary.

When done, no water should remain in pan.

Red Cabbage

Combine in pan: ½ cabbage shredded, 3 tsp vinegar, 3 large chopped onions, 2 bay leaves, and a little soup stock.

Stew over low heat approximately ½ hour.

Last half hour add: 3 apples peeled and grated plus 1 tsp raw sugar.

Spinach

After cutting off roots wash 3–4 times.

Put in large, tightly covered pot that has a layer of onions on the bottom of the pan.

Do not add water.

Stew over a low flame until spinach wilts.

Pour off excess juice.

Serve chopped with slice of lemon.

Stuffed Holiday Squash^{YN}

1 large kabocha squash (about 4½ lbs), ¾ cup raw brown rice, ¼ cup raw wild rice, rye or wheat berries, or more brown rice, 2½ cups vegetable stock or purified water, 1 cup onion diced, 3 cloves garlic minced, 1½ cup fresh peas shelled, or sprouted lentils, ¾ cup celery diced, ¾ cup yellow or red bell pepper diced, ½ cup unsulphured raisins or prunes (pit prunes and chop), 1 tsp each of sage and savory, 2 tsp thyme, ⅓ cup fresh parsley finely chopped, and ¼ cup fresh orange juice.

Yvonne Nienstadt says: "I love the texture and taste of this Japanese squash. It's very meaty and sweet, but you could use pumpkin, turban, or acorn squash too (cut the latter in half and seed). You may also use 2 or 3 smaller-sized squashes rather than a large one. This makes a very attractive presentation, especially if the squash are of different sizes."

Cook rice and wild rice together in vegetable stock for 45 minutes or until rice is done.

Using stock to cook the grain adds both nutrition and flavor.

Just save your vegetable trimmings, for carrots, parsnips, chard stems or greens, celery, celery root, onion all work well.

Avoid cabbage family veggies as they impart a strong flavor.

Cover with pure water and simmer until done.

Use in soups, to make sauces or what have you.

Carefully cut the top off of the squash as you would when carving a pumpkin.

Remove seeds.

Place squash face down on baking pan together with the squash lid and prebake for 25 to 30 minutes in a 350° F oven.

Take care not to overcook; a mushy squash cannot be stuffed.

Place onion, garlic, peas, and celery in a pot and cook on low for 20 minutes to barely tenderize.

Add diced pepper, raisins, herbs, citrus juice, and cooked rice, mixing well.

Fill squash with stuffing, packing it down.

Return to oven and bake 25 to 30 minutes, or until squash is tender, but still firm.

If there is extra filling, bake in a covered casserole with a tablespoon of stock or juice, or fill a bell pepper or two and do the same.

To serve, arrange a platter with fresh kale or other leafy greens.

Place squash in center of platter and artistically prop squash lid up against squash.

Spoon out each helping, making sure to get some of the delicious squash meat.

Alternatively, if squash is cooled a bit before serving, it may be sliced in wedges.

Ladle Parsley Yogurt Sauce (see recipe below under Sauces and Dips) over each portion, if dairy is allowed; otherwise, a squeeze of orange juice adds a bit of zing. Enjoy!

Stuffed Squash^{YN}

3–4 acorn squash, ½ cup onion diced, ½ cup celery diced, ½ cup carrot diced, 1¼ cup cooked brown rice, ½ cup lentils sprouted, ¼ cup raisins or chopped prunes soaked and drained, 3 tsp fresh parsley minced, ½ tsp rubbed sage, ½ tsp thyme, and 1 large clove of garlic crushed.

Slice squash lengthwise and remove seeds.

Combine remaining ingredients; fill squash halves.

Cover and bake at 300–325° F for 1½ hours, or until squash is tender.

Delicious with Apricot Sauce or Golden Gravy (see under Sauces and Dips).

Try using 6–8 whole cloves garlic for a delicious mild flavor. Crushing the fresh garlic releases its strong aromatic oils, whereas using garlic uncut imparts a very mild flavor.

Stir-Steamed Snow Peas Medley*

1 lb snow peas, 1 bunch bok choy, 1 medium zucchini, 1 medium crookneck yellow squash, 1 small red onion, 1 carrot, 1 leek, 1 cup orange juice, 1 tbsp honey, 1 tbsp vinegar, and 1 tsp of allspice.

Clean all vegetables, removing stem from snow peas, slicing white stalk and green leaf of bok choy into strips, slicing yellow squash lengthwise and then into half circles.

You can make attractive planks out of the zucchini by trimming off each end, and then cutting in half, then half again.

Stand each barrel of squash on end and slice down into ⅛" planks.

Dice red onion, then slice carrots oriental style as thin as possible at a 45-degree angle into ovals.

Slice leek in similar fashion across stalk into ovals.

Put orange juice, honey, allspice, and vinegar into a blender, then pour into a suitable-sized steam pot.

Cover with all the vegetables and simmer 15–20 minutes until tender. Very succulent!

String Beans

1 lb green beans (cut tips, wash, and cut into any size piece desired).

Add: 1 onion chopped, some soup stock (just enough to keep beans moist).

Stew approximately 50 minutes (until tender).

Sweet Potato

Cut off tips and wash.

Perforate potato with knife to let steam escape and place in casserole (covered for soft skin, uncovered for crisp skin).

Bake in low oven for 2 to 2½ hours.

Tomatoes, Grilled

Slice tomatoes in half.

Put in pan, sliced side up, and cover each half with chopped onions.

Bake in a low oven 1 hour.

Save juice to put into soup.

Green Tomato Mincemeat

1 qt green tomatoes, 2 oz golden raisins, ½ cup brown sugar, ¼ cup water, 2 oz seeded raisins, ¼ tsp cloves, ¼ cup wine vinegar, along with 1 pt of tart apples.

Put tomatoes through coarse chopper.

Combine all ingredients except apples.

Heat to tender about 30 minutes, stirring.

Add chopped apples and cook until thick.

Tomatoes Stuffed with Mixed Vegetables

4 tomatoes (hollowed out as the vessel), vegetables: a variety, as much as desired, 2 tomatoes and 6 garlic cloves (the sauce).

Wash tomatoes well.

Hollow out the 4 tomatoes.

Cut the vegetables into small pieces and boil in a little water for half an hour.

Put cooked vegetables in the tomatoes and place them in a baking dish without the lid.

In the blender, blend the 2 tomatoes and garlic.

Spread sauce on top of each tomato.

Preheat oven to 350 degrees for 10 minutes.

Turn it off and put tomatoes in for another 10 minutes.

Zucchini

Combine: sliced zucchini, raw chopped onion, chopped tomatoes, and a touch of soup stock.

Stew for 20 minutes or cut squash into small pieces and place in a baking dish. In the blender, blend the tomatoes, onion, and 4 garlic cloves.

Pour sauce over squash and bake 1½ hours at 200–250° F.

Zucchini and Rice

½ lb organic brown rice, 1 carrot, 1 zucchini, and 2 garlic cloves.

Wash the rice and vegetables well.

Put rice in a baking dish and add chopped up parsley, carrot, celery, and zucchini squash.

At the same time blend tomato and garlic in the blender and spread on top of the rice and vegetables.

Bake in the oven for 1½ hours at 250°F.

Zucchini and Tomatoes^{SD}

6 small zucchini sliced, 1 medium or large onion chopped, 2–3 tomatoes chopped, plus garlic and herbs to taste (thyme, mace, marjoram).

Saute onion, tomatoes, and seasonings in a little water.

Add zucchini when half done, and simmer.

Serve as a vegetable or potato topping.

Spaghetti with Beetballs^{YN}

Wash 1 medium spaghetti squash and cut in half.

Scoop out seeds and place cut side down on baking sheet.

Bake in low oven for 2 hours or until tender.

Or, place cut side up in a large covered pot with 1" water and steam over low flame for 1 hour or until done.

Note: Spaghetti squash is a yellow hard winter squash developed by a Japanese farmer some 30 years ago. When cooked, it comes out in strands like spaghetti. It is now widely available especially in organic growers' circles.

Spaghetti Beetball Sauce

2 lb ripe tomatoes (6–8 large), 3–5 cloves garlic minced, 1 medium onion diced fine, 1 green pepper diced, 2 stalks celery diced, or 1 small fennel bulb diced, 2 small zucchini sliced, or 1 cup eggplant cubed, 4 tsp fresh parsley minced, pinch each of rosemary, thyme, sage, and marjoram,* and ½ tsp fennel seeds.

Cook whole tomatoes over a low flame for 30–35 minutes or until tender. To ensure a thick, rich sauce, pour off the extra juice drawn from the tomatoes during cooking.**

Put drained tomatoes through food mill or sieve to remove skins and seeds.

Pour sauce back into pot and add remaining veggies and seasonings.

Cover and stew over low flame for 1 hour or until veggies are done to your liking.

For a little extra bite add a dash or two of wine vinegar with a tsp of honey.

*Basil and oregano, both favorite Italian seasonings, are not allowed on the Gerson Therapy owing to the aromatic oils they contain.

**Please be sure to keep extra tomato liquid for soup or gravy, or better still, drink as a hot broth immediately. It's delicious.

Beetballs

2 tsp parsley minced, 1 small onion minced, 1 medium beet grated, and 3–4 medium carrots grated. Or, 1 cup eggplant ground, ½ cup Essene rye bread or saltless and fatless rye, 1½ cup of 2-day-old lentils germinated,* 1 small bunch endive, spinach or young chard finely chopped, and 2–3 cloves garlic minced.

Put lentils and eggplant (if used) through food grinder or Norwalk® juicer using grid #2.

Mix with bread crumbs and remaining veggies.

Mix well.

Form into 2" balls and place on baking sheet well sprinkled with oat or rye meal to prevent sticking.

Cover and bake in low oven for 1 hour.

Uncover and bake 1 hour more.

Arrange cooked spaghetti squash on a plate with one or two beetballs, cover with sauce and enjoy!

Variations of this recipe: Use 3 large white or 3 medium sweet potatoes in place of ground lentils.

Boil sweet potatoes until tender, then put through food mill or grinder with skins. Proceed as with above.

Replace bread crumbs with ½ cup cooked brown rice or ⅓ cup oat flakes ground in the Norwalk juicer.

*Cover lentils with distilled water and allow to soak (germinate) overnight. Drain.

Veggie Loaf^{YN}

Grind in the Norwalk[®] juicer or in a food grinder: 2 cups lentils germinated, ¼ cup fresh parsley, 1½ cups eggplant diced or parsnips or yams.

Add: 1 cup onions diced fine, ¾ cup beets grated, ¾ cup carrots grated, 1 cup celery diced fine, 3 cloves garlic minced, 1½ cups cooked brown rice, pinch thyme, pinch of rubbed sage, pinch of tarragon, and 1 tsp lemon juice.

Bake in covered pan in low oven for approximately 2 hours.

Uncover and baste with Golden Sauce or Tomato Sauce.

Bake another 30 minutes to 1 hour.

Serve with extra sauce.

Veggie Stroganoff^{YN}

1 cup onion diced, 1 cup eggplant diced, 1½ cups cauliflowerets or cabbage, 1½ cups sliced carrots or tomatoes, 1 cup broccoli or green pepper, and 1 cup celery or zucchini sliced.

Stew vegetables for 1½ hours until tender (you may want to add soft veggies like tomatoes and zucchini last).

Set aside and let cool to 140° F while making sauce as follows: combine 3 tbsp wine or cider vinegar, 1 tsp dillweed, 2 cups yogurt, 1 cup cottage cheese (nonfat, saltless), and green onions or parsley for garnish.

Blend sauce until smooth.

Mix with warm veggies.

Serve over a bed of baked spaghetti squash or cooked brown rice. Garnish with chopped green onions or parsley.

SOUPS

Potato Soup

1 large onion, ½ small celery knob, parsley, 2 large potatoes, 1 leek, plus 2 stalks celery and 2 quarts water.

Clean and dice all vegetables.

Place in covered saucepan with water.

Bring to boil.

Lower heat.

Cover. Simmer 2–3 hours.

Mash through food mill.

Special Soup (also called “Hippocrates soup”—see its recipe cited at the start of this chapter.

Tomato Soup with Lemon and Garlic

2 to 3 large tomatoes, 1 clove garlic, 1 bay leaf, juice of ½ lemon, 2 onions, 1 tsp oat flakes, 1 tsp brown sugar, and ½ cup soup stock (see Special Soup recipe above).

Dice all vegetables.

Place vegetables, soup stock, sugar, and lemon in covered saucepan and cook for 1 hour.

Mash through food mill.

Replace in saucepan.

Add oat flakes and cook 5 more minutes.

Tomato and Mint Soup^{GSG}

2 lbs tomatoes (Roma preferably), 5 green onions (scallions), 2 small cooking apples, 5 tbsp cider vinegar, 1 tsp brown sugar, 2 large lemons, 6 or 8 sprigs fresh mint, and 200 g (6–8 oz) of nonfat yogurt (optional).

Chop tomatoes, slice spring onions, core and slice apple.

Put these into a saucepan with the cider vinegar and sugar.

Bring to a boil and simmer gently for 30 minutes.

Put through food mill.

Either leave to cool, adding last ingredients later, or add the lemon juice and beat in the yogurt (if used) immediately.

Just before serving, add the chopped mint, leaving some scattered over the top of the soup for decoration.

Makes 4 generous or 6 small servings.

Tomato Soup with Potato and Onion

2 large tomatoes, 1 medium onion, 1 tsp brown sugar, 2 medium potatoes, 1 tsp wine vinegar, and a small piece of bay leaf.

Wash and dice all vegetables.

Place all ingredients except sugar in covered saucepan with water to cover.

Cook over low flame for 1 hour.

Mash through food mill and add sugar to taste.

SAUCES AND DIPS

Apricot Sauce

¼ cup dried apricots unsulfured, 1 cup pure water heated, and ½ cup fresh apple or orange juice.

Wash and drain apricots.

Combine with water and soak for several hours.

Add juice and stew over low flame until apricots are very tender, about 1½ hours.

Puree sauce in blender or by putting through Foley food mill or the Norwalk® juicer.

Baba Ghanoush

1 large eggplant, 2 cloves garlic, 1 tsp lemon juice, 1 tbsp chopped parsley, and lemon wedges.

Bake eggplant for 1 hour and when cool enough, peel, and drain off excess liquid, squeezing gently.

Blend with garlic until fairly smooth, add lemon juice and parsley.

Mix well.

Serve with raw dipping vegetables such as celery, carrots, cauliflower, and peppers.

Golden Gravy

1 small potato quartered, 4 carrots sliced, 2 tsp cider vinegar or lemon juice, 1 cup soup stock or water, 1 small onion diced, ¼ tsp dill, marjoram or thyme, and 1 tsp parsley minced.

Combine ingredients and stew over low flame for 1½ to 2 hours or until tender.

Remove potato skins and puree.

Golden Sauce

Combine in a covered casserole: 1 small sweet potato or yam quartered, 2–3 carrots coarsely chopped, 1 small onion diced, ½ cup soup stock, ½ cup tangerine or orange juice, and a pinch of thyme and rosemary.

Bake in low oven until tender (approx. 2 hours).

Put through Foley food mill or spin in blender adding more juice to achieve desired consistency.

Add 2 tsp parsley and serve.

Ketchup/Catsup

3 tomatoes, 1/2 head of garlic, 1/2 onion, 1/16 cup (1/2 oz) vinegar, 1/4 tsp dill, and 1/2 cup Sucanat (organic brown sugar).

Place all ingredients in pan and bring to a boil.

Cook until tender and put through food mill or liquefier until smooth.

Parsley Yogurt Sauce^{DAIRY}

1/2 cup minced onion, 1 tsp fresh grated horseradish or 1/2 tsp dried horseradish (optional), 1 cup nonfat yogurt, 1 tbsp lemon or lime juice, 1 tsp maple syrup or honey, and 1/4 cup minced parsley.

Cook onions over low heat until tender and translucent.

Remove from heat and let cool slightly.

Blend onions with horseradish, yogurt, citrus juice, and sweetener in blender until smooth.

Stir in parsley.

Plum Sauce

1/2 lb plums, 1/2 tsp lemon juice, 1 slice toast diced, 1 tsp brown sugar, and 2 tsp bread crumbs.

Wash plums.

Remove pits and place in saucepan with water to half cover.

Cook 15 minutes and strain through food mill.

Add sugar, bread crumbs, and lemon juice.

Replace in saucepan.

Cook 3 minutes longer.

Serve over toast if desired.

Tomato Salsa

1 medium tomato finely chopped, green onions or 1 medium red onion, 2 tbsp fresh coriander leaves (cilantro) chopped, and 3 tbsp lemon juice.

Combine ingredients (don't overdo the lemon juice), cover, and chill.

Best eaten fresh but can be kept for up to 2 days in the refrigerator.

Tomato Sauce, No-Wait (this sauce is raw)

1 lb Roma Tomatoes cut into pieces, 3-4 cloves of garlic, 3 sprigs of parsley herbs, and 1 tsp linseed oil.

Place linseed oil in blender and start.

Begin adding pieces of tomato and other ingredients a little at a time.

Allow to whip for a minute or so until all ingredients are mixed.

Yields about 2-3 cup of sauce.

Tomato Sauce

Combine in large pan: 4–6 large tomatoes, 4–5 large onions peeled and sliced, 1 large or 2 medium potatoes with skin diced, 2–3 cloves garlic, a pinch of marjoram, and a pinch of thyme.

Stew and let simmer for 1 hour and pass through Foley food mill.

One can also add a little celery or green pepper for taste.

Tomato Sauce, French

1 onion, ½ stick celery, ½ small carrot, 1½ pounds tomatoes, a few sprigs of flat leaf parsley, 1 clove garlic, and 1 bay leaf.

Cook chopped onion, carrot, celery tomatoes, parsley, garlic, and bay leaf.

Puree and serve hot or cold.

Makes 1¼ pints.

FRUITS AND DESSERT

Fruits

Most fresh fruits can be eaten unpeeled when ripe.

Of course, fruits like oranges and bananas should be peeled.

Always wash fresh fruit.

Dried fruits should be washed in clean, lukewarm distilled water and soaked overnight in water (little more than to cover).

Use the same water and cook in covered saucepan until tender.

Dried fruits must be unsulfured.

The following fruit recipes are taken from Dr. Max Gerson's personal files.

Desserts

Desserts should never replace the meals or juices of the therapy.

At the risk of sounding like your mother, we advise to “clean your plate before dessert, dear!”

Do not eat or use as ingredients in desserts: ice cream, fat, white flour, baking soda, candy, chocolate, cream, or salt. Have fun!

Sugar

Use only brown (Sucanat) or raw sugar, light honey, maple syrup, or unsulfured molasses.

Syrup

Boil 1 lb brown sugar in 1 quart of water and 1 cup apple juice until dissolved.

Keep in covered jar.

Apples, Baked

2 medium apples, 1 tsp raisins, and 2 tbsp water.

Wash, core, and cut apples in half.

Place with raisins in pan or baking dish in oven for about 15 minutes until done then broil under flame until golden brown about 5 minutes.

Apple halves should stay whole.

Honey may be added to raisins to taste.

Apple and Banana

$\frac{1}{2}$ cup applesauce, $\frac{1}{2}$ raw sliced banana, and juice of $\frac{1}{2}$ lemon.

Serve raw or place applesauce and banana in covered saucepan and heat slowly.

Serve with lemon juice.

Apple Cake with Maple Yogurt^{DAIRY}

$1\frac{1}{2}$ lbs cooking apples, 1 lemon, 1 oz rolled oats, 1 oz oatmeal, 2 oz sultanas or raisins, 4 oz brown sugar, 4 oz whole wheat flour, 1 tsp potassium baking powder, $\frac{1}{2}$ cup fresh apple juice, yogurt, and maple syrup.

Put peeled and chopped apples into a large bowl and sprinkle with lemon juice.

Combine rolled oats, oatmeal, raisins, sugar, flour, and baking powder and mix well.

Stir this mixture into the apples.

Pour mixture into cake pan and bake at 350° F for 20–35 minutes or until lightly browned on top.

Serve with yogurt mixed with 1–2 tbsp maple syrup.

Applesauce, Cooked

3 medium apples pared, cored, and sliced.

Add honey or brown sugar to taste.

Put apple slices in saucepan half covered with cold water.

Boil until soft, about 15 minutes.

Put through food mill and mix with honey.

Applesauce, Fresh

3 medium apples pared, cored, and sliced.
Add honey or brown sugar to taste.
Run apples through the grinder portion of the juicer.
Season to taste and enjoy.

Apple Spice Cake^{YN}

Combine: $\frac{1}{4}$ cup honey or maple syrup, 1 cup fresh applesauce, $1\frac{1}{2}$ cups oat flour, and $\frac{3}{4}$ cup whole wheat flour or triticale flour.

Sift together: $\frac{3}{4}$ cup crude brown sugar, a pinch of allspice, a pinch of mace, $\frac{1}{4}$ tsp coriander, and 1 tsp Featherweight sodium-free baking powder* (optional).

Add: 2 cups raisins or chopped dates.

Combine wet and dry ingredients.

Pour into nonstick oblong bake pan.

Mix crumb topping and sprinkle on top.

Bake at 325° F for 40 minutes or until cake tests done.

Serve with a spoonful of fresh applesauce or nonfat yogurt. Enjoy.

*This is a potassium-based baking powder. If you are a cancer patient, check with your health professional first before using it.

Crumb Topping for Apple Spice Cake

$\frac{2}{3}$ cup rolled oats, $\frac{1}{3}$ cup maple syrup or honey, a pinch of allspice, and a pinch of mace.

Buzz oats briefly in blender to make a finer flake.

Mix spices with oats.

Mix in enough sweetener to make a crumbly mixture.

Apple Streusel Pie

One 8" or 9" pie crust (see below), 12 medium green apples sliced thin, $\frac{1}{3}$ cup crude brown sugar or $\frac{1}{4}$ cup honey, 2 tsp. cornstarch or oat flour, 2–3 tsp lemon or orange juice, $\frac{1}{2}$ cup dried currants or chopped dates, plus a pinch of coriander, mace, and allspice.

Combine dry ingredients.

Coat apples.

Drizzle on honey (if used) and juice.

Fill pie crust.

Sprinkle on topping.

• Bake at 300–325° F for 1 hour and 15 minutes or until apples are tender.

Crumb Topping for Apple Streusel Pie

$\frac{2}{3}$ cup oat flour, 3 tsp crude brown sugar, pinch allspice, and $\frac{1}{3}$ cup honey or maple syrup.

Apple–Sweet Potato Pudding

1 tsp raisins, $\frac{1}{2}$ cup bread crumbs*, $\frac{1}{2}$ cup orange juice, 1 sweet potato (boiled, peeled, sliced), 1 apple (raw, peeled, sliced), and 1 tsp of brown sugar.

Place sweet potato slices in baking dish with apple slices and raisins spread with bread crumbs, sugar, and orange juice and bake in 350 degree oven for 30 minutes.

Serve hot with 3 tsp buttermilk or yogurt if permitted.

*Never use commercial bread crumbs (see recipe for bread crumbs in the bread section that follows in this chapter or on p. 100 of the *Gerson Therapy Handbook*).

Apple Tart^{DAIRY}

½ cup warm water (105–110° F), 1 tbsp crude brown sugar (Sucanat), 1 package dry yeast, ⅔ cup churned buttermilk, nonfat yogurt or apple juice*, ½ cup crude brown sugar (Sucanat), 2½ cups oat flour, 1 cup whole wheat or triticale flour, 9–10 medium apples (Gala, Pippin, and Golden Delicious are good), 4 tbsp maple syrup, or liquid Fruit Source**, 4 tbsp brown rice syrup†, ½ cup date sugar (dried ground dates), 1½ tsp of allspice, and ¼ tsp mace or coriander.

*Use only apple juice if patient is not yet allowed dairy.

**Fruit Source is a sweetener derived from natural fruit sugars.

†Rice syrup, derived from malted rice, is a thick and creamy syrup that needs to be thinned by either the maple syrup or Fruit Source.

Sprinkle yeast onto warm water into which 1 tbsp crude brown sugar has been dissolved.

Let stand for 5 to 10 minutes or until frothy.

Warm buttermilk, yogurt, or juice to 100°F.

Add crude brown sugar and stir until dissolved.

Stir buttermilk into yeast mix, then add oat flour and beat vigorously.

Stir in enough of the remaining flour to make a stiff dough.

Knead on a floured bread board, adding only enough flour to keep dough from sticking.

Knead until smooth and elastic, approximately 5 to 10 minutes.

Place in a bowl, cover with tea towel, and let rise in a warm place until double in bulk, about 1½ hours.

Punch down and let rise again.

Divide dough in half.

On floured board, press each part into a 15" x 9" rectangle.

Place on separate nonstick bake sheets, or regular sheets that have been thoroughly coated with oat flakes to prevent sticking.

Prick surface with fork, leaving ¼" border around the edges.

Cover and let rise until doubled, approximately 40 minutes.

Quarter, core, and slice apples, arranging each sliced quarter over dough, as you cut it.

Place the flat side down and the skin side up, fanning the slices out slightly.

Leave about a ½" border.

Mix maple and brown rice syrups.

Using a pastry brush, coat the apples with the syrup.

Combine date sugar and spices and sprinkle over apples.

Bake at 325°F for 30 minutes or until bread is lightly browned.

Serve as is or with a spoonful of nonfat yogurt or yogurt cheese (see below) lightly sweetened with honey or maple syrup.

Note: Non-Gerson family members could enjoy this dessert with a scoop of nonfat fruit sweetened frozen yogurt—Cascadian Farm Vanilla (the milk is organic) or Stars Vanilla Bean are two brands enjoyed in moderation.

Yogurt cheese is made by draining non-fat yogurt through a stainless steel or nylon sieve lined with a cotton tea towel or cheese cloth with a bowl beneath to catch the whey.

Refrigerate and drain until desired consistency is achieved, anywhere from 2 to 8 hours. A short drainage period will yield a thickened yogurt; longer periods will produce a cream-cheese-like texture. For our purposes, a thickened yogurt texture is what we want.

Apricots

½ lb fresh apricots, 1 tsp cornstarch dissolved in 2 tsp cold water, and 2 tsp brown sugar.

Cut apricots in halves and remove pits.

Place in pot with boiling water and cook for 10 minutes.

Add cornstarch during last 2 minutes.

Add sugar when cool.

Banana (Broiled)

1 banana and 1 tsp brown sugar.

Cut banana in half lengthwise, then add 1 tsp brown sugar and a few drops lemon.

Place in pan and broil under low flame for 10 minutes.

Serve hot.

Banana and Apple

1 banana (peeled and finely mashed), 1 apple (peeled, cored, grated), and 10 tsp of raisins.

Mix banana and apple beating thoroughly with fork or eggbeater.

Add raisins and serve.

Banana and Figs

1 banana, 3 figs (fresh), and juice of 1 orange.

Chop banana and figs fine and mix well with orange juice.

Fill orange peel with this mixture and serve.

Cherries (Stewed)

½ lb cherries (washed, stemmed), 1 tsp potato starch, and 2 tsp brown sugar.

Place cherries in saucepan with water to cover.

Cook 10 minutes over low flame.

Add potato starch dissolved in 2 tsp cold water.

Add to boiling cherries.

Cook 2 minutes longer.

Chill and serve.

Currants

¼ lb red currants and 3 tsp brown sugar.

Clean and wash currants thoroughly before removing stems.

Place in dish, add sugar, and serve.

Buttermilk or yogurt (if permitted) sweetened with brown sugar may be used for sauce.

Fruit Combination

3 cups fresh cherries and apricots (halved, sliced, pitted), 2 cups water, ½ cup brown sugar, and 2 tsp cornstarch dissolved in ⅓ cup cold water.

Place fruit with water and sugar in saucepan.

Boil gently, slowly for 10 minutes.

Add cornstarch.

Cook 3 minutes longer.

Cool and serve.

Glazed Pear Halves

4-5 ripe pears and 4 tbsp honey or Sucanat (organic dried cane sugar).

Cut ripe pears into halves, and core.

Add about 4 oz of water to honey or Sucanat and mix well.

Place pear halves in baking dish and pour sugar mixture over fruit.

Bake in slow oven (275°F) until done.

Baste with juice if necessary.

Frozen Yogurt^{SD DAIRY}

¼ cup stewed fruit (cherries, apricots) and 1 lb fat-free yogurt.

Spoon yogurt into a thin mesh strainer that has been lined with two layers of cheesecloth, and place it over a deep bowl.

Let it drain into the bowl in the refrigerator for about 30 minutes.

Spoon the drained yogurt into ice cube trays and freeze.

Mix fruit and yogurt cubes in a food processor or the grinder of your K & K juicer or Norwalk® juicer until the consistency is thick and smooth.

Serve immediately.

Oatmeal Cake

4 cup oatmeal (dry oats), 2 grated or blended carrots, honey and raisins as desired.

Combine all the above ingredients in a baking dish.

Put in the oven without a lid and bake for 45 minutes at 250°F.

Oatmeal Cookies^{DAIRY}

1 cup applesauce, 1 cup rye flour, 1 cup raisins, ½ cup churned buttermilk, ½ cup brown sugar, ½ cup molasses, 2 cups oatmeal, and 1 pkg yeast.

Mix and let stand 10 minutes.

Drop from teaspoon and bake in moderate oven about 20 minutes.

Pasha^{YN} (Uncooked Cheesecake)^{DAIRY}

¼ cup fresh orange juice strained, ½ cup chopped dried fruit, 4 cups soft or medium curd cottage cheese, ½ cup honey or ¾ cup brown sugar, plus raisins, dates, papaya, peaches, prunes, etc.

Mix all ingredients.

Pour batter into a strainer or colander lined with a clean cotton cloth (muslin).

Cover with a plate to weight it down.

Place in a bowl or pan and refrigerate for 5–10 hours or until dry and firm.

Turn out onto a plate and slice.

Good as is, or on a slice of Essene bread.

Peaches

½ lb peaches (skinned) and 2 tsp brown sugar.

Wash peaches.

Place in boiling water ½ minute, drain and peel.

Cut in halves.

Remove pits and place in saucepan with boiling water.

Cover. Simmer for 10 minutes.

Cool.

Add sugar and serve chilled.

Pears

1 large pear (peeled, cored, halved) and 1 tsp brown sugar.

Place pears in saucepan with water to half cover.

Add sugar and cook 30 minutes

Plums

½ lb plums and 2 tsp brown sugar.

Wash plums, cut in half, and remove pits. (Plums can also be cooked whole.)

Place in saucepan with water to cover.

Cook 15 minutes.

Remove, cool, and add sugar.

Serve chilled.

Prune and Apricots (Dried)

½ lb of each of the prunes and apricots plus 1/3 cup barley.
Soak prunes and apricots overnight in water to cover.
Use same water and boil with barley.
Cool and serve.

Prune and Banana Whip

1 cup dried prunes (soaked, cooked), 2 small bananas, ¼ lemon juice, and 1 tsp brown sugar.

Whip together thoroughly and put in refrigerator for 1 hour.

May be served in slices decorated with sweetened yogurt (if permitted).

Pumpkin Pudding Pie^{YN} (Unbaked)

Pinch of allspice, pinch of coriander, pinch of mace, 2 tsp unsulfured molasses (optional), one 8" or 9" pie crust, ½ cup tapioca, 1½ cup dates, pitted and chopped, 1⅓ cup apple juice or water, and 1½ to 2 cups mashed pumpkin.

Soak tapioca and dates in juice overnight.

In morning, stew over low flame using a burner pad to diffuse heat.

Cook for 30 minutes until thick, stirring frequently to prevent sticking.

Purée tapioca and pumpkin in Folev food mill or processor.

Add spices and molasses.

Pour into prepared pie crust and chill thoroughly (may put in freezer for several hours until very firm); otherwise cutting will be a problem.

Serve with a dollop of honey-sweetened yogurt cheese (see under Apple Tart) if desired (and permitted by physician).

Variation: Use cooked squash, yams, or sweet potatoes in place of pumpkin.

Thin Buttermilk Crust^{DAIRY}

1¼ cup oat flour, ⅓ cup churned buttermilk, apple juice or water (cold), 2 tsp honey, pinch allspice or mace, and 1 tsp Featherweight (sodium-free) baking powder (optional).

Mix dry ingredients.

Add honey and just enough liquid to make a stiff dough.

Knead lightly to mix.

Roll out on floured board or between layers of waxed paper.

Carefully place in 8" or 9" pie plate which has been thoroughly coated with oat flakes to prevent sticking.

Trim excess dough and flute edges or make indentations with fork.

Chill crust, then bake at 325°F for 10–15 minutes or until lightly browned.

Note: This will not be your traditional flaky crust, so roll out thin.

Raised Pie Crust^{YN}

1 cup oat flour, ½ cup potato flour (or use more oat flour), 1 cup triticale or whole wheat flour, 1 tsp honey or brown sugar, ½ cup warm water, and 1 tsp baker's yeast.

Sprinkle yeast into warm water mixed with honey.

When frothy add flour and mix well.

Let rise in a warm place for 1 hour.

Knead on floured board for 5 minutes.

Let rest for 10 minutes and roll out on floured board.

Place in 8" or 9" pie plate that has been thoroughly coated on the bottom with rolled oat flakes.

Flute edge.

Let rise for 15 minutes.

Bake at 375°F for 20–25 minutes.

Variation: Omit yeast; use just enough cold water to make a stiff dough.

Roll out between sheets of floured wax paper.

Carefully place in pie plate.

Chill crust.

Then bake at 350°F for 10–12 minutes.

Essene Bread Crust^{YN}

2 cups Essene bread crumbs, ¼ cup honey, and 3 tsp oat flour.

Toast slices of bread in slow oven until lightly brown.

Let cool.

Grind coarsely by running through grinder or Norwalk®.

Add flour, then honey.

Press into pie plate that has been well coated with rolled oat flakes.

Chill for 1 hour.

Bake at 350°F for 10–12 minutes.

Roll, then fill.

Rhubarb

½ lb rhubarb (washed and cut into 1" pieces), 2 to 3 tsp brown sugar (to taste), and 1 tsp cornstarch (if desired).

Place washed rhubarb in saucepan.

Simmer 15 to 20 minutes.

Dissolve cornstarch in a little cold water.

Add to rhubarb and allow to stew a few more minutes.

Cool and add sugar.

Note: Combine rhubarb with other sweet fruits such as apples, peaches, or apricots (fresh or dried).

Stewed Fruit Combinations

Together, use pears and plums, plums and applesauce, peaches and plums, apricots and plums, apricots and sliced apples, or peaches and pears.

Note: Stewed fruits may be served on toasted rye bread by placing a thick layer of fruit on top and allowing it to soak through for 1/2 hour before serving.

Sunshine Smoothie^{SD}

In a blender or food processor container, combine 1 cup nonfat organic yogurt, 1/2 cup orange juice, 2 tbsp honey, 1 cup cut-up fresh fruit, and 1/2 cup crushed ice (made from distilled water); process until smooth.

Sweet Potato and Apple Bake^{GSG}

12 oz sweet potatoes, 3 eating apples, allspice, a little brown sugar, and a little water.

Cook the sweet potatoes gently in their skins until tender.

Allow to cool.

Slice and put into baking dish, alternating with layers of apple.

Over each layer, sprinkle some water, a little sugar, and some allspice.

Bake covered for 20 minutes at 350°F, then remove cover and bake for an additional 10 minutes.

Sweet Potato Stuffed Oranges

3 lbs sweet potatoes (or yams), freshly made applesauce, 8 orange peel halves, and 4 oz orange juice.

Boil sweet potatoes (or yams) until done.

Peel and mash with orange juice and applesauce to make it a smooth, stuffing paste.

Put stuffing into orange peel halves and put a dab of applesauce on top.

Can be reheated in a cake tray.

Makes 4 servings.

Recipe may actually stuff 10 or more orange peels and may make more than 4 servings.

Sweet Rice^{MZ}

1 1/2 cups organic brown rice, 4 cups water, 1 cup organic brown sugar (Sucanat), and 1 cup organic raisins.

Wash the rice and put into pot with the water.

Once the water begins to boil, add the sugar and raisins and reduce the heat.

Maintain on low heat until the rice is tender.

DAIRY

Dairy is temporarily forbidden in the beginning of the Gerson Therapy. Consult with your Gerson-trained health professional or physician before adding any dairy to your diet.

After 6 to 12 weeks on the therapy, upon doctor's orders, animal proteins are cautiously added to the diet in the form of pot cheese, yogurt and cottage cheese, and churned (not cultured) buttermilk, all made from *nonfat* milk (preferably raw) and *without salt*.

When starting the proteins, it must be done slowly and carefully. Just one tablespoon at lunch and supper of the solid proteins and ½ cup of the buttermilk per meal.

After 3 to 4 days, these levels can be increased until, at 3 weeks, one cup of of yogurt or churned (not cultured) buttermilk per meal have been added.

While adding the dairy proteins, a Gerson patient needs to watch for signs that the body is tolerating these new foods. Indigestion, flatulence (intestinal production of gas), and nasal mucus production are signs the enzyme activity cannot yet handle the dairy products. The patient should reduce or, after consulting the Gerson-trained physician, eliminate the proteins for several more weeks.

Yogurt^{DAIRY}

Combine: 2 quarts raw nonfat (not low-fat) milk heated to 118°F, 1 pkg "Bulgarian Yogurt Culture" or 3 tsp yogurt (purchased or saved from a previous batch).

Pour mixture into sterilized glass jar(s).

Incubate at 110°–115° F for 4–8 hours by one of the following methods:

- Electric yogurt maker
- In gas oven, above pilot light
- In electric oven, low heat (gauge heat with thermometer)
- In a thermos
- In a covered pan set in a container of warm water (change water to keep warm)

Incubation time may vary, depending upon temperature.

The yogurt is ready when a toothpick inserted point first into the yogurt doesn't fall over.

The yogurt becomes set a little more firmly after refrigeration.

This is a thin yogurt because it has no fat or processed dried milk added.

Be sure to save 3 tbsp for the starter for the next batch.

Yogurt Cheese^{DAIRY}

Yogurt cheese is made by hanging nonfat yogurt in a muslin sack over a sink or bowl or in a muslin-lined strainer until it thickens to the consistency of cream cheese, without the fat, in about 6 to 8 hours.

Cottage Cheese Loaf^{YN DAIRY}

1 cup dry Essene or rye bread crumbs, 1 tbsp lemon juice or vinegar, 1–2 tsp dried parsley, ½ tsp dill weed or tarragon, ½ tsp dry horseradish (1 tsp if fresh), 2 cups mashed potatoes, 2⅓ cups dry curd cottage cheese, ½ cup sweet red or green pepper, ½ cup celery diced, and 1 small onion diced.

Combine all ingredients except the last two.

Form into a loaf.

Place on garnished platter.

Top with decorative veggie slices.

Use watercress or endive for garnish plus slices of carrot, tomato, onion, and green or red pepper for top.

Cottage Cheese^{YN DAIRY}

½ gallon unpasteurized, nonfat milk (which may not be available).
Makes approx. 9 oz (1 cup) cheese.

Warm milk to body temperature (98° to 100°F) by placing unopened bottle of milk in sink of warm water.

Incubate in warm place (near pilot light or in oven with light on).

It is best to leave milk in original container to prevent airborne bacteria or molds from contaminating culture.

The incubation period ranges from about 24 to 30 hours. (Culture longer for a sharper-tasting cheese.)

Shake several times during this period.

When curd has formed, it will rise to the top.

A harder curd can be formed by putting cheese (still in bottle) in sink of warm water and gradually increasing temperature to 110° for soft curd, and to 120° for farmer-style cheese.

Be careful not to overheat or you will destroy precious enzymes and beneficial bacteria.

Use a thermometer to be safe.

Pour cheese into a strainer or colander lined with muslin or several layers of cheesecloth.

Gather the corners of the cloth and press out whey.

You may place a weight on top to speed the process.

For cream-style cottage cheese add approx. ¼ cup thick yogurt per cup of finished cheese.

For herbed cottage cheese, season with any of the following: fresh chives, crushed garlic, tarragon, parsley, dill weed, dill seed.

Let set for ½ hour before serving.

Variations: Add the juice of 1 or 2 lemons or ⅛ cup yogurt to the fresh milk instead of letting it clabber naturally. These additions result in different flavors and textures. Experiment to find the one you like the best.
Enjoy!

Cottage Cheese Sour Cream^{YN DAIRY}

½ cup yogurt, 1 tbsp lemon juice, and 1 cup dry curd cottage cheese.
Blend ingredients in blender.

Add any or all of the following: pressed garlic, grated horseradish, chives or green onion, fresh mint, or dried dill weed.

Use to top baked potatoes or as dip for veggies.

BREADS

Bread can be used as a snack, after breakfast, or with a meal if the patient has a good appetite.

Do not replace potatoes and vegetables with any of the breads.

Sourdough

Sourdough is sour fermented dough used as leaven. Don't be put off by the name, because sourdough breads don't taste sour. They have a tangy flavor.

Sourdough is a white substance over which a colorless or gray liquor called hooch collects. Hooch enables sourdough to complete its fermentation.

You have to feed sourdough and keep it in the refrigerator because it is a living thing that's full of microorganisms. Colonies of these microorganisms can live for many decades with proper care and feeding. You can use a starter batch obtained from someone else to get your own colonies going or buy a dehydrated starter or make it from scratch.

There are many different kinds of sourdough starters: white, yogurt, whole wheat, sour rye, and so on. For patients on the Gerson Therapy, rye sourdough is the recommended variety.

Sourdough Starter

1 tsp active dry yeast, 3 cups warm water (105°–115°F), and 3½ cups rye flour.

Dissolve yeast in warm water in a large mixing bowl. Set aside for about 5 minutes.

Gradually add flour, stirring until smooth with a wooden spoon.

Cover with cheesecloth; leave on counter in warm, draft-free place.

In about 24 hours the mixture will start to ferment.

Cover tightly with plastic wrap and leave for another 2 to 3 days.

Stir starter 2 or 3 times a day.

Starter should be foamy at the end of this time. Put into a plastic container, glass jar or crock with at least a 1-quart capacity.

Stir and cover but not with a tight-fitting top.

Feeding Sourdough

Put 1 cup sourdough in mixing bowl.

Add 2½ cups flour and 2 cups warm water. (This combination is known as feeding.)

Mix thoroughly.

Leave on counter for 8 hours or overnight.

Be sure to replace 1 cup sourdough in the jar in the refrigerator.

Try to feed sourdough once a week or every 10 days.

Feeding is necessary to keep the culture alive and may add tang to its flavor. (Note: Sourdough can be frozen).

General Rules Pertaining to Sourdough

- Use glass, stoneware, or plastic bowls. Don't use metal. Wild yeast produces acids that can corrode metal and thus kill the starter.
- Use a wooden spoon.
- Clean container about every week so that unwanted bacteria will not grow and ruin your sourdough.
- Wipe up spilled sourdough immediately. It can stick like glue or cement.
- Keep covered with a loose-fitting cover in refrigerator.

Wholegrain Rye Bread

6 cups lukewarm water, sourdough starter, and 3 lbs rye flour or a 70/30 ratio of rye flour to whole wheat flour.

Mix sourdough in water, add flour.

Leave covered and warm (180°F) for 12–24 hours.

Replace 1 cup sourdough to refrigerator as starter for next time.

Add: 2 cups lukewarm water, 2 lbs rinsed whole rye grain, and 2 lbs rolled rye (use enough rye flour, maybe 2 lbs, to hold dough together).

Roll and cut dough to fit loaf pans.

Smooth the surface with a wet hand and leave dough in a warm place to rise for 2–5 hours.

The taste gets stronger the longer it is left to rise, and it will rise only a little.

Cut a furrow down the middle, about ¼" to ½" deep.

Bake for 1½ hours at 385°F.

Take out of pans immediately and wrap in towels and turn upside down.

Do not cut for about 12 hours.

Bread can be frozen when lukewarm.

Bread Snack

1 slice of bread, spread with cottage cheese, topped with tomatoes, and radishes or sprouts or 1 slice of bread topped with honey.

Bread Dressing

1 part chopped onions, 1 part chopped celery, 2–3 parts cubed grain bread, ½ part chopped parsley, ½ to 1 cup water, plus sage, garlic, and thyme.

Place in an uncovered casserole and bake in low oven for 2 hours.

Bread Crumbs

Toast leftover bread in the oven.

Run it through the food grinder.

Store in covered container in the refrigerator.

Sour Rye Bread (Black Bread Russian Style)

Note: Sour rye is a different sourdough culture.

You will need to make the sour rye sourdough starter from scratch and keep it separate from your other starter.

8 cups freshly ground whole rye flour, 3 cups warm water, and ½ cup sourdough culture.

Mix 7 cups of the rye flour with water and sourdough culture.

Cover and let stand in a warm place 12 to 18 hours.

Remove and save ½ cup of dough as a culture for next baking, and keep the saved culture in a tightly closed jar in refrigerator.

Add remaining cup of rye flour and mix well.

Divide dough in half.

Form oblong loaf smaller than size of pan in lightly floured hands (using rye flour).

Place gently into stainless steel baking pans.

Do not press; allow space around sides of loaf.

Try dusting stainless steel pan with flour or rye meal, no oil.

Let rise for approximately ½ hour.

Bake at 350°F for 1 hour or more.

Makes two 2-lb loaves.

Store tightly wrapped in refrigerator.

Sourdough Culture

In a wide-mouthed glass jar at least 1 quart in size, mix well the following ingredients: 1 cup lukewarm distilled water, 2 tsp baking yeast, 1 tsp raw sugar, and 1 cup rye flour.

Stir well once daily with a wooden spoon (never leave a metal spoon in starter).

Allow to sit for 3 to 5 days until sour odor is detected.

May cover loosely after 2nd day.

Remove $\frac{1}{2}$ cup for bread recipe above.

Store covered in refrigerator adding half cup from dough after first rising.

Bring to room temperature 1 hour before starting each new recipe.

Sourdough Potato Rye Bread^{YN}

1 cup sourdough starter, 2 cups warm mashed potatoes, $1\frac{1}{3}$ cups potato cooking water, 2 cups whole wheat or rye flour,* $\frac{1}{4}$ cup molasses (unsulfured), and $\frac{1}{3}$ tsp caraway or fennel seed.

Mix ingredients in large nonmetal bowl.

Cover and let stand in warm place for several hours (or overnight for a very sour loaf).

Add the following: $1\frac{1}{2}$ to 3 cups rye flour as needed to make a workable dough.

Turn onto floured board and knead for 5–10 minutes.

Let dough rest for 5 minutes, then form into round or baton-shaped loaves.

Place on nonstick bake sheet, or regular bake sheet (ungreased) that has been well coated with raw oat flakes to prevent sticking.

Let bread rise until almost double (when bread does not spring back when lightly touched).

Bake at 350°F for 50 minutes to 1 hour.

For a very chewy crust, place a pan of water in bottom of oven to create steam, or baste bread several times during baking with water.

For soft crust, do not steam or baste.

Immediately wrap loaves in cotton towels after removing from oven.

Let bread cool before cutting.

*Dr. Gerson allowed patients to use $\frac{1}{3}$ wheat to $\frac{2}{3}$ rye flour. The bread is delicious with or without wheat.

Sourdough Squash Rye Bread

1 cup sourdough starter, 2 cups puréed cooked squash (such as butternut or kabocha), 1 $\frac{1}{3}$ cups water, 2 cups rye flour, $\frac{1}{4}$ cup honey, and $\frac{1}{4}$ cup potato flour.

Mix dry ingredients in ceramic or plastic bowl.

Cover and let stand in warm place to rise (85 to 95 percent is ideal.)

Add 2 cups rye flour, then 1 $\frac{1}{2}$ to 3 cups more rye flour until achieving workable dough.

Turn onto floured board and knead for 5–10 minutes.

Let dough rest for 5 minutes, then shape into loaves or rolls.

Sprinkle bottom of baking pans with raw oats, then let rise for 2 hours or until doubled in size.

Bake at 350°F for an hour.

Let loaves cool before slicing.

Carrot Raisin Quick Bread^{YN}

1 $\frac{1}{2}$ cups triticale or rye flour, 1 $\frac{1}{2}$ cups brown rice or oat flour, 1 cup whole wheat or rye flour, 5 cups carrots grated, 2 $\frac{1}{2}$ cups orange pulp, $\frac{1}{3}$ – $\frac{1}{2}$ cup honey, 2 cups raisins, $\frac{1}{2}$ tsp each of allspice and coriander, plus approx. 2 large navel oranges, peeled and ground.

Sift dry ingredients together.

Stir in raisins.

Mix the remaining ingredients, then gradually stir into dry mix.

Dough should be rather firm.

Divide in half and fill two nonstick bake pans.

Bake at 325°F for 50 minutes or until toothpick comes out clean.

Let cool before removing from pan.

Essene Bread^{YN}

This naturally sweet cakey bread is made with only sprouted grain.

The original Essene Bread recipe comes from *The Essene Gospel of Peace*, a 2,000-year-old Aramaic text, which reveals the process of sprouting wheat as follows: "Moisten your wheat, that the angel of water may enter it. Then set it in the air, that the angel of air may also embrace it. And leave it from morning to evening beneath the sun, that the angel of sunshine may descend upon it." This modern version differs from the original only in the use of oven heat instead of the sun's.

For 1 loaf use: 1 quart of 2-day-old wheat, rye, or triticale sprouts.

Refrigerate sprouts for 1 day, uncovered, to dry slightly.

Do not rinse before grinding or you will wind up with more of a pudding than bread.

Grind in hand or electric grinder or in the Norwalk[®] using the #2 grid (second to the largest).

Feed sprouts gradually or they will become like cement in your grinding mechanism.

Shape into 1½"-to-2" high loaf.

Place on nonstick or regular baking sheet well coated with oat flakes to prevent sticking.

Bake at 250–300°F for 1½ to 2½ hours (loaf should be nicely browned). Cool thoroughly before slicing (chilled is best). Use serrated knife with a gently sawing motion. It also helps to dip knife in cold water before slicing bread.

VARIATIONS IN BREAD

Fruit Bread

Add: ⅓ or ⅔ cup raisins or other chopped dried fruit, ½ tsp coriander, and mace or allspice.

Onion or Garlic Herb Bread

Add: 2 or 3 tbsp finely minced onion, or 2–4 cloves pressed garlic, ½ to 1 tsp dill, thyme, and caraway or fennel.

Wafers or Crackers

Form into ¼" patties or roll out on floured board and cut into squares.

Bake wafers or crackers on a nonstick or oat-coated baking sheet at a temperature of 250–300° F for 45 minutes to 1 hour.