



Adrienne N. Hew, CN

# 5 WAYS TO EAT COCK

Mouthwatering & Nutritious  
Rooster Recipes for  
the Imaginative Cook



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Mouthwatering & Nutritious Rooster Recipes  
for Imaginative Cooks

ADRIENNE HEW, CN  
“THE NUTRITION HERETIC”



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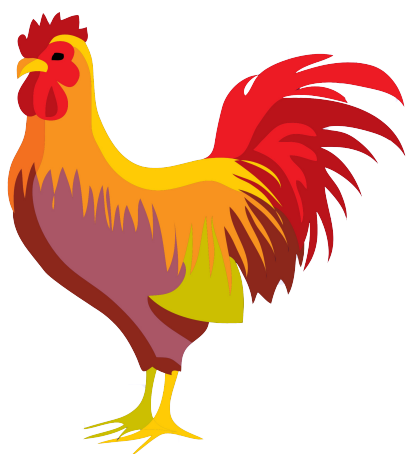
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# INTRODUCTION





### WHY THIS BOOK?

It was a beautiful, sunny Sunday morning in September when I started out for the highway. Before leaving the house, I had nervously entered the destination's address into the GPS, but in my anxious state, had little faith that it would send me to the right place. Throughout the entire half hour drive, I wondered to myself if I were able to carry out the task ahead of me.

Earlier that week, my friend, Michelle, who owns the local health food store had invited me to her farm for that day to help her and her husband complete an unusual Sunday afternoon ritual – the slaughter of 50 cocks (also known as roosters).

Normally Michelle and her husband, René, had raised hens (female chickens), but in that particular year, the hatchery sent them all male chicks. The salesman at the hatchery assured them that these birds would be fine eating when grown to full size, but what they found was quite different and not at all pleasurable to the modern palate. The birds were tough and straw-like, dry and difficult to chew.

Knowing not only my penchant for trying new recipes, but also my interest in pursuing a challenge, Michelle figured that I would be the perfect candidate for finishing the job they had started the Sunday before. In fact, she was so disheartened by the results of some of the recipes she had tried, that she offered to pay me in cocks – 25 to be exact – knowing that I would jump at the chance to play around with them.

As a holistic nutritionist, who must to remain pragmatic in all things pertaining to food, that September morning was to be the ultimate test of my pragmatism. Many people's food choices are based upon ideology and perceptions of cruelty towards animals. However, in my business, such a stance can be quite literally fatal, should someone deny him or herself a piece of meat that might be crucial to reversing a disease. Yet eating a piece of meat and killing an animal are two very different events for most people in industrialized societies. I was no different from any other



city slicker and on the drive to my friend's house, I worried that I was perhaps too chicken to step up to the plate and lop their heads off.

When I stepped out of the car, the air was clean and crisp. To the innocent bystander, it would not have been apparent that in a few moments time, the scene would become far more sobering.

I walked up the stone steps into the house, where I was warmly welcomed. Michelle and I sat around chatting for a few minutes, giggling and gossiping about the absurdity of the week's newsworthy events. A few moments later, René showed up in the truck with our victims.

One-by-one, the birds were let out of the cage, knowing that their life's purpose was about to be fulfilled. It was amazing to me how calm they were. Many farmers had told me before that animals ready for slaughter "understood the deal" and willingly submitted to their fate. Seeing this play out gave me a new understanding of the cycle of life as well as terms like "food chain". This also gave me an even deeper appreciation for honoring any food that ends up on my plate, whether animal or vegetable.

Immediately after slaughter, a pot of very hot water was kept nearby for the purpose of de-feathering the bodies. Then the birds were all brought inside the house for the tedious task of removing the entrails and feet. The bodies were then bagged individually; heads and feet bagged separately for making rich nutritious stock; and gizzards, livers and hearts sorted and stored in their respective packages.

Many hours later, I returned to my car with 25 cocks in a cooler to stuff in the trunk. This is where the real challenge began – finding delicious ways of preparing these tough old birds.



### HOW DO YOU PREPARE A COCK ANYWAY?

As I drove home, I began to think of the many ways I could prepare my first cock when I got home. I knew that the tough, dry nature of the meat meant that would not lend itself to quick cooking such as frying, sautéing or even baking. Whatever the preparation, it would require long cooking, preferably in a moist, liquid base. Some experts claim that if the cock is young enough – less than one year old – that it could be cooked just like a young spring chicken. These lean lads were a mere six months old, but based upon Michelle's experience with them, they were way too tough to be enjoyed by any of the faster cooking methods.

The French dish *coq au vin* came to mind first. This dish, which today is more commonly prepared with the female of the species, from its name clearly originated with a rooster in the pot. The same goes for *cock-a-leekie*, a traditional Scottish soup, which despite its rather humorous name is quite delicious. I also recalled my mother telling me of cockerel (young cock) soup, a traditional Jamaican soup often fed to pregnant women to ensure that her baby would receive the best nutrition possible. Americans often chuckle to find cock soup sold in packets at West Indian grocery stores.

Unlike their female counterparts, cocks have a lean, sleek body type instead of a more rounded, voluptuous shape. As a result of this physique, they yield larger amounts of bone-building, stomach-soothing gelatin into every dish in which they appear, and a deep, rich flavor unparalleled by any hen.

One type of cock that does not fit this body type is the capon. Capons, or castrated cocks, are widely recognized as the best of both worlds for their nutritional value and delectable flavor. Since cocks do not lose part of their nutritional intake in the production of eggs, it is thought that they maintain more of the nutrition that they ingest within the body. However, the removal of the testes makes them prone to gaining weight in the same way that a hen would. Therefore the meat is plump, tender and juicy, while maintaining its robust flavor and nutritional profile.

The more I contemplated the variety of ways that these birds could be prepared, the more I realized that cock could very well be lurking in nearly every processed "chicken" product on the market. On traditional farms (and presumably on commercial farms), the females of various animals tend to serve long-term functions



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## 5 WAYS TO EAT COCK

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in food production such as bearing offspring as well as producing milk and eggs. On the other hand, with the exception of oxen, which once upon a time would have been used to plow fields, male farm animals serve virtually no purpose once they have been used for breeding and therefore are often the first to end up on the dinner plate. The ornery cock is no exception to this rule. Something to think about that the next time you reach for chicken nuggets or canned chicken soup.

As you might imagine, today, it is rather difficult to find 50 recipes specifically calling for a cock as the main ingredient. I consulted many people around the globe about their countries' cock-eating traditions and while nearly everyone had some anecdotal stories or advice to give about eating cock, very few were able to produce recipes requiring it as the main ingredient. Even their grandparents had forgotten the recipes their parents used to prepare for them.

Knowing the basic principles of long, moist-heat cooking I was able to adapt many chicken recipes to cock cookery. In fact, it is entirely possible that many of today's recipes calling for a stewing hen would have used a cock interchangeably a century ago. So if you cannot find a cock, feel free to substitute a stewing hen or even a young spring chicken, if necessary.



### MYTHOLOGY & TRADITION

Years ago as a college student in Spain, I spent winter vacation in Portugal to visit my Portuguese pen pal. Having forgotten my watch back at home in Madrid, I had to rely on the local cocks to wake me up. At the time, I thought that Portuguese cocks were somehow confused or otherwise had not read the “how to be a good cock” training manual because crowed at all hours of the night, well before the sun made its appearance for the day. In researching this book, I found that roosters everywhere have trouble recognizing the day’s first light and crow to claim their turf at any time of day or night.

During my visit I noticed that nearly every Portuguese souvenir bore the symbol of a rooster on it. “What a peculiar national symbol!”, I thought to myself. Of course, it was hard for me to resist bringing home a little cock statue that was supposed to change colors when rain was approaching. Just like the alarm-clock cocks that should not have awakened me before the sun came up, it did not work as expected either. I later learned from my Portuguese friend that the rooster is thought to bring good luck, which is why every family has at least a few cocks lurking around their house.

It was only at the writing of this section of the book that a good friend of mine reminded me of the cock’s importance to the French people. The French have long had strong ties to the cock for one important reason: the Latin word for cock, *gallus*, is quite similar to the Latin word for inhabitants of Gaul (the Latin word for France), *gallicus*. As such, the cock has gone on to adorn everything from the kings’ emblems and flags to coins and stamps. Today, the cock proudly continues to take its place on the logos of many national sports teams.

As it turns out, cocks have played an important role in many cultures. Reverence for this animal stems from two main characteristics: the cock’s crow, *cock-a-doodle-doo*, which serves as a reminder of his constant vigilance and his tough-guy personality, which translates to courage and service as a protector.

Even though many modern humans concur that roosters crow whenever they feel like it, ancient man was quite impressed by the cock’s ability to distinguish dark from light. For this reason, used the cock’s morning crow as an alarm clock. Today, we





still can see the animal honored for keeping a watchful eye by its place on weathervanes. There are, however, a few nuances in man's appreciation for the bird.

For the ancient Greeks, the rooster's morning cry was recognized more widely as victory over the darkness of night. As a result, the rooster came to symbolize not only the sun, but its image was used in honor of several gods including Zeus and his son, Apollo, as well as Attis and Persephone. At the same time, lions feared them, so they were also quite respected as an animal of valor.

In contrast, Nordic and Celtic cultures did not associate *cock-a-doodle-doo* with the heavens, but with the Underworld. While the cry still symbolized vigilance, it was accepted as a warning of impending dangers and an ode to soldiers fallen in battle.

In the Bible, it is said that after Peter denied Christ, a cock crowed three times, making it the official symbol of Jesus's suffering. (In some versions of the Bible, Peter denies Jesus three times before the rooster crows twice.) This event is commemorated by placing weathervanes on top of many churches.

While western cultures each seem to have their own historic relationships to rooster, Asian cultures seem to have maintained the richest culture revolving around the cock. A sacred symbol to the Japanese, these little guys continue to run free in Shinto temples where they serve to call worshipers to early morning prayers.

Ask the Chinese about the rooster and you will learn that it is a *yang* creature, referring to its very male attributes of being thin, hot, dry and muscular all of which translate into fidelity, strength, courage and even bossiness. Yet along with all of these macho characteristics, cocks have also come to symbolize honesty, watchfulness, protection and pride.

This precious animal, revered for the treasures found throughout its body have made it an essential ingredient in Traditional Chinese Medicine throughout the centuries. The testicles, for example, rich in testosterone are not only considered beneficial for a man's virility, but help balance hormones in females resulting in a clear complexion. Meanwhile the gizzard, which is used by the rooster to grind its food after swallowing, is prescribed to aid in our own digestion. True to Chinese tradition, these are not the only parts of the animal that are used, but the rest of the bird ends up in the stock pot and its meat used in a variety of dishes.

In the practice of *feng shui*, the spatial arrangement of objects in relation to the flow of energy, the cock is closely associated with career advancement. He wakes up early in the morning to get a start on the new day and productivity. Using pictures, statues or other representations of roosters in one's prescribed "*feng shui* directions" will help achieve the desired career goals.

Every 12 years, the Chinese zodiac celebrates the "Year of the Cock". I was fortunate enough to be born under this sign.



Although the cock is regarded as *yang*, in the Chinese zodiac it is associated with the metal element, which is *yin* (cold). Therefore it is considered a *yin* sign within the zodiac. While the rooster may appear to be feisty and flamboyant, it is also trustworthy, hardworking and down-to-earth with a disdain for those who are dishonest, impolite or have a poor sense of hygiene.

In relationships, roosters often take the lead and can be quite demanding of their partners. So it is always ideal for a cock to be paired with someone who can knock them down a few pegs, when they get a bit too caught up in being boastful or arrogant.

As mentioned before, cocks are real go-getters when it comes to matters of business and often are quite successful in their careers by making work a top priority. Roosters may be successful at virtually any business they set their minds to and are equally suited to highly scientific and mathematical fields such as dentistry and accounting as they are to more artistic endeavors such as acting and music.

The bright, colorful feathers of the rooster have given us the term “cocktail” in reference to the blending of different spirits or wines of various colors. Meanwhile, the term “cockpit”, which refers to the pilot’s compartment on an aircraft, has less glorious origins in a bloodsport called cockfighting.

Cockfighting has existed since ancient times. In the sport, two specially raised cocks are placed in a ring, the cockpit, to fight one another, sometimes to the death. Although increasingly rare, cockfights are still largely performed in many parts of Southeast Asia and even in the West, where it is frowned upon for its brutality.

On a recent trip to Costa Rica, I had the opportunity to tour the private estate of a Cuban businessman, who allowed his brother to dedicate an entire building on his property to raising gamecocks. Luckily, the birds had been permanently removed at the time that I visited, a few years after the brother’s untimely death.

Suffice it to say that cocks have been important to humans since the beginning of their relationship. We see them in symbols and hear them in our everyday language. Now it’s your turn to re-learn how to use them in your cooking.



### ABOUT THE RECIPES IN THIS BOOK

You may find the title of this book funny, racy, or even raunchy. The information contained in these pages, however, is written from my perspective as a nutritionist. So if you are interested in dispelling some of the nutritional taboos that plague the way most people eat today, read on. If you just want to get started on eating some cock, feel free to skip ahead to the recipes.

*Five Ways to Eat Cock* is an abridged version of my book [\*50 Ways to Eat Cock\*](#) that is part of my Health AlternaTips series of books. For many readers, it serves as an introduction to cooking traditional foods as well as a few preparation techniques that will increase the body's ability to use the nutrients contained in the foods you eat. For those already familiar with these techniques, it will hopefully serve as an additional resource for cooking delicious traditional foods that appeal to a modern palate.

That said, I am not your typical whole-foods nutritionist, hence the moniker, *The Nutrition Heretic*. Over the years, I have had many mentors including doctors, nutritionists and researchers. They have helped me understand that eating well can be simple, just by combining a diet of foods from both the plant and animal kingdom. Yet there are several key areas of nutrition where many conventional and holistic health practitioners continue to parrot semi-truths established by the food processing industry. These companies have made billions of dollars by scaring people away from real foods and then selling products that swoop in to save the day. Below are a few examples as they pertain to this book:

### FATS

You will notice that many of the recipes in the book call for animal fats that nearly every other health professional in the United States would warn you *against* eating. Animal fats were a significant source of energy until 100 years ago. Contrary to popular belief, people who ate these fats routinely lived longer than people do today. In the book *Diet & Heart Disease*, author Stephen Byrnes notes that a report in the



*Journal of American Oil Chemists* showed that “animal fat consumption had declined from 104 grams per person per day in 1909, to 97 grams per day in 1972, while vegetable fat intake had increased from a low 21 grams to almost 60 grams. Total fat consumption had increased, as the proponents of the Lipid Hypothesis argued, but this increase was mostly due to vegetable oils with 50 percent coming from liquid oils and the other 41 percent from margarine made from vegetable oils.”

Comparatively, animal fats contain higher amounts of saturated fatty acids than modern vegetable oils. These fatty acids are easily recognized by the body and contribute to the body's healthy absorption of nutrients. The fact that saturated fat is an important nutrient for both the heart and intestines was once common knowledge published in nutrition and medical textbooks. This would conflict with modern nutritional dogma that wants us to believe that natural animal fats, the saturated ones in particular, are the cause of disease. The modern approach would have us believe that our bodies prefer to use fake, rancid oils and fats, such as margarine and canola.

In addition to their importance to the heart and intestines, animal fats are an important source of the fat-soluble vitamins A, D, E and K. They are also important to cellular integrity. Without saturated fats to lubricate the joints, mucous membranes and skin, joint disease, asthma and skin eruptions become common problems. Along with cholesterol, these fats regulate our hormones, prevent mood swings and slow the uptake of sugar in the blood.

Popular reports denigrating the use of saturated fats mistakenly describe them (and their cousin cholesterol) as artery-clogging. Perhaps this would be true if they were hydrogenated, but just like all other natural foods, saturated fats break down into their original components (mainly smaller fatty acids and glycerol). In my opinion, a better way of looking at saturated fats is as antioxidants because they are very stable fats, which prevent the oxidation of unsaturated fatty acids, fats that are highly prone to rancidity.

Over the years, I have had many clients, family and friends lose weight or overcome conditions such as acne, constipation, joint degeneration, depression and infertility simply by exchanging soybean, canola, corn and other highly processed vegetable oils for schmaltz (chicken fat), lard, butter and even coconut oil (a saturated fat not derived from animals). Despite the list of benefits to eating saturated fats, drug and food processing companies have made trillions of dollars over the years by convincing us these fats cause disease.

When you make the switch to natural saturated fats, seek out *unhydrogenated* versions. If in doubt because of incomplete labeling, you will recognize unhydrogenated fats because they are soft or even semi-liquid at room temperature.



Hydrogenated fats remain hard even at temperatures up to approximately 145 degrees. Fats from animals raised on pasture instead of feedlots is best, but as of the writing of this book, I consider *any* unhydrogenated animal fat to be better than any of the cheap vegetable oils that line supermarket and health food store shelves.

Two popular oils that are fine to eat are extra virgin olive oil and sesame oil. Along with a few others, these plant oils have stood the test of time, however, that does not mean that fat consumption should be limited to these. Each oil or fat has different health benefits and temperature thresholds before they produce free radicals, volatile compounds which have a high correlation with soaring cancer rates. So consuming a combination of fats and oils is wise.

As you can imagine, there is a wealth of information and misinformation about fat and cholesterol that are beyond the scope of this book. My intention here is to give you an overview of the reasons natural fats have been included in this book.

## WHOLE GRAINS

Unlike some whole foods nutritionists, I am not hung up on using whole grains 100% of the time. In the current push to eat more fiber, few people are aware of the fact that massive amounts of fiber can irritate the delicate hair-like projections in the intestines called *villi* and even lead to constipation over time.

Nutrition researchers such as Sally Fallon Morell and Ann Wigmore have touted the importance of soaking or souring grains in an acidic medium (such as water with a touch of yogurt or lemon juice added) before cooking and eating them. Soaking helps to predigest grains and make all of their nutrients more bioavailable. This practice also breaks down the phytic acid in grains, which blocks nutrient absorption, and takes the harsh edge off of fiber, giving whole grain products a better mouth feel and easier transit through the digestive tract.

In my own experience, I have found that people who have suspected that they had gluten intolerance (a mechanical inability to digest the protein gluten in wheat and related grains) have suddenly discovered an ability to digest wheat and other gluten-containing grains properly as long as they are soaked in this manner. I have also noticed that nearly 100% of the people who have reported to me that they suffer from gluten intolerance have spent several months or years eating low-fat diets, high fiber, and/or whole grain foods that have *not* been properly prepared. I believe that it is only a matter of time before a study is performed that proves that depriving the intestines of their preferred food (saturated fat) and the overconsumption of fiber are risk factors for gluten intolerance and even celiac disease (a genetic form of gluten





intolerance, which involves a more biochemical reaction to the consumption of gluten-containing grains).

Properly preparing grains does not only apply to wheat, spelt, barley and other gluten-containing grains. It is a good practice for nearly every grain.

On the other hand, brown rice is one grain that does not require soaking prior to cooking. I do, however, find that it has a much more pleasant texture and flavor when soaked in filtered water with a splash of raw apple cider vinegar added to the soaking water.

So when it comes to grains, if you cannot prepare your whole grains properly by soaking them beforehand, I recommend to choose the least processed version you can find. For example, when choosing pasta, the ones I look to first are those made from brown rice, buckwheat or unenriched durum semolina. If you only eat pasta once or twice per month, this is an acceptable compromise food. Anyone suffering from either gluten intolerance or celiac disease would benefit from avoiding semolina, which is a form of wheat.

For piecrust, I use unbleached, unenriched, and unbromated, preferably organic flour. Bleaching, bromating and enriching flour adds many undesirable contaminants to your foods including a host of heavy metals and chemicals.

## DAIRY

Dairy has gotten a bad rap over the past few decades. First we were told that it was contributing to excessive weight gain, so we were convinced to consume only low or no fat versions of it. Now it seems that half the population believes that milk is incompatible with human physiology, despite the fact that we are mammals. So they begin drinking fake, highly processed “milks” made from soy, hemp, almonds and rice.

Few have contemplated the fact that our ancestors have consumed milk in one form or another since our early existence. Today, many societies still attribute their longevity to the consumption of dairy products. And while most everybody acknowledges that the French are skinnier and live longer than Americans despite eating plenty of butter and cream sauces, we still choose a tasteless, low-fat lifestyle.

Other people argue that humans are the only mammal that drink milk of another animal past infancy. This popular myth runs rampant among city folk. We are also the only animals that cultivate crops, wear clothing, harness electricity, and watch reruns of “Seinfeld”. So what? We drink other animals’ milk because we can and it’s



good for us. Talk to any dairy farmer and they will tell you that many farm animals crowd around the milking room at milking time to lap up any milk that may spill outside of the room. It's good stuff!

The sad fact is that in the U.S. and increasingly around the world, milk is no longer a whole food. Like most vegetable oils, the milk that lines supermarket shelves is a rancid product that has been treated so as to not reveal its true age. Milk that has been pasteurized is defenseless against pathogenic bacteria such as listeria and *E. coli*. The largest salmonellosis outbreak in U.S. history affected nearly 200,000 people came from *pasteurized* milk produced at one dairy in Illinois. These pasteurized milk outbreaks occur relatively frequently and often involve the death of several people affected.

Homogenized milk is very difficult to digest because the fat molecules in the milk are pushed through screens at high pressure to artificially suspend them in the rest of the milk. As a result, the body has difficulty making sense of these kind of milk molecules when they enter the blood stream and over time may perceive it as a threat. This is likely to be one source of dairy allergies.

Alternatively, if you follow the advice to drink skim milk, you are merely drinking the lactose portion of the milk that has been tampered with. In light of the fact that lactose intolerance seems to be on the rise, I believe it would make more sense to drink the cream and toss the watery blue lactose portion of the milk instead.

On the other hand, *unpasteurized* milk is the way that our ancestors drank milk until a little over 100 years ago. Studies have shown that because it has not had its defenses (enzymes) killed off by the pasteurization process, raw milk can actually kill bacteria on contact. And that cream that I told you to drink in place of the skim portion of the milk? Yep, you guessed it. It can be a source of valuable fat-soluble vitamins and minerals that are very important to the health of your intestinal tract.

Just like with the animal fats from meats, if you are drinking raw milk, the best bet is to get it from pastured animals. Many states allow you to purchase directly from the farm often by belonging to a cow (or goat) share program, where you pay to be part owner of the animal and receive the benefits of what the animal produces. In a few states, you can even purchase this milk in stores. Check [realmilk.org](http://realmilk.org) to find raw milk in your area.



### SALT

Salt is essential to life. It stimulates the appetite as much as it satisfies the appetite. Salt helps you to digest your food. So adding enough salt to your recipes so that they satisfy your taste buds is important.

That said, it is important to use real salt. I define real salt as any naturally occurring salt that is *naturally dehydrated*. The two basic types are Himalayan salt, which is mined, and Celtic sea salt, which comes from the ocean. Both contain moisture (sea salt more so than mined salt) so it is not uncommon for them to clump slightly in their packaging. They both also contain a wide array of minerals, including the often difficult-to-obtain trace minerals.

On the other hand, regular table salt is a highly refined substance. It contains mainly one mineral — sodium chloride. Unlike natural salts, table salt wreaks havoc on health and is associated with raising blood pressure. In cases where iodine is added to it, the iodine comes in a toxic form that is even more health damaging. Some people mistakenly believe Kosher salt to be a natural salt, but in fact, it is even more highly processed than regular table salt and should be avoided. Coarse sea salt is a much safer alternative to Kosher salt.

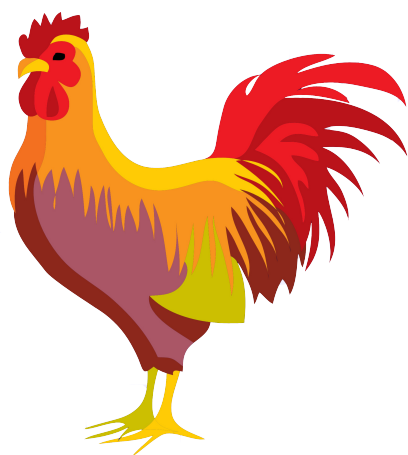
Conventional health practitioners make no distinction between the many types of salt on the market and offer only blanket recommendations to avoid or limit salt. This has left many people not only with impaired digestion, but it also leaves food less satisfying. The result of the latter is overeating naturally low sodium foods, namely desserts.

Progressive health practitioners, however, will encourage their patients to consume naturally dried sea salt or Himalayan salt on their food and even in their water. In fact, many have found that unlike regular salt, these natural salts help *lower* blood pressure and improve poor digestion.

Recommendations for my favorite brands of salt and other quality ingredients may be found at the Nourishing Journeys product page (<http://nourishingjourneys.com/shop>).

In the event that you choose to replace any of these ingredient recommendations with conventional ones or you ignore the grain preparation techniques, keep in mind that you may need to adjust liquid requirements and cooking times. With all this in mind, let's get cooking!





## SOUPS



### COCK SOUP

Makes 4 quarts

Ingredients:

- 1 whole cock, preferably with head and feet on
- 1 large onion, sliced thinly
- 2 carrots, peeled and sliced on an angle
- 2 ribs celery, chopped thin
- 3 cups assorted diced vegetables (e.g. Leafy cooking greens, string beans, turnips, potatoes or anything lying at the bottom of your refrigerator)
- 4 quarts filtered water
- 1 Tbs raw cider vinegar
- Sea salt to taste

Place cock, cider vinegar and filtered water into a large stockpot. Simmer covered for one hour over low heat. Remove any scum that accumulates at the top of the stock and discard. Add all vegetables to the pot and continue to cook for another hour. Lift out cock and remove meat from bones. Reserve bones for making stock. Return meat to pot. Add sea salt and stir to dissolve. Serve hot.





### SIMPLE DIGESTIVE BROTH

Serves 4

When I lived in Yugoslavia in the 1980s, this soup was often served at the start of the midday meal. So when my mother lost her appetite and started losing too much weight, I knew I had to stimulate her stomach to want more than just the occasional piece of bread. Luckily, before she came for a visit, I had just made a pot of stock. When she arrived, she was barely able to move or interact and was shaking from severe hypoglycemia. After drinking a few cups of this, she left less than 48 hours later moving with less assistance and even had the energy to complain! Keeping with her broth regimen, within a few more days, her mobility continued to improve, she was fully engaging in conversation and most importantly had an appetite!

Ingredients:

- 6 cups cock stock, strained
- 1/4 cup broken vermicelli noodles
- 2 Tbs parsley, finely chopped
- Sea salt to taste

Heat stock in a medium-sized pot. Add vermicelli and cook according to directions (usually 3-4 minutes). Add parsley and salt to taste. Serve warm.

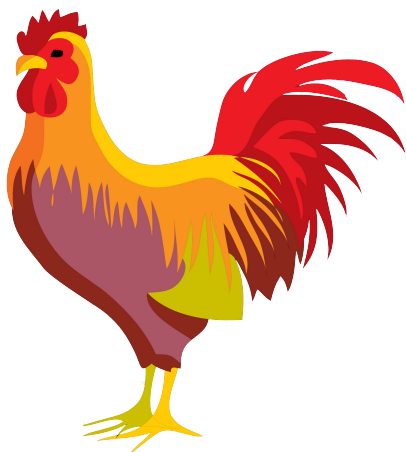


## 5 WAYS TO EAT COCK



**Simple broth revives the dead**





## SALAD



### COCK & WHITE BEAN SALAD

Serves 6

It is important to remember whenever cooking beans that the initial soaking water must be drained and rinsed before the actual cooking. This removes the gassiness from the beans and makes eating them a pleasant experience instead of an embarrassing one.

#### Ingredients:

1/2 lb white beans (cannellini or navy, preferably), soaked in filtered water with a pinch of baking soda for 8 hours and drained\*

2 cups cock meat left over from making stock, chopped

1 shallot, thinly sliced

1/2 cup celery, chopped

1/4 cup red wine or sherry vinegar

1/4 cup or more extra virgin olive oil

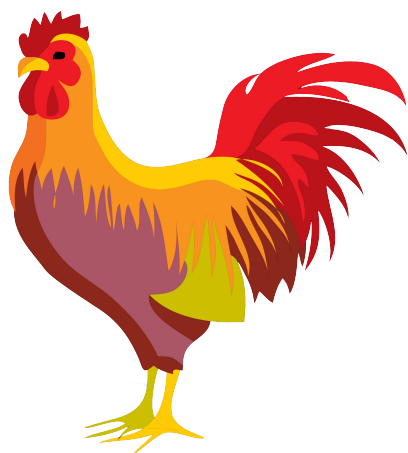
1 small bunch of parsley, chopped

Sea salt and white pepper, to taste

After draining and rinsing beans, place them in a pot and cover with at least 2 inches of filtered water. Bring to a boil and cook for about an hour or until beans are soft, but not mushy. Drain beans and place in a bowl. While still warm, add shallot, celery, red wine vinegar, olive oil, salt and pepper. Toss to coat. Add chopped parsley and meat. Toss again. If mixture seems dry, add more olive oil. Serve slightly warm with crusty sourdough bread or serve on lettuce leaves.

\* A quicker way to soak beans is to place them in a pot covered with filtered water. Bring water to a boil for 5 minutes. Turn off heat and add a pinch of baking soda. Allow to sit for one hour. Then drain and proceed with recipe.





# PASTA





### LINGUINE WITH COCK IN LEMON CREAM SAUCE

Serves 8 as a first course

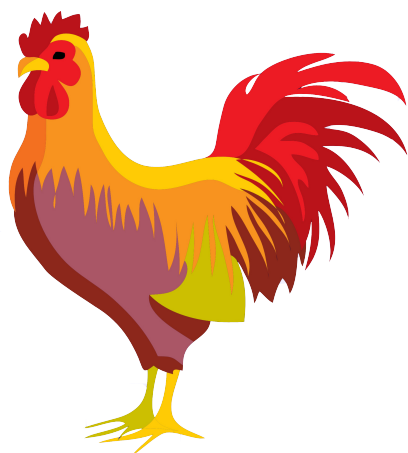
Most packs of pasta suggest to serve a quarter pound of pasta per person. This is entirely too much to consume in one sitting. Italians rarely eat large portions of pasta as their main meal, but as a course that makes up the meal. My suggestion is to follow this dish with a nice refreshing garden salad and a glass of wine.

#### Ingredients:

- 1 lb. dried linguine, cooked according to manufacturer's directions
- 2 Tbs butter
- 3 shallots finely chopped
- 2 cups heavy cream (not ultra-pasteurized)
- 1 lb. cock meat reserved from making stock, chopped
- Juice of one lemon
- Salt and ground white pepper to taste

In a large sauté pan, melt butter over medium heat. Add shallots and cook until translucent. Be careful not to brown. Next add heavy cream. Bring mixture to a boil. Allow sauce to thicken slightly. Add cock meat and lemon juice. Continue to warm through and adjust seasonings. Thicken sauce a bit more if necessary. You want the final sauce to coat the pasta, but still remain relatively loose. Add freshly drained (not rinsed) linguine to the sauce. Stir to blend. Use a little of the linguine's cooking water to thin the sauce, if it seems too thick. Serve hot.





## ENTREE



### BBQ CROCK POT COCK

Serves 6

Crock pots are a great timesaver that not enough people use on a regular basis even though they complain about the lack of time to cook. Here is a wonderful recipe to come home to after a long day of work. Serve with a salad, sautéed greens and a small piece of cornbread or over rice.

Ingredients:

1 cock, cut into 8 pieces

Barbecue sauce to coat (see next page)

Sea salt and pepper, to taste

Place pieces of meat in the crock pot. Cover with barbecue sauce. Cook for 2-3 hours.



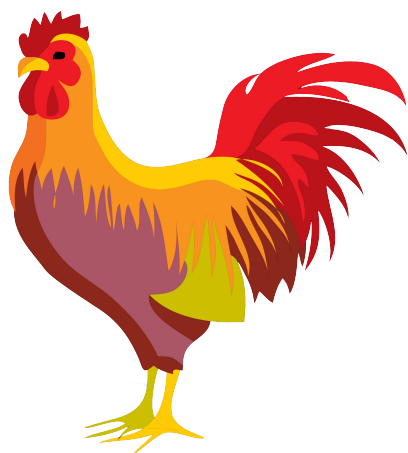
### BARBECUE SAUCE

#### Ingredients:

- 3 Tbs extra virgin olive oil
- 1 medium onion, finely chopped
- 4 cloves garlic, minced
- 1/2 cup tomato paste
- 1/2 cup tomato purée
- 1/2 cup raw cider vinegar
- 1 Tbs blackstrap molasses
- 3 Tbs naturally dried cane sugar such as Rapadura or Sucanat
- 2 tsp hot paprika
- 1 Tbs sea salt

In a medium-sized pot, warm olive oil over medium heat. Add onion and garlic. Sauté for 5 minutes until slightly soft. Add remaining ingredients and cook, uncovered until thick. Purée in a blender.





## APPENDIX



## MEASUREMENTS & EQUIVALENTS

a dash = 8 drops (liquid)  $\approx$   $\frac{1}{8}$  teaspoon (slightly less)

1 tsp = 1 teaspoon = 60 drops

3 tsp = 3 teaspoons = 1 tablespoon =  $\frac{1}{2}$  fluid ounce

$\frac{1}{2}$  T =  $\frac{1}{2}$  tablespoon =  $1\frac{1}{2}$  teaspoons

2 T = 2 tablespoons (liquid) = 1 fluid ounce =  $\frac{1}{8}$  cup

3 T = 3 tablespoons =  $1\frac{1}{2}$  fluid ounces = 1 jigger

4 T = 4 tablespoons =  $\frac{1}{4}$  cup

$\frac{1}{8}$  C =  $\frac{1}{8}$  cup = 2 tablespoons

$\frac{1}{6}$  C =  $\frac{1}{6}$  cup = 2 tablespoons + 2 teaspoons

$\frac{1}{3}$  C =  $\frac{1}{3}$  cup = 5 tablespoons + 1 teaspoon

1 C = 1 cup =  $\frac{1}{2}$  pint = 8 fluid ounces

2 C = 2 cups = 1 pint = 16 fluid ounces

4 C = 4 cups = 1 quart = 2 pints = 32 fluid ounces

4 quarts = 1 gallon

1 peck = 8 quarts = 2 gallons

1 bushel = 4 pecks





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### ABOUT THE AUTHOR



Adrienne Hew has been called “the Nutrition Heretic” and “the Pope of Health” because of the unique sense of levelheadedness she brings to discussions on nutrition. Both Dietetic Associations and politically correct, so-called alternative health advocates often have difficulty reconciling their beliefs with the truth contained in her observations and experiences.

Ms. Hew began her holistic health journey after suffering innumerable health problems and near death experiences while following the American Dietetics Association’s dietary recommendations. Born into a multicultural family that had thrived on a very different diet, she set on a quest to learn the dietary commonalities amongst all healthy societies. Her fluency in three languages has enabled her to uncover many long forgotten food traditions throughout the world.

Receiving a certificate in Chinese dietetics in 2002 and her degree as a Certified Nutritionist in 2004, she has helped many clients and workshop attendees to decode their own health dilemmas by understanding the inconsistencies in conventional nutritional dogma. As a cook, her recipes have been popular with everyone from celebrated chefs to picky 4 year olds and adults who “don’t eat that”. She currently resides in Hawaii with her husband and two children.

She can be found online at [nourishingjourneys.com](http://nourishingjourneys.com) as well as on [Facebook](#) and [Twitter](#).

