

POACHED EGG WITH KALE & BRAISED LENTILS

By Kat Turner



15 mins



Ingredients (1 serving)

½ cup leftover braised lentils (see recipe)

1 cup of kale, stems removed

1 clove of garlic, minced

1 tablespoon of olive oil

pinch of sea salt

pinch of chili flake

splash of water or stock

2 teaspoons of vinegar of choice or lemon juice

1 egg, poached

Kale & Lentils provide a major morning dose of protein, fiber, folate, & calcium (amongst a slew of other nutrients) in this hearty breakfast.

Warm up your lentils either on the stove top or the microwave, set aside.

Place a medium skillet over medium high heat & add in the olive oil, kale, & sea salt. Move the kale around to keep it evenly sautéing & once it begins to wilt add in the garlic & chili flake, continue cooking another minute until the garlic is fragrant (do not let the garlic burn). Add in the splash of water or stock & the vinegar, continue to wilt down until the liquid is evaporated & the kale is soft, set aside. Poach your egg as desired.

Place the lentils & kale into a bowl & top with the poached egg.

Delicious with hot sauce!

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BABY KALE & TUNA CITRUS SALAD

by Sam Eastwood



Ingredients (1 serving)

Handful of Baby Kale and mixed garden salad leaves (whatevers in season)
3 inch cut of cucumber
1 Shallot
1 can of line caught tuna
Finely chopped green chilli pappers Mayonaise

For the dressing place:

1 tblsp freshly squeezed orange juice 1/2 tspn
Dijon mustard
1 tspn apple cider vinegar
1 tspn honey
1 tablespoons extra virgin olive oil Finely chopped
Shallot and stir!

This is a delish autumn salad filled with minerals, protein & calcium.

Wash and mix the green leaves, I love adding whatever is in season, purple basil is strong but adds a delicious taste just dont add too much as its over powering. Mint leaves have the saem texture so fit in well with this salad. Try to stick to the hardier leaves oherwise the salad become too wimpy!

Thinly slice and stir fry the 1/2 the shallot in butter until well done and remove from the heat plac- ing in a kitchen paper. Thinly slice the cucumbers leaving the skin on as this is where all the good stuff is. Place all of these ingrediantis in a bowl and set aside.

For the tuna. Drain and scoop into a bowl and use a fork to softly serprate it. Add a tablespoon of mayonaise, the rest of the shallot finely chopped, a dash of olive oil and the green chillies and mixed together until everything is evenly spread.

Add the salad dressing to the leaves and lightly mix, add the previous fried shallots into the mix- and turn the leaves again. Add the Tuna mix the the top and enjoy!

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THE PERFECT ROAST CHICKEN

By Kat Turner



(1 hour, 75 minutes of cooking time + optional prep day)



Ingredients

1 chicken, approximately 3 lbs
2 Tablespoons of Sea Salt
Olive oil

Fresh cracked pepper
Dried thyme & garlic powder (optional)
Fresh thyme & sage (optional)
Butcher twine for trussing

I love to roast a chicken at the beginning of each week. I have it the first night for dinner & then use the remaining meat for bowls, salads, soups & snacks. This is a foolproof method & the extra day of salting/drying makes an enormous difference. If you've never trussed a bird before, have no fear... it's very simple & an important step to keeping the bird even & juicy. I suggest reviewing a few tutorial videos online... you'll get it in no time & consider it another new skill!

The day before you intend to roast the bird, begin by removing any giblets & patting the bird dry inside & out. Season the cavity with 1 tbsp of salt then sprinkle the remaining tbsp all over the outside.

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THE PERFECT ROAST CHICKEN

By Kat Turner



Continued.....

If you have the room available in your fridge place the bird breast side up on to a sheet tray & let it dry open to the air over night, this will help create a nice crispy skin. If you don't have the room you may put the bird into a gallon sized plastic freezer bag to store over night. If you choose not to salt the bird the day ahead it can be done 1 hour before cooking, while it is coming up to room temperature.

Preheat the oven to 450 degree.

Remove the bird 90 minutes -1 hour before you intend to roast it & let it come up (or close to) room temperature. Pat dry & rub a small amount of olive oil over the skin then sprinkle the bird all over with cracked pepper, dry thyme, & garlic powder if you like; place a few stems of fresh thyme or sage into the cavity.

Truss the bird & place in a roasting pan, cast iron skillet, or onto a cooling rack placed over a cookie sheet lined with parchment or foil. Roast the bird for 50-60 minutes. Then remove & let it cool for at least 15 minutes before carving.

Delicious with dijon mustard!

Save the carcass in the freezer for stock.

Vegetables:

Handful of cherry tomatoes. Throw them in with the chicken 15 minutes before its done. Steam or lightly par boil the green beans for 3 minutes. Drain and add to the plate.

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DARK CHOCOLATE DIPPED BANANA

By Kat Turner



5 mins



Ingredients (1 servings)

- ½ of a banana, sliced into 1/3rds
- 1 ½ ounces of 70% or above dark chocolate, chopped
- 2 teaspoons of shredded coconut

Truly dark chocolate contains high levels of antioxidants & a chemical compound that generates the sensation of “love” in our brains. No wonder it tastes so good!!

Place your chocolate into a glass bowl & microwave in 30 second intervals (stirring after each) until it is evenly melted. Alternately you can do this using a double boiler on the stovetop. Dip the banana into the chocolate & sprinkle with the coconut. Enjoy right away or freeze & enjoy later.

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BASIC BONE BROTH

By Kat Turner



24+ hrs



Ingredients

(makes about 1 ½ gallons)

2 pounds of beef shin, shank, marrow, &/or knuckle bones from a healthy source

1 chicken carcass leftover from roasting

½ lb of chicken feet if available

2 onions, chopped

3 carrots, chopped

3 stalks of celery, chopped

1 head of garlic sliced in half through the middle

¼ cup of Apple Cider Vinegar

1 tablespoon of sea salt

1 teaspoon of peppercorns

2 bay leaves

Enough filtered water to cover the contents of the pot

1 bunch of parsley, tiny pinch of pink salt

Bone broth is a comforting, nutrient dense addition to your diet; drink 8 ounces per day to benefit from this collagen & mineral-rich elixir.

Preheat the oven to 450 degrees

Place the beef bones onto a parchment-lined sheet pan & roast for 30 minutes.

Remove from the oven & place the bones & all remaining ingredients except the parsley into your biggest stockpot. Add enough filtered water to cover the bones & vegetables & bring up to a boil, then reduce to a low simmer & let this cook for 24 hours. Yes, you read that correctly... 24 hours (this is how all the amazing collagen gets leached out). If you're uncomfortable leaving the broth on the stovetop while you leave the house you can also place the entire pot into the oven, mostly covered at 300 degrees. Toss in the parsley for the last few hours of cooking time. After 24 hours turn off the heat & let the stock cool for 1 hour before straining. Strain through a mesh sieve, discard the solids & let cool to room temperature before transferring to storage ware & refrigerating. In the morning skim off any fat & freeze any extra portions that you don't intend on using within 5 days.

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EASY GREEN JUICE

By Kat Turner



15 mins



Ingredients (1 serving)

1 cup of sliced Persian or English cucumber

1 cup of filtered water

½ of your favorite apple, chopped (core, seeds, skin & all)

½" piece of ginger

Small handful of mint leaves

Small handful of baby spinach

Juice of ½ a lemon

2 ice cubes

You don't need a fancy juicer for this recipe! With a decent blender or a Nutribullet you can enjoy the benefits of refreshing alkalizing green juice too.

Place all ingredients into your blender & process on high for 1 minute. Strain this mixture through a mesh sieve & enjoy!

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