

# Cooked Food Diet



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## **What Is The Cooked Foods Diet?**

Many people have heard that cooking destroys enzymes, vitamins, and nutrients in foods. This is true. Sometimes cooked foods are called “dead foods” by raw foodists or natural hygienists. From their perspective, they are correct. However, the raw foods diet or juicing regimen is not sufficient to clear all disease conditions “naturally” or be the one approach that answers all health questions.

We know this at our clinic because we often see people who are doing “everything” correctly according to natural hygiene or raw foods philosophy and still have health problems. Some of their problems include:

- Allergies
- Sinus Issues
- Digestive Problems
- Blood in Stool
- Chronic Diarrhea
- Fatigue □ Skin Problems
- Yeast Overgrowth
- Gut Inflammation
- Heavy Limbs
- “Watery Abdomen”

Sometimes the client has also tried detoxification with herbs, colonics, juices, bentonite clay, green foods, etc., and the problems still persist.

What this means to us as herbalists is that the conditions and “symptoms” are metabolic imbalances deeply rooted in the constitution. Many of these conditions are what we call “dampness” in the tissues and digestive tract. Dampness means that the metabolism and digestion is overwhelmed by inappropriate dietary choices or weakened digestion or both. In this state the body is unable to absorb nutrients and eliminate waste products. Even with high quality, organic food the digestion is unable to pull the nutrients out and send them to the tissues to build health.

## **What Is The Answer Then?**

One successful approach we have found is the “Cooked Foods Diet.” This is based on Oriental healing and medicine. When we speak of “Oriental medicine,” we are talking about the traditional healing systems of the countries of the Far East, but particularly Chinese Medicine and Ayurveda. Traditional Chinese healing uses mostly a cooked foods diet to restore digestive integrity. Ayurveda, the healing science of India, holds that metabolism is like a fire in the gut that must be maintained at the proper temperature to fully digest foods.

This ebook is intended to give you pointers to begin to use the cooked foods diet in a successful way to restore your health without getting bogged down in learning the systems of Chinese Medicine and Ayurveda. The basic underlying principle is to eat mostly cooked food, but not just anything that is cooked – the healthier the food the better for your body.

### **Let's start with whole grains**

In general, you should add 2–3 servings (bowels) of whole grain hot cereals to your diet a week. These porridge-like dishes will begin to warm the digestion and dispel dampness from the digestive tract and ultimately the whole body.



#### **Examples:**

**Oatmeal** -- for convenience sake the type that takes at least 5 minutes to cook on the stove top, not the little packets placed in the microwave. The long-cooking steel cut oats that are organic are best.

**Organic Corn Grits** -- the yellow kind you find at the health food store. Ideally all the grains you buy should be organic if possible. They are not that expensive really, and if you think about it, cheap if you think of them as medicine.

**Cream of Brown Rice** -- this is a very healthy dish and can even be eaten by people who don't like regular brown rice. Why not eat regular brown rice? You can, but these whole grain porridges ensure a very digestible, warming experience.

**Cream of Whole Wheat** -- just like regular cream of wheat but made with whole grains. Can you eat regular whole grains that are not porridges? Yes. You can eat brown rice, buckwheat, quinoa, millet, etc. as a side dish or by themselves. You can also eat grains or porridges every day, if you wish.

The introduction of “soupy grains” given as examples above into the diet is an easy



way to start. Some people eat no whole grains and merely adding them to the diet 2–3 times a week is a good way to get used to them and add healthy foods to your diet. Whole grain bread and pasta do not count and actually should be reduced as part of the diet when trying to build digestive power. Of course, if you are eating white bread and carbohydrates made from refined

flower, like crackers, pasta, pastries, etc., even eating whole grain bread is an improvement.

### **More cooked foods:**

**Soups:** Any kind of soup that you like, but vegetable soup or soups with only a little meat in it are best (They help the digestion back to normal.)



**Casseroles:** Look for recipes online: example: vegetarian chili, veggie bakes, and turkey pot pie are good simple dishes that provide comfort and warm the digestion. Crock pot dishes where the ingredients, whether vegetables or meat, are cook down and “melt in your mouth.”

**Cooked Vegetables:** These can be stove top cooked, baked, sautéed, or grilled. Root casseroles or baked potatoes are also good. Chopped, cooked greens that are sautéed in oil can be delicious. (Ever eat Ethiopian-style sautéed collard greens? Really tasty).

What we are after here are things you can begin to integrate into your life and dietary patterns. Think of the process as a transition.

Start off by learning to cook whole grains and adding them into your diet. If you are not familiar with them they can take getting used to. They can also be eaten for breakfast. Goes well with veggie sausage.

### **Other Transitional Foods:**

They help the digestion system

Ezekiel bread or other types of sprouted bread can be bought at health food store. Rice cakes and healthy crackers can a healthful snack. Nut butters or bean spreads can be used to make these foods more interesting. Substituting healthier versions of foods is better than the “same old.”

Ever eat sauerkraut? Very healthy for you as are all fermented foods. You can buy healthy versions at the health food store. Do a search on the Internet for homemade organic pickles -- not just cucumbers. Believe it or not, these things are not that much more expensive than some of the foods you already eat.

Plain yogurt with fruit (make sure the yogurt has cultures in it) – you may have to buy the organic stuff from the health food store, but most of the time the regular

grocery stores now carry organic yogurt. This is better than buying yogurt with fruit already mixed in -- too much sugar there.

Yogurt, sauerkraut, pickles, and sourdough/sprouted bread all have something in common: they're fermented. Fermentation is like precooking or predigesting foods to make them more assailable.

### **A Few Don'ts:**

Eat less sugar (cooked grains like oatmeal with cinnamon and natural sweetener can substitute for the sweet tooth) No ice cream -- possibly the worst food to eat to reduce dampness and fluid in the body -- cold, damp, dairy, and sugar. Not for you if you want to build a healthy digestion.

Reduce raw foods -- if you are a raw food junky, you'll have to work with it.

Is juicing OK? Maybe once a day if you are integrating cooked foods.

Minimize meat -- eat meat cooked in dishes rather than in big pieces. Smaller, easier digestible pieces of meat cooked into dishes will help improve digestion, and thus reduce dampness.

Is Fruit OK? Some, if you are integrating cooked foods into your diet. If your nose starts running after eating fruit, you may want to cut back.

### **Other Topics**

At some point you may want to eat therapeutic porridges that have herbs cooked into them. These dishes are called "jook." (see recipes below) This concept originates in Chinese herbal healing. Tea made from the herbs are used to cook the grains.

Kicharee -- this is a grain and bean dish cooked with herbs used in Ayurveda for cleansing and weight loss. You may want to add this at some point.

Any questions call us at 904-826-1965 or visit our website at <http://healingwatersclinic.com>.

## **Recipes**

### **Jook (Chinese)**

#### **Ingredients**

1 cup short-grain rice

2 cups chicken stock, preferably homemade, or water

1 3-inch piece of ginger, peeled and minced

¼ pound slab bacon, optional

Soy sauce or salt to taste

¼ cup crispy cooked bacon, minced, optional

¼ cup minced scallions

½ cup roasted peanuts, optional

Sesame oil for drizzling, optional

### **Preparation**

Step 1 -- Wash rice, and put it in a stock pot with chicken stock or water. Place over high heat until stock boils, then add about 4 cups water. Bring to a boil, and turn heat to low. Partly cover pot, simmer for about 1 1/2 hours, stirring occasionally and adding water as necessary (probably about 2 cups more).

Step 2 -- Add ginger and slab bacon, and simmer for an hour more or so. Jook should have a porridgelike consistency. If it becomes very thick, add water. When done, jook will be soupy and creamy, like loose oatmeal.

Step 3 -- Remove slab bacon, and serve jook in individual bowls. Season with salt or soy sauce, then garnish with minced bacon, scallions and peanuts. Drizzle with sesame oil if desired.

Source: <https://cooking.nytimes.com/recipes/1839-jook>

## **Korean Jook Recipe**

### **Ingredients**

4 - 5 pieces (1 lb) boneless chicken breasts

5 - 6 garlic cloves, minced

1/2 zucchini, cut into small cubes

1 carrot, cut into small cubes

8 - 9 cups of water

3 cups jjapsahl (Korean sweet rice)

1 tbsp salt

soy sauce to taste

### **Preparation**

Be sure to soak sweet rice in a large bowl of water (partially submerged) at least an hour before usage. There should be directions to usage so check the package if available.

Fill a large pot with about 8 cups of water, boil and then add whole chicken breasts, garlic cloves, and about 1 tbsp of salt. Boil on medium-high setting for about 20 minutes.

Remove chicken pieces from the heat and rinse under running cold water to cool. The chicken pieces can be torn into strips by hands or cut into thinly diced pieces according to preference.

As for the chicken broth, strain through a sieve and/or remove the garlic cloves with a spoon (saving is optional). Reserve chicken broth and pour about 3-4 cups of broth back into the pot.

Drain the water from the sweet rice and combine with shredded chicken and diced vegetables into the pot. Cook for about 20 minutes on medium heat, stirring frequently to prevent rice from sticking on the bottom. Keep the lid partially covered until a thick consistency is achieved. Add more chicken broth or water if necessary.

Plate into soup bowls while topping with a dash of sesame oil, soy sauce and green onion slices according to taste. Enjoy! Source:

<http://www.epicurious.com/recipes/member/views/korean-dak-juk-chicken-porridge-50188491>

## **Instant Pot Congee (Jook)**

### **Ingredients**

1 cup uncooked jasmine rice

2 cloves garlic

1-2 inches fresh ginger

3 shittake mushrooms

2 lb. bone-in chicken pieces

7 cups water

½ Tbsp salt (or to taste)

### **Toppings** (optional)

3 green onions, sliced

¼ bunch cilantro (optional)

⅓ cup peanuts, chopped

1 Tbsp soy sauce

1 Tbsp toasted sesame oil

### **Preparation**

Peel and slice the ginger, and crush the cloves of garlic. Slice the mushrooms into thin strips. Remove the skin from the chicken pieces.

Place the uncooked rice in the bottom of the Instant Pot (pressure cooker) and add the crushed garlic, sliced ginger, and sliced mushrooms on top. Lay the chicken pieces over the rice and aromatics. Finally, add seven cups of water.

Close and lock the lid of the Instant Pot. Turn the steam release valve to the "sealing" position. Press the "porridge" button to begin cooking (no need to adjust the time or pressure). After ten seconds the pot will begin to heat and build pressure. Once it reaches the required temperature and pressure, the display will begin to count down 20 minutes.

After 20 minutes, the pot will switch to the "keep warm" setting and begin to drop in pressure. Allow the pot to reduce in pressure naturally, without opening the steam release valve. When the float valve falls back to the down position, open the steam valve, and then open the lid.

Using tongs, carefully remove the chicken pieces and place them on a clean cutting board. Use two forks to shred the meat and remove the bones. Return the shredded meat to the pot.

Stir and taste the porridge, and add salt as needed. Only add enough salt to amplify the flavors, but leave room for the addition of soy sauce as a topping.

Ladle the congee into each bowl and drizzle a small amount (1 tsp) of toasted sesame oil and soy sauce on top of each bowl. Sprinkle the sliced green onions, cilantro leaves, and chopped peanuts over top, then serve.

**Notes:**

To make on a stove top: Use 10 cups water instead of seven. Add all the ingredients (minus toppings) to a large pot. Place a lid on top and bring to a boil over high heat. Once it reaches a boil, reduce the heat to low and let simmer for 1-2 hours, or until a thick porridge forms. Stir the congee often while simmering, replacing the lid each time. Once thick, continue with shredding the meat and seasoning with salt as described above.

Source: <https://www.budgetbytes.com/2016/03/instant-pot-congee-jook/>

**How to Make Congee**

**Ingredients**

1 cup rice – any kind

6 cups chicken stock, vegetable stock, or water

Optional, for richer congee: leftover cooked chicken, turkey or bones from a roasted chicken, skin removed

**Optional garnishes:**

Soy sauce

Sesame oil

Thinly sliced green onions

Wilted greens

Soft- or hard-boiled egg

Leftover cooked chicken, pork, or beef

Fried garlic

Fried shallots

Pickled vegetables

**Equipment**

Strainer

2- to 4-quart saucepan with lid

## Instructions

Rinse the rice: Place the rice in a large strainer or colander and rinse it under cool water. The water running through the rice will usually look milky at first, but will then become clearer. It's fine if there's still some haze in the water.

Combine the rice and cooking liquid in the saucepan. If you're using any chicken bones, add them to the saucepan now.

Bring to a boil, then reduce to a simmer and partially cover.

Continue simmering for about 1 1/2 hours: Stir the congee occasionally during cooking – this will make it creamier. If the porridge is getting a little stiff, or if you'd like a looser porridge, add more cooking liquid. The congee is ready when the rice is as soft and porridge as you prefer.

Remove any bones and shred the meat: If you used any chicken bones, pull them out of the congee. Shred the meat and stir it back into the congee.

Serve the congee: Ladle the congee into individual bowls and garnish with whatever toppings you like.

## **Recipe Notes:**

Leftover congee can be kept in the refrigerator for up to 5 days. Warm in the microwave or on the stovetop, and stir in a little extra cooking liquid to loosen it up, if needed.

Source: <http://www.thekitchn.com/how-to-make-congee-226778>

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