

## GAPS Core Recipes

Please see our 🐾 GAPS-legal Timesavers Sources for items that can be purchased in lieu of home preparation. When you see 🐾 know that a GAPS-legal Timesaver Source is available at the end of the recipes.

### GAPS Milkshake

*12-16 ounces raw fresh juices, especially vegetable juices*  
*2 whole pastured eggs (egg whites helps break down heavy metals)*  
*dollop of cultured/fermented sour cream and/or coconut oil or coconut cream*

Combine all ingredients and whisk or blend well.

*Begin with a third of a glass in the morning on an empty stomach and progress to 2 cups.*  
*The GAPS Milkshake stimulates the biliary tract, supporting liver function.*

### Ginger Tea

*Makes 8 ounces*

*1 tablespoon of freshly grated ginger root*  
*8 ounces purified water*

Bring water to a boil. Add grated ginger root and steep for 5 to 10 minutes. Pour through a strainer or sieve. Half a teaspoon of raw honey may be added. Sip and enjoy.

### MEAT STOCKS 🐾

#### Fish Meat Stock

*2 medium non-oily fish, such as sole or snapper*  
*4 or more quarts of purified water*  
*2 tablespoons raw apple cider vinegar*  
*assortment of vegetables, as desired*

- *1-2 medium yellow onions*
  - *2-4 carrots*
  - *3-4 celery stalks*
- bouquet garni (tie together using cooking twine)*
- *fresh bay leaf*
  - *fresh thyme, rosemary, sage*

*Celtic sea salt, 1-2 teaspoons, to be added in the last 10 minutes of cooking*  
*parsley, to be added in the last 10 minutes of cooking*

Rinse fish in purified water. Remove meat from the fish and reserve for cooking. Place bones, fins, tails, skin and heads in the pot. Add remaining ingredients. Fill pot with purified water. Allow to stand for 30 minutes, giving the raw apple cider vinegar time to draw minerals out of the bones. Bring to a boil. Reduce the heat to a simmer and cook for 1 to 1 ½ hours. Add parsley and salt during the last 10 minutes of cooking. Remove the fish bones and other large parts. Strain the stock. Set aside remaining ingredients for preparing fish broth (fish bone stock).

#### Chicken, Pheasant or Turkey Meat Stock

*1 whole chicken, pheasant or turkey*  
*2-4 chicken, pheasant or turkey feet, optional*  
*1-2 chicken, pheasant or turkey heads, optional*  
*4 or more quarts of purified water*

*2 tablespoons raw apple cider vinegar*

*assortment of vegetables, as desired*

- *1-2 medium yellow onions*
  - *2-4 carrots*
  - *3-4 celery stalks*
- bouquet garni (tie together using cooking twine)*

- *fresh bay leaf*
- *fresh thyme, rosemary, sage*

*Celtic sea salt, 1-2 teaspoons, to be added in the last 10 minutes of cooking*

*parsley, to be added in the last 10 minutes of cooking*

Rinse chicken, feet and heads in purified water. Cut whole chicken in half down the middle lengthwise. Place these in the pot. Add remaining ingredients. Fill pot with purified water. Allow to stand for 30 minutes, giving the raw apple cider vinegar time to draw minerals out of the bones. Bring to a boil. Reduce the heat to a simmer and cook for 1 ½ to 2 hours. Add parsley and salt during the last 10 minutes of cooking. Remove the chicken and other large parts. Debone and reserve the meat for eating. It will be delicious. Strain the stock. Set aside remaining ingredients for preparing chicken broth (chicken bone stock).

### **Beef or Lamb Meat Stock**

*4-5 pounds of bone marrow and knuckle bones*

*3 pounds of meaty ribs or neck bones*

*1 calf's foot, if available, cut into pieces (optional)*

*4 or more quarts of purified water*

*2 teaspoons Celtic sea salt*

*4 ounces raw apple cider vinegar*

*assortment of vegetables, as desired*

- *1-2 medium yellow onions*
- *2-4 carrots*
- *3-4 celery stalks*

*1 teaspoon dried peppercorns, crushed*

*bouquet garni (tie together using cooking twine)*

- *fresh bay leaf*
- *fresh thyme, rosemary, sage*

*parsley, to be added in the last 10 minutes of cooking*

Place the bones, meat and joints into a large pot. You may roast the meaty bones in a pan in an oven at 350 degrees Fahrenheit. You may roast the meaty bones in a roasting pan until well browned, for extra flavor. Place these in the pot. Add remaining ingredients. Fill pot with purified water. Allow to stand for 60 minutes, giving the raw apple cider vinegar time to draw minerals out of the bones. Bring to a boil. Reduce the heat to a simmer and cook for 3 to 4 hours. Add parsley during the last 10 minutes of cooking. Remove the meat and other large parts. Debone and reserve the meat for eating. It will be delicious. Strain the stock. Set aside remaining ingredients for preparing beef/lamb broth (beef/lamb bone stock).

*Additional ingredients to consider for variety would be garlic, ginger and lemon rind, to name a few. Avoid adding starchy vegetables to your stock.*

## **BONE BROTHS** 🐾

*To make bone stock (broth) you may follow the above recipes and after deboning, add additional purified water and continue cooking time according to these recommendations:*

### **Fish Bone Broth**

Simmer for 4 hours.

### **Chicken, Pheasant or Turkey Bone Broth**

Simmer for 12 to 24 hours.

### **Beef or Lamb Bone Broth**

Simmer for 36 to 48 hours.

### **Ghee (aka clarified butter)**

*1 pound unsalted butter, preferable raw or cultured*

Preheat oven to 140-250 degrees Fahrenheit. Place butter in a glass ovenproof dish or pie plate. Place in oven and leave for 45-60 minutes. Remove with oven mitts. Carefully skim the white liquid if on the top. Pour the golden fat from the top. Discard the white liquid. Store in a glass jar and refrigerate.

### **Easy Raw Milk Yogurt**

*Makes just over a quart*

*1 quart (32 ounces) raw whole milk*

*1/3 cup of Greek yogurt, such as Fage Total (full fat)*

Stir well and pour into glass containers. Place in yogurt maker for 24 hours. After 24 hours, allow yogurt to set at room temperature for 15 to 30 minutes and then refrigerate.

### **Raw Coconut Yogurt**

*Makes just over a quart*

*4 cups young coconut meat from 6-8 young coconuts*

*1 cup young coconut water*

*Yogurt Culture*

- *Cultures for Health Vegan Yogurt Starter (for those who are lactose intolerant)*
- *Cultures for Health Greek Starter*
- *Bio-Kult or GUTPro: 3 capsules*

Open 6-8 young coconuts (white exterior) to get 4 cups of coconut meat. Pour the coconut water in a glass jar and use to make coconut kefir (see recipe below). Scoop out the coconut meat to get approximately 4 cups. Make sure there are no bits of shell in the coconut meat. Blend the coconut meat with about 1 cup of young coconut water or plain purified water. Blend until the coconut meat is smooth and creamy.

Pour contents of blender into a clean glass bowl and add yogurt culture or the contents of three capsules of Bio-Kult or GUTPro. Use a very clean spoon or whisk to mix. Put the bowl in the dehydrator or pour into EuroCuisine Yogurt Maker. Set the temperature at 100 degrees F. Allow yogurt to incubate for 8 hours. At the end of incubation you should have creamy white coconut yogurt. Discard if discoloration occurs. Store in the refrigerator up to 14 days.

### **Opening young coconuts**

The husk of a young coconut should be white in color. Take a large chef's knife and turn the coconut on its side. Remove the coconut husk at the pointed end of the coconut. Remove the entire white husk. There are

three distinct sections of coconut. Cut slit starting from the outer edge of the coconut, going towards the center to the coconut by two inches. Place the tip of the knife into the slit about one inch. Work with the knife until the end of the coconut pops up. Remove the end piece and set aside the coconut water. Scoop coconut out with a spoon.

### **Kefir**

*1 quart whole milk, preferably raw*

*1 cup high quality cream, preferably raw (optional)*

*2 tablespoons kefir grains or live yogurt or yogurt starter*

If using raw ingredients, combine all well and store in a warm place (103-113 degrees Fahrenheit). A clean dry thermos, dehydrator or an electric plate are good options. Ferment for at least 24 hours. After fermentation is complete, drip the kefir by lining a colander with cheesecloth. Put colander into a larger bowl, cover with a clean light towel and allow to drip for several hours. The liquid that results will be a clear yellow liquid. Save this valuable probiotic and store in a clean glass jar in the refrigerator. Store kefir in a clean clear glass container in the refrigerator.

If using pasteurized milk, bring milk mixture near a boil, stirring constantly. Remove saucepan from heat. Cover with lid and place in pan of cold water until the milk reaches 105-113 degrees Fahrenheit. Store in a warm place (103-113 degrees Fahrenheit). A clean dry thermos, dehydrator or an electric plate are good options. Ferment for at least 24 hours. After fermentation is complete, drip the kefir by lining a colander with cheesecloth. Put colander into a larger bowl, cover with a clean light towel and allow to drip for several hours. The liquid that results will be a clear yellow liquid. Save this valuable probiotic and store in a clean glass jar in the refrigerator. Store kefir in a clean clear glass container in the refrigerator.

### **Sour Cream (crème fraîche)**

*Makes 1 quart (roughly 1 liter)*

*1 quart good quality cream, preferably raw (do not use ultra-pasteurized)*

*2 tablespoons buttermilk, preferable whole milk or 2 tablespoons crème fraîche or ½ cup live kefir or yogurt*

If using raw cream add one of the above starters and mix well. Set aside in pantry at room temperature for at least 24 hours. After cultured, store in refrigerator. Use liberally.

If using pasteurized cream, place cream in saucepan and stir cream constantly on stovetop. Bring to a slight boil but not a complete boil. Cool down in a pan of cold water. Keep the pan covered at all times. The temperature should be between 105-113 degrees Fahrenheit. Add the started and ferment for at least 24 hours. After cultured, store in refrigerator. Use liberally.

### **Duck or Goose Fat**

Duck or goose, preferable wild or organic

Roast bird in the oven the normal way. Remove the bird from the oven using oven mitts. Pour the fat through cheesecloth or a fine sieve. Store in glass jar in refrigerator. Use for all cooking, sautéing, frying and baking in liberal amounts.

### **Lard (pork) or Tallow (beef or lamb) Fat**

Pork, beef or lamb, ideally organic pastured

Collect fat in similar manner as done with duck or goose fat. Often butchers will give away the internal layer of fat from these animals. Roast fat in glass or ceramic ovenproof dish at 250-260 degrees Fahrenheit for 2-3 hours (longer for larger cuts). Remove from oven with oven mitts. Pour the fat through a cheesecloth or fine sieve. Store in glass jar and refrigerate. Use for all cooking, sautéing, frying and baking in liberal amounts.

## Coconut Oil 🌿

### Vegetable Ferments

**Fermentation time:** 1-4 weeks

Equipment needed:

*ceramic crock, quart glass container or Pickl-It container*

*plate that fits inside crock or container*

*purified non-chlorinated water*

### Sauerkraut 🌿

*Makes two quart*

*2 medium green or red cabbages*

*4 carrots, shredded (optional)*

*3-4 tablespoons Celtic sea salt*

*4 tablespoons whey (optional)*

*purified non-chlorinated water*

Shred or finely slice cabbage and carrots. Place cabbage and carrots in a large bowl as you shred or slice it. Mix with Celtic sea salt. The salt pulls water out of the vegetables creating the brine. The brine allows the vegetables to ferment and culture without rotting. Additionally the salt keeps the vegetables crunchy. Pound with kraut pounder or meat hammer for 10-15 minutes. Pack vegetables into crock or glass (Pickl-It) container. Pack a cup of kraut into container at a time and pound down hard using a kraut pounder or meat hammer. Cover kraut with a plate or lid that fits snugly inside the crock or glass container.

If necessary, add Celtic sea salt to purified water creating additional brine. Place vegetable mixture in mason jars or Pickl-It jars. Pour the brine over the vegetable to completely cover vegetables. Cover tightly and place in pantry at room temperature for approximately a week. Begin checking and tasting the kraut after five days. In cooler temperature the kraut will need up to three weeks to ferment. Once taste is ripe transfer container to refrigerator.

*Don't throw out the sauerkraut juice. This juice can be used as an active culture starter for your next batch or you may drink it as a digestive tonic.*

### Sauerkraut Juice

*Makes one quart*

*2 heads of cabbage*

*2 teaspoons Celtic sea salt*

*2 tablespoons whey*

*8 ounces purified non-chlorinated water*

This can be obtained by adding additional brine to your sauerkraut or kim-chi. You may also ferment cabbage juice by juicing enough cabbage to have 24 ounces of juice. Place in a quart size glass jar and add whey and Celtic sea salt. Cover tightly and place in pantry at room temperature for 3-7 days. The juice will produce a tangy taste as the fermentation progresses. Once to your liking store in the refrigerator.

### Kim-chi 🌿

*Makes two quarts*

*1 head Napa cabbage or 1 pound bok choy, cored and shredded*

*2 carrots, grated*

*½ cup daikon radish, grated*

*1 bunch green onions, chopped*

*2 tablespoons fresh ginger, grated*  
*3-4 cloves garlic, peeled and minced*  
*½ teaspoon dried chile flakes*  
*1 tablespoon Celtic sea salt*  
*4 tablespoons whey or additional 1 tablespoon Celtic sea salt*  
*purified, non-chlorinated water*

Prepare vegetables. Place all ingredients except water in a bowl and pound with a kraut pounder or meat hammer for 10-15 minutes, until juices are released from vegetables to the point of completely covering the vegetable mixture in the brine. If necessary, add Celtic sea salt to purified water creating additional brine. Place vegetable mixture in mason jars or Pickl-It jars. Pour the brine over the vegetable to completely cover vegetables. Cover kraut with a plate or lid that fits snugly inside the crock or glass container. Cover tightly and place in pantry at room temperature for approximately a week. Begin checking and tasting the kim-chi after five days. In cooler temperature the kim-chi will need up to three weeks to ferment. Once taste is ripe transfer container to refrigerator.

### **Beet Kvaas**

*3 medium beets, peeled and coarsely chopped*  
*4 tablespoons homemade whey*  
*2 teaspoons Celtic sea salt*  
*purified non-chlorinated water*

Place beets, whey and salt in a 2 quart glass jar. Add purified water to fill the jar. Stir well and cover tightly. Place in pantry or cupboard (room temperature) for 48 hours.

### **☛ GAPS-legal Timesaver Sources**

#### **Meat Stock & Bone Broth**

**Real Bone Broth** See our store or call us at 858.259.6000 to order or go to [www.realbonebroth.com](http://www.realbonebroth.com).

#### **Yogurt**

*We do not recommend commercial yogurts as the quality will never be on par with homemade cultured yogurt, which is very simple to make. However, some of our clients have had decent results with Capretta goat yogurt and Saint Benoit yogurt. Please go to [www.sierranevadacheese.com](http://www.sierranevadacheese.com) and [www.stbenoit.com](http://www.stbenoit.com).*

#### **Sauerkraut**

**Gold Mine Natural Foods** Please go to [www.goldminenaturalfoods.com](http://www.goldminenaturalfoods.com).

#### **Kim-chi**

**Gold Mine Natural Foods** Please go to [www.goldminenaturalfoods.com](http://www.goldminenaturalfoods.com).

**Rejuvenative Foods** Please go to [www.rejuvenative.com](http://www.rejuvenative.com).

#### **Coconut Oil**

We recommend coconut oil from Green Pasture Products or Wilderness Family. Call our office at 858.259.6000 to order.