



**Winter  
Warming  
Recipes**

**GLOW**

ACUPUNCTURE



# Eating According to the Seasons

When we consume seasonal foods that are similar in nature to the external environment our internal health remains in harmony. We are also able to adapt better to changes in season. This gives us a better chance of maintaining good health throughout the year.

Varying your food choices according to the seasons is a way to keep your body in sync with the natural environment.

Each season corresponds with a different internal organ and brings with it different foods to complement the season.

# WINTER

It's Winter season and that means we focus on our Kidneys and it's associated Bladder channel. The two combined make up the Water Element. Winter is a time to rest, hibernate, become more introspective and nourish your Yin energy.

By keeping the Kidneys nourished and warm during winter, you're essentially stockpiling the reserves you need to fight off illness and maintain overall wellbeing.

Here are some ways to stay well naturally this season:

## **Prioritise Warmth**

TCM views winter as a time of Yin energy, a period for inward focus and conservation. To mirror this, keeping your body warm is key. Wrap a scarf around your neck to protect your neck from the wind, preventing cold and flus to penetrate into your body. Bundle up your feet and lower back with cosy socks and extra layers.

## **Nourish Your Inner Fire**

Just like your outside needs to keep warm, so do your insides. Ditch the smoothies and salads which actually impair your digestion and make you feel colder and embrace the season of soups, slow-cooked meats and casseroles. These comforting, WARM dishes are packed with lots of fresh, healthy ingredients that will go a long way to maintaining the health of your immune system with regular consumption.

## **Incorporate Kidney specific foods**

Think black beans, walnuts, and other dark-coloured foods believed to nourish the kidneys and warming herbs such as ginger and cinnamon. By strengthening your kidneys, you further build resilience against seasonal illnesses or COVID.

# Barley Risotto with Garlic Mushrooms



## INGREDIENTS

1/4 cup extra-virgin olive oil  
3 large shallots, minced (1/2 cup)  
4 large garlic cloves, thinly sliced  
1 pound oyster mushrooms, thickly sliced  
1/2 teaspoon chopped thyme  
Salt  
Freshly ground pepper  
1 1/2 cups pearly barley (10 ounces)  
2/3 cup dry white wine  
4 cups hot beef broth mixed with 2 cups of  
hot water  
Snipped chives, for garnish  
1/2 cup shaved Parmigiano-Reggiano, for  
garnish

## DIRECTIONS

In a large, deep skillet, heat the olive oil. Add the shallots and garlic and cook over moderately high heat, stirring constantly, until softened, about 5 minutes. Add the mushrooms and thyme and season with salt and pepper. Cook, stirring frequently, until tender, about 8 minutes. Add the barley and cook, stirring, for 1 minute. Add the wine and cook until absorbed, about 5 minutes.

Add 1 cup of the hot beef broth mixture to the barley and cook over moderate heat, stirring frequently, until nearly absorbed. Continue adding the hot broth, 1 cup at a time and stirring frequently, until the barley is al dente, about 35 minutes. Season with salt and pepper and transfer to a bowl. Garnish with chives and the cheese shavings and serve.

*In this recipe by Naomi Pomeroy she uses Barley as a substitute for rice. Barley is a healthy, ancient grain which can be used in soups, salads, stews. It is full of high dietary fibres, magnesium and selenium. It is used as a herb to strengthen digestion & reduces food stagnation. Mushrooms are also fantastic to eat regularly over Winter for maintaining immunity.*

# Pumpkin & Ginger Soup



## DIRECTIONS

### INGREDIENTS

1 kg pumpkin  
2 shallots  
75 g ginger  
a few sprigs of fresh herbs , such as  
chives, mint  
extra virgin olive oil  
1 litre organic vegetable stock  
125 ml coconut milk , plus extra to serve  
½ tablespoon chilli powder  
1 lime

1. Deseed and roughly chop the pumpkin, peel and chop the shallots, then peel and finely grate the ginger. Pick and finely chop the herbs.
2. Place the pumpkin, shallots, ginger and some oil in a large saucepan and sauté until soft.
3. Add the stock, coconut milk and chilli powder. Season, then bring to the boil and simmer for 40 minutes.
4. Blitz in a food processor then serve with the fresh herbs, lime juice and a splash of coconut milk.

*I love this simple recipe by Jamie Oliver because it combines pumpkin (great for digestion) with ginger which is amazing at warming the body and further aids to support healthy digestion. This is a staple in my freezer during Winter and I often add carrots & sweet potato also.*



# Slow Roast Leg of Lamb

## INGREDIENTS

2.25 kg / 4.5 lb leg of lamb , bone in (or  
shoulder)

Salt and pepper

1.5 tbsp olive oil

1 whole garlic head , unpeeled, cut in half  
horizontally

1 onion , quartered (unpeeled is fine)

4 rosemary sprigs

3 cups beef stock/broth , low sodium

2 cups water

## GRAVY

4 tbsp white flour

1 cup water

Salt & pepper, to taste

*This is one of my favourite Sunday meals to share with family. It's super easy to throw on early and let it cook over the hours to deliciousness. I like to also add some red wine for extra flavour.*

*The longer cooking time is also encouraged in Winter as cooked foods with longer cooking times add extra warmth to the body.*

*Red meat is important for building blood in the body and blood is seen as one of the cornerstones of good health.*

*We want there to be enough blood to nourish your muscles, organs, bones, hair and skin .*

*These foods can be especially important for women during their menstrual cycle, pregnancy, and postpartum recovery. Lamb is also energetically very warm so it will help warm you up even more.*



## DIRECTIONS

1. Preheat oven to 170°C/335°F (standard) or 150°C (fan).
2. Place garlic, onion and rosemary in a metal roasting pan.
3. Season lamb: Place lamb leg right side up in the pan. Sprinkle generously with salt and pepper and rub it in.
4. Turn lamb over and place it so it mostly sits on the garlic and onion. Sprinkle with more salt and pepper, rub it in.
5. Add liquids and cover: Drizzle lamb with olive oil. Pour broth and water (and red wine optional) around the lamb – it won't cover it, that's ok, the lamb sinks into it. Cover with foil (don't use a lid, you want a bit of liquid to steam out).
6. Slow roast: Place in the oven and roast for 4.5 hours.
7. Check meat: Remove from the oven, remove foil. Turn lamb over. Check it to ensure the meat is tender enough to pry a bit off easily with a fork. If not, return, covered, to oven.
8. Brown lamb: Return uncovered lamb to oven for a further 45 minutes or until well browned.
9. Rest: Remove lamb, spoon over pan juices generously. Transfer to serving platter, cover loosely with foil while you make the gravy (stays warm for 1 – 1.5 hours).

## GRAVY:

1. Skim fat: Use a large spoon to skim off and discard some of the fat from the surface of the liquid.
2. Add flour: Place pan on the stove on medium high. When the liquid bubbles, add flour. Use a whisk to mix it in – this may take a few minutes as the liquid reduces.
3. Add water: Once it looks like sludge, whisk in 1/2 – 1 cup of water until it becomes a gravy consistency to your taste. Adjust salt and pepper to taste – I rarely add extra salt.
4. Strain gravy into a bowl, pressing juices out of the onion etc. Pour gravy into jug.

5. Roasting Times (this cook method is pretty forgiving so round up to determine cook time eg if your lamb is 1.8kg, use the 2 kg cook times):

Leg of Lamb Weight (including bone)			
Roasting Step	2 - 2.25 kg / 4 - 4.5 lb	2.5 - 2.75kg / 5 - 5.5lb	3 - 3.5 kg / 6 - 6.5 lb
1. Covered, upside down	4.5 hrs	5 hrs	5.5 hrs
2. Browning, right side up	45 min	45 min	45 min
<b>Total Roast Time</b>	<b>5 hrs 15 min</b>	<b>5 hrs 45 min</b>	<b>6 hrs 15 min</b>
Oven temperature for whole roasting time: Standard 170C / 335 F Fan forced / convection 150C / 300F			

## SERVING:

1. The meat is tender so you will only need tongs to tear the meat off. Serve with roast potatoes, greens and gravy!