

Anaida's "Soup e Jadooi"

Good for people conscious of weight. This soup is good for Arthritis, blood pressure, diabetes, skin and hair. Its an excellent meal for cold and flu and related inflammations. The ingredients are rich in antioxidants and have strong anti aging properties.

Recipe:

For Non-Veg version add chicken

For Veg: Add Shitake mushrooms or leave as it is.

Baby onion 30 gms

Garlic 10 gms (chopped fine)

Coriander 150 gms (chopped finely)

Mushroom 90/100 gms (Chopped each in four chunky pieces))

Carrots One (To be diced in long thin pieces)

Pearl Barley 50 gms

Mixed sprouts 40 gms

Roasted Vermicelli 20 gms

Ghee 2/3 spoons

American Corn 35 gms

Turnip 100 gms (chopped to medium cubes)

Chicken stalk 2 cubes

Chicken 2 legs (including thigh pieces) I like to include a largely shredded chicken breast piece to this. (optional)

Skin the baby onions and fry then in a spoon of ghee along with garlic, once golden, add the chicken thighs. add little spices (i use 3 times cinnamon, 2 times star anise, i times clove-Half times blackpepper-mez-white pepper-.Jeera and few pieces of cardamom, this i power and keep) Add the sprouts, corn, barley and carrots and turnips (carrots need to be chopped in long slender pieces) toss them slightly, add chicken stalk or chicken stalk cubes and add the water cover it and let it cook.

Once it is cooked add ten/15 minutes before serving add coriander then the mushrooms and roasted vermicelli. Personally I prefer the vegetables less cooked.

Garnish and serve

Why have I created this soup and why is it good for you.

My mother was a naturopath who hardly allowed us to take any allopathic medication. There was a herbal remedy for everything and over the years I learnt a lot from her and studied some of my own. Treating cooking as an art I enjoyed creating dishes with ingredients aimed at certain dis-eases and the challenge was to make them as tasty as possible to treat food as healing tool. Here I am sharing my magic soup recipe which is a favourite of my friends and family when they are feeling under the weather. Or simply a full healthy meal by itself .

I created this soup specifically for when one is unwell specially suffering from flu, cold or upper respiratory tract infections. Or generally feeling low and unwell. Multiple benefits of each ingredient in details has been included for you below, you could increase or decrease ingredients according to your intent of healing. Here is a short note for you:

Coriander: Cilantro (Dhaniya or Geshneez as it is called in Hindi and Farsi) has great anti inflammatory properties. Its many benefits are included in details , Turnips (Shalgam/Shalgham) was a favourite of my mom in her medicinal use, she simply boiled it and fed it to us with a little salt and rose petals for taste , every 8 hours, she used it as you would use an anti biotic course in 8 or 12 hourly gaps. Worked wonders for us. The beta-carotene content in turnips helps the body in producing healthy membranes. Playing an important role in the proper functioning of the body's immune system. She also suggested it to people with body odor.

Onions have great antioxidant effect and my mom used to often suggest using its juice for people with pimpled skin. In this soup we cook them gently so they stay crunchy and also retain their benefits. Little garlic is used in this but you could increase the amount as long as you are happy with the taste to absorb more of its benefit. In short, Garlic is low in calories and very rich in Vitamin C, Vitamin B6 and Manganese. It also contains trace amounts of various other nutrients.

If you are diet conscious and want to use this as diet food which could replace your meal, you could increase the pearl barley in the soup. It is low in calories and will help you feel full much longer. Increase the barley and reduce the ghee to one spoon. However personally I believe Ghee is way too healthy to omit and doesn't make me fat. I include barley in whichever dish I can successfully do, to improve overall immunity and healing. It's a vegetable with a lot of *Prana* as one of my teachers calls it. Carrots I love to use cooked lightly, for their anti aging effects and overall health benefits. Mushrooms is a favourite of mine in soup for if cooked just the right amount, they provide a specific crunch that makes bites very enjoyable. They as well as corn and mixed sprouts have multiple health benefits you could read about further.

The rest is for taste and also have their own benefits.

This soup is a great dish for people who are dieting, ingredients such as Turnip, garlic, barley, coriander are all known to have low calorie high benefits and help in reduction of weight. The various ingredients in this soup have healing and beneficial properties for your skin, hair, eyes, cholesterol, blood sugar and diabetes. The combination also has great anti aging properties.

Personally I also work with foods on energy level, while science still has to catch up with certain teaching I have come across, I like to mix and match certain foods for their energetic properties and this particular soup for me, has the “good feel” energy.

Enjoy!
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Ingredients Benefits

Coriander, makes the base of this soup. In traditional Persian cooking the way my mom thought me, they use coriander gently cooked as a base for a lot of cold and flu and weakness remedies.

Lightly cooked it not only retains its gentle flavor, it also retains more of its nutritional values. Making it a source of powerful antioxidants. This plant has been considered a possible tool in fighting cancer (Extract from the root of the plant has been shown to inhibit DNA damage, prevent cancer cell migration, and promote cancer cell death in laboratory studies.) Consuming coriander has also shown to reduce blood pressure in patients suffering from hypertension.

To start with Coriander is great for your digestive system and liver function. It lowers the levels of bad

cholesterol (LDL) and increases the levels of good ones (HDL). Great food for diabetic patients as it can stimulate the insulin secretion and lower the blood sugar levels.

It has great anti-inflammatory and anti-septic and antibacterial/antifungal properties. Alleviates cold and flu symptoms. Also a great food for arthritis patients. High in Iron great for anemic patients. Also high in vitamin K, A and fiber.

So powerful an antioxidant it can prevent against salmonella one of the most dangerous causes of food-borne illnesses in the world. (Coriander has unusually high levels of Dodecenal, a natural compound that is actually twice as powerful of an antibiotic than the leading treatment for salmonella-based illness.)

In the olden days they used to use the juice of this plant in their anti-poisonous concoctions to stop from lead poisoning and other food-related poisoning, also in combination with other herbs it was used in aphrodisiac concoctions.

Other benefits: Reduces skin inflammation. Helps skin disorders like Eczema, dryness and fungal infections. Helps heal mouth ulcers. Anti-allergic/anti-histamine. High in calcium it is great for your bone health. Helps eyes, specially if you have conjunctivitis.

Word of caution: I found that if I eat too much coriander I get sunburnt faster or my skin gets more sensitive.

Turnip. Surprisingly low in calories and high in nutrition. It's loaded with immune boosting vitamin C (21 Mgm per 100 gms which is 35% of your recommended daily doze , Vitamin C is essential to your body for collagen synthesis as well as for scavenging free radicals, which may cause cancer and inflammation linked to various diseases.) It fights cancer, thanks to large amount of vitamin K it helps cardiovascular diseases, prevents heart attacks and heart ailments. High in Potassium and vitamin K. (Regular consumption of turnip inhibits joint damage, risk of osteoporosis and the incidence of Rheumatoid Arthritis. It is also an excellent source of calcium, a mineral that supports the body's production of connective tissues)

Turnips are low in calories and hence, can form part of an effective weight loss program. Their high fiber content on the other hand regulates metabolism, controls body weight and supports a healthy and active colon

Great for Asthma patience I remember coming across a study that giving turnip regularly to Asthma patients helped reduce their wheezing. These roots are rich in vitamin C. So have major immunity boosting effect as well as anti aging effects as this vitamin fights free radicals and helps slow down the aging process specially for the skin. They are also rich in

antioxidants like vitamins E, beta-carotene, lutein and zeaxanthin which help maintain healthy hair

It also improves body odour. *Anaida's note: My mom used to suggest drinking turnip juice for people suffering from body odor. Also their regular consumption helps your hair remain dark as they are rich in copper which plays an important role in production of Melanin,(the dark pigment greatly responsible for your hair colour)*

Onions: Have antibiotic, antiseptic, antimicrobial and carminative properties to help you stay away from infections. Rich in sulphur, fibers, potassium, calcium, vitamin B, vitamin C and they are low in fat, cholesterol and sodium. They help increase the release of digestive juices and therefore improve digestion. In Indian Ayurveda it is believed onions can be used to prevent cancers. It is believed to work against head, neck and colon cancers. It is said you can protect yourself from osteoporosis and atherosclerosis by consuming onions daily. Onions increase the insulin in the body and also treat diabetes by controlling the sugar levels in the blood. In Ayurveda they are known to greatly decrease sugar level in blood. Onions possess enormous anti-aging benefits. The antioxidant vitamins A, C and E fight against the damage caused by the harmful UV rays as well as prevent free radical damage that is

responsible for causing premature aging of our skin. Onion is one of the richest sources of quercetin, the most powerful antioxidant that can keep your skin wrinkle-free. Vitamins and sulphur, on the other hand, protect your skin, and keep it soft and supple. The anti-aging qualities of onion can be attributed to the presence of sulphur-rich phytochemicals.

Anaida's Personal notes :

Other benefits IMHO:

*Slice a large piece of onion and place on the forehead to work against side effects of fever, in addition you can place them at the soul of the feet to bring down fever

*Inhale on a small piece of cut onion to stop or slow down the bleeding through the nose.

* Great to use on skin that has huge pimple issues. It also helps in dandruff and hair growth.

For face mask: Mash one onion finely. Place on skin for 5 minutes and wash.

To get a slight glow and bleach on the skin you can add tomato juice to this but if pimples are too much I suggest it plain) It will also help fade dark patches and generally slightly bleach your skin.. If you have very dry skin you can mix this with a little olive oil. Make sure you are not allergic to Onion juice by using it on a patch of skin before.

For hair : Mash one onion with a small piece of ginger, rub on the roots of the hair , massage with finger tips and wash. Try and mainly use on roots and wash thoroughly as the onion smell can be hard to get rid of.

Garlic:

- *Has a compound called Allicin which has potent medicinal properties. *Helps to prevent and reduce the severity of common illnesses like the flu and common cold.

- *The active compound in it helps lower blood pressure. High doses of garlic appear to improve blood pressure of those with known high blood pressure (hypertension). In some instances, supplementation can be as effective as regular medications.

- *Improves cholesterol levels which may help prevent heart disease. (Garlic supplementation seems to reduce total and LDL cholesterol, particularly in those who have high cholesterol. HDL cholesterol and triglycerides do not seem to be affected)

- * Garlic contains antioxidants that protect against cell damage and ageing. It may reduce the risk of Alzheimer's disease and dementia.

Anaida's note:

When you don't have access to a doctor and have an ear ache , you can crush a clove of garlic in a little

coconut oil or olive oil and heat it slightly. When its warm enough to use without burning, drop a few drops in the ear. Alleviates earaches due to infections.

Barley:

*Helps stabilize blood sugar a great diet for diabetes patients. It has also shown to reduce blood pressure in human studies.

*Barley is rich in plant lignans which protect against breast and other hormone-dependent cancers as well as heart disease. By reducing free radicals and visceral fat, and stabilizing the blood pressure.

* High in copper, which may also be helpful in reducing the symptoms of rheumatoid arthritis. Copper disarms free radicals, thus helping cell regeneration. Copper is essential in cross-linking collagen and elastin, making bones and joints flexible.

* Rich in phosphorus which aids in cell regeneration , it helps in repairing body tissue. Phosphorus also helps in forming bone. It is an essential building block of the genetic code and plays an important role in healthy cell membranes and our nervous system.

* Super source of vitamin B (Niacin). Greatly known to reduce cholesterol . Helps to defend against cardiovascular diseases. The propionic acid produced from barley's insoluble fiber may also be partly responsible for its cholesterol-lowering properties.

* Reduces visceral fat.

*Helps menopausal women and believed to help prevent breast cancer.

* Contains manganese, phosphorus, and copper, which are good for healthy bones.

*The iron contained in barley increases the blood volume, which prevents anemia and fatigue.

*Reduces the time the food stays in your colon.

* Contains Selenium , an essential component for thyroid health. It is also an antioxidant defense and an immune builder. Selenium has also been shown to repair damaged cells in the body. Also improves skin elasticity.

*Supports better kidney function. Healthy bones and teeth.

*Tightens skin and eliminates toxins, making your skin silky and pleasantly toned.

* Great for hair. Rich in nutrients and minerals such as thiamin, niacin, and Procyanidin B-3. These promote and stimulate hair growth. The iron and copper content, enhances production of red blood cells, and reduces hair loss. Copper also complements and helps hair colour.

*Rich in zinc promotes healing.

*Promotes optimum health.

carrots

- Great for the eyes and skin. Carrots are rich in **beta-carotene**, which is converted into vitamin A in the liver. Beta Carotenes protect against macular degeneration and senile cataracts. Vitamin A prevents premature wrinkling, acne, dry skin, pigmentation, blemishes and uneven skin tone.
- Studies have shown carrots **reduce the risk of lung cancer**, breast cancer and colon cancer. Because of containing Falcarinol, a natural pesticide the plant produces to protect itself and one of the few natural sources of this compound.
- * Anti aging properties. The high level of beta-carotene in carrots acts as an antioxidant to cell damage done to the body through regular metabolism. It help slows down the aging of cells.
- Lowers cholesterol levels and reduces heart disease.
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Anaida's note:

I use carrots as a quick lift me up mask, shredded mixed with organic honey, it improves the look of your skin, from the outside, almost immediately giving you a glow.

Mushrooms:

- One of the few vegetable sources of vitamin D.
- Boost your immunity. A study showed that these mushrooms promoted the maturation of immune system cells-called dendritic cells-from bone marrow.
- Great for diet conscious people. Contain loads of vitamin B2 (riboflavin) and vitamin B3 (niacin). Vitamin B is known for turning food to fuel. (carbohydrate to glucose) therefore kicking up metabolism. Riboflavin helps in production of red blood cels.
- Contains selenium. Already mentioned its benefit, to add, it also helps bladder functions specially in women.
- Good for diabetes patients. Mushrooms contain enzymes and compounds that act as natural insulin and help in breakdown of dietary compounds into simple sugars. They also contain compounds that promote proper functioning of the liver, pancreas and other endocrine glands, thereby regulating the action of insulin in the body
- Aphrodisiac properties. They contain zinc.
- For the diet conscious. Helpful in reducing weight as they are low in carbohydrate and fat content in addition to being loaded with fibre and proteins. B-Complex vitamins found in these foods aid in

increasing the body's metabolism and thus, burning the body fat to produce energy

Corn:

- * Rich in fibre.
- * Rich in vitamin B (specially Niacin and thiamin), Vitamin E, Pantothenic acid, folic acid .
- * Minerals like Magnesium , Manganese, Iron, copper and Zinc.
- * Rich source of antioxidants including Ferulic acid known to cancer causing free radicals.
- * Lowers LDL .cholesterol.
- * Contains beta carotene and hence vitamin A. Good for healthy skin and also health of eyes.
- * Recently claimed to help diabetes.

Mixed sprouts:

Depending on which you choose they are rich source of protein and dietary fiber, as well as vitamin K, folate, pantothenic acid, niacin, thiamin, vitamin C, vitamin A, and riboflavin.

- * Rich in minerals, Manganese, Copper, Zinc, Magnesium, Iron, and Calcium.

Natural ingredients are not known to have adverse side effects if used proportionately . Kindly consult your physician regarding any health issues or

allergies you may have to any of the included ingredients.