

# Maximize Nutrient Density in Your Life

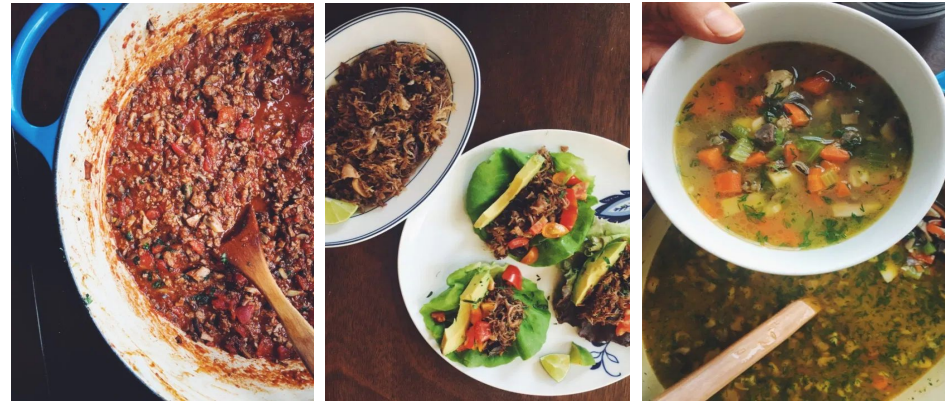
Janine Farzin Wise Traditions Conference, November 2021

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## Listen to Your Heart

Only *you* know what is best for you!  
Honor your heart: accept, appreciate,  
celebrate exactly where you are today!  
Allow wellness!



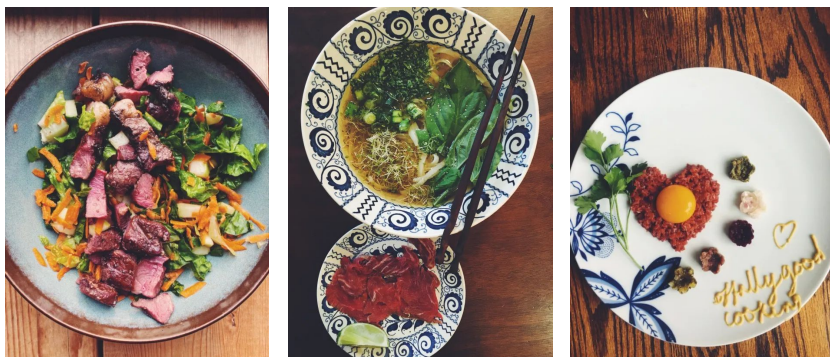
## Add Organ Meats to Everything

Buy a blend, or make your own! Use *semi-frozen* organs, 'pulse' in processor.

- Start w/ small additions
  - Add plenty of seasoning
  - Start with heart (so easy!) Graduate to liver, kidney...
  - Increase organ additions over time
- Try: meatpies, meatballs, meatloaf  
stuffed peppers, enchiladas, tacos  
carnitas, chicken salad, soups, chili,  
dolmas, stuffing... *your* favorite dishes!

## Create Meals Celebrating Organs

- Practice, practice, practice! Roll with your mistakes and keep going!
- Learn to saute liver: thin slices, hot oil, cook to medium → can go spicy, sweet, savory...
- Poach tongue until easily pierced with a fork → peel. Can saute, grill, sauce, etc
- Ask your farmer for brains! Gently poach til firm → season/enjoy or add to another dish



## Eat Raw Meats

- Quality matters. Freeze for 1 week
- Ideas: liver strips, liver tonic, carpaccio, raw meatballs, tartar, pho, any meat grilled (rare)
- Love love love these vitality foods!