

AVOCADO AND GRAPEFRUIT SALAD

INGREDIENTS:

2 avocados, peeled and sliced
2 grapefruits, peeled, segmented, seeds removed

Substitute grapefruit with Orange/sweet lime

METHOD:

1. Prepare the grapefruit segments
2. Peel and slice the avocados
3. In a small bowl, mix the vinaigrette ingredients

CITRUS VINAIGRETTE:

1/2 shallot minced (1 Tbsp)
1 1/2 teaspoons chopped fresh oregano or
1/2 teaspoon dried oregano
1 1/2 teaspoons lime zest
3 Tbsp lime juice
1/2 cup olive oil
1 teaspoon sugar
1/4 teaspoon salt

BENEFITS:

Avocados are a good source of Glutathione - a powerful antioxidant associated with immune system health, needed for the lymphoid cells. Avocado relatively high levels of potassium can help keep blood pressure under control.

Grapefruit is prized for its high content of vitamin C, which has antioxidant properties known to protect your cells from harmful bacteria and viruses. Many other vitamins and minerals found in grapefruit are known to benefit immunity, including vitamin A, which has been shown to help protect against inflammation and several infectious diseases.

ROAST GARLIC SOUP

INGREDIENTS:

4 bulbs garlic
1/4 cup olive oil
6 tablespoons unsalted butter
4 leeks, chopped
1 onion, chopped
6 tablespoons all-purpose flour
4 cups chicken broth
1/3 cup dry sherry(Optional)
1 cup heavy whipping cream
1 tablespoon lemon juice, or to taste salt to taste
1/4 teaspoon freshly ground white pepper
2 tablespoons chopped fresh chives **OR Spring onions**

METHOD-

Cut off top 1/4 inch of each garlic head. Place in a small, shallow baking dish. Drizzle olive oil over.

Bake at 350 degrees F (175 degrees C) until golden about 1 hour. Cool slightly. Press individual garlic cloves between thumb and finger to release. Chop garlic.

Melt butter or olive oil in heavy large saucepan over medium heat. Add garlic, leeks, and onion sauté until onion is translucent, about 8 minutes.

Add flour and cook 10 minutes, stirring occasionally. Stir in hot broth and sherry. Simmer 20 minutes, stirring occasionally. Cool slightly.

Puree soup in batches in a blender or food processor.

Return soup to saucepan, and add cream. Simmer until thickened, about 10 minutes. Add lemon juice to taste. Season with salt and white pepper, serve in bowls and garnish with chives.

BENEFITS-

Garlic can help with a whole variety of medical problems, including heart disease, high cholesterol and colds and flu. Garlic contains allicin – a property which is released when you cut into the vegetable (this property is also the cause of the vegetables distinctive smell). This, along with the antioxidants inside the vegetable, help to fight off infection and support the immune system the part of the body that protects and fights against things like cold and flu.

YOGURT AND ROASTED BROCCOLI

INGREDIENTS-

Salt

500g broccoli, tough stems trimmed, stalks peeled

½ cup plain whole-milk yogurt

1 Tbsp. extra-virgin olive oil

¾ tsp. hot paprika(Optional)

½ tsp. ground coriander

¼ tsp. ground turmeric

1 small garlic clove, finely grated

Pinch of cayenne pepper **OR Red chili powder**

Lemon wedges (for serving)

METHOD-

Place a rack in top third of oven; preheat to 200 Deg C

Bring a small pot of salted water to a boil over high heat. Cut broccoli in half lengthwise, then cut on a diagonal into 2-3 pieces, leaving tips of florets intact.

Working in batches, cook broccoli just until bright green, about 30 seconds. Drain very well.

Meanwhile, whisk yogurt, oil, paprika, coriander, turmeric, garlic, and cayenne in a medium bowl.

Season with salt.

Add broccoli and toss to coat. Transfer broccoli mixture to a foil-lined rimmed baking sheet and arrange in a single layer. Roast broccoli until browned and stalks are tender, 15–20 minutes (unblanched broccoli may take as long as 25minutes).

BENEFITS-

Yogurt can also be a great source of vitamin D, Vitamin D helps regulate the immune system and is thought to boost our body's natural defenses against diseases.

Broccoli is supercharged with vitamins and minerals. Packed with vitamins A, C, and E, as well as many other antioxidants and fiber

Turmeric is a natural way to help bolster the immune system by increasing the immunomodulating capacity of the body. Try adding extra turmeric into your diet during periods of stress or during flu season to help give your immune system a little boost.

MUSHROOM CONSOMME

INGREDIENTS-

200gms Assorted mushrooms
20 gm onions
5 gm garlic
100 gm leeks
50 gm dried shitake
5 gm enoki mushrooms
(Optional)

Substitute

Leeks with onions

Shitake with any dried mushroom like porcini/cloud ear/white fungus

METHOD-

Soak Shitake in water.

Sauté chopped garlic, chopped onions. Add chopped mushroom to this until mushroom caramelizes.

Add the Shitake water to this and simmer.

Strain this liquid

FOR CLARIFICATION-

Beat egg whites and water together and carefully pour the above mushroom stock into it.

Transfer it into a saucepan and gently stir while it simmers.

The egg white will create a raft clarifying the soup.

Line a wide strainer with washed cheesecloth.

Set the strainer over a deep saucepot and strain the stock and egg cap disturbing the strainer as little as possible.

When ready to eat heat the stock and serve with sautéed enoki mushrooms as garnish.

BENEFITS-

MUSHROOM: It is a well-known superfood because it has an array of vitamins, minerals, and enzymes that are necessary to fuel our bodily functions. Shiitake is an excellent choice of mushroom to boost the immune system due to its high nutrients, such as B vitamins, vitamin D, selenium, niacin, and 7 of the 8 essential amino acids.

SPINACH AND GARLIC PEARL BARLEY RISOTTO

INGREDIENTS-

100gms pearl barley

100gms spinach

3gm garlic

2gm onions

10gm butter

10gm parmesan cheese

100gm veg stock

Substitute Pearl barley with Brokeem wheat or any millets like Jowahar/Bajra

METHOD-

Boil and strain the pearl barley separately.

Blanch the spinach and finally chop it.

In a pan, add butter sweat chopped garlic and onions.

Add the pearl barley to this; add stock and cook reduce it.

Add chopped spinach to this.

Finish with butter and parmesan cheese.

Garnish with fried garlic slivers.

BENEFITS-

GARLIC- It has natural antibacterial and anti-inflammatory properties, helping ward off illness and recover quicker. It can increase the number of t-cells in your blood, which in turn fights viruses and could help reduce the length of time you have a cold.

SPINACH-Besides being rich in vitamin C. It's also packed with numerous antioxidants and beta carotene, which may increase the infection-fighting ability of our immune systems

ROAST BEETROOT RAVIOLI WITH ORANGE REDUCTION

INGREDIENTS-

1 whole beetroot
40 gm Philadelphia
cheese
10 gm cream
5 gm basil
50 ml orange juice
1 whole orange

**Substitute
Philadelphia with any
cream cheese**

METHOD-

Cover beetroot with foil and roast at 180 degrees for 50 mins.

Cool the beetroot peel and thinly slice it

For the filling cream the cream cheese and fresh cream and chopped basil

To assemble the ravioli, place a thin slice of beetroot at the bottom, pipe the mixture and seal with another slice on top. Shape the ravioli using a round cutter.

For the sauce heat the orange juice in a pan till it reduces to half its original consistency.

To assemble pour the orange reduction at the base, and gently place the beetroot ravioli on top.

BENEFITS-

BEETROOT

Eating more beets may boost your immune function and prevent chronic diseases because of the vitamins, minerals and antioxidants they contain. Nutrients in beets responsible for this immune support include vitamin C, folate, manganese, iron and phytochemicals.

ORANGE It contains Vitamin C which increases the production of white blood cells. These are key to fighting infections.

BUTTER GARLIC BAKED SALMON

With Chilli tossed greens, Citrus nage, Sweet potato mash

INGREDIENTS

Salmon Steak 180 g

Chopped Garlic 3g

Butter 20g

Asparagus 12g

Spinach 8g

Broccoli 12g

Chilli Flakes 2 g

Olive Oil 20 ml

Pine Nuts 3g

Lemon Juice 10 ml

Orange Juice 10 ml

Orange Wedges 4-5 No.s

Substitute

**Salmon with any oily fish like
tuna/mackerel**

**Pine nuts with walnuts or
almonds**

Asparagus with French beans

METHOD-

For salmon:

Rub salmon with garlic, butter, salt and pepper. Place it, skin side down, in a non-stick pan with an oven-proof handle. Bake until salmon is cooked. (180 degrees for 12 to 15 minutes).

For citrus nage: Cut cherry tomatoes into ½. Combine all the ingredients and add salt to taste.

For sweet potato mash:

Boil sweet potato until fully cooked. Remove skin and sieve through a conical strainer. Cook in a pan with butter and salt.

For parsley tossed greens:

Remove asparagus tails and discard. Cut the broccoli into florets. Cut the stems of the spinach leaves. Blanch the vegetables one by one. In a pan, add olive oil, and toss the vegetables with chilli flakes. Season well and serve.

BENEFITS

SALMON- Salmon is effective in reducing inflammation because it contains omega-3 fatty acids, which has been shown to improve white blood cell activity.

GARLIC-It has natural antibacterial and anti-inflammatory properties, helping ward off illness and recover quicker. It can increase the number of t-cells in your blood, which in turn fights viruses and could help reduce the length of time you have a cold.

ASPARAGUS-Incorporating asparagus in the diet helps in fighting bacterial infections, urine infection and cold which makes the immune system strong. Asparagus is a great source of B-complex vitamins which are essential for energy production and to maintain the nervous system.

SPINACH-Besides being rich in vitamin C. It's also packed with numerous antioxidants and beta carotene, which may increase the infection-fighting ability of our immune systems

CITRUS FRUITS (LIME AND ORANGE) : They contain Vitamin C which increases the production of white blood cells. These are key to fighting infections.

PINE NUTS: The manganese content in pine nuts helps maintain the body's hormonal balance and strength of connective tissue, while zinc content boosts immunity and aids wound healing.

SWEET POTATO-Sweet potatoes are rich in beta carotene — a carotenoid that converts into vitamin A — which helps boost the immune system and lower the risk for various diseases.