



# Week One



## Specific Carbohydrate Diet Tips...

These menus are based on the book Breaking the Vicious Cycle by Elaine Gottschall and are foods our family enjoys. To learn the important particulars of the diet and the scientific facts behind it you really must read this book. Go to [www.scdiet.com](http://www.scdiet.com) or [Amazon.com](http://Amazon.com) for more information. The foods on the diet are grain free, sugar free and lactose free.

While Erin was able to begin the diet almost as you see it here, many people need to introduce it more slowly and carefully as outlined in Chapter 8 of BTVC, "Introducing the Diet."

An important ingredient in many of the recipes is homemade plain yogurt. It must be made in a yogurt maker which holds the milk at 110 degrees for 24 hours in order to kill all of the lactose. Most yogurt makers don't do this, but we use the *Yogourmet* brand yogurt maker, which does, and either their powdered starter or Dannon Natural plain yogurt as a starter. Follow the directions on p. 31 of BTVC.

## Quick Granola Cookies

*(Recipe from Lucy's SCD Cookbook)*

- 1/2 c. raisins
- 1 1/4 c. pecans
- 1 c. unsweetened shredded coconut
- 1 t. vanilla (no artificial colors or flavors)
- 1 T. soft butter (not margarine)
- 2 T. honey
- 1/8 t. salt

Place all ingredients in a food processor or blender, and process until fairly smooth, but still with a little texture. Form dough into balls, place on a buttered cookie sheet, and gently flatten. Bake at 300 degrees for 10 minutes, or until done.

## Onion-Parmesan Rolls

*(Recipe from Lucy's SCD Cookbook)*

- 3 c. almond flour (ground almonds)
- 3/4 c. freshly grated Parmesan cheese
- 3 t. butter, soft or melted (not margarine)
- 3/4 c. dry curd cottage cheese (Friendship Hoop Cheese)
- 1/2 t. salt
- 2 eggs
- 1/2 c. water
- 3/4 c. onion, chopped

Place almond flour and Parmesan cheese in a medium mixing bowl. Set aside. In blender, combine all other ingredients, except the onions, until smooth. Add the chopped onions, and blend just 4 seconds. Stir blended mixture into the almond flour. Drop dough onto cookie sheets and bake at 325 degrees for 20-25 minutes, or until done. **To make Garlic Rolls omit onions and substitute 5 t. crushed garlic.**

## Homemade Chicken Stock

*(Canned broth contains unknown items and should not be eaten by people on the SCD diet.)*

- 1 whole chicken cut into parts or best-o-fryer
- 1 T. oil
- 2 medium carrots, cut into chunks
- 1 med. onion, cut into chunks
- 3 sprigs fresh parsley
- 1 bay leaf
- 1/2 t. dried thyme
- 1/4 t. dried rosemary
- 1/4 t. whole peppercorns
- 2 1/2 qt. cold water
- 1 celery rib with leaves, cut into chunks



In a soup kettle, cook chicken pieces in oil over medium heat until browned, about 5 minutes, to deepen flavor.

Place seasonings on a double thickness of cheesecloth; bring up corners of cloth and tie with kitchen string or thread to form a bag.

Add cold water, celery, carrots, onion and spice bag to chicken. Slowly bring to a boil over medium-low heat. Reduce heat; Simmer, uncovered, for 30 minutes. Skim foam. Remove pieces of chicken from pan. Remove largest hunks of meat from bones; return bones and remaining meat to pan. Refrigerate chicken meat for another use.

Simmer stock, uncovered, 3-4 hours longer. Strain; discard bones, vegetables and spice bag. Refrigerate for 8 hours or overnight. Remove fat from surface. **Yield: about 2 quarts.**

## Homemade Meat Broth

Save all bones; beef, pork, chicken, etc. and freeze until time to make broth. Place them all in a big roasting pan and bake uncovered at 450 degrees until well browned, stirring as bones thaw. (Time varies based on volume of bones.)

Remove from roaster and place in a big soup pot. You may add several cut up onions and carrots, but **no salt**. Add water to roaster and stir to remove browned bits and add those too. Cover with water and boil for several hours, covered, but at least two hours. Uncover and boil until liquid is reduced by half. Replenish water and boil again until reduced by half, at least 4 hours. (If you need to leave home, just turn off heat and leave on stove up to 4 hrs. or in fridge up to 2 days.)

Let broth and bones cool, discard bones and strain broth into another pan. Skim fat or if time, chill broth and remove fat.

Boil broth over high heat. Stir occasionally. Boil until it is reduced to a glaze that is sticky, with bubbles that are large and shiny. Pour glaze into a rimmed pan and chill until firm. Cut into cubes and package for freezing. Use as you like.

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