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Opening Extract from...

The Medicinal Chef: Healthy Every Day

Written by Dale Pinnock

Published by Quadrille

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The biggest thanks of all has to go to the hundreds of people who have contacted me since the publication of *The Medicinal Chef* in 2012. Your success stories and support have moved me and motivated me to new levels. Thank you to Clare Hulton and Jenny Liddle, the two geniuses at the controls, and to all the team at Quadrille for making these books so stunning and taking my message out far and wide in the way it should be seen and heard. Tanya Murkett – thank you for inspiration and smiles every day, and also to Mum and Dad, Ramsay and Candy.

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The MEDICINAL CHEF Healthy Every Day

DALE PINNOCK

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KEY TO SYMBOLS

S Skin
J Joints & bones
R Respiratory system
I Immune system
M Metabolic system
N Mental health & nervous system
H Heart & circulation
D Digestive system
U Reproductive & urinary systems

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THE JOY OF GOOD FOOD

I can't think of any greater pleasure in life than good food. It's one of the things I live for. I have enjoyed eating well ever since I was very young – I was the most experimental five-year-old imaginable when it came to all things culinary! I loved flavour, and lots of it. So for me, good, tasty, joyous food is an absolute must, and is something I'll never be able to sacrifice. But in my teens, because of my own health concerns (I suffered from bad acne), I started getting switched on to the science of nutrition and its role in supporting my health over the course of a lifetime. I soon realized that what I ate would make a world of difference. Many years of undergraduate and postgraduate study later, I'm now trying to show as many people as possible how food can be a very powerful – and literally life-changing – therapeutic tool. Food can be a medicine.

THE PHARMACY IN OUR FOOD

The food we eat affects us on every single level. Its components have a direct impact on the internal biochemical terrain of our body. They affect every cell, tissue and physiological function imaginable. With this in mind, it seems entirely appropriate to view food as a potential medicine. I see it as the one aspect of our healthcare that we can have direct control of; it's a great way in which we can actively engage with our own health. I am an absolute, straight-up and

outspoken advocate for the role of diet in healthcare. I have no interest in being an alternative to anything, and I don't see diet as any kind of alternative to conventional medicine (although in issues like obesity and early Type 2 diabetes, I can't see many more useful interventions). I think food is a powerful and valid part of the healthcare picture, something we can use safely and enjoyably, no matter what type of treatment we are receiving. Over the last few years I have formed valuable professional relationships with dozens of general practitioners, medical specialists and academics, and my approach has wonderful support from people in all aspects of healthcare. What I try and do is take the science of nutrition and dietetics and place it in a practical framework: the culinary arts. Rather than bombarding you with science and technical data, I just show you what to eat and why, no matter what your health concerns.

MY HEALTHY-EATING PHILOSOPHY

For some reason, which I have to admit leaves me completely baffled, many people think that eating healthily means drudgery, boredom, and leaving behind everything you love in favour of rabbit food, smoothies and endless tubs of houmous. If that was the case, I'd have given it up years ago and would have been back down the fast food joint faster than you can can say greasy hamburger! But nothing could be further from the truth. There's no reason why good, healthy, wholesome food that will benefit your health shouldn't taste incredible. Healthy food can be decadent, indulgent and flavoursome, and give you pleasure at the same time as improving your health. So that's my approach to things – it's about real food in the real world. I create dishes that I look forward to eating. I think that's the key to staying healthy and keeping it that way: looking forward to your meals and enjoying every mouthful. I like to re-create my favourites, too. I love curries, pizza, kebabs – you name it, I like it. But I don't want to eat the unhealthy abominations you often find in the name of these types of dishes. With a bit of culinary creativity, you can have your favourite foods, and they can be good for you.

ABOUT THE BOOK

Healthy Every Day is not what it may seem at first glance. It isn't a collection of quick, simple one-pot wonders, although some of the recipes do tick that box. Rather, it offers solutions to the many scenarios in which people struggle to make healthy choices. Many people I've worked with over the years have had all the right intentions, and tried their hardest to eat well, but modern life being what it is, some situations – whether work or social – can throw a spanner in the works. This book is designed to give you ideas for tackling some of these hurdles. The recipes are practical suggestions rather than prescriptive absolutes; they're designed

to give you inspiration for how to approach some of the problems that crop up. For some people, finding a good lunch at work is tricky. For others, breakfast on the go can prove challenging, with work demands and kids to attend to. You like throwing dinner parties but still want to keep it healthy? Well, there are solutions here too. It's just a way of bringing good food into the real world. It's not about complicated dietary regimes that would require you to have your own personal chef or the budget of Bill Gates. I'm going to show you how to make simple, affordable, amazing and very healthy food in a way you can easily incorporate into your life, no matter what your situation is.

This book really is all about the food. The science and technical data is there, but the real star of the show here is the recipes, which are organized according to the time of day and type of food you want to eat. If you loved *The Medicinal Chef*, here you'll find 80 brand-new, inspiring recipes that cover an even wider range of meals and situations – even grazing, cocktails and midnight feasts! The bodily system symbols at the top of each page mean you can easily see which conditions and systems each recipe can help with. The Star Ingredient sections focus on how the key ingredient will benefit your health, and Clever Combinations explain how one or more ingredients can come together in a dish to deliver an even more powerful boost. For further explanation about the nutrients in our food and how they work, refer to the Food Pharmacy section on page 164. All the recipes are good for many of the body's systems, but on page 176 you'll also find a quick-reference list of the recipes that help with each individual system, so you can focus on one area if you'd like to.

The recipe collection is even wider-ranging too, so there's really something for everyone here, no matter what your tastes are, from light Asian-inspired wraps and salads to home-comfort favourites and delicious puddings. The recipes are easy to adapt, and many of them are as useful to vegetarians and vegans as they are to carnivores. Nearly all of them are economical to make and use everyday supermarket ingredients. There's the occasional specialist ingredient that's worth seeking out, but these are not essential and you can easily swap things around. Just tailor them to your preferences or dietary needs, and away you go. Get in there, get creative, have fun and reap the rewards of better health!