

# Flu busting

Natural Chef Francesca Klottrup from the College of Naturopathic Medicine helps you battle the winter bugs



## Immune-boosting tea

Not only providing vitamin C to give your immune system a boost, these warming spices are packed full of antioxidants with powerful antihistamine and decongestant properties, perfect for easing those winter flu-like symptoms.

By Francesca Klottrup for CNM (College of Naturopathic Medicine) ([www.naturopathy-uk.com](http://www.naturopathy-uk.com))

Makes **4 mugs** (about 1 litre (35fl oz)) | Prep **5 mins** | Cook **15 mins** |

Calories **63** (per mug)

**2 large navel oranges**  
**½ an unwaxed lemon**  
**1.25cm (½in) fresh turmeric root**  
**1 cinnamon stick**  
**2.5cm (1in) ginger root**  
**8 pink peppercorns**

- 1 Start by filling a saucepan with 800ml (28fl oz) water.
- 2 Slice half an orange into round slices, squeeze the juice of the remaining oranges and add these to the pan.
- 3 Slice the lemon half and finely grate the ginger and turmeric root (be careful – turmeric stains your skin!) and add to the pan along with the peppercorns and cinnamon stick. Gently heat the pan for 15 minutes to let the flavours infuse.
- 4 Sieve the liquid, and decant into a big mug and enjoy. The leftover liquid can be stored in a sterilised jar in the fridge for 3 days.

**TIP** don't boil the mixture, otherwise it will destroy the beneficial enzymes.



The recipes on pages 29-31 are by Francesca Klottrup, a chef and nutritionist, who leads the Vegan Natural Chef Diploma Training at the College of Naturopathic Medicine. ([www.naturopathy-uk.com](http://www.naturopathy-uk.com))

**0.5g** Total fat  
**0g** Saturates  
**0.01g** Salt  
**9g** Sugar  
**1.2g** Protein

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## Wild mushroom ragout

The powerful immune-supportive benefits of mushrooms have been recognised in traditional herbal medicine for centuries. Sage is antiseptic and astringent, ideal for blocked sinuses. Lemon thyme is an expectorant, perfect for respiratory discomfort. The allicin in garlic fights infection and is also a natural decongestant.

By Francesca Klottrup for CNM (College of Naturopathic Medicine) ([www.naturopathy-uk.com](http://www.naturopathy-uk.com))

Serves **2** | Prep **20 mins** | Cook **25 mins** | Calories **388** (per serving)

**375g (13oz) Portobello/field mushrooms, cleaned and sliced**  
**150g (5¼oz) wild mushrooms, cleaned and left whole (cut particularly large ones in half)**  
**30g (1oz) dried wild mushrooms – rehydrated in 250ml (9fl oz) hot water**  
**5 tbsp extra-virgin olive oil**  
**1 large onion, chopped**  
**1 tsp chopped lemon thyme**  
**1 chopped sage leaf**  
**¼ tsp chilli flakes**

**½ tbsp tomato purée**  
**3 small ripe tomatoes, peeled, seeded, chopped**  
**½ tbsp gluten-free flour**  
**1 garlic clove, crushed**  
**50g (1¾oz) flat-leaf parsley, chopped**  
**a squeeze of lemon juice**  
**sea salt and black pepper**  
**polenta, to serve (optional)**

- 1 To prepare the tomatoes, score the tops of them with a cross and dunk into a bowl of hot water. Leave for 30 seconds, remove and dunk into a bowl of cold water, leaving for a minute. Using the edge of the crosses, peel the skin away. Quarter the tomatoes and scoop out the seeds.
- 2 Clean the mushrooms using a pastry brush, keeping the Portobello mushrooms separate.
- 3 In a wide frying pan, heat 2 tbsp olive oil over a medium-high heat. Sauté the onion until brown and softened. Remove from the pan and set aside.
- 4 In the same pan, heat another tbsp olive oil and cook the Portobellos until golden in colour.
- 5 Lower the heat, add the sage, thyme, chilli flakes, tomato purée, tomatoes, rehydrated wild mushrooms (keeping the liquid), salt and pepper, and give everything a stir, cooking for a couple of minutes to allow the flavours to infuse.
- 6 Add the flour by sprinkling evenly across the pan, stirring for a few minutes to evenly incorporate and cook the flour. Add the onions back in.
- 7 Pour in half the dried mushroom liquid and keep stirring to encourage the flour to thicken the liquid evenly. Once thickened, gradually add the remaining mushroom liquid in and cook for 2 minutes until the sauce has a gravy-like consistency. Add water to thin the sauce if desired.
- 8 Taste and adjust the seasoning, it may need a squeeze of lemon juice. The ragout can now be cooled for re-heating later or freezing.
- 9 Just before serving, heat 2 tbsp olive oil in a frying pan on moderate heat and add the wild mushrooms. Season and sauté for 2 minutes until they begin to colour. Add the garlic and parsley, cook for 1 minute, stirring. Add the mushrooms to the sauce, transfer to a warm serving bowl and serve with warm polenta (as shown) or wild rice and steamed greens.

**29g** Total fat  
**4.1g** Saturates  
**0.16g** Salt  
**8.8g** Sugar  
**12.9g** Protein



Photography on pages 29-31 by Juliet Klottrup.



# Oat porridge, elderberry syrup and pumpkin seeds

This immune boosting breakfast provides the fibre beta glucan, believed to enhance the body's resistance to viral and bacterial pathogens. Elderberries are packed with antioxidants and used therapeutically to relieve sinus pain and flu type symptoms. Pumpkin seeds are one of the few sources of dietary zinc, an immune-enhancing mineral that has been found to shorten the duration of the common cold.

By Francesca Klottrup for CNM (College of Naturopathic Medicine) ([www.naturopathy-uk.com](http://www.naturopathy-uk.com))

Serves 1 | Prep 5 mins plus soaking | Cook 35 mins | Calories 439 (per serving)

## FOR THE PORRIDGE

60g (2oz) steel cut oats – soaked in 200ml (7fl oz) water overnight  
100ml (3½fl oz) unsweetened oat milk  
100-200ml (3-7fl oz) water – depending on desired porridge consistency  
½ tsp ground cinnamon

## FOR THE SYRUP (MAKES 3 SERVINGS)

140g (5oz) dried elderberries  
800ml (28fl oz) cold water  
2 star anise  
5 whole cloves  
1 cinnamon stick  
4 cardamom pods  
2 tbsp maple syrup  
30g (1 oz) pumpkin seeds

- 1 Place the dried elderberries in cold water to rehydrate overnight.
- 2 The next day, put the berries in a saucepan with the other syrup ingredients (apart from the maple syrup and pumpkin seeds). Bring to a boil, then simmer for 30 minutes. Remove the pan from the heat, then crush the berries with the back of a spoon to extract any remaining flesh.
- 3 Sieve the mixture into a sterilised jar. The syrup can be stored in the fridge for up to 2 months.
- 4 Soak the oats overnight in water. In the morning, put the oats in a pan and add 100ml (3½fl oz) oat milk and 200ml (7fl oz) water. Heat gently, stirring until the oats are cooked through. Adjust the amount

of milk/water depending on how thick you like your porridge.

- 5 To serve, pour the porridge into a bowl, top with cinnamon, swirl on the elderberry syrup and top with maple syrup and pumpkin seeds.
- 6 Add a handful of fresh berries to boost the antioxidant load.
- 7 If porridge is not your thing, then dilute the syrup in warm water for a soothing drink.

**TIP** Elderberries are in season from August-October in the UK. Frozen or fresh can be used (reduce water quantities), or dried ones can be bought from specialist food shops or online.

