

Cooking Guidelines and Food care

Cooking Guidelines

Mucusless diet

At **Finca Luz Serena** we invite people to have the most healthy and **less mucus forming meals possible** and to enjoy and experiment **intermittent fasting** to allow the body to gently and progressively detox. Therefore we only provide **2 meals a day** and suggest to **fast** until the first meal. If you are not familiar with this kind of diet we encourage you to explore the research of Arnold Ehret and other books about the subject. We have a few books available for people to read.

Fruits

Fruits are available for the ones who need a little something in the morning or afternoon. If in your particular diet, you need large quantities of fruit per day, you will need to provide for yourself and keep it in the box of your private foods, as it takes a fair amount of effort from our part to do shopping trips. You can use **1-3 pieces** of fruit per day as a reference of what to enjoy from the common foods. Avocados, when available are reserved for the common meals. Sometimes we do deserts with cooked fruits as a part of the organized meals and we don't encourage to mix the fresh fruits with the meals as the different digestive juices will make the digestion process heavier and less efficient as well as creating fermentation in the intestines.

Protein foods

Heavier foods like **pulses** (lentils, chickpeas, beans, etc), are often provided either sprouted (much easier to digest) or cooked (for the ones needing to slow down the detox process as it can be emotionally challenging if you come from a heavier diet).

Also **eggs** and **seeds** are sometimes provided to avoid too fast detox and to make the meals a little heavier if needed.

To enable us to offer the most healthy and customized meals, it is important to cook:

-Without salt

-Without oil (only stir-fries with tiny amounts of oil could be made)

-Without strong spices (chili & garlic) unless everyone present at that time likes a particular spice.

Marine salt, good virgin olive oil and an array of spices are available at the table for everyone to choose from and condiment their plate in their specific taste.

-We do **not mix raw fruits with the food** to avoid fermentation and have a optimum digestion as we explained before.

-Grains and pulses (lentils, chickpeas, beans ,etc) **are cooked separately** from the main dish of vegetables.

-We recommend to use some **Sauerkraut** (chucrut) and/or **EM** (effective microorganisms) to have a **optimum digestion**. Therefore regularly we need to prepare more of both of them.

It is important to always have at the table:

-At least one salad (sometimes a separate one only wild medicinal herbs is made)

-One big pot of steamed vegetables well cooked

-A grain and/or legume (that we soak or even better sprout before cooking).

-Eggs can be offered separately for whoever wants them in that particular meal.

-If possible at that time, use the things from the garden (you will be shown what can be harvested in the season).

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We always keep and use the broth in which vegetables have been cooked, including the one of sweet potatoes (very **healthy** and **remineralizing**). We make **exceptions with some toxic ones** (the one from cooking pulses, green banana, normal potatoes, wild spinach or ñame/taro) and therefore **they are cooked separately**.

We don't throw away any good parts of any vegetable that includes: pumpkin skin and heart with seeds, beetroot skin, leaves and stems, carrots skin and leaves, cauliflower, broccoli leaves and stalks as well as cabbage stalks. If you don't know how to use it, **please ask Yasmín**.

We only use **the least gas possible** (especially since it is fossil fuel based yet) and don't use the big fire for medium pots and as soon as the water is boiling we change the pot to a smaller fire and **reduce the flame to the minimum**.

Do your best to have the meal ready **at the agreed time**.

Ring the bell a few minutes before the meal is ready to allow people to arrive.

We start eating once **we blessed the table together**.

All utensils used for cooking need to be cleaned **before** the meal time so the kitchen looks tidy during the meal time (this is especially important when we have guests).

Please **don't use metal utensils** in the frying pans. Better use **only wooden** utensils and soft sponges for cleaning them to avoid damage.

Time to time the wooden cutting boards and the eating table need to be cleaned with citrus vinegar to disinfect and avoid mold.

Please **no phones or bluetooth devices** in the kitchen and near the food to **avoid negative radiation** for the food and the people that are close together at the kitchen.

Food Care

We **always** give priority to the food of the previous meal if there is some left-overs **so don't forget to check the fridge before cooking**, and if a lot, put only the leftovers first at the table and the freshly made food at the stove, and when finished, we bring over the newly prepared food.

All remaining food from the meal (after it is **cooled down**) can be kept in the **small fridge** unless there is not space enough and can be kept in the other fridge.

All food needs to be **reviewed daily** (including fruits) to make sure nothing is rotting and the most urgent ingredients are used **as a priority**.

In the night, the **small fridge** will automatically turn off and then it is important to remove the lid of the freezer so it helps to keep the rest cooled.

The gray cupboard behind the palm tree with the provisions of dry foods needs **to be well closed** to avoid mice or rats to access it.