

Luc De Schepper

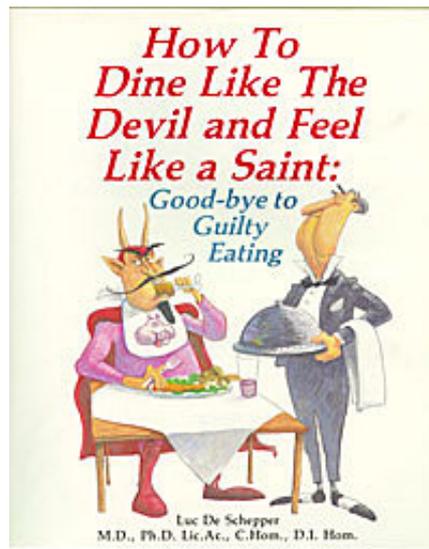
How to Dine Like the Devil and Feel Like a Saint

Reading excerpt

[How to Dine Like the Devil and Feel Like a Saint](#)

of [Luc De Schepper](#)

Publisher: Full of Life Publ.



<http://www.narayana-verlag.com/b3432>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.

Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email info@narayana-verlag.com

<http://www.narayana-verlag.com>



CHAPTER SEVEN

COOKING IN THE FAST LANE QUICKIES

Hot Cream of Rice

1 cup brown rice
4 cups goats milk

1 teaspoon sea salt
rice or maple syrup

In a dry frying pan over medium heat, toast or "pop" the grains of rice for about 10 minutes, shaking the pan gently to prevent scorching. The grains should be slightly brown and smell nutty. Grind the grains in blender to the desired degree of coarseness. Bring goats milk and sea salt to a boil, then stir in ground grain. Cover the pan, lower the heat and simmer for 5 to 10 minutes. If you wish, sweeten to taste with rice syrup or maple syrup. Serve plain or with goats milk. Serves 4.

Millet Mush

1 cup millet flour
4 cups water

corn oil
sea salt

Bring salted water to a oil, stir in millet, turn heat down and simmer over direct heat or transfer to top of double boiler, place over boiling water and cook, covered for 25 to 30 minutes, until millet is soft. Turn into oiled loaf pan and cool. Refrigerate overnight or for several hours. Remove from pan, slice loaf into 1/2-inch slices. Dust slices with flour and fry in a little oil until they are golden and crisp on both sides. Serve hot with maple syrup or honey.

Serves 4 to 6.

Nutty Hot Cereal

4 cups rolled oats
1 cup rolled barley
1 cup rolled rye

1 cup finely chopped nuts
(filberts or almonds)

To cook a portion of cereal, bring 2 quarts of water to a boil. Add 1 part cereal mixture and stir. Reduce heat to a simmer and cook uncovered, stirring frequently, for about 20 minutes. Serve hot with milk goats milk and butter. Option: serve with honey. *Makes 8 cups raw cereal.*

Spanish Omelet

1/2 clove garlic
1 tablespoon butter
1 tablespoon olive oil
1 tablespoon onion, finely chopped
1 tablespoon watercress, chopped

**1/2 cup tomatoes, peeled,
seeded, diced and drained**
1 tablespoon parsley, chopped
**1 tablespoon green pepper,
finely chopped**

Cook the garlic in the olive oil and butter for 2 minutes, remove and discard. Add the onion, pepper, tomatoes, and parsley and saute gently for 4 minutes. Add this mixture to a 3 egg French omelet before folding. Fold and serve garnished with chopped watercress. *Serves 2.*

Fresh Country Omelet

2 tablespoons butter
3 eggs well beaten

sea salt/pepper to taste
1/4 cup diced cooked

Melt butter in frying pan and add potatoes. Fry until potatoes are golden in color. Salt/pepper the eggs and pour into pan. Cook on low heat, lifting the edges to get the liquid eggs run to the bottom of the pan. *Yields 2-3 servings.*

Salsa Fria on Scrambled Eggs

1 small can tomato sauce	1 teaspoon lemon juice
1 clove garlic, finely chopped	1 tablespoon cilantro
1 small can chopped green chilies	dash sea salt

Mix all ingredients together in small bowl and refrigerate in covered container for several hours before serving. If you plan to serve this for breakfast prepare it the night before.

Makes a little over 1 cup salsa.

East Indian Curry Eggs

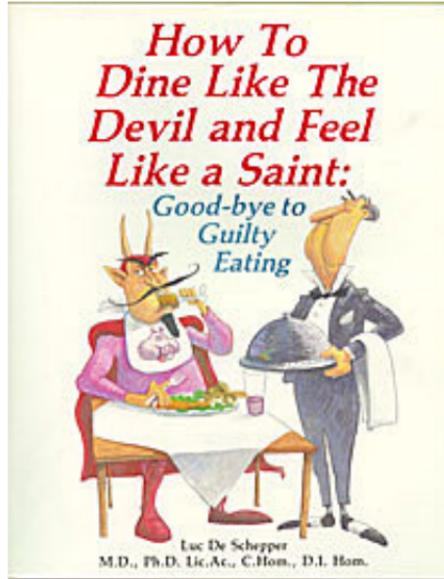
2 eggs	dash sea salt
2 tablespoons butter	cayenne pepper
2 teaspoons curry powder	2 oz goats cheese, grated

Melt butter in saucepan. When hot stir in curry powder and fry lightly. Add goats cheese, sea salt, pepper, cayenne pepper. Lastly, stir in the slightly beaten eggs and cook until it reaches the consistency of scrambled eggs.

Eggs/Tomatoes Provincial

2 tablespoons olive oil	4 tomatoes
1 clove garlic	2 eggs
2 tablespoons grated parmesan cheese	

Warm olive oil in a saute pan over medium heat. Slice unpeeled tomatoes in pan. Peel garlic and slice into pan. Cook 5 minutes. Do not overcook tomatoes or they will lose their fresh flavor. Break eggs into pan on top of tomatoes, being careful to keep yolks intact. Cover eggs with grated cheese. Cover pan and cook for 2 or 3 minutes until eggs are set.



Luc De Schepper

[How to Dine Like the Devil and Feel Like a Saint](#)

Goodbye to Guilty Eating

230 pages, pb
publication 1993



More books on homeopathy, alternative medicine and a healthy life www.narayana-verlag.com