



**SOUL
FOOD**

SOUL FOOD

by Julia Child



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Level 3, 100 Pacific Highway
North Sydney NSW 2060
Penguin Random House, Australia

Phone: +61 2 9954 9966
Fax: +61 2 9954 4562
Email: information@penguinrandomhouse.com.au



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ANXIETY PACK

Food that calms nerves

‘Do what you can,
with what you’ve got
where you are’

– Theodore Roosevelt

Ultimate chocolate cake...

because not amount of chocolate is enough!

INGREDIENTS

FOR THE CHOCOLATE CAKE

- 200g **dark chocolate** (about 60% cocoa solids), chopped
- 200g **butter**, cubed
- 1 tbsp **instant coffee** granules
- 85g **self-raising flour**
- 85g **plain flour**
- ¼ tsp **bicarbonate of soda**
- 200g **light muscovado sugar**
- 200g **golden caster sugar**
- 25g **cocoa powder**
- 3 medium **eggs**
- 75ml **buttermilk**
- 50g **grated chocolate** or 100g curls, to decorate!

FOR THE GANACHE

- 200g **dark chocolate** (about 60% cocoa solids), chopped
- 300ml **double cream**
- 2 tbsp **golden caster sugar**

1. **Heat the oven** to 160C/ fan140C/ gas 3. Butter and line a 20cm round cake tin (7.5cm deep).

2. **Put** 200g chopped **dark chocolate** in a medium **pan** with 200g **butter**.

3. **Mix** 1 tbsp **instant coffee** granules **into** 125ml **cold water** and pour into the pan.

4. **Warm** through over a low heat just **until everything is melted** – don't overheat. Or melt in the microwave for about 5 minutes, stirring halfway through.

5. **Mix** 85g **self-raising flour**, 85g **plain flour**, ¼ tsp **bicarbonate of soda**, 200g **light muscovado sugar**, 200g **golden caster sugar** and 25g **cocoa powder**, and **squash out** any lumps.

6. **Beat** 3 medium **eggs** with 75ml **buttermilk**.

7. **Pour** the melted chocolate mixture and the egg mixture **into** the flour mixture and stir everything to a smooth, quite runny consistency.

8. **Pour** this **into** the tin and **bake** for 1hr 25 – 1hr 30 mins. If you push a skewer into the centre it should come out clean and the top should feel firm (don't worry if it cracks a bit).

9. **Leave to cool in the tin** (don't worry if it dips slightly), then turn out onto a wire rack to cool completely. **Cut the cold cake horizontally into three**.

10. To make the ganache, **put** 200g **chopped dark chocolate** **in** a **bowl**. Pour 300ml **double cream** **into** a **pan**, **add** 2 tbsp **golden caster sugar** and **heat** until it is about to boil.

11. **Take off the heat** and pour it over the chocolate. **Stir until the chocolate has melted and the mixture is smooth**. Cool until it is a little thicker but still pourable.

12. **Sandwich the layers together** with just a little of the ganache. **Pour the rest over the cake letting it fall down** the sides and smooth over any gaps with a palette knife.

13. **Decorate** with 50g **grated chocolate** or 100g **chocolate curls**. The cake keeps moist and gooey for 3-4 days.



FUN FACT ABOUT DARK CHOCOLATE !

For people who say chocolate is bad for you, listen up. Dark chocolate is thought to have numerous health benefits, including improving blood flow and reducing blood pressure. Great news if you're feeling anxious or stressed.

Brazil & banana bread

Enjoy this easy-to-bake delicious banana bread!

INGREDIENTS

- 100ml sunflower oil, plus extra for greasing.
- 140g caster sugar
- 140g plain flour
- 140g Brazil nut, roughly chopped
- 50g desiccated coconut
- 1 tbsp butter, diced, plus extra to serve
- 2 large, very ripe bananas - with black skins is ideal (about 175g peeled weight).
- 1 large egg, plus 1 large egg white
- 5 tbsp milk
- ½ tsp baking powder
- ¼ tsp ground cinnamon



METHOD

1. Heat oven to 180C/160C fan/gas 4. Grease a 900g loaf tin, then line the base and ends with a long strip of baking parchment. Stir together 2 tbsp each of the sugar, flour, nuts and coconut. Add the butter and rub together to sticky crumbs. Set aside.
2. Mash the bananas well, then stir in the sunflower oil, egg and milk. In a separate large bowl, mix half of the remaining sugar, followed by the remaining flour, nuts and coconut, then the baking powder and cinnamon.
3. Whisk the egg white to stiff peaks, add the final bit of sugar and whisk again until stiff and shiny. Stir the banana mixture into the dry ingredients, then lightly fold in the egg white mixture. Gently scrape into the tin and scatter over the crumb mixture.
4. Bake for 40 mins until a skewer poked in comes out clean, covering with foil if the bread starts to go too brown. Cool in the tin, then remove and thickly slice, eating with butter, if you like.



FUN FACT ABOUT BRAZILIAN NUTS AND BANANAS!

Brazil nuts and bananas both have a stack of health benefits. But the real way this recipe helps is in its making. Psychologists have claimed that baking really can lower your stress and anxiety levels.



FUN FACT ABOUT GREEK YOGHURT

This is a clever twist on a classic Italian dessert. By substituting some of the cream with yoghurt, you get a healthier, lighter and possibly more delicious panna cotta. We'll let you be the judge!

Raspberry Greek yogurt panna cotta

METHOD

Delicious and so easy to make!

INGREDIENTS

- 2/3 cup **heavy cream**
- 2.5 ounces raspberry jelly cubes (if you're in the US, half a 3-ounce package of **jello powder/gelatin mix** should do it*)
- 3/4 cup **greek yogurt**
- A few fresh **raspberries** to decorate!

NOTES



• You can play with the amounts of cream and yogurt, so long as you use about 300ml / 1 1/4 cups altogether.

• Don't like too much of a yogury flavour? Just replace some of it with more cream!

• Of course, you can also experiment with different jello/jelly flavors. How about strawberry, lemon, or passion fruit?

FUN FACT ABOUT CHIA SEEDS

Chia seeds are all the rage these days and it's not hard to see why. They're packed full of antioxidants, omega-3, fibre and protein, all of which you need in a balanced diet. And as we know, a healthy body can facilitate a healthmind.

5 min



Fresh Mango Coconut Chia Seed Parfait

METHOD

You say parfait, we say par-tay (in your mouth)!

INGREDIENTS

- 14 oz. lite **coconut milk**
- 6 tbsp **chia seeds**
- 5 tbsp **unsweetened shredded coconut**.
- 5-6 tbsp pure **maple syrup**, adjust amt. Depending on preferred sweet-ness.
- 1 teaspr **vanilla extract** fresh **mango**, diced and chilled (or sub any other fruit).

· In a bowl, **combine the coconut milk, chia seeds, shredded coconut, maple syrup and vanilla extract**. Whisk until well combined.

· **Let the mixture sit for about 30 minutes** at room temperature. **Mix once more, cover, and refrigerate for at least 3 hours.** (For best results, refrigerate overnight).

· **Remove the bowl with the pudding from the fridge about 15 minutes prior to serving.**

· **Layer some pudding into the bottom each serving glasses.** Layer **some** diced fresh **mango** on top of the pudding layer. **Alternate layers of chia pudding and freshly diced man-**go until glasses are filled to the top, ending with freshly diced mango.

· **Top with some shredded coconut and serve** immediately or keep in the fridge until ready to serve.



BRAIN POWER PACK

Food that boosts brain function

‘If you want a sharper mind,
actively start caring for
your brain and acting for its
betterment’

– Daniel Amen, M.D.



FUN FACT ABOUT TURMERIC!

Curcumin, the compound that gives turmeric its color, has been shown to help with memory. It also may help protect your brain from the buildup of amyloid plaques, which are associated with Alzheimer's disease.



Turmeric Smoothie Bowl

METHOD

Too much turmeric?
Not possible!

INGREDIENTS

- 10cm **fresh turmeric**, or 2tsp **ground turmeric**.
- 3 tbsp **coconut milk yogurt**, or the cream skimmed from the top of canned coconut milk.
- 50g **gluten-free oats**.
- 1tbsp **cashew butter** (or a handful of cashews).
- 2 **bananas**, peeled and roughly chopped.
- 1/2 tsp ground **cinnamon**
- 1tbsp chopped **nuts, coconut flakes or garnishing of choice**, to serve.
- 600ml **water**



1. If using turmeric root, **peel and grate to create your own powder**.

2. Put all ingredients into a **blender and blend until smooth**.

3. Refrigerate for half an hour.

4. Serve in a bowl with garnish of choice.

NOTES

· For a more tropical bowl, replace one banana with half of a mango and enjoy the taste of summer!

· To create a sorbet, freeze the mixture for 2 hours after it comes out of the blender.

· Need breakfast on the go? Replace the coconut milk yoghurt with coconut milk, this will make the mixture more of a liquid and easier to drink.

Hot-Smoked Salmon Cakes

Get them while they're hot! Guilt-free 'cakes'.

INGREDIENTS

- 500g desiree **potatoes**, peeled, chopped into 2cm pieces
- 200g **sourdough bread**, torn
- 2 **garlic cloves**, finely chopped
- 2tsp **fennel seeds**, toasted, crushed
- 1½ tbsp **extra virgin olive oil**, plus extra to drizzle
- 350g **hot-smoked salmon**, flaked
- Finely grated zest and juice of **one lemon**
- 1 cup (150g) **plain flour**
- 2 **eggs**, lightly beaten
- **Sunflower oil**, to shallow-fry
- 1/4 **savory cabbage**, thinly sliced
- 6 **brussel sprouts**, thinly shaved
- **Cornichons**, to serve.

METHOD

1. Place potato in a saucepan of cold salted water and place over medium heat, bring to the boil and **simmer for 10 minutes or until tender**. Drain and return to pan.
2. Heat gently for 30 seconds to remove any excess water. Cool slightly, then roughly **mash**.
3. Preheat the oven to 180°C. Toss bread, garlic, fennel and olive oil in a bowl. Spread over a baking paper-lined **baking tray** and bake for 10 minutes or until lightly toasted. Transfer to a food processor and whiz to a rough crumb. Set aside to cool.
4. Combine parsley, dill, mashed potato, salmon, lemon zest and 1/2 cup crumb mixture in a bowl. Form mixture into 8 balls and flatten slightly to form patties. Coat in flour, then dip in egg and coat in remaining crumbs. Chill for 15 minutes to firm up.
5. Heat 2cm sunflower oil in a frypan over medium heat. In batches, shallow-fry fishcakes for 2-3 minutes each side until crisp and golden. Drain on paper towel.
6. Toss cabbage, Brussel sprouts and lemon juice in a bowl. Season to taste. Serve fishcakes with cabbage salad, cornichons, dill and a drizzle of olive oil.

NOTES



FUN FACT ABOUT SALMON!

Diets high in omega-3 fats (salmon is chock-full of them) are associated with a reduced risk of cognitive decline, Alzheimer's disease, and dementia.



FUN FACT ABOUT KALE!

Dark leafy greens like kale are full of vitamin E, which has been associated with better neurological performance in mice (in a study, they navigated a maze faster), possibly because it protects brain cells from oxidation.

25 min

Seeded Chicken with Beetroot & Kale

METHOD

1. Preheat the oven to 200°C. Line a baking tray with baking paper and set aside.

2. Combine the linseeds, sunflower seeds, almonds, pumpkin **seeds** and sesame seeds, **then** transfer to a plate. **Dust chicken in flour, then dip in the beaten egg to coat.**

3. Press the chicken into the seed mixture until coated. **Place on the tray and bake** for 15 minutes or until cooked through.

4. Meanwhile, cook kale in a pan of boiling, salted water for 3 minutes or until wilted. Drain, then toss with the beetroot, oil and lemon juice, then serve with the chicken.

NOTES

- Don't just use LSA (linseeds, sunflower seeds and almonds) on your muesli - here it gives chicken a crunchy oven-baked crust while adding protein and healthy omega-3 fats.

- If you don't like beetroot, feel free to substitute it with your choice of roasted vegetables!

- Need something more substantial? Don't wilt down the kale and make a sandwich out of the chicken and salad.



Healthy Berry Crumble

Trust us, this dish is berry, berry delicious.

INGREDIENTS

For the Crumble:

- 1/2 cup **almond flour**
- 3/4 cup **rolled oats**
- 1/2 tsp **salt**
- 1/4 cup **almond butter**
- 1/3 cup **maple syrup**

For the Filling:

- 450g fresh or frozen **berries**
- 1tbsp maple syrup
- Juice of 1/2 **lemon**
- 1/2tsp **vanilla extract**



METHOD

1. Preheat the oven to 180C and line a baking tin with baking paper.
2. Toss the fresh or frozen **Berries**, **Maple Syrup**, **Lemon Juice**, and **Vanilla Extract** together in a large bowl, then spread this mixture evenly across the bottom of your baking tin.
3. Next, add the **Almond Butter**, **Maple Syrup**, and **Salt** to the same bowl (no need to rinse) and mix until evenly combined. Add the **Almond Flour**, and **Oats** to the bowl, then fold into the wet mixture. Stir well until no dry clumps are left – the mixture should be pretty thick!

4. Use your hands to crumble the wet dough over the top of the berry mixture. It helps to have your hands slightly moist for this step!

5. Bake for 30 minutes, or until the Crumb Topping is crisp and slightly browned. (If you used frozen fruit instead of fresh you may need an extra 5-10 minutes in the oven, as it holds more moisture). Let sit for 10 minutes to thicken, then serve warm. Leftovers will last at room temperature for up to 4 days or in the fridge for about a week.

NOTES

- For best results, we like to use blueberries as the majority of our berry mix. Feel free to use whatever you like, though - blackberries, raspberries, strawberries - the possibilities are endless!
- For single serve portions that are perfect for guests, divide the mixture into mini ramekins as pictured on the left.



FUN FACT ABOUT BERRIES!

Berries contain high amounts of antioxidants that protect cells from damaging effects of inflammation in the brain. Components in berries also improve cognition and motor control.



HAPPY FOOD

Not what you might think

“If more of us valued food and cheer
and song above hoarded gold,
it would be a merrier world.”

– J.R.R. Tolkien

Spicy Scrambled Eggs with Tomato

To get your day off to a good start, try this delicious twist on a classic.

INGREDIENTS

- 40 g **butter**
- 1 small **red onion**, finely diced
- 1 tsp ground **turmeric**
- 3 cloves **garlic**, minced
- 3 **tomatoes**, finely diced
- 2 small **green chillies**, minced
- 1 tbsp chopped **coriander** leaves
- 8 **eggs**, beaten
- **Salt**



METHOD

1. Heat a frying pan and **melt the butter**, then **fry the onion until it starts to brown**. **Add the turmeric and stir to combine, cooking for a few minutes** until the onion is brown. **Add the garlic** and stir, then **add the tomato and chilli and stir to combine**. Cook until **softened**, then **add the fresh coriander**.

2. Remove from the heat and allow to **cool for about 10 minutes** so the mixture is not too hot when the egg is added. Return the pan to a low heat and **add the egg, stirring gently to scramble**. **Season with salt**, then taste and adjust the seasoning if necessary.

3. **Serve** immediately



FUN FACT ABOUT THIS DELICIOUS BREAKFAST

Chilli, garlic and turmeric have all been touted as having health benefits, but it's their flavour you're after here. Eggs meanwhile are one of the best sources of tyrosine and phenylalanine, which go a long way to ramping up the dopamine levels in your brain.

This breakfast is sure to make your mind and body sing.

The Perfect Guacamole

The best guacamole keeps it simple!!!

INGREDIENTS

- 2 ripe **avocados**
- 1/4 teaspoon of **salt**, more to taste
- 1 tablespoon fresh **lime juice** or lemon juice
- 2 tablespoons to 1/4 cup of minced **red onion** or thinly sliced **green onion**
- 1-2 **serrano chiles**, stems and seeds removed, minced
- 2 tablespoons **cilantro** (leaves and tender stems), finely chopped
- A dash of freshly grated **black pepper**
- 1/2 ripe **tomato**, seeds and pulp removed, chopped
- Red radishes or **jicama**, to garnish
- **Tortilla chips**, to serve.

METHOD

1. **Cut the avocado, remove flesh:** Cut the avocados in half. Remove the pit. Score the inside of the avocado with a blunt knife and scoop out the flesh with a spoon. Place in a bowl.

2. **Mash with a fork:** Using a fork, roughly mash the avocado. (Don't overdo it! The guacamole should be a little chunky.)

3. **Add salt, lime juice, and the rest:** Sprinkle with salt and lime (or lemon) juice. The acid in the lime juice will provide some balance to the richness of the avocado and will help delay the avocados from turning brown.

Add the chopped onion, cilantro, black pepper, and chiles. Chili peppers vary individually in their hotness. So, start with a half of one chili pepper and add to the guacamole to your desired degree of hotness.

Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.

Chilling tomatoes hurts their flavor, so if you want to add chopped tomato to your guacamole, add it just before serving.

4. **Serve:** Serve immediately, or if making a few hours ahead, place plastic wrap on the surface of the guacamole and press down to cover it and to prevent air reaching it. (The oxygen in the air causes oxidation which will turn the guacamole brown.) Refrigerate until ready to serve.



Minestrone Soup

This is delicious!
Everybody needs to try
this!

INGREDIENTS

- 3 tbsp **extra virgin olive oil**
- 2 **onions**, diced
- 8 **garlic cloves**, each cut into 3–4 pieces
- 1 **celery** heart including the pale, tender leaves, sliced
- 2 large or 4–5 smaller **carrots**, cut into bite-sized pieces
- 2 cups roughly chopped **savoy cabbage**
- 2 **bay leaves**
- 1 cup **mixed beans**
- 350 g **waxy potatoes** such as desiree, peeled and diced
- 200 g tin **Italian tomatoes**, crushed
- 100 g **carnaroli rice**
- 150 g **spinach**, roughly chopped
- 1 cup flat-leaf **parsley leaves**, roughly chopped
- 60 g **parmesan rind**, cut into 1 cm cubes
- freshly ground **black pepper**
- freshly **grated parmesan**, to serve.

METHOD

1. **Heat the oil in a heavy-based saucepan and add the onion, garlic, celery heart, carrot, cabbage and bay leaves.** Lightly fry the vegetables for 2–3 minutes without letting them colour. **Stir in the beans, potato and tomato, then cover the ingredients with water.** Once the soup comes to the boil, **add the rice and turn down to a simmer.** Add a few good pinches of salt and simmer for 20–25 minutes.
2. **Add the spinach, parsley and parmesan rind and simmer for another 5 minutes.** **Remove from the heat** and **taste for seasoning**, adding extra salt if needed, and pepper.
3. **Serve** with plenty of grated parmesan and crusty bread.



FUN FACT ABOUT MINESTRONE SOUP!

Studies have shown that antioxidant-rich diets are linked with a lower risk of depression. Good news then that the cabbage, carrots, spinach and potatoes in this recipe are all chock-full of antioxidants. Get your dopamine hit from the grated parmesaan on top, and you're all set.