

FASTING WITH MODERN MAYR MEDICINE – base broth

Base broth is an essential part of any Mayr treatment and healthy fasting downtime – it can also be used as the basis for many delicious alkaline recipes. Base broth is full of vitamins, trace elements and minerals. The secrets of this Modern Mayr recipe are revealed below!

RECIPE (for 3 litres)

- 400g carrots
- 200g parsnips or root parsley
- 200g fennel bulb including leaves
- 150g celeriac
- 100 g celery
- 100g leeks
- 50g kohlrabi leaves or turnip leaves
- 2 slices organic lemon or lime
- 3.5 l cold water

Spices

- 10g rock salt or Fleur de Sel
- 2 bay leaves
- A little freshly ground pepper
- 2 – 4 juniper berries
- 2 tsp coriander seeds
- 1 tbsp ginger, peeled & chopped
- Half a stalk of lemon grass, finely sliced
- Fresh herbs of your choice

Thoroughly clean the root vegetables with a brush under running water and remove any blemishes. Do not peel organic vegetables. Chop. Dry-roast the spices in a non-stick frying pan and toss them around until they start to jump and smoke a little. Be careful not to burn the spices. Crush the fried spices in a mortar, this will allow the spices to develop their full flavour.

Place the cold water, vegetables and spices in a saucepan and bring to the boil. Simmer for 1.5 hours, then add the fresh herbs and leave to infuse for 30 minutes. Strain the quantity of broth that you require through a fine sieve.

Leave the remainder of the stock to cool and store in the fridge. Only strain off as much as you need at any one time. If you wish, you could boil the vegetables a second time and discard them after obtaining a second lot of base broth.

FURTHER READING: our 'F. X. Mayr for Gourmets' recipe booklet

Modern Mayr cuisine focuses on 'intelligent eating'. The Park Igls Mayr Clinic cookbook provides useful ideas and recipes for healthy and delicious alkaline dishes.

