

# Lucky Iron Fish Recipes



## Lucky Iron Fish Rice

### Ingredients:

- Lucky Iron Fish
- 1L of water
- 2-3 drops of citrus
- 2 cups of (basmati) rice

### Instructions:

First, prepare your Lucky Iron Fish Water by boiling 1L of water with your Fish and 2-3 drops of citrus for 10 minutes. Remove your Lucky Iron Fish and wash/dry immediately. Lower the heat and add in 2 cups of rice. Cover, and let cook for 15 minutes then serve.

# Lucky Iron Fish Recipes



## Hearty Pasta and Bean Soup

### Ingredients:

- Lucky Iron Fish
- 3 tbsp extra-virgin olive oil
- 1 onion, finely chopped
- 1 1/3 cups finely diced pancetta, about 150g
- 2 red potatoes, peeled and diced
- 2 cartons of chicken broth
- 1/2 tsp of salt
- 2 tsp finely chopped fresh rosemary
- 1 1/2 cups of your favourite pasta
- 540mL can romano beans, drained and rinsed
- 1/3 cup grated parmesan
- 2 tbsp finely chopped parsley

### Instructions:

HEAT a large pot over medium heat. Add 1 tbsp oil, then onion and pancetta. Cook until onion is soft, about 3 minutes. Add potatoes, broth, salt and rosemary. Bring to a boil. Add **Lucky Iron Fish**. Let boil for 10 minutes.

Remove **Lucky Iron Fish** and wash/dry immediately. Reduce the heat to medium-low and simmer, covered, until potatoes are tender.

ADD pasta and continue cooking until pasta is tender (about 8 minutes). Stir in beans. Ladle soup into bowls and top with parmesan and parsley.

**Recipe from:** [Chatelaine](#)

# Lucky Iron Fish Recipes



## Lucky Iron Fish Ginger Squash Soup

### Ingredients:

- Your **Lucky Iron Fish**
- 2 3/4 lbs butternut squash
- 2 tbsp olive oil
- 1 medium leek, cut into 1/4 inch pieces
- 3 cloves of garlic, peeled and minced
- 1 tsp finely grated ginger
- 1 medium parsnip cut into 1/4 inch pieces
- 1 tsp salt
- 1/4 tsp ground black pepper
- 4 cups of stock (chicken or vegetable)

### Instructions:

Cut squash in half lengthwise. Remove the seeds, fiber and peel. Cut in 1/2 inch pieces and set aside. Heat olive oil in large cooking pot over medium-low heat. Cook leeks and garlic until softened (3-5 minutes). Add ginger, squash and parsnips. Cook over medium heat for 3-5 minutes. Add salt and pepper and stock. Cover and bring to boil. Put **Lucky Iron Fish** in the soup and boil for 10 minutes. Remove and wash/dry immediately. Reduce the soup and simmer until the squash and parsnip are tender (about 10 minutes). Puree and add more salt and pepper to taste.

# Lucky Iron Fish Recipes



## Lucky Iron Fish Hot Ginger Tea

### Ingredients:

- 1 Lucky Iron Fish
- 1 litre of water (approx 4 cups) 1 slice of lemon
- 3 tbsp thinly sliced ginger Sweetener (to taste)

### Instructions:

"The best way to absorb the iron that the Lucky Iron Fish provides is when it's combined with Vit C (in this recipe we use lemon). In addition when you add the ginger (which improves the absorption and assimilation of essential nutrients) you end up with a powerful cup of tea!!

Ginger is a strong flavour and not everyone likes their tea to be as intense as I do. So I encourage you to experiment with the amount of ginger you use. As for sweetener ... I like to use a drop of maple syrup. I'm Canadian. We love our maple syrup.

This is my fav recipe for when I'm feeling cold, feeling under the weather and was a go- to recipe to help with nausea while I was doing chemo for breast cancer. I drink it out of my Jeanette Zeis mug. She made it for me while I was in the middle of cancer treatment. It says "*Drink Tea. Have Hope. Fight!*" **Chef Sarah Kramer**

Place Lucky Iron Fish, water, lemon and ginger into a medium saucepan. Bring water to a boil for 10 minutes. Remove the Lucky Iron Fish. Reduce heat and let simmer for 10-15 minutes. Pour into mugs and sweeten (to taste). Drink and be healthy. Makes approx 2 mugs of tea.

**Recipe provided by: Chef Sarah Kramer**

# Lucky Iron Fish Recipes



## Roasted Butternut Squash Soup

### Ingredients:

- 1 butternut squash
- 1 onion, diced
- 1 red pepper, chopped
- 2 cloves of garlic, minced
- salt and pepper to taste
- 1 tsp of thyme
- 4 cups of chicken stock
- garnish of goat cheese

### Instructions:

Turn on oven to 400F. Lightly oil a baking sheet. Put the squash, onion and pepper on a baking sheet, and add olive oil and garlic. Gently toss the tray. Bake for 25-30 minutes. Heat up a large stock pot. Add the squash mixture. Stir in the stock. Bring to a boil and add your **Lucky Iron Fish** for 10 minutes. Remove your Fish and clean and dry thoroughly. Reduce the heat on the soup and puree. Serve with a bit of goat cheese to garnish.

**Prep time:** 10 minutes

**Cook time:** 45 minutes

**Total time:** 55 minutes

# Lucky Iron Fish Recipes



## Hearty Pasta and Bean Soup

### Ingredients:

- Lucky Iron Fish
- 3 tbsp extra-virgin olive oil
- 1 onion, finely chopped
- 1 1/3 cups finely diced pancetta, about 150g
- 2 red potatoes, peeled and diced
- 2 cartons of chicken broth
- 1/2 tsp of salt
- 2 tsp finely chopped fresh rosemary
- 1 1/2 cups of your favourite pasta
- 540mL can romano beans, drained and rinsed
- 1/3 cup grated parmesan
- 2 tbsp finely chopped parsley

### Instructions:

HEAT a large pot over medium heat. Add 1 tbsp oil, then onion and pancetta. Cook until onion is soft, about 3 minutes. Add potatoes, broth, salt and rosemary. Bring to a boil. Add **Lucky Iron Fish**. Let boil for 10 minutes.

Remove **Lucky Iron Fish** and wash/dry immediately. Reduce the heat to medium-low and simmer, covered, until potatoes are tender.

ADD pasta and continue cooking until pasta is tender (about 8 minutes). Stir in beans. Ladle soup into bowls and top with parmesan and parsley.

**Recipe from:** [Chatelaine](#)

# Lucky Iron Fish Recipes



## Three Sisters Ragout

### Ingredients:

- 1 lucky iron fish
- 2 cups Vegetable stock
- 4 cups diced preserved tomatoes
- 2 tbs vegetable oil
- 1/2 medium sized spanish onion, diced
- 3 cloves garlic, peeled and finely diced
- 1lb dried white beans, soaked in water for 4 hours
- 1lb dried white hominy corn
- 1lb butternut squash, peeled seeds removed and diced
- .25 tsp crushed red chili flakes
- .75 tbs ground cumin
- .5 tbs black pepper
- 1 tbs kosher salt
- .5 bunch flat leaf Italian parsley. Washed, stems removed and chopped

### Instructions:

Put vegetable stock, tomatoes and Lucky Iron Fish in a pot. Bring to a boil for 10 mins, then remove fish.

In a separate pot sweat off the onions and garlic in the oil until translucent, about 5-7 mins over medium heat. Add in the cumin, chili, salt and pepper and continue to cook for 2 mins.

Add in the stock, beans and hominy and simmer until the bean and hominy are almost cooked. Add in the butternut squash and cook for 15-20 minutes until the squash, corn beans are all tender.

Remove from heat and add in parsley.

**Yields roughly 8 (8oz) portions**

**Recipe provided by: Mijidaa Café + Bistro**

# Lucky Iron Fish Recipes



## Lucky Iron Fish Lemon and Honey Tea

### Ingredients:

- Lucky Iron Fish
- 1L of water
- 2-3 drops of citrus
- 4 TB of lemon juice
- 4 TB of honey

### Instructions:

Boil 1L of water with your Lucky Iron Fish and 2-3 drops of citrus. Let the water boil for 10 minutes. Remove your Fish and clean and dry immediately (see cleaning instructions here). Next, stir in honey until dissolved. Let cool and add remaining lemon juice and serve.

# Lucky Iron Fish Recipes



## Holiday Tea

### Ingredients:

- 4 1/2 tsp cardamom pods crushed
- 4 1/2 tsp fennel seeds
- 4 cups **Lucky Iron Fish Water**
- 1 piece fresh ginger peeled and sliced
- 1 tbsp honey
- 1/3 cup fresh mint leaves, plus sprigs for garnish

### Instructions:

Toast the cardamom pods and fennel seeds in a medium-high heat saucepan for 1 minute. Add the water and ginger and reduce the heat to a simmer for 10-15 minutes. Remove from heat, stir in the honey and mint leaves. Let stand for 5 minutes. Strain into mugs and garnish with mint.

# Lucky Iron Fish Recipes



## Quinoa Vegetable Soup

### Ingredients:

- 1/2 cup uncooked quinoa
- 1 head of green cabbage (cut into quarters or eights, depending on size of cabbage)
- 1 bunch of bok choy (chopped into two inch pieces)
- 1 yellow onions, cut into eighths
- 1 can plum tomatoes (rinsed, de-seeded and chopped)
- 3 gloves garlic (chopped)
- 4 cups vegetable broth
- 3 cups water
- A few squirts of fish sauce (to taste)
- A few drops of lemon juice (about a quarter of a lemon)
- Kosher salt and black pepper

### Instructions:

Add the water, vegetable brother, and lemon juice to a large pot. Add the Lucky Iron Fish and bring to a boil for 10 minutes. Take out the Lucky Iron Fish. Add the onions and garlic to the soup. Cook at medium heat for about 10-15 minutes until softened. Add as much cabbage and bok choy as will fit int eh pot (you will most liekly have leftovers). Add more water if needed. Cook at medium heat for another 15-20 minutes until the cabbage and bok choy are softened. Add the tomatoes and a few quirts of fish sauce. mix well and taste the soup. Add more if desired. Add the quinoa and simmer on low heat for 20 minutes or until quinoa is fully cooked. Season with salt and peper as desired (You may not need salt, as the fish sauce has a good amount of sodium). Enjoy your iron-enriched vegetable soup!

**Recipe Provided by: Nadine**

# Lucky Iron Fish Recipes



## Lucky Iron Fish Quinoa

### Ingredients:

- your **Lucky Iron Fish**
- 1L of water
- 2-3 drops of citrus
- 2 cups of quinoa

### Instructions:

First, prepare your **Lucky Iron Fish Water** by boiling 1L of water with your Fish and 2-3 drops of citrus for 10 minutes. Remove your Fish and wash/dry immediately. Lower the heat and add in your 2 cups of quinoa. Let cook for 15 minutes, and serve!