

educatedmind

The thing that seems to be missing is the actual assured quality of the animal. With roundup , pesticides and other toxins everywhere that becomes a big problem. I like the taste of pork, but never eat it because I know too much about it , and they are close biologically to us. Last time I ate pork , it was ham, and it came from a known source not the supermarket or even a co-op.

Knowing I have a verifiable beef source is also difficult. Chicken and eggs raised by my organic farming friend are my main protein sources. As for raw meat, beyond toxins parasites limit my acceptance of this idea. We are not living in my grandmothers time where blood pudding was common. We are are trying to get there but at this point it seems quite far away.

Posted On 03/05/2018

grulla

Organ meats can also be a contributing factor to gout: articles.mercola.com/gout.aspx

Posted On 03/05/2018

Almond

Most on this website will agree that organ meats are prone to collecting toxins if not organic. So, organic and grass fed are priorities. The reason organs are susceptible to toxicity is because they are vital for survival and well-being, so they get priority on things like mineral uptake. Unfortunately, nowadays, many toxins are attached to minerals that get absorbed into cells. The receptors are acted upon. Tightly bound toxins that are more difficult to release and less likely to show up on testing, without a prior "challenge" being administered, can do the most damage to the body.

The best kinds of organ meats to consume are wild game. In some cases, these organs will have 3x the minerals of domestic meat, even pastured meats. Wild animals have an advantage, in that, they can move and migrate in search of their natural diets. Instincts have not been bred out of them.

Meat does not have to be eaten at every meal or every day. However, every part of the animal should be consumed to get all the benefits, not just the bacon on a pig, for example, as so many Americans are prone to do.

Too much meat will over burden the kidneys, as will certain other foodstuffs, so balance is the key.

On diets where meat is sometimes allowed, but must be restricted, organ meats are an optimal choice for obtaining nutrients. Uptake has already been prioritized to the organs.

Here are some recipe ideas.

Make a stir fry with liver, apple and onion, adding your favorite Asian sauce recipe. Keep it light and simple.

Heart au Poivre--Set heart in crock pot. Pour 1 c. water over and, then, 1 c. red wine. Sprinkle heavily with black pepper. Cover with separated rings of onion. Cook as usual, reserving pan drippings for gravy or soup (save bit of meat to add). Slice thinly.

Save all giblets for "sunshine" gravy or dressing. (Gravy=>miso, curry, mushrooms, etc.) Make wild rice-apple dressing, too.

Many ethnic recipes for kidneys and tongue. Excellent!

Posted On 03/05/2018

Almond

Many desiccated glandular extracts that support health are made from the glands of healthy animals, believing they will provide essential nutrients for people with glandular deficiencies. They are often more effective than pharmaceuticals.

Unfortunately, many hunters are willing to give away organ meats, not realizing their value.

No space here for a recipe, but see if you can find an old-fashioned recipe for potted liverwurst, that calls for a bit of bacon, online. You cook and grind it all together. Not the kind you need to stuff into a casing. If you have a small crock or wide mouth canning jars, this is very easy to make. It won't keep long, but does not have to as it is so yummy, you will eat it up fast. Serve sandwiches topped with sliced tomato, thinly onion, pickled beets, crock dill pickles, sauerkraut, etc. Whatever you like!

Posted On 03/05/2018

Islander

Ah! I just remembered sweetbreads! Almond, perhaps this is not true where you live, but here a LOT of people feed corn to the deer – some lot of kindness, some as bait. The corn is all GM, of course. I'd eschew deer but am always grateful when someone has moose meat to spare!

Posted On 03/05/2018

Epona777

We were lucky this year to get a fine young buck fed on wild apples. I took heart and liver, much to the dismay of my SO who thinks "guts" are disgusting. I cleaned both organs up, dipped in a little vinegar and water rinse, sliced and packaged in about 3 oz each. I am still enjoying the liver as I can only eat it once a week as it is so potent. Venison liver is so sweet and mild tasting that I prefer it to any other. Unfortunately, I was not able to take this fine creature's kidney's as the bullet damaged them in the kill. I was lucky, with the diagonal trajectory, that it missed the liver.

Posted On 03/06/2018

Islander

It is sad that organ meats have been demoted to the status of pet food, since they are so high in nutritional value. Watch any video of a predator, like a lion or tiger, going after its prey. The first thing they consume is the organs! When the U.S. became more affluent after WW 2, anything other than muscle meat was scorned; steaks and chops were pricier than tongue or brains and thus were seen to be food for the rich – and of course everyone wanted to be considered affluent enough to afford the best cuts.

I grew up at a time when organ meats were readily available in butcher shops and we ate them frequently. Some cultures, like the Greeks, still eat the eyeballs, although until later in life I never knew how high they were in vitamin C. In adulthood, when I began farming, many of these delicacies had already been abandoned and were no longer easy to find in grocery stores. Luckily, we had our own sources for brains, tongue, kidneys, testicles, heart and liver; these days, you'd be lucky to find anything other than the latter two in the market. Of course, if you are raising any of your own meat, as I still do, I hope you take advantage of all the good nutrition you have access to... For most of us in America, these animal parts are simply unavailable.

Posted On 03/05/2018

rrealrose

Remember a while back, I found gf liver was not being sold that summer, the butcher said it was striated, sign of the animal eating something in the pasture that caused issues. Another time, was standing in line (short line) at a gf farm store, when someone from outside the country asked for calf brains. The shop clerk nearly jumped out of her skin, then said no!

Kidneys and liver often available in the coolers, saw lamb heart, but not for long, and difficult time finding pastured chicken livers. Giblets are nearly always missing now. Have not pressed farmers at the local Winter Market, although saw tongue last Sunday. US Meats online may also carry a few gf organs, only in season.

Posted On 03/05/2018

Islander

Please, Rose, what is gf? Surely not gluten free, since these are all meat.

Posted On 03/05/2018

rrealrose

Hi, grass-fed, grass-finished, sorry for shorthand.

Posted On 03/05/2018

seg

Yup can't beat marinating your meats AND veggies in a combination of Olive oil and now Bragg's Apple cider vinegar , whilst adding your fave herbs and spices..I rarely add wine to the marinade as I find it much more valuable to drink it, that way i get a head start in protecting against those pesky free rads.. 👍 🍷
CHEERS.

Posted On 03/05/2018
