

Chatting with The Good Dr. Laura Shook
September 2008

A brief history according to Dr. Laura: Once upon a time person-kind “discovered” fire, and supper was never again the same. A bit later, a clever person (I expect it was a woman) boiled water and soon the Tribe was gathering to savor a pot of something delicious, nutritious and soothing. Long before penicillin there was chicken soup to aid the bodies healing. Greens, beans, onions, garlic, a few roots and maybe a bird or bit of beast, toss it in the pot, add some herbs and prepare for a feast. It was easy, economical and some may have said magical. Agriculture brought bread and ale to the table. Animal husbandry brought cheese. Cooking methods have changed but soup is still soup, unless it is stew and soup is a dish that was (I’m sure) eagerly consumed by Buddha, Cinderella, Mother Nature, Mother Hubbard, Ann Frank, Mother Teresa, King Henry, Robin Hood, and Oogua (the caveman).

Today, at least in the United States, fewer and fewer fires or stoves have simmering pots and more cupboards have cans or boxes claiming home cooked goodness. Personally I’m suspicious of any food that needs to brag about its goodness. A chicken is a chicken, an onion is an onion. But a can of “X-brand Savory Stew made with real chicken flavor” is a can whose label I would read very carefully before calling it supper.

So make a pot of soup, fill it with veggies, add brown rice and beans then feed your family and friends. Feed them food touched by human hands, packed with nutrients and fiber and infused with loving intent. You never know when the Buddha might come to dinner. Be sure to freeze some so it’s there when you’re hurried, or under the weather.

Recommendations:

Dairy Hollow House Soup and Bread by Crescent Dragonwagon: Ms. Dragonwagon will take you on a journey into her kitchen, pantry and country inn.

Just Add Water by Lauren Chattman: From boiling water to poaching and steaming. It’s about cooking with water.

If The Buddha Came to Dinner by Hale Sofia Schatz with Shira Shaiman: Prepare every meal as if a respected spiritual teacher were coming over for supper.

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