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VEGGIE STARS



The
VIVAMAYR
cookbook

Brandstätter 

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Brandstätter 





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Foreword by the editors

The philosophy behind VIVAMAYR is to enhance people's quality of life in a targeted way by improving their health. The VIVAMAYR Health Concept has been specifically developed for this purpose. At our VIVAMAYR Medical Health Resorts, this approach is always 100% tailored to the individual needs of the guest. Food culture, and by extension nutrition, is possibly the most significant element of all.

Changing our eating habits allows us to boost our immune system so that illnesses can be prevented or healed. A dietary switch also helps repel intruders such as viruses. Achieving the right acid-base balance in the body is one important prerequisite in this regard. Alkaline vegetables therefore have a crucial role to play in proactive healthcare!

Fresh and seasonal produce has the potential to become a "health hero". This is why the title of our new VIVAMAYR Cookbook is dedicated to the "stars of the vegetable world". We hope that our health-related recommendations will become your lifelong companions. Discover the power of plant-based cooking, and embrace a whole new attitude to life. Welcome to the healthy world of VIVAMAYR!



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The VIVAMAYR Cookery School



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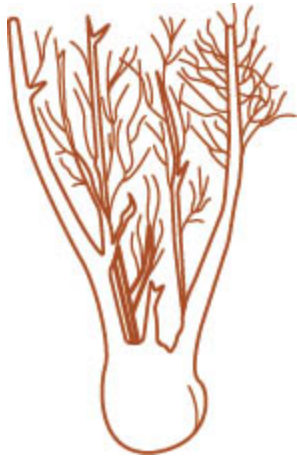
The VIVAMAYR specialist chefs

The VIVAMAYR Health Resorts

The team

Legal notice

THE VIVAMAYR RECIPES



Fennel

- **Fennel soup with fennel salad and fine pollen**
- **Szeged-style goulash with fennel and smoked tempeh**
- **Scallops and carrot purée**
- **Fillet steak with fennel and green beans**



Broccoli

- **Broccoli soup**
- **Broccoli and turmeric spread**

- **Broccoli blinis with char caviar and cream cheese**
- **Chickpea pasta with tuna steak and broccoli**
- **Broccoli with edamame beans, herbs and Parmesan**



Celery

- **Celery soup with apple tartare**
- **Celery pancakes with venison ham and rowanberry compote**
- **Celery linguine with Cheddar and granola**
- **Celery fricassee with prawns and pilau**



Kohlrabi

- **Kohlrabi soup**
- **Kohlrabi spread**

- **Avocado spread**
- **Kohlrabi “wan tan” with almond mousse, pickled kohlrabi and almond milk**
- **Spelt tarte flambée with kohlrabi and hummus**
- **Buckwheat maki F.X. Mayr style**



Carrots

- **Carrot and ginger soup**
- **Carrot and almond spread**
- **“Asian style” carrot and beef stew with horseradish**
- **Carrot breakfast bowl**
- **Colourful oven carrots with thyme honey and goat Gouda**



Parsnips

- **Parsnip soup with oyster mushrooms**
- **Parsley root four ways with sous-vide chicken breast**
- **Parsley roots with baby leaf salad and chestnut vinaigrette**
- **Parsnip dumplings with spinach and walnuts**



Pumpkins & courgettes

- **Pumpkin and turmeric alkali-based soup**
- **“Styrian” pumpkin seed spread**
- **Pumpkin hot pot with fillet of pike perch**
- **Vegan pumpkin gnocchi with pumpkin seed pesto**
- **Fillet with pumpkin purée and oven vegetables**



Asparagus

- **Asparagus soup with hemp oil**
- **Soya snail buns**

- **Green asparagus with flax seed oil hollandaise, potatoes and quail's egg**
- **Ramen noodles with asparagus and chicken**
- **Sweet potatoes two ways with asparagus and wild herb salad**



Chard and spinach

- **Perfectly cooked egg with spinach two ways and potato purée**
- **Baby spinach frittata with Feta and pine nuts**
- **Greek spread**
- **Chard soup with goat cream cheese and potatoes**
- **Rolled and pan fried turbot with chard**



Sweet potatoes

- **Sweet potato soup with lemongrass**

- **Sweet potato and tahini spread**
- **Sweet potato curry with root vegetables**
- **Purple sweet potatoes with courgette and black salsify**
- **Sweet potato pie with cashews and cress**



Tomatoes

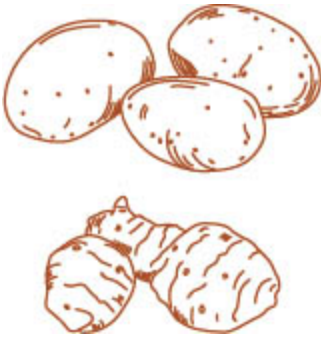
- **Tomato and pointed pepper soup**
- **Tomato spread**
- **Millet pizzetti Margherita with basil**
- **Chilli “con quinoa” with sweetcorn, beans and skyr**
- **Lentil bolognese with courgette pappardelle**



Beetroot

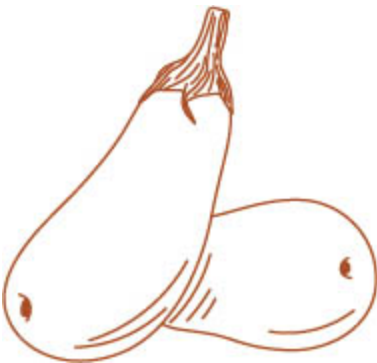
- **Beetroot soup with horseradish**
- **Beetroot and hummus spread**
- **Beetroot risotto with beetroot pieces and catfish**
- **Beetroot goulash with polenta and a fried quail’s egg**

- **Beetroot panna cotta with buckwheat crumble**



Potatoes and Jerusalem artichokes

- **Jerusalem artichoke soup with thyme**
- **Jerusalem artichoke spread with nigella and thyme**
- **Potato dumplings with black salsify**
- **“Tricolore” carrot and potato rösti with cottage cheese**



Aubergines

- **Aubergine two ways with burrata and avocado**
- **Aubergine and coconut soup**
- **Aubergine on Jerusalem artichoke and celery champ**
- **Vivamayr moussaka**

The
VIVAMAYR
Health
Concept



Balance begins in the stomach

We feel most at ease when all areas of life are in balance. We have to perform at work and also want to enjoy leisure and relaxation. We need to take time to nurture our relationships and time for ourselves. The same goes for the body. Physical equilibrium is a prerequisite for lasting good health and for quality of life.

Our organism is equipped with a whole series of compensatory mechanisms in order to maintain this balance. In the long term, however, these are unable to cope with stress and over-exertion during our everyday routine, neglectful eating habits and the excess consumption of acidic foods and treats. Preservation of health thus increasingly becomes a balancing act. But there is some good news. Our lifestyle can make us prone to sickness, but we can also avoid illnesses if we shape it in the right way. The VIVAMAYR Health Concept has been developed to provide you with active and sustainable support in this regard.

In order to grasp the significance of nutrition for our health, simply consider the fact that each one of us consumes three or more meals every single day. If we extrapolate this over an entire lifetime, then it soon becomes apparent that our eating habits are more powerful than we think. The Austrian doctor Franz Xaver Mayr was quick to recognise the health-enhancing potential of nutrition combined with digestion. The research he carried out laid the foundations for the dietary treatment of a whole range of disorders. The VIVAMAYR Medical Health Resort has continued to develop his methods and has created a

modern form of Mayr Medicine by adding functional myodiagnosics. Treatment is also supplemented by orthomolecular medicine. The VIVAMAYR Health Concept translates these findings and experiences which have been gleaned over a period of many years into practical preventative measures which can benefit us in our everyday lives.

“Strengthening the immune system is at the very heart of the VIVAMAYR medical approach. Healthy nutrition is the most important preventative factor.”

Professor Harald Stossier

“Our immune system is like a police force, ambulance service and fire brigade all rolled into one. The fewer secondary sites it is required to attend, the better it will be able to take care of our health.”

Dr. Maximilian Schubert



Healthy digestion creates a strong immune system

Our immune system is trained to protect our body against viruses, bacteria, fungi and illness. 80 percent of the immune system connects with the digestive tract, which accordingly also has a major role to play. If we are to extract nutrients and vitamins from the food we eat and ensure that our defences are equipped with all the necessary weapons, then it is vital that our digestive system is working well. Its effectiveness will diminish if we overload it with ongoing stress or a surfeit of food and if we eat at the wrong times. This will also decrease the ability of our immune system to tackle intruders such as viruses. The strain caused by incompatible foods can also damage our intestinal mucosa and trigger inflammations. This means in turn that important micro nutrients such as Vitamins A, C and E are used up in greater quantities. The ability of the immune system to serve the rest of our body is restricted if it is constantly engaged in damage limitation. The issue of whether we stay healthy or become ill ultimately depends on how strong our own immune system is. We cannot influence the power of a virus, but we can definitely take action to improve our body's defences. On the next few pages, you will find out how to provide the best possible support to your immune system by following an alkaline diet which is rich in micro nutrients, by improving your food habits, by paying attention to physiological rhythms, by eating slowly and by chewing everything thoroughly.

A lifestyle rather than a diet!

Whereas diets and detox programmes focus exclusively on the choice, omission and combination of certain foods, VIVAMAYR pursues a holistic approach which also integrates individual digestive capacity. What we eat is not the only

crucial thing. Another key factor is the way in which our digestive apparatus deals with this food intake. The question is whether it is able to make the best possible use of all nutrients. Alongside food quality and personal intolerances, close attention is paid to achieving a balanced relationship between acidic and alkaline foodstuffs and to digestive performance within the rhythm of the day.

Mayr treatments which are supervised by a physician will consciously focus on a monotonous food selection in order to nurse the digestive apparatus. By way of contrast, the everyday emphasis is on diversity and variety. You can ensure that your organism receives all the important nutrients it needs by adopting a healthy mixed diet which comprises plenty of vegetables, whole carbohydrates, protein and high-quality fats (p. 30 ff.).



The acid-base balance

Our organisms need alkalis and acids in order to achieve healthy digestion and effective detoxification processes. Both are absorbed via food and drink, whilst the body is also able to produce acids itself. The ratio between acid and alkali is expressed in the form of a pH value. Our bodies impose strict controls on this so-called acid-base balance in order to maintain constant pH values in individual areas and to avoid any over-acidification. Stress, toxins from the environment, an excess of acidic foodstuffs and irregular and late mealtimes which inhibit digestion will, however, all cause the acid load to rise constantly. An acid load which is too high will exert a negative impact on our metabolism. Such a circumstance will, however, also increase vulnerability to allergies and modern lifestyle diseases.

An acid metabolism does not develop overnight and, by the same token, there is also no short cut back to a good acid-base balance. The most certain pathway is a balanced diet which includes alkaline and acidic foods in a ratio of 2:1. For this reason, alkaline vegetables will always play the main role in the recipes presented in the following chapters.

How to make this book a lifelong companion

Fresh seasonal vegetables are the stars of VIVAMAYR cooking. In order to provide you with proper guidance, the recipe chapter starting on [p. 50](#) presents them in accordance with the most important categories. The symbols used (see below) enable vegan and vegetarian dishes to be identified at a glance. They also highlight recipes which are easy to prepare, even for those with little experience of cooking. Special “free from” icons provide a clear labelling system which saves you the trouble of looking through lists of ingredients to check for allergens such as lactose and gluten.






Turn to the VIVAMAYR Cookery School on [p. 26](#) ff. to discover all you need to know about dealing with oils, fats, herbs and spices. It presents detailed information on the art of using oils and fats ([p. 30](#) ff.) and on the art of using herbs and spices ([p. 34](#) ff.) alongside basic recipes for mixtures, sauces, doughs and toppings.

A summary of alternative products, which can also be used to prepare the dishes equally well, is provided on [p. 42](#). This will enable you to use all of the recipes regardless of seasonal availability.

Standard utensils which can be found in any home kitchen are perfectly adequate in order to prepare the food described. For those wishing to upgrade their equipment, [p. 29](#) showcases a number of practical professional devices and appliances which are used in the professional kitchens at the VIVAMAYR Medical Health Resort.

Labelling of the recipes

Identifying symbols have been placed against all dishes so that you can tell at a glance which recipes are suitable for which food intolerances.

-  F: Fructose intolerance
-  G: Gluten intolerance
-  H: Histamine intolerance
-  L: Lactose intolerance
-  C: Candida 1

Recipes containing no dairy produce and vegetarian and vegan recipes are marked *ndp*, *vegetarian* and *vegan* respectively.



shows the amount of work involved.



Beginners



Intermediate



Challenging

Alkaline foodstuffs

Vegetables

.....
Potatoes

.....
Ripe fruit, ideally seasonal and home grown

.....
Cold-pressed vegetable oils

.....
Fresh herbs

.....
Almonds

.....
2/3 alkaline

Acidic foodstuffs

Animal-based proteins

- meat, fish and dairy products

.....
Cereals and pulses

Acidic tropical fruits such as lemons, limes and pineapples

.....
Nuts and seeds

.....
Warm-pressed vegetable oils and animal fats

.....
Alcohol, coffee, nicotine

.....
Processed foods

.....
1/3 acid

Some foods have an acidic content, but there are also others which extract alkalis from the organism when they are metabolised. These **alkali predators** include sugar, confectionery, products made from white flour and fizzy drinks. **Neutral foodstuffs** such as water, butter and millet, which are virtually acid-base balanced, form a fourth category.



Our digestion and the rhythm of the day

There is an old saying that goes: “Eat breakfast like an emperor, lunch like a king and dinner like a pauper”. This recommendation really is in tune with the digestive inner clock. Our digestive apparatus completes its work in a masterful way in the morning, but performance drops as evening approaches. At the end of a stressful day, you are exhausted when you finally find the time to sit down at the dinner table. Your digestive system is just as tired. Large meals and stodgy fare will now prove too much of a strain. A complete and quick digestive process is no longer possible. Digestion will misfire, and fermentation and decomposition of the food you have eaten will take place instead. This procedure leads to the formation of acids and toxins which can cause inflammation. If we align our mealtimes to the natural daily flow of our digestive system, then we will enhance our sense of well-being. We will also be making a major contribution towards protecting our health.

Eating in a way which harmonises with your own digestive capacity

- **Eat as early as possible in the evening. Opt for dishes which are easy to digest and make dinner the smallest meal of the day.**
- **Raw food which is likely to ferment such as salads and fruit should be eaten before 4pm. Combine**

these foods with a hot lunch.

- **Restrict yourself to two and no more than three main meals a day. Between mealtimes, allow your body four to five hours to digest the food fully.**

V

The rule of thumb which applies in everyday life is 70 percent vegetables and 30 percent made up of protein (= acid formers) and cereals (= alkali predators).



Tip

- animal protein should ideally only be consumed as a main meal every other day. Like dairy products, it

should not be eaten on a daily basis. Try to have one vegetarian meal a day and one vegetarian day a week. Vegan is another option.