

A FREE GIFT

Nourish *and* Return

Slow food and gentle breath to help your body land, soften and feel safe again

Simmer Down

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Golden Light with Amanda · Simmer Down

WELCOME

Welcome home to your body

After a breath journey the body is often wide open, tender and a little raw, as though every layer has been gently stirred, and in the hours and days that follow it is asking for one simple thing above all else, which is to feel safe enough to land.

I have always believed that one of the kindest ways to offer that safety is through warm, slow, nourishing food, the kind that has simmered quietly on the stove for hours and fills the kitchen with the smell of ginger, garlic and rosemary, because the body understands warmth and slowness long before the mind does.

When we eat food that is soft, warm and easy to digest, the belly can relax, the breath can deepen, and the nervous system receives a quiet message that there is time, that there is enough, and that it is allowed to rest.

These pages hold a few of the broths and slow cooked meals I return to again and again, along with some simple breath practices to weave through your cooking and eating, so that the care you began in our journey together can keep unfolding at your own table.

With love, Amanda

THE HEART OF IT

Cooking with intention

The way we cook matters just as much as what we cook, because food prepared in a hurry, with a tight jaw and a racing mind, carries something very different from food prepared slowly, with presence and with love.

Before you begin, take a moment to pause with your ingredients and feel gratitude for where they came from, for the soil and the rain, for the farmer, for the animal if there is one, and for the hands that carried this food all the way to your kitchen.

As you prepare, let the chopping become a kind of meditation, noticing the weight of the knife in your hand, the scent of the onion and the ginger, the colours of the carrots and the herbs, and letting your breath slow down to match the rhythm of your hands.

As it cooks, you might quietly set an intention for what this food will offer you, perhaps warmth, comfort, steadiness or a feeling of being held, knowing that love really does find its way into the pot.

As you eat, sit down, put your phone away, take a breath before the first mouthful, and let yourself taste, chew slowly and receive, because digestion begins long before food reaches the belly, with the smell, the sight and the anticipation of a warm meal.

As you digest, give yourself a little stillness afterwards rather than rushing straight back into the day, resting a hand on your belly if that feels good and simply letting the body do its quiet, wise work.

When we are intentional as we cook, intentional as we eat and intentional as we digest, every meal becomes a small ritual of coming home.



BEFORE YOU BEGIN

How to breathe

Before you try the practices, it helps to feel how the breath moves through your body. There is no wrong way to breathe, only a slower, gentler way we can keep coming back to.

Breathing in

The air comes in through your nose, your diaphragm drops down like a parachute opening, and your belly softly rises.

Breathing out

Your diaphragm lifts back up, your belly gently falls, and your whole body is given the chance to let go.

Why through the nose

Breathing through your nose slows and warms the breath, and helps your body stay calm and steady.

Why a longer breath out

A slow, long breath out is one of the clearest signals we can send our nervous system that we are safe and can rest.

A simple check

Rest one hand on your chest and one hand on your belly. As you breathe, let the hand on your belly rise and fall more than the hand on your chest. That is your body breathing deeply and calmly.

A gentle note for every practice: if you ever feel light headed or uncomfortable, let your breath return to its natural rhythm. You can always shorten the counts, for example in for 3 and out for 5, until it feels easy.



BREATH ONE · MORNING

The morning breath

Even breathing, in for 4, out for 4

What it does: breathing in and out for the same count gently steadies the nervous system, so you begin the day feeling calm and clear rather than rushed or scattered.

How to do it

1. Sit up in bed or by a window, with your feet resting on the floor and your spine tall but soft.
2. Place one hand on your belly and let your shoulders drop.
3. Breathe in slowly through your nose for a count of 4, feeling your belly rise into your hand.
4. Breathe out slowly through your nose for a count of 4, feeling your belly gently fall.
5. Repeat for 10 rounds, or about 2 to 3 minutes.
6. On your final breath, quietly set an intention for how you would like to feel today.

THE RHYTHM OF THIS BREATH



BREATHE IN · 4 BREATHE OUT · 4

Each morning before you reach for your phone, ideally with a mug of golden tea



BREATH TWO · EVERY MEAL

The pause before eating

Three slow breaths, in for 4, out for 6

What it does: digestion can only work well when the body feels safe. A few slow breaths before your first mouthful move you out of rush and into rest and digest, so your body can truly receive your food.

How to do it

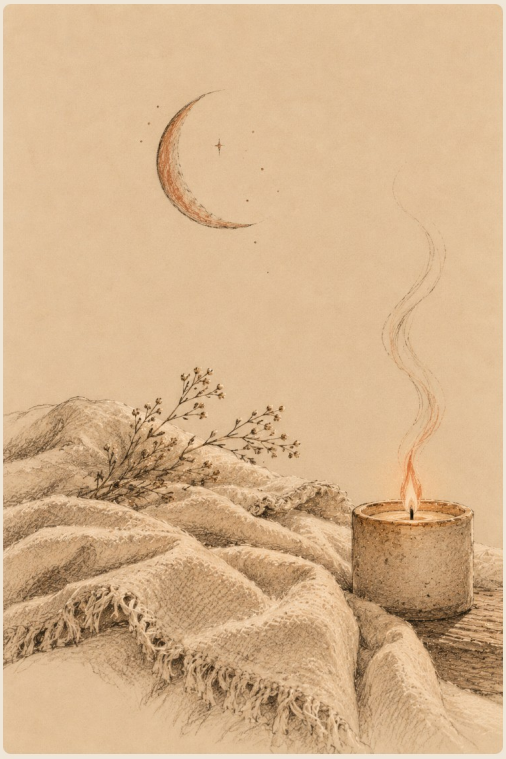
1. Sit down with your bowl in front of you and rest your hands either side of it, or one hand on your belly.
2. **First breath:** breathe in through your nose for 4, out through your mouth for 6, and simply arrive.
3. **Second breath:** breathe in for 4, letting yourself smell your food, then out for 6.
4. **Third breath:** breathe in for 4, then out for 6, offering a quiet thank you.
5. Lift your spoon and eat slowly.

THE RHYTHM OF THIS BREATH



BREATHE IN · 4 BREATHE OUT · 6

Before every meal, even a rushed one



BREATH THREE · EVENING

The evening breath

In for 4, hold for 2, out for 7

What it does: when your breath out is longer than your breath in, it tells the body that it is safe to slow down, helping a busy mind and a buzzing body soften towards sleep.

How to do it

1. Lie down on your back and get comfortable, with a pillow under your knees if you like.
2. Rest one hand on your heart and one hand on your belly.
3. Breathe in gently through your nose for a count of 4.
4. Hold the breath softly for a count of 2, without straining.
5. Breathe out slowly through your mouth for a count of 7, as though you are letting out a long, quiet sigh.
6. Repeat for 5 to 10 minutes, letting each breath out melt you a little further into the bed.
7. If your mind wanders, simply return to counting and the warmth of your own hands.

THE RHYTHM OF THIS BREATH



At bedtime, or any time your body feels wired or unable to switch off



A GENTLE START · MAKES 2 MUGS

Golden morning tea

This is a gentle, sunny way to wake the body and kindle your digestion before the day begins, and the black pepper is there for good reason, because it helps the body make better use of the turmeric.

Ingredients

- 500 ml water
- A thumb of fresh turmeric, finely sliced, or 1 tsp ground turmeric
- A thumb of fresh ginger, finely sliced
- A good pinch of freshly cracked black pepper
- 1 cinnamon stick (optional)
- A squeeze of lemon
- 1 to 2 tsp raw honey, to taste

Method

1. Place the water, turmeric, ginger, pepper and cinnamon in a small saucepan and bring to a gentle simmer.
2. Let it steep over a low heat for 10 minutes, breathing in the warm, spicy steam as it rises.
3. Strain into your mugs, then stir in the lemon and honey once it has cooled slightly, so the honey keeps all its goodness.

For a creamier version, swap half the water for warm milk or oat milk, and you have something close to a soft golden latte.



BROTH ONE · MAKES ABOUT 3 LITRES

Golden chicken broth

This is the broth I make more than anything else, and I love to load it with as much flavour as I can find, because every herb and root adds its own little layer of warmth. You can roast the bones first for a deep, rich, golden broth, or put them straight into the pot for a lighter, cleaner white broth, and both are beautiful. If you simply want a clear, sippable broth, use chicken frames or necks, and if you would like something more nourishing with meat to eat alongside, use wings or drumsticks, which is how I most love to make it.

For a roasted broth

Spread the bones, onion and carrots on a tray and roast at 200°C for 40 to 45 minutes until deeply golden, then tip everything into your pot, pouring a little hot water onto the tray to lift all those sticky caramelised bits.

For a white broth

Simply place the raw bones straight into the pot.

Ingredients and method

Ingredients

- 1.5 kg chicken frames or necks for a pure broth, or chicken wings or drumsticks if you would like tender meat to enjoy with it (a couple of chicken feet add lovely body if you can find them)
- 1 brown onion, peeled and halved
- 2 carrots, roughly chopped
- 2 celery sticks, roughly chopped
- 1 whole head of garlic, halved crossways
- A thumb of fresh ginger, sliced
- A thumb of fresh turmeric, sliced, or 1 tsp ground turmeric
- 1 tsp black peppercorns
- 3 bay leaves
- A few sprigs each of thyme, rosemary and parsley
- 1 tbsp apple cider vinegar
- About 4 litres of cold water
- Salt, to season at the end

Method

1. Add all the remaining ingredients to the pot and cover with the cold water.
2. Bring slowly to a gentle simmer, skimming away any foam that rises in the first half hour.
3. Keep it at the barest simmer, with just a few lazy bubbles, for 4 to 6 hours on the stove, 10 to 12 hours in a slow cooker on low, or 2 hours in a pressure cooker on high.
4. If you used wings or drumsticks, lift them out, pull the tender meat from the bones and set it aside to enjoy in your bowl, then strain the broth through a fine sieve, season gently with salt, and sip it from a mug or use it as the base for soups, stews and your dal.

Keeping it safe

Cool your broth quickly by sitting the pot in a sink of cold water, then refrigerate within an hour or two. It keeps for 3 to 4 days in the fridge or about 3 months in the freezer, and the layer of fat that sets on top helps protect it until you are ready to use it.



BROTH TWO · MAKES ABOUT 2 LITRES

Mushroom and ginger broth

This is a deeply earthy, grounding broth inspired by Japanese dashi, with the savoury depth of shiitake, the warmth of ginger and the gentle saltiness of tamari, and it is a beautiful choice for anyone who does not eat meat or simply wants something lighter.

To serve

Ladle it over soft noodles with wilted greens, a soft boiled egg and a scattering of spring onion, or simply sip it warm from a mug. It keeps for 4 to 5 days in the fridge or 3 months in the freezer.

Ingredients and method

Ingredients

- 30 g dried shiitake mushrooms
- 400 g fresh mushrooms, such as Swiss brown, shiitake or oyster, sliced
- 1 tbsp sesame oil
- 1 brown onion, roughly chopped
- 4 garlic cloves, smashed
- A large thumb of fresh ginger, sliced
- 4 spring onions, cut into lengths
- 1 star anise
- ½ tsp white peppercorns
- 60 ml tamari, plus more to taste
- 2 tbsp mirin
- 1 small piece of kombu (optional, for a more traditional dashi flavour)
- About 2.5 litres of water

Method

1. Soak the dried shiitake in 500 ml of warm water for 30 minutes, then keep both the mushrooms and their dark, fragrant soaking liquid.
2. Warm the sesame oil in a large pot and gently cook the onion, garlic, ginger and fresh mushrooms for 10 minutes, until they soften and begin to colour.
3. Add the soaked shiitake and their liquid, the spring onion, star anise, white peppercorns, kombu if using, and the rest of the water.
4. Bring to a gentle simmer and let it bubble softly for 1 hour on the stove, 6 to 8 hours in a slow cooker on low, or 30 minutes in a pressure cooker on high. If using kombu, lift it out after the first 15 minutes so it does not turn bitter.
5. Strain, then stir through the tamari and mirin, tasting as you go until it feels perfectly balanced to you.

When your bowl is ready, try the pause before eating on page 6



A SLOW COOKED MEAL · SERVES 4

Green lentil dal

I make my dal with the little French green lentils, which hold their shape and have a lovely nutty earthiness, though any lentils will work. The spices here have been used for generations to support digestion, and it is the gentle blooming of them in warm oil at the start that fills the kitchen with that comforting smell.

Spices that love your belly

Cumin	Long used to ease bloating and sluggish digestion, and even the aroma of it toasting gently wakes up the digestive juices.
Coriander seed	Soft and cooling, and traditionally used to settle an unsettled tummy.
Fennel seed	A classic after meal digestive across India, loved for easing wind and bloating.
Ginger	One of the most studied foods for easing nausea and helping food move gently through the gut.
Turmeric	With a little black pepper, it brings warmth, colour and gentle comfort.

Why I soak my lentils

A couple of hours before cooking, I cover my lentils in plenty of cool water and let them sit, then drain and rinse them well. Soaking softens them and helps make them gentler on the belly, so they are easier to digest and cook a little more evenly.

Ingredients and method

Ingredients

- 300 g French green lentils, soaked for 2 to 3 hours, then drained and rinsed
- 2 tbsp ghee or olive oil
- 1 tsp cumin seeds
- 1 tsp fennel seeds
- 1 brown onion, finely diced
- 2 carrots, diced
- 2 celery sticks, diced
- 4 garlic cloves, finely chopped
- A thumb of fresh ginger, grated
- 2 tsp ground coriander
- 1 tsp ground turmeric
- ½ tsp freshly cracked black pepper
- 2 fresh tomatoes, chopped
- 1.2 litres of your golden chicken broth or water
- 1 small sweet potato or a few handfuls of pumpkin, diced
- A handful of spinach or silverbeet
- Salt, lemon juice and fresh coriander to finish

Method

1. Warm the ghee in a heavy pot over a medium heat, add the cumin and fennel seeds, and let them sizzle for about 30 seconds until fragrant.
2. Add the onion, carrot and celery and cook gently for 10 minutes until soft and sweet, then add the garlic, ginger and ground spices, stirring for another minute.
3. Stir in the tomatoes and let them collapse for a few minutes, then add the soaked lentils, the sweet potato or pumpkin, and the broth.
4. Simmer gently, partly covered, for 30 to 40 minutes until the lentils are tender and creamy, adding a little more liquid if it becomes too thick. In a slow cooker this takes about 6 hours on low, or 12 minutes in a pressure cooker on high.
5. Stir through the greens until they wilt, then season with salt and a squeeze of lemon, and scatter with fresh coriander.

Serve it in a warm bowl with rice or flatbread and a spoonful of yoghurt, and take it slowly.



A SLOW COOKED MEAL · SERVES 6

Slow braised beef or lamb with rosemary

This is the meal that feels like being wrapped in a blanket, with meat that falls apart at the touch of a spoon, a rich tomato and red wine sauce, and so much rosemary that the whole house smells of it.

To serve alongside

Root vegetables such as potato, sweet potato, parsnip or pumpkin, roasted or steamed separately, or a soft mash or polenta.

Ingredients and method

Ingredients

- 1.5 kg beef osso buco, or lamb shoulder or lamb necks (any cut that loves long, slow cooking will work beautifully)
- 2 tbsp olive oil
- 2 brown onions, diced
- 6 garlic cloves, sliced
- 2 carrots, cut into chunks
- 2 celery sticks, sliced
- 1 tsp ground turmeric
- 4 fresh tomatoes, chopped
- 1 tbsp tomato paste (optional, as it can feel a little heavy for some people)
- 250 ml red wine
- 500 ml beef or chicken broth
- A big handful of rosemary sprigs, plus a few bay leaves
- Salt and freshly cracked black pepper

Method

1. Season the meat well and brown it in batches in the olive oil over a high heat, taking your time so each piece gets a deep golden crust, then set it aside.
2. Lower the heat and add the onion, garlic, carrot and celery, cooking gently for 10 minutes until soft, then stir in the turmeric, and the tomato paste if using, for a minute.
3. Pour in the red wine to deglaze, scraping up every bit of flavour from the bottom of the pot, and let it bubble for a couple of minutes.
4. Add the fresh tomatoes, broth, rosemary and bay leaves, then return the meat and its juices to the pot.
5. Cover and cook very gently for 2½ to 3 hours on the stove or in a 150°C oven, 8 hours in a slow cooker on low, or 45 minutes in a pressure cooker on high, until the meat is falling from the bone.
6. Fish out the rosemary stalks and bay leaves, taste, and season.
7. While it finishes, roast or steam your root vegetables separately so they stay tender and hold their shape.

Serve it in deep bowls with your vegetables, mash or polenta alongside, and know that it is always even better the next day.

INTEGRATION

Gentle days after a journey

In the days after breathwork, be as kind to yourself as you would be to someone you love who has just been through something big.

- Drink plenty of water and warm drinks, and begin your mornings with a mug of broth or golden tea.
- Choose food that is warm, soft and simple, and eat slowly, sitting down.
- Rest when you can, and give yourself permission to do a little less.
- Spend time outside with your bare feet on the earth, in the sun, or by the water.
- Notice whatever moves through you, emotions, memories or tiredness, and let it pass without needing to fix or understand it.
- Return to the evening breath on page 7 whenever the body needs reminding that it is safe.

Stay connected

Thank you for sharing your breath with me. I would love to breathe with you again at a circle, an immersion or a private session, and you can always find me on Instagram or reach me by email.

With love and warmth, Amanda

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This booklet is offered as gentle support and does not replace advice from your doctor or health practitioner.