

Take one Placenta

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Introduction

The human placenta, is an organ meat, and can be treated in meat dishes as such. Be cautioned, that as with any uncontrolled meat source (i.e. hunting or scavenged meat) blood borne disease can be transmitted, and may remain in the meat for some time. It's therefore imperative to take careful food preparation into account.

Consuming the placenta after birth, is believed to provide several benefits to the new mother, including increased vitamin K levels, reduced risk of post partum haemorrhage, and the restoration of strength and energy after the birth.

The placenta is similar in texture to heart, except a little more spongy. To prepare a placenta, cut away the membranes with a sharp knife, wash if you choose, and treat it with the same food hygiene standards you would any other meat.

Placenta Bolognese

Ingredients:

- 500 grams of fresh human placenta minced
- 1 onion minced
- 100g Bacon minced.
- 1 Capsicum diced finely
- 1 clove of garlic minced
- 1 tin of chopped tomatoes.
- 2 tablespoons of tomato paste
- 1 tablespoon Olive oil for frying

Method:

1. Heat olive oil in a pan
2. Brown the placenta mince and bacon with the onions and garlic
3. Toss in the other vegies, and sauté until tender
4. Add the tinned tomatoes and tomato paste
5. Bring to the boil
6. Simmer for approximately 5 minutes – if the consistency isn't what you desire, you can add a bit of water.

Placenta Meatballs

- 500 grams of fresh human placenta minced
- 1 onion minced
- 100g Bacon minced.
- 1 clove of garlic minced
- 1 cup of breadcrumbs
- 1 teaspoon of cumin
- 1 teaspoon of dried coriander
- 1 egg to bind.

Method:

1. Combine all ingredients in a bowl, mix well
2. Shape the mixture into ping pong sized meatballs.
3. Arrange on a baking tray, and bake in a medium oven (180 C) for approx 30 minutes, or until cooked through.

Placenta Meatloaf

- 500 grams of fresh human placenta minced
- 1 onion minced
- 1 zucchini grated
- 1 carrot grated
- ½ capsicum chopped finely
- 100g Bacon minced.
- 1 cup of breadcrumbs
- 1 egg to bind
- Worcestershire sauce to taste

Method:

1. Combine all ingredients in a bowl, and mix until well combined
2. Press into a loaf tin, and bake in the oven at 180 for approx 45 minutes, until cooked through
3. Turn out onto a resting plate, drizzle with a little extra sauce, and serve after 5 minutes.

Placenta Sausages

Ingredients:

- 250 grams of fresh human placenta minced
- Sausage skin from a butcher – enough for 1 dozen sausages
- 1 onion minced
- 100g Bacon minced.
- Olive oil for frying

Method:

1. Combine placenta, bacon, onion in a bowl and mix.
2. Spoon the meat mixture into the sausage skins, and twist off to create sausages
3. Heat olive oil on a barbecue, or in a pan
4. Fry sausages until cooked through.
5. Serve with mashed potato and salad

Spicy Placenta Noodles

Ingredients:

- 250 grams of fresh human placenta, chopped into fine strips
- 1 onion
- 2 cloves of garlic, chopped.
- 1 tablespoon of olive oil
- rosemary
- salt
- pepper
- cumin
- rice noodles
- red chile
- Shallots or green onion.

Method:

1. Prepare rice noodles as to packet instructions
2. Sauté onion in olive oil until it is transparent.
3. Add chopped garlic.
4. Toss in placenta, and cook quickly
5. Add a dash of fresh rosemary and 1/2 teaspoon of cumin.
6. Add a pinch of salt and ground pepper to taste.
7. Serve on a bed of rice noodles and garnish with thin slices of red capsicum and shallots.

Placenta Cocktail

This recipe is best made within minutes of the placenta being birthed, as it contains raw meat.

Ingredients:

- 1 cup of placenta meat
- 1 cup of V8 veggie juice (Or similar)
- ½ cup of orange juice
- ½ cup of ice

Method:

1. Whizz all ingredients in a blender until smooth.
2. Drink.

Dehydrating your placenta

Ingredients:

- Prepared placenta (remove membranes with a sharp knife)
- 1 handful of lemon grass
- 1 tablespoon of ginger, grated.

Method:

1. Place the placenta in a steamer, and steam with herbs like Lemon Grass, and Ginger in the steaming water. Steam the placenta until no more blood comes out when it's pierced with a fork.
2. Cut the placenta into thin slices and bake in a very low-heat oven until it is dry and crumbly (several hours).
3. Crush the placenta into a powder in a food processor, or using a mortar and pestal.
4. Put the powder into empty gel caps (available at chemists) or take the powder by the spoonful in juice.