

HOME MADE CAT FOOD RECIPES



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HEALTHY POWDER

Can be added to either home-made, or purchased cat food to keep your cat healthy

2 cups nutritional (torula) yeast
1 cup lecithin granules
1/4 cup kelp powder
1/4 cup bonemeal (or 9,000 milligrams calcium or 5 teaspoons eggshell powder)
1,000 milligrams vitamin C (ground) or 1/4 teaspoon sodium ascorbate (optional)

Mix all the ingredients together in a 1-quart container and refrigerate.
Add 1-2 teaspoons per day to food

CAT'S BREAKFAST

CHEESY EGGS

3 eggs
2 tbl. milk
3 tbl. grated cheese
1 tbl. margarine

Beat eggs and yolks together.
Stir in the grated cheese.
Melt the margarine in a frying pan until sizzling.
Add the egg mixture, stirring continuously until cooked.

MEOWSLI

1 tablespoon oats
1/2 banana, mashed
2 tablespoon plain yogurt
1/2 cup orange juice
1/4 apple, chopped
2 ounces berries in season

Mix oats and bananas, blending well.
Add yogurt, orange juice and apple immediately to prevent browning.
Mash berries and add to mixture.
Serve in small portions (1 tablespoon per cat); too much fruit can cause diarrhea in a digestive system that is not used to it.

SOUPS

BEEF AND VEGGIE BROTH

1/2 cup raw trimmed beef
A few tablespoons of beef broth
2 tablespoons cooked oatmeal
1 tablespoon dried barley grass powder (Find at a pet food store)
1 cooked minced veggie (Your cat's favorite - Carrots are often a favorite)

Cook raw trimmed beef in just enough broth to cover, over medium to low heat. When beef is cooked thru shred with fork and mix with the broth in which it was cooked. Add the minced veggie and the barley grass powder. Stir well. Last add the oatmeal to achieve the consistency that your cat likes. This is a good cat food recipe for indoor pets

CHICKEN SOUP

1 chicken liver
1 giblet
1 chicken heart
1 chicken neck
2 cups water
1 tablespoon finely chopped parsley.

Combine the ingredients. Cover and simmer until the giblet is tender.
Grind the meat in the blender.

SARDINE SOUP

2 canned sardines
Pat of butter
1 cup water
Few stalks of watercress
Fish sauce (optional)

Put the sardines and the pat of butter into a heavy-based frying-pan and place on a medium heat.
As the pan warms and the butter melts, mash the sardines into it.
When the butter has completely melted, pour in the water and stir as it comes to a boil.
Thoroughly shred the watercress and toss into the pan.
Remove the pan from the heat and allow to cool.
Puree, and add a dash of fish sauce.

SALADS

BETTER THAN GRASS SALAD

1 small carrot peeled and grated
1/4 cup peeled and grated zucchini
1/2 cup chopped alfalfa sprouts
1 tsp. finely chopped parsley
1/8 cup chicken stock
1/4 tsp dried or fresh catnip

Combine veggies in a medium bowl.
Add chicken stock and toss.
Sprinkle with catnip and serve at room temperature.
Store left-overs in the refrigerator for up to 3 days.

BASIC HOMECOOKED MEALS

Home cooked Meal for Kitty

Meat - Ground beef, lamb, chicken, turkey - NO pork - (the coarser the ground, the better).

For each pound take 6 oz of spring water (or low salt broth) add 4 drops grapefruit seed extract and mix into meat.

Add water and/or broth until you get the consistency of thick chili.

Per each pound of raw meat add:

Approximately 2 cups fresh (uncooked or very lightly steamed) vegetables (finely chopped in the food processor) - for example, carrots, zucchini, etc. (Tip: carrots are good to start with - they are sweet).

Approximately 2 cups cooked grains (finely chopped in the food processor) - examples include rice, cereal, leftover potatoes, and oatmeal.

Kitty Bloom brand calcium supplement per package directions (including adding the salt) and Kitty Bloom brand vitamin supplement per package directions.

You can substitute bone meal or other calcium

Two or three times a week add some coat supplement.

If stools get too loose, cut back on oil.

Optional:

1T aloe vera juice (no sodium benzoate and not during pregnancy). This is very helpful for any digestive problems and/or allergies.

Sprinkle acidophilus over food at mealtime. Especially helpful for cats who have been recently on antibiotics or have had any sort of digestive problem.

Sprinkle some Florzayme or Prozyme over meal just before serving... especially helpful when changing a cat over to fresh food from commercial food.

Feed at least twice a day.

You may freeze or keep in the refrigerator for up to 3 days.

HOMEMADE MEAL 2

1/4 pound liver (beef, chicken or pork only)

2 large hard-cooked eggs

2 cups cooked white rice without salt

1 tablespoon vegetable oil

1 teaspoon (5 grams) calcium carbonate

1/8 teaspoon potassium chloride (salt substitute)

Also add a balanced supplement which fulfills the feline MDR for all vitamins and trace minerals and 250mg taurine / day.

Dice and braise the meat, retaining fat.

Combine all ingredients and mix well.

This mixture is somewhat dry and the palatability may be improved by adding some water.

CHICKEN RECIPES

CHICKEN AND PASTA STEW

2 packages ground chicken (Or turkey)
2-3 small carrots, cooked
2-3 cups macaroni (Cooked)
2 tablespoons vegetable oil
Garlic

Boil the macaroni until tender.
Cook up the chicken in a frying pan.
Mix everything together in food processor.
Add the oil and the garlic.
Mix well.

CHICKEN AND SARDINES

1 can sardines in olive oil
1/4 cup whole grain bread crumbs
1 egg, beaten
1/2 tsp brewer's yeast
2 cooked chicken drumsticks, bones removed

Drain the sardines, reserving the olive oil, and mash.
Mix in the bread crumbs, egg and yeast to an even, gooey consistency.
Coat the chicken drumsticks evenly in the mixture.
Heat the reserved olive oil in a frying pan then add the coated drumsticks and fry, turning frequently, until brown.
Remove from the heat, and cool before serving.

CHICKEN CHEESEBURGER

2 oz finely ground beef
2 oz finely ground chicken
1 tbl canned thick chicken soup
2 oz whole grain bread crumbs or oatmeal
1 baby carrot, cooked until soft
1 egg
1/2 cup grated cheese

Mash the meat and chicken with the soup then add the bread crumbs or oatmeal, mushy carrot and egg.
Make into two small burgers and broil (leaving much rarer than you would for yourself).
Sprinkle with grated cheese and broil again until the cheese is melted.
Allow to cool until warm to the touch, and serve.

CHICKEN LIVER RISOTTO

Cooked chopped chicken liver for about ten minutes in a well-flavored stock.
Stir into plain boiled rice and serve sprinkled with chopped mint or parsley.

BEEF RECIPES

FELINE HASH

1 cup cooked ground beef
1/2 cup cooked brown rice
6 tbl. alfalfa sprouts
3/4 cup cream-style cottage cheese

Mix the ingredients together and serve.

LIVER RECIPES

CHEESY LIVER

1/3 cup cottage cheese
2 tbl Bisquick
1 tbl chopped liver
1 tbl corn oil
1 Dash iodized salt

Mix all together for 1-2 delicious cat servings

SAUTEED LIVER

Heat 1 teaspoon corn oil in a pan.
Add 1/4 lb. beef liver and fry on both sides until cooked but not dry inside.
Add 1/2 cup water to the pan and mix it up with all the brown bits.
Grind the liver in a blender, using the pan juices.

CHEESE RECIPES

CHEESE PLEASE

1/2 cup grated cheese
2 tbl plain yogurt or sour cream
A little oatmeal
2 tbl margarine or low-fat spread

Serves one

Mash all of the ingredients together, adding them in the order indicated above, and serve cold.
No cooking is required for this dish.
Some cats will not take to this dish as it is not meat based: others will love it.

FISH RECIPES

CRISPY TROUT DINNER

1 egg yolk
1 small trout fillet
3 tbl oatmeal
1 tbl vegetable oil

Preheat the oven to 350 degrees.

Beat the egg, dip the fish in it, and then coat it with oatmeal.

Put the oil in a small baking pan and lay the fillet in it, turning it over once or twice.

Bake for 15 minutes, turn over and bake for 15 minutes more.

Remove the fish to a dish, allow to cool.

Cut into bite-sized pieces.

Serving suggestion: if it looks a little dry, add a dash of cream.

FABULOUS FISHBALLS

3 baby carrots, cooked until soft
16 oz canned tuna in olive oil, drained
2 oz cooked herring, skin removed
2 tbl whole grain bread crumbs or oatmeal
2-3 tbl grated cheese
2 tsp brewer's yeast
Several pinches of chopped catnip
1 egg, beaten
2 tbl tomato paste (not ketchup)

Preheat the oven to 350*.

Mash the carrots with the fish, bread crumbs or oatmeal, cheese, brewer's yeast, catnip, egg and tomato paste to an even paste.

Mold into small balls and put on a greased baking tray.

Bake for 15-20 minutes, checking frequently: the fish balls should be golden brown and feel firm.

Cool thoroughly.

KIPPER SUPREME

4 oz cooked kipper
1 cup leftover cooked root vegetables
2 eggs
a little milk
1/2 cup grated cheese

Preheat the oven to 325 degrees*.

Mash together the fish and vegetables.

Put the mixture into an oiled baking pan.

Beat the eggs, milk and cheese together, and pour on top of the fish mixture.

Bake for about 20 minutes, until the outside is firm but the inside is reasonably soft.

Remove from the oven and allow to cool.

KITTY HEAVEN (SARDINES AND RICE)

2 cups flat cans of sardines in oil
2/3 cup cooked rice
1 tbl liver
1/4 cup parsley, chopped

Combine all ingredients.
Stir with a wooden spoon to break up sardines into bite-sized pieces.
Store unused portion in refrigerator, tightly covered.

KEDGEREE

1/3 cup white rice
1 tbl margarine or low-fat spread
3oz canned tuna or smoked mackerel, skinned and boned
1/2 hard-boiled egg, shelled and finely chopped
Yolk of 1 egg
1/2 tbl pouring cream

Cook and drain the rice.
While the rice is cooking, gently fry the chopped tomato in the margarine until soft.
Add the fish and the egg and continue cooking, stirring all the time with a wooden spoon.
Mix the rice, still over the heat, and stir everything seems steamy hot.
Blend in the egg yolk, then the cream.
After a last few stirs, tip onto a plate and allow to cool.

MACKEREL MAGIC

2 slices of unsmoked bacon, broiled
1 cup cooked brown rice
2 tsp soy sauce, Worcestershire or fish sauce
1 fresh mackerel, headed, tailed, cleaned and scaled

Chop the bacon up small and mix with the rice, adding the sauce in dashes as you go.
Broil the mackerel on both sides until crispy brown.
Allow to cool, then split it along the stomach and gently open it out.
Bone, working from the head to tail.
Fill with the rice and bacon mixture, close over the sides of the mackerel and serve.

SU-PURR SALMON PATE

1 (6 ounce) can boneless, skinless salmon
1/4 cup bread crumbs
1/2 cup finely chopped celery
1 egg, beaten
1 envelope unflavored gelatin
1/2 cup water

Preheat oven to 325 degrees F.
Combine all ingredients and mix well.
Pack into a small fish-shaped mold (or other small mold) and bake for 45 minutes.
Serve at room temperature.

SALMON MOUSE MOUSSE

4 oz cooked salmon, skin and bones removed
1/2 cup skimmed milk
1 tbl margarine, softened or low fat spread, creamed
1 drop red food coloring
Several cooked, shelled shrimp
Up to 1/2 cup prepared gelatin

Mash the cooked salmon and gradually add the milk; alternatively put the cooked salmon and the milk in a blender or food processor and process until creamy.

Stir in the margarine or low-fat spread, add the food coloring, and beat vigorously until stiff.

Put in a glass bowl or a mold so that the mixture fills it by three-quarters.

Chill for 20 minutes, then decorated with the cooked shrimp, and pour on just enough heated gelatin to cover them.

Once this layer has set, add further gelatin to taste and leave for an hour in a cool place or the fridge.

To serve, turn the mousse out onto a plate and divide into portions.

TUNA PATTIES

1 can tuna
1/2 cup boiled rice
1/4 cup pureed liver
2-3 sprigs parsley chopped

Drain the tuna and mix everything together.

Make 6-7 balls and then pat them into patties.

Store in the fridge and serve to your cat.

This is one cat treat recipe that your feline friend won't be finicky about.

FISH PUDDING

1 cup leftover fish
1/2 cup water
About 1/2 cup bread crumbs

Shred fish, warm in water add bread crumbs.

Until thick, stir and cook about a minute or two serve warm.

May also be put on dry cat food as a dinner treat.

AROMATIC FISH

Place fillets of whiting or coaly in a foil parcel.

Pour over a little milk, season, and sprinkle with finely chopped coriander.

Bake in the oven for 20 minutes on a medium heat.

When cooked, flake, removing bones, and serve with the cooking liquid poured over.

Garnish with coriander

YOU GOTTA HAVE SOLE

1/2 lb fillet of sole
2 tbl onion, chopped
2 tbl parsley, chopped
salt and pepper
water
1 tbl butter
1 tbl flour
1/2 cup milk
1/4 cup cheddar cheese, grated
2 tbl liver
1/2 teaspoon iodized salt
2/3 cup cooked noodles, cut into kitty-bite-size pieces (or cooked rice)

Put sole in a small, greased baking disk.
Sprinkle with onion, parsley, and a dash of salt and pepper.
Add enough water to just cover the bottom of the dish.
Cook in a preheated 450 oven for 10 minutes.
Remove from oven, cool, and cut into kitty-bit-size pieces.
Melt butter in small saucepan.
Stir in flour and heat until bubbling.
Gradually stir in milk and cook, stirring constantly until mixture thickens.
Add cheese, liver, and salt; stir until cheese has melted. **DO NOT BOIL.**
Add chopped fish and noodles to cheese sauce and stir well.
Cool and serve.
Yields 4 to 6 servings.
Store unused portions in an airtight container and keep refrigerated.

YOUR KITTY'S KIBBLES

3 cups whole wheat flour
2 cups soy flour
1 cup wheat germ
1 cup cornmeal
1 cup nonfat dry milk
1/2 cup brewer's yeast
1 (15 ounce) can mackerel
5 tablespoons vegetable oil
1 tablespoon cod liver oil
2 cups of water or as needed

Preheat oven to 350 degrees.
Mix all the dry ingredients in a large bowl. In another bowl, mash the mackerel into small pieces.
Mix in the oil and water.
Add the mackerel mixture to the dry ingredients and mix thoroughly.
The dough is tough, so use your hands.
Roll dough out to about 1/4" thickness and cut into 1/4" bits, using a knife or pizza cutter.
Mound the bits onto greased cookie sheets and bake for 25 minutes.
During baking, occasionally toss the bits with two wooden spoons, so they brown evenly.
Turn the heat off and allow the treats to cool thoroughly before removing and storing in an airtight container in the refrigerator.
This recipe freezes very well for longer storage.

MISC. RECIPES

CAT JELLY

A lovely recipe for cats and an instant hit with cats too!

3 cups chicken broth
4-1/2 tbl flour
1/4 cup carrots --diced into small cubes
3/4 cup minced meat (cooked) pieces of fish- optional, but it would be better to use this (COOKED)

After the chicken broth has been made, allow it too cool for around 2 minutes.

Add all the flour and mix.

Some flour might not dissolve but this is absolutely no problem (It will when you heat the mixture later on).

Heat broth and flour mixture on high heat until a thick creamy mixture is formed. Immediately add all other ingredients and pour all contents of this meal into the cat's container.

Allow it to set into jelly like substance with the carrots, minced meat and fish suspended in it.

Serve to the cat.

POTATOES AU FELINE

3 cups boiled sliced potatoes
2 tbl grated vegetables
1/2 cup creamed cottage cheese
1 tbl Nutritional yeast
2 tbl grated carrots
1/4 cup whole milk
1/4 cup grated cheese

Layer the first 5 ingredients into a casserole dish.

Then pour the milk on top of all; sprinkle with cheese.

Bake about 15 minutes at 350F until cheese melts and slightly browns.

Serve cool.

As a potato substitute, you can use 3 cups of cooked oatmeal or 3 cups cooked brown rice

MEATY OATS

4 cups of rolled oats cook until soft, then add to the rest of the ingredients, which are fed raw.
2 eggs
2 pounds of minced lean beef, or other meats e.g. chicken, turkey, heart, rabbit or lamb
1 tablespoon of 'Supplement' powder (see below)
2 tablespoons of bonemeal or 4,000 mg Calcium or 2 teaspoons of eggshell powder
2 tablespoons of vegetable oil
10,000 i.u of Vitamin A from for example cod liver oil
150 i.u of Vitamin E
1 teaspoon of fresh raw vegetables e.g. carrot, spinach, herbs etc.

This will make about 12 cups of which you feed 1 to 2 cups a day depending on how large and active your cat is. Some liver can be added to the recipe but do not use just liver as the only meat.

SUPPLEMENT POWDER:

2 cups of nutritional yeast or brewers yeast
1/4 cup of Kelp powder
1 cup of Lecithin powder
1000 mg of Vitamin C (or 1/4 teaspoon of Sodium ascorbate)
Mix together and refrigerate and use in the above recipe.

GO INTERNATIONAL!!

CHICKEN STIR FRY

Dice raw chicken breast.

Heat oil in a wok or frying pan, and cook the meat quickly over a high flame, stirring all of the time.

When the chicken is almost cooked, stir in a few flaked almonds for added crunch.

Allow to cool and serve with a little plain boiled rice.

CANADIAN CAT RELISH

Simmer 500g (1lb) liver and 500g (1lb) white fish gently in water until cooked.

Soak one cup of dry cat-food in half a cup of tomato juice.

Drain the liver and fish, remove the bones, but save the liquid.

Place all ingredients, plus one teaspoon of cod liver oil, in a food processor, using the metal blade.

Use the saved liquid to adjust the consistency of the mixture to the cat's liking.

KITTY ROLL UPS

1 flour tortilla

1/8 cup chicken broth

1 cup ground chicken

1 teaspoon salt

1/8 cup of cream (low fat)

Mix up ground chicken with chicken broth inside the mixing bowl.

After these are mixed, pour the chicken onto the middle of the tortilla.

Add 1 teaspoon of salt and 1/8 cup of cream on top of the chicken.

Now roll up only two sides of the tortilla until they reach each other.

Fold the other sides on top of the rolled up sides until they touch.

Serve to your cat!

KITTY TACO

1/2 lb. ground beef

1 tablespoon tomato paste

1 teaspoon corn oil

1 corn tortilla, cut into kitty-bite-size pieces

1/2 teaspoon bone meal

1/2 teaspoon brewers' yeast

1/2 teaspoon iodized salt

2 tablespoons cheddar cheese, grated

Heat skillet and start browning ground beef.

When meat is half cooked, add bell pepper.

Cook the mixture until onions are translucent, and the meat golden brown.

On low heat, stir tomato paste, corn oil, chopped tortilla, bone meal, brewers' yeast, and salt.

Stir until heated through.

Cool and serve topped with grated cheese.

Yields 2-3 servings.

Store unused portions in an airtight container and keep refrigerated.

This may be fed to your cat once or twice a week.

SPECIAL OCCASSIONS

BIRTHDAY TREAT FOR KITTY

1 - 2 poached fish, preferably salmon, with the skin and bones removed
1 tsp. plain yogurt
Few drops of fresh lemon juice

Poach the fish.
Then mix the yogurt and lemon juice and serve over the cooked fish.

FELINE FEAST

1 cup of corn meal or Polenta (Cook with 4 cups of water and add to rest of the ingredients which are fed raw)
2 eggs
2 tablespoons of vegetable oil or butter. (Less if fatty meats are used)
2 pounds of minced meat red or white;(liver/heart/kidney/tripe) or fish or a combination.
4 tables spoons of 'Supplement' Powder (see below)
2 tablespoons of bonemeal (3,000 mg of Calcium or 1-3/4 teaspoon of eggshell powder
10,000 units of Vitamin A (fish oils)
150 i.u. Vitamin E
1 teaspoon of raw fresh veggies with each meal.
Feed 3/4 to 1-1/2 cups to your cat with each meal
Oats (2 cups before cooking) rice, or potatoes (4 cups cooked) can be used in place of corn as a grain substitute or a combination
Always add about 500 mg of Taurine to cat recipes if you cook the meats.

SUPPLEMENT POWDER:

2 cups of nutritional yeast or brewers yeast
1/4 cup of Kelp powder
1 cup of Lecithin powder
1000 mg of Vitamin C (or 1/4 teaspoon of Sodium ascorbate)
Mix together; refrigerate and use in the above recipe.

LUXURY MEALS

OEUF ROYALE

Lightly scramble an egg beaten with a tablespoon of milk, and stir in slivers of smoked salmon.

PRAWN TEMPTATION

Mix cooked prawns with plain yogurt and pile onto squares of toasted wholemeal bread.

SALMON DELIGHT

Remove the bones from canned salmon and mix with cooked pasta. Sprinkle cheese on the top and melt under the grill. Cool before serving.

STEAK TARTARE

Finely chop some fresh steak or mince, and serve raw. Raw meat should only be given as an occasional treat.

DESSERT

TUTTI FRUITTI

1 teaspoon cantaloupe, minced
1 teaspoon watermelon, minced
1 teaspoon seedless grapes, minced
2 teaspoons cottage cheese

Combine the fruit and cottage cheese in a bowl
Serve as a treat.