

Funkstar's Veggievores



Awesome Recipes For Men & Women
Who Like To Eat Great Tasting Food



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Who Like To Eat Great Tasting Food**

“Time for change, reality cooking for the living men & living women
of this beautiful realm we call Earth.

All the photographs you see in this book are taken of the actual recipe
cooked, not fake, made up photo-styling imagery done in a studio.

All you need are these recipes, the right ingredients, utensils and of
course a basic kitchen.

Cooking is not difficult ~ you just have to try it.

Impress yourself with these awesome recipes and be inspired to create
excellent food in your own kitchen adventure.

Have many successful enjoyable mealtimes.”

**Funkstar
Spring 2025**



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Abbreviations, Symbols & Settings

g	Gram
ml	Millilitre
tsp	Tea Spoon
ltr	Litre
tbsp	Table Spoon
°C	Degree Celsius
Hr	Hour
Min	Minute
1 Chilli 	Spicy
2 Chilli 	Runny nose
3 Chilli 	Eye watering

Serves 4

50 minutes + overnight + cooling

On each recipe page you will see something like the example above.

Serves 4 ~ This means the recipe is for 4 people.

50 minutes + overnight + cooling ~ This means it will take approximately **50 minutes** to make the recipe from start to finish. **Overnight** is to marinade/infuse flavours etc and the **cooling** time varies.

Hob

I use an electric hob, the heat settings are numbered 1-9

Below is a guide showing the numbers and wording used in this book.

3 ~ Simmer **6** ~ Medium **7** ~ Medium-High **9** ~ High

Write your own hob temperature numbers here.

Simmer	Medium	Medium-High	High
.....			

Oven

When using your oven, check the temperature of the oven with an oven thermometer. Your oven may not be the temperature the oven dial suggests and this will give you different results when using the suggested heat settings in this book. This allows you to adjust cooking temperatures accurately.

Check your own temperature here. **Oven dial** - 200°C ~ **Actual oven temperature**°C

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The logo for 'Funktaster' is a large, light beige circle. Inside this circle is a white circle, which contains a large, stylized beige letter 'F'. To the right of the 'F', the word 'FUNKTASTER' is written in a curved, beige, sans-serif font, following the inner edge of the white circle.

Bread

Serves 6-8
1 hour 20 minutes + cooling

Bread

Banana Bread

227g Plain Flour
2 tsp Cream of Tarter
1 tsp Sodium Bicarbonate
¼ tsp Himalayan Pink Salt
113g Butter, softened
Extra for tin
100g Organic Coconut Sugar
½ Lemon, zest & Juice of
40g Whole Milk
2 Mashed Bananas
2 Eggs



Pre-heat the oven to 170°C

Line a L20cm x W13cm x H9cm loaf tin.

You can use either an electric mixer fitted with a balloon whisk or use your hands and a glass mixing bowl.

In a mixing bowl, add the flour, baking powder, Himalayan pink salt, butter and sugar. Mix thoroughly until it looks like small breadcrumbs.

In a dish, add the lemon zest, lemon juice, whole milk, bananas and eggs. Mix well to a runny consistency, see photo. Add to the mixing bowl mixture and mix for 2 minutes. Pour the mixture into the pre-lined loaf tin, see photo. Smooth the top of the mixture then sprinkle a little organic coconut sugar on top. Bake in the centre of the pre-heated oven for 1hr 15min turning the tin 180° half way through cooking.

To test it is cooked, insert a skewer. The skewer should emerge clean. Once cooked, remove from the oven, leave in the tin for 10 minutes. This allows the grease proof paper to come away from the bread easier. Take the bread out of the tin & carefully remove the grease proof paper. Cool on a wire rack for at least 2 hours.



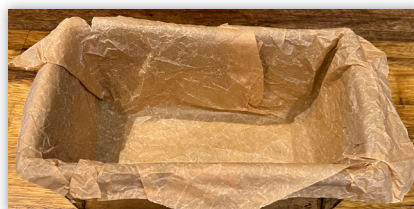
*Line a loaf tin with grease proof paper.
This stops the bread sticking to the tin.
Loaf tin, L 20cm x W 13cm x H 9cm.*



*Mashed banana,
whole milk
and lemon juice.*

Carrot Bread/Cake

227g Plain Flour
2 tsp Cream of Tarter
1 tsp Sodium Bicarbonate
¼ tsp Himalayan Pink Salt
113g Butter, softened
100g Organic Coconut Sugar
113g Grated Carrot
½ Orange, zest of
40g Whole Milk
2 Eggs



*Line a loaf tin with grease proof paper.
Loaf tin, L 20cm x W 13cm x H 9cm.*

Orange Icing (to make it a cake)

113g Icing Sugar
½ Orange, zest of
4 tsp Orange Juice



Pre-heat the oven to 170°C

Line a L20cm x W13cm x H9cm loaf tin.

In a mixing bowl, add flour, baking powder, salt, butter & sugar. Mix for 2 minutes. Add the grated carrot, orange zest, whole milk, & eggs. Mix for 5 minutes. Pour the mixture into the pre-lined loaf tin, see photo. Bake in the centre of the pre-heated oven for 1hr 15min turning the tin 180° half way through cooking. Once cooked, take the bread out of the tin and carefully remove the grease proof paper. Cool on a wire rack.

When the carrot bread is cooled, mix all the orange icing ingredients together and spread the icing on top.

Makes 8
2 hour 30 minutes + cooling

Bread

Hot Cross Buns

300ml Whole Milk (warmed)

500g Strong White Bread Flour
75g Caster Sugar
1 tsp Cinnamon powder
1 tsp Himalayan Pink Salt
7g Instant Yeast
50g Butter
1 Egg, beaten
125g Sultanas
1 Apple, cored and chopped
1 Orange, zest of

½ tsp Olive Oil, for greasing bowl

Cross

50g Plain Flour, plus extra for dusting
45g Water

Glaze

3 tbsp Marmalade Jam



Add the whole milk to a large sauce pan, warm to about 50°C. Remove from the heat and set aside.

In a mixing bowl with a paddle attachment fitted add flour, caster sugar, cinnamon, Himalayan pink salt, instant yeast, butter & egg. Mix together, then slowly add the warmed milk until it forms a soft, sticky dough.

Add the sultanas, chopped apple and orange zest. Mix thoroughly then put the dough in a lightly oiled bowl, cover with cling film and leave to rise for approximately one hour, or until doubled in size.

Place back in the mixing bowl & mix thoroughly for 5 minutes.

Tip out of the bowl onto a lightly floured surface. Using a dough knife divide the dough into 9 even pieces. Roll each piece into a smooth ball on a lightly floured surface. Arrange the buns on a silicon baking sheet, on a baking tray. Leave enough space so the buns just touch when they rise and expand. Set aside to prove for another hour.

Pre-heat the oven to 210°C

For the cross, mix the plain flour and water in small bowl. You should end up with a thick paste, see photo. Spoon into a piping bag with a small nozzle. Pipe a cross on each bun.

Bake for 20 minutes on the middle shelf of the oven, or until golden-brown. Turn 180° half way through baking.

While the hot cross buns are baking, melt 2 tbsp Marmalade Jam in a sauce pan.

When you take your baked Hot Cross Buns out of the oven, place them on a wire rack and brush the warm jam on top of each bun.

Allow to cool before serving.

Bread

White Bread

25g Butter
10g Himalayan Pink Salt
15g Coconut Sugar
500g Strong White Bread Flour
7g Instant Yeast
250ml Water (34°C)

Makes 1
2 hour 50 minutes
+ cooling



Place the ingredients in a mixing bowl in the order above and mix for at least 5 minutes. Take out and place on a clean surface. Cover with a clean tea towel, leave to rise for 1 hour.

Once the dough has doubled in size, place the dough back into mixer and mix for at least 5 minutes. Grease a loaf tin and put the dough in. Push it down firmly & evenly. Leave to rise again for 1 hour.

Preheat the oven to 220°C just before the hour is finished. When the loaf has risen again, place onto the lower rack of the oven and bake for 32 minutes. Remove from the oven and leave to cool on a wire rack.

Wholemeal Bread

25g Butter
10g Himalayan Pink Salt
15g Coconut Sugar
500g Wholemeal Bread Flour
7g Instant Yeast
280ml Water (34°C)

Makes 1
2 hour 50 minutes
+ cooling



Place the ingredients in a mixing bowl in the order above and mix for at least 5 minutes. Take out and place on a clean surface. Cover with a clean tea towel, leave to rise for 1 hour.

Once the dough has doubled in size, place the dough back into mixer and mix for at least 5 minutes. Grease a loaf tin and put the dough in. Push it down firmly & evenly. Leave to rise again for 1 hour.

Preheat the oven to 220°C just before the hour is finished. When the loaf has risen again, place onto the lower rack of the oven and bake for 32 minutes. Remove from the oven and leave to cool on a wire rack.

Best of Both Bread

25g Butter
10g Himalayan Pink Salt
15g Coconut Sugar
300g Strong White Bread Flour
200g Wholemeal Bread Flour
7g Instant Yeast
260ml Water (34°C)

Makes 1
2 hour 50 minutes
+ cooling



Place the ingredients in a mixing bowl in the order above and mix for at least 5 minutes. Take out and place on a clean surface. Cover with a clean tea towel, leave to rise for 1 hour.

Once the dough has doubled in size, place the dough back into mixer and mix for at least 5 minutes. Grease a loaf tin and put the dough in. Push it down firmly & evenly. Leave to rise again for 1 hour.

Preheat the oven to 220°C just before the hour is finished. When the loaf has risen again, place onto the lower rack of the oven and bake for 32 minutes. Remove from the oven and leave to cool on a wire rack.

Makes 4

1 hour 30 minutes + overnight + cooling

Bread

Baguettes

370g Water (34°C)
7g Himalayan Pink Salt
500g Strong White Bread Flour
7g Instant Yeast
15g Coconut Sugar



Place the ingredients in a mixing bowl in the order above and mix with a dough hook for 5 minutes.

Grease a large glass mixing bowl with oil, tip the dough mixture into it, cover with cling film and leave to rise overnight. Tip the dough onto a floured surface. Using a dough knife gather the flour together and roll into a sausage shape, keep dusting with flour to stop sticking and try to keep as much air in the dough as possible. Divide the dough into 4 pieces with a dough knife.



Using a dough knife shape each piece into a baguette, keep dusting with flour to stop sticking and try to keep as much air in the dough as possible. Dust a baguette tray with flour and carefully transfer the 4 baguettes onto it, slightly stretching them all to the same size and leave to rise for 1 hour.

Preheat the oven to 210°C - After the baguettes have risen for 1 hour, place the baguettes and tray on the middle shelf of the oven and bake for 25 minutes. Cool on wire rack.

Bloomer Bread

15g Extra Virgin Olive Oil
250ml Water (34°C)
10g Himalayan Pink Salt
500g Strong White Bread Flour
7g Instant Yeast
15g Coconut Sugar

Makes 1
4 hour 10 minutes
+ cooling



Place the ingredients in a mixing bowl in the order above and mix for 5 minutes. Take out and place on a clean surface, cover with a clean tea towel and leave to rise for 1½ hours.

Once the dough has tripled in size, place it back into the mixer and mix for 5 minutes.

To shape into the bloomer, flatten the dough into a rectangle. With the long side facing you fold each end into the middle then roll like a Swiss roll so that you have a smooth top with a seam along the base. Very gently roll with the heel of your hands. Place on a baking tray greased with butter, cover and leave to prove for 1-2 hours at room temperature, or until doubled in size.

Preheat the oven to 200°C Place the bread and tray on the bottom shelf and bake for 25 minutes, lower heat to 180°C and bake for a further 10 minutes. Remove from the oven and leave to cool on a wire rack.

Serves 4
1 hour 35 minutes + cooling

Bread

Twisted Chicken or Mushroom

Dough

200ml	Water (34°C)
25g	Butter
350g	Strong White Bread Flour (sifted)
7g	Himalayan Pink Salt
15g	Organic Coconut Sugar
15g	Extra Virgin Olive Oil
7g	Instant Yeast

Filling

100g	Mushroom, chopped - or
2	Chicken breasts cooked & chopped
½	Red, Yellow or Green Pepper, chopped
1 tsp	Oregano
1 tsp	Basil
50g	Cheddar Cheese, grated
50g	Mozzarella Cheese, grated
2 tbsp	Mayonnaise
1	Garlic Cloves, minced
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper
1 tbsp	Whole Milk, for brushing
1 tbsp	Oregano & Parmesan Cheese, mixed together

Make the Dough

Place all the ingredients in the above order into a mixing bowl with a dough hook attachment fitted. Knead for 1 minute on slowest speed then increase speed slightly for 5 minutes, or mix by hand for 10 minutes. Place the dough out of the mixer onto a clean surface and cover with a clean tea towel. Leave in a warm place for 1 hour until it has doubled in size. After it has doubled in size, place back in mixer & mix for 5 minutes.

Make the Filling

While the dough is rising, chop the mushrooms or chicken and pepper into small pieces about 5mm square and add to a large glass bowl add the oregano, basil, cheddar cheese, mozzarella cheese, mayonnaise, garlic, Himalayan pink salt and pepper. Mix well and set aside for later.

Preheat the oven to 190°C

Assemble the Stuffed Bread

Step 1: Take the dough and cut in half. Role each piece into a long rectangle 40cm x 15cm. Use your hands to stretch it into a rectangle. Divide the filling between the 2 rectangles leaving a little gap all around.

Step 2: Fold the ends over, then the sides so they overlap. Place seam side down.

Step 3: Follow the images to form the bread shape. Gentle place on a baking tray. Brush the top of the bread with milk, sprinkle 1 tbsp oregano & parmesan cheese on top. Bake at 190°C on bottom shelf of oven for 30 minutes. After 15 minutes, rotate the baking tray 180°.

When cooked remove from the oven and allow to cool on a wire rack.



Step 1



Step 2



Step 3



Bread

Naan Yeast Free

500g	White Bread Flour
2 tsp	Cream of Tartar
1 tsp	Sodium Bicarbonate
1 tsp	Himalayan Pink Salt
250ml	Water (34°C)
4	Garlic Cloves
1 tsp	Cumin Seeds
1 tsp	Onion Seeds
4 tsp	Coconut Oil

In a mixing bowl with a dough hook attachment, add the white bread flour, cream of tartar, sodium bicarbonate, Himalayan pink salt and mix well. Add the water, garlic, cumin seeds & onion seeds, and mix for 5 minutes. Divide the dough into 4, use a rolling pin to flatten the dough into flat discs the size of your frying pan. Heat 1 tsp of coconut oil in a frying pan to a medium heat. Shallow fry a dough disc until browned on both sides. Repeat 3 more Times. Cool on a wire rack.

Makes 4
20 minutes
+ cooling



Naan

250ml	Water (34°C)
500g	White Bread Flour
10g	Himalayan Pink Salt
7g	Instant Yeast
4	Garlic Cloves
1 tsp	Cumin Seeds
1 tsp	Onion Seeds
4 tsp	Coconut Oil

Mix the water, white bread flour, Himalayan pink salt, yeast, garlic, cumin seeds & onion seeds together in a mixing bowl and mix for 5 minutes. Cover with a tea towel and leave to rise for 1 hour. Divide the dough into 4 and use a rolling pin to flatten the dough into flat discs the size of your frying pan. Let them rest for 5 minutes. Heat 1 tsp of coconut oil in a frying pan to a medium heat. Shallow fry a dough disc until browned on both sides. Repeat 3 more times. Cool on a wire rack.

Makes 4
1 hour 20 minutes
+ cooling



Tip: Rub butter, garlic & coriander on the breads before frying.

Chapati

1 tsp	Himalayan Pink Salt
300g	White Bread Flour
220ml	Water (34°C)

Makes 4
40 minutes
+ cooling



Add Himalayan Pink Salt, flour and water to a glass mixing bowl. Mix thoroughly. Leave at room temperature for 30 minutes. Divide into 4 equal parts. Roll out into flat chapati as thin as possible. Cook in a preheated pan with no oil.

Barm Cakes

300ml	Water (cool)
500g	White Bread Flour
10g	Himalayan Pink Salt
30g	Organic Coconut Sugar
40g	Butter
10g	Instant Yeast

Makes 4-8
2 hour 50 minutes
+ cooling

Add the water, flour, Himalayan pink salt sugar, butter & yeast to a mixing bowl. Mix for 5 minutes. Leave in the bowl to rise for 1 hour, mix again for 5 minutes.

Tip out onto a floured surface and divide into 8 balls. Place 2 silicon mats onto 2 baking trays. Flatten the balls until they are about 3cm thick. Place the discs onto the prepared baking trays, 4 on each. Leave enough space on each tray for expansion. Sprinkle some flour on each disc and leave for 1 hour. Heat oven to 210°C. Bake for 10 minutes. Cool on a wire rack.

Tip ~ If you want large barm cakes, divide into 4 balls, flatten to 4cm, and bake for 15-20 minutes.



Serves 6
40 minutes + cooling

Bread

Fruity Bread

150ml	Whole Milk (warmed)
250g	Strong White Bread Flour
25g	Organic Coconut Sugar
½ tsp	Cinnamon powder
½ tsp	Himalayan Pink Salt
4g	Instant Yeast
25g	Butter
50g	Sultanas
50g	Mixed peel
½	Apple, cored and chopped
1	Orange, zest of



Add the whole milk to a large sauce pan, warm to about 34OC. Pour into a mixer bowl with dough attachment fitted. Add flour, coconut sugar, cinnamon, Himalayan pink salt, instant yeast and butter to the mixer bowl. Mix thoroughly then put the dough in a lightly oiled bowl, cover with cling film and leave to rise for approximately one hour, or until doubled in size.

Add sultanas, mixed peel, chopped apple and orange zest, see photo above. Mix thoroughly. Grease a loaf tin (20cm x 13cm), place the dough into the tin. Pushing down firmly & evenly. Leave to rise again for 1-2 hours or until doubled in size.

Preheat the oven to 210°C.

When the loaf has doubled in size, place onto the lower rack of the oven and bake for 30 minutes. Remove from the oven and leave to cool on a wire rack. Serving option, toasted with a spread of butter.

Yeast Free Bread

500g	Plain Flour
2 tsp	Cream of Tartar
1 tsp	Sodium Bicarbonate
1 tsp	Himalayan Pink Salt
310 ml	Whole Milk or 290ml Water



Preheat oven to 190°C. Put a baking tray or stone in the oven to heat on the middle or bottom shelf.

Mix the dry ingredients, flour, cream of tartar, sodium bicarbonate & Himalayan pink salt in a large bowl. Add water or whole milk & mix ingredients until they come together into dough. Mix with your hands. Turn the dough out onto your work surface. Give it a very quick knead to make sure the milk is evenly distributed. It doesn't need a lot.

Form the mixture into a flat loaf about 4-5 cm thick. It is very important, that the bread is not too thick, otherwise, it won't rise or bake through properly. Score the top with deep parallel lines.

Place in the oven on the hot baking sheet or stone and cook for 35 minutes. The bread will still be quite pale once cooked. Don't expect, or wait for it to be too golden brown.

Check the bread is cooked by flipping it over and tapping the underneath, it should sound hollow. Cool on a wire rack.

Makes 1 - 14"
1 hour 15 minutes

Bread

Tomato & Rocket Flat bread

Dough

200ml Water (34°C)
25g Butter
7g Himalayan Pink Salt
15g Organic Coconut Sugar
15g Extra Virgin Olive Oil
350g Strong White Bread Flour (sifted)
7g Instant Yeast

Tomato Sauce

60g Tomato ketchup
50g Tomato Purée
4 Garlic Cloves, minced
1 tsp Oregano, dried

Topping

1 Handful Fresh Rocket leaves
2 tsp Parmesan Cheese
2 tbsp Jalapeño chillies, sliced (optional)
Ground Black Pepper, a few twists on each



Make the Dough

Place all the ingredients in the above order into a mixing bowl with a dough hook attachment fitted. Knead for 1 minute on slowest speed then increase speed slightly for 5 minutes, or mix by hand for 10 minutes.

Dust a worktop with flour, tip the dough out of the mixer onto the dusted surface and cover with a clean tea towel. Leave for 1 hour.

After 1 hour, place the dough back in mixer and mix for 5 minutes on a medium-low speed.

Dust a worktop with flour, tip the dough out of the mixer onto the dusted surface and roll out so the dough fits onto a 14" pizza tray. Set aside.

Pre heat oven to 210°C.

Make the Tomato Sauce

Add to a small dish the tomato ketchup, tomato purée, garlic cloves, & oregano. Mix Thoroughly with a teaspoon.

Assemble & Bake

Spread the tomato sauce evenly over the pizza bases using the back of the teaspoon. Evenly sprinkle 1 tbsp of Jalapeño chillies (optional), 1 teaspoon of grated parmesan cheese and a few twists of black pepper to the flat bread.

Place in oven on the middle shelf and bake for 5 minutes.

Take out of oven, sprinkle a hand full of fresh rocket leaves to each flat bread, cut and serve.

Bread

Garlic Bread

Makes 2
1 hour
20 minutes

Dough

225ml Water (34°C)
500g Strong White Bread Flour (sifted)
6g Himalayan Pink Salt
7g Organic Coconut Sugar
15g Extra Virgin Olive Oil
7g Instant Yeast

Garlic Butter

10 Garlic Cloves, minced
50g Butter, softened
2 tsp Oregano, dried



Makes 2 ~ 12" garlic breads

Make the Dough

Place all the ingredients in the above order into a mixing bowl with a dough hook attachment fitted. Knead for 1 minute on slowest speed then increase speed slightly for 5 minutes, or mix by hand for 10 minutes. Place the dough out of the mixer onto a clean surface and cover with a clean tea towel. Leave in a warm place for 1 hour until it has doubled in size.

After it has doubled in size, place back in mixer and mix for 5 minutes. Take the dough out and divide into two equal portions, roll out each portion so they fit onto two 12" pizza trays. Set aside.

Pre heat oven to 210°C.

Make the Garlic Butter

Add to a small dish the garlic butter ingredients. Mix Thoroughly with a teaspoon. Spread evenly over the two 12" pizza bases using the back of the teaspoon. Sprinkle a little oregano onto each bread.

Note: You can bake now or if you let the dough rise for 2 hours, it will be thicker and lighter.

Place in oven on the middle shelf and bake for 10 minutes. Take out of oven and serve.

Garlic Bread with Cheese

Makes 2
1 hour
20 minutes

Dough

Same as Garlic Bread ingredients.

Garlic Butter

10 Garlic Cloves, minced
50g Butter, softened
2 tsp Oregano, dried
300g Cheese, mild cheddar or mozzarella, grated



Makes 2 ~ 12" garlic breads with cheese

Make the Dough

Make the dough same as the Garlic Bread recipe.

Pre heat oven to 210°C.

Make the Garlic Butter and Cheese topping

Add to a small dish the garlic butter ingredients. Mix Thoroughly with a teaspoon. Spread evenly over the two 12" pizza bases using the back of the teaspoon. Sprinkle the grated cheese onto the two 12" pizza bases a sprinkle a little oregano onto each bread.

Note: You can bake now or if you let the dough rise for 2 hours, it will be thicker and lighter.

Place in oven on the middle shelf and bake for 10 minutes. Take out of oven and serve.

Makes 2
3 hour 15 minutes

Bread

Focaccia

Dough

500g	Strong White Bread Flour
10g	Himalayan Pink Salt
40g	Extra Virgin Olive Oil
280ml	Water (34°C)
7g	Instant Yeast

Topping

Sprinkles of Himalayan Pink Salt
Sprinkles of Oregano, dried



Make the Dough

Place all the ingredients in the above order into a mixing bowl with a dough hook attachment fitted. Knead for 1 minute on slowest speed then increase speed slightly for 5 minutes, or mix by hand for 10 minutes.

Grease a large glass mixing bowl with oil, tip the dough mixture into it, cover with cling film and leave to rise for 1 hour. The dough should double in size.



Take a large baking tray and cover with grease proof paper. Drizzle olive oil over the greased proof paper and spread it out evenly.

Tip the dough gently onto a floured surface. Using a dough knife gather the dough together and divide into two equal sized pieces and try to keep as much air in the dough as possible.

Stretch each piece of dough into a rectangle shape, press flat by hand and gently place onto the prepared baking tray. Using your finger press holes into each piece of dough, make sure you push hard so your finger hits the tray underneath. On top of each dough evenly sprinkle Himalayan pink salt and oregano.

Set aside to rise for 1 hour.

Pre heat oven to 220°C.

Place the tray on the middle shelf of the pre heated oven and bake for 15 minutes.

After 15 minutes remove the tray from the oven and tap the bottom to make sure it is cooked. It should make a hollow sound but not as hollow sounding as a loaf cooked in a tin. Place on a wire to cool.

Serving suggestion: Add 50g Olive oil, 25g balsamic vinegar and a pinch of salt & pepper to a small bowl and mix thoroughly with a mini whisk. Use as a dipping sauce for the bread.

Tip:

- Re heat in oven at 170°C, place bread on a baking tray on the middle shelf for 8 minutes.
- Mix butter & minced garlic, spread evenly over the bread, add grated cheese and re heat as above.

Bread

Tortilla Wraps

Makes 8
1 hour

600g	Plain Flour
1 tsp	Himalayan Pink Salt
1 tsp	Cream of Tartar
½ tsp	Sodium Bicarbonate
75ml	Coconut Oil
250ml	Water, hot not boiling, 70°C

Add the flour, Himalayan pink salt, cream of tartar & sodium bicarbonate into a mixer bowl with a dough hook fitted.

Give the dry ingredients a good mix. Add oil and water. Mix on a low speed, for 5 minutes until a firm smooth ball forms. Place on a kitchen worktop. Using a dough cutter, cut it in half, until you have 8 equal pieces of dough. Flatten each piece by hand and cover with a tea-towel. Leave the dough to rise for 30 minutes.

Place a frying pan over a medium-high heat. If your electric cooker goes to 9, heat at number 7. Lightly flour your kitchen top, then use a rolling pin to flatten a piece of dough until it's about 2mm thick. Cook the tortilla for 1-2 minutes, then flip and cook for another 1-2 minutes until you see brown patches on it. If you find it is going too brown, lower the heat. Transfer the cooked tortilla to a clean tea-towel. Place another tea-towel on top and keep wrapped until ready to serve. Repeat with each ball of dough.

Serve immediately or once cooled, store in an airtight container for later.



Pitta Bread

Makes 4
1 hour 25 minutes

250g	Strong White Bread Flour
1 tsp	Himalayan Pink Salt
1 tsp	Black Onion Seeds
7g	Instant yeast
150ml	Water
20g	Olive Oil



Make the Pitta Breads

Add the strong white bread flour, Himalayan pink salt, black onion seeds and instant yeast into a mixer bowl with a dough hook fitted. Mix for 30 seconds then add the water and olive oil. Mix the ingredients together for 5 minutes until you have a soft dough. The dough should be soft, not sticky.

Once a smooth dough is achieved, place onto a clean surface, cover with a clean tea towel for 1 hour.

Preheat the oven to 250°C

Place a baking tray on the middle shelf.

When the dough has doubled in size, place it onto a work surface dusted with flour. Knock the dough back by folding it inwards over and over again until all the air is knocked out. Using a dough cutter, split the dough into 4 equally sized balls. Roll each ball into an oval shape 5mm thick.

Remove the tray from the oven, dust with flour and place the pitta breads on it. Bake for 10 minutes, or until they just start to colour.

Remove them from the oven and cover with a clean cloth until they are cool.



Starters, Sides & Snacks

Starters, Sides & Snacks

Cauliflower Mash

Serves 2
30 minutes

- 100g Millet
- ½ tsp Himalayan Pink Salt
- 1 Cauliflower, roughly chopped
- 1 Onion, finely sliced
- ½ tsp Himalayan Pink Salt



In a large sauce pan add the millet, cover with water and bring to boil. Reduce heat to medium & simmer for 15 minutes with lid on.
In a large sauce pan add the cauliflower, onion, Himalayan pink salt and cover with water. Place the lid on and bring to the boil over a high heat. When the water is bubbling nicely, boil for another 5 minutes.
Drain the millet into a sieve, set aside. Drain the cauliflower and onion into the same sieve as the millet.
Using the large sauce pan, add the contents of the sieve and mash with a hand masher. Serve.

Cauliflower Mash with Sweet Potato

Serves 3
30 minutes

- 100g Millet
- ½ tsp Himalayan Pink Salt
- 1 Sweet Potato, chopped
- 1 Cauliflower, roughly chopped
- 1 Onion, finely sliced
- ½ tsp Himalayan Pink Salt

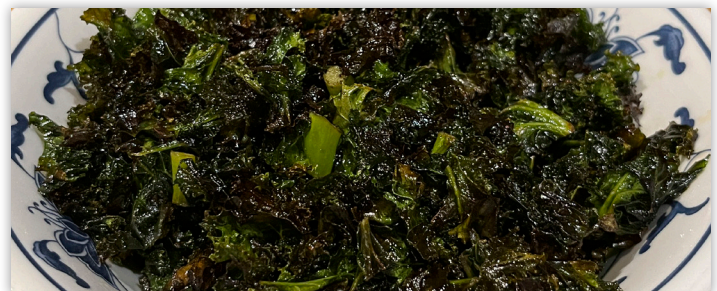


In a large sauce pan add the millet, cover with water and bring to boil. Reduce heat to medium and simmer for 15 minutes with the lid on.
While the millet is boiling, peel the sweet potato and chop into small pieces.
In a large sauce pan add the sweet potato, cauliflower, onion, Himalayan pink salt and cover with water. Place the lid on and bring to the boil over a high heat. When the water is bubbling nicely, boil for 5 minutes.
Drain the millet into a sieve, set aside. Drain the sweet potato, cauliflower and onion into the same sieve as the millet. Using the large sauce pan that cooked the sweet potato, cauliflower and onion, add the contents of the sieve and mash with a hand masher. Serve.

Mock Seaweed

Serves 2-3
20 minutes

- 250g Kale (as in photo) or Green Cabbage
- 4 tbsp Groundnut oil, melted
- ½ tsp Himalayan Pink Salt
- 1 tbsp Coconut Sugar, extra for sprinkling
- 1 tbsp Sesame seeds



Pre heat oven to 170°C. Wash kale leaves, remove thick stalks, pat dry with kitchen towel. Chop leaves up into small pieces. Add to a large roasting tin, sliced kale, coconut oil, salt and sugar, mix well. Place in middle tray in oven, cook for 7 minutes, take out shake up leaves, cook for another 7 minutes. When the cabbage is crispy tip into a serving bowl, sprinkle salt, coconut sugar & sesame seeds on top. Serve.

Starters, Sides & Snacks

Cheese Alternatives

Cheese flavoured crumbs

90g	Cashew Nuts
2 tbsp	Nutritional B12 Yeast
½ tsp	Himalayan Pink Salt
1 tsp	Garlic powder



Add all the ingredients to a food processor and blend until it resembles tiny breadcrumbs.

Tip into a container, cover with the lid, store in fridge.

Use as a substitute for parmesan cheese or sprinkle on salads.

Soft Spread with Garlic & Herbs

240g	Cashew Nuts, soaked for 12 hours
45 ml	Water
20 ml	Olive Oil
2	Garlic Cloves, minced
1 tsp	Garlic powder
¾ tsp	Parsley
¾ tsp	Thyme
¾ tsp	Chives
3 tbsp	Nutritional B12 Yeast
1 tbsp	Cornflour or Plain Flour
½ tsp	Himalayan Pink Salt
½	Lemon, juice of



Serves 4+
1 hour 5 minutes
+ overnight

Add cashew nuts to a container that has a lid. Cover the cashew nuts with water. Place lid on container and leave to soak overnight or for at least 12 hours.

Drain cashew nuts and add to a food processor. Process the cashew nuts well.

Add the rest of the ingredients. Process until a smooth consistency is achieved.

Using a spoon or silicon spatula, scoop the cheese into an airtight container and place in the fridge for at least 1 hour.

Serve on a slice of toast as pictured above.

Starters, Sides & Snacks

Glazed Carrots

Serves 4
35 minutes

50g	Butter
4	Carrots, large & sliced
¼ tsp	Himalayan Pink Salt
¼ tsp	Black Pepper
1 tsp	Organic Coconut Sugar
½ tsp	Thyme, fresh or dried



In a large saucepan melt the butter on a medium heat.

Add the carrots, salt, black pepper, organic & coconut sugar. Place the lid on and cook for 25 minutes, stirring occasionally.

After 25 minutes add the thyme. And cook for a further 5 minutes.

Add a twist of black pepper to the carrots and serve.

Glazed Brussels Sprouts

Serves 4
15 minutes

32	Brussels Sprouts
50g	Butter
¼ tsp	Himalayan Pink Salt
¼ tsp	Black Pepper
1 tsp	Organic Coconut Sugar
½ tsp	Thyme, fresh or dried



Chop the bottom off the sprouts, cut in half and break them up with your fingers. Try to separate all the leaves.

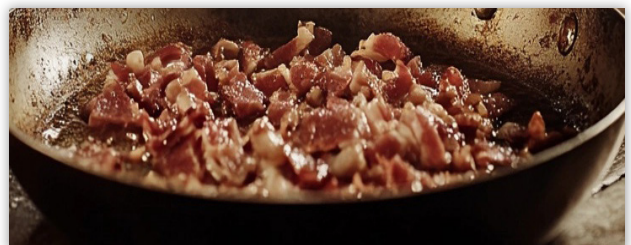
In a medium saucepan melt the butter on a medium heat and add the sprouts, salt, black pepper & organic coconut sugar. Place the lid on and cook for 10 minutes. Stir occasionally.

5 minutes later add the Thyme. Stir thoroughly and cook the last 5 minutes.

When cooked, add a twist of black pepper to the sprouts and serve.

Tip:

For the ultimate sprouts, fry a hand full of bacon lardons, pancetta or smoked back bacon (cut into 10mm pieces) until crispy and sprinkle over the glazed sprouts.



Starters, Sides & Snacks

Serve your houmous with carrot sticks, celery sticks or toasted bread.

Houmous, Original

Serves 4-8
5 minutes

400g	Chickpeas, cooked & drained
2	Garlic Cloves
14g	Tahini paste
½	Lemon, juice of
9g	Extra Virgin Olive Oil



Add chickpeas to a food processor or nutra bullet along with the garlic, tahini, lemon juice & extra virgin olive oil. Mix well. If it's a bit too thick add a touch more olive oil.

Houmous, Red Pepper & Jalapeños

Serves 4-8
5 minutes

400g	Chickpeas, cooked & drained
2	Garlic Cloves
14g	Tahini paste
½	Lemon, juice of
9g	Extra Virgin Olive Oil
½	Sweet Red Pepper, roughly chopped
20g	Green Jalapeño



Add chickpeas to a food processor or nutra bullet along with the garlic, tahini, lemon juice, extra virgin olive oil, sweet red pepper & green jalapeños. Mix well. If it's a bit too thick add a touch more olive oil.

Houmous, Chilli, Red Pepper & Onion



Serves 4-8
10 minutes

1 tsp	Coconut Oil
1	Red Onion, finely chopped
½ tsp	Chipotle Chilli flakes
½	Sweet Red Pepper, finely chopped
20g	Green Jalapeño, finely chopped
400g	Chickpeas, cooked & drained
2	Garlic Cloves
14g	Tahini paste
½	Lemon, juice of
9g	Extra Virgin Olive Oil



Heat coconut oil in a frying pan and fry the onion, chipotle chilli flakes, red pepper and Jalapeño until the onions are chard slightly.

Add chickpeas to a food processor along with the garlic, tahini, lemon juice, extra virgin olive oil. Process until smooth.

In a dish add the smooth chick peas, cooked onion, chipotle chilli flakes, red pepper and Jalapeño. Mix well. If it's a bit too thick add a touch more olive oil.

Starters, Sides & Snacks

Indian Side Dishes

Aaloo Tamaatar

Serves 2-4
20 minutes

- 250g Potatoes peeled and sliced
- 2 tbsp Coconut Oil
- 1 Onion, finely sliced
- 1 tsp Himalayan Pink Salt
- ½ tsp Chilli powder
- ¼ tsp Turmeric powder
- ½ tsp Chipotle Chilli flakes
- 1 tbsp Chopped Coriander leaves.
- 3 Tomatoes chopped



Peel & cut potatoes into cubes. In a large frying pan heat the oil & sauté the onion until soft. Add all the spices & potato, cover & cook on low heat. When the potatoes have softened a little, add tomatoes. Mix well & cook until potatoes have softened & water has dried.

Aaloo Zeera

Serves 2-4
20 minutes

- 2 tbsp Coconut Oil
- 1 tsp Cumin seeds
- 1 tsp Chipotle Chilli flakes
- 250g Potatoes peeled and cubed
- ½ tsp Turmeric powder
- 1 tsp. Himalayan Pink Salt



In a large frying pan heat the oil. Add cumin seeds & chipotle chilli flakes. Sauté till they start to brown. Add the potatoes, turmeric, Himalayan pink salt and a little water. Cover and cook on low heat until the potatoes are soft, usually about 15 minutes.

Saag Aaloo

Serves 2-4
25 minutes

- 2 Large Potatoes not peeled, cubed
- 2 tbsp Coconut Oil
- 50g Butter
- ½ tsp Cumin Seeds
- 1 Large Onion, finely sliced
- 1 tsp Fresh Ginger, grated
- 2 Garlic Cloves, coarsely chopped
- 1 tsp Turmeric powder
- 1 tsp Garam Masala powder
- 6 Cherry Tomatoes cut in half
- 200g Spinach
- ½ tsp Himalayan Pink Salt
- ½ tsp Black Pepper



In a large sauce pan boil potatoes for 6 minutes, drain and put to one side. While the potatoes are boiling add 2 tbsp coconut oil and 25g butter into a large sauce pan that has a lid with it. Add the cumin seeds and onion. Fry until they start to brown. Turn the heat down to medium. Add the garlic, turmeric powder, ginger and garam masala powder. Mix together and fry for about 1 minute. Add the potatoes, cherry tomatoes & spinach. Add 2 tbsp coconut oil & 25g vegan butter. Cook for 10 minutes until the spinach has wilted. Season with Himalayan pink salt & pepper.

Starters, Sides & Snacks

Indian Starters

Keema

6 tbsp	Coconut Oil
1	Onion, finely sliced
½ kg	Minced Beef
2	Tomatoes diced
1 tsp	Coriander powder
¼ tsp	Cloves powder
¼ tsp	Turmeric powder
¾ tsp	Chilli powder
1	Black Cardamom Pod
¼ tsp	Cumin Seeds
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper
1 tsp	Ginger, powder or fresh
1 tsp	Garlic powder

Serves 4
25 minutes



Place a frying pan over a medium-high heat. Add the coconut oil wait until the oil is hot then add the onion and fry until light brown. Turn the heat down to medium. Add the rest of the ingredients. Cook for 5 minutes. Add 150ml of water, cover with a lid and cook until the water dries out. Stir the pan a few times to stop sticking.

Koftay

1	Onion, finely chopped
500g.	Minced Beef
½ tsp.	Himalayan Pink Salt
1 tsp	Garam Masala powder
4	Red Chillies chopped
1 tsp	Ginger, powder or fresh
1 tbsp.	Yogurt
1 slice	bread soaked in milk

Serves 4
35 minutes



Pre-heat oven to 200°C.

In a glass bowl mix all the ingredients together and make into medium sized meatballs. Place in a roasting tin on the middle shelf of the oven with the lid on and cook for 30 minutes.

Seekh Kebab

500g	Minced Beef
1	Onion, finely chopped
¾ tsp	Himalayan Pink Salt
1 tsp	Chilli powder
½ tsp	Garam Masala powder
½ tsp	Ginger, powder or fresh
1 tsp	Garlic powder
1	Egg

Serves 4
30 minutes
+ overnight



In a large glass bowl mix all of the ingredients together thoroughly. Cover and leave in the fridge to marinate over night. Form into long sausages.

Cook in oven on a baking tray for 25 minutes at 200°C.

Starters, Sides & Snacks

Indian Starters

Makes 4
15 minutes

Onion Bhaji 🌶️

½ tsp	Turmeric powder
1 tsp	Coriander powder
1 tsp	Garam Masala powder
½ tsp	Himalayan Pink Salt
½ tsp	Mustard powder
½ tsp	Onion Seeds
½ tsp	Chilli powder
1 tbsp	Coriander powder
200g	Gram Flour
300g	Onion, finely sliced
140ml	Water, cold
50g	Coconut Oil



Step 1

In a large glass bowl add turmeric powder coriander, garam masala, Himalayan pink salt, mustard powder, onion seeds, chilli powder, coriander, gram flour, onion and water. Mix thoroughly using a spoon, set aside for later.



Step 2

Place a large frying pan over a medium high heat, add the coconut oil.

Step 3

Spoon equal portions of the mixture into the frying pan and fry for 8 minutes, flipping them over every 2 minutes.

Cook until the onion bhaji are a golden colour on both sides.

Repeat the frying until all the mixture has gone.



Tip

If you want the classic round bhaji. Shape the mixture into 4 balls and deep fry for 3-5 minutes at 200°C. Please note this will destroy the oil in your fryer. It is more cost effective to shallow fry.

Starters, Sides & Snacks

Potatoes

Boiled Potato with Parsley

1kg Potatoes, skin on
½ pan Water
50g Butter
½ tsp Himalayan Pink Salt
1 tsp Parsley, dried or fresh

Serves 2
30 minutes



Wash the potatoes, chop into pieces about 40mm leaving the skin on and place in a large sauce pan half filled with water. Don't cut your potatoes too small or they will go to mush. Bring the potatoes to the boil on a high heat. When boiling turn down to a medium-high heat and simmer for 12 minutes, then check by sticking a fork in through the potato. The fork should go through easily. If they are too firm, boil them for a further 2-5 minutes. Do not over boil them so they fall apart. Drain the pan water by pouring into a colander to catch the potatoes. Tip the potatoes back into the pan, add butter, Himalayan Pink Salt and parsley. Gently mix with a wooden spoon until the butter has melted, serve.

Mashed Potato with Cheese

1kg Potatoes, peeled
½ pan Water
½ tsp Himalayan Pink Salt
75g Medium Cheddar Cheese, grated
4 tbsp Whole Milk
50g Butter

Serves 2
30 minutes



Peel the potatoes, chop into pieces about 40mm and place in a large sauce pan half filled with water & salt. Don't cut your potatoes too small or they will go to mush. Bring the potatoes to the boil on a high heat. When boiling turn down to a medium-high heat and boil for 12 minutes, then check by sticking a fork in through the potato. The fork should go through easily. If they are too firm, boil them for a further 2-5 minutes. Do not over boil them so they fall apart. Drain the pan water by pouring into a colander to catch the potatoes. Tip the potatoes back into the pan, add vegan cheese, oat milk & vegan butter. Mash the potatoes with a hand held masher until smooth.

Roast Potatoes

6 Large Maris Piper Potatoes, peeled & quartered
100g Lard
4 Garlic Cloves, peeled & chopped
½ tsp Rosemary
1 tsp Himalayan Pink Salt

Serves 2
1hr 50min



Pre-heat oven to 180°C with a roasting tin containing 100g lard on the middle shelf. Peel and quarter the potatoes (approximately 40mm), place potatoes in a colander and wash the starch off. Add potatoes to a large sauce pan. Cover with water, bring to the boil and cook for 15 minutes or until soft. Drain the potatoes into a colander set aside to cool for 10 minutes. Take the hot tray out of the oven. Gently add the potatoes and stir so all the potatoes are covered with the hot lard. Place back in oven and cook for 1 hour, taking out 3 or 4 times to re-coat the potatoes with the hot lard. **After 1 hour** take out of the oven. Add the garlic & rosemary stirring so everything is evenly coated and cook for another 20 minutes. Stir again after 10 minutes. When cooked, drain into a colander, tip onto some kitchen paper towel and pat dry with some more kitchen paper towel, sprinkle with Himalayan pink salt. This helps to keep them crisp.

Starters, Sides & Snacks

Potatoes

Chunky Chips

Serves 2
45 minutes

- 3 Potatoes, large
- 1 Large sauce pan of boiling water
- 1 tsp Himalayan Pink Salt
- 3 tbsp Olive Oil
- 1 tsp Himalayan Pink Salt
- ½ tsp Black Pepper
- 1 tbsp Apple Cider Vinegar

Pre heat the oven to 230°C with a lipped baking tray on the middle shelf.

Half fill a large sauce pan with water. Add 1 tsp Himalayan Pink Salt and bring to boil.

Leave the skin on the potatoes and chop each potato in half. Place the half potato flat side down then chop in half, then chop in half again. You should end up with 24 potato chips.

Add the cut chips to the boiling water. Bring back to boil then boil for 5 minutes. Drain into a colander over a sink. Place the colander with chips still in, back on the pan for 2 minutes. When the chips are dry, pour olive oil over the chips while still in the colander. Sprinkle the Himalayan pink salt & pepper over the chips and toss gently in the colander until all the chips are covered with the oil, Himalayan pink salt and pepper.

Take the hot baking tray out of the oven. Arrange the chips evenly on the baking tray, place the tray back in the oven on the middle shelf and cook for 30 minutes, or until chips are browned. Turn & shake half way through cooking. When cooked, drizzle apple cider vinegar over the chips, a pinch of salt and serve.



Skin on Fries

Serves 2
45 minutes

- 750g Potatoes, approximately 3 large washed and not peeled.
- 1 Large sauce pan of boiling water
- 1 tsp Himalayan Pink Salt
- 60g Lard

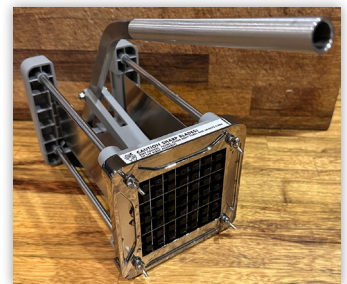
Pre heat oven to 230°C.

Add 60g of lard to a small lipped roasting tin, place on middle shelf of oven.

Half fill a large sauce pan with water. Add Salt and bring to boil.

Wash and leave the skin on the potatoes. chop into 12mm thick chips. You can use a chipper to save time (see photograph). Add chips to the boiling water, bring back to boil for 4 minutes. Drain the chips into a colander over a sink. Place the drained chips still in the colander on top of the hot pan and place back on the turned off cooker ring for 1 minute to dry the chips.

Take the hot roasting tin out of oven, carefully add dried chips and gently coat all the chips with the hot lard, place tray back in the oven on the middle shelf and cook for 30 minutes, turn chips half way through cooking. Serve.



Starters, Sides & Snacks

Serves 2
5 minutes

Prawn Cocktail

- 200g Mayonnaise
- 60g Tomato Sauce
- 5g Worcestershire Sauce
- 5g Lemon Juice
- $\frac{1}{8}$ tsp Cayenne Pepper
- $\frac{1}{8}$ tsp Smoked Paprika
- $\frac{1}{2}$ tsp Himalayan Pink Salt
- $\frac{1}{4}$ tsp Black Pepper
- 300g Prawns, cooked and peeled (small, medium or king sized)
- 6 Iceberg Lettuce leaves, or any lettuce of your choice.
Tip:
Place in cold water in the fridge this makes the lettuce crunchy
- 2 Lemon slices cut in half (optional for decoration)



Make the Sauce

Add mayonnaise, tomato sauce, Worcestershire sauce, lemon juice, cayenne pepper, smoked paprika, Himalayan pink salt & black pepper to a large glass mixing bowl,.

Mix thoroughly then add the prawns of your choice. Stir until all the prawns are evenly coated. I used king prawns for the photograph but I think small prawns taste better for some reason.

Assemble the prawn cocktail

Slice the iceberg lettuce into strips approximately 10mm wide by 25mm long.

Sundae Glass

Fill the glass $\frac{1}{4}$ full with lettuce, add a layer of prawns, add another layer of lettuce same thickness as the prawn layer then add another layer of prawns, add a twist of black pepper and a sprinkle of smoked paprika on top. Place the optional lemon slices on top of each one.

Plate

Lay the lettuce evenly on a small plate, gently spoon the filling onto the lettuce, add a twist of black pepper and a sprinkle of smoked paprika on top. Place the optional lemon slices on top of each one.

Large G&T Glass

Fill the glass $\frac{1}{4}$ full with lettuce, add a layer of prawns, add another layer of lettuce same thickness as the prawn layer then add another layer of prawns, add a twist of black pepper and a sprinkle of smoked paprika on top. Place the optional lemon slices on top of each one.

Serve straight away or place in a fridge until needed, don't wait too long.

Alternative suggestion:

Take a baguette and diagonally slice 4 pieces off, approximately 20mm thick. Spread some butter on each piece and add a layer of lettuce and a layer of prawns. Add a twist of black pepper and a sprinkle of smoked paprika on top of each. Place the optional lemon slices on top, 1 half on each.

Starters, Sides & Snacks

Rice

Boiled Rice

220g Basmati Rice 1 tsp Himalayan Pink Salt
320g Water

Serves 2
40 minutes



To Cook Using Instant Pot

Place all the ingredients into an Instant Pot and press the 'Rice' button.

To Cook On Hob

Add the rice, water & Himalayan Pink Salt to a sauce pan with a lid that seals all the way round. Bring to the boil with the lid on and boil for 4 minutes. Stir the pan a few times. After 4 minutes boiling, remove from the heat. Give the rice a good stir, put the lid back on, leave for 30 minutes.

Pilau Rice

220g Basmati Rice 3 Green Cardamom Pods
350g Water 1 Black Cardamom pod
1 tsp Turmeric 1 tsp Himalayan Pink Salt
1 tsp Cumin Seeds 1/8 tsp Cinnamon powder
1/2 tsp Onion Seeds 2 Garlic cloves

Serves 2
40 minutes



To Cook Using Instant Pot

Place all the ingredients into a Instant Pot cooker and press the 'Rice' button.

To Cook On Hob

Add all ingredients to a sauce pan with a lid that seals all the way round. Bring to the boil with the lid on for 4 minutes. Stir the pan a few times. After 4 minutes boiling, remove from the heat. Give the rice a good stir, put the lid back on, leave for 30 minutes. Remove the Cardamom Pods.

Spicy Wholegrain Rice



50g Red Kidney Beans
50g Black Turtle Beans
360g Brown Rice
720g Water
1 tsp Garlic powder
1 tsp Turmeric powder
1 tsp Ground Cumin powder
1 tsp Chilli powder or Flakes
1 tsp Oregano
1 tbsp Tomato Purée
1 tbsp Green Jalapeño Chillies
1 tsp Black Pepper
1 tsp Garam Masala powder
1 tsp Smoked Paprika powder
1 tsp Onion Seeds or Onion Powder
1 tsp Honey or Coconut Sugar
1 Red Pepper chopped small
1 tsp Himalayan Pink Salt
1/2 Lemon, Juice of

Serves 4
40 minutes



If using dried beans that need cooking, soak them overnight for 24 hours in water.

To Cook Using Instant Pot

Place all the ingredients into a Instant Pot cooker. Mix the ingredients well. Cook for 24 minutes at low pressure, with "keep warm" turned off.

To Cook On Hob

Place all the ingredients into a large sauce pan with a lid that seals all the way round. Bring to the boil with the lid on and boil for 4 minutes, stirring a few Times. Turn heat down to simmer. Cover with a lid, cook on a low heat for 20 minutes, stirring occasionally to stop it sticking. After 20 minutes take the pan off the heat, give it a good stir and leave for 5 minutes with the lid still on.

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Small Meals

Small meals

Serves 2
5-10 minutes

Quick Snacks

Beans on Toast

400g Baked Beans (1 tin)
½ tsp Curry Powder Hot
½ tsp Turmeric powder
½ tsp Smoked Paprika powder
4 Mushrooms, sliced
4 Slices Wholemeal Bread Toasted
2-4 tbsp Butter



Empty the baked beans into a sauce pan. Add curry powder, turmeric powder & smoked paprika powder and mushrooms. Mix well, cook over a medium-high heat for 5 minutes stirring occasionally. While the beans are cooking, cut 4 slices off a wholemeal loaf and toast. Spread the butter on each slice of toast. Divide the toast & beans evenly on 2 plates. Add a twist or two of black pepper to each, serve.

Toast & Herby Butter

4 Slices Wholemeal Bread Toasted
4 tbsp Herby Butter (recipe in book)

Cut 4 slices off a wholemeal loaf and toast. Spread the herby butter onto each slice of Toast. Cut each slice in half, serve.



Toast, Soft Cheese with Garlic & Herbs

4 Slices Wholemeal Bread Toasted
8 tbsp Soft Cheese with Garlic & Herbs
(recipe in book)

Cut 4 slices off a wholemeal loaf and toast. Spread soft cheese with garlic & herbs onto each slice of toast, serve.



Fruit Salad

1 Banana, peeled & sliced
1 Apple, peeled & diced
8 Strawberries, quartered
16 Grapes, halved
3 Oranges, peeled & split apart
100ml Distilled Water
½ Lemon, juice of



Add all the ingredients to a large glass bowl. Mix gently so all the liquid covers all the fruit. The lemon juice is to stop the banana and apple going brown. Divide into 2 bowls and serve.

You don't have to use the fruit listed above. Add your 5 favourite fruits to the water & lemon juice.

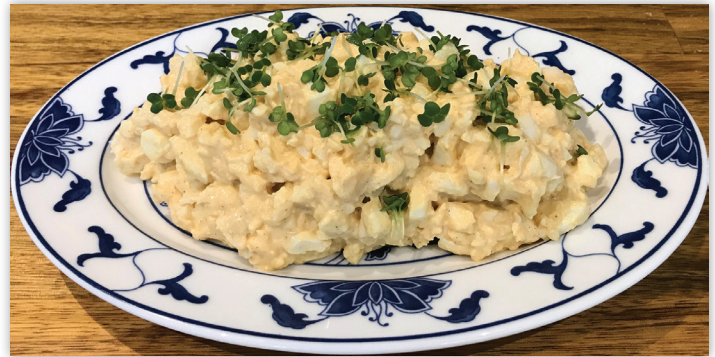
Small meals

Sandwich Fillers

Egg Mayonnaise & Cress

Serves 4
10 minutes

10	Eggs
130g	Mayonnaise
$\frac{1}{8}$ tsp	Cayenne Pepper
$\frac{1}{8}$ tsp	Smoked Paprika
$\frac{1}{2}$ tsp	Himalayan Pink Salt
$\frac{1}{2}$ tsp	Black Pepper
1 tbsp	Watercress, chopped



Hard Boiled Eggs. Place the eggs into a large saucepan and cover with water. Bring to boil, then turn the heat down to medium and cook for 7 minutes.

Remove from the heat. Empty the water out into the sink, fill with cold water and leave for 5 minutes.

De-shell the eggs, pat dry with a piece of kitchen paper towel and place them in a large glass mixing bowl. Using a sharp knife slice the eggs into small pieces. Add mayonnaise, cayenne pepper, smoked paprika, salt & black pepper to the glass bowl. Mix thoroughly until all the egg is coated evenly. Spoon the filling onto the bread of your choice and sprinkle watercress on top.

Prawns

Serves 4
5 minutes

200g	Mayonnaise
60g	Tomato Sauce
5g	Worcestershire Sauce
5g	Lemon Juice
$\frac{1}{8}$ tsp	Cayenne Pepper
$\frac{1}{8}$ tsp	Smoked Paprika
$\frac{1}{2}$ tsp	Himalayan Pink Salt
$\frac{1}{4}$ tsp	Black Pepper
300g	Prawns (small), cooked and peeled
1	Iceberg Lettuce, or any lettuce



In a large glass mixing bowl, add mayonnaise, tomato sauce, Worcestershire sauce, lemon juice, cayenne pepper, smoked paprika, salt & black pepper. Mix thoroughly then add the prawns. Stir until all the prawns are coated. I use small prawns as I think it looks and tastes better.

Slice the iceberg lettuce into pieces or you can use the whole leaf. Lay the lettuce on bread of your choice then, spoon the filling onto the lettuce, add a twist of black pepper.

Tuna & Sweetcorn

Serves 8
5 minutes

4	Tuna, 4 tins drained
20g	Balsamic Vinegar
100g	Mayonnaise
1	Red Onion
200g	Sweetcorn Relish or tinned sweetcorn
$\frac{1}{2}$ tsp	Himalayan Pink Salt
$\frac{1}{2}$ tsp	Black Pepper



Place the tuna, balsamic vinegar, mayonnaise, red onion, sweetcorn relish, salt & black pepper into a large glass mixing bowl. Mix thoroughly then spoon the filling onto the bread of your choice.

Tip: Use the sweetcorn relish (recipe in book). Substitute for the red onion & sweetcorn for the relish.

Small meals

Makes 6
35 minutes

Beetroot Burger

400g Chickpeas, cooked & drained

2 slices of bread for breadcrumbs

1 Onion
1 Carrot
2 tbsp Kale, finely chopped
2 Beetroot, cooked
4 Garlic Cloves
1 tsp Parsley, dried
1 tsp Cumin powder
1 tsp Coriander powder
½ tsp Smoked Paprika
¾ tsp Himalayan Pink Salt
15g Tahini paste
½ Lemon, juice of



Pre-heat the oven to 200°C

Set aside a large glass bowl to add all the processed ingredients.

In a food processor pulse the cooked chick peas until finely chopped and place in the glass bowl.

Roughly break up the bread and make into breadcrumbs using the food processor. Add to the glass bowl with the chickpeas.

Add to the food processor, onion, carrot, kale, beetroot, garlic, parsley, cumin, coriander powder, himalayan pink salt, tahini paste, lemon juice. Process until a smooth mixture is achieved. Add to the glass bowl with the chickpeas and breadcrumbs.

Mix all the processed ingredients together thoroughly using your hands. Make the burgers using a burger press or your hands. Place a silicon baking sheet on top of a baking tray. Place the Burgers on the tray. Leave space around each one.

Place the baking tray on the oven middle shelf. Cook for 30 minutes. Turning half way through cooking.

Remove from the oven. Let the burgers sit for a couple of minutes to allow them to firm up a bit.

Serving suggestion:

Lettuce, red onion, cucumber, cherry tomatoes and orange pepper. As shown in the picture.

Small meals

Makes 8
2 hour 30 minutes

Burger & Salad Sandwich (vegetarian)

Barm Cakes

300ml	Water (cool)
500g	White Bread Flour
10g	Himalayan Pink Salt
30g	Organic Coconut Sugar
40g	Butter
10g	Instant Yeast

Burger

2 tbsp	Ground Chia Seeds	
6 tbsp	Water	
350g	Red Split Lentils	
2 tbsp	Coconut Oil	
2	Onions, diced	
100g	Mushrooms, finely chopped	100g
2	Garlic Cloves, crushed	30g
2 tsp	Thyme, freshly chopped	15g
2 tsp	Oregano, freshly chopped	2 tsp
2 slices plain bread as breadcrumbs		1 tsp



Salad

½	Lettuce
1	Red Onion
2	Tomatoes
	Himalayan Pink Salt & Pepper to taste

Make the Barm Cakes - 2hr 30min

Add the water, flour, Himalayan pink salt sugar, butter & yeast to a mixing bowl. Mix for 5 minutes. Leave in the bowl to rise for 1 hour. Mix again for 5 minutes. Tip out onto a floured surface and divide into 8 balls. Put the balls onto a floured surface and leave for 30 minutes. Place 2 silicon mats on 2 baking trays. Flatten the balls until they are about 3cm thick. Place the discs onto the prepared baking trays, 4 on each. Leave enough space on each tray for expansion. Sprinkle some flour on each disc and leave for 1 hour. Heat oven to 210°C. Bake for 10 minutes. Cool on a wire rack.

Make the Burgers

Place the chia seeds and water into a small dish. Set aside for at least 15 minutes.

Cook the red split lentils in a medium sized sauce pan of boiling water for 20 minutes or until tender. Drain. Roughly mash the lentils with a fork. While the lentils are cooking, in a large frying pan, heat the coconut oil on a medium heat. Add the onions and cook for 5 minutes until soft. Add mushrooms & garlic. Cook for a further 2 minutes. Preheat the oven to 220°C. In a large glass bowl, add the cooked onions, cooked mushrooms, thyme, oregano, walnuts, bread crumbs, tomato puree, Worcester sauce, celery Himalayan pink salt, black pepper & chia seeds prepared earlier. Mix together thoroughly. Using a burger press, make 8 burgers. Place them on a silicon baking sheet on a baking tray. Place the tray on the middle shelf. Cook for 30 minutes, remove, allow to cool for 2 minutes, then serve.

Assemble the sandwich - 10 minutes

Slice the barm cakes in half and add lettuce, red onion, tomato & cucumber, season with Himalayan pink salt & pepper and pour your favourite dressing on. Place a burger on top of the salad. Serve.

Tips

- The Chilli Sauce or Tomato Sauce recipes in this book can be a great addition to your burger.
- Swap the burger for 2 fried, boiled or poached eggs, sprinkle salt & pepper on the eggs.
- Swap the burgers for beef burgers.

Small meals

Serves 2
25 minutes

Cheese & Egg Salad

Eggs

2 Eggs, hard boiled & sliced

Salad

2 handfuls of Mixed Lettuce & Leaves
½ Red Onion, sliced
4 Spring Onions, chopped
6 slices Cucumber, 1cm thick cut into ¼
8 Cherry Tomatoes, quartered
½ Yellow Pepper, cut into chunks
100g Cheddar Cheese, grated

Spicy Ranch Style Dressing

100g Dried Cashew Nuts, soak for 12 hours
150g Whole Milk
1 tsp Garlic powder
½ tsp Smoked Paprika powder
½ tsp Hot Chilli powder
½ tsp Fresh Parsley
1 tsp Apple Cider Vinegar
½ Lemon, juice of



Make the dressing

Drain the cashew nuts. Add all the ingredients to a blender and blend until smooth. Pour into a jar with the lid on and place in the fridge for later.

Boil the eggs

Place the eggs in a small sauce pan. Add cold water, just enough to cover the eggs. Put the lid on the pan and place over the highest heat setting. When the water reaches 100°C, turn the heat down to medium high boil for 6 minutes. After 6 minutes remove from the heat. Empty the water out into the sink and fill with cold water. Repeat until the eggs are cooled, then de-shell the eggs. Pat dry with a piece of kitchen paper towel and place on a chopping board. Using a sharp knife slice the eggs.

Make the salad

If you have different types of lettuce and leaf in your fridge, grab 2 handfuls and place to one side of your chopping board. The lettuce and leaf in the main picture is lambs lettuce, frisée leaf, radicchio lettuce and iceberg lettuce. You can buy bags of mixed lettuce and leaves or just use what you have in the fridge or garden.

Slice the red onion, spring onions and cucumber. Cut the cherry tomatoes in half. De-seed the yellow pepper and chop into chunks. Keep all you have just prepared on the chopping board for later.

Assemble the salad

Separate the salad between 2 plates. Grate 50g of cheddar cheese, making a heap of cheese in the middle. Place 1 sliced egg on each plate on top of the cheese. Pour the dressing over the salad and season with Himalayan pink salt and black pepper. Serve.

Note: I could fill lots of pages with salad recipes, the variations are endless. Just use this recipe as a basic starting point then swap or add your favourite vegetables or cooked meats.

Small meals

Serves 4-8
1 hour

Cheese & Onion Pie

Pastry (makes 4 pies)

215mls Water
150g Butter
50g Lard

500g Plain flour
1 tsp Salt
2 tbsp Whole Milk (for-wash)

Pie Filling (makes 4 pies)

250g Potatoes, peeled and chopped
100g Cheddar Cheese, mature
150g Cheddar Cheese, mild
50g Butter
2 Onion, finely chopped
1 Leek, finely chopped
4 Spring Onions, finely chopped
1 tsp Salt
1 tsp Black Pepper
1 tbsp Worcestershire sauce



Make the pastry

Add the water, butter and lard to a small pan over a medium heat until all the fats have melted. In a mixing bowl add the salt and flour mix thoroughly, form a well in the middle of the flour. Pour the hot liquid onto the flour in the bowl, and mix well with a wood spoon. Gently knead the dough until it all comes together. Divide pastry into 8 pieces, 4 x 98g (lids) & 4 x 132g (bases). Cover with cling film, place in fridge for at least 1 hour before using.

Assembling the pies

In a large sauce pan over a medium high heat add potatoes and enough water to boil them, cover and cook for 10-15 minutes until soft. When cooked mash the potatoes in the pan and set aside.

Grate all the cheese onto a plate and set aside.

Preheat oven to, 170°C

In a large frying pan over a medium high heat add butter, onion, leek, salt and pepper. cook for 5 minutes. When cooked add to the mashed potatoes and grate all the cheese into the mashed potatoes. Mix well.

Grease four 12.5cm non-stick pie tins. Take one of the 132g bases and roll out to 3mm thick. Place pastry bases in the pie tins, gently press the pastry right down into the corners of the tin. Using a fork put multiple holes into the bases to stop bubbling. Repeat 3 more times.

Fill each pie case with the cheese and onion mixture level with the top of the pie tin. Add ¼ tbsp Worcestershire sauce to the top of each pie, about 8 shakes.

Take one of the 98g lids and roll out to 3mm thick. Brush egg wash all around the edge of the pastry in the tin, and some around the edge of the pie lid. Place the lid on top of the pie base, gently press down, using your thumbs and forefingers to crimp the 2 pastries together,. Repeat 3 more times. Coat each pie with milk wash, cut 3 vent slits in the top of each pie. Place the pies directly on the middle wire shelf of the oven and bake for 45 minutes. Remove from the oven, place the 4 tins on a wire rack, allow them to settle and cool for 10 minutes.

Note: To warm up from fridge, cook at 180°C for 20 minutes, no need to preheat the oven.

Small meals

Makes 8
1 hour 10 minutes +

Cheese and Tomato Quiche

For the pastry

250g Plain Flour
125g Butter (chilled and cut into cubes)
⅛ tsp Himalayan Pink Salt
2 tbsp Water

For the filling

8 Cherry Tomatoes, sliced in half
2 Shallots, sliced
50g Broccoli, chopped small
1 tbsp Olive Oil
3 Eggs, medium size
300ml Double Cream
2 Garlic cloves, minced
1 tsp Oregano
½ tsp Himalayan Pink Salt
½ tsp Black Pepper
50g Parmesan, grated
200g Mozzarella Cheese, grated
Salt & Pepper to taste



Make the pastry.

Sift the flour into a mixing bowl. Add salt and butter, rub together using your fingers until it resembles fine breadcrumbs. Add 2 tbsp water to bring together to form a dough, should take 5 minutes. Roll the dough into a ball, wrap in cling film and chill in the fridge for 10 minutes.

Dust a 25cm tart tin and a clean surface with flour. Roll out the dough until it's roughly 5cm bigger than the tart tin. Drape the pastry over the top, pushing it carefully into the edges. Place the tart tin in the fridge and chill for 30 minutes.

Make the filling ~ Preheat the oven to 180°C

5 minutes before the tart tin is taken out of the fridge. Place the tomatoes, shallots and broccoli on a baking tray. Drizzle with olive oil and roast on top shelf of oven for 30 minutes.

Take the tart tin/pastry out of the fridge. Scrunch some grease proof paper and line the pastry case with it. Place either loads of 1p and 2p coins or baking beans into the case, just enough to layer it twice with coins. Place in the oven underneath the tray of roasting vegetables. Bake for 25 minutes. After 25 minutes, remove the grease proof paper and coins, place back in oven for 5 minutes. Remove from oven, allow to cool a little then trim the overhanging pastry.

Add to a glass bowl, eggs, double cream, garlic, oregano, Himalayan pink salt & black pepper. Whisk together and set aside for later.

Sprinkle the cooked tart case base with 100g grated mozzarella cheese and 25g parmesan cheese. Place tomatoes, shallots and broccoli evenly in the tart case. Whisk the cream mixture again and fill the tart case. Evenly sprinkle the remaining 100g mozzarella cheese and 25g parmesan cheese. Season with black pepper.

Bake in the oven for 25 minutes, or until it does not wobble and is a nice golden colour. Take out of oven and leave to cool in the case for 5 minutes. Remove from tart case and serve hot or let it go cold.

Small meals

Makes 8

40 minutes + 4-24 hours

Chicken Tikka Wraps

Chicken Tikka

- 3 Chicken breasts,
cut into 2-3cm pieces
- ½ Lemon, juice of
- 1 tsp Himalayan Pink Salt
- 1 tsp Garam Masala powder
- 1 tsp Cumin powder
- 1 tsp Paprika powder
- ½ tsp Cayenne Pepper
- 2 Garlic cloves, crushed
- 1 tbsp Ginger powder
- 1 tbsp Greek or plain yoghurt
- 3 tbsp Coconut Oil
- 3 or 4 Wooden skewers, soaked in water
for 15min helps to stop burning

Tortilla Wraps

- 600g Plain Flour
- 1 tsp Himalayan Pink Salt
- 1 tsp Cream of Tartar
- ½ tsp Sodium Bicarbonate
- 75ml Coconut Oil
- 250ml Water, hot not boiling, about 70°C



Make the Chicken Tikka.

In a mixing bowl, combine chicken pieces with lemon juice and salt. Rub in, cover and refrigerate for at least 20 minutes. This helps the chicken to tenderise and also makes the chicken juicier.

In another mixing bowl, add garam masala, cumin, paprika, cayenne pepper, garlic, ginger and yogurt. Give it a quick mix then add chicken pieces. Mix until all the chicken is evenly coated. Refrigerate for at least 4 hours but 24 hours or overnight achieves better results.

Preheat the grill to 220°C. Thread the meat onto wooden skewers and brush with coconut oil. Put the skewers on a shallow baking tray and grill each side until browned and cooked through, about 15 minutes.

Make the Tortillas

Add the flour, Himalayan pink salt, cream of tartar & sodium bicarbonate into a mixer bowl with a dough hook fitted.

Give the dry ingredients a good mix. Add oil and water. Mix on a low speed, for 5 minutes until a firm smooth ball forms. Place on a kitchen worktop. Using a dough cutter, cut it in half, until you have 8 equal pieces of dough. Flatten each piece by hand and cover with a tea-towel. Leave the dough to rise for 30 minutes.

Place a frying pan over a medium-high heat. If your electric cooker goes to 9, heat at number 7. Lightly flour your kitchen top, then use a rolling pin to flatten a piece of dough until it's about 2mm thick. Cook the tortilla for 1-2 minutes, then flip and cook for another 1-2 minutes until you see brown patches on it. If you find it is going too brown, lower the heat. Transfer the cooked tortilla to a clean tea-towel. Place another tea-towel on top and keep wrapped until ready to serve. Repeat with each ball of dough.

Serve with lettuce, cucumber and red onion as shown in the photographs or use in a doner kebab.

Small meals

Serves 2
10 minutes

Couscous Salad

- 250ml Water, boiled

- 150g Couscous
- ¼ tsp Chipotle Chilli flakes
- ¼ tsp Turmeric powder
- ¼ tsp Celery Salt
- ¼ tsp Black Pepper
- ¼ tsp Himalayan Pink Salt
- ¼ tsp Thyme
- ¼ tsp Oregano

- 2 handfuls of Mixed Lettuce & Leaves
- ½ Red Onion, sliced
- 8 Cherry Tomatoes, quartered
- 6 slices Cucumber, 1cm thick cut into ¼
- ½ Red Pepper, sliced into chunks

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Olive Oil

- 2 tbsp Chilli Sauce, recipe in this book



Boil the water in a kettle.

In a large glass bowl add couscous, Chipotle Chilli flakes, turmeric, celery salt, pepper, Himalayan pink salt, thyme & oregano. Mix well with a wooden spoon.

Add boiling water so it just covers the couscous. Set aside for 5 minutes.

The couscous will cook on its own.

If you have different types of lettuce and leaf in your fridge, grab 2 handfuls and place to one side of your chopping board. The lettuce and leaf in the main picture is lambs lettuce, frisée leaf, radicchio lettuce and iceberg lettuce.

You can buy bags of mixed lettuce and leaves or just use what you have in the fridge or garden.

Finely slice the red onion, slice the cherry tomatoes in half, de-seed the red pepper, and chop into chunks.

Keep all you have just prepared on the chopping board for later.

Take the cooked couscous in the glass bowl & break it up with a fork until it's all loose.

Add all the prepared ingredients from the chopping board and give it a good mixing with a wooden spoon.

Drizzle the apple cider vinegar and olive oil over the salad, give it another good mix.

Separate the salad into 2 bowls and drizzle with 1 tbsp of chilli sauce on each, recipe in this book, then serve.

Tip:

Grow your own lettuce and herbs. You only need a few tubs.

Small meals

Serves 4

1 hour 30 minutes

Doner Kebab

Pitta Bread

250g	Strong White Bread Flour
1 tsp	Himalayan Pink Salt
1 tsp	Black Onion Seeds
7g	Instant yeast
150ml	Water
20g	Olive Oil

Doner Meat

500g	Minced Lamb (5% fat)
2 tsp	Coriander powder
4	Garlic Cloves
1 tsp	Smoked Paprika powder
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper
2 tsp	Cumin powder
1 tsp	Onion powder
1 tsp	Italian Herbs (or Oregano)
½ tsp	Sodium Bicarbonate

Salad

½	Iceberg or Little Gem Lettuce sliced
1	Red or White Onion thinly sliced
8	Cherry Tomatoes sliced
1	Red Pepper thinly sliced
¼	Red Cabbage finely shredded
¼	Cucumber, sliced



Make the Pitta Breads

In a mixer bowl, add flour, Himalayan pink salt, black onion seeds & yeast. Add the water and olive oil. Mix the ingredients together for 5 minutes until you have a soft dough. The dough should be soft, not sticky. Once a smooth dough is achieved, place onto a clean surface, cover with a clean tea towel for 1 hour.

Preheat the oven to 250°C.

Place a baking tray on the middle shelf. When the dough has doubled in size, tip it out onto a work surface dusted with flour. Knock the dough back by folding it inwards over and over again until all the air

is knocked out. Using a dough cutter, split the dough into 4 equally sized balls. Roll each ball into an oval shape 5mm thick. Remove the tray from the oven, dust with flour and place the pitta breads on it. Bake for 10 minutes, or until they just start to colour. Remove them from the oven and cover with a clean cloth until they are cool.

Cook the Doner - Preheat the oven to 220°C.

Place all the doner meat ingredients into a large bowl and mix until smooth. Divide into 2 sausage shape portions. You will need 3 silicon baking sheets.

Take 2 silicon baking sheets. Place 1 portion of the doner meat onto a silicon baking sheet. Place the second silicon baking sheet on top of the doner meat, use a rolling pin to flatten and roll the doner meat 4mm thick.

Take 1 silicon baking sheet. Place the second portion of the doner meat onto the silicon baking sheet. Carefully take the top silicon baking sheet off the first rolled out doner meat and place it on top of the second portion of doner meat. Use a rolling pin to flatten and roll the doner meat 4mm thick. Carefully take the top silicon baking sheet off.

Place on a oven tray and put it in the top 2 shelves of the oven. Cook for 4 minutes until brown. Take off trays and cut into strips.

Prepare the Salad & Kebab

While the doner is cooking, thinly slice all the salad. Slice the top off the pitta bread. Take a knife & open the pitta, fill with salad. Add the doner when cooked, serve with chilli sauce from this book.

Serving Suggestion: Make some Chicken Tikka (recipe in this book) and add to make a mixed kebab.

Small meals

Serves 4

1 hour 30 minutes

Doner Kebab (vegetarian)

Pitta Bread

250g	Strong White Bread Flour
1 tsp	Himalayan Pink Salt
1 tsp	Black Onion Seeds
7g	Instant yeast
150ml	Water
20g	Olive Oil

Vegetarian Doner Slices

1 tbsp	Ground Chia Seeds
3 tbsp	Water
175g	Red Split Lentils
1 tbsp	Coconut Oil
1	Onion, diced
50g	Mushrooms, chopped
2	Garlic Cloves, crushed
1 tsp	Thyme
1 tsp	Oregano
50g	Walnuts, ground
1 tsp	Celery Salt
10g	Worcestershire Sauce
15g	Tomato Purée
½ tsp	Black Pepper
Plain breadcrumbs, (1 slice)	

Salad

½	Iceberg Lettuce sliced
¼	Red Cabbage finely shredded
1	Red or White Onion thinly sliced
1	Red Pepper thinly sliced
8	Cherry Tomatoes sliced
¼	Cucumber, sliced



Make the Pitta Breads

In a mixer bowl, add flour, Himalayan pink salt, black onion seeds & yeast. Add the water and olive oil. Mix the ingredients together for 5 minutes until you have a soft dough. The dough should be soft, not sticky. Once a smooth dough is achieved, place onto a clean surface, cover with a clean tea towel for 1 hour.

Preheat the oven to 250°C, place a baking tray on the middle shelf. When the dough has doubled in size, tip it out onto a work surface dusted with flour. Knock the dough back by folding it inwards over and over again until all the air is knocked out. Using a dough cutter, split the dough into 4 equally sized balls. Roll each ball into an oval shape 5mm thick. Remove the tray from the oven, dust with flour and place the pitta breads on it. Bake for 10 minutes, or until they just start to colour. Remove them from the oven and cover with a clean cloth until they are cool.

Cook the Doner, Prepare the Salad & assemble Kebab

Place the chia seeds & water into a small dish. Set aside for at least 15 minutes. Cook the red split lentils in a medium sized sauce pan of boiling water for 20 minutes until tender. Drain and roughly mash the lentils with a fork. If you get the water

amount right, you won't need to drain the lentils. While the lentils are cooking, in a large frying pan, heat the coconut oil on medium heat. Add onions and cook for 5 minutes until soft. Add mushrooms & garlic. Cook for another further 10 minutes. Make sure the onions start to char, as this adds flavour. Preheat the oven to 220°C. In a large glass bowl add the cooked onions, cooked mushrooms, thyme, oregano, walnuts, bread crumbs, tomato puree, Worcester sauce, celery salt, black pepper & chia seeds. Mix thoroughly. You will need 3 silicon baking sheets. Divide the contents of the bowl into 2 portions. Take 2 silicon baking sheets. Place 1 portion of the doner meat onto a silicon baking sheet. Place the second silicon baking sheet on top of the doner meat, use a rolling pin to flatten and roll the doner meat 4mm thick.

Take 1 silicon baking sheet. Place the second portion of the doner meat onto the silicon baking sheet. Carefully take the top silicon baking sheet off the first rolled out doner meat and place it on top of the second portion of doner meat. Use a rolling pin to flatten and roll the doner meat 4mm thick. Carefully take the top silicon baking sheet off. Place both baking trays on the middle and bottom shelves of the oven and cook for 25 minutes, take out of oven and allow to cool for 2 minutes. Use a spatula to chop the doner to size. Then gently serve.

While the doner is cooking, thinly slice all the salad. Slice the top off the pitta bread. Take a knife & open the pitta, fill with salad. Add the doner when cooked, serve with chilli sauce from this book.

Small meals

Eggs

Egg Mayonnaise

Serves 4
10 minutes

10 Eggs
130g Mayonnaise
 $\frac{1}{8}$ tsp Cayenne Pepper
 $\frac{1}{8}$ tsp Smoked Paprika
 $\frac{1}{2}$ tsp Himalayan Pink Salt
 $\frac{1}{2}$ tsp Black Pepper
1 tbsp Watercress, chopped



Place the eggs into a large saucepan and cover with water. Bring to boil, then turn the heat down to medium and cook for 7 minutes. Remove from the heat. Empty the water out into the sink, fill with cold water and leave for 5 minutes.

De-shell the eggs, pat dry with a piece of kitchen paper towel and place them in a large glass mixing bowl. Using a sharp knife slice the eggs into small pieces. Add mayonnaise, cayenne pepper, smoked paprika, salt & black pepper to the glass bowl. Mix thoroughly until all the egg is coated evenly. Spoon the filling onto the bread of your choice and sprinkle watercress on top.

Poached Eggs

Serves 2
6 minutes

4 Eggs
1 tsp Himalayan Pink Salt

Fill a large sauce pan $\frac{3}{4}$ full with water & 1 tsp Himalayan Pink Salt. Heat on high heat to 90°C then take off heat. Crack the eggs one at a time into the hot water, poach for 4 minutes. No need for vinegar as this makes the egg white go rubbery. Do not swirl the water either. Season with Himalayan Pink Salt & Black Pepper. Serve on a slice of toast as in picture.



Scrambled Eggs

Serves 2
3 minutes

6 Eggs
15ml Whole Milk
15g Butter
Himalayan Pink Salt & Black Pepper



Crack the eggs into a medium sauce pan. Add the butter and milk. Mix with a spatula and cook over a medium-high heat setting, stirring frequently. When the eggs start to thicken, take off the heat and serve. If you don't want runny eggs, keep stirring until you achieve the firmness you want. Season with Himalayan Pink Salt & Black Pepper to taste.

Soft Boiled Eggs

Serves 2
8 minutes

4 Eggs
Himalayan Pink Salt & Black Pepper

Place the eggs in a small sauce pan. Add cold water, just enough to cover the eggs. Put the lid on the pan and place over the highest heat setting. When the water reaches 100°C, remove the pan from the heat, leave the lid on and wait for 5 minutes. After 5 minutes, remove the lid and remove each egg. Place the cooked eggs in egg cups and cut the top of each egg. Season with Himalayan Pink Salt & Black Pepper to taste. Serve with sliced toast as in picture.

To make hard boiled eggs, leave in the pan for 10 minutes not 5.



Small meals

Serves 2
8 minutes, +

Egg Fried Rice

Boiled Rice

360g Basmati Rice
1 tsp Himalayan Pink Salt
690g Water

Fried Rice (using the boiled rice)

3 tbsp Coconut Oil
2 Spring Onions chopped
2 tbsp Peas, frozen

2 Eggs

1 tbsp Light Soya Sauce
8 drops Sesame Oil
½ tsp Himalayan Pink Salt
½ tsp Black Pepper



Boil the Rice (pan on stove method) ~ 40 minutes

Add the rice, water & Himalayan pink salt to a sauce pan with a lid that seals all the way round. Bring to the boil with the lid on and boil for 4 minutes, stir a few times to avoid sticking.

After 4 minutes boiling, remove from the heat. Give the rice a good stir, put the lid back on, leave for 30 minutes.

Let the rice cool completely, put the rice in an airtight container and place in the fridge to use the next day.

Boil the Rice (instant pot method) ~ 22 minutes

Use a measuring cup and place 2 cups of rice and 2 cups of water into the Instant Pot. Press the 'Rice' button.

Fry the Rice ~ 8 minutes

Heat Coconut Oil in a wok, add frozen peas, chopped spring onions, stir fry for 2 minutes.

Add eggs, quickly break the eggs up with a wooden spoon and stir fry until the eggs are scrambled. Cook for about 1 minute.

Add the boiled rice cooked the day before. Ensure any lumps of rice are broken up in the wok then add light soya sauce, sesame oil, Himalayan pink salt & black pepper.

Stir fry for 5 minutes then serve.

Tips

- It is better to make the boiled rice the day before.
- Cook a main ingredient like Chicken, Beef, Duck, Mushrooms etc..
- Pour some Chinese curry sauce over the finished fried rice, recipe is in this book.

Small meals

Serves 4

2 hour 5 Minutes

Meat and Potato Pies

Pastry (makes 4 pies)

215mls	Water
150g	Butter
50g	Lard
500g	Plain flour
1 tsp	Salt
2 tbsp	Whole Milk (milk-wash)

Pie Filling

15g	Olive oil
400g	Beef, cut into 1cm cubes
1	Onion medium, diced small
300g	Potatoes, diced small
1 tsp	Black Pepper
½ tsp	Salt
1 tsp	Worcestershire sauce
400mls	Beef stock
1 tbsp	Corn Flour in 20g water



Make the pastry

Add the water, butter and lard to a small pan over a medium heat until all the fats have melted. In a mixing bowl add the salt and flour mix thoroughly, form a well in the middle of the flour. Pour the hot liquid onto the flour in the bowl, and mix well with a wood spoon. Gently knead the dough until it all comes together, the pastry should be cool enough to handle by now, but always check first. Divide pastry into 8 pieces, 4 x 98g (lids) & 4 x 132g (bases). Cover with cling film, place in fridge for at least 1 hour before using.

Making the Pie Filling

Add olive oil to a frying pan on a medium heat. Add diced beef and onion stir-fry for 5 minutes. Add potatoes, black pepper, salt, and Worcestershire sauce, fry for 5 minutes. Add the beef stock, mix well, turn down the heat and simmer for 20 minutes.

Add the corn flour and water, mix until thickened. Turn off the heat and allow to cool completely.

Assembling the pies

Preheat oven to, 170°C.

Grease four 12.5cm non-stick pie tins. Take one of the 132g bases and roll out to 3mm thick. Place pastry bases in the pie tins, gently press the pastry right down into the corners of the tin. Using a fork put multiple holes into the bases to stop bubbling. Repeat 3 more times.

Add the cold meat and potato filling to each of the pie tins, level with the top of the pie tin.

Take one of the 98g lids and roll out to 3mm thick. Brush egg wash all around the edge of the pastry in the tin, and some around the edge of the pie lid. Place the lid on top of the pie base, gently press down, using your thumbs and forefingers to crimp the 2 pastries together. Repeat 3 more times. Coat each pie with milk wash, cut 3 vent slits in the top of each pie. Place the pies directly on the middle wire shelf of the oven and bake for 45 minutes. Remove from the oven, place the 4 tins on a wire rack, allow them to settle and cool for 10 minutes.

Remove from the oven, place the 4 tins on a wire rack, allow them to settle and cool for 10 minutes.

Note: To warm up from fridge, cook at 180°C for 20 minutes, no need to preheat the oven.

Small meals

Serves 4

2 hour 20 Minutes

Minced Beef Pies

Pastry (makes 4 pies)

215mls	Water
150g	Butter
50g	Lard
500g	Plain flour
1 tsp	Salt
2 tbsp	Whole Milk (milk-wash)

Pie Filling (makes 4 pies)

20g	Olive oil
1	Onion, diced small
750g	Minced Beef: 5% fat content
1 tsp	Salt
2 tsp	Black Pepper
180mls	Beef Stock (1 stock cube)
15g	Corn Flour in 20g water



Make the pastry

Add the water, butter and lard to a small pan over a medium heat until all the fats have melted. In a mixing bowl add the salt and flour mix thoroughly, form a well in the middle of the flour. Pour the hot liquid onto the flour in the bowl, and mix well with a wood spoon. Gently knead the dough until it all comes together, the pastry should be cool enough to handle by now, but always check first. Divide pastry into 8 pieces, 4 x 98g (lids) & 4 x 132g (bases). Cover with cling film, place in fridge for at least 1 hour before using.

Make the pie filling

Place a Large frying pan over a high heat. Add the oil to the pan and get it hot, but not smoking. Add the diced onions and fry until they are soft. Once the onions are soft, add the minced beef. Fry until it separates and turns a light brown in colour. Add the salt and black pepper, mix well.

Add the beef stock to the pan. Combine corn flour and cold water to make a paste then add to the pan to thicken. Once the pie filling has thickened, remove from the heat, allow it to cool completely.

Assembling the pies

Preheat oven to, 170°C.

Grease four 12.5cm non-stick pie tins. Take one of the 132g bases and roll out to 3mm thick. Place pastry bases in the pie tins, gently press the pastry right down into the corners of the tin. Using a fork put multiple holes into the bases to stop bubbling. Repeat 3 more times.

Add the cold minced beef filling to each of the pastry cases, level or just below the top of the pie tin, the filling does expand in the oven, so do not over-fill.

Take one of the 98g lids and roll out to 3mm thick. Brush egg wash all around the edge of the pastry in the tin, and some around the edge of the pie lid. Place the lid on top of the pie base, gently press down, using your thumbs and forefingers to crimp the 2 pastries together,. Repeat 3 more times. Coat each pie with milk wash, cut 3 vent slits in the top of each pie. Place the pies directly on the middle wire shelf of the oven and bake for 45 minutes.

Remove from the oven, place the 4 tins on a wire rack, allow them to settle and cool for 10 minutes.

Note: To warm up from fridge, cook at 180°C for 20 minutes, no need to preheat the oven.

Small meals

Serves 4
2 hour 20 Minutes

Mushroom Asparagus & Cheese Pies

Pastry (makes 4 pies)

215mls Water
150g Butter
50g Lard
500g Plain flour
1 tsp Salt
2 tbsp Whole Milk (milk-wash)

Pie Filling (makes 4 pies)

15g Olive oil
25g Butter
1 Onion, diced small
200g Potato, peeled & diced small
400g Mushrooms, finely chopped
8 Asparagus spears
100g Cheddar Cheese, mild, grated
1 tsp Salt
2 tsp Black Pepper



Make the pastry

Add the water, butter and lard to a small pan over a medium heat until all the fats have melted. In a mixing bowl add the salt and flour mix thoroughly, form a well in the middle of the flour. Pour the hot liquid onto the flour in the bowl, and mix well with a wood spoon. Gently knead the dough until it all comes together, the pastry should be cool enough to handle by now, but always check first. Divide pastry into 8 pieces, 4 x 98g (lids) & 4 x 132g (bases). Cover with cling film, place in fridge for at least 1 hour before using.

Make the pie filling

Place a Large sauce pan over a high heat. Add the oil and butter to the pan heat until hot, but not smoking. Reduce heat to medium and add the diced onions, diced potato, chopped mushrooms, asparagus, salt and black pepper, mix well and fry for 10 minutes with the lid on and stirring occasionally. Add the grated cheese to the pan. Mix well and remove from the heat. Stir until the cheese has melted. Set aside and allow it to cool completely.

Assembling the pies - Preheat oven to, 170°C.

Grease four 12.5cm non-stick pie tins. Take one of the 132g bases and roll out to 3mm thick. Place pastry bases in the pie tins, gently press the pastry right down into the corners of the tin. Using a fork put multiple holes into the bases to stop bubbling. Repeat 3 more times.

Add the cold minced beef filling to each of the pastry cases, level or just below the top of the pie tin, the filling does expand in the oven, so do not over-fill.

Take one of the 98g lids and roll out to 3mm thick. Brush egg wash all around the edge of the pastry in the tin, and some around the edge of the pie lid. Place the lid on top of the pie base, gently press down, using your thumbs and forefingers to crimp the 2 pastries together,. Repeat 3 more times. Coat each pie with milk wash, cut 3 vent slits in the top of each pie. Place the pies directly on the middle wire shelf of the oven and bake for 45 minutes. Remove from the oven, place the 4 tins on a wire rack, allow them to settle and cool for 10 minutes.

Remove from the oven, place the 4 tins on a wire rack, allow them to settle and cool for 10 minutes.

Note: To warm up from fridge, cook at 180°C for 20 minutes, no need to preheat the oven.

Small meals

Serves 1
7 minutes

Omelette

Cheese & Onion Omelette

1 tsp Coconut Oil
10g Butter
50g Red Onion, chopped
3 Eggs
50g Medium Cheddar Cheese, grated
½ tsp Chives
½ tsp Himalayan Pink Salt
⅛ tsp Black Pepper



Preheat the grill to 220°C

Heat coconut oil & butter in a 20cm frying pan over a medium high heat. Add red onion, cook for 2 minutes. Add to a bowl the eggs, whisk until mixed and aerated. Add grated cheese, chives, Himalayan pink salt & black pepper. Mix well and pour into the frying pan evenly. Cook for a further 2 minutes. Place the frying pan under hot grill for 2 minutes or until the egg starts to brown. Serve immediately.

Tomato, Onion & Pepper Omelette

1 tsp Coconut Oil
10g Butter
50g Red Onion, chopped
3 Eggs
½ Red or Yellow Pepper, chopped
40g Medium Cheddar Cheese, grated
⅛ tsp Himalayan Pink Salt
⅛ tsp Black Pepper
8 Cherry Tomatoes



Preheat the grill to 220°C

Heat coconut oil & butter in a 20cm frying pan over a medium high heat. Add red onion, cook for 2 minutes. Add to a bowl the eggs, whisk until mixed and aerated. Add red or yellow peppers, grated cheese, Himalayan pink salt & black pepper. Mix well and pour into the frying pan evenly. Cook for a further 2 minutes. Position the cherry tomatoes in the frying pan flat side up and place the frying pan under hot grill for 2 minutes or until the egg starts to brown. Serve immediately.

Mushroom Omelette

1 tsp Coconut Oil
10g Butter
4 Large Mushrooms
3 Eggs
⅛ tsp Himalayan Pink Salt
⅛ tsp Black Pepper



Preheat the grill to 220°C

Heat coconut oil & butter in a 20cm frying pan over a medium high heat. Add mushrooms, cook for 2 minutes. Add to a bowl eggs, whisk until mixed and aerated and pour into the frying pan evenly. Cook for a further 2 minutes. Place the frying pan under hot grill for 2 minutes or until the egg starts to brown. Serve immediately.

Small meals

Makes 4 large or 12 small pies

Pork Pies

Pastry (makes 4 large or 12 small pies)

215mls	Water
150g	Butter
50g	Lard
500g	Plain flour
1 tsp	Salt
2 tbsp	Whole Milk (milk-wash)

Pie Filling (makes 4 pies)

800g	Minced Pork: about 10% fat content
¼ tsp	Thyme
1 tsp	Smoked Paprika
1 tsp	Salt
1½ tsp	Black Pepper



Make the pastry

Add the water, butter and lard to a small pan over a medium heat until all the fats have melted. In a mixing bowl add the salt and flour mix thoroughly, form a well in the middle of the flour. Pour the hot liquid onto the flour in the bowl, and mix well with a wood spoon. Gently knead the dough until it all comes together, the pastry should be cool enough to handle by now, but always check first. Divide the pastry into 12 pieces, they should be approximately 76g each. Place on a tray, cover them in plastic wrap, and place in the fridge for at least 1 hour before using.

Make the pie filling

Combine all the filling ingredients together in a large mixing bowl. Divide into two, then blend each half in a food processor until a smooth consistency is achieved. Place back in the mixing bowl and set aside,

Assembling the pies - Preheat oven to, 170°C.

Grease a 35mm x 27mm x 30mm non-stick muffin tin. Take one of the 12 pieces of pastry from the fridge and roll out to 3mm thick into a oval shape. Cut out 2 bases using a 120mm round cutter. Place the 2 pastry bases in the muffin tin, gently press the pastry right down into the corners of the tin and prick some holes in the base with a fork, leave some pastry sticking over the rim of the pie tin. Repeat until you have done 12 bases.

Add the minced pork filling to each of the pie bases, level or just below the top of the pie tin, the filling does expand in the oven, so do not over-fill too much. Brush egg wash all around the edge of the pastry in the tin.

Take 1 piece of pastry out of the fridge, roll out to 3mm thick and cut out 2 tops using a 83mm cutter. Brush milk wash all around the edge of the pie bases. Place the lids on the top of the pie bases, and gently press it down, using your thumbs and forefingers, crimp the 2 pastries together.

Give each pie a coat of the milk wash and cut a 8mm vent hole in the top of each pie (I use the end of a metal funnel). Place the pies directly on the middle wire shelf of the oven and bake for 50 minutes.

Remove from the oven, place the muffin tin on a wire rack, allow to settle and cool for 10 minutes.

When fully cooled you can place them in an air-tight container in the fridge.



Small meals

Serves 2
1 hour 5 minutes

Potatoes with Sour Cream Dip

Potatoes

50g	Butter
1kg	Baby Potatoes
15g	Mint Leaves finely chopped
15g	Parsley finely chopped
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper



Sour Cream Dipping Sauce

25g	Dijon Mustard
25g	Honey
75g	Sour Cream
¼ tsp	Himalayan Pink Salt
¼ tsp	Black Pepper
25g	Parmesan Cheese (optional)



Potatoes

Pre-heat the oven to 200°C

Add the butter to a roasting tin and place in the pre-heated oven for 1 minute to soften the butter.

Place the baby potatoes in the roasting tin. Mix thoroughly and roast on the middle shelf of the oven at 200°C for 20 minutes.

After 20 minutes take the roasting tin out of the oven, add mint, parsley, salt & black pepper, mix thoroughly and place back in the oven for 20 minutes.

After 20 minutes take the roasting tin out of the oven, mix thoroughly and place back in the oven for the last 20 minutes.

Sour Cream Dipping Sauce

Make the dipping sauce while the potatoes are cooking.

Whisk together the Dijon mustard, honey, sour cream, salt & black pepper, using a hand whisk.

When the potatoes are cooked, tip into a large serving bowl, mix them up a bit, then grate the parmesan cheese all over them (optional), sprinkle a bit of salt on top.

Serve with the dipping sauce.

Tips

- Chop the potatoes so they are roughly the same size.
- Sprinkle chopped jalapeño chillies over the top when serving.

Small meals

Serves 4
40 minutes

Potato Burger Salad

Burger

500g	Potatoes, peeled & chopped
400g	Sweet Potato, peeled & chopped
1	Red Onion, chopped small
2	Garlic Cloves, minced
50g	Medium Cheddar Cheese, grated
½ tsp	Turmeric powder
1 tsp	Cumin powder
½ tsp	Smoked Paprika powder
½ tsp	Parsley
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper

Salad

150g	Lettuce, shredded
16	Slices Cucumber
4	Tomatoes, sliced into quarters
½	Red Onion, sliced
2	Carrots, grated or thinly sliced
1 tbsp	Cashew Nuts, grated or crushed
2 tbsp	Extra Virgin Olive Oil
2 tsp	Apple Cider Vinegar



Pre-heat oven to 220°C

Place a piece of muslin over a sieve and sit it on top of a large glass bowl. Add the potato and sweet potato into a blender. Blend until there are no large lumps, then tip onto the muslin cloth covering the glass bowl, see photo.

Gather the sides of the muslin cloth together and squeeze out excess liquid into the glass bowl. There will be a lot of liquid.

Empty the liquid from the large glass bowl.

Tip the potato & sweet potato back into the glass bowl. Combine the rest of the burger ingredients and mix thoroughly.

Divide your mixture and shape into four burgers about 2 cm thick. Use a burger press or it can be done by hand.

Place the burgers on a silicon mat on a baking tray in the middle shelf of the oven and cook for 30 minutes.

Half way through cooking, turn the burgers over.

While the burgers are cooking prepare the salad ingredients and add in the order above to a large glass bowl. Gently mix together with a wooden spoon to dress the salad.

Divide the salad equally onto 4 plates. When the burgers are cooked add 1 to each plate, add a twist of salt & pepper, serve.

Spice it up by making the “Chilli Sauce” recipe from this book and pour some onto the burger.

Small meals

Makes 8
50 minutes

Spicy Burger Sandwich (vegetarian)

- | | |
|--------|----------------------------------|
| 160g | Millet, uncooked |
| 300g | Vegetable stock |
| 1 | Sweet Potato, peeled and chopped |
| 1 | Onion, peeled and quartered |
| 3 | Garlic Cloves |
| 240g | Chickpeas, cooked and drained |
| 2 tbsp | Extra Virgin Olive Oil |
| 1 tsp | Turmeric powder |
| 2 tsp | Cumin powder |
| 2 tsp | Coriander powder |
| ½ tsp | Ginger powder |
| ¼ tsp | Cinnamon powder |
| 2 tsp | Himalayan Pink Salt |
| 5 | Apricots, dried and chopped |
| 20g | Almonds, chopped |
| 2 tsp | Harissa paste |
- Plain breadcrumbs, (2 slices bread)



Heat a frying pan over medium-high heat. Add the millet and dry roast until golden brown.

Add the vegetable stock, cover and reduce the heat to medium. Simmer for 15 minutes. Turn off the heat. Let the millet cool for 10 minutes. Transfer to a large mixing bowl and let cool completely.

While the millet is cooling, place the sweet potato, onion and garlic in a food processor and pulse until finely chopped. Tip the contents into a large glass bowl.

Add the chick peas to the food processor and pulse until finely chopped. Tip the contents into a large glass bowl with the sweet potato, onion and garlic.

Heat olive oil in a large frying pan over medium heat. Cook the sweet potato mixture & chick peas from the glass bowl for about 5 minutes until soft. Add turmeric powder, cumin powder, coriander powder, ginger powder, cinnamon powder, Himalayan pink salt, apricots, almonds and harissa paste, cook for another 2 minutes. Remove from heat and allow to cool completely.

Pre-heat the oven to 200°C

Add the sweet potato mixture to the cooked millet along with the breadcrumbs. Stir to combine.

Split the mixture into 8 equal portions. Use a burger press to make the burgers about 2cm thick. You can use your hands. Place a silicon baking sheet on top of a baking tray. Add the Burgers. Leave space around each one. Place the baking tray on the oven middle shelf. Cook for 20 minutes. Turning half way through cooking. Remove from the oven. Let the burgers sit for a couple of minutes to allow them to firm up a bit. Serve with salad and your favourite dressing.

Tips

- You can freeze these burgers. Allow them to cool completely. Wrap in cling film & add to freezer.
- Works just as well formed into sausages, instead of burgers.
- To cook from frozen, place on a baking tray, in the middle of the oven. Cook at 200°C for 30 minutes.

Small meals

Serves 4
2 hours

Steak and Ale Pies

Pastry (makes 4 pies)

215mls Water
150g Butter
50g Lard
500g Plain flour
1 tsp Salt
2 tbsp Whole Milk (milk-wash)

Pie Filling (makes 4 pies)

650g Beef, cut into 1cm cubes
1 Onion, (diced small)
15g Olive Oil
1 tsp Salt
1 tsp Black Pepper
100g Beef stock (1 stock cube)
20g Tomato Purée
250ml Ale or Beer, not too strong
20g Plain Flour in 20mls cold water



Make the pastry

Add the water, butter and lard to a small pan over a medium heat until all the fats have melted. In a mixing bowl add the salt and flour mix thoroughly, form a well in the middle of the flour. Pour the hot liquid onto the flour in the bowl, and mix well with a wood spoon. Gently knead the dough until it all comes together, the pastry should be cool enough to handle by now, but always check first. Divide pastry into 8 pieces, 4 x 98g (lids) & 4 x 132g (bases). Cover with cling film, place in fridge for at least 1 hour before using.

Making the filling

Dice the beef into 1cm cubes and dice the onion. Place a frying pan on a medium heat with 1 tbsp olive oil, fry for 5 minutes. Add the salt, pepper, beef stock, tomato purée and ale to the pan, cook for 5 minutes. Add the mixed corn flour and water to the pan, stir until thick. Turn off the heat and allow to cool completely.

Preheat oven to, 170°C

Grease four 12.5cm non-stick pie tins. Take one of the 132g bases and roll out to 3mm thick. Place pastry bases in the pie tins, gently press the pastry right down into the corners of the tin. Using a fork put multiple holes into the bases to stop bubbling. Repeat 3 more times.

Add the cool beef & ale filling, to each of the pie tins, level or just below the top of the pie tin, the filling does expand in the oven, so do not over-fill.

Take one of the 98g lids and roll out to 3mm thick. Brush egg wash all around the edge of the pastry in the tin, and some around the edge of the pie lid. Place the lid on top of the pie base, gently press down, using your thumbs and forefingers to crimp the 2 pastries together,. Repeat 3 more times. Coat each pie with milk wash, cut 3 vent slits in the top of each pie. Place the pies directly on the middle wire shelf of the oven and bake for 45 minutes. Remove from the oven, place the 4 tins on a wire rack, allow them to settle and cool for 10 minutes.

Remove from the oven, place the 4 tins on a wire rack, allow them to settle and cool for 10 minutes.

Note: To warm up from fridge, cook at 180°C for 20 minutes, no need to preheat the oven.

Small meals

Serves 4
2 hours

Steak and Pepper Pies

Pastry (makes 4 pies)

215mls Water
150g Butter
50g Lard
500g Plain flour
1 tsp Salt
2 tbsps Whole Milk (milk-wash)

Pie Filling (makes 4 pies)

30g Butter
650g Beef, cut into 1cm cubes
2 Shallots, finely chopped
2 Garlic Cloves, minced
1 tsp Salt
2 tsp Black Pepper
2 tbsps Worcestershire sauce
2 tbsps Brandy
1 tsp Parsley, dried
250ml Double Cream



Make the pastry

Add the water, butter and lard to a small pan over a medium heat until all the fats have melted. In a mixing bowl add the salt and flour mix thoroughly, form a well in the middle of the flour. Pour the hot liquid onto the flour in the bowl, and mix well with a wood spoon. Gently knead the dough until it all comes together, the pastry should be cool enough to handle by now, but always check first. Divide pastry into 8 pieces, 4 x 98g (lids) & 4 x 132g (bases). Cover with cling film, place in fridge for at least 1 hour before using.

Making the filling

Place a large frying pan on a medium heat, add the butter and slowly heat up. Add the beef, shallots, garlic, salt and black pepper to the pan and fry for 5 minutes. Add the Worcestershire sauce and brandy to the pan and burn off the alcohol with a chef's torch. Cook for a further 5 minutes stirring frequently. Add the parsley and double cream, cook until it starts to thicken (see photo). Turn off the heat and allow to completely cool.



Assembling the pies - Preheat oven to, 170°C

Grease four 12.5cm non-stick pie tins. Take one of the 132g bases and roll out to 3mm thick. Place pastry bases in the pie tins, gently press the pastry right down into the corners of the tin. Using a fork put multiple holes into the bases to stop bubbling. Repeat 3 more times.

Add the cool beef filling to each of the pie tins, level or just below the top of the pie tin.

Take one of the 98g lids and roll out to 3mm thick. Brush egg wash all around the edge of the pastry in the tin, and some around the edge of the pie lid. Place the lid on top of the pie base, gently press down, using your thumbs and forefingers to crimp the 2 pastries together. Repeat 3 more times. Coat each pie with milk wash, cut 3 vent slits in the top of each pie. Place the pies directly on the middle wire shelf of the oven and bake for 45 minutes. Remove from the oven, place the 4 tins on a wire rack, allow them to settle and cool for 10 minutes.

Remove from the oven, place the 4 tins on a wire rack, allow them to settle and cool for 10 minutes.

Note: To warm up from fridge, cook at 180°C for 20 minutes, no need to preheat the oven.

Small meals

Serves 2
15 minutes

Yellow Pepper, Mushroom, Croutons Salad

- ½ Lettuce, of your choice
- 1 Red Onion
- 8 Cherry Tomatoes
- 8 slices Cucumber, 1cm thick, quartered
- 1 Yellow Pepper, sliced into chunks

- 1 tbsp Olive Oil
- 10 Mushrooms, sliced
- 2 Slices of Bread 2cm thick, cubed

- 2 Garlic Cloves, minced
- ½ tsp Oregano
- ½ tsp Thyme
- ½ tsp Himalayan Pink Salt
- ½ tsp Black Pepper

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Olive Oil

- 2 tbsp Chilli Sauce (optional)



Prepare the salad

If you have different types of lettuce and leaf in your fridge, grab 2 handfuls and place to one side of your chopping board. The lettuce and leaf in the main picture is lambs lettuce, frisée leaf, radicchio lettuce and iceberg lettuce.

You can buy bags of mixed lettuce and leaves or just use what you have in the fridge or garden. A standard iceberg lettuce is fine to use.

Peel and slice the red onion 5mm strips. Slice the cherry tomatoes in half. Slice and quarter 8 pieces of cucumber 1cm thick. De-seed the yellow pepper and chop into chunks.

Place everything in a glass mixing bowl including the lettuce and leave to one side.

Cook the mushrooms and croutons

Heat the oil in a large frying pan over a medium heat.

Slice the mushrooms in half and half again. Slice the bread into cubes. Add to the hot frying pan and cook for 5 minutes. Gently stir frequently.

Turn down the heat to medium. Add the garlic, oregano, thyme, Himalayan pink salt and black pepper. Mix well and cook for another 2 minutes.

Assemble the salad

Take the glass mixing bowl from earlier, drizzle the apple cider vinegar and olive oil over the salad, and give it another good mixing.

Separate the salad into 2 bowls and spoon the mushrooms and croutons over each salad. Add a twist of black pepper to each. Serve.

Small meals

Serves 4
20 minutes

Yellow Peppers Stuffed

- | | |
|--------|--|
| 200ml | Vegetable stock |
| 150g | Couscous |
| 1 | Carrot, coarsely grated |
| 8 | Mushrooms, chopped small |
| 1 | Red Onion, finely chopped |
| 4 | Garlic Cloves, minced |
| 1 tbsp | Olive Oil |
| 200g | Chickpeas, cooked & drained |
| 40g | Sultanas |
| ½ tsp | Curry Powder Hot |
| ½ tsp | Cumin powder |
| ½ tsp | Himalayan Pink Salt |
| ½ tsp | Black Pepper |
| ¼ tsp | Chipotle Chilli flakes |
| 4 | Yellow Peppers, large & de-seeded (or any colour you prefer) |
| 1 tbsp | Basil, freshly chopped |



In a sauce pan, boil the vegetable stock, then add the couscous. Stir thoroughly, remove from heat and set aside for later. The couscous will cook itself.

To a large glass bowl, add the carrot, mushroom, red onion & garlic.

Heat a large frying pan over a medium-high heat and add the olive oil. When the pan is hot, add the vegetables from the glass bowl and cook for 5 minutes. Stir occasionally.

While the vegetables are cooking, place the chick peas in a glass bowl. Use the end of a rolling pin to crush them until ⅓ are crushed fully, ⅓ are crushed in half, and ⅓ are kept whole.

Add the chick peas, sultanas, curry powder, cumin powder, Himalayan pink salt, black pepper & chipotle chilli flakes to the frying pan. Cook over a medium heat for another 2 minutes.

Add the couscous you prepared earlier to the pan. Mix well and cook for another 2 minutes.

Cut the yellow peppers in half and spoon the cooked vegetables into each half. Make sure they all have the same amount of vegetables.

Sprinkle fresh basil on top of each half pepper and serve.

Tips

- You can use orange, red or green peppers.
- Chop your peppers in half, brush them with olive oil. Take a chefs torch and gently char them for that BBQ look & taste.
- If you are having a BBQ, roast them on the BBQ.
- Try growing your own peppers, it is easier than you may think.



Main Meals

Main meals

Serves 2-3
40 minutes

Asparagus & Mushroom Risotto

1 ltr	Vegetable stock
1 tbsp	Coconut Oil
1	Onion, chopped
1	Stick of Celery, chopped
200g	Asparagus, chopped
4	Garlic Cloves, finely chopped
250g	Chestnut Mushrooms, chopped
2 tbsp	Flat-leaf Parsley chopped
½ tsp	Chipotle Chilli flakes (optional)
½ tsp	Turmeric powder
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper
150g	Arborio Rice
25g	Butter
½	Lemon, juice of
50ml	Double cream
20g	Parmesan Cheese, grated



Bring 1 litre of vegetable stock to the boil and leave to one side.

Heat the coconut oil in a large pan or wok over a high heat, add the onion and celery. Cook for 5 minutes until the onion and celery is softened but not coloured. Stirring occasionally to stop it sticking.

Add the asparagus, garlic, mushrooms, parsley, chipotle chilli (optional), turmeric, Himalayan pink salt and black pepper. Cook for 5 minutes.

Once the vegetables are soft, stir in the arborio rice and fry for 1 minute until translucent.

Turn the heat down to medium. Add the butter and stir in the lemon juice then add ¼ of the stock. Stir and place a lid on the pan/wok. Always keep the lid on the pan to retain the stock.

When the rice has nearly soaked up the first lot of stock (about 5 minutes), add another ¼ of stock. Stir and place the lid back on the pan/wok.

When the rice has nearly soaked up the second ¼ of stock (about 5 minutes), add another ¼ of stock. Stir and place the lid back on the pan/wok.

When the rice has nearly soaked up the third ¼ of stock (about 5 minutes), add the last ¼ of stock and 50ml of double cream. Stir and place the lid back on the pan/wok.

Cook until nearly all the stock and double cream has absorbed into the rice (about 5 minutes), if you want less sauce, reduce further. Remove from the heat and serve with a sprinkle of Parmesan Cheese on top and season with Himalayan pink salt & pepper to taste.

Tips

- You can freeze left overs or add it into a soup the next day.
- Add your favourite meat or vegetable, it does not have to be Asparagus and Mushroom. You could add a little bit of a few favourites in stead of just one. Be creative with your own Risotto.

Serves 2
30 minutes

Cauliflower and Mushroom Pasta

- 200g Pasta, dried
- 1 tbsp Coconut Oil
- 4 Garlic Cloves, minced
- 1 Onion finely sliced
- ½ tsp Red Chilli flakes (optional)
- 1 tsp Thyme, fresh or dried
- 1 tsp Oregano, fresh or dried
- 250g Chestnut Mushrooms sliced
- 1 Cauliflower, medium, cut into pieces
- 200g Feta Cheese
- ½ tsp Himalayan Pink Salt
- ½ tsp Black Pepper
- ½ Juice of Lemon
- 1 tbsp Parsley flat leaf, freshly chopped
- 2 tbsp Parmesan Cheese

Parsley flat leaf for decoration



Fill a large pan with salted water, place on a high heat and bring to the boil.

Add the pasta to the boiling water and cook for 12 minutes, or until al dente – this means it's cooked, but still with a bit of firmness.

While the pasta is cooking, heat the coconut oil in a large frying pan or wok on a medium heat, add the garlic, onion and chilli, cook gently for 5 minutes.

Add the thyme, oregano, mushrooms and cauliflower, cover with a lid and cook on a medium heat for 10 minutes.

Stir in the feta cheese, salt, black pepper & lemon juice.

Drain the pasta, saving about 100ml of the water.

Add the pasta water & pasta to the pan/wok, stir well, place the lid on and cook on a medium heat for 10 minutes. Stirring occasionally.

After 10 minutes, stir in the parsley leaves.

Serve, then sprinkle the parmesan cheese all across the top, one tablespoon on each serving.

Finish off with a bit of fresh parsley and a twist of black pepper sprinkled on top. Serve.

Tip

Do not over cook the pasta or it will go mushy and break up.

Main meals

Serves 2-3
45 minutes

Cauliflower Curry

Boiled Rice

360g Basmati Rice
1 tsp Himalayan Pink Salt
¼ tsp Turmeric powder
690g Water

Cauliflower Curry

1 Cauliflower
2 Potatoes
1 tbsp Coconut Oil
1 Onion, finely sliced
1 cm Cube of Ginger, finely chopped
or 1 tsp of Ground Ginger
¼ tsp Chipotle Chilli flakes
½ tsp Mustard seeds
1 tsp Turmeric powder
1 tsp Cumin powder
6 Garlic Cloves
8 Chestnut Mushrooms, sliced
2 tbsp Coriander leaves
50ml Whole Milk
1 tbsp Desiccated Coconut
½ tsp Himalayan Pink Salt
½ tsp Black Pepper
250ml Water



Make the Boiled Rice

Add rice, water, Himalayan pink salt & turmeric to a sauce pan with a lid that seals all the way round. Bring to the boil with the lid on & boil for 4 minutes. Stir the pan a few times. After 4 minutes boiling, remove from the heat. Give the rice a good stir, put the lid back on, leave for 30 minutes.

Make the Curry

Break the cauliflower into florets and chop the stalk into 2cm cubes.

Peel and chop the potatoes into 2cm cubes. You can leave the skin on.

Heat the coconut oil in a wok or large frying pan on a medium heat with the lid on. Add the onion, ginger, chilli, mustard seeds, turmeric, cumin and garlic. Cook for 5 minutes, or until softened.

Stir in the cauliflower, potatoes, mushrooms, coriander, whole milk, coconut, Himalayan pink salt and black pepper. Add 250ml of water to the wok or large pan and place the lid on it.

Do not overcook the cauliflower or it will fall apart and go to mush.

Bring to boil, turn the heat down, then cover & simmer for 30 minutes, or until the potatoes are soft.

If you want a thicker sauce add 1 heaped teaspoon of Cornflour or Plain Flour in a small dish with enough water to make it into a thin paste. Add to the curry, mix well. If still too runny repeat. If it is too thick, just add a bit of water, until the consistency is right.

Serving suggestion:

Boiled or Pilau rice and naan breads.

Main meals

Serves 2
30 - 55 minutes

Chicken Green Pepper & Black Bean Sauce

- | | |
|--------|-------------------------------------|
| 3 tbsp | Fermented Black Beans |
| 2 tbsp | Coconut Oil |
| 6 | Garlic Cloves, finely chopped |
| 1 tsp | Ginger, finely chopped |
| 2 | Spring Onions, sliced |
| 2 | Chicken breast, sliced |
| 140g | Water Chestnuts, drained |
| 2 | Green Peppers, sliced |
| 1 | Onion, sliced |
| ½ tsp | Himalayan Pink Salt |
| ½ tsp | Black Pepper |
| 500ml | Chicken stock |
| 2 tbsp | Dry Sherry |
| 1 tbsp | Dark Soy Sauce |
| 1 tsp | Organic Coconut Sugar |
| 1 tbsp | Cornflour dissolved in 1 tbsp Water |



Soften your fermented black beans one of two ways.

- 1 ~ Place the fermented black beans in a small bowl, cover with water and leave to soak overnight.
- 2 ~ Place the fermented black beans in boiling water, leave for 30 minutes.

After the beans have had time to soften, rinse & drain.

Mash the fermented black beans with a fork and set aside.

Heat the coconut oil in a wok over medium-high heat. Add the garlic, ginger, spring onions, chicken, water chestnuts, green pepper, onion, himalayan pink salt & black pepper. Cook for 2 minutes.

Add the mashed fermented black beans. Cook for another 2 minutes.

Add vegetable stock, dry sherry, dark soy sauce, coconut sugar or honey and bring to boil.

Reduce the heat to medium. Place lid on the wok & simmer covered for 20 minutes. Stir occasionally.

Mix the Cornflour or Plain Flour (if you don't have cornflour) with 1 tbsp water in a small dish. Increase heat to the wok until it bubbles. Stir the Cornflour or Plain Flour mix in. Keep stirring until it thickens.

Tip:

If you want more sauce, add more water to the black bean sauce, about 100ml. Add a heaped teaspoon of Cornflour or Plain Flour in a small dish with enough water to make it into a thin paste. Add to the black bean sauce, mix well. Spend time mixing it in. Serve.

Serve:

with boiled or egg fried rice, recipes are in this book.

Main meals

Serves 2-3
1 hour

Chickpea & Vegetable Curry 🌶️

Vegetable Curry

1-2 tbsp	Coconut Oil
2 large	Onion, finely sliced
¼ tsp	Chipotle Chilli Flakes
1	Carrot, finely sliced and diced
6	Garlic Cloves, finely chopped
1 tsp	Ginger powder
1 tsp	Cumin Seeds
½ tsp	Turmeric powder
1 tsp	Coriander powder
1 tsp	Garam Masala powder
1 tsp	Black Pepper
1 tsp	Himalayan Pink Salt
⅛ tsp	Cloves powder
2	Green Cardamom Pods
1	Black Cardamom Pods
¼ tsp	Cinnamon powder
200g	Plum Tomatoes, chopped
300ml	Water
200g	Chickpeas, cooked
100g	Broccoli, chopped small
1	Yellow or Red Pepper, sliced
2 tbsp	Fresh Coriander leaves
50ml	Whole Milk



Boiled Rice

360g	Basmati Rice
1 tsp	Himalayan Pink Salt
¼ tsp	Turmeric powder
690g	Water

Boiled Rice

Cook the boiled rice first. Add rice, water, Himalayan pink salt & turmeric to a sauce pan with a lid that seals all the way round. Bring to the boil with the lid on & boil for 4 minutes. Stir the pan a few times. After 4 minutes boiling, remove from the heat. Give the rice a good stir, put the lid back on, leave for 30 minutes. This is perfect timing for when the curry is cooked. If you have a 'rice cooker' or 'instant pot' use that.

Chickpea & Vegetable Curry

Heat coconut oil in a wok or large frying pan. Add onion, chipotle chilli flakes and carrot. Fry for 5 minutes stirring occasionally.

Turn down the heat to medium then add the garlic cloves, ginger powder, cumin seeds, turmeric powder, coriander powder, garam masala powder, black pepper, Himalayan pink salt, cloves powder, green cardamoms, black cardamom and cinnamon powder. Mix thoroughly and fry for 1 minute.

Add, tomatoes, water, chickpeas, broccoli, yellow pepper. Mix well and cook for 30 minutes with the lid on. Stirring occasionally.

Add the fresh coriander and whole milk, mix well and allow to warm up for 2 minutes then serve.

Main meals

Serves 2-3
1 hour 30 minutes

Chilli Con Carne (vegetarian)

Spicy Butter

2 tbsp	Coconut Oil
1½ tsp	Cumin powder
1 tsp	Chilli powder
1½ tsp	Smoked Paprika powder
1 tsp	Tomato ketchup
½ tsp	Worcestershire sauce
125g	Butter, softened

Chilli

2 tbsp	Coconut oil
1	Large Onion, sliced
200g	Red Split Lentils
6	Chestnut Mushrooms, sliced
1	Large Carrot, peeled and diced
6	Garlic Cloves, finely chopped
1 tbsp	Jalapeño Chilli, chopped small
1 tsp	Cumin powder
½ tsp	Chipotle Chilli flakes
1 tsp	Smoked Paprika powder
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper
1 tbsp	Worcestershire Sauce
½ tsp	Star Anise powder
30g	Tomato Purée
375g	Red Wine (the better the wine, the better the meal will be)
400g	Plum Tomatoes, chopped
400g	Red Kidney Beans
500g	Vegetable stock



Make the Spiced Butter in advance

Add all the Ingredients for the Spicy Butter to a blender. Blend until everything is combined and smooth. Pour into a glass dish or container with a lid and place in the fridge for at least 1 hour. You can keep it in the fridge for days, so you can make in advance.

Make the Chilli

Add 2 tbsp coconut oil to a large frying pan or wok and heat over a high heat. Add the onion and cook for 5 minutes until evenly browned, stir frequently.

Turn the heat down to half. Add red split lentils, chestnut mushrooms, carrot, garlic, jalapeño chilli, cumin, chipotle chilli flakes, smoked paprika, Himalayan pink salt, black pepper, Worcestershire sauce, star anise and tomato purée to the pan/wok. Mix well & cook for 5 Minutes.

Add the red wine, chopped tomatoes and kidney beans to the pan/wok and simmer over a low heat for 1 hour or until it has reduced to a thick sauce consistency. Stir in 2 heaped tablespoons of spicy butter. Serve.

Serving suggestion

Make the 'Spicy Wholegrain Rice' & 'Tortilla Wraps' from this recipe book.

Main meals

Serves 2-3
1 hour 30 minutes

Chilli Con Carne

Spicy Butter

2 tbsp	Coconut Oil
1½ tsp	Cumin powder
1 tsp	Chilli powder
1½ tsp	Smoked Paprika powder
1 tsp	Tomato ketchup
½ tsp	Worcestershire sauce
125g	Butter, softened

Chilli

2 tbsp	Coconut Oil
450g	Minced Beef
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper
1	Onion, sliced
2	Star Anise
1	Carrot, peeled and diced
6	Chestnut Mushrooms
6	Cloves of Garlic, finely chopped
1 tbsp	Jalapeño Chilli, chopped small
30g	Tomato Purée
375g	Red Wine (the better the wine, the better the meal will be)
400g	Tomatoes, chopped
400g	Red Kidney Beans
500g	Beef stock



Make the Spiced Butter in advance

Add all the Ingredients for the Spicy Butter to a blender. Blend until everything is combined and smooth. Pour into a glass dish or container with a lid and place in the fridge for at least 1 hour. You can keep it in the fridge for days, so you can make in advance.

Make the Chilli

Add 1 tbsp coconut oil to a large sauce pan and heat over a high heat until smoking hot. Add the mince, salt & pepper and cook until evenly browned, stir frequently. Remove and drain the meat. Add a little water to the same pan to de-glaze it and tip the water and bits in with the drained meat so none of the flavour is lost. Turn the heat down to half. Add 1 tbsp coconut oil, onions, carrot, mushrooms & star anise.

Cook until the onions begin to colour, then add the garlic and jalapeño chilli. Cook for another 5 minutes. Add the tomato purée, stir & cook for another 2 minutes. Add the browned mince & juices. Pour in the red wine and allow to reduce by $\frac{2}{3}$. Add the tomatoes, kidney beans & beef stock and simmer over a low heat for at least 1 hour or until it has reduced to a thick sauce consistency.

Stir in 2½ tbsp of spicy butter. Remove the star anise. Serve.

Serving suggestion

Make the 'Spicy Wholegrain Rice' & 'Tortilla Wraps' from this recipe book.

Main meals

Serves 3
30 minutes

Chinese Vegetable Curry



Curry Sauce

25g	Butter
1	Red Onion, finely sliced
¼ tsp	Chipotle Chilli flakes
2	Garlic Cloves, minced
2 tbsp	Curry Powder Hot
½ tbsp	Turmeric powder
2 tbsp	Plain Flour
350ml	Vegetable stock, hot
350ml	Whole Milk
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper

Vegetables

2 tbsp	Coconut Oil
1 large	Onion, finely sliced
4 tbsp	Frozen Peas
4 tbsp	Frozen Sweetcorn
6	Garlic Cloves, finely chopped
1 cm	cube of Ginger, finely chopped or 1 tsp Ground Ginger
250g	Mushrooms, sliced
1	Yellow Pepper, sliced
140g	Water Chestnuts
140g	Bamboo Shoots
1 tbsp	Dark Soy Sauce



Make the Curry Sauce

In a large sauce pan melt the butter over medium-high heat. Add the red onion, chipotle chilli flakes and cook until softened for 5 minutes.

Reduce the heat to medium. Add garlic, hot curry powder, turmeric powder and plain flour. Mix thoroughly and cook for another minute until well mixed in.

Pour in the hot vegetable stock, whole milk, Himalayan pink salt & pepper. Use a hand whisk to mix thoroughly. Simmer gently over low-medium heat for about 15 minutes. Stir often with a hand whisk until it has thickened. Thicken with corn flour if required. Start cooking the vegetables.

Cook the Vegetables

Heat the coconut oil in a wok. Add the onion and fry for 5 minutes until softened.

Turn down the heat to medium then add frozen peas, frozen sweetcorn, garlic, ginger powder, mushrooms, yellow pepper, water chestnuts, bamboo shoots & dark soy sauce. Mix thoroughly and fry for 5 minute.

Combine the thickened curry sauce & the cooked vegetables into the wok. Mix thoroughly, serve.

Serving suggestion

Boiled or Egg Fried rice. Both recipes are in this book.

Main meals

Serves 4
6 hours



Christmas Dinner



Equipment ~ you will need.

- Oven & Hob
- Roasting tray approximately 30 x 40 x 6cm
- Roasting tray approximately 30 x 22 x 6cm
- Large sauce pan with lid
- 2 Medium sauce pans with lids
- Chopping board
- 32cm Sharp knife
- Instant pot or pressure cooker
- Digital thermometer probe
- Colander
- Hand masher
- Hand blender
- Hand whisk
- Measuring spoons
- Kitchen scales
- Spatula
- Wooden spoons
- Kettle
- Measuring jug
- Oven Gloves

Ingredients ~ you will need.

Turkey

- 5kg Turkey
- 1 tbsp Olive oil
- 30g Butter
- 1 tsp Himalayan Pink Salt
- ½ tsp Black pepper

Potatoes ~ Roasted

- 6 large Maris Piper Potatoes, peeled and quartered
- 100ml Olive Oil (or less)
- 4 Garlic Cloves, peeled & chopped
- ½ tsp Rosemary
- 1 tsp Himalayan Pink Salt

Parsnips ~ Roasted

- 2 Parsnips
- ½ tsp Thyme, dried or fresh
- ½ tsp Salt & Black pepper
- 10g Butter
- 2 tbsp Honey
- 1 tbsp Olive oil

Potatoes ~ Mashed, Carrots and Broccoli

- 1kg Potatoes, peeled and quartered
- ½ tsp Himalayan Pink Salt
- 4 tbsp Whole Milk
- 50g Butter
- 12 Chantenay Carrots, topped & halved
- 400g Broccoli (or sprouts & lardons)

Pigs in blankets

- 12 Rashers smoked streaky bacon
- 12 Chipolata sausages

Onion Gravy

- 30g Butter
- 1 tbsp Coconut Oil
- 3 Onions, finely chopped
- ½ tsp Thyme
- ½ tsp Himalayan Pink Salt
- ½ tsp Black Pepper
- 2 tbsp Plain Flour
- 500ml Vegetable stock
- 1tbsp Double Cream

A guide to cooking and serving your Christmas Dinner at 3pm

Turkey (5 hours including resting)



◆ 9:00am ◆

Take your turkey out of the fridge (30 minutes before cooking). Place it into a large roasting tray, rub olive oil and butter evenly all over the turkey. Sprinkle salt and pepper, covering the turkey evenly. Set aside for later.

Use the cooking guide on the turkey you bought or use this cooking guide:

5kg ~ 3 hour 10 minutes, **7kg** ~ 3 hour 50 minutes, **9kg** ~ 4 hour 30 minutes.

09:20am

Pre heat oven to 180° (10 minutes)

Place the turkey in the oven and cook using the guide times, ours (5kg) would be 190 minutes.

When cooked check the inner temperature of the turkey with a temperature probe, it should be 75°C+.

Leave your turkey to rest when it comes out of the oven for at least 120 minutes.



Potatoes ~ Roasted (1 hour 50 minutes)



◆ 1:10pm ◆

Pre-heat oven to 180°C with a roasting tin containing 100g lard on the middle shelf.

Peel and quarter the potatoes (approximately 40mm), place potatoes in a colander and wash the starch off. Add potatoes to a large sauce pan. Cover with water, bring to the boil and cook for 15 minutes or until soft. Drain the potatoes into a colander set aside to cool for 10 minutes.

Take the hot tray out of the oven. Gently add the potatoes and stir so all the potatoes are covered with the hot lard. Place back in oven and cook for 1 hour, taking out 3 or 4 times to re-coat the potatoes with the hot lard.

After 1 hour take out of the oven. Add the garlic & rosemary stirring so everything is evenly coated and cook for another 20 minutes. Stir again after 10 minutes. When cooked, drain into a colander, tip onto some kitchen paper towel and pat dry with some more kitchen paper towel, sprinkle with Himalayan pink salt. This helps to keep them crisp.



Parsnips ~ Roasted (45 minutes)



◆ 2:15pm ◆

Scrub the parsnips and chop tops off. Slice lengthways in half then in half again so you end up with 8 pieces.

Place parsnips into a small roasting tray, add thyme, salt, black pepper, butter. Drizzle with honey and olive oil. Mix well coating the parsnips evenly and roast for 40 minutes turning them over a few times.



Tip ~ To save time later, prepare the pigs in blankets ready to place in the oven and set aside.

Potatoes ~ Mashed, Carrots and Broccoli (40 minutes)



◆ 2:20pm ◆

Peel and quarter the potatoes (approximately 40mm) and place in an instant pot with approximately 10mm of water. Don't cut your potatoes too small or they will go to mush. Place a veg tray on top of your potatoes.

Chop the tops off the carrots, slice in half and place in the instant pot veg tray.

Chop the broccoli into medium sized pieces and place on top of the carrots in the instant pot veg tray.

Place the lid on the instant pot and cook for 5 minutes, normal, low pressure and keep warm off.

When cooked, take the veg tray out and cover with a towel. Drain and tip the potatoes back into the instant pot, add ½ tsp salt, 4 tbsp milk and 50g butter. Mash the potatoes with a hand held masher until smooth.

Place the lid on the instant pot to keep warm.



Pigs in Blankets (35 minutes)

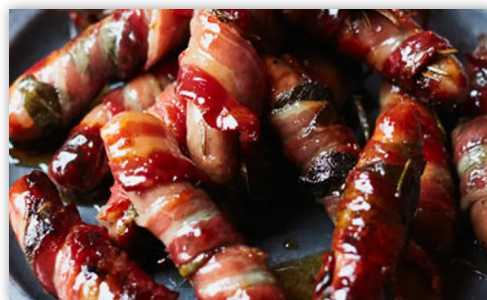


◆ 2:25pm ◆

Lay a piece of bacon on a chopping board, place a sausage at one end and roll the bacon around it until it's totally wrapped up.

Place on a roasting tray with a small lip and repeat until the sausages are wrapped in bacon. Make sure you leave a little space around each one.

Cook in a preheated oven at 180°C for 30 minutes, or until golden.



Onion Gravy (10 minutes)



◆ 2:45pm ◆

Place a large sauce pan over a medium-high heat and add butter and coconut oil.

When the butter and oil has melted and starts to smoke slightly, add the onions and cook for 5 minutes. Stirring occasionally.

Reduce the heat to medium. Add thyme, Himalayan pink salt, black pepper and flour. Mix thoroughly.

Pour the vegetable stock into the sauce pan. Stir constantly using a hand whisk. Cook until the gravy is thick enough. Add a tablespoon of double cream and mix well. Place lid on pan to help keep the gravy warm until serving.

If you prefer a smooth gravy use a hand blender in the pan to blend until a smooth texture is achieved.



◆ Start Serving ◆

◆ 2:55pm ◆

Main meals

Serves 4

2 hour 30 minutes

Duck with Egg Fried Rice

Duck

- 1 Duck Whole weighing approx 2kg
- 1 tbsp Five Spice powder
- 1 tbsp Himalayan Pink Salt
- 1 tbsp Szechuan Peppercorns, crushed
- 1 cm Ginger, sliced
- 1 tsp Sesame Oil

Fried Rice (using the boiled rice)

- 360g Basmati Rice
- 1 tsp Himalayan Pink Salt
- 690g Water
- 3 tbsp Coconut Oil
- 2 Spring Onions chopped
- 2 tbsp Peas, frozen
- 2 Eggs
- 1 tbsp Light Soya Sauce
- 6 drops Sesame Oil
- ½ tsp Salt & Black Pepper (each)

Chinese Pancakes

- 110ml Boiling water
- 330g Plain Flour
- 75ml Cold water
- 1 tsp Sesame Oil
- Flour for rolling out



Duck

Mix five spice powder, Himalayan Pink Salt & szechuan peppercorns together. Rub the duck inside and out with the mixture. Place ginger in the cavity. Cover with cling-film and leave overnight. Prepare the steamer. Remove cling-film and place the duck in the steamer on a heat resistant plate. Steam for approximately 2 hours, ensuring steamer does not run dry. Remove, drain any liquid away and allow the duck to cool completely. I use an instant pot on slow cook setting. Brush the duck with sesame oil and place the duck on a roasting rack in a oven with a dish underneath to catch any drips. Finish cooking at 200OC for 20 minutes.

Fried Rice ~ 50 minutes

Add the rice, water & salt to a sauce pan with a lid that seals all the way round. Bring to the boil with the lid on and boil for 4 minutes, stir a few times to avoid sticking. After 4 minutes boiling, remove from the heat. Give the rice a good stir, put the lid back on, leave for 30 minutes. Let the rice cool completely, either use it now or put the rice in an airtight container and place in the fridge to use the next day.

Heat Coconut Oil in a wok, add frozen peas, chopped spring onions, stir fry for 2 minutes. Add eggs, quickly break the eggs up with a wooden spoon and stir fry until the eggs are scrambled. Cook for about 1 minute. Add the boiled rice cooked the day before. Ensure any lumps of rice are broken up in the wok then add light soya sauce, sesame oil, Himalayan pink salt & black pepper. Stir fry for 5 minutes then serve.

Pancakes (optional)

Add 110ml boiling water to 330g plain flour mix well, then add the cold water. Knead well until the dough is smooth. Cover and allow to rest for 15 minutes. On a lightly floured board divide dough into 2 pieces and roll each piece into 35cm long and 5cm round. Cut these into 2cm pieces. Lay these out with cut side up and flatten with the heel of your hand. Brush surface of dough with sesame oil and lay second pancake on top of oiled surface, then roll both layers to about 12cm. Heat a non stick pan on medium heat. Cook the pancake on side one for about 20 seconds, until it starts to bubble, flip and cook second side for about 10 seconds. Remove from pan. Quickly and carefully separate the rounds. Stack and cover with a dry towel to keep warm. This recipe makes roughly 30 pancakes. To heat, place in a steamer for 2 minutes or in a roasting tin with a splash of water with the lid on for 5 minutes.

Serving suggestion

Hoisin Sauce, Spring Onions~finely sliced lengthways & Cucumber~finely sliced lengthways.

Main meals

Serves 2
35 minutes

Egg, Beans & Cheese Bites

150g Butter Beans, dried uncooked
(or use tins of cooked butter beans)

400g Tomatoes, chopped
½ tsp Smoked Paprika
1 tsp Onion Powder
¼ tsp Himalayan Pink Salt
¼ tsp Black Pepper
1 tbsp Worcestershire Sauce
1 tsp Balsamic Vinegar

3 Slices of Toasted Bread 1cm thick
120g Cheddar Cheese
1 tbsp Worcestershire Sauce

2 Eggs, poached
1 tsp Himalayan Pink Salt

Salt & Pepper to taste



Cook the Butter Beans (12 minutes)

Soak dried butter beans in a medium sized pan for 12 hours or overnight. Make sure the water goes about 20mm higher than the beans as they expand and soak the water up.

Place the soaked butter beans in an 'Instant Pot' or pressure cooker for 12 minutes.

Make the beans (15 minutes)

When the butter beans have cooked, place a large sauce pan over a medium high heat. Add tomatoes, smoked paprika, onion powder, Himalayan pink salt, black pepper, Worcestershire sauce and balsamic vinegar. Cook for 5 minutes stirring occasionally. Use a hand blender to blend the tomatoes until smooth.

Drain and add the cooked butter beans to the sauce pan. Turn heat down to simmer and stir gently.

Make the cheese bites (10 minutes)

Cut 4 thick slices of fresh bread and toast one side under a grill for 4-5 minutes or until golden in colour. Turn the toast over and grate cheddar cheese evenly over the bread. Drizzle Worcestershire sauce evenly over the grated cheese. Place back under grill and cook for 3-5 minutes or until the cheese has melted. When cooked cut into 3 cm squares.

Poach the eggs (9 minutes)

When the cheese bites are done, fill a large sauce pan ¾ full with water and 1 tsp Himalayan Pink Salt. Heat on high heat to 90°C then take off heat. Crack the eggs one at a time into the hot water and poach for 4 minutes. No need for vinegar as this makes the egg white go rubbery. Do not swirl the water either. Season with Himalayan Pink Salt & Black Pepper. Serve immediately.

Quickly assemble the meal

Place the cheese on toast on 2 plates. Stir the beans gently and place next to the cheese squares. As soon as the poached eggs are ready add them on top the beans. Serve quickly so the eggs are still warm and runny. Season with Himalayan pink salt and black pepper.

Main meals

Serves 2
25 minutes

Egg, Roast Veg & Onion Gravy

Roast Vegetables

- 4 tbsp Coconut Oil
- 500g Potatoes, cut into 2cm pieces
or Baby Potatoes all cut to same size
- ½ tsp Himalayan Pink Salt
- ¼ tsp Chipotle Chilli Flakes
- ½ tsp Smoked Paprika
- 200g Green Beans
- ½ Red Pepper, cut into strips
- ½ Yellow Pepper, cut into strips
- 8 Cherry Tomatoes, cut in half

Poached Eggs

- 2 Eggs, poached
- 1 tsp Himalayan Pink Salt

Onion Gravy

- 25g Butter
- 1 tbsp Coconut Oil
- 2 Onions, finely chopped
- ½ tsp Thyme
- ¼ tsp Himalayan Pink Salt
- ½ tsp Black Pepper
- 1½ tbsp Plain Flour
- 350ml Vegetable stock



Preheat oven to 200°C

Roast the vegetables

Add coconut oil to a large roasting tin and place in oven on middle shelf for 5 minutes.

Take the hot roasting tin out of oven and gently add potatoes, Himalayan pink salt, Chipotle chilli flakes, smoked paprika and green beans, mix well with a wooden spoon. Cook for 25 minutes, gently with a spatula, mix the vegetables roughly every 10 minutes to avoid sticking. Start making the onion gravy.

After 25 minutes add to the roasting tin, red pepper, yellow pepper and cherry tomatoes. Give it a good shake and cook for a further 25 minutes. Mix the vegetables roughly every 10 minutes to avoid sticking.

Make the Onion Gravy

Add the butter and coconut oil to a large sauce pan. Melt over a medium-high heat then add the onions and cook for 5 minutes. Stir occasionally. Reduce the heat to medium. Add thyme, Himalayan pink salt, black pepper and flour. Mix thoroughly. Pour the vegetable stock into the sauce pan. Stir constantly using a hand whisk. Cook until the gravy is thick enough. Turn heat down to a simmer, make the eggs.

Poach the eggs

Fill a large sauce pan ¾ full with water & 1 tsp Himalayan Pink Salt. Heat on high heat to 90°C then take off heat. Crack the eggs one at a time into the hot water, poach for 4 minutes. No need for vinegar as this makes the egg white go rubbery. Do not swirl the water either. Season with Himalayan Pink Salt & Black Pepper. Serve immediately.

Main meals

Serves 2
1 hour 10 minutes

Fettuccine with Asparagus

Fettuccine Pasta

250g Bread or “oo” flour
1 tsp Parsley
1 tsp Garlic powder
1 tsp Himalayan Pink Salt
3 Eggs

Vegetables

50g Butter
100g Onion, sliced

100g Frozen Peas
100g Mushrooms, sliced
200g Asparagus, chopped into 3cm pieces
½ Lemon, juice of
1 tsp Oregano
1 tsp Thyme
½ tsp Himalayan Pink Salt
½ tsp Black Pepper
200g Feta Cheese, broken up

2 tsp Parmesan Cheese, grated



Make the Fettuccine Pasta

Add all the pasta ingredients into a large mixing bowl. Attach the dough hook and mix well until the dough is a smooth yet firm consistency. Wrap in cling film, leave in a fridge for 30 minutes.

After 30 minutes, flour a work surface with plain or bread flour and divide the dough into 6 equal pieces. Roll each piece into a square about 1mm thick. Make sure the work surface has plenty of flour on it or the pasta will stick. Cut each square into 1cm wide strips. Leave to one side to dry out for 30 minutes.

Half fill a pan with water and start to boil it.

Cook the Vegetables

In a large frying pan add the butter and melt over a medium to high heat. Add the onions, and cook for 5 minutes until soft.

Add the frozen peas, mushrooms, asparagus, lemon juice, oregano, thyme, salt, black pepper and feta cheese. Cook for a further 5 minutes. Stir frequently.

While frying the vegetables, add the prepared pasta to the boiling water and cook for about 5 minutes, or until cooked. The thicker the pasta the longer it will take to cook. If you roll the pasta out very thin, it will cook in 2 minutes.

Drain the pasta into a colander and put 6 tablespoons of the pasta water into the frying pan with the vegetables in. Add the pasta to the frying pan. Stir well until all the pasta and vegetables are mixed together.

Divide the contents of the frying pan between 2 bowls or plates. Sprinkle a teaspoon of parmesan cheese and a twist of black pepper over each. Serve.

Main meals

Serves 2
15 minutes

Frittata

Frittata with Vegetables

- 6 Eggs
- 50g Feta Cheese, broken up
- 1 tbsp Olive Oil
- 25g Butter
- 8 Spring Onion, chopped
- ½ Red Onion, chopped
- 150g Spinach, chopped
- 6 Cherry Tomatoes, halved
- ½ Red Pepper, diced
- 1 tsp Basil, freshly chopped
- 1 tsp Parsley, freshly chopped
- ½ tsp Himalayan Pink Salt & Black Pepper



Frittata with Tuna

- 6 Eggs
- 50g Cheddar Cheese, grated
- 1 tbsp Olive Oil
- 25g Butter
- 1 Red Onion
- 100g Cherry Tomatoes, halved
- ½ Red Pepper, diced
- 1 tsp Basil, freshly chopped
- 1 tsp Parsley, freshly chopped
- ½ tsp Himalayan Pink Salt & Black Pepper
- 95g Tuna



Preheat the grill to 230°C

Frittata with Vegetables

Crack the eggs into a glass bowl and whisk until aerated. Add the feta cheese and mix well. Heat the oil and butter in a frying pan. Add spring onion, red onion, spinach and cook for 3 minutes. Add the cherry tomatoes, red pepper, basil, parsley, salt & pepper. Cook for a further 3 minutes. Pour the whisked egg and feta cheese into the pan evenly. Give it a little shake and cook for a further 3 minutes.

Place the frying pan under the grill for 3 minutes. Serve immediately.

Frittata with Tuna

Crack the eggs into a glass bowl. Add the feta cheese and hand whisk for 1 minute. Heat the oil and butter in a frying pan. Add red onion, cook for 3 minutes. Add the, cherry tomatoes, red pepper, basil, parsley, salt & pepper. Cook for a further 3 minutes then pour the whisked egg into the pan. Give it a little shake and cook for a further 3 minutes.

Sprinkle tuna evenly over the frittata, place frying pan under the grill for 3 minutes. Serve immediately.

Main meals

Serves 2
40 minutes +24 hours

Indian Chicken Tikka Masala

Chicken marinade

2	Chicken breasts cut into 2cm pieces
50ml	Plain or Greek yogurt
4	Garlic cloves, minced
1 tsp	Ginger powder
1 tsp	Garam masala powder
1 tsp	Turmeric powder
1 tsp	Smoked Paprika powder
1 tsp	Cumin powder
½ tsp	Chilli powder
1 tsp	Salt
½	Lemon, juice of

Pilau Rice

220g	Basmati Rice
320g	Water
1 tsp	Turmeric powder
½ tsp	Onion Seeds
1 tsp	Cumin Seeds
⅛ tsp	Cinnamon powder
1 tsp	Himalayan Pink Salt
3	Green Cardamom Pods
1	Black Cardamom Pod
2	Garlic cloves

Masala Sauce

1 tsp	Olive oil
30g	Butter
2 tsp	Coconut sugar
3	Shallots, finely diced
6	Garlic clove, minced
1 tsp	Ginger powder
1 tsp	Garam masala powder
1 tsp	Turmeric powder
1 tsp	Cumin powder
½ tsp	Chilli powder
1 tsp	Coriander powder
1 tbsp	Coconut powder
50g	Tomato puree
400g	Chopped Tomatoes
1 tsp	Himalayan Pink Salt
180ml	Double cream
2tbsp	Coriander, fresh



Marinade the Chicken

Add the diced chicken and all the chicken marinade ingredients into a glass bowl, mix well cover with cling film and place in fridge for at least 2 hours (24 hours is best).

Make the Pilau Rice

Instant Pot - Add all ingredients to the pot, place the lid on, make sure the steam release is closed and press the rice button.

Hob - Add all ingredients to a sauce pan with a lid that seals all the way round. Bring to the boil with lid on for 4 minutes. Stir the pan a few times. After 4 minutes boiling, remove from heat. Give the rice a good stir, put the lid back on, leave for 30 minutes. Remove Cardamom Pods before serving.

Make the Chicken Tikka - Pre Heat Grill to 220°C

Take the marinated chicken pieces and place them onto either wooden skewers that have been soaking in water over night or metal skewers. Place under the grill and cook for 20 minutes turning over after 10 minutes, cook until charred slightly.

Make the Masala Sauce

While the chicken tikka is cooking add to a large frying pan or wok over a medium-high heat, olive oil, butter, when hot add coconut sugar, shallots, garlic, ginger, garam masala, turmeric, cumin, chilli powder, coriander, coconut, tomato puree, chopped tomatoes and Himalayan pink salt. Cook for 10 minutes, stirring occasionally. Use a hand blender and blend until smooth.

Add the cooked chicken tikka, double cream, fresh coriander and stir thoroughly. Cook for 10 minutes stirring occasionally. Serve with naan breads (recipe in this book).

Tip: Add some red food colouring to the sauce to make it look like a takeaway curry. I recommend you don't do this because the red food colouring is toxic.

Main meals

Serves 2-3
40 minutes

Indian Jalfrezi (vegetarian)

Pilau Rice

360g	Basmati Rice
690g	Water
1 tsp	Turmeric powder
½ tsp	Onion Seeds
1 tsp	Cumin Seeds
⅛ tsp	Cinnamon powder
1 tsp	Himalayan Pink Salt
3	Green Cardamom Pods
1	Black Cardamom Pod
2	Garlic cloves

Jalfrezi

1 tbsp	Coconut Oil		
25g	Butter		
1	Onion, chopped small		
1 tsp	Chipotle Chilli flakes		
1 tsp	Himalayan Pink Salt		
6	Garlic Cloves, finely chopped		
1 tsp	Ginger powder		
1 tsp	Turmeric powder		
1 tsp	Garam Masala powder		
1 tsp	Coriander powder		
1 tsp	Cumin Seeds		
4	Curry leaves		
200g	Plum Tomatoes, chopped		
350g	Mushrooms, sliced		
1	Onion, chopped large		
1	Green Pepper, chopped large		
1	Red Pepper, chopped large		
200ml	Water		
4	Tomatoes, sliced into ⅛	2 tbsp	Cornflour or Plain Flour
3 tbsp	Coriander leaves	1 tbsp	Water



Onion chopped large



Tomato sliced into ⅛

Make the Pilau Rice

Add all ingredients to a sauce pan with a lid that seals all the way round. Bring to the boil with lid on for 4 minutes. Stir the pan a few times. After 4 minutes boiling, remove from heat. Give the rice a good stir, put the lid back on, leave for 30 minutes. Remove Cardamom Pods before serving.

Make the Jalfrezi

Add to a large frying pan or wok over a medium-high heat, 1 tbsp coconut oil butter, onion chopped small, chipotle chilli flakes & Himalayan pink salt. Cook for 5 minutes.

Reduce heat to medium, add the garlic, ginger powder, turmeric powder, garam masala powder, coriander powder, cumin seeds, curry leaves, chopped tomatoes, mushrooms, onion chopped large, green pepper, red pepper & 200ml water. Cook for a further 25 minutes.

Add to the pan/wok, tomatoes sliced into ⅛ and coriander leaves. Simmer for 5 minutes stirring every so often until the tomatoes have warmed through. Mix together the Cornflour or Plain Flour and water, add to the Jalfrezi. Stir until thickened, serve.

Main meals

Serves 2
45 minutes

Indian Korma (vegetarian)

Pilau Rice

360g	Basmati Rice	3	Green Cardamom Pods
690g	Water	1	Black Cardamom pod
1 tsp	Turmeric	½ tsp	Onion Seeds
1 tsp	Cumin Seeds	⅛ tsp	Cinnamon powder
1 tsp	Salt	2	Garlic cloves

Korma

2 tbsp	Coconut Oil
2	Onions, peeled and finely sliced
6	Garlic Cloves, finely chopped
1 tsp	Ginger powder
1 tsp	Turmeric powder
½ tsp	Garam Masala powder
½ tsp	Cumin powder
½ tsp	Coriander powder
2 tbsp	Cashew Nuts finely chopped
1 tbsp	Tomato Purée
2	Chicken breast or 250g Mushrooms
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper
2 tsp	Desiccated Coconut
1 tbsp	Coriander, freshly chopped
150ml	Water
400ml	Coconut Milk
100ml	Double Cream
1 tbsp	Cornflour or Plain Flour & water



Make the Pilau Rice

Add all ingredients to a sauce pan with a lid that seals all the way round. Bring to the boil with the lid on for 4 minutes. Stir the pan a few times. After 4 minutes boiling, remove from the heat. Give the rice a good stir, put the lid back on, leave for 30 minutes. Remove the Cardamom Pods.

Make the Korma

In a large frying pan heat the coconut oil. Add the onion and cook on a high heat until onions start to soften then lower the heat. Add the garlic, ginger powder, turmeric powder, garam masala powder, cumin powder, coriander powder, cashew nuts, tomato purée, sliced chicken or mushrooms, Himalayan pink salt & pepper. Mix well and cook for a further 5 minutes.

Add desiccated coconut, fresh coriander, 150ml water, 400ml coconut milk and 100ml double cream. Bring to the boil. Once the pan is boiling, reduce the heat to a simmer. Stir occasionally & simmer for 30 minutes.

If you want a thicker sauce add 1 heaped teaspoon of Cornflour or Plain Flour in a small dish with enough water to make it into a thin paste. Add to the curry, mix well. If still too runny repeat. If it is too thick, just add a bit of water, until the consistency is right.

If you want more sauce, add 100ml water to the Curry. Add 1 heaped teaspoon of Cornflour or Plain Flour in a small dish with enough water to make it into a thin paste. Add to the curry, mix well. Spend time mixing it in. Serve.

Main meals

Serves 2-3
45 minutes

Indian Madras (chicken)



Pilau Rice

360g	Basmati Rice	3	Green Cardamom Pods
690g	Water	1	Black Cardamom Pod
1 tsp	Turmeric powder	½ tsp	Onion Seeds
1 tsp	Cumin Seeds	⅛ tsp	Cinnamon powder
1 tsp	Himalayan Pink Salt	2	Garlic cloves

Madras

2 tbsp	Coconut Oil
1	Onion, peeled and finely sliced
¼ tsp	Chipotle Chilli flakes
6	Garlic Cloves, finely chopped
1½ tsp	Ginger powder
½ tsp	Turmeric powder
1 tsp	Cumin powder
½ tsp	Coriander powder
½ tsp	Chilli powder
4	Curry leaves
2	Chicken breast or 250g Mushrooms
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper
150ml	Water
400g	Plum Tomatoes, chopped
½ tsp	Garam Masala powder
1 tbsp	Coriander leaves, freshly chopped
½	Lemon, juice of
25g	Butter



Chicken Madras



Mushroom Madras

Make the Pilau Rice

Add all ingredients to a sauce pan with a lid that seals all the way round. Bring to the boil with the lid on for 4 minutes. Stir the pan a few times.

After 4 minutes boiling, remove from the heat. Give the rice a good stir, put the lid back on, leave for 30 minutes.

Remove the Cardamom Pods and serve.

Make the Madras

In a large frying pan or wok heat 2 tbsp coconut oil over a medium-high heat. Add the onion and chipotle chilli flakes. Mix thoroughly and cook for 5 minutes.

Add sliced chicken or mushrooms, garlic, ginger powder, turmeric powder, cumin powder, coriander powder, curry leaves & chilli powder. Cook for a further 4 minutes.

Season with Himalayan pink salt & pepper and add to the pan/wok. Mix well then add 150ml water and the chopped tomatoes, bring to boil. Once the pan is boiling, reduce the heat to a simmer. Stir every so often. Let it simmer for about 25 minutes until it has reduced down to a nice sauce.

Stir in the garam masala powder, fresh coriander, juice of a lemon and butter. Mix thoroughly and cook for a further 5 minutes. Serve.

Main meals

Serves 2
40 minutes

Indian Makhani (chicken) 🌶️

- | | |
|--------|--|
| 1 tbsp | Coconut Oil |
| 1 | Shallot, finely sliced |
| 1 | Onion, finely sliced |
| 2 | Chicken breast or 250g Mushrooms |
| ¼ tsp | Chipotle Chilli flakes |
| 25g | Butter |
| ½ | Lemon, juice of |
| 1 tsp | Ginger powder |
| 6 | Garlic Cloves, finely sliced |
| 1 tsp | Garam Masala powder |
| 1 tsp | Cumin powder |
| 2 | Bay Leaves |
| 400g | Tomatoes fresh, chopped
(or 1 tin of chopped tomatoes) |
| 125ml | Whole Milk |
| 125ml | Double Cream |
| 4 tbsp | Natural Yogurt |
| 1 tsp | Himalayan Pink Salt & Black Pepper |
| 2 tbsp | Almond flakes or crushed
(optional for authentic flavour) |



Chicken Makhani



Mushroom Makhani

Heat coconut oil over a high heat in a wok or large frying pan. Reduce the heat to medium high, add the shallot, onion, chicken or mushrooms and chipotle chilli flakes. Cook for 5 minutes until the onions soften stirring frequently.

Stir in butter, lemon juice, ginger, garlic, garam masala powder, chilli powder, cumin & bay leaf. Cook for 2 minute stirring frequently.

Add 400g of blended tomatoes (or 1 tin chopped tomatoes), whole milk, double cream, natural yogurt, salt & pepper. Simmer for 10 minutes on a reduced medium heat stirring frequently.

Take out the bay leaves and serve.

Tips

- To make it more authentic like an original Makhani and add 2 tbsp of Almond flakes or crushed Almonds on top when serving.
- If you want a thicker sauce add 1 heaped teaspoon of cornflour in a small dish with enough water to make it into a thin paste. Add to the curry, mix well.
- If you want more sauce, add 100ml water to the Curry. Add 1 heaped teaspoon of cornflour or plain flour in a small dish with enough water to make it into a thin paste. Add to the curry, mix well. Spend time mixing it in. Serve.

Serving suggestion:

Boiled or Pilau rice and naan breads, recipes are in this book.

Main meals

Serves 2-3
40 minutes

Indian Rogan Josh (chicken)



Boiled Rice

360g Basmati Rice
1 tsp Himalayan Pink Salt
690g Water

Rogan Josh

2 tbsp Coconut Oil
25g Butter
2 large Onion, sliced
1 tsp Chipotle Chilli flakes
6 Garlic Cloves, finely chopped
1 tsp Ginger powder or fresh
1 tsp Coriander powder
1 tsp Cumin powder
1½ tsp Garam Masala powder
1 tsp Organic Coconut Sugar
1 tsp Black Pepper
1 tsp Himalayan Pink Salt
3 Green Cardamom Pods
1 Black Cardamom pod
¼ tsp Cinnamon powder
1 tbsp Tomato Purée
2 Bay leaves
2 Chicken Breast or 250g Mushrooms
200g Plum Tomatoes or 1 tin of Tomatoes
300ml Water
2 tbsp Coriander leaves
50ml Whole Milk



Make the Boiled Rice

Add the rice, water & Himalayan Pink Salt to a sauce pan with a lid that seals all the way round. Bring to the boil with the lid on and boil for 4 minutes. Stir the pan a few times. After 4 minutes boiling, remove from the heat. Give the rice a good stir, put the lid back on, leave for 30 minutes.

Make the Rogan Josh

In a large frying pan or wok, heat the coconut oil & butter, add the onion, Chipotle Chilli flakes and cook over a high heat for 5 minutes until the onion softens.

Turn the heat down to medium. Add the garlic, ginger, coriander powder, cumin powder, garam masala powder, organic coconut sugar, black pepper, Himalayan pink salt, green cardamom pods, black cardamom pod, cinnamon, tomato purée and bay Leaves. Mix thoroughly and cook for 2 minutes.

Add sliced chicken or mushrooms, tomatoes & water, place the lid on the pan/wok & bring to boil. Once the pan is boiling, reduce the heat to a simmer. Stir every so often. Let it simmer for 20 minutes until it has reduced down to a nice sauce.

Stir in the fresh coriander and whole milk, mix thoroughly and cook for a further 10 minutes until it reaches the sauce thickness you require.

Main meals

Serves 2-3
1 hour

Indian Standard Chicken Curry 🌶️

2 tbsp	Coconut Oil
1 large	Onion, finely sliced
6	Garlic Cloves, finely chopped
1cm	Ginger, finely chopped
¼ tsp	Cumin Seeds
¼ tsp	Turmeric powder
1 tsp	Coriander powder
1 tsp	Chilli powder
1 tsp	Garam Masala powder
1 tsp	Black Pepper
1 tsp	Himalayan Pink Salt
¼ tsp	Cloves powder
2	Green Cardamom Pod
¼ tsp	Cinnamon powder
2	Chicken Breast cut into pieces
1 tin	Chopped Tomatoes
2 tbsp	Fresh Coriander leaves
50ml	Yogurt



Heat the coconut oil in a wok. Add the onion and fry for 5 minutes until the onion is softened.

Turn down the heat to medium then add the garlic cloves, ginger, cumin seeds, turmeric, coriander, chilli, garam masala powder, black pepper, salt, cloves, green cardamom pod and cinnamon. Mix thoroughly and fry for 1 minute.

Add, chopped tomatoes and the chopped uncooked chicken pieces. Doing this will keep the chicken tender. Mix well and cook for 20 minutes in the wok with the lid on. Stirring a few times.

Add the fresh coriander and yogurt, mix and allow to warm up for 2 minutes then serve.

If you want a thicker sauce add 1 heaped teaspoon of cornflour in a small dish with enough water to make it into a thin paste. Add to the curry, mix well. If still too runny repeat. If it is too thick, just add a bit of water, until the consistency is right.

If you want more sauce, add 100ml water to the Curry. Add 1 heaped teaspoon of cornflour in a small dish with enough water to make it into a thin paste. Add to the curry, mix well. Spend time mixing it in. Serve.

Tips

- If you want a thicker sauce add 1 heaped teaspoon of cornflour in a small dish with enough water to make it into a thin paste. Add to the curry, mix well.
- If you want more sauce, add 100ml water to the Curry. Add 1 heaped teaspoon of cornflour or plain flour in a small dish with enough water to make it into a thin paste. Add to the curry, mix well. Spend time mixing it in. Serve.

Serving suggestion:

Boiled or Pilau rice and naan breads, recipes are in this book.

Main meals

Serves 3-4
40 minutes

Indian Vegetable Curry

2 tbsp	Coconut Oil
2 large	Onion, finely sliced
6	Garlic Cloves, finely chopped
1 cm	Ginger, finely chopped
1 tsp	Cumin Seeds
½ tsp	Turmeric powder
1 tsp	Coriander powder
1 tsp	Chilli powder
1 tsp	Garam Masala powder
1 tsp	Black Pepper
1 tsp	Himalayan Pink Salt
¼ tsp	Cloves powder
2	Green Cardamom Pods
1	Black Cardamom Pods
¼ tsp	Cinnamon powder
200g	Plum Tomatoes, chopped
200ml	Water
250g	Mushrooms, sliced
2	Red Pepper, sliced
3	Potatoes, cut into 2cm cubes
2 tbsp	Fresh Coriander leaves
50ml	Whole Milk



Heat the coconut oil in a wok. Add the onion and fry for 5 minutes until the onion is softened.

Turn down the heat to medium then add the garlic cloves, ginger, cumin seeds, turmeric powder, coriander powder, chilli powder, garam masala powder, black pepper, Himalayan pink salt, cloves powder, green cardamom, black cardamom and cinnamon powder. Mix thoroughly and fry for 1 minute.

Add, chopped tomatoes, water, mushrooms, red pepper and potatoes. Mix well and cook for 25 minutes with the lid on. Stirring occasionally.

Add the fresh coriander and whole milk, mix and allow to warm up for 2 minutes then serve.

Tips

- If you want a thicker sauce add 1 heaped teaspoon of Cornflour or Plain Flour in a small dish with enough water to make it into a thin paste. Add to the curry, mix well. If still too runny repeat. If it is too thick, just add a bit of water, until the consistency is right.
- If you want more sauce, add 100ml water to the Curry. Add 1 heaped teaspoon of Cornflour or Plain Flour in a small dish with enough water to make it into a thin paste. Add to the curry, mix well. Spend time mixing it in. Serve.

Serving suggestion

Boiled/Pilau rice and naan breads. Recipes are in this book.

Main meals

Serves 2
40 minutes

Indian Vindaloo

Pilau Rice

220g	Basmati Rice
320g	Water
1 tsp	Turmeric powder
½ tsp	Onion Seeds
1 tsp	Cumin Seeds
⅛ tsp	Cinnamon powder
1 tsp	Himalayan Pink Salt
3	Green Cardamom Pods
1	Black Cardamom Pod
2	Garlic cloves

Vindaloo Paste

1 tsp	Cumin powder
1 tsp	Turmeric powder
1 tsp	Garam Masala powder
¼ tsp	Cinnamon powder
2 tsp	Mustard powder
1 tsp	Coriander powder
1 tsp	Cayenne Pepper
1 tsp	Ginger powder
2 tbsp	Apple Cider Vinegar
1 tsp	Honey

Vindaloo Base

3 tbsp	Coconut Oil
6	Garlic Cloves
3	Red Onion, finely sliced
2 tsp	Chipotle Chilli flakes
450g	Mushrooms, sliced
400g	Plum Tomatoes, chopped
2 tbsp	Tomato Purée
½	Lemon, juice of
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper
250ml	Water



Chicken Vindaloo with boiled rice



Mushroom Vindaloo with pilau rice



The Vindaloo paste

Make the Pilau Rice

Instant Pot - Add all ingredients to the pot, place the lid on, make sure the steam release is closed and press the rice button.

Hob - Add all ingredients to a sauce pan with a lid that seals all the way round. Bring to the boil with lid on for 4 minutes. Stir the pan a few times. After 4 minutes boiling, remove from heat. Give the rice a good stir, put the lid back on, leave for 30 minutes. Remove Cardamom Pods before serving.

Make the Vindaloo

Put all the Paste ingredients into a bowl and mix thoroughly. Set aside for later. See photo above.

Heat the coconut oil in a wok. Add the chicken or mushrooms, garlic, onion & chipotle chilli flakes. Cook over a medium-high heat for 5 minutes until softened.

Add the paste to the wok and mix well for 2 minutes. Add the tomatoes, tomato purée, lemon juice, Himalayan pink salt, black pepper & water. Mix thoroughly, bring it to the boil, then lower the heat to medium and simmer for 25 minutes, stirring occasionally. Serve with the pilau rice or boiled rice.

Main meals

Serves 3-4
40 minutes

Kale & Tomato Risotto 🌶️

1 ltr	Vegetable stock
1 tbsp	Coconut Oil
200g	Kale, chopped small
1	Onion, chopped small
½ tsp	Chipotle Chilli flakes (optional)
1	Stick of Celery, chopped small
1	Yellow Pepper, chopped small
4	Garlic Cloves, finely chopped
250g	Chestnut Mushrooms, sliced
2 tbsp	Flat-leaf Parsley chopped small
½ tsp	Turmeric powder
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper
150g	Arborrio Rice
25g	Butter
10	Cherry Tomatoes, whole
½	Lemon, juice of
20g	Parmesan Cheese, grated



Bring 1 litre of vegetable stock to the boil and set aside for later.

Heat the coconut oil in a large frying pan or wok over a medium-high heat. Add the kale, onion, chipotle chilli. Cook for 5 minutes. Stirring frequently.

Add the celery, yellow pepper, garlic, mushrooms, parsley, turmeric, Himalayan pink salt, black pepper and arborrio rice. Mix thoroughly and cook for a further 2 minutes. Stirring occasionally to stop it sticking.

Turn the heat down to medium. Add the butter, cherry tomatoes and stir in the lemon juice then add ¼ of the stock. Stir and place a lid on the pan/wok.

Always keep the lid on the pan to retain the stock.

When the rice has nearly soaked up the first lot of stock (about 5 minutes), add another ¼ of stock. Stir and place the lid back on the pan/wok.

When the rice has nearly soaked up the second ¼ of stock (about 5 minutes), add another ¼ of stock. Stir and place the lid back on the pan/wok.

When the rice has nearly soaked up the third ¼ of stock (about 5 minutes), add the last ¼ of stock. Stir and place the lid back on the pan/wok.

Cook until nearly all the stock has absorbed into the rice (about 5 minutes), if you want less sauce, reduce further. Remove from the heat and serve with a sprinkle of Parmesan Cheese on top and season with Himalayan pink salt & pepper to taste.

Tips

- You can freeze left overs or add it into a soup the next day.
- To make the Risotto more creamy, add 75ml double cream 5 minutes before the end of cooking. Warm back up, serve immediately.

Main meals

Serves 1-2
25 Minutes

Mac 'n' Cheese with Broccoli

Mac and Cheese for 1

25g	Butter
1 tbsp	Plain Flour
300g	Milk
100g	Water
140g	Dried Macaroni
¼ tsp	Himalayan Pink Salt
120g	Cheddar Cheese, medium
120g	Broccoli, chopped into 30mm pieces
25g	Butter
½ tsp	Salt
½ tsp	Black Pepper



Mac and Cheese for 2

30g	Butter
1 tbsp	Plain Flour
500g	Milk
100g	Water
250g	Dried Macaroni
¼ tsp	Himalayan Pink Salt
240g	Cheddar Cheese, medium
240g	Broccoli, chopped into 30mm pieces
25g	Butter
½ tsp	Salt
1 tsp	Black Pepper



Method is same for 1 or 2 servings

Cook the Mac 'n' Cheese

Melt the butter in a large sauce pan over a medium heat. Add the plain flour and mix well with a wooden spoon until it resembles a thick paste. This should take 1 to 2 minutes.

Add the milk, water, dried macaroni, pink himalayan salt and cheddar cheese. Stir well, place a lid on the saucepan and leave to cook for 2 minutes. Take lid off the sauce pan and stir well, repeat this process until the macaroni is soft and the sauce thick, about 15 minutes.

If the macaroni is not soft enough, just add a little water and cook for longer.

Cook the Broccoli

While the Mac 'n' Cheese is cooking, boil or steam the Broccoli until soft but still firm about 5 minutes.

Melt the butter in a large frying pan over a medium heat. Add the cooked Broccoli, mix well with a wooden spoon. Add a twist of salt and Pepper to taste.

Serve your Mac 'n' Cheese and place the broccoli on top with a bit of butter.

Main meals

Serves 4
1 hour

Mushroom & Couscous Pie

250g Couscous
1 Vegetable stock Cube
Boiling water

2 tbsp Coconut Oil
2 Leeks sliced

250g Mushrooms, sliced
4 Garlic Cloves finely chopped
½ tsp Cinnamon powder
1 tsp Ginger powder
1 tsp Himalayan Pink Salt
1 tsp Black Pepper

800g Plum Tomatoes, chopped
150g Chickpeas, cooked
150g Frozen Peas
1 tbsp Parsley, dried or fresh

100g Parmesan Cheese, grated



Place the couscous & vegetable stock cube in a glass bowl and pour boiling water over it until the couscous is covered. Mix it quickly with a fork to help dissolve the stock cube evenly. Set aside and leave it to cook on its own.

Heat coconut oil in a large frying pan and fry the leeks for 10 minutes, stirring frequently over a medium heat until soft.

Add the mushrooms, garlic, cinnamon, ginger, Himalayan pink salt & pepper. Cook for 5 minutes stirring frequently.

Add the chopped tomatoes, chickpeas, frozen peas & parsley. Stir well and cook with a lid on for 20 minutes, stirring occasionally.

Preheat oven to 200°C.

Pour the frying pan contents into an oven dish.

Break up the couscous previously prepared and sprinkle over the top of the oven dish contents. Place in the middle of the preheated oven and bake for 20 minutes.

When cooked, remove from the oven and sprinkle the grated vegan parmesan cheese on top.

Tip

If you do not have fresh tomatoes use two 400g tins of chopped tomatoes.

Main meals

Serves 2
1 hour 30 minutes

Pizza - Vegetarian Hot

Pizza Dough

225ml Water (34°C)
25g Butter
500g Strong White Bread Flour (sifted)
7g Himalayan Pink Salt
15g Extra Virgin Olive Oil
7g Instant Yeast

Pizza Sauce ~ double if doing two 12"

40g Tomato Purée
50g Tomato ketchup
1 tsp Oregano or Italian herbs, dried
4 Garlic Cloves, minced

Topping

3 Chestnut Mushrooms, sliced thin
½ Orange or Yellow Pepper, sliced thin
2 tbsp Green Jalapeño Chilli, chopped
½ Red Onion, sliced thin
8 Cherry Tomatoes, sliced in half
8 Black/Green Olives, halved (optional)
150g Mozzarella Cheese
1 tbsp Parmesan Cheese, grated
1 tsp Oregano or Italian herbs, dried
½ tsp Black Pepper



*Makes one 14" deep pan, shown above
or
two 12" thin crust*

Make the Dough

In the above order place all the dough ingredients into a mixer bowl fitted with a dough hook attachment. Knead for 5 minutes on speed 2, or you can knead by hand for 10 minutes. Place the dough out of the mixer onto a clean surface and cover with a clean tea towel. Leave in a warm place for 1 hour.

Pre heat the oven to 210°C

After 1 hour, place back into mixer and knead for another 5 minutes. Roll the dough into a 14" circle or split the dough into two 12" circles. Place on the Pizza oven tray/s.

Make the Sauce

Mix all the pizza sauce ingredients in a small bowl thoroughly and set aside. Make 2 lots if doing two 12".

Assemble and cook the Pizza

Spread the pizza sauce evenly over the pizza base using the back of a tea spoon. Sprinkle mozzarella cheese evenly on top of the pizza. Place chestnut mushrooms, orange or yellow pepper, jalapeños, red onion, cherry tomatoes (flat side up) and black olives (optional) evenly on top of the pizza. Sprinkle parmesan cheese, oregano and/or Italian herbs evenly on top of the pizza. Add a few twists of black pepper.

You can let the pizza rise for a further hour or place in the top or top & middle (2x12" pizza) of the oven. Cook for 14 minutes, turning 180° after 7 minutes and switch the shelves (top to middle) if doing two 12". I cook at a lower temperature for longer, this keeps the base softer. Check the base of the pizza sounds hollow when tapped underneath. If it looks cooked it's cooked.

Tip: To make one 14" normal crust pizza, keep everything the same but change the following:
Water - 200ml, Strong White Bread Flour - 350g

Main meals

Serves 2
1 hour 30 minutes

Pizza - Spicy Pepperoni 🌶️

Pizza Dough

225ml Water (34°C)
25g Butter
500g Strong White Bread (sifted)
7g Himalayan Pink Salt
15g Extra Virgin Olive Oil
7g Instant Yeast

Pizza Sauce ~ double if doing two 12"

40g Tomato Purée
50g Tomato ketchup
1 tsp Oregano or Italian herbs, dried
4 Garlic Cloves, minced

Topping

100g Sliced Pepperoni
2 tbsp Green Jalapeño Chilli, diced
2 tbsp Red Onion, sliced
250g Grated Mozzarella Cheese
(or mild cheddar)
1 tsp Parmesan (optional to make authentic)
1 tsp Oregano or Italian herbs, dried
½ tsp Black Pepper



Makes one 14" deep pan shown above)

or

two 12" thin crust

Make the Dough

In the above order place all the dough ingredients into a mixer bowl fitted with a dough hook attachment. Knead for 5 minutes on speed 2, or you can knead by hand for 10 minutes. Place the dough out of the mixer onto a clean surface and cover with a clean tea towel. Leave in a warm place for 1 hour.

Pre heat the oven to 210°C

After 1 hour, place back into mixer and knead for another 5 minutes. Roll the dough into a 14" circle or split the dough into two 12" circles. Place on the Pizza oven tray/s.

Make the Sauce

Mix all the pizza sauce ingredients in a small bowl thoroughly and set aside. Make 2 lots if doing two 12".

Assemble and cook the Pizza

Spread the pizza sauce evenly over the pizza base using the back of a tea spoon. Sprinkle mozzarella cheese evenly on top of the pizza. Place the pepperoni, jalapeños and red onion evenly on top of the pizza. Sprinkle parmesan cheese, oregano and/or Italian herbs evenly on top of the pizza. Add a few twists of black pepper.

You can let the pizza rise for a further hour or place in the top or top & middle (2x12" pizza) of the oven. Cook for 14 minutes, turning 180° after 7 minutes and switch the shelves (top to middle) if doing two 12". I cook at a lower temperature for longer, this keeps the base softer. Check the base of the pizza sounds hollow when tapped underneath.

Tip: To make one 14" normal crust pizza, keep everything the same but change the following:
Water - 200ml, Strong White Bread Flour - 350g

Main meals

Serves 2-3
1 hour

Pork Belly Honey Glazed 🌶️

Pork

1kg	Pork Belly
1 tbsp	Himalayan Pink Salt
2 tsp	Cumin powder
1 tsp	Smoked Paprika powder
½ tsp	Garlic powder (or 4 garlic cloves)
¼ tsp	Cayenne Pepper

Glaze

50g	Honey
20g	Dry Sherry



Preheat oven to 180°C.

Place the pork belly in a large mixing bowl.

In a small dish, add the Himalayan Pink Salt, cumin powder, smoked paprika powder, garlic powder, cayenne powder. Mix thoroughly and sprinkle over the pork and use your fingers to rub all the spices evenly. Make sure the spice mix covers all of the pork belly.

Grease a large lip oven tray with butter. Lay the pork on the tray evenly. Alternatively place the pork on a wire rack above a roasting tin, this will give a crispier result.

Put in the middle shelf of the oven and cook for 50 minutes. Turning the pork over half way through cooking.

While the pork is cooking, mix the glaze ingredients together in a small bowl until runny.

When the pork has cooked, remove from the oven.

Use a brush to drip the glaze onto the pork belly. Do not brush it on the pork belly as this will brush the spices off. Return to the oven and cook for a further 5 minutes.

After cooking for 5 minutes, remove from the oven and repeat the glazing process again for a second glaze.

When the second glaze has had it's 5 minutes, remove the pork from the oven, allow to cool a bit, then serve.

Serving suggestion:

- Chunky chips, Broccoli and carrots
- Chopped lettuce, cucumber, tomato, red onion and grated carrot. Tortilla Wraps (recipe is in this book) and Chilli Sauce (recipe is in this book).

Tips

- Use a silicon baking sheet on the oven tray. Nothing sticks and it is easier to clean.
- Save two pieces of the cooked 'Pork Belly' to make 'Yeung Chow Fried Rice', the recipe is in this book. Chop into small squares and use instead of the ham.

Main meals

Serves 6-8

1 hour 30 minutes +24 hours

Pork Cantonese Style



Pork

3 Pork Fillets

Marinade

6 tbsp Light Soy Sauce
2 tbsp Dry Sherry
1 tbsp Caster Sugar
1 tsp Five Spice powder
4 Garlic Cloves Crushed
1 tsp Ginger powder
4 drops Red Food Colouring

Glaze

80g Red Wine Vinegar
80g Caster Sugar



Pork

Place the pork fillets in a dish large enough to fit all 3. Make sure the dish used is deep Enough. Enabling you to cover the contents with cling film or use a glass dish with a lid.

Marinading The Pork

Mix all the marinade ingredients together in a small glass dish. Pour the marinade over the pork and make sure all the pork is coated. Use a spoon to help cover the pork with the marinade. Do not use your hands as the red food colouring stains. Cover with cling film and leave in a fridge for 24 hours, you can turn the pork a few times while marinading in the fridge.

Cook The Pork

Preheat oven to 170°C

Remove the pork from the marinade and place on a roasting tin with a wire rack insert. Place the roasting tin on the middle shelf of oven. Cook, basting every 15 minutes with the left over marinade. 3 large fillets take about 70 minutes to cook, revealing a nice rich brown colour.

When the pork has cooked into a nice rich brown colour, remove from the oven and place on a wire rack. Place some tin foil underneath the wire rack to catch the glaze you will add next.

Glaze

While the pork is cooling, place the glaze ingredients into a small saucepan and heat gently to dissolve the sugar. Bring to the boil then simmer until the glaze becomes a syrup. Take off the heat and brush the glaze over the pork. Leave to cool. If the glaze is too runny it will not sit on the pork, but soak into it.

Serving suggestion:

- Chunky chips, Broccoli and carrots
- Chopped lettuce, cucumber, tomato, red onion and grated carrot. Tortilla Wraps (recipe is in this book) and Chilli Sauce (recipe is in this book).

Tip:

- Save two pieces of the cooked 'Pork Belly' to make 'Yeung Chow Fried Rice', the recipe is in this book. Chop into small squares and use instead of the ham.

Main meals

Serves 6-8

1 hour 30 minutes +24 hours

Pork Pulled with BBQ Sauce

Pulled Pork

Pork Shoulder Boneless Joint about 1.8kg

2 tsp Himalayan Pink Salt
2 tbsp Brown Sugar
1 tbsp Smoked Paprika powder
2 tbsp Mustard powder

BBQ sauce

30g Butter
1 tbsp Onion, finely chopped
200g Water
200g Tomato Sauce
20g Vinegar (apple cider or white wine)
1 tsp Himalayan Pink Salt
¼ tsp Black Pepper
1 tsp Smoked Paprika powder
½ tsp Mustard powder
½ tsp Cumin powder
1½ tbsp Worcestershire Sauce
¼ tsp Chilli powder
4 Garlic Cloves, minced



Cook the Pork

Preheat the oven to 130°C.

Grease a roasting tin (if using an oven) or Instant Pot with butter, lard or oil.

Remove string from the pork shoulder, lay flat & pat dry with a piece of kitchen towel roll.

Mix the Pulled Pork ingredients together. Rub ingredients all over the Pork. Place in the roasting tin and cook for 6 hours, or put in a Instant Pot with a splash of water in the bottom and cook on slow cook setting for 6 hours.

When pork is cooked take out and place in a glass mixing bowl. Cover with foil. When cooled enough to handle, use 2 forks to pull the pork apart.

Make the BBQ Sauce

While the pork is cooling warm the butter in a pan, add onions and cook until soft. Add the rest of the ingredients to the pan and bring to boil. Simmer for 10 minutes until the sauce has reduced.

Assemble the Pulled Pork

Take the sauce off the heat and pour over the pulled pork. You can put the sauce in a blender if you want it smoother. Mix the pork and sauce thoroughly with a fork.

Serving suggestion:

Spicy Wholegrain Rice or Tortillas with salad.

Main meals

Serves 6-8

1 hour 30 minutes +24 hours

Pork Ribs with Salt & Pepper 🌶️

500g Pork Spareribs (short cut ribs)

Marinade

1 tbsp Cornflour

1 tbsp Water

½ tsp Five Spice powder

1 ltr Vegetable Oil

1 Red Chilli (finely sliced)

1 Spring Onion (finely sliced)

½ tsp Szechuan powder

1 tsp Himalayan Pink Salt

½ tsp Black Pepper



Pork Spareribs

Place the spareribs in a large glass dish.

Make the Marinade

In a small dish add water, cornflour & five spice powder, mix well. Pour the marinade over the spareribs and use your fingers to make sure all of the spareribs are coated. Cover with cling-film and marinate in the fridge for 24 hours.

Cook the Spareribs

After marinating, cook the spareribs by heating the vegetable oil in a wok or deep frying pan. A good test is to drop a cube of bread into the hot oil and it should brown in 30 seconds.

Add the spareribs and cook for 1 minute. Remove the spareribs, drain well and set aside.

Heat the oil again until it is almost smoking. Return the spareribs to the hot oil and cook until they start to turn brown, about 5 minutes. Drain on absorbent kitchen paper towel.

Remove all the oil from the wok and quickly stir fry the sliced chilli & spring onion.

Mix the szechuan powder, salt & black pepper together. Add the cooked spareribs to the wok. Sprinkle with szechuan powder, salt & pepper. Mix well with a wooden spoon and remove the spareribs immediately from the heat.

Tips:

- Serve with a finger bowl of warm water and a lemon slice, to clean hands after eating.
- To make your own Szechuan powder, gently heat some Szechuan peppercorns in a dry pan for 1 minute. Cool and grind in a pestle and mortar, or a pepper grinder.

Main meals

Serves 2-3

1 hour 5 minutes

Roast Vegetables & Mustard Sauce

Roast Vegetables

1kg	Baby Potatoes or large chopped
4	Carrots, chopped into batons
2	Onions, sliced thick
1	Red Pepper, sliced thick
1	Yellow Pepper, chopped thick
200g	Mushrooms, chopped in half
6 tbsp	Olive Oil
12	Cherry Tomatoes, whole
15g	Parsley, dried or fresh
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper



Mustard Sauce

200g	Houmous, any type
50g	Dijon Mustard
2 tsp	Apple Cider Vinegar
¾ tsp	Himalayan Pink Salt
2	Garlic Cloves, minced
½ tsp	Black Pepper
1 tsp	Parsley, dried or fresh
50ml	Whole Milk
150ml	Olive Oil
50g	Butter



Pre-heat the oven to 200°C

Roast the Vegetables

Place the potatoes, carrots, onions, red pepper, yellow pepper & mushrooms in the roasting tin. Drizzle 2 tbsp olive oil evenly onto the vegetables. Mix thoroughly and roast on the middle shelf of oven at 200°C for 20 minutes.

After 20 minutes take the roasting tin out of the oven, drizzle 2 tbsp olive oil evenly over the potatoes and vegetables. Give the tin a good shake, place back in the oven on middle shelf. Bake for a further 20 minutes.

After 20 minutes take the roasting tin out of the oven. Add cherry tomatoes, parsley, Himalayan pink salt & black pepper. Drizzle 2 tbsp olive oil evenly over the vegetables. Mix and shake thoroughly, place back in the oven on middle shelf. Bake for a further 20 minutes.

Mustard Sauce

Add all the Mustard Sauce ingredients together in a bowl except the butter. Mix thoroughly with a hand whisk. Store in the fridge for 50 minutes to infuse. Take out of fridge, pour into a sauce pan with 50g butter and warm over a medium heat for 5 minutes.

Take the roasted vegetables out of oven, divide equally onto plates, pour the sauce on top, serve.

Tip

- Chop the potatoes so they are roughly the same size.
- Make the Mustard Sauce the day before & keep in fridge to infuse the flavours.

Main meals

Serves 6
1 hour 45 minutes

Sausage Rolls (vegetarian)

Pastry

230g Plain Flour
200g Butter, chopped small
½ tsp Himalayan Pink Salt
175ml Water, cold

Filling

2 tbsp Ground Chia Seeds
6 tbsp Water
350g Red Split Lentils
2 tbsp Coconut Oil
2 Onion, finely diced
100g Mushrooms, finely chopped
2 Garlic Cloves, minced
2 tsp Thyme, freshly chopped
2 tsp Oregano, freshly chopped
100g Walnuts, ground
2 slices plain breadcrumbs
30g Tomato Purée
15g Worcestershire Sauce
2 tsp Celery Salt
1 tsp Black Pepper

Whole Milk or Butter for glazing.



Make the Pastry. (or buy puff pastry ready made).

In a large glass bowl add flour, butter, Himalayan pink salt & water. Mix it together by hand until it looks like lumpy dough. No need to mix too much. Flour a work top, add the dough and roll out into a thin rectangle shape. Fold each end into the middle and fold again. Wrap with cling film and place into a fridge for 15 minutes. Repeat this process 3 more times, rolling the pastry different ways each time.

Make the Filling.

Start making the filling once the pastry has gone into the fridge for the first time. Place the chia seeds & water into a small dish. Set aside for at least 15 minutes. Cook the red split lentils in a medium sized sauce pan of boiling water for 20 minutes or until tender. Drain and roughly mash the lentils with a fork. While the lentils are cooking, in a large frying pan, heat the coconut oil on a medium heat. Add the onions and cook for 5 minutes until soft. Add the mushrooms & garlic. Cook for a further 2 minutes. In a large glass bowl add the cooked onions, cooked mushrooms, thyme, oregano, walnuts, bread crumbs, tomato puree, Worcester sauce, celery salt, black pepper & chia seeds. Mix together thoroughly. With the filling that is left over make 4 vegetarian burgers, keep in fridge for up to 3 days in an airtight container.

Make the Sausage Rolls.

Pre-heat the oven to 200°C. Take the pastry out of the fridge. Roll into a rectangle 26cm x 39cm about 5mm thick. Cut out into 13cm x 13cm squares. Take the filling and make a sausage shape 13cm long, 3cm thick. Place it on one of the pastry pieces (see photo). Lift the short end of the pastry over the filling and keep rolling it until it is a sausage roll shape. Place the sausage rolls seam side down on a silicon baking sheet on a baking tray. Cut lines across the tops & brush with oat milk. Bake in the oven for 30 minutes, on the middle shelf. Turn half way through cooking. Serve.

Tip: You can make four vegetarian burgers with the filling left over.
Use a burger press or your hands to make them.



Main meals

Serves 4
55 minutes

Shepherd's Pie

Mash

1¼kg Potatoes
1 tsp Himalayan Pink Salt
100g Butter

Filling

1 tbsp Butter, Coconut Oil or Lard
1 Onion, diced
800g Lamb, minced
1 Carrot, diced
2 tbsp Peas, frozen
1 tsp Thyme, dried
1 tsp Himalayan Pink Salt
1 tsp Black Pepper, ground
150ml Beef Stock (4tbsp gravy granules)

Topping

100g Cheddar cheese, grated
1 tsp Black Pepper, ground

Prepare the potatoes and vegetables.

Wash and peel the potatoes onion and carrot. Dice the onion and carrot, set aside.

Cut the potatoes into equal size pieces for mashing, not too big and not too small or they will go to mush.

Cook the Potatoes.

Rinse the potatoes and place them in large saucepan over a medium heat, add 1tsp salt and bring them to a boil place a lid on the pan and cook for 15-20 minutes or until soft.

Cook the filling.

Add oil to a large frying pan over a medium heat and fry the onions for 5 minutes stirring frequently until soft. Add the minced lamb and cook for a further 5 minutes.

Add 1tsp thyme, 1tsp himalayan pink salt, 1sp black pepper and stock. Keep stirring until the meat is separated and brown in colour. Add the diced carrots and frozen peas, cook for 5 minutes stirring frequently.

Cover the pan and simmer on a low heat for 10 minutes.

Mash the potatoes.

Once the potatoes are cooked, drain and mash with the butter. Set aside for later.

Preheat oven to 200°C

Assemble and cook the pie.

Place the cooked meat and vegetables into a oven proof dish and level it off. Gently spoon the mashed potatoes onto the top and carefully spread it out evenly using a fork. Sprinkle the grated cheese and 1tsp ground black pepper over the mash. Bake in the preheated oven for 15 minutes. Remove from oven and serve hot.



Main meals

Serves 4
50 minutes

Shepherd's Pie (vegetarian)

1kg	Potatoes, chopped & cubed
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper
2 tbsp	Coconut Oil
1	Onion, finely chopped
¼ tsp	Chipotle Chilli flakes
350g	Chestnut Mushrooms
2	Garlic Cloves, finely chopped
250g	Red Lentils
400g	Plum Tomatoes, chopped
2 tbsp	Tomato Purée
250ml	Water
15g	Flat Leaf Parsley, chopped
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper
1 tbsp	Olive Oil
1 tbsp	Parmesan Cheese



Serving suggestion:

Shepherd's Pie with Potato Burger and Salad.

Cook the potatoes in a pan of boiling water for 10 minutes until tender.

Drain the potatoes and return to the pan. Crush the potatoes gently with a fork. Season with Himalayan Pink Salt & pepper.

Heat the coconut oil to a high heat in a large frying pan or wok. Add onion and chipotle chilli flakes. Cook for 5 Minutes. Stir frequently until the onion is softened.

Decrease the heat to medium-high. Add the mushrooms and fry for 5 minutes. Stir occasionally to avoid sticking.

Stir in the garlic, red lentils, chopped tomatoes, tomato purée and 250ml water. Bring to boil then turn the heat down to a medium heat. Simmer for 15 minutes or until the sauce has thickened.

Preheat the oven to 200°C.

Add the flat leaf parsley. Stir until the parsley is evenly distributed. Season with Himalayan pink salt and black pepper.

Pour the lentil and mushroom mix into an oven proof dish. Spoon over the crushed potatoes. Drizzle with olive oil and bake for 30 minutes or until the potatoes are golden.

Take out of the oven and sprinkle parmesan cheese over the pie.

Serve with Potato Burger and Salad. Potato Burger recipe can be found in this book.

Main meals

Serves 2-3
45 minutes

Spaghetti Bolognese

1 tbsp	Coconut Oil
250g	Minced Beef
1	Red Onion, chopped medium
1	Carrot, chopped small
6	Chestnut Mushrooms
4	Garlic cloves
400g	Tomatoes, chopped
50g	Tomato Purée
1 tbsp	Oregano
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper
250g	Dried Spaghetti
2 tbsp	Parmesan Cheese, grated



In a large sauce pan melt the coconut oil over medium-high heat. Add the minced beef, red onion and carrot. Cook for 5 minutes or until the onion is soft.

Reduce the heat to medium. Add chestnut mushrooms, garlic, tomatoes, tomato purée, oregano, Himalayan pink salt and black pepper. Mix thoroughly, cook for 30 minutes.

While the bolognese is cooking, ½ fill a large sauce pan with water, bring to the boil and add the dried spaghetti, as the dried spaghetti softens push it more into the pan until it's all covered with boiling water. Reduce heat to medium high and cook for 10-12 minutes or until it's, either al dente or soft.

Drain the spaghetti and serve onto large dishes, add the bolognese and sprinkle parmesan cheese on top.

Suggestion: You could make some garlic bread to serve with your spaghetti bolognese.

Dough

225ml	Water (34°C)
500g	Strong White Bread Flour (sifted)
6g	Himalayan Pink Salt
7g	Organic Coconut Sugar
15g	Extra Virgin Olive Oil
7g	Instant Yeast

Garlic Butter

10	Garlic Cloves,
minced	
50g	Butter, softened
2 tsp	Oregano, dried



Makes 2 12" 1 hour 20 minutes

Make the Dough - Place all the ingredients in the above order into a mixing bowl with a dough hook attachment fitted. Knead for 1 minute on slowest speed then increase speed slightly for 5 minutes, or mix by hand for 10 minutes. Place the dough out of the mixer onto a clean surface and cover with a clean tea towel. Leave in a warm place for 1 hour until it has doubled in size. After it has doubled in size, place back in mixer and mix for 5 minutes. Take the dough out and divide into two equal portions, roll out each portion so they fit onto two 12" pizza trays. Set aside.

Pre heat oven to 210°C. - **Make the Garlic Butter** Add to a small dish the garlic butter ingredients. Mix Thoroughly with a teaspoon. Spread evenly over the two 12" pizza bases using the back of the teaspoon. Sprinkle a little oregano onto each bread. **Note:** You can bake now or if you let the dough rise for 2 hours, it will be thicker and lighter. Place in oven on the middle shelf and bake for 10 minutes. Take out of oven and serve.

Main meals

Serves 2-3
45 minutes

Spaghetti Bolognese (vegetarian)

1 tbsp	Coconut Oil
1	Red Onion, chopped medium
1	Carrot, chopped small
6	Chestnut Mushrooms
4	Garlic cloves
400g	Tomatoes, chopped
50g	Tomato Purée
1 tbsp	Oregano
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper
450ml	Vegetable Stock
180g	Red Lentils
250g	Dried Spaghetti
2 tbsp	Parmesan Cheese, grated



In a large sauce pan melt the coconut oil over medium-high heat. Add the red onion and carrot. Cook for 5 minutes or until the onion is soft.

Reduce the heat to medium. Add chestnut mushrooms, garlic, tomatoes, tomato purée, oregano, Himalayan pink salt and black pepper, vegetable stock and red lentils. Mix thoroughly and cook for 30 minutes.

While the bolognese is cooking, ½ fill a large sauce pan with water, bring to the boil and add the dried spaghetti, as the dried spaghetti softens push it more into the pan until it's all covered with boiling water. Reduce heat to medium high and cook for 10-12 minutes or until the spaghetti is how you like it, either al dente or soft.

Check the sauce pan with the bolognese and make sure the red lentils are soft. If the red lentils are soft, drain the spaghetti and serve. Sprinkle parmesan cheese on top.

Suggestion:

You could make some baguettes to serve with your spaghetti bolognese. Make the dough mix the night before and bake the baguettes before you start the spaghetti bolognese.

390g	Water (34°C)
7g	Himalayan Pink Salt
15g	Coconut Sugar
500g	Strong White Bread Flour
7g	Instant Yeast

Makes 4
90 minutes
+ overnight
+ cooling



Place the ingredients in a mixing bowl in the order above and mix for 5 minutes.

Tip into a greased glass bowl, cover with cling film and leave to rise overnight.

Preheat the oven to 220°C. Tip the dough onto a floured surface and divide into 4 baguettes with a large dough knife. Leave to rise for 1 hour on a baguette tray.

Place in the oven on the middle shelf and bake for 25 minutes turning 180° half way through baking.

When baked, take out of the oven and cool the baguettes on a wire rack.

Main meals

Serves 2
3 hours

Steak and Chips

Steak

- 2 Beef Steaks of your choice
- 4 Garlic cloves, minced

Skin on Fries

- 850g Potatoes, approximately 3 large
- 1 Large sauce pan of boiling water
- 1 tsp Himalayan Pink Salt
- 60g Lard

Vegetable

- 300g Broccoli, chopped into chunks

Peppercorn Sauce

- 30g Butter
- 2 Shallots, finely chopped
- 2 tsp Garlic Cloves, minced
- 1 tbsp Brandy
- 1 tsp Parsley, dried
- ½tsp Salt
- 1 tbsp Worcestershire sauce
- 200ml Double Cream
- 1½ tsp Black pepper, ground



Important ~ Take steaks out of fridge at least 2 hours before cooking. Rub minced garlic evenly all over them. Add a pinch of salt to each, cover and set aside.

After 2 hours - Preheat oven to 230°C, add 60g lard to a small lipped roasting tray and place on the middle shelf.

Pre heat oven to 230°C. Add 60g of lard to a small lipped roasting tin, place on middle shelf of oven. Half fill a large sauce pan with water. Add Salt and bring to boil.

Leave the skin on the potatoes. chop into 12mm thick chips. You can use a chipper to save time (see photograph). Add chips to the boiling water, bring back to boil for 4 minutes. Drain the chips into a colander over a sink. Place the drained chips still in the colander on top of the hot pan and place back on the turned off cooker ring for 1 minute to dry the chips. Take the hot roasting tin out of oven, carefully add dried chips and gently coat all the chips with the hot lard, place tray back in the oven on the middle shelf and cook for 30 minutes, turn chips half way through cooking. Serve.

While the chips are cooking finely chop 2 shallots and mince 2 garlic cloves. Set aside for later.

Place a large sauce pan half filled with water over a medium high heat, add the broccoli and cook for 15 minutes or until soft. When cooked, drain, add a knob of butter and place the lid back on until serving.

After the chips have been cooking for 15 minutes place a frying pan over a medium high & heat 1 tbsp oil. When oil is hot add steaks, turning over every 30 seconds to achieve a crisp outer and tender inner. It takes longer to cook steaks this way but greater results are achieved (see guide for cooking times).

When the steaks are cooked take out of frying pan and place them on a plate to rest for 5 minutes. Place the frying pan with the steak juice back on the heat, add 30g butter, shallots and garlic (from earlier). Cook for 2 minutes. Add 2 tablespoon of Brandy to the frying pan, burn the alcohol off with a chefs torch. Add 1 tsp parsley, ½ tsp salt, 2 tbsp Worcestershire sauce, 200ml double cream and 1½ tsp black pepper. Stir thoroughly until the sauce starts to thicken. While the sauce is cooking start serving when the chips are cooked. Place a steak on each plate and tip the steak juice into the frying pan with the peppercorn sauce, divide the chips & broccoli to each plate, stir then pour the peppercorn sauce over the steaks.

A quick guide to buying & cooking steaks.

- Buy Fillet, Rib-eye or Sirloin steaks roughly 2cm thick. buy which cut looks best on the day.
- Cooking times for a 2cm thick steak turning every 30 seconds.
Rare - 6 min ~ **Medium Rare** - 8 min ~ **Medium** - 11 min.
- Never serve the steak as soon as it is cooked. Let the steak rest for 5 minutes before serving.



Fillet Rib-eye Sirloin

Main meals

Serves 4
3 hours

Sunday Roast



Beef or Chicken

- 1.7g Beef joint ,topside/silverside/rump
(3 chopped onions, keep for gravy)
- 1.5kg Chicken, whole

Potatoes ~ Roasted

- 6 large Maris Piper Potatoes, peeled, quartered
- 100g Lard
- 4 Garlic Cloves, peeled & chopped
- ½ tsp Rosemary
- 1 tsp Himalayan Pink Salt

Potatoes ~ Mashed, Carrots and Broccoli

- 1kg Potatoes, peeled
- ½ tsp Himalayan Pink Salt
- 4 tbsp Whole Milk
- 50g Butter
- 12 Chantenay Carrots, topped & halved
- 400g Broccoli

Onion Gravy

- 30g Butter
- ~ ~ Onions, and juices from the cooked roast beef tray
- ½ tsp Thyme
- ½ tsp Himalayan Pink Salt
- ½ tsp Black Pepper
- 2 tbsp Plain Flour
- 600ml Beef or Chicken stock
(You can use 2 beef or chicken oxo cubes in 600ml water.)

Yorkshire Puddings (equal volumes not weight, measure the eggs first as a starting point)

- 100ml 2 Large Eggs
- 100ml Milk (same volume as 2 eggs)
- 100ml Plain flour (same volume as 2 eggs)
- ½ tsp Salt
- 3g Lard in each tin (4 tin)

Roast Beef (2 hour 15minutes) ♦ 3:30pm ♦

Take beef joint out of fridge 2 hours before you want to cook it.

Preheat oven to 170°C.

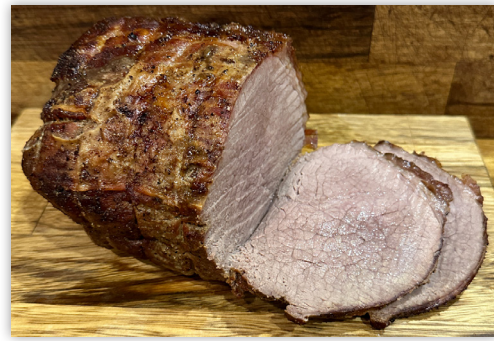
Peel and chop 3 onions, add them to the bottom of a roasting tin that fits your beef joint leaving a bit of room all round it. (see photo)

Place the beef joint on top of the onions. Drizzle with olive oil and sprinkle Himalayan pink salt and black pepper evenly.





Oiled and seasoned, ready for the oven



Beef - Well Done - 2 hours at 170°C

Place the roasting tin in the oven on the middle shelf and use following guide to roast the beef to your liking:

Medium-rare ~ 170°C ~ 1hr 18min (inner temperature 52°C)

Medium ~ 170°C ~ 1hr 40min (inner temperature 65°C)

Well done ~ 170°C ~ 2hr (inner temperature 75°C)

Baste the beef halfway through cooking. When beef is cooked, take out of the oven and place on a board to rest for at least 15 minutes. Cover it with a layer of tin foil and a tea towel and set aside. The beef in the photograph is well done.

Roast Chicken (2 hour 5 minutes) ♦ 3:40pm ♦

Take the chicken out of fridge 30 minutes before cooking it.

Preheat oven to 170°C.

Place the 1.5kg whole chicken in a roasting tin with a wire rack. Drizzle olive oil all over the chicken and sprinkle Himalayan pink salt and black pepper evenly onto the chicken. (see photo)

Instead of oil you can rub butter onto the chicken evenly then sprinkle the Himalayan pink salt and black pepper evenly onto the chicken.

Place the roasting tin in the oven on the bottom shelf and cook for 1hr 35min at 170°C.

Baste the chicken halfway through cooking. With a temperature probe check the inner temperature of the chicken after 1hr 35min, it should be over 75°C. If it is not, cook until it reaches 75°C+.

When the chicken is cooked, take out of oven and place on a plate or a board and let it rest for at least 15 minutes. Cover it with a layer of tin foil then a tea towel and set aside.



Chicken - 1 hour 35 minutes at 170°C



Oiled and seasoned, ready for the oven

Potatoes ~ Roasted (1 hour 50 minutes) ♦ 4:40pm ♦

Pre-heat oven to 180°C with a roasting tin containing 100g lard on the middle shelf. Peel and quarter the potatoes (approximately 40mm), place potatoes in a colander and wash the starch off. Add potatoes to a large sauce pan. Cover with water, bring to the boil and cook for 15 minutes or until soft. Drain the potatoes into a colander set aside to cool for 10 minutes. Take the hot tray out of the oven. Gently add the potatoes and stir so all the potatoes are covered with the hot lard. Place back in oven and cook for 1 hour, taking out 3 or 4 times to re-coat the potatoes with the hot lard. **After 1 hour** take out of the oven. Add the garlic & rosemary stirring so everything is evenly coated and cook for another 20 minutes. Stir again after 10 minutes. When cooked, drain into a colander, tip onto some kitchen paper towel and pat dry with some more kitchen paper towel, sprinkle with Himalayan pink salt. This helps to keep them crisp.



Potatoes ~ Mashed, Carrots & Broccoli (40 minutes) ♦ 5:45pm ♦

Wash, peel and quarter potatoes (approximately 40-50mm pieces). Place the prepared potatoes in an instant pot with approximately 10mm of water. Don't cut your potatoes too small or they will go to mush.

Place a veg tray on top of your potatoes inside the instant pot.

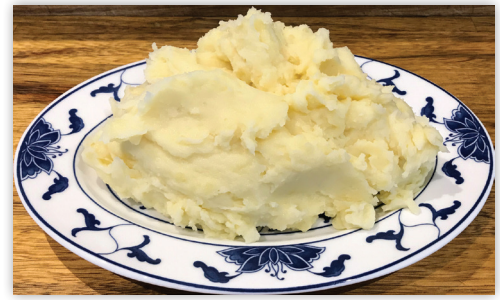
Wash the carrots, then chop the tops off and slice in half. Place in the veg tray inside the instant pot.

Wash the broccoli and cut into medium sized pieces. Place on top of the carrots in the veg tray inside the instant pot.

Place the lid on the instant pot and cook using these settings:
Time 5 minute - normal - low pressure - Keep Warm Off.

When the instant pot has finished its cooking cycle, carefully de-pressurize, take the veg tray out and cover with a towel to keep warm.

Drain and tip the potatoes back into the instant pot, add ½ tsp salt, 4 tbsp milk and 50g butter. Mash the potatoes with a hand held masher until smooth. Cover with a towel to keep warm.



Yorkshire Puddings (20 minutes) ♦ 5:55pm ♦

Place all the ingredients except the lard into a mixing bowl.

Mix thoroughly with a whisk, cover and place to one side.

Pre heat oven to 250°C – Important the oven must be very hot so the puddings rise.

Take a 4 pudding non-stick tin and place 3g of lard or oil in each compartment. Then put the tray in the oven for at least five minutes until the lard is smoking.

When the oven and tray is hot enough, pull the shelf towards you and pour the batter into the pudding holes so they are ¾ full keep the tray inside the oven as much as possible and as quickly as safely possible. So the lard doesn't cool down as much as when you take it out of the oven.

Turn the oven down to 220°C

Cook for 7 minutes, then quickly open the oven door, turn the Yorkshires tray 180° for even cooking. Place back in the oven for 7 minutes.

When cooked they should have crispy risen tops with a perfect centre.



Beef and Onion Gravy (15 minutes) ♦ 6:10pm ♦

Add the butter to a large sauce pan over a medium heat. Add thyme, Himalayan pink salt, black pepper and flour. Mix thoroughly. Then add the cooked onions and juices from the roasting tin you cooked your beef joint in. Mix thoroughly then pour the beef or vegetable stock into the sauce pan. Stir constantly using a hand whisk. Cook until the gravy is thick enough. You can blend the gravy if you prefer a smooth texture (see photo). Turn down the heat to keep your gravy warm with the lid on the pan.



♦ 6:25pm Start Serving ♦

Main meals

Serves 3-4
35 minutes

Young Chow Fried Rice

Boiled Rice

360g Basmati Rice
1 tsp Himalayan Pink Salt
690g Water

Main

1 tbsp Olive Oil

8 Spring Onion, chopped
200g Ham, cooked and chopped
50g Prawns, cooked and peeled
250g Chicken Breast, cooked & chopped

1 tsp Dark Soy Sauce
8 drops Sesame Oil

2 Eggs, whisked with a fork



Cook Boiled Rice Using an Instant Pot

Place all the ingredients into an Instant Pot and press the “Rice” button.

Cook Boiled Rice On The Hob

Add the rice, water & salt to a sauce pan with a lid that seals all the way round. Bring to the boil with the lid on. Boil for 4 minutes. Stir the pan a few times. After 4 minutes boiling, remove from the heat. Give the rice a good stir. Put the lid back on and leave for 30 minutes.

Cook The Main

Heat the oil in a wok or large frying pan over a high heat.

Add the spring onions, ham, mushrooms, prawns & chicken. Fry for 2 minutes. Stir frequently.

Add the boiled rice, soy sauce & sesame oil. Fry for 2 minutes. Stir frequently.

Make a well in the middle of the rice and pour in the eggs. Gently stir the eggs until scrambled. Mix everything altogether thoroughly. Serve immediately.

Tips

- The Chinese Curry Sauce from this recipe book goes well with this meal.
- Make the boiled rice the day before. It saves time and 1 day old rice fries better.
- Substitute ham for ‘Belly Pork Honey Glazed’ or ‘Pork Cantonese Style’. Recipes are in this book.



Soup

Soup

Quick Soup Mix



200g Pear Barley



200g Red Split Lentils



200g Green Split Lentils



200g Yellow Split Peas



200g Dried Peas



If you can't find all the individual dry ingredients, don't worry. You can buy ready made soup mixes from local shops. They may be slightly different, but will work just the same.

The dried peas I use are Marrow fat, they seem to work best.

Store your soup mix in a glass container, as seen in photo.

Different ways to use your soup mix.

- Soak 150g of soup mix in 500ml water for 24 hours. Then add it to your soup.
- Add the soup mix into soups without soaking. You will need to cook the soups for longer, at least an hour.
- Boil 150g of soup mix in 500ml water for 15 minutes, then simmer for 15 minutes. Check the mix is soft enough to add to your soup.

Soup

Beef & Vegetable Soup

30g	Butter
250g	Beef, diced into small chunks
2	Carrots, diced
1	Onion, diced
4	Mushrooms, diced
2	Potato, peeled & cut into 1.5cm cubes
2	Garlic Clove, minced
1 tsp	Parsley, dried or fresh
1 tsp	Chives, dried or fresh
¾ tsp	Himalayan Pink Salt
¾ tsp	Black Pepper
1ltr	Vegetable Stock
200g	Beef stock
2 tbsp	Corn flour in 2tbsp water



Serves 4
35 minutes

Prepare all the ingredients that need peeling and dicing.

In a large sauce pan over a medium-high heat, melt the butter.

Add the beef, carrot, onion, mushrooms, potato, garlic, parsley, chives, salt and pepper. Cook for 5 minutes stir and toss the pan frequently to avoid sticking.

Add the beef and vegetable stock, bring to the boil then reduce to medium heat. Place lid on & cook for 20 minutes or until the potatoes are soft, stirring occasionally. Add corn flour and water, stir well.

Serve with crusty bread and butter

Beetroot & Celery Soup 🌶️

2 tbsp	Coconut Oil
2	Red Onions, sliced
¼ tsp	Chipotle Chilli flakes
500g	Beetroot, chopped small
2 sticks	Celery, sliced
1	Garlic Clove, minced
¾ tsp	Cumin powder
1 tbsp	Red Wine Vinegar
200ml	Whole Milk
1 ltr	Vegetable Stock
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper



Serves 4
35 minutes

In a large sauce pan, melt the coconut oil over a medium-high heat.

Add onion and chipotle chilli flakes. Cook for 5 minutes or until onions are soft.

Add rest of ingredients. Cover & bring to the boil. Turn heat down to medium and simmer for 25 minutes if using cooked beetroot or 45 minutes if using uncooked beetroot. Stir occasionally.

In the pan blend with hand held blender until smooth.

Serve with sliced baguettes and butter.

Soup

Carrot & Coriander Soup

25g	Butter
1	Onion, finely sliced
2	Garlic Cloves, minced
450g	Carrots, sliced
1 ltr	Vegetable stock
¼ tsp	Nutmeg, powder
100g	Carrots, coarsely grated
1 tbsp	Coriander, freshly chopped
50 ml	Whole Milk
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper



Serves 4
30 minutes

In a large sauce pan, melt the butter on a medium heat. Add the onion & garlic. Cook for 5 minutes.

Add the sliced carrots, vegetable stock & nutmeg. Cover and bring to the boil. Simmer for 15 minutes until the carrots are soft.

In the pan blend with hand held blender until smooth.

Add the grated carrots, coriander, whole milk, Himalayan pink salt & black pepper.

Warm back up and serve.

Cauliflower & Cheese Soup

50g	Butter
1	Onion, finely sliced
1	Potato, peeled & cut into small cubes
1	Cauliflower, chopped into small pieces
700 ml	Vegetable Stock
150 ml	Milk
150g	Cheddar Cheese, grated
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper



Serves 4
35 minutes

In a large sauce pan, melt the butter on a medium heat, Add onion. Cook for 5 minutes until the onion is soft.

Add the potato, cauliflower & vegetable stock. Place a lid on the pan and bring to the boil. Simmer for 20 minutes.

In the pan blend with hand held blender until smooth.

Add the milk and cheese. Reheat on a medium heat. Stir frequently, when the cheese has melted, serve.

Soup

Chicken Soup

30g	Butter
1 tbsp	Olive Oil
1	Onion, diced
3	Garlic Clove, minced
¾ tsp	Himalayan Pink Salt
1 tsp	Black Pepper
400g	Potatoes (2), peeled, cut into 1cm cubes
1 ltr	Chicken Stock
2 tbsp	Plain Flour
300g	Chicken, cooked, pulled into small strips
50g	Double Cream
250g	Milk



Serves 4 ~ 35 minutes

In a large sauce pan over a medium-high heat, melt the butter. Add the onions, garlic, salt and pepper. Cook for 5 minutes or until onions are tender.

Add the potatoes and chicken stock, bring to the boil then reduce to medium heat. Place lid on & cook for 20 minutes or until the potatoes are soft, stirring occasionally.

Mix into a smooth runny paste the flour in a little cold water. Remove lid, add the paste stirring with a hand whisk. In the pan blend with hand held blender until smooth. Add the cooked chicken, double cream and mix well. Warm the soup until hot. Serve with a few twists of fresh black pepper.

Kale Soup

2 tbsp	Coconut Oil
25g	Butter
2	Onion, sliced
½ tsp	Chipotle Chilli flakes
4	Carrots, sliced
4	Sticks of Celery, sliced
400g	Kale, chopped small
4	Garlic Cloves, minced
1.5 ltr	Vegetable stock
200ml	Whole Milk
2	Potatoes, peeled & cut into 1.5cm cubes
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper



**Serves 6
35 minutes**

In a large sauce pan over a medium-high heat, melt the coconut oil & butter. Add onions & Chipotle Chilli flakes, cook for 5 minutes.

Reduce heat to medium, add carrots, celery, kale and garlic. Mix thoroughly, placing a lid on to help reduce the kale in size. Cook for 5 minutes, stirring occasionally.

Add the vegetable stock, whole milk, potatoes, Himalayan pink salt & black pepper. Bring to the boil then reduce to medium heat. Place lid back on & cook for 20 minutes or until the potatoes are soft, stirring occasionally.

Remove lid and blend with hand held blender, just 6 quick burst to blend half of the soup. Warm the soup until hot. Serve.

Soup

Mexican Soup

1 tbsp	Coconut Oil
25g	Butter
1	Onion, finely sliced
½ tsp	Chipotle Chilli flakes
150g	Red Kidney Beans, cooked
75g	Black Turtle Beans
3	Mushrooms, chopped
8	Cherry Tomatoes, halved
2 tbsp	Jalapeño Chilli, chopped
4	Garlic Cloves, minced
1 tbsp	Tomato Purée
1 ltr	Vegetable stock
250g	Plum Tomatoes, chopped
1 tsp	Himalayan Pink Salt
1 tsp	Cumin powder
1 tsp	Black Pepper
1 tsp	Oregano, dried



Serves 4
35 minutes

In a large sauce pan over a medium-high heat, melt the coconut oil & butter. Add the onions & chipotle chilli flakes, cook for 5 minutes.

Add the rest of the ingredients. Stir thoroughly, place lid on and bring to boil. Reduce to medium and simmer for 25 minutes, stirring occasionally. Serve.

Mushroom Soup

3 tbsp	Coconut Oil
50g	Butter
1	Onion, finely sliced
250g	Chestnut Mushrooms, chopped small
4	Garlic Cloves, minced
1 tbsp	Dijon Mustard
1 ltr	Vegetable stock
½ tsp	Himalayan Pink Salt
1 tsp	Black Pepper
1 tsp	Oregano, dried
400ml	Whole Milk



Serves 4
35 minutes

In a large sauce pan over a medium-high heat, melt the coconut oil & butter. Add the onions and chestnut mushrooms. Cook for 5 minutes until onions are tender.

Add the garlic, Dijon mustard. Cook for 1 minute.

Add the vegetable stock, Himalayan pink salt & black pepper, oregano and whole milk. Place a lid on the pan. Bring to the boil. Turn down the heat medium and cook for 20 minutes, stir occasionally to avoid sticking.

In the pan blend with hand held blender until smooth. Serve.

Soup

Onion Soup

3 tbsp	Coconut Oil
50g	Butter
6	Onions, finely sliced
4	Garlic Cloves, minced
1 tbsp	Dijon Mustard
1 ltr	Vegetable stock
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper
1 tsp	Oregano, dried



Serves 4
35 minutes

In a large sauce pan over a medium-high heat, melt the coconut oil & butter. Add the onions. Cook for 5 minutes until onions are tender.

Add the garlic, Dijon mustard. Cook for 2 minutes. Add the vegetable stock, Himalayan pink salt & black pepper and oregano. Place a lid on the pan. Bring to the boil. Turn down the heat and simmer for 20 minutes, stir occasionally to avoid sticking.

In the pan blend with hand held blender. Just 6 quick bursts, so half the onions are blended. Serve.

Pak Choi and Chilli Soup

750ml	Water
2	Pak Choi, sliced (put 50g to one side)
70g	Broccoli, chopped into 2cm pieces
½ tsp	Chipotle Chilli flakes
1 tsp	Ginger powder
1	Potato
1	Onion, finely sliced
2	Garlic Cloves, minced
1	Leek, finely sliced
1	Celery stick, sliced
50g	Spinach
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper
2 tsp	Coconut sugar
1	Red Pepper, seeded and sliced



Serves 4
45 minutes

Add the water to a large sauce pan on medium-high heat. Add pak choi, broccoli, chilli, ginger, potato, onion, garlic, leek, celery, spinach, salt, pepper and sugar. Bring to the boil then reduce heat and simmer for 20 minutes, stirring occasionally.

In the pan blend with hand held blender until smooth. Add 50g pak choi and red pepper.

Cook for 5 minutes, serve.

Soup

Parsnip Soup

1 tbsp	Olive Oil
4	Parsnips
1 tbsp	Butter
1	Onion, finely sliced
2	Garlic Cloves, minced
1 ltr	Vegetable stock
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper



Serves 4
50 minutes

Preheat the oven to 200°C.

Coat the parsnips with olive oil and place on a baking tray with small lip all round the edge and bake for 30 minutes. Set aside when cooked.

Melt the butter in a large sauce pan on medium heat. Add the onion & garlic. Cook for 5 minutes.

Add the roasted parsnips, vegetable stock, Himalayan pink salt & black pepper to the pan. Bring to the boil then simmer for 15 minutes.

In the pan blend with hand held blender until smooth.

Warm back up, and serve.

Potato, Celery & Mature Cheddar Soup

50g	Butter
1	Onion, finely sliced
1	Celery stick, sliced
450g	Potatoes, peeled and diced
¼ tsp	Himalayan Pink Salt
1 tsp	Black Pepper
725ml	Vegetable stock
150ml	Double Cream
1 tsp	Parsley, dried or fresh
40g	Mature Cheddar Cheese, grated



Serves 4
35 minutes

Melt the butter in a large sauce pan on medium heat. Add the onion, celery, potatoes, Himalayan pink salt & black pepper to the pan. Cover and cook for 5 minutes, stirring occasionally.

Add the vegetable stock to the pan. Cover, bring to the boil then reduce the heat and simmer for 20 minutes.

With a hand blender, blend half the soup quickly, don't blend too much. Add the double cream and parsley, warm back up stirring occasionally.

Serve hot and sprinkle 10g grated mature cheddar cheese evenly each portion of soup.

Soup

Potato & Leek Soup

25g	Butter
1	Onion, finely sliced
2	Leeks, finely sliced and chopped
2	Potatoes, large, peeled & cut into small cubes
1 ltr	Vegetable stock
125 ml	Whole Milk
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper



Serves 4
40 minutes

In a large sauce pan, melt the butter on a medium heat. Add the onion and $\frac{3}{4}$ of the leeks. Cook for 10 minutes or until the leeks soften.

Stir in $\frac{1}{2}$ of the cubed potatoes and cook for 5 minutes. Add the vegetable stock. Cover and bring to the boil. Simmer for 10 minutes until the potatoes and leeks are soft.

In the pan blend with hand held blender until smooth. Add the remaining small cubed potatoes and leeks. Cook for 10 minutes. Stir frequently until the potatoes and leeks are soft.

Stir in the whole milk, Himalayan pink salt & black pepper. Warm back up and serve.

Pumpkin Soup

50g	Butter
2	Onions, finely sliced
1	Medium Pumpkin flesh
1.5 ltr	Vegetable stock
50g	Honey
1 tsp	Smoked Paprika powder
$\frac{1}{2}$ tsp	Nutmeg powder
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper
150 ml	Whole Milk



Serves 6
35 minutes

Remove the seeds & outer skin from pumpkin. Chop all of the pumpkin flesh. Melt the butter in a large sauce pan and cook the onions for 5 minutes or until tender.

Add the pumpkin, vegetable stock, honey, smoked paprika powder, nutmeg powder, Himalayan pink salt & black pepper. Bring to boil and simmer covered for 20 minutes. Stir occasionally to avoid sticking.

Blend in the pan with a hand blender. Add the whole milk, warm back up, and serve.

Soup

Tomato Soup

25g	Butter
2	Onions, finely sliced
2	Carrots, finely sliced and chopped
2	Garlic Cloves
1 tsp	Celery Salt or 2 sticks celery finely chopped
500 ml	Vegetable stock
720g	Plum Tomatoes or 3 400g tins Tomatoes
50g	Tomato Purée
½ tsp	Himalayan Pink Salt
¼ tsp	Black Pepper



Serves 4
20 minutes

In a large sauce pan, melt the butter on a medium heat. Add the onions and carrots. Cook for 5 minutes or until the onions and carrots soften.

Add the garlic, celery salt, vegetable stock, tomatoes, tomato puree, salt and pepper. Stir well, cover and bring to the boil. Turn down the heat to medium, simmer for 10 minutes.

Blend until smooth. Warm back up and serve. Basil leaves are optional.

Vegetable Soup

50g	Butter
1	Onion, finely diced
1	Leek, finely sliced and chopped
1.3 ltr	Vegetable stock
2	Potatoes, peeled, cut into small cubes
2	Carrots, diced
150g	Soup Mix, from this book (softened)
1	Garlic Cloves, minced
1 tsp	Parsley, dried or fresh
1 tsp	Chives, dried or fresh
200 ml	Whole Milk
1 tsp	Himalayan Pink Salt
1 tsp	Black Pepper



Serves 6
35 minutes

In a large sauce pan, melt the butter on a medium heat. Add the onion and leek. Cook for 5 minutes or until the onion and leek soften.

Add the vegetable stock, potatoes, carrots, soup mix (that has soaked for 1 hour in boiling water), garlic, parsley, chives, whole milk, Himalayan pink salt & black pepper. Stir well, cover, bring to the boil, reduce heat to medium and simmer for 25 minutes. Serve.



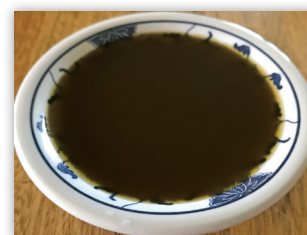
Sauces, Salad Dressing, Gravy & Relish

Sauces, Salad Dressings, Gravy & Relish

Balsamic Vinegar & Olive Oil

50g Olive Oil
25g Balsamic Vinegar
¼ tsp Himalayan Pink Salt
¼ tsp Black Pepper

Mix all ingredients together in a medium sized bowl. Whisk using a hand held whisk until combined thoroughly. Great for dipping baguette and foccacia bread.



Serves 4 ~ 2 minutes

Basic White Sauce

30g Butter
30g Plain Flour
½ tsp Himalayan Pink Salt
½ tsp Black Pepper

330g Milk

Mix all ingredients except milk together in a medium sized sauce pan. Warm gently until a paste like consistency is formed. Add the milk, warm gently, using a hand held and whisk stir until thickened.



Serves 4 ~ 5 minutes

Bois Boudran Sauce

58g	Tomato ketchup	24g	Olive oil
8g	Sherry Vinegar	2	Shallot peeled finely diced
8g	Worcestershire sauce	10g	Tarragon leaves chopped
3g	Light Soy Sauce	8g	Parsley leaves chopped
8g	Dijon Mustard	2	Drops Tabasco Sauce



Serves 4 ~ 5 minutes + infuse

Add tomato ketchup, sherry vinegar, Worcestershire sauce, light soy sauce, mustard & olive oil in a glass bowl. Whisk thoroughly together. Boil a small saucepan of water. Add the diced shallot and boil just enough to soften them for 1 minute. Drain into a sieve. Add to the bowl tarragon, parsley, shallot & Tabasco sauce. Mix well and leave to infuse for about 2 hours.

BBQ Sauce

30g	Butter	1 tbsp	Minced Onion
200g	Water	200g	Tomato ketchup
20g	Apple Cider Vinegar	1 tsp	Himalayan Pink Salt
¼ tsp	Black Pepper	1 tsp	Smoked Paprika powder
1 tbsp	Dijon Mustard	½ tsp	Cumin powder
¼ tsp	Chilli powder	1 tsp	Garlic powder
1½ tbsp	Worcestershire Sauce		



Serves 8 ~ 5 minutes

Warm the butter in a pan. Add onions and cook until soft. Add the rest of the ingredients to the pan and bring to boil. Simmer until the sauce has reduced. Take off heat and serve.

Cheese Sauce

150ml	Whole Milk	1 tsp	Dijon Mustard
150g	Medium Cheddar Cheese	½ tsp	Smoked Paprika powder
1 tsp	Cornflour or Plain Flour		

Mix all ingredients together in a medium sized sauce pan using a hand held whisk. Warm gently until thickened.



Serves 4 ~ 5 minutes

Sauces, Salad Dressings, Gravy & Relish

Chilli Sauce

4 tsp	Red Chilli powder	2 tbsp	Honey
1	Onion chopped	½ tsp	Chipotle Chilli flakes
1 tbsp	Tomato Purée	1	Celery stick chopped
4 ripe	Tomatoes, quartered	2 tbsp	Red Wine Vinegar
150ml	Organic Apple Juice	1	Carrot, grated
2 tsp	Organic Coconut Sugar	½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper		



Serves 10+ ~ 50 minutes

Put all the ingredients in a large sauce pan. Bring to the boil, reduce the heat, cover and simmer gently. Stir occasionally for 45 minutes until pulpy. Using a hand blender, puree until smooth. Scrape down the sides as necessary. Pour the sauce into small sterilized jars (about 4), and seal. Once cooled, place in a cupboard for up to 12 months. Once opened, keep refrigerated. Use within 6 weeks of opening.

Chinese Curry Sauce

25g	Butter	1 tbsp	Plain Flour
1	Red Onion, finely sliced	225ml	Vegetable stock
2	Garlic Cloves, minced	225ml	Whole Milk
1½ tbsp	Curry Powder Hot	1 tsp	Himalayan Pink Salt
½ tbsp	Turmeric powder	1 tsp	Black Pepper



Serves 2 ~ 25 minute

Melt the butter in a large frying pan over medium-high heat. Add the sliced onion and cook for 5 minutes until softened. Add the garlic and cook for 1 minute. Reduce the heat to a medium. Sprinkle over the curry powder, turmeric powder & plain flour. Stir well with a wooden spoon and cook for another minute until well mixed in.

Pour in the hot vegetable stock. Add the milk, Himalayan pink salt & pepper. Simmer gently over low heat for about 15 minutes. Stir often until it has thickened. Thicken with corn or plain flour as required.

Curry Cheese Sauce

150ml	Whole Milk
170g	Medium Cheddar Cheese
20g	Dijon Mustard
½ tsp	Smoked Paprika powder
½ tsp	Hot Curry Powder



Serves 4 ~ 5 minutes

Mix all ingredients together in a medium sauce pan use a hand held whisk. Warm gently until thickened.

Mustard Sauce

200g	Houmous, original	1 tsp	Parsley, fresh or dried
50g	Dijon Mustard	50ml	Whole Milk
2 tsp	Apple Cider Vinegar	150ml	Extra Virgin Olive Oil
¾ tsp	Himalayan Pink Salt		
2	Garlic Cloves, minced		
½ tsp	Black Pepper		



Serves 2-4 ~ 5 minutes

Add all the ingredients together in a bowl. Mix thoroughly with a hand whisk. Warm gently and serve.

Sauces, Salad Dressings, Gravy & Relish

Parsley Butter Sauce

50g	Butter	1 tbsp	Parsley, dried
30g	Plain Flour	½ tsp	Himalayan Pink Salt
330g	Whole Milk	½ tsp	Black Pepper

Mix butter & flour together in a medium sauce pan and gently heat until a smooth paste is achieved. Add the rest of the ingredients to the pan. Stir frequently with a hand held whisk. Warm gently until thickened. Serve.



Serves 4 ~ 5 minutes

Peppercorn Sauce

30g	Butter	½ tsp	Salt
2	Shallots, finely chopped	2 tsp	Garlic Cloves, minced
1 tbsp	Brandy	1 tsp	Parsley, dried
1 tbsp	Worcestershire sauce	300ml	Double Cream
1½ tsp	Black pepper, ground		

In a frying pan melt butter and cook shallots over a medium heat until soft. Add brandy and burn the alcohol off with a chefs torch. Add rest of ingredients and cook until the sauce thickens to your liking.

Tip: Use the pan you fried your steaks in, you use the juices from the steaks.



Serves 2 ~ 2 minute

Pizza Sauce

40g	Tomato Purée	4 tsp	Garlic Cloves, minced
50g	Tomato ketchup	1 tsp	Oregano, dried

Mix all ingredients together in a small dish with a teaspoon.

Use the back of a spoon to spread evenly on the pizza base.

Makes enough to cover one 14" pizza.



Serves 2 ~ 2 minute

Tartar Sauce

40g	Onion, finely chopped	1 tsp	Parsley, fresh or dried
100g	Mayonnaise	½ tsp	Himalayan Pink Salt
10g	Lemon Juice	½ tsp	Black Pepper
1 tsp	Tarragon	6g	Sherry Vinegar
1 tsp	Chives	12g	Dijon Mustard

Mix all ingredients together thoroughly in a small dish with a fork.



Serves 6 ~ 2 minutes

Tomato Sauce

6	Tomatoes, finely sliced	1	Red Onion, finely chopped
30g	Tomato Purée	1	Garlic Cloves, minced
1	Red Pepper, finely chopped	3 tbsp	Apple Cider Vinegar

Add all the ingredients to a medium sauce pan and mix well. Cook over a medium heat for 30 minutes with the lid on. Stir occasionally. Use a hand blender until smooth. Transfer to a glass jar with a lid or screw top. When the tomato sauce is cooled, put the lid on and place in the fridge.



Serves 4 ~ 35 minutes

White Sauce

30g	Butter	330g	Whole Milk
30g	Plain Flour	½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper		

Mix butter & flour together in a medium sauce pan and gently heat until a smooth paste is achieved. Add the rest of the ingredients to the pan. Stir frequently with a hand held whisk. Warm gently until thickened. Serve.



Serves 4 ~ 5 minutes

Sauces, Salad Dressings, Gravy & Relish

French Salad Dressing

100g	Extra Virgin Olive Oil	40g	Dijon Mustard
25g	Apple Cider Vinegar	½ tsp	Himalayan Pink Salt
10g	Lemon Juice	½ tsp	Black Pepper

Mix all ingredients together in a dish using a hand held whisk.
Pour into jar with a lid. Keep in fridge.

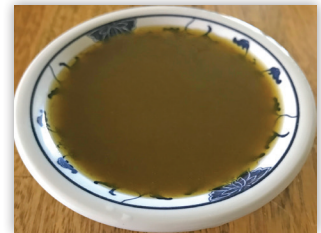


Serves 8 ~ 2 minute

Ginger & Soy Salad Dressing

100g	Extra Virgin Olive Oil	20g	Dijon Mustard
10g	Apple Cider Vinegar	½ tsp	Himalayan Pink Salt
14g	Dark Soy Sauce	½ tsp	Black Pepper
½ tsp	Ginger powder	¼ tsp	Chilli powder
½ tsp	Garlic powder		

Mix all ingredients together in a dish using a hand held whisk.
Pour into jar with a lid. Keep in fridge.



Serves 8 ~ 2 minute

Spicy Ranch Style Dressing

100g	Cashew Nuts, soaked for 12 hours
150g	Whole Milk
1 tsp	Garlic powder
½ tsp	Smoked Paprika powder
½ tsp	Hot Chilli powder
½ tsp	Parsley
1 tsp	Apple Cider Vinegar
10g	Lemon Juice

Drain the Cashew Nuts, add them to a Blender with the rest of the ingredients. Blend until smooth.



Serves 8 ~ 5 minutes

Mustard Salad Dressing

120g	Extra Virgin Olive Oil	40g	White Wine Vinegar
40g	Dijon Mustard	¼ tsp	Himalayan Pink Salt

Mix all ingredients together in a dish using a hand held whisk until thick.
Pour into jar with a lid. Keep in fridge for up to 10-14 days.



Serves 8 ~ 2 minute

Onion Gravy (for Beef Gravy see Sunday Roast recipe)

30g	Butter
1 tbsp	Coconut Oil
3	Onions, finely chopped
½ tsp	Thyme
½ tsp	Himalayan Pink Salt
½ tsp	Black Pepper
2 tbsp	Plain Flour
500ml	Vegetable or Chicken or Beef stock, you choose.



Serves 4 ~ 10 minutes

Add the butter and coconut oil to a large sauce pan. Melt over a medium-high heat then add the onions and cook for 5 minutes. Stir occasionally. Reduce the heat to medium. Add thyme, Himalayan pink salt, black pepper and flour. Mix thoroughly. Pour the vegetable stock into the sauce pan. Stir constantly using a hand whisk. Cook until the gravy is thick enough.

Sauces, Salad Dressings, Gravy & Relish

Serves 12+

30 minutes + cooling

Sweetcorn Relish

400g	Sweetcorn, frozen, fresh or 3 small tins of.
2	Red Peppers, finely chopped
2	Celery sticks, finely chopped
1	Red Chilli, finely chopped
1	Onion, finely chopped
450ml	White Wine Vinegar
225g	Caster Sugar
2 tsp	Himalayan Pink Salt
2 tsp	Mustard powder
½ tsp	Turmeric powder
¼ tsp	Black Pepper



Prepare the jars in advance.

Sterilise 3 jars. The jars need to have a seal with non-metallic or vinegar-proof lids, otherwise they don't last as long.

Prepare the Sweetcorn

If using fresh sweetcorn, strip the kernels from the cobs using a sharp knife. Blanch the kernels in a sauce pan of boiling water for 2 minutes. Drain well and set aside.

Make the Relish.

In a large sauce pan add the sweetcorn, red peppers, celery sticks, red chilli, onion, white wine vinegar, caster sugar, Himalayan pink salt, mustard powder, turmeric powder and black pepper in a sauce pan. Bring to the boil and stir thoroughly.

Simmer gently for 20 minutes. Stir frequently to avoid sticking.

Once the relish is a spoon-able consistency, slightly wetter than a chutney, spoon into the sterilised jars you prepared earlier.

If the relish is too runny, in a small dish add 1 teaspoon of Cornflour or Plain Flour and a little water. Mix well then add it to the relish in the sauce pan and mix thoroughly, repeat if necessary.

Leave to cool. Once cooled label with the date you made it.

Tips and Suggestions:

- Use to make the tuna and sweetcorn sandwich filler (recipe in book)
- The relish will keep for 12 months in a cool dark place.
- Once opened, store in the fridge and use within 3 weeks.
- Use as a salad dressing
- Add some to a cheese sandwich.
- Cook some pasta, let it cool. Add to it 2 tbsp Mayonnaise and some of this relish, mix well.



Desserts

Desserts

Serves 8

1 hour 15 minutes + cooling

Apple & Banana Tart

Base

100g Organic Oats
70g Almonds (you can use ground)
¼ tsp Himalayan Pink Salt
25g Honey
30g Organic Coconut Sugar
1 tbsp Coconut Oil, melted

Filling

240g Cashew Nuts
400 ml Whole milk
2 tbsp Cornflour or Plain Flour
¼ tsp Himalayan Pink Salt
50g Honey
30g Organic Coconut Sugar
½ Lemon, juice of
1 Banana, sliced
1 Apple, peeled, cored & chopped



Pre-heat the oven to 170°C.

Place all the base ingredients into a food processor.

Mix until a smooth dough-like texture is achieved. If it is a bit dry, add more coconut oil. Add the mixture to a 16cm loose bottom tin, pressing down firmly to create an even base. Place tin on middle shelf of oven and bake for 20 minutes or until slightly golden in colour. Remove from oven, set aside for later.

Place all the filling ingredients into the cleaned food processor except the apple & banana. Blend until the mixture is smooth. Take tin with the cooked & cooled base. Arrange the apple & banana slices evenly on the cooked base, then pour filling on top of the apple & banana. Make level and remove any bubbles from the tart by banging it on the worktop a few times, not too hard. Bake for 30 minutes until the middle is still slightly wobbly. Take out of the oven, allow to cool, then place in the refrigerator for at least 1 hour.

Makes 8

60 minutes + cooling

Apple Flapjacks

3 Large Apples,
peeled, cored & chopped small
100g Organic Oats
50g Almonds, ground
¾ tsp Cinnamon powder
50g Organic Coconut Sugar
½ tsp Himalayan Pink Salt
1 tbsp Coconut Oil
1 tbsp Cornflour or Plain Flour or Plain Flour
Juice of 1 Lemon



Pre-heat the oven to 180°C.

Add all the ingredients to a 28cm x 23cm large glass dish and mix thoroughly with a wooden spoon. Roll out in the dish with a mini rolling pin until you reach 2cm thick, see photo. Place on middle shelf of oven, bake for 25 minutes. Remove from oven, set aside to cool for 30 minutes. Cut the flapjack pieces in the dish and carefully transfer to a cooling rack. Allow to cool completely then store in an airtight container.

Desserts

Apple Pie

Serves 4

2 hours + cooling

Pastry

500g Plain Flour
150g Butter
60g Caster Sugar
½ tsp Himalayan Pink Salt
2 Eggs (beaten)

Filling

8 Apples, (6 pink lady & 2 Bramley)
60g Caster Sugar
⅛ tsp Cinnamon, powder
2 tbsp Water
45g Butter
1 Egg & a dash of milk (For egg-wash)



Make the pastry:

Using a mixer fitted with a paddle attachment, add the flour, butter, caster sugar and salt, mix until you have a fine breadcrumb consistency. Drizzle in the beaten egg, mix until fully combined into a soft dough. Divide pastry into 8 pieces, 4 x 98g (lids) & 4 x 114g (bases). Cover with cling film, place in fridge for at least 1 hour before using.



Make the filling:

Wash, peel, core and cut the apples as shown in the pictures above, do this quickly to stop browning. Add the apples to a large dish as shown in the photo above. Add 45g butter to a large sauce pan over a medium high heat. Add the apples, caster sugar, cinnamon and water. Stir and place a lid on the sauce pan, cook for 10 minutes. Frequently stir the apples always replacing the lid to aid steaming the apples. Remove from the heat to cool down with the lid off.

Assemble and cook the pie:

Preheat oven to 160°C.

Grease four 12.5cm non-stick pie tins. Take one of the 114g bases and roll out to 3mm thick. Place pastry bases in the pie tins, gently press the pastry right down into the corners of the tin. Using a fork put multiple holes into the bases to stop bubbling. Repeat 3 more times.

Add the apple filling to each of the pie tins.

Take one of the 98g lids and roll out to 3mm thick. Brush egg wash all around the edge of the pastry in the tin, and some around the edge of the pie lid. Place the lid on top of the pie base, gently press down, using your thumbs and forefingers to crimp the 2 pastries together. Repeat 3 more times. Coat each pie with milk wash, cut 3 vent slits in the top of each pie. Place the pies directly on the middle wire shelf of the oven and bake for 45 minutes. Remove from the oven, place the 4 tins on a wire rack, allow them to settle and cool for 10 minutes.

Serving suggestion: Hot or cold with either vanilla ice cream, custard or double cream.

Desserts

Serves 8
45 minutes

Chocolate Tart

For the base

130g Plain Flour
12g Cocoa powder
½ tsp Sodium Bicarbonate

100g Butter
100g Organic Coconut Sugar

½ tsp Himalayan Pink Salt
1 Orange, zest of

For the filling

70g Dark Chocolate, 80%+ cocoa
70g Milk Chocolate, 30%+ cocoa

225g Whipping Cream
⅛ tsp Himalayan Pink Salt



Make the base.

In a large glass bowl add plain flour, cocoa powder & Sodium Bicarbonate. Give it a quick mix. Set aside for later. In a electric mixer bowl add the butter, sugar, fix the paddle attachment to your mixer and mix to cream the butter. Add the cocoa flour mixture, salt & orange zest to the mixer bowl and mix on low speed for 5 minutes. Make sure nothing is sticking to the sides of the bowl. Take out of the mixer bowl and wrap in cling film. Place in the fridge for 1 hour.

Pre-heat the oven to 190°C. Take the base mix out of the fridge. Place between 2 silicon baking sheets and roll out to 6mm thick. Take the top silicon sheet off. Place the base and the bottom silicon sheet on a baking tray, and put in the oven to bake for 10 minutes. Remove from the oven. Slide it off the silicon sheet and use a 16cm loose base baking ring to cut the base out. Keep the off cuts to crush & sprinkle on top of the tart when finished, or eat them.

Make the filling.

In a large sauce pan ¼ fill with water. Place a large glass bowl on top of the pan and bring to a gentle simmer. While the pan is warming up, break up all the Chocolate and add it to the glass bowl on top of the pan. In a small sauce pan add the whipping cream and salt. Bring to a simmer, remove from heat and set aside.

Once the Chocolate has fully melted remove the glass bowl from the pan and slowly add the warm whipped cream & salt. Use a silicon spatula to mix it thoroughly. Take the tart tin and brush a little of the filling round the edge of the metal base. See picture. Put the tart base on top of the brushed filling and place in a freezer for 15 minutes to stop the filling leaking later.

Make the Chocolate Tart.

After 15 minutes, take out of fridge and pour the rest of the filling into the tin with the tart base. Cool for about an hour then place the Chocolate Tart into the fridge for at least 3 hours, or overnight. When ready to serve take out of fridge. Wait 15 minutes or use a chef's torch to loosen the tart from the tin. I prefer using a chef's torch, as it's quicker & smoother.

Desserts

Crème Brûlée

Serves 4

45 minutes + cooling

425g	Double Cream
100g	Full-fat Milk
1	Vanilla Pod
5	Large Egg Yolks
50g	Golden Caster Sugar
6 tsp	Golden Caster Sugar for topping



Preheat oven to 180°C.

Pour the cream and milk into a pan. Lay the vanilla pod on a board and slice lengthways through the middle with a sharp knife to split in two. Use the tip of the knife to scrape out all the tiny seeds and add into the cream mixture. Bin the vanilla pod, and set aside.

Put the egg yolks and sugar in a mixing bowl and whisk for 1 minute with an electric hand whisk until paler in colour and a bit fluffy.

Put the pan with the cream on a medium heat and bring almost to the boil.

As soon as you see bubbles appear round the edge, take the pan off the heat. Pour the beaten egg yolks into the hot cream, stirring with a wire whisk.

Place a fine sieve over a large wide jug or bowl and pour the hot mixture through to strain it, encouraging any stray vanilla seeds through at the end. Use a big spoon to scoop off all the pale foam sitting on top of the liquid and discard. Give the mixture a stir.

Place four 175ml ramekins in a deep roasting tin at least 8cm deep. This is to allow a baking tray to be placed above the ramekins laid across the top of the tin when cooking. Ramekin is a small glass dish. Pour enough hot water into the roasting tin to come about 1.5cm up the sides of the ramekins.

Pour the hot cream into the ramekins so you fill them up right to the top. It's easier to spoon in the last little bit. Put them in the oven and lay a baking sheet over the top of the tin so it sits well above the ramekins and completely covers them, but not the whole tin, leaving a small gap at one side to allow air to circulate. Bake for 35 minutes until the mixture is softly set.

To check, gently sway the roasting tin. If the crème brûlées are ready, they will wobble like jelly in the middle. Don't let them get too firm.

When cooked, lift the ramekins out of the roasting tin with oven gloves and set them on a wire rack to cool. When cooled put in the fridge to cool completely. This can be done overnight without affecting the texture.

When ready to serve, wipe round the top edge of the dishes, sprinkle 1½ tsp of caster sugar over each ramekin and spread it out with the back of a spoon to completely cover. Use a blow torch to caramelize it. Hold the flame just above the sugar and keep moving it round and round until caramelised.

Serve when the brûlée is firm, or within an hour or two.

Desserts

Serves 8

3 hours + cooling

Custard Tart

Pastry

120g	Icing Sugar
3	Large Egg yolks
1 tsp	Vanilla extract
300g	Plain Flour
150g	Unsalted Butter
½ tsp	Himalayan Pink Salt

Filling

1	Egg yolks
9	Eggs
390g	Caster Sugar
100g	Whole Milk
300g	Double Cream
2 tsp	Vanilla extract
½ tsp	Freshly grated nutmeg



Pre heat the oven to 180°C.

Make the pastry

Using a fork mix the icing sugar, egg yolks and vanilla extract in a glass mixing bowl, set aside for later.

Using a mixer fitted with a paddle attachment or a blender, add the flour, butter and salt. Mix/blend on low speed for 2 minutes or until the ingredients resemble fine bread crumbs.

Add the egg mixture from the glass mixing bowl to the mixer or blender. Mix/blend until fully combined into a soft dough. It is important not to over mix. Mould the pastry into a flat ball. Wrap in cling film and place in fridge for 1 hour.

Roll the pastry between two sheets of grease proof paper to a thickness of 2mm. Don't go too thin. Take a 23cm cake tin, 6cm deep with a loose base, grease the tin & line it with the pastry. Prick the base with a fork a few times then place it in the freezer for 5 minutes.

Scrunch some grease proof paper and line the pastry case with it. Place either loads of 1p and 2p coins or baking beans into the case, just enough to layer it twice with coins. Place in the oven and bake for 30 minutes at 180°C. When cooked, remove the grease proof paper and coins. Allow to cool a little. Trim the overhanging pastry and leave to cool completely. While cooling start the custard filling.

Turn your oven down to 150°C.

Make the filling

Take a medium size saucepan and ½ fill with water. Bring to a simmer. In a large glass mixing bowl add all the filling ingredients except the nutmeg and mix together with a spatula. Place the glass bowl on the simmering water and warm up until the temperature reaches 62°C. Take off heat and pour the mixture through a fine sieve into a jug. Spoon the bubbles from the top of the liquid.

Place the pastry case back on the middle shelf in the oven. Slide the shelf out a bit, then pour the mixture into the pastry case. Fill the case to the top and grate some nutmeg over the whole of the tart. Slide the shelf back in slowly and bake for about 45 minutes or until the temperature of the filling reaches 82°C.

Remove the custard tart from the oven and place on a wire rack to cool for 10 minutes. Take the custard tart out of the tin, place back on the wire rack and leave to cool completely, then place in the fridge for at least 2 hours before serving.

Desserts

Serves 6-8

1 hour 20 minutes + cooling

Lemon Drizzle Cake

Lemon Cake

175g	Caster Sugar
175g	Butter (at room temperature)
1 tsp	Vanilla extract
1	Lemon, zest of
2 tbsp	Whole Milk
3	Eggs
225g	Plain Flour
4 tsp	Baking Powder (see pg4 of book)

Lemon Drizzle 1

½	Lemon, juice of
20g	Caster Sugar

Lemon Drizzle 2

½	Lemon, juice of
50g	Icing Sugar



Pre-heat the oven to 170°C

Make the cake.

In a mixing bowl add the sugar, butter and combine together using a hand mixer.

Add the vanilla extract, lemon zest, milk and eggs one at a time, mixing well after each addition.

Sift in the flour into the mixing bowl. Add the baking powder and mix until a smooth, creamy consistency is achieved.

Grease a L25cm x W12cm x H8cm oven dish with butter then dust the inside with flour so all the butter is coated with flour

Pour the cake mix from the mixing bowl evenly into the oven dish.

Bake in the preheated oven on the middle rack at 180 °C for 45 minutes, or until the top is golden. Check the cake is done by inserting a skewer in the middle, if it comes out clean it is ready, if not give it a further 5 minutes, then check again.

Take the baked cake out of the oven, leave it in the oven dish and place on a wire rack for 10 minutes. This allows the cake to rest before removing the cake from the oven dish. Carefully take the cake out of the oven dish and place on a serving plate.

Make the drizzles

First drizzle - In a bowl about 15cm x 5cm add the juice of ½ lemon with 20g of caster sugar and mix well. Pierce lots of holes in the top of the cake with a skewer and pour the lemon juice and sugar mixture all over the cake in small amounts until it has all soaked into the cake.

Second drizzle - Use the same small bowl, no need to use a clean one, add the icing sugar, juice of ½ lemon and mix until smooth. Gently pour over the cake and let it drizzle down the sides of the cake.

Leave the cake to cool completely.

Desserts

Serves 8

2 hour 30 minutes + cooling

Lemon Tart

Pastry

120g	Icing Sugar
3	Large Egg yolks
300g	Plain Flour
150g	Unsalted Butter
½ tsp	Himalayan Pink Salt
½	Vanilla Pod, seeds from
½	Lemon, zest of

Filling

5	Lemons, zest and juice of
300g	Double Cream
390g	Caster Sugar
9	Large Eggs
1	Large Egg yolk



Pre heat the oven to 180°C.

Make the Pastry

Using a fork mix the icing sugar & egg yolks in a glass mixing bowl.

Using a mixer fitted with a paddle attachment, add the flour, butter and salt and mix on low speed for 2 minutes.

Add the vanilla seeds, lemon zest and egg mixture from the glass mixing bowl. Mix until fully combined into a soft dough. Mould into a flat rectangle. Wrap in cling film and place in fridge for 1 hour.

Roll the pastry between two sheets of grease proof paper to a thickness of 2mm. Don't go too thin. Take a 23cm cake tin, 6cm deep with a loose base, grease the tin & line it with the pastry. Prick the base with a fork a few times then place it in the freezer for 5 minutes.

Scrunch some grease proof paper and line the pastry case with it. Place either loads of 1p and 2p coins or baking beans into the case, just enough to layer it twice with coins. Place in the oven and bake for 30 minutes at 180°C. When cooked, remove the grease proof paper and coins. Allow to cool a little. Trim the overhanging pastry and leave to cool completely.

Turn oven down to 120°C.

Make the Filling

Take a medium size saucepan and ½ fill with water. Bring to a simmer. In a large glass mixing bowl add all the filling ingredients and mix together with a spatula. Place the glass bowl on the simmering water and warm up until the temperature reaches 62°C. Take off heat and pour the mixture through a fine sieve into a jug. Spoon the bubbles from the top of the liquid.

Place the pastry case back on the middle shelf in the oven. Slide the shelf out a bit, then pour the mixture into the pastry case. Fill the case to the top. Slide the shelf back in slowly and bake for about 45 minutes or until the temperature of the filling reaches 82°C.

Remove the lemon tart from the oven and place on a wire rack to cool for 10 minutes. Take the lemon tart out of the tin, place back on the wire rack and leave to cool completely, then place in the fridge for at least 2 hours before serving.

Desserts

Pancakes

Serves 1-2
30 minutes

135g	Plain flour
1 tsp	Cream of Tartar
½ tsp	Sodium Bicarbonate
½ tsp	Cornflour
½ tsp	Salt
2 tbsp	Caster sugar
130g	Milk
1	Egg, beaten
25g	Butter, melted



Sift the flour, baking powder, salt and caster sugar into a large bowl.

In a separate bowl, whisk together milk, egg and the melted butter.

Pour the milk mixture into the flour mixture. Use a wire whisk to mix until you have a smooth batter.

Divide the mixture into 4 glasses, set aside and let the batter rest for 5 minutes.

Heat a 6" non-stick frying pan over a medium heat and add a knob of butter, about a teaspoon. When it's melted, add one glass of the batter mix and cook for approximately 3 minutes until the top of the pancake begins to bubble, and the edges begin to set. Flip it over and cook for a further 2 minutes.

Repeat 3 more times until all the batter has gone.

Serving suggestion

To make your pancakes look like the photograph you will need:

150g	Whipping Cream
50g	Icing Sugar
4	Strawberries, 1 whole, 2 chopped in half and 1 chopped into small pieces
100-150g	Chocolate, melted

Place the whipping cream and icing sugar into a large glass bowl. Whip with an electric whisk until you get fluffy peaks. Put the whipped cream into a piping bag and pipe some onto the top of the pancakes and a few areas around the pancakes.

Place 1 whole strawberry on top of the pancake. Place the strawberry halves and small pieces evenly around the edges of the pancake.

Melt the chocolate in a glass bowl over a half filled pan of hot water, don't get the glass bowl too hot or it will burn the chocolate..

Desserts

Serves 8-16
3 hour 20 minutes

Raspberry & Chocolate Tart

Base

150g Organic Oats, softened
200g Medjool Dates, pitted
30g Cocoa powder

Filling 1

250g Raspberries, frozen or fresh
30g Organic Coconut Sugar
30g Chia seeds ground

Filling 2

140g Chocolate, milk
140g Chocolate, dark
60g Cashew Nuts, softened
200ml Water
½ tsp Vanilla Extract



In separate glass bowls add the organic oats & cashew nuts, cover with boiling water, set aside for 2 hours.



Base

Add to a food processor, drained organic oats and cocoa powder. Process until it resembles fine breadcrumbs.

Add the mixture to a 16cm loose bottom tin, pressing down firmly to create an even base. Place in the freezer for 20 minutes.



Filling 1

In a sauce pan over a medium heat, add raspberries, organic coconut sugar and chia seeds. Cook until the sauce has reduced down. This takes around 5-10 minutes. Take off the heat and cool for 10 minutes.

Take the tart base from the freezer and pour the raspberry purée over the Base Spreading Evenly With The Back Of A Spoon. Place the tart back in the freezer for 20 minutes.



Filling 2

Place the chocolate into a large glass bowl sat on a large sauce pan ¼ filled with water and gently warm up to melt the chocolate.

Drain the cashew nuts, add to a food processor along with 200ml water, vanilla extract and process until a creamy consistency is achieved. Make sure it's smooth, no lumps of cashew nuts.

Using a spatula scrape the cashew nut cream into a sauce pan, heat over a medium heat, stirring frequently. As soon as the cashew cream begins to thicken, usually around 1-2 minutes. Remove from heat and pour over the chocolate in the glass bowl. Mix thoroughly and set aside to cool for 20 minutes.

Assemble the Raspberry Tart

Take the tart out of the freezer and pour the chocolate filling on top of the raspberry layer. Smooth over the top layer of chocolate and place in the freezer to set for at least 2 hours or overnight.

To Serve ~ Take the raspberry tart from the freezer, cut into portions and leave to one side for 10 minutes. Alternatively make 8-16 individual tarts using ramekin dishes and freeze individually.

Desserts

Serves 8-9
30 minutes

Scones

Sultana Scones

500g	Plain Flour, extra for dusting
4 tsp	Cream of Tartar
2 tsp	Sodium Bicarbonate
3 tbsp	Organic Coconut Sugar
¼ tsp	Himalayan Pink Salt
100g	Butter
150ml	Whole Milk, extra for brushing
2	Eggs, beaten
125g	Sultanas

Preheat oven to 190°C.

In a mixer bowl with the dough attachment fitted, add flour, cream of tartar, sodium bicarbonate, sugar, salt & butter. Add milk & eggs. Mix well. Add raisins or sultanas. Mix until they are evenly distributed through the dough. Roll out to 3cm thick and cut out with a 9cm pastry cutter. Place a silicon mat on a baking tray and place the cut scones upside-down, they rise better. Brush the tops of the scones with milk and sprinkle a bit of organic coconut sugar on top of each scone. Bake for 20 minutes on the middle shelf until golden colour. Turn the tray 180° half way through cooking for an even bake.



Apple, Sultana & Cinnamon Scones

500g	Plain Flour, extra for dusting
4 tsp	Cream of Tartar
2 tsp	Sodium Bicarbonate
3 tbsp	Organic Coconut Sugar
¼ tsp	Cinnamon powder
¼ tsp	Himalayan Pink Salt
100g	Butter
150ml	Whole Milk, extra for brushing
2	Eggs, beaten
65g	Sultanas
65g	Apple, chopped into ½cm cubes

Preheat oven to 190°C.

In a mixer bowl with the dough attachment fitted, add flour, cream of tartar, sodium bicarbonate, organic coconut sugar, cinnamon, Himalayan pink salt & butter, mix for 2 minutes. Add whole milk and eggs, mix for 2 minutes. Add sultanas, apple and mix until they are evenly distributed through the dough. Roll out to 3cm thick and cut out with a 9cm pastry cutter. Place a silicon mat on a baking tray and place the cut scones upside-down, they rise better. Brush the tops of the scones with whole milk and sprinkle a bit of organic coconut sugar on top of each scone. Bake for 20 minutes on the middle shelf until golden colour. Turn the tray 180° half way through cooking for an even bake.

Tip: Soak the sultanas in orange or apple juice overnight. This makes them even juicier.



Desserts

Serves 2
1 hour 25 minutes

Strawberry & Coconut Tart

Base

100g Organic Oats
70g Almonds (you can use ground)
¼ tsp Himalayan Pink Salt
25g Honey
30g Organic Coconut Sugar
1tbsp Coconut Oil, melted

Strawberry Syrup

400g Strawberries, tops chopped off
40g Honey
30g Organic Coconut Sugar
1tbsp Cornflour or Plain Flour

Filling

240g Cashew Nuts
400 ml Coconut Milk
2 tbsp Cornflour or Plain Flour
¼ tsp Himalayan Pink Salt
50g Honey
30g Organic Coconut Sugar
1 Lemon, juice of



Pre-heat the oven to 170°C.

Make the Base

Place all the base ingredients into a food processor. Mix until a smooth dough-like texture is achieved. If it is a bit dry, add more coconut oil.

Add the mixture to a 16cm loose bottom tin, pressing down firmly to create an even base.

Place the tin on middle shelf of oven and bake for 20 minutes or until slightly golden in colour. Remove from oven, set aside for later. Clean the food processor for the syrup.

Make the Strawberry Syrup

Place all the strawberry syrup ingredients into the food processor. Blend until a smooth purée is achieved.

Place a medium sized sauce pan over a medium-high heat. Add strawberry purée, stir constantly and cook until it thickens, usually about 20 minutes. Once thickened, remove from heat and set aside to cool. Clean the food processor for the filling.

Make the Filling

Place all the filling ingredients into the cleaned food processor. Blend until the mixture is smooth.

Assemble the Cheesecake

Take the tin with the cooked & cooled base. Pour half of the strawberry syrup mixture onto the base. Smooth evenly with a silicon spatula. Pour the cheesecake filling on top of the strawberry syrup. Make level and remove any bubbles from the cheesecake by banging it on the worktop a few times, not too hard. Spoon the remaining strawberry syrup on top of the cheesecake in straight lines. Use a toothpick to create patterns or your choice, see photo.

Bake for 30 minutes until the middle is still slightly wobbly. Take out of the oven, allow to cool, then place in the refrigerator for at least 1 hour. Will keep in the refrigerator for 3 days or freeze when cooled, and store for up to 1 month.

Desserts

Serves 4
1 hour

Strawberry Sundae

Strawberry Syrup

500g Strawberries, topped & sliced
30g Fruit Sugar (fructose)
¼ tsp Red Wine Vinegar

Topping

300g Whipping Cream
100g Icing Sugar

Filling

4 Strawberries, topped & quartered
8 Scoops Vanilla Ice Cream

Decoration

2 tsp Candy Sprinkles
1 Strawberry, topped & sliced into 4

Make the Strawberry Syrup

Place the strawberries fruit sugar & red wine vinegar into a medium sauce pan. Get the sauce pan hot then turn down and simmer for 45 minutes. Stir the mixture thoroughly 3 or 4 times. Put a sieve over a medium sauce pan, pour the mixture onto the sieve. Use a wooden spoon and stir the mixture until all the juice comes out. You should be left with thick pulp in the sieve. Place the sauce pan on a medium-high heat. Reduce the sauce by 50% stirring frequently. When reduced, let it cool completely and place into the fridge for later.

Make the Topping

Place the icing sugar & whipping cream into a large glass bowl. Whip with an electric whisk until you get fluffy peaks. Put the whipped cream into a piping bag, place in the fridge until needed.

Assemble the Strawberry Sundae

Place 6 Strawberry Sundae glasses on a flat surface. Drizzle a bit of strawberry syrup down the inside of each glass. Add a scoop of vanilla ice cream into each glass and drizzle a bit of the strawberry syrup on top. Add 2 strawberries to each glass (topped and sliced) on top of the ice cream. Drizzle a bit of the strawberry syrup on top.

Add a scoop of vanilla ice cream into each glass and drizzle a bit of the strawberry syrup on top.

Take the piping bag out of the fridge and divide the whipped cream evenly between the 6 glasses. Try and do a nice swirl going from the outer edge to the middle decreasing in size to create a large peak

Drizzle a bit of the strawberry syrup on top of each strawberry sundae.

Sprinkle ¼ tsp of candy sprinkles on top of each strawberry sundae & a slice of strawberry on top. Serve with a long small spoon.

Tip

If you don't have sundae glasses, just use a half pint glass or similar.



Desserts

Serves 6
2-3 hours

Strawberry Trifle

Filling

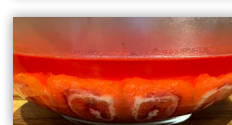
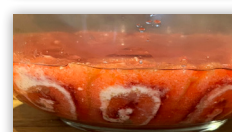
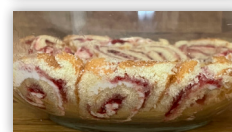
2 Strawberry Swiss Rolls
4 Strawberry Jelly packs
1 Blancmange Mix
60g Custard Powder
500g Whole Milk
30g Caster Sugar

Topping

300g Whipping Cream
100g Icing Sugar

Decoration

3 Strawberries, sliced 4mm thick
2 tsp Candy Sprinkles & Marsh Mellow



Use a large 25cm glass bowl (shown in pictures) or a trifle dish to assemble the trifle.

Make the filling

Slice the strawberry Swiss rolls and line the glass bowl.

Make 2 of the strawberry jelly packs. Cool for 10 minutes then gently pour the warm jelly onto a large spoon over the Trifle. Leave it to cool.

Make another 2 of the strawberry jelly packs Cool for 10 minutes then gently pour the warm jelly onto a large spoon over the Trifle. Leave it to cool, then place in the fridge for 1 hour.

You can do all 4 jellies at once to save time. I like to do it separate so there are no bits of Swiss roll floating in the jelly. Or leave the 2nd lot of jelly off.

Make the blancmange and pour it on top of the Trifle. Leave it to cool, then place in the fridge for 3 hours.

In a medium sized sauce pan, add the custard powder, milk and caster sugar, mix well. Turn on the heat to medium high and stir frequently to avoid sticking. When the custard is nice and thick, take the Trifle out of the fridge and pour the custard on top of the blancmange. Leave it to cool, then place in the fridge for ½ hour.

Make the topping

Place the icing sugar and whipping cream into a large glass bowl, whip with an electric whisk until you get fluffy peaks. Put the whipped cream into a piping bag, place in the fridge until needed.

Assemble the Strawberry Trifle

Take the trifle out of the fridge and pipe the cream on top of the custard. You can be fancy and build you cream up into swirls or just pipe it on and smooth it flat with the back of a large wooden spoon.

Place the strawberries evenly on top of the cream, then add your sprinkles and marsh mellow evenly. Serve.





Alternatives

Serves 10+
2-3 hours

Alternatives

Butter Alternatives

Plain Butter

50g	Cashew Nuts
2 tbsp	Nutritional B12 Yeast
1 tsp	Himalayan Pink Salt
1/8 tsp	Turmeric powder
1 tsp	Cornflour or Plain Flour
200g	Coconut Oil, do not warm
125g	Almond, Oat or Whole Milk
1 tsp	Apple Cider Vinegar
21g	Extra Virgin Olive Oil



Add all the ingredients to a blender. Blend until everything is combined and smooth. Pour into a glass dish or container with a lid and place in the fridge for at least 2 hours.

Herby Butter

50g	Cashew Nuts
2 tbsp	Nutritional B12 Yeast
1 tsp	Himalayan Pink Salt
1/8 tsp	Turmeric powder
1 tsp	Parsley
1 tsp	Chives
1 tsp	Cornflour or Plain Flour
1 tsp	Garlic powder
200g	Coconut Oil, do not warm
125g	Almond, Oat or Whole Milk
1 tsp	Apple Cider Vinegar
21g	Extra Virgin Olive Oil



Add all the ingredients to a blender. Blend until everything is combined and smooth. Pour into a glass dish or container with a lid and place in the fridge for at least 2 hours.

Spicy Butter

50g	Cashew Nuts
2 tbsp	Nutritional B12 Yeast
1 tsp	Himalayan Pink Salt
1/8 tsp	Turmeric
1 tsp	Cumin powder
1/2 tsp	Chilli powder
1 tsp	Smoked Paprika powder
1 tsp	Cornflour or Plain Flour
10g	Tomato ketchup
1/2 tsp	Worcestershire Sauce
200g	Coconut Oil
125g	Whole Milk
1 tsp	Apple Cider Vinegar
21g	Extra Virgin Olive Oil



Add all the ingredients to a blender. Blend until everything is combined and smooth. Pour into a glass dish or container with a lid and place in the fridge for at least 2 hours.

Alternatives

Milk Alternatives

Almond Milk

Serves 4+ ~ 12-24 hours

100g	Almonds
½ tsp	Sodium Bicarbonate
Water	
2	Medjool Dates, pitted (optional)
⅛ tsp	Vanilla Extract
1 ltr	Water



In a medium sized glass bowl add almonds, sodium bicarbonate and cover with water. Leave to soak overnight.

Drain the almonds and remove the skins and add them to a blender along with medjool dates (optional), vanilla extract and 1 ltr water. Blend until you see no large bits.

With Medjool Dates ~ Place a piece of muslin over a sieve, sat on a glass bowl and gently pour the contents of the blender through the cloth into the bowl. Gather the edges together & squeeze all the liquid out.

Without Medjool Dates ~ Place a sieve on top of a glass bowl, gently pour the contents of the blender through the sieve into the bowl.

Pour almond milk into airtight bottles or containers & store in the fridge. Will keep for up to 5 days.

Oat Milk

Serves 4+ ~ 2 hours

100g	Organic Oats
½ tsp	Sodium Bicarbonate
Water	
2	Medjool Dates, pitted (optional)
⅛ tsp	Vanilla Extract
1 ltr	Water



Using a sieve, rinse the oats thoroughly with cold water. Add the oats & sodium bicarbonate to a medium sized glass bowl, cover with boiling water & leave to soak for 2 hours.

Add the organic oats to a blender along with medjool dates (optional), vanilla extract and 1 ltr water. Blend until you see no large bits.

With Medjool Dates ~ Place a piece of muslin over a sieve, sat on a glass bowl and gently pour the contents of the blender through the cloth into the bowl. Gather the edges together & squeeze all the liquid out.

Without Medjool Dates ~ Place a sieve on top of a glass bowl, gently pour the contents of the blender through the sieve into the bowl.

Pour oat milk into airtight bottles or containers & store in the fridge. Will keep for up to 5 days.

Tips

- The medjool dates are added to make the milk sweeter.
- Don't blend your milk for too long, the heat generated will make the milk too thick and slimy.
- If your milk does go too thick, use as a coffee creamer instead of milk.
- Separation will occur when stored in the fridge. This is normal, stir/shake well before use.

Alternative Remedies

Flu and Cramps

Quinine

3 Lemons, rind of
3 Grapefruit, rind of
Distilled water

Add all the rind into a pan with a lid and cover with water 80mm above the peel. Place the lid on and do not take off until the quinine is completely cooked & cooled.

Bring to the boil and reduce to a simmer for 2 hours. Important - do not take the lid off or you will waste quinine in the steam. Remove from heat, allow to cool completely. Pour into a jar or bottle with an airtight lid and store in the fridge.

Flu-like symptoms ~ Take 1 tablespoon Quinine every 2 hours. Once the phlegm has stopped coming off your lungs, stop taking the Quinine.

Cramp ~ Take 1 tablespoon Quinine once a day until the cramps have gone.

Pleurisy or similar symptoms

Lemon & Spice Drink

¼ tsp Ground Ginger
¼ tsp Cinnamon
1 tbsp Honey
Juice of half a Lemon

Add to a small glass all the ingredients and mix well. Sip the drink or drink all in one go.

~ Take once in a morning and once at night until you feel better.

Sore Throat & Coughs

Cough Mixture

1 tsp Brandy
1 tsp Honey
1 tsp Lemon Juice

Add to a small glass all the ingredients and mix well. The Brandy will dissolve the honey.

~ Take every 4 hours until you feel better.

General Well Being

Sodium Bicarbonate

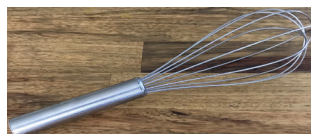
- Stop acid attacks in 60 seconds by adding ¼ teaspoon Sodium Bicarbonate to a small glass about 150ml of distilled water, mix well and drink.
- Use to clean your teeth, dip dry brush into bicarb and clean your teeth, rinse with water.
- Use as a mineral water drink, add ¼ teaspoon Sodium Bicarbonate, juice of ½ lemon and ¼ teaspoon ground ginger to a glass of distilled water. Mix well and drink. This keeps your body in an Alkaline state.
- Use as a deodorant and anti fungal. Take a bit and rub under each dry clean armpit.
- Use in a dishwasher instead of tablets (glasses may be a bit cloudy, but it is only Bicarb).
- Use as an abrasive to clean kitchen or any surface (instead of Jiff/Ciff). Use a damp cloth.

Notes & New Recipe Ideas

Examples of Kitchen Utensils & Gadgets



Hand Masher



Hand Whisk



Oven Gloves



Hand Held Blender



Burger Press



Colander



20 cm Sieve



Silicon Pastry Brush



Digital Temperature Probe



Serving Spoons 34cm



Piping Bag



Scissors



Instant Pot
You can use a steamer or pressure cooker



Glass Mixing Bowl
Diam 25cm H 13cm



Scone Cutter
Diam 9cm



Digital Kitchen Scales
W 17cm H 19cm



Serving Plate
L 23cm W 17cm H 3cm



Ramekin or Small Dish
Diam 10cm H 5cm



Hand Held Juicer



Measuring Spoons



Serving Dish
Diam 21cm H 9cm



Oven Proof Dish
L 27cm W 23cm H 6cm



Cling Film Catering size



Kettle (with temp control)



Sauce Dish
Diam 10cm H 3cm



Oven Proof Dish
L 22cm W 16cm H 6cm



Silicon Spatula and Wooden Spoons



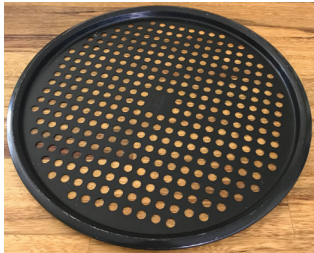
Muslin cloth



Chefs Torch



Silicon Baking Sheets x4
L 42cm x W 30cm



14", 12", 10" Pizza Tray



Wire Cooling Rack
L 45cm W 25cm



Wok with lid
Diam 32.5cm H 9.5cm



Steel Rolling Pin
L 40cm x Diam 3.5cm



Kitchen Knife
20cm blade



Graters



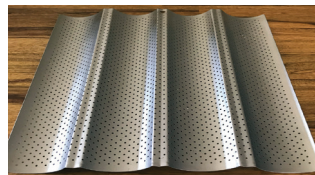
Baking Tray
L 40cm W 36cm



Baking Tray with lip
L 40cm W 27cm



Pie Tins
Diam 12.5cm H 23mm



Baguette Baking Tray
L 38cm W 35cm



Frying Pan with lid
Diam 32.5cm H 6cm



Medium Sauce Pan
Diam 19cm H 10cm



Large Sauce Pan
Diam 25cm H 17cm



Loaf Tin
(Bread)
L 22cm W 14cm H 9cm



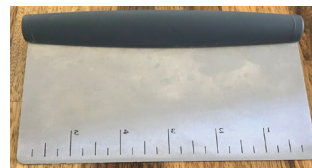
Loaf Tin
(Banana Bread)
L 20cm W 13cm H 9cm



Cake Tin, loose bottom
Diam 23cm & 16cm



Roasting Tin & wire rack
Diam 32.5cm H 9.5cm



Dough Knife
L 15.5cm H 12cm



Pizza Cutter



Garlic Press



Digital Kitchen Timer



Electric Mixer



Dough Hook
Mixer attachment



Balloon Whisk
Mixer attachment



Paddle
Mixer attachment



Blender
Mixer attachment



Jars with airtight seal

Funkstar's Tips

- 100ml of water or milk is the same as 100g or 100fl oz.
- **al dente** – this means it's cooked, but still with a bit of firmness.
- **Baking Powder** ~ 2 tsp Cream of Tartar, 1 tsp Sodium Bicarbonate. Always make your own baking powder. Never use shop bought baking powder, it has harmful chemicals in it.
- **Baguettes** ~ If your baguettes don't have enough flour on them they will stick to the tray. Use a kettle or a pan of boiling water to steam the underside of the tray to release them.
- **Baked Beans** ~ Add to a medium sized sauce pan any leftover curry and a tin of baked Beans. Cook on medium-high heat. 5 minutes for the ultimate "Beans on Toast".
- **Bananas** ~ use ripe bananas for cooking, a stronger flavour is achieved.
- **Bread** ~ The rising of your dough depends on the temperature of your room. A tip is to prove your bread in the oven with just the light on. If your bread has not risen in 1 hour, leave until it has risen to the required height. Sometimes it can take over 2 hours, it's all down to the quality of the yeast and room temperature.
- **Convert** ~ any chicken recipes to vegetarian by swapping the chicken for mushrooms etc.
- **Convert** ~ any minced beef recipes to Vegetarian by replacing the mince for split red lentils.
- **Garlic** ~ chop the top off your garlic clove and press with the skin on. The skin will stay in the press. No need to peel garlic.
- **Herbs** ~ Grow your own lettuce and herbs. You only need a few tubs.
- **Kale** ~ Blanch Kale for 2 minutes in boiling water. This takes some of the bitterness away.
- **Recipes** ~ Before you start read through the recipe, make sure you have all the ingredients and get them out before you start. Look at the time it takes to do each part of the recipe. It is all about timing.
- **Rice** ~ Make twice as much boiled rice and use the extra portions for fried rice over the next two days. It tastes and fries better.
- **Risotto** ~ Any leftover Risotto can be added to a soup the next day. Store in an airtight container.
- **Salt** ~ Use Himalayan pink salt, Celtic sea salt, or at least rock salt, but avoid table salt, it's harmful.
- **Shopping** ~ Plan meals for 3-5 days. Write down all the ingredients, cross out what you have, and now you're buying just what you need, less waste. Buy dry ingredients in bulk like Chickpeas, Couscous, Lentils, Red Split Lentils, Green Split Peas, Yellow Split Peas, Marrow-fat Peas, Millet, Oats, Pearl Barley, Rice & Arborio Rice, Kidney Beans and Butter Beans etc. This is cheaper, keeps longer, and you'll always have enough for a rainy day.
- **Soup** ~ Make large quantities of soup and freeze in individual or double portions. Use leftover vegetables to make a soup just add salt, pepper & 750ml of vegetable stock. Make a batch of Soup Mix and store it in an airtight container. To make it add equal measure of Red Split Lentils, Pearl Barley, Green Split Peas, Yellow Split Peas, Marrow-fat Peas, and Arborio Rice. This gives your soup more body. Soak 5 parts water to 1 part soup mix overnight. If you skip this stage and add straight into the pan, cook long enough for the soup mix to soften ~ yummy thick soup.
- **Steaks** ~ Take your steaks out of the fridge 2 hours before cooking. It stops the meat from shocking. Cooking times for a 2cm thick steak cooked on a high heat and turning every 30 seconds: **Rare** 6 minutes, **Medium Rare** 8 minutes, **Medium** 11 ~ minutes. Never serve the steak as soon as it is cooked, let the steak rest for 5 minutes before serving and use the juices from the steak to add to a sauce.
- **Storage** ~ When you buy sauces from the shops, keep the glass bottles & jars for your own use.
- **Too Spicy** ~ If you don't like things too hot, skip the chilli and halve adjust the amount of black pepper.
- **Under cooked** ~ Never under cook Chicken or Pork, you will get an upset stomach or worse.
- **Un-cooked Meats** ~ Always wash your hands and anything that has come into contact with the un-cooked meats. Bacteria grows very fast, especially un-cooked chicken.
- **Water** ~ I continually make 8 litres of distilled water each day for drinks & all cooking.

Be Inspired

“My mum inspired me all my life to cook.
I developed these recipes in memory of
her love for cooking & bringing joy to others.
She continues to inspire me
and I hope I have inspired you.”

Funkstar



Why not turn your unused lawn into your own supply of organic vegetables, just like I did.
It took a couple of days to build. I bought some young plants to start me off.
From lawn to fully grown vegetables it took under 3 months.

22 April 2019



10 July 2019

Funkstar's Finder

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