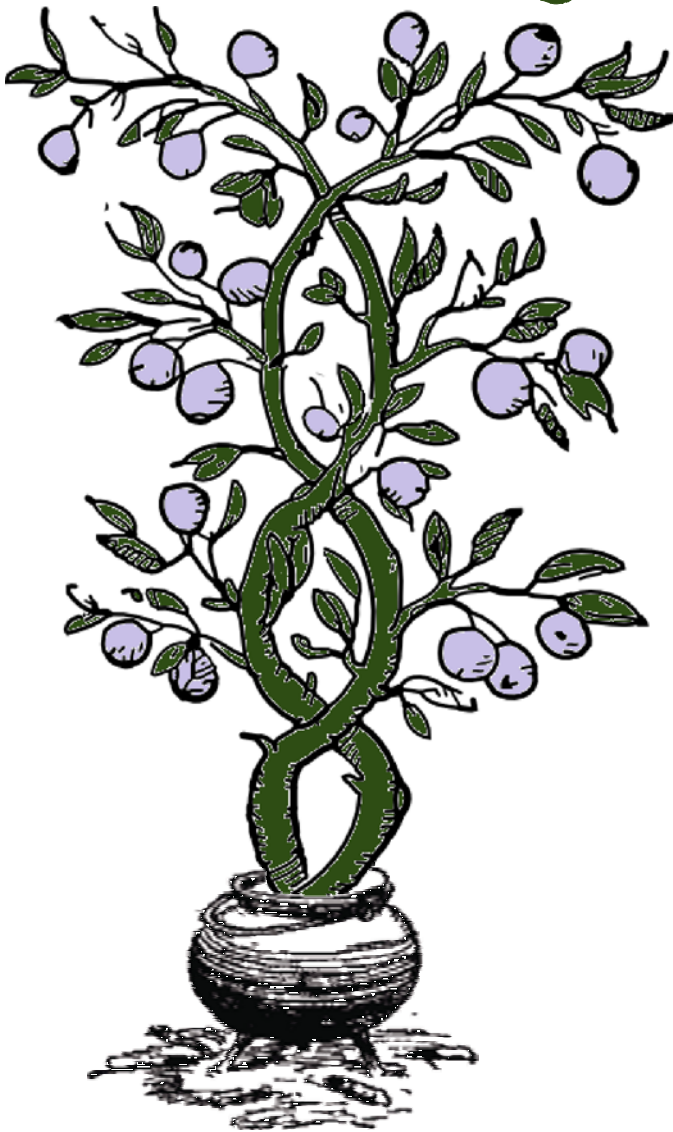


For the Boys



Meals for Men... and the rest of us!

by Barbara du Plessis

For the Boys

by Barbara du Plessis



A selection of favourite recipes and many more enjoyed by most South African men... and the rest of us!

Over 125 tried & tested Recipes with Serving Suggestions, Variations & Tips

*** PLUS ***

Banting/LCHF Basics & Quick Guide
plus low-carb recipe tips & alternatives

Chilli Hotness Guide

Roasting Guidelines for Joints

The Touch Test for Steaks

Stocking the Kitchen
colour-coded to LCHF

Breakfasts

Lunches

Starters

Maines

Desserts

Vegetable Sides

Salads & Cold Sides

Breads

Biscuits & Cakes

Banting Alternatives

Salad Dressings

Sauces, Chutneys & Marinades



Meals for Men... and the rest of us!



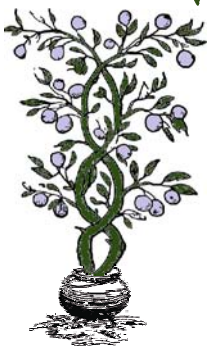
Dedication

For my Boys...

You are my greatest inspiration; Dup with your wisdom, Jono with your pragmatism, Michael with your charm and Gregg with your fervour.

Cooking for you is an absolute delight because you love food as much as I do. You are all great cooks yourselves - continue to cook for the love of it and with love, and you simply won't go wrong!

With all my love, Barbs





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Introduction

Serving Portions & Sizes

Most recipes in this book serve 4 people. The size of each portion is purely subjective as it depends entirely on individual appetites but as this book is geared to the "heartly eater", serving portions are generally

Large & indicated by **L**.

Medium serving portions are indicated by **M** and Small by **S**.

Large portion recipe ingredients should be reduced by 25% for medium eaters and by 50% for small eaters.

Medium portion recipe ingredients should be increased

by 25% for large eaters and reduced by 25% for small eaters.

Small portion recipe ingredients should be doubled for large eaters and increased by 25% for medium eaters.



Oven Temperatures

All Oven Temperatures stated are for a fan-assisted electric oven.

However, all ovens vary and recommended temperatures should be checked against user instructions for the oven being used.

As a rule, the fan-assisted oven temperatures stated in this book should be increased by 15-20°C for conventional ovens.



Total, Cooking & Resting Times

Total Time stated for each recipe is the amount of time taken to prepare a dish from start to finish, and includes gathering & preparing ingredients, cooking, baking, resting & assembly.

Cooking Time (included in the Total Time) is the total time taken for any heating, cooking on the top of the stove and/or baking in the oven.

Resting Time (included in the Total Time) is the total inactive time during the preparation of the recipe.





Introduction

Preparing Ahead & Freezing

Recipes that carry the  icon can be fully or partially prepared ahead of serving.

Recipes that carry the  icon can be frozen.

Parts of recipes that can be frozen have not been marked.



Volumes & Weights

Take care to note whether ingredients are indicated in volume or weight.

Volumes are indicated in

cups, litres, millilitres, tablespoons, teaspoons, drops & pinches.

Weights are indicated in

cups, kilograms & grams.

Note that volumes differ in weight between different ingredients.

For example, although 1 cup flour, sugar & rice all measure 250ml in volume, their weights differ in that flour weighs 125g, sugar weighs 150g & rice weighs 200g.



Abbreviations

btl	-	bottle
cm	-	centimetre
g	-	gram/s
hr	-	hour
kg	-	kilogram/s
min/s	-	minute/s
ml	-	millilitres
pkt	-	packet
Tbsp	-	tablespoon
tsp	-	teaspoon
°C	-	degrees centigrade

Conversions

1 tsp	-	5 ml
1/2 tsp	-	2,5 ml
1/4 tsp	-	1,25 ml
1 Tbsp	-	15 ml
1/2 Tbsp	-	7,5 ml
1 cup	-	250 ml
1/2 cup	-	125 ml
1/4 cup	-	62,5 ml





Banting/LCHF Basics



BANTING is a method of dieting for obesity by avoiding sugar & carbohydrates.

LCHF (Low Carb, High Fat) is a method of eating less carbohydrates & a higher proportion of fat while minimizing the intake of sugar & starches.

The main difference between them is that LCHF has evolved from Banting based on scientific studies, and that LCHF is not only about which foods you are not eating but also about which foods you are eating.

Recipes that carry the **B** icon are either fully compliant with or provide tips/alternatives to **BANTING** / **LCHF**.



Basic Rules



1. EAT TO SATISFY HUNGER

Remember... **MODERATION** is the key to healthy eating

Let your body tell you what & how much to eat

Eat only when you are hungry

Eat until you are satisfied - then stop

Don't eat if you don't feel like it - occasionally skipping a meal is not life-threatening
... and there's no harm in the occasional indulgence!

2. COUNT THE CARBS

~ Limit your daily Carb intake (grams per day) ~

20-50g Lose Weight Fast (*stimulates ketosis*)

50-100g Lose Weight Effortlessly

100-150g Maintain Weight

~ Count the Carbs of Individual Foods ~

i) use the **Stocking the Kitchen** section in this book for a guide on foods that are Banting/LCHF compliant according to these carb rules 🐾

ii) use the easy **Carb Count Tool** on www.a3recipes.com to count the carbs of a specific food

AVOID

> 25g carbs per 100g

GO EASY

6 - 25g carbs per 100g

EAT

0 - 5g carbs per 100g





Banting/LCHF Basics



BASIC RULES (continued)



3. USE ONLY GOOD FATS & OILS

LCHF recommends that 60% of one's calorie intake should be fat sourced from saturated fats (animal protein, dairy, nuts, seeds, avocados, olives & good fats/oils). When possible, buy & use organic, unrefined, cold-processed oils. Avoid margarine.

For Salads & Low Temperature Cooking

Use extra virgin olive oil & unrefined avocado oil in salads or to add to cooked foods.

For Mid-Temperature Cooking

Use unrefined coconut oil, virgin/light olive oil & butter for light frying, sautéing or baking.

For High Temperature Cooking

Use oils with a high smoke point (204°C+) such as refined coconut oil & virgin/light olive oil for deep-frying, searing meats or frying in a wok.

4. EXCLUDE SUGAR

Do NOT consume any sugar. Replace sugar with either stevia or xylitol.

Converting quantities will depend on the particular make used but generally use:

1 unit of sugar = 2/3 unit of xylitol = 1/10 unit stevia

5. EXERCISE & DRINK PLENTY OF WATER

Exercise uses calories (loses weight) & tones your body - it's good & necessary!

Your body NEEDS water - drink between 2-3 litres a day.

6. BUY FRESH & BUY SMART - READ THE LABELS

- | | |
|---|--|
| ✓ Animal protein (meat, poultry, eggs, fish) | ✗ Grains, sugars, starchy vegetables & seed oils |
| ✓ Saturated animal fats & coconut/olive oils | ✗ Processed, GMO & fast foods |
| ✓ Dairy & most cheese (high fat) | ✗ All soya products (except soya sauce) |
| ✓ Most nuts & seeds | ✗ Preservatives & thickening agents* |
| ✓ Fresh vegetables (grown above ground) & berries | ✗ Reduced fat dairy products |

* Using a small amount of thickening agent may not make much of a difference to the overall carb count of each serving.

For example, 1 Tbsp flour (6g carbs) used to thicken 1 cup of gravy adds less than 2g carbs to each serving.

Alternate LCHF thickening agents include agar-agar, arrowroot, guar gum, okra, psyllium husks and xanthan gum.

Instead of using commercial high-carb soup powders for thickening, rather use the *Dried Soup Mixes** provided in this book.





Meat Doneness Guide



Roasting Guidelines for Joints



Ovens vary & recommended temperatures should be checked against the user instructions for the oven being used

Type of Meat	Initial		Additional		Core Temp	Resting Time
	Temp	Time	Temp	Time		
Beef	200 °C	30 mins	160 °C	Rare-15 mins per kg	55 °C	30 mins
Lamb				Medium-20 mins per kg	65 °C	
Venison				Well Done-30 mins per kg	75 °C	
Chicken	190 °C	20 mins	170 °C	Small-40 mins Large-60 mins	65 °C	20 mins
Pork	200 °C	30 mins	160 °C	35 mins per kg	65 °C	20-30 mins

Note: Additional time required applies per kilogram *proportionately*.

For example, the *additional* time required for a 1kg **RARE** beef roast is 15 mins, and the *additional* time required for a 1,25kg **RARE** beef roast is 18,75 mins, and the *additional* time required for a 1,5kg **RARE** beef roast is 22,5 mins.



The Touch Test for Steaks



Raw

Rare

Medium Rare

Medium

Well Done

Open the palm of your hand. Relax the hand. With your other index finger push on the fleshy area between the thumb and the base of the palm.

This is what **RAW** meat feels like.

For **RARE** steak, gently press the tip of your index finger to the tip of your thumb,

For **MEDIUM RARE** steak, press the tip of your middle finger to the tip of your thumb,

For **MEDIUM** steak, gently press the tip of your ring finger to the tip of your thumb,

For **WELL DONE** steak, gently press the tip of your pinky to the tip of your thumb, and push on the fleshy area between the thumb and the base of the palm with your other index finger.





Chilli Hotness Guide

Pepper, chili, chile, capsicum & chilli (as referred to in this book) are used interchangeably to describe the plants of the genus *Capsicum*.



The Scoville Scale



The Scoville Scale is a method for measuring the strength of capsicum in a pepper in Scoville units (SHU), which indicates parts per million of **capsaicin**, a potent chemical that gives them their fiery sensation and that survives both cooking & freezing. Apart from the burning sensation, it also triggers the brain to produce endorphins, natural painkillers that promote a sense of well-being. Chillies also decrease the risk of heart disease, reduce inflammation, improve digestion (eg. cayenne for ulcers), maintain bone health (high in calcium), lower cholesterol, boost circulation & burn fat.

Scoville Units

Pepper Variety

15,000,000-16,000,000

pure **capsaicin**

2,000,000-5,300,000

Pepper Spray

1,500,000-2,000,000

Trinidad Moruga Scorpion

855,000-1,463,700

Bhut Jolokia, Dorset Naga, 7-Pot

350,000-580,000

Red Savina Habanero

100,000-350,000

Piri Piri, Habanero, Scotch Bonnets

50,000-100,000

Bird's Eye/Thai/Indian, Pequin

30,000-50,000

Cayenne, Ají, Tabasco

10,000-23,000

Serrano, Peter, Aleppo, Chipotle

3,500-8,000

Jalapeño, Guajillo, Paprika

1,000-2,500

Anaheim, Peppadew, Poblano

100-900

Pimento, Peperoncini, Cubanelle

0-100

Bell, Aji Dulce





My Boys' Favourites



Dup

Breakfast

Country Breakfast

Lunch

Chicken Giblets Peri-Peri

Dinner - Starter

French Onion Soup

Dinner - Main

Beef Oxtail Stew

Dinner - Dessert

Ice-cream & Hot Chocolate Sauce

Vegetable Side

Creamed Spinach

Salad & Cold Side

Chopped Salad with Blue Cheese

Dressing

Bread

Naan Bread with Garlic &

Cheese

Biscuits & Cake

Chocolate Cake à la Pat

Jono

Breakfast

Boerie with Fried Leggy, Bacon

& Tomato

Lunch

Homemade Hamburgers

Dinner - Starter

Snails in Garlic Butter

Dinner - Main

Beef & Lamb Curry

Dinner - Dessert

Ice-cream & Hot Chocolate Sauce

Vegetable Side

Yorkshire Puddings

Salad & Cold Side

Chopped Salad with Blue Cheese

Dressing

Bread

Naan Bread with Garlic & Cheese

Biscuits & Cake

Milk Tart





My Boys' Favourites



Michael

Breakfast

Mince on Toast with Bacon &
Egg

Lunch

Boerie Rolls

Dinner - Starter

Mussel Soup

Dinner - Main

Beef Oxtail Stew

Dinner - Dessert

Pancakes with Cinnamon

Sugar

Vegetable Side

Perfect Roast Potatoes

Salad & Cold Side

Good Old Potato Salad

Bread

Croissants

Biscuits & Cake

Banana Loaf with Nuts

My Boys' Favourites



Gregg

Breakfast

Scrambled Egg Croissants

Lunch

Boerie Rolls

Dinner - Starter

Baked Brie with Cranberry

Chutney

Dinner - Main

Beef Lasagne

Dinner - Dessert

Peach Cheesecake

Vegetable Side

Yorkshire Puddings

Salad & Cold Side

Avocado Caprese Salad

Bread

Potato Bread with Feta & Spring

Onions

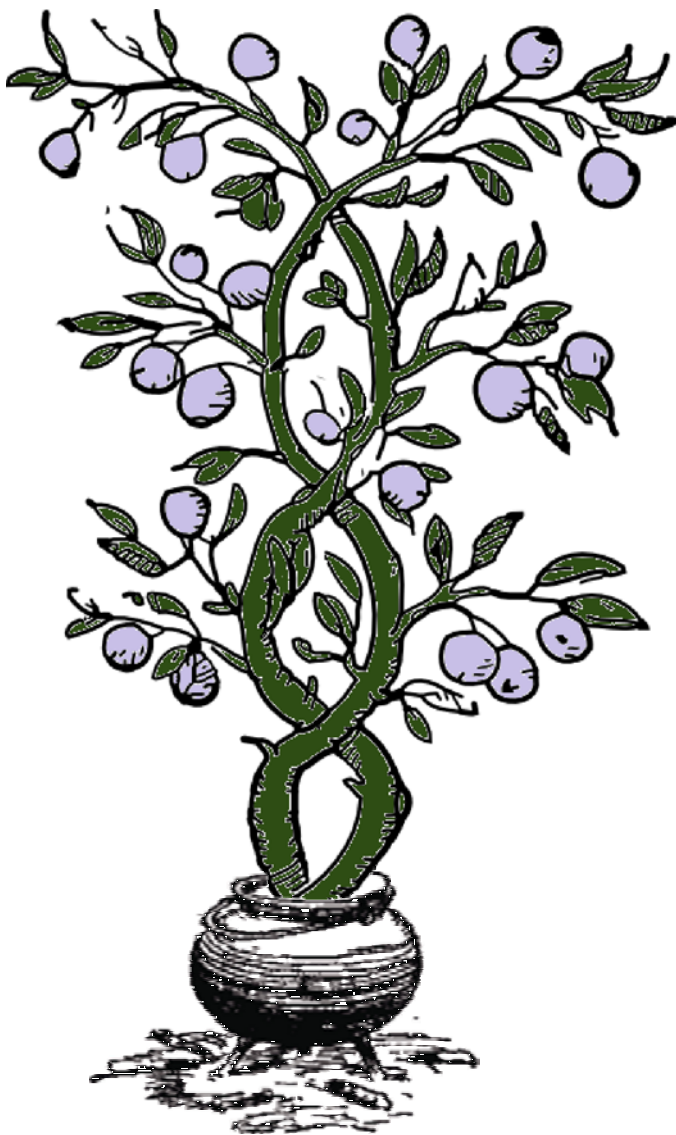
Biscuits & Cake

Milk Tart





Recípes





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Boerie with Fried Leggy, Bacon & Tomato



Servings: 4
Total Time: 45 mins
Cooking Time: 30 mins



METHOD

On a high heat, fry one side of the bacon in the olive oil & butter. Turn the bacon over & move to the side of the pan.

INGREDIENTS

250g bacon (*streaky or back*)
6 ripe medium tomatoes, *thickly sliced*
1 tsp barbeque spice
1 tsp light olive oil or coconut oil
1 tsp butter

400g boerewors (*thin or thick*)
½ tsp light olive oil or coconut oil
½ tsp butter
½ tsp barbeque spice

4 eggs
1 Tbsp butter

4 slices of toast, buttered
peanut butter (*optional*)

Sprinkle the slices of tomato lightly with the barbeque spice and add to the pan, frying on each side for about 5 mins until cooked but firm, and turning the bacon at the same time to avoid overcooking.
Turn the heat off once done.

In the meanwhile, fry the boerewors on a high heat in a separate covered frying pan for about 5 mins on each side for medium rare, or longer for medium to well done.
Turn the heat off once done.

While the boerewors is cooking, melt the butter in a large frying pan and fry the eggs according to preference.

For each serving, cut 1 slice of toast in half. Spread peanut butter on one of the halves and lay a fried egg on top.
The peanut butter is optional but in the Boys opinion, it is delicious and is their signature *Fried Leggy*.
Lay the bacon and then the tomatoes on top of the second half of the toast.
Add a portion of boerewors to the plate and serve.



Use Banting Buttermilk Seed Loaf*
for toast.







Country Breakfast



Servings: 4
Total Time: 45 mins
Cooking Time: 30 mins



METHOD

In a frying pan, fry 4 slices of bacon on both sides in the olive oil & butter. Remove from pan and keep warm.

INGREDIENTS

250g back bacon

1 tsp light olive oil or coconut oil

1 tsp butter

3 large tomatoes, cut into chunks

400g tin peeled & diced Italian tomatoes with juice

1 tsp barbeque spice

1 tsp tomato paste

1 tsp paprika paste (or ½ tsp powder)

1 tsp Worcester sauce

80g Cheddar cheese, grated

4 pork sausages

4 Tbsp water

½ tsp light olive oil or coconut oil

½ tsp butter

½ tsp barbeque spice

6 large eggs

1 Tbsp water

2 Tbsp freshly chopped parsley

1 tsp light olive oil or coconut oil

1 tsp butter

4 slices of toast, buttered

Quarter the remaining bacon slices & fry in the same pan until cooked. Add the tomato chunks & fry for 2 mins. Sprinkle with the barbeque spice, mix in the tomato & paprika pastes, & cook for a further 1 min. Add the tin of tomatoes with the juices and the Worcester sauce and simmer with the pan uncovered for 10 mins until thickened.

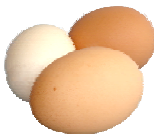
Place the sausages and water in saucepan and boil until firm (about 5-10 mins).

Remove from heat, drain off any water, add the olive oil & butter, sprinkle with barbeque spice and shake the pan with the lid on to coat all over. Return to a medium heat and gently fry the sausages, turning regularly, until browned on all sides. Cover to keep warm.

Prepare the toast and keep warm.

Whisk the eggs with the water and add the parsley. Melt the butter in a small frying pan and add the egg mixture. Gently fry while continually folding the egg until cooked but still soft and slightly wet.

On each plate, spoon the tomato mixture onto a half a slice of toast and sprinkle with cheese. Lay a slice of bacon on the other half of the toast and top with scrambled egg. Add 2 sausages to each plate and serve.



Use Banting Buttermilk Seed Loaf* for toast.







Ham & Cheese Omelette



Servings: 4
Total Time: 25 mins
Cooking Time: 15 mins



INGREDIENTS

8 large eggs
2 Tbsp water
1 Tbsp freshly chopped parsley



1 tsp light olive oil or coconut oil
1 tsp butter

150g ham, diced
150g Cheddar or Maasdam cheese, grated
1 tsp finely chopped chillies (optional)

VARIATIONS

- * If preferred, make 4 individual omelettes using a small frying pan.
- * Substitute the ham with diced salami, smoked salmon or fried bacon.
- * Use different varieties of cheese & herbs.
- * Add diced fried mushrooms, tomatoes, onions and/or green peppers.

METHOD

Whisk the eggs with the water and add the parsley. Melt the olive oil and butter in a large frying pan and pour in the egg mixture.

On a medium heat, cook the egg until the bottom half is firm & the top half still wet. Sprinkle the ham, cheese & chillies into the centre of the egg leaving a third of the egg clear on each side.

Continue cooking until the egg is firm but wet, and fold each side inwards on top of the ham, cheese and chillies.

Press down firmly and hold for 10 secs.

Cover the pan & cook for about 2 mins until the egg has set.

Divide the omelette into 4, garnish with the remaining parsley and serve.





Kassler Chops & Poached Eggs



Servings: 4
Total Time: 20 mins
Cooking Time: 15 mins



METHOD

On a high heat, melt the butter in a large frying pan & brown the chops on both sides. Turn the heat down to a medium heat and cook for a further 5 mins on each side.

INGREDIENTS

4 large Kassler chops or steak (250g each)

1 Tbsp butter

4 eggs

freshly ground salt & pepper

During this time, poach the eggs until the white is firm but the yolk is soft (or hard, as preferred).

To serve, place a chop on each plate topped with an egg on each. Season with salt & pepper.



RECOMMENDATION

Just great with Worcester sauce!





Kippers & Poached Eggs



Servings: 4
Total Time: 20 mins
Cooking Time: 15 mins



METHOD

Gently warm the kippers in butter in a large frying pan with the lid on. Alternately, if the kippers are in a sealed plastic bag, place the bag in a large saucepan, cover with boiling water and simmer with the lid on for 10 mins.

INGREDIENTS

4 large kippers (80-100g each)
2 Tbsp butter

4 eggs

4 slices of toast, buttered

freshly ground salt & pepper



During this time, poach the eggs until the white is firm but the yolk is soft (or hard, as preferred).

Prepare the toast.

To serve, place a kipper on each slice of toast and drizzle with some of the juices. Set a poached egg on top of the kipper and season with salt & pepper.



Use Banting Buttermilk Seed Loaf* for toast.

VARIATIONS

Substitute the kippers with haddock poached in milk or whole smoked salmon.





Mince on Toast with Bacon & Egg



LCHF



Servings: 4
Total Time: 40 mins
Cooking Time: 30 mins



INGREDIENTS

2 Tbsp light olive oil or coconut oil
1 Tbsp butter
1 large onion, peeled, halved & sliced
150g bacon (back or streaky), diced
500g mince, beef or ostrich
2 tsp barbeque spice
1 tsp finely chopped garlic
1 tsp paprika paste (or ½ tsp powder)
1 Tbsp tomato paste
400g tin peeled & diced Italian tomatoes with juice
1-2 Tbsp brown onion soup powder or Brown Onion Soup Mix*
freshly ground salt & pepper, to taste

1 Tbsp butter
4 eggs
4 slices of toast, buttered



METHOD

In a large frying pan on a high heat, melt the olive oil & butter, lightly brown the onion & bacon & remove from pan. In the same pan, stir-fry the mince & barbeque spice until browned & lump free. Return the onion & bacon to the pan with the mince, mix in the garlic, paprika & tomato pastes & continue frying for 1 min. Stir in the tomatoes with the juice. Reduce the heat, cover and simmer for 20 mins. Mash in any large tomato chunks. Season with salt & pepper. If necessary, thicken the mince by stirring in soup powder a little at a time until a preferred consistency is reached. In a large frying pan, melt the butter & fry the eggs according to preference. Prepare the toast. To serve, top each slice of toast with mince and set an egg on top. Season with salt & pepper.



Use *Brown Onion Soup Mix** not commercial soup powder & *Banting Buttermilk Seed Loaf** for toast.





Scrambled Egg Croissants



Servings: 4
Total Time: 20 mins
Cooking Time: 10 mins



METHOD

Butter the croissants and place on plates.
Loosely fold the salmon onto the bottom of each croissant.

INGREDIENTS

*8 large croissants, sliced open lengthwise
butter, for spreading*

*800g smoked salmon/trout ribbons
(at room temperature)*

12 large eggs

2 Tbsp water

2 Tbsp freshly chopped parsley

1 tsp light olive oil or coconut oil

1 tsp butter

Whisk the eggs with the water and add the parsley.

Melt the olive oil and butter in a small frying pan and add the egg mixture.

Gently fry while continually folding the egg until it is cooked but still soft and wet.

Stack the scrambled eggs on top of the salmon, loosely close the lid of the croissant and serve.



Use Low-Carb Oopsie Rolls* instead of croissants.

VARIATIONS

Substitute the salmon with thin slices of ham, pancetta or fried bacon.





Lunches



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Bacon Wrapped Spicy Meatloaf

Servings: 4
Total Time: 2 hrs
Cooking Time: 1 hr (meatloaf)
10 mins (gravy)
Resting Time: 10 mins (to relax)
Pre-heat Oven to 180°C



METHOD

For the Meatloaf

In a large mixing bowl, hand mix all the meatloaf ingredients together well except for the bacon and butter.

Butter and line a non-stick oblong loaf tin (at least 22cm long) with the bacon by placing each slice across the ends and sides of the tin so that all ends overlap.

Fill the tin with the meatloaf mixture and press down firmly. Fold back the bacon slices on top of the meatloaf and cook in the oven for 1 hr.

Remove from oven and rest for 10 mins.

Slide a spatula around the loaf and pour off all the juices into a jug.

For the Gravy

If gravy is desired, pour the juices into a saucepan, whisk in the flour and heat until bubbling. While continually whisking, add water until a thickish gravy has formed and when bubbling, stir in a few drops of gravy browning to colour as desired.

Lift the loaf out onto a breadboard or platter, cut into thick slices and serve.



INGREDIENTS

For the Meatloaf

750g lean mince (beef, lamb or ostrich)
1 large onion, peeled & finely diced
1 green pepper, de-seeded & diced
60g fresh breadcrumbs (3 slices of bread)
2 large eggs, beaten
1 tsp salt
½ tsp white pepper
½ tsp freshly ground black pepper
1 tsp ground cumin
1 tsp coriander powder (optional)
1 tsp paprika paste (or ½ tsp powder)
1 Tbsp barbeque spice
2 tsp finely chopped garlic
1 tsp finely chopped chillies
½ tsp tabasco sauce (optional)
½ tsp minced ginger
1 Tbsp Worcester sauce
1 Tbsp tomato sauce
1 Tbsp chutney
2 Tbsp freshly chopped parsley
1 Tbsp freshly chopped coriander leaves
1 Tbsp freshly chopped thyme
250g bacon (streaky or back)
1 tsp soft butter (to coat loaf tin)

For the Gravy (using juices from the tin)

100ml water
1 Tbsp self-raising or cake flour
a few drops of gravy browning



Use Banting Buttermilk Seed Loaf* for breadcrumbs.

As only a little flour is used to thicken the gravy, this is fine, else use ½ Tbsp arrowroot dissolved in a little water instead.

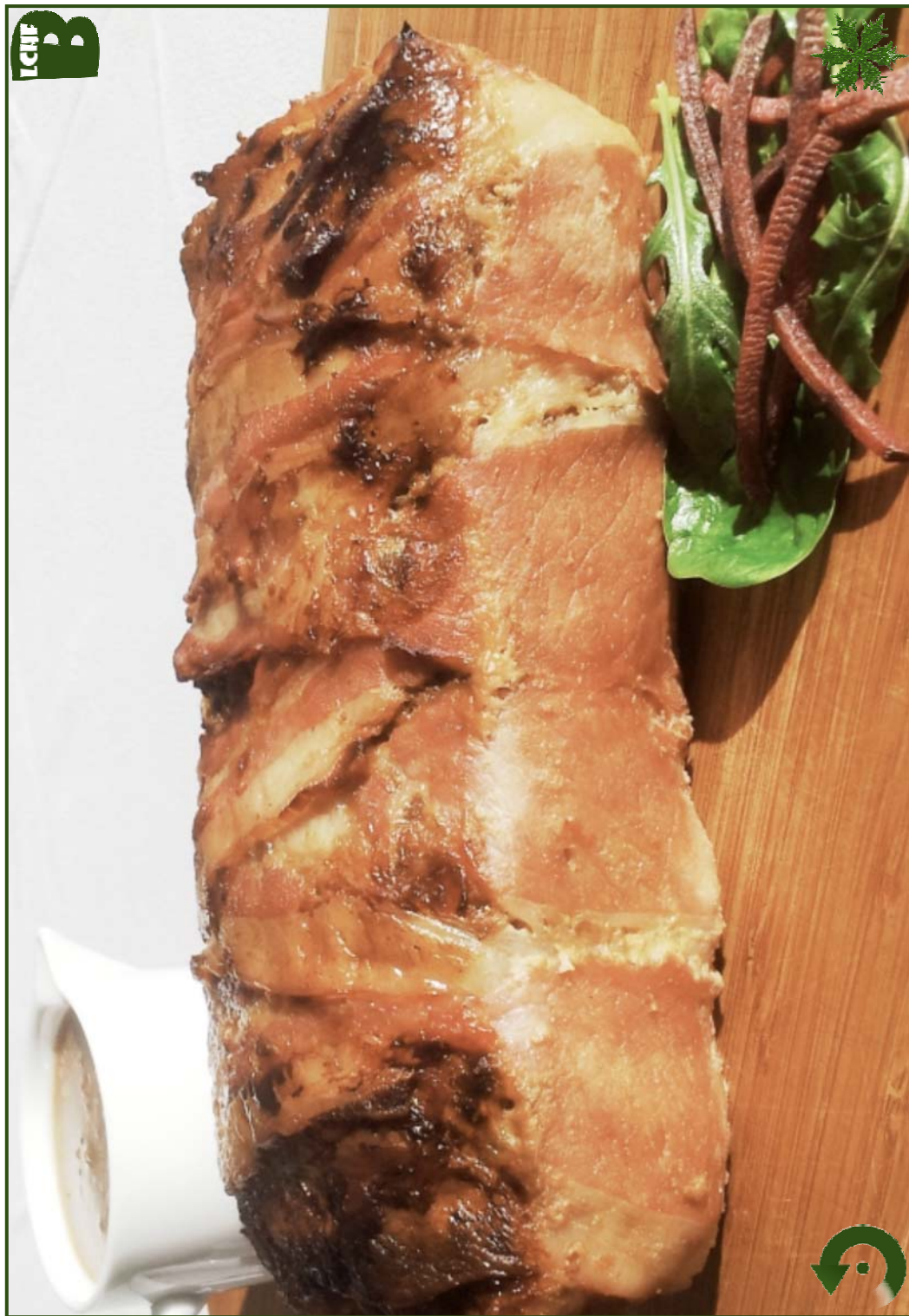
SERVING SUGGESTIONS

* Serve with a salad, or *Potato Mash** or *Cauli Mash**, peas & gravy.
* Warm thick slices of left-over meatloaf & top with a fried egg for breakfast.

VARIATIONS

Leave out the coriander powder and replace the coriander leaves with sage, origanum or marjoram for a less 'curryfied' version of this dish.







Barbequed Pork Spare Ribs

Servings: 4
Total Time: 1 hr 20 mins
Cooking Time: 25 mins (microwave)
20 min (braai)
Resting Time: 30 mins (to marinade)



METHOD

Cut the spare ribs into at least 4 serving size portions.

In a microwaveable casserole dish, mix all marinade ingredients together well.

INGREDIENTS

1kg pork spare ribs (250g per person)

For the Barbeque Marinade

1 onion, peeled & grated
8 Tbsp brown spirit or red wine vinegar
6 Tbsp tomato sauce
4 Tbsp soya sauce
1 tsp salt
4 tsp Worcester sauce
2 tsp English or wholegrain mustard
1 tsp finely chopped garlic
½ tsp finely chopped chillies (optional)
½ tsp freshly ground black pepper



Press the spare ribs into the marinade, turn over & coat well. Marinade for 30 mins while occasionally turning & coating the ribs.

Place a lid on the casserole dish and in the microwave, cook the spare ribs (in the marinade) on high for 5 mins and then cook on medium-high for another 10 mins.

Turn the spare ribs over and cook on medium-high for a further 10 mins.

The spare ribs can be left in the dish until ready to braai.

Remove the spare ribs from the marinade & braai over a medium heat for 10 mins taking care to not burn the marinade.

Coat the ribs with marinade on the uncooked side, turn them over and braai over a medium heat for a further 5-10 mins or until done, while taking care again to not burn the marinade.

Transfer to a serving dish warmed on the side of the braai or to a wooden board.

Coat with a little marinade and serve.



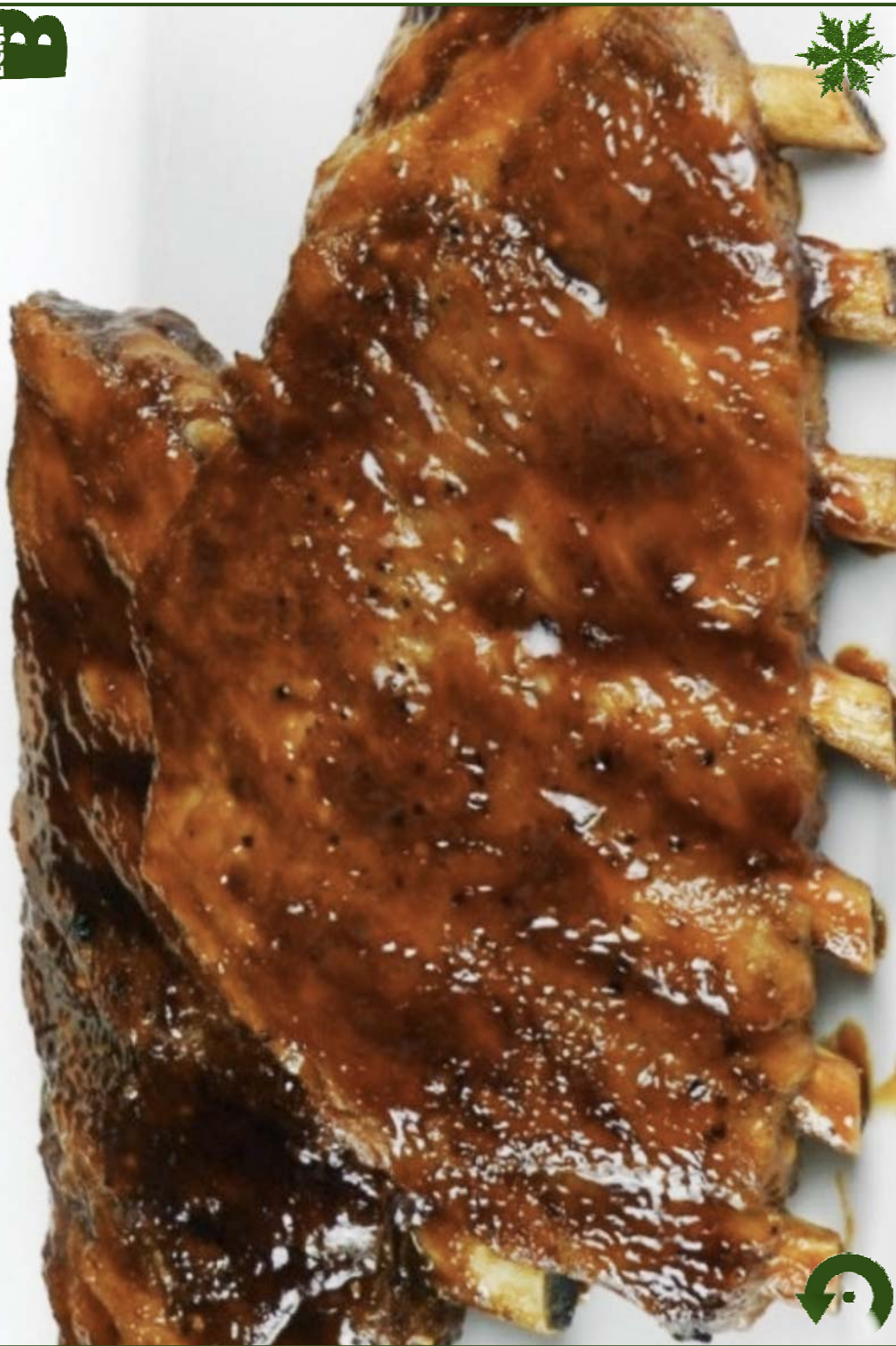
VARIATION

If oven-roasted ribs are preferred, the ribs can be placed in a roasting pan with the marinade, covered with heavy-duty tin foil and baked in a 180°C pre-heated oven for 1½-2 hrs. The ribs should be turned and re-covered every 30 mins.

SERVING SUGGESTIONS

Serve with a salad and Roasted Sweet Potato Wedges or Triple Cooked Chips* and a finger bowl & lots of napkins!







Boerie Rolls



Servings: 4
Total Time: 45 mins
Cooking Time: 35 mins



INGREDIENTS

For the Tomato Onion Mush

1 large onion, peeled, quartered & sliced
1 Tbsp light olive oil or coconut oil
1 Tbsp butter
1 tsp finely chopped garlic
¼ tsp dried basil
¼ tsp dried origanum
3 ripe tomatoes, diced
½ tsp finely chopped chillies (optional)
1 tsp paprika paste (or ½ tsp powder)
1 Tbsp tomato paste
1 tsp barbeque spice
400g tin peeled & diced Italian tomatoes with juice
freshly ground salt & pepper, to taste

For the Boerewors Rolls

4 Crusty Portuguese Rolls*
butter, for spreading

400-600g boerewors (100-150g per roll)
1 tsp light olive oil or coconut oil
½ tsp barbeque spice

100g Cheddar or Gouda cheese, grated



Use the *Banting Buttermilk Seed Loaf** (var) recipe to make rolls.

VARIATION

Leave off the cheese for a less rich version.

METHOD

In a large frying pan on a high heat, melt the olive oil & butter and fry the onion for 2 mins until soft and golden brown.

Add the garlic, basil, origanum & diced fresh tomatoes and fry for 2 mins.

Stir in the chillies, paprika & tomato pastes and barbeque spice, and continue frying for 1 min. Add the tin of tomatoes with the juice and stir. Bring to a boil, reduce the heat and simmer uncovered for 20 mins.

Add salt & pepper to taste.

While the tomato onion mush is simmering, slice & butter the rolls.

On a breadboard, rub the boerewors with the olive oil & barbeque spice. Fry on a medium-high heat until brown and to the desired doneness (medium rare is best).

To serve, assemble each roll by adding a portion of boerewors and topping with generous servings of tomato onion mush and cheese.

Close the roll with its lid & serve while hot.



SERVING SUGGESTION

Hold a "Build a Burger or Boerie Roll" lunch or casual dinner for a large crowd by pairing *Boerie Rolls** with *Homemade Hamburgers** and allowing everyone to braai their own meat and assemble their own roll/s.

Prepare & lay out buttered rolls, portions of uncooked boerewors & hamburgers, *Tomato Onion Mush**, *Guacamole**, *Mushroom Sauce**, sliced tomatoes, fried onions, crisp lettuce & grated cheese.







Chicken & Mushroom Pie

Servings: 4
Total Time: 1 hr 30 mins
Cooking Time: 1 hr
Pre-heat Oven to 200°C



INGREDIENTS

500g chicken fillets
 2 tsp chicken spice
 400g button mushrooms
 1 large onion, peeled
 250g back bacon
 1 large leek, cleaned
 2 Tbsp light olive oil or coconut oil
 2 Tbsp butter
 2 tsp finely chopped garlic
 1 tsp dried thyme
 1 tsp freshly ground black pepper
 1 tsp finely chopped chillies (optional)
 200ml milk
 200ml fresh cream
 4 Tbsp cream of chicken soup powder or Chicken Soup Mix*
 800g frozen ready-rolled puff pastry, thawed in fridge
 self-raising or cake flour, for dusting
 butter, for greasing pie dish
 1 large egg, beaten, for brushing



Use Chicken Soup Mix* not commercial soup powder.
 Instead of encasing in pastry, top the pie filling with Cauli Mash*.

VARIATION

Make individual pot pies - a great hit!

TIP

Roll the dough thin - pies should be more about the filling which should be saucy but not too runny and should completely fill the pastry.

METHOD

Slice the chicken fillets diagonally into fairly thick strips. Rub with chicken spice. Break off & shred the stalks of the mushrooms. Slice the mushroom caps. Dice the onion & bacon and slice the leek.

In a frying pan, heat the olive oil & butter on a high heat and fry the onions & leeks until soft.

Add the garlic and bacon and fry for 2 mins. Add the chicken and fry while turning until lightly browned.

Stir in the mushrooms (stalks & caps), thyme, pepper & chillies (optional).

Gently stir-fry for 3 mins.

Stir in the milk and cream, bring to a gentle boil, turn down the heat, cover and simmer gently for 10 mins.

Turn up the heat, stir in the soup powder a little at a time until the sauce is thick & creamy and then cook uncovered for about 2 mins to fully absorb. Turn off the heat.

On a floured surface, roll and shape the pastry into a base and lid for the pie dish.

Butter the pie dish and place the base on the bottom & sides of the dish.

Fill the pie with the chicken mixture and place the lid on top.

Neatly trim the edges leaving about 2cm all round.

Fold the edges back onto the pie, decorate with pastry shapes such as leaves) and evenly poke about 6 air-holes in the top of the pie.

Brush the top of the pie with egg, bake in the oven for 30 mins until golden brown & serve.

SERVING SUGGESTIONS

Serve with a salad, or Parsnip Mash* and Creamed Spinach*.







Chicken GIBLETS Peri-Peri



Servings: 4
Total Time: 1 hr
Cooking Time: 45 mins



METHOD

Chop the giblets into large bite-size pieces while removing any sinew & fat and sprinkle with barbeque spice.

INGREDIENTS

1kg chicken giblets (or livers)
1 tsp barbeque spice
2 Tbsp light olive oil
½ tsp ground cumin
¼ tsp ground cloves
1 bay leaf
Portuguese Peri-Peri Sauce*, or
bottled peri-peri sauce, to taste
(about 75-150ml)
2 onions, peeled & diced
freshly ground salt & pepper, to taste
100ml dry white wine



Heat the olive oil in a saucepan over a high heat & stir-fry the giblets until browned. Add the cumin, cloves, bay leaf, 2 Tbsp peri-peri sauce & onions. Season with salt & pepper to taste & stir-fry for 5 mins. Add the wine, bring to a boil, reduce the heat & simmer covered for 20 mins. Add additional peri-peri sauce to make a rich gravy at the desired *Chilli Hotness**. Simmer covered for a further 10 mins.

Discard the bay leaf & serve in warmed pasta or soup bowls.

SERVING SUGGESTIONS

* Serve with *Crusty Portuguese Rolls** or ciabatta, and plenty of butter
* Serve in bread bowls made by slicing off the top of bread rolls & removing about two-thirds of the bread inside.

VARIATION

For a tomato based version, add a 400g tin of peeled & diced Italian tomatoes (with the juice) after the wine has been added.





Fish in Beer Batter



Servings: 4
Total Time: 1 hr 30 mins
Cooking Time: 1 hr



INGREDIENTS

2 large hake, each divided into 4 pieces
2 Tbsp self-raising or cake flour

For the Beer Batter

330-340ml beer

1½ cups self-raising flour
(or cake flour & 2¼ tsp baking powder)

½ tsp salt

½ tsp smoked paprika powder

1 large egg, separated



For Frying

1 btl (500-750ml) oil (coconut/light olive)

SERVING SUGGESTIONS

Serve with lemon wedges, tartar sauce,
Triple Cooked Chips* and a salad.

METHOD

Place the flour on a plate and coat each piece of fish with flour well.

In a bowl and except for the white of the egg, hand mix the rest of the batter ingredients together well until smooth.

Heat oil in a large saucepan to 190°C (hot but not smoking). Ensure there is enough oil to completely submerge a piece of fish.

Just before frying the fish, mix the egg white into the batter.

Depending on the size of the pan, 2 to 3 pieces of fish can be fried together.

Dip each floured piece of fish into the batter, coating it well, and then gently place it into the hot oil. Remove the fish from the oil when the batter is golden and crisp (about 10 mins).

Keep the fried fish warm in the oven on an oven tray lined with paper towel (to drain). Serve immediately once all the fish has been cooked.





Homemade Hamburgers



Servings: 4
Total Time: 1 hr 30 mins
Cooking Time: 20-30 mins
Resting Time: 30 mins (to chill)



INGREDIENTS

500g lean mince (beef, lamb or ostrich)
1 onion, peeled & diced
40g fresh breadcrumbs (2 slices bread)
2 large eggs, beaten
2 Tbsp barbeque spice
2 tsp finely chopped garlic
½ tsp finely chopped chillies (optional)
1 tsp paprika paste (or ½ tsp powder)
1 Tbsp tomato sauce
1 Tbsp Worcester sauce
5 drops tabasco sauce
1 tsp green onion seasoning
1 Tbsp dried parsley
½ tsp white pepper
freshly ground salt & black pepper
1 Tbsp light olive oil or coconut oil
1 Tbsp butter



METHOD

In a large mixing bowl, mix all ingredients together well. Form 6 large or 8 smaller patties - roll a handful of mixture into a ball, place it on a breadboard and flatten. The patty rises during cooking so it is advisable to make the patty quite wide and not too thick.

Leave the patties on the breadboard & chill in the fridge for at least 30 mins to avoid breaking up while frying. For even better results, pack each patty individually into a sandwich bag & freeze until needed.

Remove from the fridge (or freezer - no need to thaw!) & fry covered in a fairly hot frying pan in olive oil & butter, turning only once, to the desired doneness.

SERVING SUGGESTIONS

Serve each patty on a buttered bun or *Low-Carb Oopsie Rolls** with cheese, fried onions, sliced tomato & lettuce. Top with *Guacamole**, *Tomato Relish**, or *Mushroom Sauce**.





Italian Antipasti Board



Servings: 4
Total Time: 30 mins



INGREDIENTS

Thinly Sliced Cold Cuts (Meat)

8 slices prosciutto or other cured ham

8 slices coppa or other cured pork

8 slices salami Milano or other salami

Vegetables & Salads

4 marinated artichokes

8 white asparagus spears

8 stuffed or marinated green olives

8 black Calamata olives

4 sun-dried tomato quarters in olive oil

16 vine tomatoes (on the vine)

Cheeses

1 buffalo Mozzarella ball (about 140g)

8 slices Asiago, Cheddar or Gruyère

8 slices Fontina or Gouda or Emmental

100g olive tapenade

1 loaf ciabatta with butter

extra virgin olive oil

1 tsp finely chopped chillies (optional)



METHOD

Drain the vegetable & salads of any liquid. Place the tapenade & butter into serving containers.

Tear the buffalo Mozzarella ball into 4.

Arrange the meats, vegetables & salads, cheese, bread, tapenade & butter on a large breadboard or serving platter.

Drizzle olive oil over the meat, vine tomatoes & Mozzarella. Sprinkle chopped chillies over the Mozzarella.

If not serving immediately, remove the bread, cover with plastic wrap & refrigerate. Bring the board back to room temperature 10-15 mins before serving and then replace the bread.

Provide dinner plates and salt & pepper grinders separately.



Serve Low-Carb Flaxseed Bread* instead of ciabatta.





Mexican Wraps

Servings: 4
Total Time: 1 hr 30 mins
Cooking Time: 1 hr



INGREDIENTS

For the Chilli Con Carne

1 Tbsp light olive oil or coconut oil
 1 Tbsp butter
 1 onion, peeled, halved & sliced
 1 green pepper, diced
 400g lean mince, beef or ostrich
 1 tsp barbeque spice
 2 tsp finely chopped garlic
 1 tsp finely chopped chillies (optional)
 1 tsp paprika paste (or ½ tsp powder)
 1 Tbsp tomato paste



400g tin peeled & diced tomatoes & juice
 400g tin Heinz baked beans in sauce
 1 Tbsp hot curry powder
 1 tsp turmeric
 1 tsp coriander powder
 1 tsp ground cumin
 ½ tsp cinnamon



½ tsp Cajun spice
 freshly ground salt & pepper, to taste

For the Wraps

4-6 corn or flour wraps or Cauli Wraps*
 Guacamole*
 4 large crisp lettuce leaves, shredded
 2 large tomatoes, diced
 1 large onion, peeled & diced
 200g Cheddar or Gruyère cheese, grated

HOW TO MAKE GUACAMOLE

2 avocados, peeled & mashed (400g pulp)
 1 small onion, peeled & diced
 1 tsp finely chopped garlic
 1 Tbsp extra virgin olive oil
 ½ tsp balsamic vinegar
 1 tsp lime or lemon juice
 freshly ground salt & black pepper
 ¼ tsp finely chopped chillies (optional)
 Blend all ingredients together well.

METHOD

In a large frying pan on a high heat, melt the olive oil & butter, fry the onion & green pepper until soft and with a slotted spoon, remove from pan.

In the same pan, stir-fry the mince until brown & free of all lumps.

Return the onions & green peppers to the pan and mix in the barbeque spice, garlic, chillies, paprika & tomato paste. Continue frying for 1 min.

Add the tin of tomatoes with the juice & stir. Reduce the heat & simmer for 20 mins. Stir in the baked beans & remaining spices. Simmer for 10 mins.

While the chilli con carne is simmering, mix the diced tomatoes & onion together.

Lightly fry the wraps & keep warm (10 secs in the microwave will re-warm & soften the wraps if needed).

Assemble each wrap by spreading guacamole quite thickly over the wrap (leaving about a 4cm border free), adding a handful of shredded lettuce and a portion of tomato & onion. Top liberally with cheese. Fold up the bottom and then the sides of the wrap to close. Dress & serve.

VARIATION

Substitute the chilli con carne with *Coronation Chicken**, best served warmed.

HOW TO MAKE CORONATION CHICKEN

125g mayonnaise
 75g chutney
 2 tsp curry powder
 1½ Tbsp lime (or lemon) zest
 5 Tbsp lime (or lemon) juice
 500g left-over chicken, cut into strips
 Mix together the mayonnaise, chutney, curry powder & lime. Fold in the chicken.







Mince, Onion & Spinach Pies

Servings: 4
Total Time: 1 hr 30 mins
Cooking Time: 1 hr
Pre-heat Oven to 180°C



INGREDIENTS

2 onions, peeled, halved & sliced
 1 Tbsp light olive oil or coconut oil
 2 Tbsp butter

500g lean mince (beef or ostrich)
 1 Tbsp light olive oil or coconut oil

1 Tbsp barbeque spice
 2 tsp finely chopped garlic
 1 tsp paprika paste (or ½ tsp powder)
 1 Tbsp tomato paste
 ½ tsp white pepper



100ml water
 2 Tbsp brown onion soup powder
 freshly ground salt & black pepper

3 Tbsp cream cheese with onion & chives
 200g English spinach (baby), chopped

800g frozen ready-rolled puff pastry,
 thawed in fridge
 self-raising or cake flour, for dusting
 1 egg, beaten



VARIATIONS

Make pies with creamy chicken & mushroom or left-overs such as *Ostrich Bobotie**, *Beef & Lamb Curry**, *Chicken Curry** or *Rabbit Potjie**.

SERVING SUGGESTIONS

Serve with *Triple Cooked Chips**, beef gravy and a salad.

METHOD

In a large frying pan on a high heat, melt the olive oil & butter, fry the onion until soft & golden brown and with a slotted spoon, remove from the pan into a separate bowl.

In the same pan, stir-fry the mince in 1 Tbsp olive oil with the barbeque spice until browned & free of all lumps.

Add the garlic, paprika, tomato paste & white pepper while continuing to stir-fry. Cook for 1 min and return the onions to the pan, stir in the water, cover & simmer for 10 mins.

Stir in the soup powder and cook for 5 min. Add salt & pepper to taste and fold in the spinach, cooking until soft. Stir in the cream cheese and turn off the heat.

On a floured surface, roll out the pastry and cut out 10 rounds with a side plate.

Egg wash the top side of the pastry rounds and fill their middles with mince mixture. Fold back the pastry rounds, crimp their edges. Leave the pies flat or alternatively stand them upright with the crimped edge up. Egg wash the top of the pies well.

Place the pies on a greased baking tray and bake in the oven for about 30 mins until golden brown, turning the tray around half-way through baking to achieve an even colouring.

Remove from the oven and serve either hot or cold.

TIP

Roll the dough thin - pies should be more about the filling which should be saucy but not too runny and should completely fill the pastry.







Mushroom Soup

Servings: 4
Total Time: 45 mins
Cooking Time: 30 mins



METHOD

Remove the stalks from the mushrooms and shred into a small bowl.

Slice the mushrooms and set aside.

INGREDIENTS

500g fresh button mushrooms

3 Tbsp light olive oil

3 Tbsp butter

2 medium onions

1 Tbsp barbeque spice

1 tsp dried parsley

1 tsp dried thyme

1 Tbsp finely chopped garlic

4 Tbsp self-raising or cake flour or

White Onion Soup Mix*

1l chicken stock

500ml fresh cream

1 tsp salt

½ tsp white pepper

½ tsp nutmeg

freshly ground black pepper

Peel & dice the onions.

In a large frying pan on a high heat, melt the olive oil & butter and fry the onion until soft & golden brown.

Add the barbeque spice, parsley, thyme, garlic & mushrooms (shredded stalks & slices) and stir-fry until the mushrooms are soft.

Stir in the flour and cook for 1 min.

Add the chicken stock & heat while stirring.

Stir in the cream, salt, pepper & nutmeg.

Bring to a gentle boil, turn down the heat and simmer for 5 mins.

To serve, pour the soup into heated soup bowls and garnish liberally with ground black pepper.



Use White Onion Soup Mix* to thicken the soup - not flour.

SERVING SUGGESTIONS

* Serve with fresh bread, *Chicken Liver & Mushroom Pâté** & cheese

* Serve as a starter for 4 people.







Peri-Peri Chicken Wings



Servings: 4
Total Time: 25 mins
Cooking Time: 20 mins
Pre-heat Oven to Grill



METHOD

Mix the peri-peri sauce and olive oil in an oven dish. Add the chicken wings and baste completely with the sauce.

INGREDIENTS

1kg chicken wings (buffalo, if available)

6 Tbsp Portuguese Peri-Peri Sauce, or bottled peri-peri sauce

2 Tbsp light olive oil

Grill the wings (in the sauce) for about 10 mins on each side until golden brown.

Roll the wings in the pan juices and transfer to a serving dish to serve.



SERVING SUGGESTION

Serve with a *Blue Cheese Dressing** dip and a salad.

VARIATION

Substitute the peri-peri sauce with bottled barbeque sauce.





Salad Niçoise



Servings: 4
Total Time: 30 mins
Cooking Time: 10 mins



INGREDIENTS

For the Salad

2 large eggs
80g butter or crisp lettuce
80g spring onions
1 green pepper
1 red pepper (or 6 radishes)
4 ripe Italian tomatoes
1 avocado pear
1 tsp lemon juice
2 x 170g tins tuna chunks in oil
100g black Calamata olives



For the Niçoise Salad Dressing

125ml extra virgin olive oil
60ml light olive oil
60ml red wine vinegar
1 tsp finely chopped garlic
freshly ground salt & pepper, to taste



METHOD

For the Salad

Boil the eggs in water for 10 mins. Allow to cool & slice each into 4 wedges.

Prepare the following into a salad bowl:

Tear up the lettuce.

Top, tail & slice the spring onions lengthwise diagonally in half.

Top, tail & de-seed the green & red peppers & slice diagonally into thin strips.

If used, top, tail & slice the radishes into 4.

Top, tail & slice each tomato into 6 wedges.

Peel the avocado pear and discard the pip. Slice into thin wedges and cover with the lemon juice (prevents it browning).

Squeeze out the pips from the olives.

Drain the tuna chunks.

Toss the salad to distribute evenly & add the wedges of egg.

For the Niçoise Salad Dressing

Place all the ingredients in a jar & shake well. Just before serving, shake again & drizzle over the salad.





Seared Tuna

LCHF
B



Servings: 4
Total Time: 1 hr 3 mins
Cooking Time: 3 mins
Resting Time: 1 hr (to marinate)



METHOD

For the Tuna Marinade

Mix the marinade ingredients together well in a dish able to accommodate the tuna.

Place the block of tuna in the bowl with the Tuna Marinade and marinate for at least 1 hr while rotating the tuna every 15 mins.

For the Japanese Mayonnaise

In a small serving bowl, blend the mayonnaise & wasabi together well.

INGREDIENTS

1 block sushi-quality tuna or 4 steaks
(800g-1kg; 200-250g per person)

2 Tbsp light olive oil

1 Tbsp butter

For the Tuna Marinade

2 Tbsp soya sauce

1 tsp finely chopped garlic

1 tsp minced ginger

1-2 tsp wasabi paste

1 Tbsp lemon or lime juice

1 tsp finely chopped chillies

1 tsp honey or white sugar or
a pinch of stevia

2 Tbsp extra virgin olive oil

½ tsp freshly ground black pepper

For the Japanese Mayonnaise

6 Tbsp natural mayonnaise

2 tsp wasabi paste (or to taste)



Melt the olive oil & butter in a large frying pan over a high heat.

Remove the tuna from the marinade and fry for 1 min on each side while turning every 30 seconds.

Thickly slice the tuna and serve with the Japanese Mayonnaise on the side.

SERVING SUGGESTION

Serve with a green salad with pomegranate seeds & 2 sliced avocado pears drizzled with lemon juice & pomegranate dressing.





Stir Fried Prawns



Servings: 4
Total Time: 30 mins
Cooking Time: 15 mins



INGREDIENTS

1kg prawns, *shelled or unshelled*

2 Tbsp *light olive oil*

4 Tbsp *butter*

4 tsp *lemon juice*

4 tsp *finely chopped garlic*

2 tsp *finely chopped chillies (optional)*

2 Tbsp *freshly chopped parsley*

2 lemons, *cut into wedges*



SERVING SUGGESTIONS

Serve with a spicy rice, *Cauli Rice** or *Triple Cooked Chips**, and a salad.

METHOD

Score the back of the prawns & de-vein them. If the prawns are not shelled, trim the legs & feelers, rinse under running water & pat dry with paper towel.

Heat a wok to very hot, melt the oil & butter & stir-fry the prawns with the lemon juice, garlic & chillies until pink.

Do not overcook the prawns & depending on the size of the wok, it may be advisable to fry the prawns in smaller batches to avoid overloading & heat loss.

Transfer to a serving dish, drizzle with pan juices, sprinkle with parsley & scatter with lemon wedges.

VARIATIONS

* Substitute the lemon juice & garlic with *Portuguese Peri-Peri Sauce**.

* Grill on the braai for a smokier version.





Tagliatelle Bolognaise

Servings: 4
 Total Time: 1 hr 30 mins
 Cooking Time: 1 hr 10 mins



METHOD

INGREDIENTS

For the Bolognaise Sauce

2 Tbsp light olive oil or coconut oil
 1 Tbsp butter
 1 large onion, peeled, halved & sliced
 1 green pepper, diced
 500g lean mince, beef or ostrich
 2 tsp barbeque spice
 2 tsp finely chopped garlic
 1 tsp finely chopped chillies (optional)
 1 tsp paprika paste (or ½ tsp powder)
 1 Tbsp tomato paste
 50ml water
 400g tin peeled & diced Italian tomatoes with juice
 freshly ground salt & pepper, to taste
 1 tsp cornflour or Bisto
 a few drops of gravy browning

For the Pasta

200g dried or fresh tagliatelle
 1 Tbsp extra virgin olive oil



75g Parmesan cheese, finely grated
 75g Cheddar cheese, finely grated
 1 Tbsp freshly chopped parsley

LCBF **B** As only a little cornflour is used to thicken the sauce, this is fine, else use Brown Onion Soup Mix*.

Use Carb-Free Pasta* or Courgette Noodles* instead of flour pasta.

VARIATIONS

* Replace the tagliatelle with spaghetti, penne or even ravioli stuffed with spinach & ricotta.

* Substitute Bolognaise Sauce with an arrabbiata sauce made from Tomato Relish* and add fried diced bacon & extra chillies.

For the Bolognaise Sauce

In a large frying pan on a high heat, melt the olive oil & butter and fry the onion & green pepper until soft & golden brown.

With a slotted spoon, remove from the pan into a separate bowl.

In the same pan, stir-fry the mince with the barbeque spice until browned and free of all lumps.

Return the onions and green peppers to the pan and stir in the garlic, chillies, paprika and tomato paste, and continue turning and frying for 1 min.

Stir in the water and tin of tomatoes with the juice. Season with salt & pepper.

Bring to a boil, reduce the heat, cover and simmer for 40 mins.

If necessary, thicken the sauce by dissolving the cornflour or Bisto in a little water and slowly adding a little at a time to the bolognaise while stirring, until the desired consistency has been reached. Add a little gravy browning to colour if needed.

For the Pasta

Cook the tagliatelle in plenty of boiling water until al dente and then drain. Coat with olive oil to prevent it sticking together.

To serve, fold portions of tagliatelle, bolognaise sauce & mixed grated cheese into separate bowls & garnish with parsley.



SERVING SUGGESTIONS

Serve with Avocado Caprese Salad* or a simple tomato & onion salad.







Tomato & Red Pepper Soup

Servings: 4
Total Time: 2 hrs
Cooking Time: 1 hr 15 mins
Resting Time: 15 mins (to de-skin)
Pre-heat Oven to Grill



METHOD

Grill the red peppers whole, continually turning until completely black (about 25 mins). Remove from oven and rest in a covered bowl for 10 mins. Remove the blackened skin, de-seed and coarsely chop.

INGREDIENTS

3 red peppers (sweet)

12 fresh & ripe Italian (plum) tomatoes

2 Tbsp extra virgin olive oil

1 tsp finely chopped chillies (optional)

2 tsp finely chopped garlic

¼ tsp salt

¼ tsp freshly ground black pepper

¼ tsp white pepper

2 Tbsp red wine vinegar

1 Tbsp tomato paste

1 tsp paprika paste (or ½ tsp powder)

500ml chicken or vegetable stock

400g tin peeled & diced Italian tomatoes with juice

While the red peppers are cooking, score the tops of the fresh tomatoes and blanch in boiling water for about 5 mins. Remove each tomato from the water individually and skin, halve, de-seed and coarsely chop. Remove the seeds into a sieve over a bowl and then stir the sieve to extract & retain the juices from the seeds.

In a large heated saucepan, fry the red peppers in the olive oil together with the chillies for 3 mins.

Stir in the fresh tomatoes & juices. Add the garlic, salt, black pepper, white pepper and red wine vinegar and simmer covered for 10 mins.

Add the tomato and paprika pastes and simmer covered for 5 mins.

Stir in the stock and tin of tomatoes with the juices, bring to a boil and then simmer covered for a further 15 mins.

Blitz the mixture until smooth and re-warm the soup without boiling.

Serve into bowls and drizzle generously with basil pesto.

*Basil Pesto**



VARIATION

Leave out the chillies for a less spicy version.

HOW TO MAKE BASIL PESTO

Pound a handful of fresh basil in a pestle & mortar with a pinch of salt. Slowly add about 5 Tbsp extra virgin olive oil to make a thickish paste.

SERVING SUGGESTION

* Serve with ciabatta, seed loaf or homemade bread.

* As a larger meal, serve with an *Italian Antipasti Board** or a *Cheeseboard**.







Triple-Cheese Pizza



Servings: 4 (1 pizza)
Total Time: 1 hr 30 mins
Cooking Time: 30 mins
Resting Time: 20 mins (to prove)
Pre-heat Oven to 240 °C



INGREDIENTS

For the Pizza Dough

(or use an *Oopsie Rolls Pizza Base* (var)*)

1 Tbsp instant dry yeast

½ tsp white sugar

125ml warm water

200g self-raising or cake flour

¼ tsp salt

1 Tbsp light olive oil

For the Topping

6 button mushrooms, thinly sliced

3 slices back bacon, diced

150ml *Tomato Relish**

½ tsp finely chopped garlic

½ tsp finely chopped chillies (optional)

80g Mozzarella cheese, torn

50g Emmental or Edam cheese, grated

50g Parmesan cheese, grated



METHOD

Mix the yeast, sugar and warm water in a large mixing bowl & let stand for 5 mins.

Sieve half the flour & salt into the bowl and stir until smooth. Gradually add the rest of the flour until a stiff dough is formed. Add the oil and knead well until the dough is smooth & elastic. Leave for 20 mins & roll out on a floured board into a pizza round.

In the meanwhile, gently cook the mushrooms & bacon until lightly browned.

Spread the *Tomato Relish** over the pizza base & top evenly with the mushrooms, bacon, garlic, chillies & the Mozzarella, Emmental and then Parmesan cheeses.

Bake on the oven's low shelf for 20 mins until the crust is crisp & cheese bubbling.



Use a pizza base made from the *Low-Carb Oopsie Rolls** (var) recipe

RECOMMENDATION

Double up this recipe for large servings.





Tuna & Caper Quiche



Servings: 4 (1 quiche)
Total Time: 1 hr
Cooking Time: 30-40 mins
Pre-heat Oven to 180 °C



INGREDIENTS

200g frozen ready-rolled shortcrust pastry, thawed
self-raising or cake flour, for dusting

For the Egg Custard

3 large eggs
200ml fresh or long-life cream
150ml milk
100g Cheddar or Gruyère cheese, grated
salt & pepper, to taste



For the Filling

170g tin tuna, drained & flaked
2 tsp chopped capers
freshly chopped chives, for garnish

SERVING SUGGESTION

Serve with a salad.

METHOD

On a floured surface, roll out the pastry and fit into a 23cm greased pie dish. Prick the base.

Prepare the egg custard by beating the eggs, cream and cheese together in a mixing bowl. Season with salt & pepper. Sprinkle the tuna and chopped capers evenly over the pastry base. Pour the egg custard on top.

Bake in the oven for about 30-40 mins, rotating after 15 mins, until the quiche has set but is not overcooked. The centre of the quiche may be a little soft but it will settle as the quiche cools.

Once cooled, garnish with chives and serve.

VARIATIONS

Filling options (all sliced or diced):

- * 100g mushrooms & 100g bacon, fried
- * 100g ham & 100g tinned asparagus
- * 100g leeks & 100g onions, fried
- * 200g smoked salmon & 3 spring onions





TWO Fish Pie

Servings: 4
Total Time: 3 hrs
Cooking Time: 1 hr 30 mins
Resting Time: 1 hr (to chill & set)
Pre-heat Oven to 200°C



METHOD

For the Pie Filling

Boil the eggs in boiling water for 10 mins & set aside to cool.

INGREDIENTS

For the Pie Filling

4 large eggs

1 onion, peeled & thickly sliced

2 cloves

1 bay leaf

450ml milk

300ml fresh cream

450g hake

225g smoked haddock

50g butter

3 Tbsp self-raising or cake flour or
White Onion Soup Mix*

5 Tbsp freshly chopped parsley

pinch of nutmeg

salt & pepper, to taste



In the meanwhile, place the onion slices, cloves, bay leaf, milk, cream, hake & haddock in a large saucepan. Bring to a boil, reduce the heat and simmer for 10 mins.

With a slotted spoon, remove the fish & onions onto a plate. Discard the cloves & bay leaf and reserve the liquid into a jug.

Break the fish up into large flakes while discarding any skin & bones.

Spread the flaked fish & onions over the base of large ovenproof casserole dish.

Peel & roughly chop the eggs & sprinkle over the fish.

Over a fairly high heat, melt the butter in the same saucepan and whisk in the flour. Add the reserved fish liquid while constantly stirring and bring to a boil. Reduce the heat & simmer for 5 mins.

Season with the parsley, nutmeg, salt & pepper. Pour the sauce over the fish & eggs & once cooled, rest in the fridge for 1 hr to chill & set.



For the Mashed Potato Topping

1¼kg potatoes

1 large egg yolk

150ml milk

50g butter

salt & freshly ground pepper, to taste

For the Mashed Potato Topping

Peel & dice the potatoes & boil for 15 mins until soft. Drain & mash with the egg yolk, milk & butter. Season with salt & pepper.



Use White Onion Soup Mix* instead of flour to thicken the filling.

Use Cauli Mash* instead of mashed potato topping.

SERVING SUGGESTIONS

Serve with Carrot & Capsicum Salad* or Peas & Baby Carrots*.

Pie Assembly

Spoon the mashed potato over the pie filling & bake in the oven for 30 mins until golden brown.







Welsh Rarebit



Servings: 4
Total Time: 30 mins
Cooking Time: 20 mins
Pre-heat Oven to Grill



INGREDIENTS

50g *butter*
50g *self-raising or cake flour*
250ml *beer (at room temperature)*
250g *Strong Cheddar cheese, grated*
2 *tsp English mustard*
2 *Tbsp Worcester sauce*
freshly ground black pepper



4 *slices toast, buttered*
1 *Tbsp freshly chopped parsley*

METHOD

Over a medium heat, melt the butter in saucepan and whisk in the flour. Cook for 1 min.

Whisk in the beer until a smooth, thick sauce is formed.

Add the cheese & stir until fully melted.

Stir in the mustard & Worcester sauce and season well with ground black pepper.

Arrange the toast in a warm serving dish and pile the Welsh Rarebit on top.

Grill for a few mins until golden brown and bubbling.

Garnish with parsley & serve.



SERVING SUGGESTION

Spoon the Welsh Rarebit sauce over hot grilled tomatoes and serve with fresh hot bread and a salad.

VARIATION

Substitute the beer with creamy milk.





Dinner Starters



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Baked Brie with Cranberry Chutney



Servings: 4
Total Time: 40 mins
Cooking Time: 15 mins (chutney)
10-15 mins (cheese)
Pre-heat Oven to 180 °C



INGREDIENTS

125g Brie (or Camembert) cheese wheel
For the Cranberry Chutney
1 cup cranberries, fresh, frozen or dried
4 Tbsp soft brown sugar or
1 tsp stevia (powder) or 1 Tbsp xylitol
1 Tbsp water
(or 2 Tbsp water with dried cranberries)
2 Tbsp finely sliced spring onion
2 tsp lime juice (or lemon juice)
1 jalapeño pepper, de-seeded
& finely chopped
freshly ground salt & pepper to taste
3-4 pecan nuts, for garnish



METHOD

For the Cranberry Chutney

In a saucepan, bring the cranberries, sugar & water to a gentle boil, reduce the heat & simmer for 10 mins, stirring occasionally. Fold in the spring onion, lime juice & finely chopped jalapeño, season with salt & pepper and remove from heat.

Set aside to cool slightly (left-over chutney can be kept in a sealed jar in the fridge).

For the Brie

Place the cheese in an oven-proof serving dish & spoon 2 heaped Tbsp cranberry chutney on top. Bake in the pre-heated oven for 10-15 mins or until the sides of the Brie are very soft and warm to the touch. Garnish with pecan nuts & serve while warm (re-heat in the microwave for 20-30 secs if needed).



SERVING SUGGESTION

Serve with *Breakfast Loaf**, ciabatta, crackers or seed loaf, and butter.

VARIATION

Instead of Cranberry Chutney, top the Brie with fig preserve or jam.





Carpaccio



Servings: 4
Total Time: 20 mins



INGREDIENTS

For the Mustard Vinaigrette Dressing

3 Tbsp extra virgin olive oil
1 Tbsp balsamic vinegar or lemon juice
1½ tsp Dijon mustard
¼ tsp finely chopped chillies or chives

For the Carpaccio

160g springbok carpaccio
80g Boeren cheese, thinly sliced
freshly ground black pepper
½ baby tomato, for garnish



METHOD

For the Mustard Vinaigrette Dressing

Whisk all the ingredients well so that the dressing emulsifies.

For the Carpaccio

Arrange the slices of carpaccio in a circle on a serving plate.

Drizzle the dressing over the carpaccio, add the slices of cheese and set the tomato on top.

Grate pepper liberally over the dish and serve.



VARIATIONS

- * Instead of springbok use beef, kudu or even ostrich carpaccio.
- * Instead of the Boeren, use another strong cheese such as Gruyère or Huguenot.





Chicken Liver & Mushroom Paté

Servings: 4 (plus 4 to freeze)

Total Time: 50 mins

Cooking Time: 20 mins



METHOD

In a large frying pan or saucepan, sauté the onions & garlic in the olive oil and butter.

INGREDIENTS

2 onions, peeled & diced

1 tsp finely chopped garlic

2 Tbsp light olive oil or coconut oil

2 tsp butter

125g back bacon, diced

250g fresh button mushrooms, sliced

2 medium green peppers, diced

1 tsp green onion seasoning

½ tsp fresh or dried chillies

½ tsp salt

½ tsp freshly ground pepper

1 Tbsp freshly chopped thyme

1 tsp barbeque spice

500g chicken livers

1 tsp paprika paste (or ½ tsp powder)

1 Tbsp sherry, port or brandy

100ml fresh cream



*Clarified Butter**

a few sprigs of fresh thyme

a few leaves of parsley

Add the bacon, mushrooms, green peppers & green onion seasoning and lightly brown.

Add the chilli, salt, pepper, thyme, barbeque spice & chicken livers, constantly stirring while frying.

When cooked, add the paprika & sherry (or port or brandy) and light. When the flame has extinguished, add the cream.

After cooling for 5 mins, blend (blitz) to a preferred consistency (quite coarse is good).

Decant into ramekins, serving bowls or jars which should be freezer-proof if freezing.

Cover with a thin layer of *Clarified Butter** and garnish with thyme and parsley.

Once cooled to room temperature, cover with plastic wrap and either refrigerate or freeze.

Frozen paté should be defrosted at room temperature before use.



HOW TO MAKE CLARIFIED BUTTER

Dice 100g of butter and allow to melt over a low heat without browning, skimming off any surface scum. Remove from heat and allow to stand - the yellow liquid which rises to the top is the clarified butter. Cool to room temperature and strain over paté.

TIP

This recipe is best when made with the quantities specified which will serve 4 as a starter with 4 servings spare for freezing.

SERVING SUGGESTIONS

Serve with crackers, Melba toast, slices of seed loaf and/or French bread.







French Onion Soup



Servings: 4
Total Time: 1 hr
Cooking Time: 45 mins



INGREDIENTS

500g onions, peeled
50g butter
2 Tbsp self-raising or cake flour or
Onion Base Mix*
125ml dry white wine
625ml chicken or vegetable stock
freshly ground black pepper

150g Emmental cheese, grated

Optional

4 thin slices French bread
butter, for spreading



Use Onion Base Mix* instead of flour to thicken the soup.
Use rounds cut from slices of Banting Buttermilk Seed Loaf* instead of French bread.

METHOD

Thinly slice the onions into rings.

In a large saucepan, gently fry the onions in the butter over a medium heat until soft and lightly golden. Be careful not to let them burn or the soup will have a bitter taste. Stir in the flour and cook for 1 min. Mix in the wine and stock and bring to a gentle boil. Season with pepper to taste. Turn down the heat and gently simmer, covered, for 30 mins.

To serve, spoon half the cheese into 4 soup bowls. For the bread option, butter both sides of the bread & grill until golden brown & crisp. Sprinkle over the remaining half the cheese & continue to grill until melted. Ladle the soup into the bowls & either sprinkle over the remaining cheese or float the cheese toast on top.

VARIATIONS

Use Gruyère or Maasdam cheese.





Jalapeño Poppers

LCHF
B



Servings: 4 (12 poppers)
Total Time: 45 mins
Cooking Time: 10-15 mins
Pre-heat Oven to 220°C



METHOD

Trim the stalk of the jalapeño peppers, halve them lengthwise and remove the seeds.

INGREDIENTS

6 large jalapeño peppers

1 tsp finely chopped garlic
125g cream cheese with onion & chives
65g Cheddar cheese, finely grated
¼ tsp freshly ground black pepper
¼ tsp finely chopped chillies (optional)
½ tsp green onion seasoning
65g dried onion flakes

250g streaky bacon
12 toothpicks



In a large bowl, mix the garlic, cream cheese, Cheddar cheese, pepper, chillies, green onion seasoning & onion flakes together well and fill each jalapeño half.

Wrap each jalapeño half with bacon and secure with a toothpick.

Place on a greased baking tray and bake in the oven for 10-15 mins, watching carefully to not burn or overcook the bacon. Do not grill the peppers as they will burn! Transfer to a serving plate & serve.



VARIATIONS

Substitute the streaky bacon with pancetta, back bacon or beef carpaccio.





Mussel Soup



LCHF
B



Servings: 4
Total Time: 1 hr
Cooking Time: 40 mins



INGREDIENTS

2 Tbsp butter
2 Tbsp light olive oil or coconut oil
1 large onion, peeled & diced
2 leeks, cleaned & sliced
1 tsp barbeque spice
2 tsp finely chopped garlic
½ tsp dried parsley
½ tsp dried thyme
1 Tbsp freshly chopped chives
500g mussel meat
2 Tbsp self-raising or cake flour or
White Onion Soup Mix* (Banting/LCHF)
250ml chicken or vegetable stock
500ml full cream milk, or
250ml fresh cream & 250ml milk
freshly ground salt & pepper, to taste



freshly chopped chives, for garnish

METHOD

In a large saucepan over a medium-high heat, melt the olive oil & butter and stir-fry the onions & leeks until soft & golden. Add the barbeque spice, garlic, parsley, thyme, chives & mussel meat & stir-fry for 2 mins. Stir in the flour and cook for 1 min. Add the stock & heat while stirring. Stir in the milk & season with salt & pepper. Bring to a gentle boil, turn down the heat and simmer covered for 5 mins. Turn off the heat & allow to cool uncovered for 5 mins. Blitz the soup until completely smooth. Re-heat the soup while stirring. To serve, pour the soup into heated soup bowls and garnish with chopped chives.

SERVING SUGGESTION

Serve with hot bread & hard butter.

VARIATIONS

Substitute the mussels with asparagus, broccoli, butternut, cauliflower, potato, pumpkin or spinach for a veggie version.





Prawn Cocktail

LCHF
B



Servings: 4
Total Time: 30 mins
Cooking Time: 5-10 mins



INGREDIENTS

For the Pink Cocktail Dressing

½ cup mayonnaise
¼ cup tomato sauce
2 tsp Worcester sauce
2 tsp lemon juice
6 drops tabasco sauce



For the Prawn Cocktail

200g tin cocktail shrimps in brine
½ tsp smoked paprika
400g large prawns (de-veined & peeled)
1 Tbsp light olive oil
60g mixed lettuce
2 avocado pears
2 tsp lemon juice
4 thin slices lemon, twisted
freshly ground salt & black pepper



METHOD

For the Pink Cocktail Dressing

In a mixing bowl, mix together the mayonnaise, tomato sauce, Worcester sauce, lemon juice & tabasco sauce well.

For the Prawn Cocktail

Fold the shrimps into the dressing and chill in the fridge until needed.

Coat the prawns in the paprika.

Heat the oil in a large frying pan and fry the prawns on a medium-high heat until cooked & pink. Transfer to a bowl & chill until needed.

Shred the lettuce & scatter on 4 individual side plates.

Place an equal portion of the shrimps (with a little dressing) in the centre of the plates. Peel & slice the avocado pears, coat with lemon juice & place to the one side of the shrimps. Top with the chilled prawns.

Garnish with the remaining dressing & a twist of lemon & season with freshly ground salt & black pepper. Chill until serving.





Salmon & Asparagus Wraps



LCHF
B

Servings: 4
Total Time: 40 mins



METHOD

In a small bowl, mix together the two types of mayonnaise and tabasco sauce.

INGREDIENTS

*100g natural mayonnaise, or
50g natural & 50g tangy mayonnaise
3-5 drops tabasco sauce*

*375g bottle white long spear asparagus,
chilled & drained
100g smoked salmon/trout ribbons*

30g baby butter or mixed lettuce leaves

*1 lemon, cut into 8 wedges
freshly ground black pepper*

Cut each asparagus spear in half.
Divide the salmon ribbons into about 6-8cm strips.

Dab a blob of mayonnaise mixture on the end of a salmon strip. Place an asparagus half across the strip centered on the mayonnaise mixture and roll up.
Repeat for the remaining wraps (makes about 20 wraps).

Spread the lettuce leaves onto a serving plate, arrange the wraps on top & squeeze the juice of 2 lemon wedges over the salad. Drizzle any remaining mayonnaise mixture over the salad.

Garnish with ground black pepper & the remaining lemon wedges.
Refrigerate until serving.





Salmon & Avo Stacks



LCHF
B

Servings: 4
Total Time: 30 mins



METHOD

Grate the rind of the lemon in a small dish and set aside.

INGREDIENTS

3 ripe avocado pears, cut into chunks
1 lemon (for juice & rind)
1 Tbsp extra virgin olive oil
4 Tbsp herb creamy salad dressing
1 tsp green onion seasoning
½ tsp finely chopped red chillies (optional)

100-150g smoked salmon/trout ribbons
freshly ground black pepper
10-20g mixed micro leaves or watercress

In a mixing bowl, coat the avocado chunks with the lemon juice.

Gently fold in the olive oil, herb dressing, green onion seasoning & chillies (optional).

Place 4 deep rings on a serving plate.

Gently press equal amounts of the avocado mix into the rings.

Refrigerate & when ready to serve, carefully remove the rings from the avocado mixture & fold a pile of salmon ribbons onto each stack.

Garnish with reserved grated lemon rind, ground black pepper & micros leaves.





Smoked Salmon Crostini



Servings: 4
Total Time: 30 mins
Cooking Time: 3 mins
Pre-heat Oven to Grill



INGREDIENTS

For the Smoked Salmon Paté

200g smoked salmon/trout ribbons
(or tinned salmon)

200g cream cheese with onion & chives
100g mayonnaise

2 Tbsp finely sliced spring onions

1 Tbsp freshly chopped chives

5 drops tabasco sauce (or to taste)

For the Crostini

4 slices (1cm thick) ciabatta or ovals cut
from Banting Buttermilk Seed Loaf*

1 large clove of garlic, peeled & halved
extra virgin olive oil

100g smoked salmon/trout ribbons

1 lemon (for juice & rind)

1 Tbsp finely sliced spring onion



METHOD

For the Smoked Salmon Paté

Finely chop the salmon and in a mixing bowl, mix it together with the cream cheese, mayonnaise, spring onions, chives & drops of tabasco sauce to taste. Blend (blitz) to a preferred consistency and refrigerate until ready to use.

For the Crostini

Grill the slices of bread on both sides.

While still hot, rub the top of each crostini gently with the cut side of the garlic and drizzle with olive oil.

Generously spread the crostini with paté.

Squeeze the lemon and coat the salmon liberally with the juice. Fold the salmon on top of the paté, garnish with grated lemon rind & finely sliced spring onion and serve.

TIP

Left-over paté can be kept for 1 week in the fridge or 3 months in the freezer.





Snails in Garlic Butter



Servings: 4
Total Time: 20 mins
Cooking Time: 10 mins
Pre-heat Oven to 230 °C



METHOD

For the Garlic Butter

In a bowl, mix the soft butter and chopped garlic together well.

INGREDIENTS

For the Garlic Butter

100g soft butter
4 tsp finely chopped garlic



For the Snails

200g tin escargots (snails) in brine
4-6 thin slices fine wholewheat bread
salt, to taste

For the Snails

Drain the snails.

Smother each with Garlic Butter and place in the slots of 4 dimpled plates (called escargotières).

Dab any remaining Garlic Butter in the centre of each dimpled plate and bake them in the hot oven for 7-10 mins.

In the meanwhile, trim the crusts from the slices of bread & cut each into 4 triangles.

Place the bread triangles equally on the sides of 4 dinner plates.



Serve Banting Buttermilk Seed Loaf* instead of wholewheat bread.

VARIATION

Top the snails with 80g grated blue, Cheddar, Mozzarella or Parmesan cheese before baking. Rich but delicious!





Stuffed Mushrooms



Servings: 4
Total Time: 30 mins
Cooking Time: 15-20 mins
Pre-heat Oven to 180°C



INGREDIENTS

4 large brown mushrooms
1 tsp butter
4 Tbsp cream cheese with onion & chives
2 tsp finely chopped garlic
½ tsp finely chopped chillies
1 Tbsp freshly chopped parsley

3 Tbsp dried onion flakes
50g Cheddar cheese, finely grated

butter, for brushing



METHOD

Remove the stalks from the mushrooms.

In a bowl, mix together the butter, cream cheese, garlic, chillies and parsley. Fold in the onion flakes and half of the Cheddar cheese.

Fill the mushrooms with the stuffing and sprinkle the remaining Cheddar cheese on top of each mushroom.

Liberally brush the underside of the mushrooms with butter and place on a greased oven tray.

Bake for 15-20 mins until cooked through and serve immediately.



SERVING SUGGESTION

Makes a delicious accompaniment to a braai and served on top of a steak.

VARIATION

Leave out the Cheddar cheese for a less rich version.





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Beef Aitchbone Pot Roast



Servings: 4
Total Time: 2 hrs 45 mins
Cooking Time: 2 hrs 30 mins



INGREDIENTS

1 beef aitchbone or topside joint
(1-1,2kg; between 250-300g per person)
5 Tbsp light olive oil or coconut oil
1 onion, peeled & roughly chopped
1 tomato, roughly chopped
2 Tbsp brown spirit vinegar
1 tsp barbeque spice
1 tsp braai & grill seasoning
1 tsp finely chopped garlic
1 tsp tomato paste
1 tsp Worcester sauce
500ml water
4 medium potatoes, peeled & quartered
(optional, but not for Banting/LCHF)



For the Gravy (using juices from the pan)
2 Tbsp self-raising/cake flour (12g carbs)
water
a few drops of gravy browning

METHOD

Heat the olive oil to a high heat in a large heavy-bottomed saucepan & brown the meat on all sides. Stir in the onion, tomato & brown vinegar & reduce the heat slightly. Add the barbeque spice, braai & grill seasoning, garlic, tomato paste, Worcester sauce & water. Simmer for 1½ hrs.

Bring back to a boil, remove the lid and cook uncovered for 20 mins (coat & turn the meat after 10 mins).

If used, add the potatoes & continue cooking over a medium heat for a further 15 mins while regularly coating the meat. Add water if the juices reduce below 4cm. Remove the meat, carve into thin slices, place in a serving dish & drizzle with some juices. Transfer the potatoes to the same dish. Cover with tin foil & keep warm.

On a medium heat, whisk the flour into the remaining pan juices. Slowly add sufficient water to make a gravy. Add gravy browning to colour & transfer to a gravy boat. Serve.





Beef Fillet Steaks au Poivre



Servings: 4
Total Time: 45 mins
Cooking Time: 30 mins
Resting Time: 10 mins (to spice)



INGREDIENTS

1-1,2kg beef fillet (at room temperature)
(between 250-300g per person)
freshly ground black pepper
white pepper

1 Tbsp butter
1 Tbsp light olive oil or coconut oil

For the Pepper Sauce
(using juices from the pan)

1 tsp English mustard
1 tsp self-raising/cake flour (2g carbs)
2 tots brandy
250ml fresh cream, whipped



METHOD

Slice the fillet into steaks about 2-3cm thick and on a breadboard, sprinkle them liberally on both sides with black and white pepper. Press the pepper into the steaks and rest for at least 10 mins.

In a large hot frying pan, melt the butter and olive oil and brown the steaks to the desired *Meat Doneness** for steaks.

Remove the pan from the heat and transfer the steaks to a serving dish & keep warm.

Quickly stir in the mustard & flour, toss in the brandy and set alight. Once the flame has extinguished, and on a gentle heat, stir in the fresh cream and cook for 3 mins.

Pour the sauce over the steaks and serve.

SERVING SUGGESTION

Best served with *Potato Mash** or *Cauli Mash**, and a vegetable or salad.

RECOMMENDATION

If you like lots of sauce, double the ingredients for the *Pepper Sauce**.





Beef Lasagne



Servings: 4
Total Time: 2 hrs 40 mins
Cooking Time: 2 hrs
Resting Time: 30 mins (to relax)
Pre-heat Oven to 180 °C



INGREDIENTS

*Bolognaise Sauce**

(using 500g lean beef mince)

For the White Sauce

100g butter

75g self-raising or cake flour

900ml milk

salt, pepper & ground nutmeg, to taste



250g dried, Fresh Pasta or*

Carb-Free Pasta lasagne sheets*

50g Parmesan cheese, finely grated

75g Cheddar cheese, finely grated

HOW TO MAKE FRESH PASTA

500g Tipo '00' pasta flour or cake flour

¼ tsp salt

3 eggs

1 Tbsp milk

1 tsp extra virgin olive oil

Combine flour & salt on a clean surface & make a well in the centre. Whisk the eggs, milk & olive in a bowl; gradually pour it into the well while mixing with a fork or fingertips to form ball of dough. Place the dough on lightly floured surface & flatten slightly. Knead the dough by folding it in half towards you & then pressing it away from you with the heels of your hands. Give it a quarter turn & continue folding, pushing & turning. Continue kneading for 5 mins or until smooth & elastic, adding more flour to prevent sticking. Wrap dough in plastic wrap & stand for 15 mins. Unwrap & knead briefly on lightly floured surface. Roll it with a floured rolling pin & pass it several times through a pasta machine to the desired thickness & cut as required.

METHOD

Prepare the *Bolognaise Sauce** (refer to the *Tagliatelle Bolognaise** recipe).



For the White Sauce

On a medium-high heat, melt the butter in a large saucepan and whisk in the flour.

Cook for 1 min.

Gradually stir in the milk, whisking continually while bringing to a gentle simmer until the mixture is smooth and has thickened. Season to taste with salt, pepper & nutmeg.

Cover until ready to assemble the lasagne.

Lasagne Assembly

In a greased oblong (20cm x 30cm) oven disk, layer half the mince, a single layer of lasagne sheets, half the white sauce and a third of the cheese (mixed).

Follow with another single layer of lasagne sheets, the remaining mince, a single layer of lasagne sheets, the remaining white sauce and the remaining two thirds of the cheese (mixed). Rest for 30 mins.

Bake in the oven for 35 mins.

Turn the oven off, remove the lasagne from the oven, loosely cover with tin foil to prevent the cheese burning and return to the warm oven for 10 mins. Serve.



Use *LCHF Cheese Sauce** or *Creamy Alfredo Sauce** instead of the white sauce & cheeses above.

Use *Carb-Free Pasta** instead of flour based pasta.

VARIATION

Make a Moussaka with lamb instead of beef mince & replace the lasagne sheets with thin slices of about 2 large aubergines soaked for 10 mins in salt & then washed.







Beef Oxtail Stew



Servings: 4
Total Time: 2 hrs 55 mins
Cooking Time: 2 hrs 45 mins



INGREDIENTS

1kg beef oxtails
2 Tbsp light olive oil or coconut oil
1 Tbsp butter
2 onions, peeled, halved & thickly sliced
1 tsp rosemary & olive seasoning
1 tsp green onion seasoning
1 tsp barbeque spice
2 tsp finely chopped garlic
1 tsp finely chopped chillies
1 Tbsp tomato paste
1 tsp paprika paste (or ½ tsp powder)
400ml water
3 Tbsp oxtail soup powder or
Oxtail Soup Mix*
1 Tbsp freshly chopped thyme
salt & freshly ground black pepper



METHOD

Remove all excess fat from the oxtails. On a high heat, melt the olive oil and butter in a large saucepan and then brown the oxtails (especially the fat). Add 1½ onions and sprinkle in the rosemary & olive seasoning, green onion seasoning, barbeque spice. Add the garlic, chillies and tomato & paprika pastes while stirring and cook for 1 min. Add the water, bring to a boil, turn the heat down to low and cover. Simmer for 2 hrs until the meat is soft while turning the meat occasionally.

Add the remaining ½ onion and simmer for 20 mins. Thicken with oxtail soup powder and simmer uncovered for 10 mins. Add salt & pepper to taste. Garnish with thyme before serving.

SERVING SUGGESTION

Serve with **Carrot & Turnip Mash*** and peas.



Use *Oxtail Soup Mix** - not commercial soup powder.





Braaied Beef Steaks



Servings: 4
Total Time: 1 hr 10 mins
Cooking Time: 15 mins
Resting Time: 30 mins (to marinate)
10 mins (to relax)



METHOD

Use the largest piece or pieces of steak possible and which are about 3-4cm thick. Keeping the steak whole, trim the steak by removing any sinew and/or excess fat.

INGREDIENTS

1-1,2kg thick beef rump or sirloin steak
(1 or 2 pieces,
between 250-300g per person)

For the Coke Marinade

4 Tbsp light olive oil
1 Tbsp barbeque spice
1 Tbsp braai & grill seasoning
50ml coke (light for Banting/LCHF)



SERVING SUGGESTION

Serve with *Guacamole**, *Sweetcorn Fritters**, *Tossed Salad** and *Potato Bread**.

VARIATION

Replace the rump/sirloin with 4 T-bone steaks (4cm thick). It is best to first braai the T-bones upright on their T to ensure that the inside of the meat is cooked.

In a large flat baking dish, prepare the marinade by pouring in the olive oil and adding the barbeque spice and braai & grill seasoning. Mix well and stir in the coke.

Roll the steak in the marinade & coat thoroughly. Marinate for at least 30 mins while turning the steak occasionally.

On a very hot braai, grill the steak to the desired *Meat Doneness** for steaks, turning only once and basting the uncooked side with the marinade before turning. Turn off the braai and rest for 10 mins.

To serve, place the steak on a wooden board and slice the steaks at an angle into thick serving-size pieces.





Flambéed Beef Fillet with Creamy Mushrooms

Servings: 4
Total Time: 1 hr
Cooking Time: 40-50 mins



METHOD

Clean the fillets of all sinew.
 Mix the butter and barbeque spice together and rub all over the fillet/s.

INGREDIENTS

1 or 2 whole beef fillets
 (1-1,2kg, between 250-300g per person)
 1 Tbsp butter
 1 tsp barbeque spice
 1 Tbsp butter
 2 Tbsp light olive oil



For the Mushroom Sauce

(using juices from the pan, or
 2 Tbsp butter & 1 Tbsp light olive oil)
 500g fresh button mushrooms, halved
 ground black pepper
 2 tsp English mustard powder
 2 tsp finely chopped garlic
 4 tots brandy
 1 Tbsp self-raising or cake flour or
 Onion Base Mix*
 500ml fresh or long-life cream, whipped
 parsley, for garnish

Heat the butter and olive oil in a large frying pan over a braai or stove. Once very hot, sear the meat until brown on all sides and cook to the desired *Meat Doneness** for steaks.

Place the meat in a warm serving dish.

In the same heated frying pan, fry the mushrooms until brown and soft. Season with ground black pepper and the mustard. Stir in the garlic. Add the brandy and set alight. Once the flame has extinguished, stir in the flour and cook for 1 min. Fold in the cream and cook for a further 3 mins.

Return the meat & juices to the pan and roll the fillet/s in the sauce.

VARIATION

Instead of serving the fillet steaks with *Mushroom Sauce**, top each steak with a slice of *Flavoured Butter**.

HOW TO MAKE FLAVOURED BUTTER

Beat 100g unsalted soft butter with a wooden spoon until smooth & creamy.

Beat in any of the following:

- * 1-2 tsp finely chopped garlic and 2 Tbsp freshly chopped parsley
- * 8-10 shredded basil leaves and 1 Tbsp chopped sun-dried tomatoes
- * 2-3 Tbsp freshly chopped mixed herbs, salt & ground black pepper, to taste

Roll the flavoured butter in cling film into a sausage shape & twist the ends. Store in the fridge for 1 week or freezer for 1 month.

Transfer the meat back into the warm serving dish and spoon over the mushrooms & sauce. Garnish with parsley.

To serve, carve the fillet/s into thick steaks onto dinner plates and top with sauce.



Use *Onion Base Mix** instead of flour to thicken the sauce.

SERVING SUGGESTIONS

Serve with *Avocado Caprese Salad**, and *Potato Mash** or *Perfect Roast Potatoes**.







Rare Roast Beef

Servings: 4
Total Time: 2 hrs
Cooking Time: 1 hr
Resting Time: 30 mins (to relax)
Pre-heat Oven to 200°C



INGREDIENTS

*1 whole beef rolled joint (eg. Rib Eye)
 (1-1,2kg, between 250-300g per person)
 3 Tbsp light olive oil
 ½ tsp barbeque spice*

For the Gravy:

*(using juices from the roasting pan)
 1 Tbsp self-raising or cake flour or
 Onion Base Mix*
 ½ tsp barbeque spice
 250ml vegetable or beef stock
 a few drops of gravy browning*

2 tsp prepared horseradish



Use *Onion Base Mix** instead of flour to thicken the gravy.

VARIATION

Make a gravy with red wine instead of stock & flour, & cook over a medium-high heat until reduced by half.

METHOD

For the Roast Beef

In a roasting pan, mix the oil and barbeque spice together.

Wipe the beef joint with paper towel & roll it in the oil mixture.

Roast in the oven for 30 mins.

Turn the oven down to 160°C.

Open the oven & remove the roast.

Roll the roast half way over, place back in the oven and close the oven.

Roast for a further 15 mins (or depending on weight, the desired doneness - refer to the *Roasting Guidelines for Joints**).

Cover with tin foil to keep warm & rest for 30 mins.

For the Gravy

After the meat has rested for 15 mins, pour off all the pan juices including the bits into a saucepan over a medium-high heat.

Whisk in the flour & barbeque spice and cook for 1 min.

Whisk in the stock and add a few drops of gravy browning to colour as desired.

Bring the gravy to a boil & keep warm.

Slice the roast very thinly, serve onto plates and smother with gravy.

Serve with a small dish of horseradish on the side.



SERVING SUGGESTION

Serve with vegetables, *Perfect Roast Potatoes**, and *Yorkshire Puddings**.







Beef & Lamb Curry



Servings: 4
Total Time: 7 hrs 30 mins
Cooking Time: 2 hrs 15 mins
Resting Time: 5 hrs (to mature)



INGREDIENTS

500g *beef boneless shin or chuck steak*
500g *lamb knuckles*
2 Tbsp *oil (coconut/light olive)*
1 tsp *mustard seeds*
5 *cardamon seeds (optional)*
1 *bay leaf*
1 *curry leaf*
2 *onions, peeled, halved & sliced*
2 tsp *finely chopped garlic*
2 tsp *minced ginger*
½ tsp *mixed spice*
½ tsp *cinnamon*
2 tsp *ground cumin*
1 Tbsp *turmeric*
1 Tbsp *coriander powder*
1 tsp *curry powder*
1 Tbsp *curry paste*
finely chopped fresh or dried chillies
(to taste)
¼ tsp *fine black pepper*
¼ tsp *freshly ground black pepper*
1 tsp *salt*
2 Tbsp *brown spirit vinegar*
1 Tbsp *tomato paste*
1 tsp *paprika paste (or ½ tsp powder)*
400g *tin peeled & diced tomatoes & juice*
200ml *water*

425g *tin whole baby potatoes, drained*
1 Tbsp *freshly chopped coriander leaves*



Exclude the potatoes or add raw chunks of 2 medium peeled sweet potatoes.

SERVING SUGGESTIONS

Serve with *Naan Bread**, *roti* and/or *basmati rice*, and *Sambals (Curry Sides)**.

METHOD

Cut up the meat into large cubes while keeping some lamb on the knuckles.

Heat the oil in a large saucepan on a high heat and brown the meat all over. Mix in the seeds & leaves and cook for a further 1 min while stirring.

Stir in the onions and cook for 2 mins.

Add the garlic, ginger, mixed spice, cinnamon, cumin, turmeric, coriander powder, curry powder, curry paste, chillies according to taste (refer to the *Chilli Hotness Guide**), peppers, salt & vinegar. Cook for 2 mins while continually stirring.

Mix in the tomato and paprika pastes. Stir in the tomatoes (including the juice) and the water.

Bring to a boil and press the meat under the liquid. Cover, turn down the heat and simmer for 1 hr while turning the meat half way through cooking. Taste and season with more salt or chillies if required.

Gently fold in the potatoes (excluding the juice), replace the lid and simmer for a further 30 mins.

Turn off the heat & rest for at least 5 hrs.

Remove the bay leaf & curry leaf and, if a boneless curry is preferred, de-bone the meat & discard the bones.

Re-heat and garnish with fresh coriander before serving.

TIPS

* Beef curries are fairly dry while lamb curries are oily - use both for balance.

* To really improve the depth and taste of curry, it should ideally be rested overnight and can be kept in the fridge for up to 3 days and re-heated before serving.







Grilled Lamb Chops with Mint Sauce



Servings: 4
Total Time: 45 mins
Cooking Time: 15 mins
Resting Time: 15 mins (to marinate)
5 mins (to relax)



Pre-heat Oven to Grill

INGREDIENTS

8 thick lamb loin chops (best quality!)

For the Lamb Chop Marinade

6 Tbsp light olive oil

1 tsp rosemary & olive seasoning

1 tsp green onion seasoning

1 tsp barbeque spice

1 tsp finely chopped garlic

1 tsp Worcester sauce

For the Mint Sauce

4 Tbsp freshly chopped mint leaves

2 pinches of salt

3 Tbsp red wine vinegar

1 Tbsp hot water

SERVING SUGGESTION

Serve with *Perfect Roast Potatoes** and *Chopped Salad with Blue Cheese Dressing**.

METHOD

For the Mint Sauce

Mix all the Mint Sauce ingredients together well in a small bowl or jar.

For the Lamb Chops

In a deep roasting dish, mix together the olive oil, spices, garlic & Worcester sauce.

Add the chops to the dish coating each chop well. Marinade for at least 15 mins.

Stand the chops fat-side up leaning at a 45° angle against the side of the dish & grill for 5 mins. Flip the chops against the other side of the dish, still keeping the fat-side up, and grill the other side for 5 mins.

Flip the chops once more exposing any overly pink parts and grill until slightly pink on the inside or to the desired *Meat Doneness** for steaks (or chops!).

Remove from oven and rest in the hot dish for at least 5 mins.

Place 2 chops onto each plate, drizzle with the dish juices & serve with mint sauce.





Lamb & Green Bean Potjé



Servings: 4
Total Time: 1 hr 30 mins
Cooking Time: 1 hr 15 mins



INGREDIENTS

600-700g lamb leg chops
½ tsp barbeque spice
1 tsp Worcester sauce
1 Tbsp light olive oil or coconut oil
1 Tbsp butter
1 large onion, peeled & diced
3 leeks, cleaned & sliced
1 tsp finely chopped garlic
1 cup water
2 Tbsp brown onion soup powder
250g fine green beans, topped & tailed
3 medium potatoes, peeled
2 Tbsp brown onion soup powder
3 Tbsp water
freshly ground salt & black pepper
2 Tbsp freshly chopped parsley



METHOD

Cut the lamb into bite-size pieces & rub with barbeque spice & Worcester sauce.

Heat a size 1 flat bottomed Potjie Pot to hot and brown the lamb in the olive oil & butter while continually stirring. Add the onion, leeks & garlic and stir-fry for 1 min.

Add 1 cup of water and 2 Tbsp brown onion soup powder, bring to a boil & then lower the heat to a simmer.

Slice the beans diagonally in 3 & lay on top of the lamb. Slice the potatoes into 1cm thick rounds & lay on top of the beans.

Cover the pot and simmer for about 1 hr until the potatoes are cooked and soaked in gravy. Gently stir in the remaining soup powder mixed with water and simmer for at least 10 mins. Season with salt & pepper and garnish with parsley.

SERVING SUGGESTION

Serve with ciabatta and hard butter.



Use Brown Onion Soup Mix* - not commercial soup powder.

Use sweet potatoes - not potatoes.





Lamb Steak with Tomatoes & Olives

Servings: 4
Total Time: 40 mins
Cooking Time: 30 mins
Resting Time: 5 mins (to relax)
Pre-heat Oven to 200°C



METHOD

Halve the steaks if preferred.

Heat the oil in a large roasting pan on the hob and brown the lamb steaks on a high heat for about 2 mins each side.

INGREDIENTS

2 Tbsp light olive oil or coconut oil
4 lamb leg steaks (about 800g)

*1 onion (red or white),
peeled & cut into 8 wedges*
2 tsp origanum (dried)



100ml white wine
*4 Tbsp Tomato Relish**
400g fresh cherry tomatoes
100g black Calamata olives, de-pipped

2 Tbsp freshly chopped parsley
freshly ground salt & black pepper

Add the onion and origanum to the roasting pan, pour over the wine and blend in the *Tomato Relish**.

Remove from the heat.

Scatter the tomatoes & olives over the top, and place the pan in the oven for 15 mins, stirring and turning the meat half way through cooking.

Remove from oven and rest for 5 mins.

Sprinkle with parsley, season with salt & pepper, and serve.

HOW TO MAKE TOMATO RELISH

200g fresh tomatoes, peeled & diced
1 onion, peeled & diced
2 tsp finely chopped garlic
1 tsp salt
½ tsp smoked paprika powder
2 tsp tomato paste
1 tsp finely chopped chillies
175ml brown spirit vinegar
1 tsp freshly ground black pepper

Add all ingredients to a saucepan and after initially bringing to a boil, turn down to a low heat & simmer until mixture thickens & shines. Gently mash to desired consistency. Bottle into a hot jar (heated in hot water) and seal immediately. Allow to cool before using and refrigerate once opened.



SERVING SUGGESTIONS

Serve with couscous or *Potato Mash**, and *Avocado Caprese Salad**.







Slow Roast Leg of Lamb

Servings: 4
Total Time: 3 hrs 20 mins
Cooking Time: 2 hrs 50 mins
Resting Time: 20 mins (to relax)
Pre-heat Oven to 160°C



INGREDIENTS

1 leg or loin of lamb
 (1-1,2kg; between 250-300g per person)

125ml light olive oil
 1 tsp green onion seasoning
 1 Tbsp rosemary & olive seasoning
 2 tsp barbeque spice
 1 tsp finely chopped garlic
 1 Tbsp Worcester sauce
 ½ onion, peeled
 1 medium tomato, topped & tailed
 4-5 sprigs of rosemary



For the Gravy

(using juices from the roasting pan)
 2 Tbsp self-raising or cake flour or
 White Onion Soup Mix*
 250ml water
 a few drops of gravy browning

VARIATION

Use lamb shanks instead of leg of lamb and leave it to roast covered for the entire roasting period (i.e. do not remove the tin foil for the last 20 mins).

HOW TO MAKE SHEPHERD'S PIE

Cut left-over lamb into bite-size squares. Slice onions (half the quantity of the lamb) & fry in butter until golden brown. Stir in left-over gravy to cover the meat, transfer to a casserole dish, top with *Potato Mash** or *Cauli Mash**, and grill until golden brown & bubbling hot.

METHOD

In a roasting pan, add the olive oil, seasonings, barbeque spice, chopped garlic & Worcester sauce, mixing well. Roughly chop the onion and tomato and fold into the sauce. Roll the meat in the juices. Centre the onion and tomato and place the meat on top.

Cover the roasting pan with tin foil ensuring that it does not touch the meat. Seal well. Place in the oven and roast for 2 hrs 30 mins while occasionally turning & coating the meat with pan juices.

Remove from oven and pour off half the pan juices (with all the bits except the rosemary sprigs) into a saucepan for the gravy. Roll the meat in the remaining juices and return to the oven with the fat side up, and roast uncovered for a further 20 mins to brown.

Remove from the oven, cover with the tin foil and rest the meat on a warming tray or in a warming drawer for at least 20 mins before carving as this will make it more tender.

Meanwhile prepare the gravy by mashing up the bits in the juices, and on a high heat, whisk in the flour and cook for 1 min. While whisking, slowly add the water and cook to a boil until thickened. Add gravy browning to colour. Taste and add salt if required.



Use *White Onion Soup Mix** instead of flour to thicken the gravy.

SERVING SUGGESTION

Serve with *Yorkshire Puddings**, *Perfect Roast Potatoes** & *Cauli & Broccoli Cheese**







Crumbed Pork Chops



Servings: 4
Total Time: 1 hr
Cooking Time: 30 mins
Resting Time: 10 mins (to set)



INGREDIENTS

4 thick pork chops, without fat if desired
2 large eggs
1 tsp water
150g dried breadcrumbs, flavoured
2 Tbsp light olive oil or coconut oil
2 Tbsp butter

400ml lemon & herb sauce



LCHE B For the breadcrumbs, use *Banting Buttermilk Seed Loaf** crumbed & dried in a 180°C oven for 10 mins & flavoured with 1 Tbsp dried mixed herbs & freshly ground salt & black pepper.

SERVING SUGGESTION

Serve with *Potato Mash** or *Cauli Mash**, and *Creamed Spinach**.

METHOD

In a small mixing bowl, beat the eggs together with the water.

Place the beaten eggs onto a plate.

Sprinkle the dried breadcrumbs on another plate. Coat each chop all over with egg and then breadcrumbs and place to one side for 10 mins to set.

Heat 2 Tbsp olive oil & 2 Tbsp butter in a large frying pan (an electric frying pan is better). On a medium-high heat, shallow fry the chops without turning for 7-10 mins until golden brown. Add the remaining olive oil & butter to the pan, and once melted, turn the chops over and brown the other side for a further 7-10 mins.

Transfer the chops to a serving dish and keep warm.

Still on the heat, pour the lemon & herb sauce into the pan and stir to incorporate the pan juices. Once hot, transfer the sauce to a warm gravy boat.

Serve the chops and sauce separately.





Pork Fillet Casserole



Servings: 4
Total Time: 1 hr
Cooking Time: 45 mins



INGREDIENTS

700g pork (or chicken) fillets
4 Tbsp self-raising or cake flour
2 tsp smoked paprika powder
2 Tbsp light olive oil or coconut oil
2 Tbsp butter
2 medium onions, peeled, halved & sliced
300g fresh button mushrooms, sliced
2 tsp finely chopped garlic
1 tsp finely chopped chillies (optional)
1 tsp dried sage
400ml milk
white onion soup powder
4 Tbsp freshly chopped parsley
salt & freshly ground pepper



METHOD

Remove any sinew from the fillet and slice the pork into thick medallions. Place the flour & paprika into a plastic bag and shake to mix. Add the pork medallions to the bag and toss to coat the meat.

Melt the olive oil & butter in a large shallow saucepan, add the pork (without any excess flour) and brown on both sides.

Add the onion and stir-fry for 2-3 mins.

Add the mushrooms, garlic, chillies & sage and stir-fry for 2-3 mins.

Stir in the milk, bring to a boil, reduce the heat and simmer for 10 mins.

If necessary, stir in soup powder a little at a time to reach a thick & creamy consistency and simmer for 2 mins to fully absorb. Fold in the parsley.

Season with salt & pepper & serve.

SERVING SUGGESTION

Serve with *Potato Mash**, *Cauli Mash**, rice or *Cauli Rice**, and vegetables or a salad.



Use almond flour - not self-raising or cake flour for coating.
Use *White Onion Soup Mix** - not commercial soup powder.





Roast Pork with Crackling

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Servings: 4
Total Time: 2 hrs
Cooking Time: 1 hr 10 mins
Resting Time: 20-30 mins (to relax)
Pre-heat Oven to 200 °C



INGREDIENTS

1 rolled shoulder or loin of pork
(1-1,2kg; between 250-300g per person)
1 Tbsp coarsely ground salt
125ml light olive oil or coconut oil
2 Tbsp Worcester sauce
2 Tbsp rosemary & olive seasoning
1 onion, peeled & roughly chopped
1 tomato, roughly chopped

For the Gravy

(using juices from the roasting pan)
2 Tbsp self-raising/cake flour (12g carbs)
250ml water
a few drops of gravy browning



METHOD

Dry the pork & narrowly score the skin neatly & liberally across the meat to about halfway through the fat beneath the skin. Rub the skin with salt & press it into & between the slices of skin well.

Place the oil, Worcester sauce, rosemary & olive seasoning, onion & tomato in a roasting pan, stir & centre in the pan. Place the pork skin side up on top & avoid basting the skin. Place the pork in a 200 °C oven and roast for 30 mins. Turn the heat down to 160 °C and roast for a further 35 mins per kg of meat. Insert a skewer in the thickest part of the meat to ensure that the juices that run out are absolutely clear without any trace of pinkness. Rest on a warming tray for 20-30 mins.

In the meanwhile, pour off most of the pan juices & bits into a saucepan, whisk in the flour & cook for 1 min. While whisking, slowly add water & cook to a boil until thickened. Add gravy browning to colour.

SERVING SUGGESTION

Serve with apple sauce, *Perfect Roast Potatoes** and vegetables.





Beer Can Chicken



Servings: 4
Total Time: 2 hrs 15 mins
Cooking Time: 1 hr 45 mins
Resting Time: 15 mins (to relax)
Pre-heat Oven to 190 °C



INGREDIENTS

1 whole chicken
(1-1,2kg; between 250-300g per person)



3 Tbsp light olive oil
1 Tbsp braai & grill seasoning
1 Tbsp green onion seasoning
1 Tbsp rosemary & olive seasoning
1 tsp cayenne pepper
1 tsp finely chopped garlic



330-340ml can beer
(at room temperature)

TIP

Create a tin foil 'tent' to cover half the height of the chicken and place on top for the first hour to prevent over-browning.

METHOD

Clean the chicken, remove any innards & pat dry. In a large deep stainless steel dish, prepare a rub by mixing together the olive oil, braai & grill seasoning, green onion seasoning, rosemary & olive seasoning, cayenne pepper & garlic.

Open the beer can, mix 2 Tbsp into the rub & discard a third of the beer.

Smother the chicken all over with the rub, inside & out, and tuck in the wings.

Punch a few holes in the sides of the beer can near the top and place it in the stainless steel dish. Perch the chicken on top of the can positioning the can & chicken legs to form a stable tripod.

Bake for 30 mins, reduce the oven to 170 °C and cook for a further 1 hr 15 mins while rotating the chicken in a half circle and basting with the juices every 30 mins.

Turn off the oven and let it rest in the oven for 15 mins before serving. To serve, carve the chicken and drizzle with pan juices.





Chicken & Prawn Jambalaya

Servings: 4
Total Time: 1 hr
Cooking Time: 45 mins



INGREDIENTS

250ml water
 300g tin creamy chicken soup
 2 tsp finely chopped chillies (1 tsp dried)
 1 tsp paprika paste (or ½ tsp powder)
 ½ tsp salt
 ¼ tsp white pepper
 ¼ tsp freshly ground black pepper
 ½ tsp cayenne pepper
 2 Tbsp light olive oil
 1 tsp finely chopped garlic
 200g white rice (short or medium grain)
 200g chicken fillets, sliced diagonally
 1 tsp masala spice
 1 Tbsp light olive oil
 300g frozen shelled & de-veined prawns, thawed
 2 tomatoes, cut into 1cm squares
 ½ onion, peeled & cut into 1½cm squares
 1 green pepper, cut into 1½cm squares
 100g spring onions, sliced diagonally
 4 Tbsp freshly chopped parsley
 150g frozen peas, thawed & drained



METHOD

In a large paella or frying pan, stir together the water, soup, chillies, paprika paste, salt, peppers, oil & garlic. Bring to a boil.

Stir in the rice, cover (with a baking sheet or tin foil if there is no lid to the pan), turn the heat down and simmer over a medium heat for 15 mins.

In the meanwhile, sprinkle the masala spice over the chicken slices & rub in well. Heat the olive oil in a separate pan and brown the chicken over a medium heat.

Ensure the prawns are completely drained and add them and the chicken, tomatoes, onion and green pepper to the rice and continue cooking, uncovered, until the liquid has been absorbed (about 15 mins) and the rice is tender.

Stir in the spring onions, parsley and peas and cook for a further 5 mins until fully heated and thickened.

Serve straight from the pan!



LCIF B **INGREDIENTS:** Instead of the water & chicken soup, use 2 Tbsp *Chicken Soup Mix** and 200ml fresh cream, and instead of rice, use 300g raw *Cauli Rice**.

METHOD: Season the chicken fillets with masala spice. In a large paella or frying pan over a medium-high heat, add 2 Tbsp light olive oil & fry the chicken until browned all over.

Toss in the chillies, paprika, salt, white, black & cayenne peppers, garlic, prawns, tomatoes, onion & green pepper, and over a high heat, stir-fry until the prawns have turned deep pink.

Stir in the raw *Cauli Rice**, fresh cream & peas, bring to a boil, turn down to medium-high & cook uncovered for 5 mins to thicken. Stir in the spring onions & parsley & cook for a further 5 mins. Serve from the pan immediately.

SERVING SUGGESTION

Serve with a simple tomato & lettuce salad.

VARIATION

Substitute the chicken with hake fillets.







Chicken Curry

Servings: 4
Total Time: 1 hr 20 mins
Cooking Time: 50 mins
Resting Time: 10 mins (to marinade)



INGREDIENTS

For the Chicken Curry Marinade

125ml Greek or natural yoghurt

½ tsp lemon juice

½ tsp turmeric

1 Tbsp coriander powder

½ tsp cumin powder

1 tsp green curry paste

For the Curry

1-1,2kg chicken fillets

(between 250-300g per person)

2 Tbsp oil (coconut/light olive)

1 star anise

2 cardamon seeds

2 large onions, peeled & finely diced

1 tsp green curry paste

1 tsp paprika paste (or ½ tsp powder)

1 tsp tomato paste

finely chopped fresh or dried chillies
(to taste)

2 tsp finely chopped garlic

2 tsp minced ginger

½ tsp cinnamon

1 Tbsp garam masala

½ tsp salt

200ml water

175ml coconut cream or milk

50g almond flakes

1 Tbsp coriander powder

For Garnish

freshly chopped coriander leaves

50g almond flakes

freshly ground black pepper



METHOD

For the Chicken Curry Marinade

In a large bowl, mix all the marinade ingredients together well.

For the Curry

Cut the chicken fillets into bite size pieces.

Mix the chicken pieces into the marinade well and leave for 10 mins.

Heat the oil over a high heat in a large heavy-bottomed saucepan, add the star anise & cardamon seeds and cook for 1 min, Add the diced onions and stir-fry until soft & golden.

Add the green curry paste, paprika paste, tomato paste, chillies according to taste (refer to the *Chilli Hotness Guide**), garlic, ginger, cinnamon, garam masala, salt and the marinated chicken pieces (with the marinade). Fry uncovered for 10 mins while turning occasionally to prevent burning.

Stir in the water, bring to a boil, reduce to a low heat & simmer uncovered for 10 mins.

Stir in the coconut cream, sprinkle in the almonds & coriander powder, bring to a boil, reduce to a low heat and simmer for 5 mins.

To serve, remove the star anise & cardamon seeds and garnish with the chopped coriander leaves, almonds & ground black pepper.

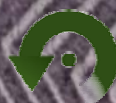
TIP

Prepare this dish well in advance (without the garnish) to enhance the flavours; simply re-heat & garnish to serve.

SERVING SUGGESTIONS

Serve with short grain (white or brown) or long grain (basmati) rice, and *Sambals (Curry Sides)**.







Chicken Pimento



Servings: 4
Total Time: 2 hrs
Cooking Time: 1 hr 40 mins
Pre-heat Oven to 160°C



INGREDIENTS

3 Tbsp butter
5 Tbsp cake or self-raising flour
375ml milk
salt & freshly ground pepper, to taste
1 onion, peeled & diced
1 cup Cheddar cheese, grated
400g tin whole pimentos, drained

8 chicken pieces (thighs or breasts)
3 Tbsp dried breadcrumbs



SERVING SUGGESTIONS

Serve with *Potato Mash** or short grain (white or brown) rice, and a salad.

METHOD

In a saucepan over a medium-high heat, melt the butter, whisk in the flour & cook for 1 min. Slowly add the milk while whisking until the sauce thickens & bubbles gently. Season with salt & pepper & turn off the heat. Stir in the diced onion & $\frac{3}{4}$ of the grated cheese. Slice the pimentos into strips & stir them into the sauce.

Place the chicken pieces in a shallow oven-proof dish & pour the sauce over. Mix the remaining cheese with the breadcrumbs and sprinkle over the sauce.

Bake in the oven for 1 hr 30 mins & serve.

HOW TO MAKE CHICKEN PLAIT

Spoon deboned *Chicken Pimento** left-overs into the centre of 200g rolled puff pastry (36x30cm) leaving a wide border. Cut diagonal slits 1cm apart along each side from the ends right up to the filling. Fold back the strips, alternately crossing over the filling, brush with beaten egg & bake in the oven at 200°C for 30 mins.





Peri-Peri Baby Chickens



Servings: 4
Total Time: 9 hrs 30 mins
Cooking Time: 1 hr
Resting Time: 8 hrs (to marinate)
 15 mins (to relax)
Pre-heat Oven to 170°C

INGREDIENTS

4 baby chickens



500ml Portuguese Peri-Peri Sauce*, or
 bottled peri-peri sauce
 6 Tbsp light olive oil



METHOD

Rub the chickens liberally with 400ml peri-peri sauce, coating the outside, inside and under the skin. Marinate for at least 8 hrs and preferably overnight.

Add the olive oil to a roasting pan & place the chickens upside down in the pan with the marinade. Bake uncovered for 1 hr while turning the chickens right side up after 30 mins. Remove from the oven, cover the pan with tin foil & rest for at least 15 mins before serving.

Serve the remaining 100ml peri-peri sauce in a separate bowl for those that like it hot!

HOW TO MAKE PORTUGUESE PERI-PERI SAUCE - makes about 500ml

4 Tbsp finely chopped chillies, preferably Piri Piri (African bird's eye) or Habanero
 2 tsp dried chillies
 4 Tbsp finely chopped garlic
 180ml light olive oil
 4 tsp minced ginger



60ml lemon or lime juice
 2 tsp salt
 2 tsp black pepper
 3 Tbsp smoked paprika
 120ml white wine vinegar
 60ml Worcester sauce



Blend all ingredients together well, bottle & refrigerate for at least 24 hrs before using. Can be kept in the fridge for 3 months. Shake occasionally & always before using.





Roast Chicken with Two Stuffings

Servings: 4
Total Time: 2 hrs 30 mins
Cooking Time: 1 hr 30 mins
Resting Time: 20 mins (to relax)
Pre-heat Oven to 190°C



METHOD

Clean the chicken and remove all innards. Mix together the butter & chicken spice in a small bowl & set aside for later coating.

For the body stuffing, mix together the breadcrumbs & chicken stock in a bowl. Leave to soak for 5 mins. Mash the liver paté into the mixture & mix in the parsley, sage, mixed herbs, onion, egg & butter well. Fold in the crushed walnuts & season with salt & pepper. Stuff the body with the stuffing, skewer the end & truss the legs.

For the neck stuffing, melt the butter in a saucepan & fry the bacon & mushrooms until soft. Remove from the heat & stir in the breadcrumbs & stock. Mash in the sausage meat, parsley, thyme, mixed herbs, egg & lemon rind. Season with salt & pepper. Starting at the neck, gently ease the skin from the breasts to create pockets either side of the spine. Stuff each pocket, pressing it well into the breast & arranging it evenly; take care not to overstuff. Tuck the loose neck skin under the chicken & tuck back the wings.

Rub the chicken with the prepared chicken spice butter. Pour the olive oil into a roasting pan, add the chicken & seal the pan with tin foil. Roast in the oven for 20 mins, reduce the oven to 170°C & roast for an additional 45 mins. Remove from oven & pour off the pan juices into a saucepan for the gravy. Coat the chicken with some pan juices, return to the oven & roast uncovered to crisp (about 15 mins). Remove from the oven & rest while keeping warm for at least 20 mins before carving.

Make the gravy by whisking the flour in the saucepan with the pan juices & cook for 1 min. Slowly whisk in the water & cook to a boil until thickened. Add gravy browning to colour. Season with salt before serving.

INGREDIENTS

1 whole chicken (or turkey)
 (1-1.2kg; between 250-300g per person)

2 Tbsp butter

2 tsp chicken spice

2 Tbsp light olive oil

For the Body Stuffing

100g fresh breadcrumbs

100ml chicken stock

100g chicken liver paté

1 tsp dried parsley

1 tsp dried sage

1 tsp dried mixed herbs

1 small onion, peeled & diced

1 large egg

1 Tbsp butter

1 Tbsp crushed walnuts

freshly ground salt & pepper

For the Neck Stuffing

1 Tbsp butter

2 slices streaky bacon, diced

100g fresh button mushrooms, diced

100g fresh breadcrumbs

105g chicken or vegetable stock

2 pork sausages, skins removed

1 tsp dried parsley

1 tsp dried thyme

1 tsp dried mixed herbs

1 large egg

1 small lemon (grated rind only)

freshly ground salt & pepper

For the Gravy (using juices from the pan)

3 Tbsp self-raising or cake flour or

White Onion Soup Mix*

375ml water

a few drops of gravy browning

salt, to taste





LCHF Use *Banting Buttermilk Seed Loaf**
B for the breadcrumbs.
 Use *White Onion Soup Mix** instead
 of flour to thicken the gravy.



Ostrich Bobotie

Servings: 4
Total Time: 1 hr 20 mins
Cooking Time: 1 hr
Resting Time: 5 mins (to relax)
Pre-heat Oven to 180°C



METHOD

Stir-fry the mince in the oil & butter until browned and free of lumps.

Add the onion & garlic and stir-fry for 1 min.

INGREDIENTS

500g ostrich mince
 1 Tbsp oil (coconut/light olive)
 ½ Tbsp butter
 2 onions, peeled & diced
 2 tsp finely chopped garlic
 250ml carrot (or apple), peeled & grated
 2 tsp curry powder
 1 tsp coriander powder
 1 tsp minced ginger (or ½ tsp dried)
 ½ tsp dried mixed herbs
 1 tsp turmeric
 ½ tsp cinnamon
 1 tsp white sugar
 ½ tsp cayenne pepper
 1 tsp salt
 ¼ tsp white pepper
 1 Tbsp apple cider vinegar

2 slices white bread
 2 bay leaves

For the Custard Topping

250ml sour cream
 (or ½ fresh cream, ½ natural yoghurt)
 ½ tsp salt
 pinch of pepper
 2 large eggs



SERVING SUGGESTION

Serve with short grain (white) rice or *Cauli Rice** yellowed with turmeric, peach chutney, *Banana Raita** & *Tomato & Onion** Sambals.

Stir in the grated carrot and all the remaining seasonings (curry powder, coriander powder, ginger, mixed herbs, turmeric, cinnamon, sugar, cayenne pepper, salt, white pepper & vinegar) and fry for a further 1 min.

Soak the bread in water for 1 min, lightly squeeze, mash with a fork and stir it into the mince well. Turn off heat.

Spread the bobotie mixture into a flat oven-proof dish and tuck in the bay leaves.

For the Custard Topping

Prepare the custard topping by beating up all the topping ingredients and then pour it gently over the bobotie.

Bake in the oven for 30-40 min rotating the dish half way through cooking. Bake until the custard topping has risen and is firm and browned.

Remove the bobotie from the oven, cover with tin foil & rest on a warming tray for 5 mins before serving.



Use *Banting Buttermilk Seed Loaf** instead of white bread.

VARIATIONS

Substitute the ostrich mince with lamb or beef mince.







Potato Rösti with Ostrich Steak Strips

Servings: 4
Total Time: 2 hrs
Cooking Time: 1 hr (Potato Rösti)
15 mins (Ostrich Steak)



METHOD

For the Potato Rösti

Boil the unpeeled potatoes in enough water to cover them for 10-15 mins until cooked but still firm. Drain & allow to cool.

Fry the onion with the green onion seasoning in the butter & olive oil for 5 mins until soft. When the potato has cooled enough to handle, coarsely grate the potatoes with their skins into a large mixing bowl (discard the last part of the skin).

Add the onion to the mixing bowl, sift in the flour, break in the egg and season with salt & pepper. Blend well with a fork.

Heat a large frying pan until very hot & add half the butter & oil to coat the bottom of the pan. Add the potato mixture & flatten it to fill the pan. Turn the heat down to medium, cook until brown & firm then slide the rösti from the pan onto a dinner plate.

Re-heat the pan, add the remaining butter & oil to cover the bottom of the pan and then invert the rösti into the pan to cook and brown the other side. Keep warm.

If preferred, make 4 individual röstis.

For the Steak Strips

Diagonally cut the steaks at a 45° angle into 1½-2cm strips. Smother with the olive oil & barbeque spice. Heat a frying pan until very hot and sear the steak quickly on both sides. Remove quickly from the heat and leave in the warm pan to rest until serving.

For the Horseradish Sauce

In a bowl, mix the cream, horseradish & green onion seasoning together well.

To serve, divide the rösti into 4 & place a portion on each plate. Drizzle with steak juices & top with horseradish sauce, steak strips, radishes & rocket.

INGREDIENTS

For the Potato Rösti

500g medium potatoes
1 medium onion, peeled & diced
2 tsp green onion seasoning
1 Tbsp butter
1 Tbsp light olive oil or coconut oil
2 Tbsp self-raising/cake flour (12g carbs)
1 egg
salt & pepper, to taste

1 Tbsp butter
1 Tbsp light olive oil

For the Steak Strips

500g ostrich steak (or fillets)
1 Tbsp light olive oil
1 tsp barbeque spice

For the Horseradish Sauce

250g sour cream or crème fraîche
2 Tbsp freshly grated horseradish
(or bottled prepared horseradish)
½ tsp green onion seasoning

For Garnish

20g fresh rocket
140g radishes, trimmed & quartered



Use sweet potatoes instead of standard potatoes.

VARIATIONS

- * Use baby tomatoes instead of radishes.
- * Substitute the ostrich steak with kudu, beef or lamb steak.
- * Top the rösti with smoked salmon, cream cheese & finely chopped chives.







Rabbit Potjie



Servings: 4
Total Time: 2 hrs 10 mins
Cooking Time: 2 hrs



INGREDIENTS

600-700g rabbit pieces
 1 Tbsp light olive oil or coconut oil
 1 Tbsp butter
 3 tsp finely chopped garlic
 1 large onion, peeled & finely diced
 250g back bacon, diced
 250g fresh button mushrooms
 freshly ground salt & pepper, to taste
 3 Tbsp freshly chopped parsley
 1 cup red wine
 1½ cups water
 1 Tbsp freshly chopped thyme
 ½ onion, peeled & sliced into wedges
 white onion soup powder
 1 Tbsp freshly chopped parsley
 freshly ground salt & pepper



METHOD

In a size 1 flat bottomed Potjie Pot or a large heavy-bottomed saucepan, over a high heat, sear the rabbit pieces in the olive oil & butter until lightly browned. Remove from the rabbit from the pot.

Fry the garlic, onion and bacon and allow to colour lightly. Stir in the mushrooms & fry until just done.

Add the salt, pepper and parsley.

Return the rabbit to the pot and deglaze with the red wine.

Add the water and thyme, cover and cook over a low heat for 1 hr 30 mins.

Stir in the onion and cook uncovered for a further 15 mins. Turn up the heat to medium and thicken by slowly adding white onion soup powder. Gently stir in the parsley just before serving.

SERVING SUGGESTION

Serve with **Potato Mash*** and peas.



Use **White Onion Soup Mix*** - not commercial soup powder.





Dinner Desserts



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Apple Nutty Crumble



Servings: 4-6
Total Time: 1 hr
Cooking Time: 40 mins
Resting Time: 5 mins (to soak)
Pre-heat Oven to 180 °C



INGREDIENTS

For the Filling

400g cooking apples
2 Tbsp soft or sticky brown sugar
pinch of ground cloves
pinch of ground cinnamon
50g sultanas or blackberries
2 Tbsp water

For the Crumble

100g soft butter
125g cake or wholewheat brown flour
100g soft or sticky brown sugar
40g crushed walnuts & hazelnuts



METHOD

For the Filling

Peel, core and thinly slice the apples into a medium saucepan. Add the sugar, cloves, cinnamon, sultanas and water.

Cover the saucepan & cook over a medium heat for 5-10 mins until the apples are soft. Turn into a well-buttered baking dish.

For the Crumble

Using fingertips, rub the butter into the flour. When crumbly, mix in the sugar & nuts. Sprinkle this topping over the apple filling, covering it completely.

Bake the dish for about 30 mins until the topping is tinged with brown. Turn off the oven & let the dish rest in the oven for 5 mins before serving.

VARIATIONS

Instead of apples, use pears, apricots or rhubarb.

SERVING SUGGESTIONS

Serve with cream, scoops of ice-cream or hot custard.





Banana Caramel Fridge Tart with Mint Crisp



Servings: 4-6
Total Time: 1 hr 15 mins
Resting Time: 10 mins (to set)
30 mins (to chill)



METHOD

For the Biscuit Base

Crush the biscuits into crumbs and combine with the butter by rubbing together well.

Press the biscuit mixture into a pie dish well to form a biscuit base and place in the fridge for 10 mins to set.

For the Filling

Spread the caramel over the biscuit base.

Peel & slice the bananas. Coat with lemon juice to prevent browning. Layer the bananas in rings on top of the caramel.

Whip the cream to soft peaks and spread over the bananas.

Roughly crush the peppermint crisp and sprinkle liberally on top of the cream.

Chill the tart for 30 mins before serving.

INGREDIENTS

For the Biscuit Base

200g pkt Tennis biscuits
100g butter



For the Filling

360g tin caramelized condensed milk
4 bananas (about 360g with peels)
3 tsp lemon juice
250g fresh cream or Orley Whip cream
100g peppermint crisp chocolate



TIP

The biscuits and peppermint crisp can be easily crushed by placing them in a plastic bag and beating with a rolling pin.





Cheeseboard

Servings: 4-6
Total Time: 30-45 mins



INGREDIENTS

For the Cheeses

individual weights of cheeses can be varied but should TOTAL at least 100g cheese per person.

Each cheese selected should weigh at least 100g to be appealing

Select 4-6 cheeses from the following:

- *blue cheese*
(Danish Blue, Gorgonzola, Roquefort)
- *goats milk cheese*
(Bokmakiri, Chèvre, Chevin)
- *soft cheese*
(Brie, Camembert, Kwaito)
- *semi-soft cheese*
(Fontina, Gouda, Taleggio)
- *semi-hard cheese*
(Boeren, Edam, Emmental, Maasdam)
- *hard cheese*
(Strong Cheddar, Huguenot, Gruyère)



For the Accompaniments (options)

butter

patés (Chicken Liver & Mushroom Paté, Smoked Salmon Paté*)*

chutneys (Chilli Chutney, peach)*

preserves (olives, sun-dried tomatoes)

pickles (gherkins, onions)

nuts (cashew, hazel, pecan, walnuts)

biscuits (crackers, Melba toast)

bread (ciabatta, seed loaf)

fresh fruits (apple, figs, grapes)



LCHF **B** Serve Low-Carb Flaxseed Bread* or Banting Buttermilk Seed Loaf* instead of crackers or bread.

METHOD

For the Cheeses

Select 4-6 cheese of varying flavours, textures, sizes, colours, sizes & shapes to make the cheeseboard visually more appealing.

On a large wooden board or tray, arrange the whole pieces of cheese to the one side with the harder cheeses at the end to ease cutting. Label the cheeses if necessary.

For the Accompaniments

Select a few accompaniments to suit the occasion or guests.

Decant butter and any patés, chutneys, preserves, pickles and nuts into ramekins or small bowls of the same style and place them next to the cheeses.

Arrange biscuits & bread neatly on the other side of the bowls.

Slice or break fruit into smaller (nibble size) portions & distribute attractively.

Serving

Place at least 3 cheese knives next to the cheese, butter knives in any butter, paté or chutney, and a bread knife if required.

Serve the cheeseboard at room temperature together with knives, side plates & serviettes.

TIPS

* Have a good balance of cheese flavours (strong to mild), textures (from soft, semi-soft, semi-hard to hard), colours, sizes and shapes (square, round, triangular, logs to ovals). Always have a blue cheese and consider having a goats milk cheese.

* Allow 100g TOTAL cheese per person for a cheeseboard served with a meal.

* Allow at least 120-150g TOTAL cheese per person for a main meal cheeseboard.







Ice-cream & Hot Chocolate Sauce



Servings: 4-6
Total Time: 5 hrs 20 mins
Cooking Time: 3 mins
Resting Time: 5 hrs (to freeze)



INGREDIENTS

For the Ice-cream

(or make a Non-Dairy Ice-cream below)*

500g double cream

200g castor sugar

1 tsp vanilla essence

1 Tbsp honey (optional)

For the Hot Chocolate Sauce

100ml fresh cream

250g Bar-One or Toblerone chocolate

For the Garnish

40g hazelnuts or walnuts, chopped



HOW TO MAKE BLACK CHERRY SAUCE

425g tin stoned black cherries with syrup

1 tsp castor sugar

Simmer the cherries, syrup & sugar in a saucepan until the liquid has halved.

HOW TO MAKE A NON-DAIRY ICE-CREAM

500ml Orley Whip cream

385ml tin condensed milk

1 tsp vanilla essence

Whisk the Orley Whip until triple the quantity. Whisk in the condensed milk and stir in the vanilla essence.

Freeze until set (about 5 hrs).

METHOD

For the Ice-cream

Add the cream, castor sugar & vanilla essence into a mixing bowl.

Add the honey if a sweeter ice-cream is preferred.

Using an electric mixer, blend together all ingredients well for about 2 mins.

Pour the ice-cream mixture into a plastic or stainless steel container and freeze for about 5 hrs until frozen. During this time, and every 30 mins for the first 2 hrs, vigorously stir the ice-cream with a fork to ensure a creamy & smooth texture.

For the Hot Chocolate Sauce

Add the cream to a large microwaveable jug. Break up the chocolate into smaller pieces into the same jug.

Heat in the microwave on high for about 2-3 mins, stirring every 30 secs, until fully blended, smooth & hot.

If necessary, the sauce can be re-heated in the microwave in the same way.

To serve, place scoops of ice-cream into each serving bowl & pour chocolate sauce liberally on top.

Sprinkle with a few chopped nuts and serve.

TIP

Chocolate Sauce can be frozen. When needed, defrost at room temperature and re-heat for 1-3 min in the microwave.

VARIATIONS

* Use crème fraîche instead of double cream for a more lemony ice-cream

* Substitute the chocolate sauce and nuts with *Black Cherry Sauce**.







Lemon Curd & Granadilla Fridge Cake



Servings: 4-6
Total Time: 1 hr 30 mins
Resting Time: 1 hr (to chill & set)



METHOD

Spray a 23cm pie dish with non-stick agent.

Slice a 1½cm layer of sponge cake and press it into the bottom of the pie dish to form a solid even base covering the entire bottom of the dish.

Smother the sponge base evenly with 60g of the granadilla pulp.

In a mixing bowl, mix 100g granadilla pulp, Mascarpone cheese & lemon juice together well and then fold in the lemon curd well.

Spread the filling mixture over the cake base and drizzle the remaining 40g granadilla pulp over the top.

Chill the cake in the fridge for at least 1 hr before serving.



INGREDIENTS

*1 small sponge cake
(about 18cm diameter & 250g)*

200g granadilla pulp

*250g Mascarpone cheese
(at room temperature)
1 tsp lemon juice*

200g prepared bottled lemon curd





Orange Chocolate Mousse



Servings: 4
Total Time: 3 hrs 30 mins
Resting Time: 5 mins (to cool)
3 hrs (to chill)



METHOD

Break up the chocolate into a bowl and set it over another bowl of hot water. Stir until it melts, remove from hot water & leave to cool for about 5 mins to room temperature. Separate the eggs into bowls. Whisk the egg whites until stiff. Lightly whisk the egg yolks. In another bowl, whisk the sugar & cream together until soft peaks are formed.

INGREDIENTS

150g chocolate (dark, plain or white)
3 eggs
1 Tbsp castor sugar
250ml fresh or long-life cream
1 orange (for juice & zest)



For Garnish

chocolate flakes and/or almond flakes

VARIATIONS

- * Replace the orange with 40-80g crushed honeycomb chocolate (2 Crunchie chocolate bars) folded in after the cream.
- * Replace the orange with 1 Tbsp cognac or liqueur (Frangelico or Van der Hum) and add to the chocolate with the egg yolks.
- * Garnish with grated chocolate, preserved mandarin oranges or orange curls.

Add the egg yolks and orange juice & zest to the chocolate and mix until well blended. Stir in a quarter of the egg white into the chocolate mixture and then fold the chocolate mixture into the remaining egg white. Finally fold in the cream. Spoon the mousse into dessert glasses or a serving bowl, cover with plastic wrap and chill in the fridge for at least 3 hrs.

Remove the plastic, garnish with chocolate flakes and/or almond flakes and serve.





Pancakes with Cinnamon Sugar



Servings: 4 (6-8 pancakes)
Total Time: 1 hr 45 mins
Cooking Time: 30 mins
Resting Time: 1 hr (to prove)



INGREDIENTS

1 cup self-raising flour
(or cake flour & 1½ tsp baking powder)
½ tsp salt
2 large eggs
250ml milk
1 Tbsp light olive oil
butter, for frying & spreading
For the Cinnamon Sugar
1-2 tsp ground cinnamon
1 cup white sugar
1 lemon, cut into wedges



VARIATIONS

Roll up the pancakes with other fillings:
* Sweet Filling: *Black Cherry Sauce** & top pancake rolls with *Ice-cream**.
* Savoury Filling: *Bolognaise Sauce** & top pancake rolls with grated Cheddar cheese.

METHOD

For the Cinnamon Sugar

Mix the cinnamon & sugar together in a small bowl. Use 1-2 tsp per pancake.

For the Batter

Sift the flour & salt into a mixing bowl. Whisk in the eggs & milk to make a smooth batter. Chill the batter for at least 1 hr. Just before making the pancakes, stir the oil into the batter.

Heat a frying pan until hot & lightly coat with butter. Pour in a thin layer of batter while continually swirling for the batter to cover the bottom of the pan. Once bubbles appear on the surface, flip the pancake over & brown the other side. For each pancake made, spread with butter, sprinkle with cinnamon sugar & roll.

Butter the top & sprinkle with a little cinnamon sugar. Place on a serving plate in a low oven to keep warm. Repeat for the remaining pancakes. Garnish with lemon wedges and serve.





Peach Cheesecake



Servings: 4-8
Total Time: 5 hrs 50 mins
Cooking Time: 1 min
Resting Time: 5 hrs (to chill & set)



INGREDIENTS

For the Shortbread Biscuit Base

150g shortbread biscuits
50g butter

For the Peach Filling

200g Mascarpone cheese
75g castor sugar
2 large eggs, separated
3 Tbsp peach schnapps
4 leaves gelatine
175ml fresh cream
400g tin peach slices, drained & chopped



For the Peach Sauce

400g tin peach slices, drained & chopped
1 Tbsp peach schnapps



60g almond flakes, for garnish

METHOD

Crush the biscuits into crumbs. Melt the butter & mix thoroughly with the biscuits. Line a 20cm spring-form cake tin with plastic wrap, press the biscuit mixture into the cake tin to form a flat even base & chill. In a bowl, beat the Mascarpone cheese to soften. Add the castor sugar, egg yolks & peach schnapps & beat until smooth.

Soak the gelatine leaves in water until soft, drain off the water, melt in a saucepan & stir into the Mascarpone mixture.

Whip the cream until stiff. Fold the cream & chopped peaches into the Mascarpone mixture. Whisk the egg whites until stiff & gently fold into the mixture. Pour the mixture over the biscuit base, cover with plastic wrap & chill for at least 5 hrs.

Remove the cheesecake from the tin with the plastic, remove the plastic & place on a serving plate. Garnish with almond flakes. Purée the peaches & schnapps, pour into a jug and serve with the cheesecake.





Platter of Fresh Fruits



Servings: 4
Total Time: 45 mins



INGREDIENTS

individual weights of fruits can be varied but 250-350g of prepared fruit per person should be catered for
250g papaya and/or paw-paw
250g sweet melon and/or pineapple
250g watermelon (Sugar Baby or other)
2 apples
1 orange
100g strawberries
100g green and/or black grapes
juice of 1 lemon

For Garnish

50g cherries
50g pomegranate seeds
4 granadillas



125g Bulgarian or Greek yoghurt
125g vanilla ice-cream

METHOD

Peel, de-seed, core and remove any stalks & leaves from all fruit. Slice the fruit except for the strawberries & grapes; cut the granadillas in half into cups.

Arrange the fruit in separate rows on a large serving dish with the papaya, sweet melon & watermelon forming the centre and outer rows and the apples, oranges, strawberries & grapes in rows between.

Garnish with the cherries, pomegranate seeds & granadilla cups. Sprinkle the fruit (especially the apples) liberally with lemon juice to prevent browning.

Serve accompanied with the yoghurt and ice-cream in separate matching bowls.



SERVING SUGGESTION

Serve the fruit platter and yoghurt as an accompaniment to breakfast.





Strawberry Cream Flan



Servings: 4-6
Total Time: 20 mins



METHOD

Place the sponge flan on a serving plate & coat the bottom with the granadilla pulp.

INGREDIENTS

*1 prepared sponge flan base (200g)
110g tin granadilla pulp*

*250ml fresh cream
50g meringues
425g tin strawberries with syrup*

*100g fresh strawberries, sliced
(or more, if desired)*

In a large mixing bowl, whip the cream to stiff peaks.

Roughly break up the meringues into the cream.

Drain the tin of strawberries and retain the syrup.

Fold the strawberries into the cream and spread the mixture over the flan.

Arrange the sliced fresh strawberries over the strawberry cream to decorate.

Drizzle 2-3 Tbsp of the strawberry syrup over the strawberry cream flan to garnish. Place the flan in the fridge until serving.



VARIATION

Instead of using a sponge flan base use a meringue base.





Trifle



Servings: 4-6
Total Time: 4 hrs 45 mins
Resting Time: 3½-4 hrs (to set)



INGREDIENTS

80g pkt strawberry jelly

100g Boudoir biscuits or sponge cake
40ml sherry (optional)

150g tin peach slices, drained
150g fresh strawberries, sliced



250ml custard
250ml fresh or long-life cream
(whipped until doubled in size)
60g almond flakes

For Garnish

4 fresh strawberries, halved
a few sprigs fresh mint



TIP

Double the ingredients for 8-10 people by repeating the layers in a deeper bowl.

METHOD

Make up the jelly as indicated on the packet & refrigerate for about 2½-3 hrs until it has just started to set (to protect the biscuits from becoming too soggy).

Layering the Trifle

Place a layer of Boudoir biscuits or sponge-cake strips to cover the base of a deep glass bowl or dish.

Pour the sherry (optional) over the biscuits and allow to soak for 5 mins.

Place a layer of peaches & strawberries on top of the biscuits.

Pour the semi-liquid jelly into the bowl so that it soaks the sponge and just submerges the fruit. Chill in the fridge for about 1 hr until the jelly has set.

Add a layer of custard.

Add a layer of cream and sprinkle with the almond flakes.

Garnish with strawberry halves and mint leaves. Chill until serving.





Vegetable Sides



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Cabbage & Onion Stir-Fry



Servings: 4
Total Time: 45 mins
Cooking Time: 30 mins



INGREDIENTS

½ large cabbage, cored & thinly sliced
1l water

2 medium onions, peeled, halved & sliced
2 Tbsp light olive oil or coconut oil
2 Tbsp butter
freshly ground salt & pepper, to taste



METHOD

Place the cabbage and water in a large saucepan and bring to a boil. Reduce the heat and simmer with the lid on for 5 mins. Drain in a colander and set aside.

Using the same saucepan, melt the butter in the olive oil on a high heat and then fry the onions for 3 mins while continually stirring.

Add back the cabbage and continue frying and turning the mixture for 10 mins until lightly browned. Season with salt & pepper and serve.



VARIATION

Add 100g diced streaky bacon when frying the onions.





Carrot & Turnip Mash



Servings: 4
Total Time: 1 hr
Cooking Time: 30 mins



METHOD

Top, tail and peel the carrots & turnips. Chop and then wash them.

INGREDIENTS

400g carrots
400g turnips
1 tsp salt

3 Tbsp butter
salt & pepper, to taste

Place the carrots & turnips in a large saucepan adding enough water to cover them completely. Add the salt and bring to a boil.

Cover the pan, turn down the heat and simmer for 15-20 mins until cooked (soft).

Drain off the water, add the butter and still over a low heat, mash the mixture well.

Season liberally with salt & pepper and serve.



TIP

Prepare & freeze the mash while the vegetables are fresh; defrost before reheating for 1-2 mins in the microwave.





cauli & Broccoli Cheese



Servings: 4
Total Time: 45 mins
Cooking Time: 35 mins
Pre-heat Oven to Grill



INGREDIENTS

500g cauliflower
 500g broccoli
 1 tsp salt



2 cups White Sauce*
 ½ tsp nutmeg or cayenne pepper

80g Cheddar cheese, grated

HOW TO MAKE WHITE SAUCE (1 cup)

2 Tbsp butter
 2 Tbsp self-raising or cake flour
 500ml milk

Over a medium-high heat, melt the butter in a saucepan and whisk in the flour. Slowly add the milk while continuing to whisk and cook until the sauce is thickened and glossy.

METHOD

Remove the main stalk and leaves from the cauliflower & broccoli & break into florets. Place the vegetables in a saucepan and cover with cold water. Add the salt and bring to a boil. Reduce the heat and simmer for about 10 mins until slightly underdone and still firm. Drain in a colander & cover to keep warm.

In the meanwhile make a *White Sauce** and stir in the nutmeg or cayenne pepper.

Add the cauliflower & broccoli to the saucepan with the *White Sauce** and fold to coat all over. Transfer the vegetables and sauce to an oven-proof serving dish & sprinkle with the cheese. Grill in the oven for 5 mins until the cheese has melted and serve.



Instead of *White Sauce**, make either a *Creamy Alfredo Sauce** or a *LCHF Cheese Sauce**.





Creamed Spinach



Servings: 4
Total Time: 30 mins
Cooking Time: 15 mins



INGREDIENTS

1kg spinach

80ml fresh cream

½ tsp finely chopped garlic

50g butter

salt & freshly ground black pepper

¼ tsp nutmeg (freshly grated is better)



METHOD

Tear the spinach stalks from the leaves and discard any brown leaves. Wash the leaves under running water until clean. Transfer to a large heated saucepan, cover and gently cook for 2 min over a low heat until fully wilted.

Drain in a colander and press out all the moisture.

Return the spinach to the pan and chop roughly.

Stir in the cream & garlic and re-heat gently.

Add the butter while stirring until it is fully absorbed into the spinach.

Season well with salt, pepper & nutmeg, and serve.



VARIATION

Stir in 200g crumbled Feta cheese into the spinach with the butter.





Dhal (Lentil Curry)

Servings: 4 (or 2 as a Main)
Total Time: 1 hr 30 mins
Cooking Time: 50 mins
Resting Time: 30 mins (to mature)



INGREDIENTS

850ml water

1 tsp minced or ground ginger

1 tsp ground cumin

1 tsp turmeric

1 tsp salt

225g green or brown lentils
(don't use red as they disintegrate)

2 potatoes, peeled & diced

1 Tbsp light olive oil or coconut oil

2 Tbsp butter

1 large onion, peeled & diced

1 green pepper, de-seeded & diced

1 tsp minced or ground ginger

1 tsp coriander powder

2 tsp curry powder or curry paste
finely chopped fresh or dried chillies
(to taste)

½ tsp freshly ground black pepper

½ tsp white pepper

1 tsp tomato paste

1 tsp finely chopped garlic

4 tomatoes, topped, tailed & diced



SERVING SUGGESTIONS

Serve as an accompaniment to a meat curry or serve as a main meal for 2 people with short grain (white or brown) or long grain (basmati) rice, natural yoghurt & Sambals*.

METHOD

In a saucepan containing the water, add the ginger, cumin, turmeric & salt.

Bring to a boil.

Stir in the lentils, let it come back to a gentle boil, turn down the heat & simmer for 5 mins.

Add the diced potatoes and continue cooking uncovered for 15 mins.

Stir the mixture occasionally to ensure that it doesn't stick to the bottom of the pan.

While the lentil mixture is cooking, heat up the olive oil & butter in another pan and fry the onion & green pepper over a fairly high heat until the onion has softened.

Lower the heat and stir in the remaining ingredients (ginger, coriander, curry powder/paste, chillies according to taste (refer to the *Chilli Hotness Guide**), black & white pepper, tomato paste, garlic and diced tomatoes). Cook for 1 min and add it to the lentil mixture.

Taste and season with more salt, curry powder or chillies as desired. With the pan still uncovered, cook gently for a further 10 mins while stirring occasionally.

The curry should be rested for at least 30 mins. Curries improve with age and the longer they are left to mature, the better. They can be kept in the fridge for up to 3 days & should be re-heated before serving.



VARIATION

Substitute the potatoes with 1 large aubergine for a meatier version.







Leek & Onion Tarts



Servings: 4 (4 tarts)
Total Time: 1 hr 15 mins
Cooking Time: 30 mins
Pre-heat Oven to 180°C



INGREDIENTS

100g leeks, cleaned & sliced
50g onions, peeled & diced
25g spring onions, finely sliced
40g Cheddar or Gouda cheese, grated
2 Tbsp milk
2 large eggs
2 tsp mustard, Dijon or wholegrain
½ tsp dried thyme
6 Tbsp cream cheese with onion & chives
salt & freshly ground black pepper



16 phyllo pastry squares (each 15x15cm)
melted butter, for brushing



VARIATIONS

Replace the leeks with sliced asparagus, mushrooms or artichokes & olives combo.

METHOD

Toss the leeks, onions, spring onions and cheese in a bowl. In another bowl, whisk the milk, eggs, mustard, thyme & 2 Tbsp cream cheese. Season with salt & pepper.

Lay the phyllo pastry squares on a flat surface & brush both sides lightly with melted butter. Line 4 muffin pan cups with 4 phyllo squares each, placing each layer individually & diagonally to the next.

Tuck back any exposed corners (to prevent burning) and press down each pastry cup to ensure that it fits snugly into the pan cup.

Blind bake the cups for 10 mins.

Remove from the oven & fill each cup with vegetable mix & top with egg mixture. Spread the remaining 4 Tbsp cream cheese on top.

Bake for 20 mins on the bottom shelf of the oven until golden and then rest the tarts on paper towel to drain any excess oil before serving.





Parsnip Mash



Servings: 4
Total Time: 35 mins
Cooking Time: 20 mins

INGREDIENTS

1kg parsnips, peeled
4 Tbsp butter
2 Tbsp finely chopped chives
salt & pepper, to taste



METHOD

Peel & chop the parsnips, place in a large saucepan and cover with water. Bring to a boil, reduce the heat and simmer covered for 10-15 mins until soft.

Drain in a colander, return to the pan together with the butter & mash well over a medium heat.

Season with salt & pepper, gently fold in the chives and serve.

HOW TO MAKE PARSNIP BALLS

Make Parsnip Balls with the mash, using:

2 eggs, beaten

250ml dried breadcrumbs

½ btl (375ml) light olive or coconut oil

Allow the mash to cool and stir in the egg. Form the mixture into balls & roll in breadcrumbs. Heat oil to 180°C & deep-fry balls in batches for 2-3 mins until golden.

Peas & Baby Carrots



Servings: 4
Total Time: 45 mins
Cooking Time: 30 mins

INGREDIENTS

270g fresh baby carrots, peeled
410g tin baby peas, drained
1 tsp butter
salt & pepper, to taste



METHOD

Place the carrots in a saucepan and cover with water. Bring to a boil, reduce the heat and simmer covered for about 10 mins until cooked through.

Drain the peas and add them to the carrots. Turn the heat up and bring to a boil. Reduce the heat and simmer for 5 mins.

Just before serving, drain in a colander and transfer to a serving bowl. Stir in the butter, season with salt & pepper and serve.





Perfect Roast Potatoes



Servings: 4
Total Time: 1 hr 30 mins
Cooking Time: 50-60 mins
Resting Time: 15 mins (to cool)
Pre-heat Oven to Grill



INGREDIENTS

1kg medium potatoes
1 tsp salt

125ml light olive oil



VARIATIONS

- * Sprinkle white onion soup powder over the potatoes before adding the olive oil.
- * Keep the potatoes whole and slice them diagonally $\frac{3}{4}$ -way through into 8 after par-boiling and before roasting them.

METHOD

Peel and quarter the potatoes. Cut off any sharp corners or ends as these burn quite easily during roasting.

Place in a saucepan and cover with cold water. Add the salt and bring to a boil.

Reduce the heat and simmer for about 10 mins until slightly underdone and still firm.

Drain and leave to cool for about 15 mins until they are able to be held. Score the potatoes all over with a fork and place in a roasting pan. Cover with the olive oil.

Grill in the oven on a middle shelf for about 30 mins until golden brown. Ensure the potatoes are turned every 10 mins to avoid over-browning.

Remove the potatoes from the oil into a warmed serving bowl and serve.





Potato Mash



Servings: 4
Total Time: 40 mins
Cooking Time: 25 mins



INGREDIENTS

1kg potatoes, peeled & quartered
1 tsp salt

4 Tbsp butter
4 Tbsp fresh cream, whipped
4 Tbsp milk
½ tsp nutmeg
salt & freshly ground black pepper



METHOD

Place the potatoes with the salt in a saucepan, cover with cold water and bring to a boil. Reduce the heat and simmer for about 15 mins until soft in the centre. Drain & mash well with the butter and then the cream & milk. Fold in the nutmeg, season with salt & pepper and serve.

HOW TO MAKE POTATO NESTS

Make Potato Nests with the mash, using:

1 egg, beaten
410g tin baby peas and/or sweetcorn
 Pre-heat the oven to 200°C.

When cool enough to handle, place the mash in a piping bag with a large star nozzle. Pipe 4 round (or square) cases on a greased baking sheet & egg wash the tops. Brown the cases on the top shelf of the pre-heated oven for 10 mins.

In the meanwhile heat the peas and/or sweetcorn and fill the nests once they have browned. Serve immediately.



Do not eat potatoes - rather make a Cauli Mash*.





Sweetcorn Fritters



Servings: 4 (8 large fritters)
Total Time: 45 mins
Cooking Time: 30 mins



INGREDIENTS

415g tin sweetcorn, cream style
1 cup self-raising flour
(or cake flour & 1½ tsp baking powder)
½ tsp salt
¼ tsp black pepper
1 large egg, beaten
2 Tbsp chopped chives



For Frying

light olive oil or coconut oil
butter

freshly ground salt

METHOD

Put the sweetcorn in a mixing bowl, sift in the flour, salt & pepper and add the beaten egg. With a wooden spoon, mix in the batter well & fold in the chives. Use the batter immediately; do not let it stand.

With equal quantities of olive oil & butter to lightly coat the bottom of a frying pan, and on a fairly high heat, shallow fry heaped serving spoons of batter to form fritters. Cook until bubbles appear & then turn over & brown the other side. Transfer the fritters to a warmed dish with paper towel to drain off any excess oil.

The fritters will have to be made in batches and can be kept warm in a low oven. Season with salt and serve.

SERVING SUGGESTION

Slightly undercook the fritters and then brown them on the braai just before the meat is done.

VARIATIONS

* Substitute the black pepper & chives with cayenne pepper & sliced spring onions.
* Add fried bacon bits & serve for breakfast.





Triple Cooked Chips



Servings: 4
Total Time: 3 hrs 45 mins
Cooking Time: 1 hr
Resting Time: 10 mins (to soak)
15 mins (to cool)
2 hrs (to chill)



INGREDIENTS

4 large potatoes, peeled
1 tsp salt

oil (light olive/coconut), for deep frying

salt, to taste

white or brown spirit vinegar, to taste



VARIATIONS

* It is only important for the chips to be the same thickness; vary the length or the shape (eg. rounds).

* Season with chilli salt or barbeque spice.

METHOD

Peel & cut the potatoes lengthways into 1cm thick chips, soak in enough cold water to cover them for 10 mins and then drain. Put the chips & salt into a large saucepan of cold water to cover them & bring to a boil. Turn down the heat and simmer for about 5 mins until just soft to the point of a knife. Drain & pat dry with paper towel. Lay the chips on a tray lined with paper towel and allow to cool for about 10-15 mins. Refrigerate for about 1 hr until cold.

In a large saucepan, heat the oil to 130°C, and add the chips without over-crowding. Fry the chips for about 10 mins until cooked through but not over-cooked. Remove, drain, pat dry & refrigerate the chips for about 1 hr until cold.

Re-heat the oil to 180°C and add the chips. Cook until crisp and golden. Drain and season with salt and/or vinegar to taste.





Yorkshire Puddings



Servings: 4 (4-6 puddings)

Total Time: 1 hr 45 mins

Cooking Time: 20-30 mins

Resting Time: 1 hr (to prove)

Pre-heat Oven to 200 °C



METHOD

Sift the flour & salt into a large mixing bowl and make a well in the centre.

Break the eggs into the well and add a little milk. With a wooden spoon, gradually draw in the flour and mix the ingredients together while slowly adding milk until a thick batter is formed. Beat the batter with a wooden spoon until smooth. Beat in the remaining milk. Leave the batter to stand at room temperature for 1 hr.

INGREDIENTS

125g self-raising flour

(or cake flour & 1 tsp baking powder)

½ tsp salt

2 large eggs

200ml milk

6 Tbsp cooking fat

(or fat from the roast)

2 Tbsp cold water



Spoon 1 Tbsp cooking fat into each of the 6 muffin tin cups and place in the pre-heated oven until smoking hot (about 5 mins).

Stir the batter, mix in the cold water and quickly pour the batter into the muffin cups until two-thirds full.

VARIATION

Make a single large Yorkshire Pudding by using a shallow baking tin instead of the muffin pan.

Bake on the top shelf for 20-30 mins without opening the oven until risen, crisp & golden brown.

Serve immediately.





Salads & Cold Sides



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Avocado Caprese Salad



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Servings: 4
Total Time: 20 mins



METHOD

Sprinkle the rocket over a serving plate.

INGREDIENTS

20g rocket

2 buffalo Mozzarella balls (about 280g)
1 avocado pear, peeled & de-pipped
3 Italian plum tomatoes
bunch of fresh basil

freshly ground salt & pepper
extra virgin olive oil
balsamic vinegar (optional)



Slice the Mozzarella balls into 8 and arrange individually on top of the rocket.

Halve the avocado pear, slice into 16 and place 2 pieces of avocado pear on top of each slice of cheese.

Top & tail the tomatoes, slice into 16 and place 2 slices on top of each stack.

Arrange the basil on top of the stacks and the rest of the plate, season with salt & pepper, drizzle with olive oil & balsamic vinegar (optional), and serve.



SERVING SUGGESTION

Serve as a starter to an Italian meal.





Carrot & Capsicum Salad

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Servings: 4
Total Time: 20 mins



METHOD

Finely slice the lettuce.

INGREDIENTS

100g frilly lettuce

1 green pepper

1 red pepper

1 yellow pepper

80g spring onions

1 large carrot



Top & tail the green, red & yellow peppers, remove the piths and seeds, and slice diagonally into thin strips.

Top & tail the spring onion and slice diagonally.

Peel the carrot, divide it lengthwise into 3 pieces and slice the pieces diagonally into thin strips.

Toss all the ingredients into a salad bowl and serve.



HOW TO MAKE VINAIGRETTE DRESSINGS

For a *Basic Vinaigrette Dressing*

Mix 1 part vinegar (wine, spirit or balsamic) to 3 parts oil (extra virgin olive oil or light olive oil).

For a *Lemon Vinaigrette Dressing*

Mix 1 part lemon juice to 3 parts oil.

SERVING SUGGESTIONS

Serve with a *Vinaigrette Dressing** or a creamy salad dressing in a separate jug on the side.





Chopped Salad with Blue Cheese Dressing



Servings: 4
Total Time: 30 mins



INGREDIENTS

For the Salad

1 green pepper
1 onion
4 medium salad tomatoes
2 celery stalks
1 avocado pear
juice of 1 lemon



For the Blue Cheese Dressing

100g blue cheese
3 Tbsp tangy mayonnaise
3 Tbsp natural mayonnaise
2 Tbsp French vinaigrette salad dressing
2 Tbsp blue cheese creamy salad dressing



METHOD

For the Salad

Prepare the following ingredients into a large salad bowl.

Top and tail the green pepper, remove the pith and seeds, and dice.

Peel and dice the onion.

Top and tail the tomatoes and dice.

De-string the celery and slice thinly.

Peel the avocado, slice into 8 pieces, dice & coat with lemon juice.

For the Blue Cheese Dressing

Crumble or grate the blue cheese into a bowl and add the remaining ingredients.

Mix well.

To serve, gently mix the salad ensuring that all elements are evenly distributed.

Serve the dressing in a separate bowl.





Fig & Mozzarella Salad with Honey Dressing



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Servings: 4
Total Time: 20 mins



INGREDIENTS

For the Salad

60g mixed lettuce
(baby spinach, basil, rocket and/or watercress)
4 figs (about 250g), stems removed
1 buffalo Mozzarella ball (about 140g)
2 Italian plum tomatoes
100g black Calamata olives



For the Honey Dressing

6 Tbsp extra virgin olive oil
3 Tbsp lemon juice
1 Tbsp honey or ¼-½ tsp stevia powder
freshly ground salt & black pepper

VARIATIONS

Add 100-150g Parma ham or prosciutto twirls between the figs before adding the Mozzarella, tomatoes & olives and serve as a starter or lunch for 4 people.

METHOD

For the Salad

Spread the lettuce over a flat serving plate. Cut a cross into the figs to about ½cm from the bottom. Squeeze the base of the fig to expose the inside and lay the figs evenly over the lettuce.

Tear the Mozzarella into largish pieces and lay between the figs.

Slice each tomato into 6 wedges and lay the slices in any gaps in the salad.

Sprinkle the olives evenly over the salad.

For the Honey Dressing

Add the olive oil, lemon juice, honey & freshly ground salt & black pepper to a jar. Close the lid & shake well.

Just before serving, drizzle half the dressing over the salad and serve the rest of the dressing in a jug on the side.

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B

Use stevia - not honey. Depending on the make, the quantity of stevia may need adjusting - so taste!





Good Old Potato Salad



Servings: 4
Total Time: 1 hr 15 mins
Cooking Time: 30 mins
Resting Time: 15 mins (to cool)



INGREDIENTS

500g potatoes (new baby or 4 medium)
2 large eggs

30ml apple cider vinegar

1 onion, peeled & finely diced
2 Tbsp finely chopped chives
freshly ground salt & pepper

¼ cup natural mayonnaise
¼ cup tangy mayonnaise
2 drops tabasco sauce



VARIATIONS

- * Replace the chives with parsley.
- * Replace the onions with spring onions.
- * Add fried bacon bits and/or lightly crushed walnuts for a “meatier” version.

METHOD

Place the unskinned potatoes in a saucepan, cover with cold water & bring to a boil. Reduce the heat, cover & simmer until tender. Drain & allow to cool (about 15 mins). Leave baby potatoes unskinned & halved them; peel whole potatoes & cut into large dices.

At the same time, place the eggs in a small saucepan of cold water, bring to a boil and then simmer for 10 mins. Allow the eggs to cool, peel and coarsely grate them.

Place the potatoes in a salad bowl and moisten with vinegar. Add the diced onion, 1½ Tbsp chopped chives, ¾ of the grated egg & season with salt & pepper.

Mix the mayonnaise & tabasco sauce together well and fold into the potatoes until well coated.

Garnish with the remaining grated egg & chopped chives. Refrigerate until serving.





Italian Tossed Salad with Italian Dressing

LCHF



Servings: 4
Total Time: 30 mins



INGREDIENTS

For the Salad

60g crisp lettuce
2 green peppers
2 small onions
10 Italian plum tomatoes
2 avocado pears
2 tsp lemon juice
200g black Calamata olives



For the Italian Dressing

2 tsp finely chopped garlic
2 tsp English mustard powder
2 tsp dried origanum
2 Tbsp balsamic vinegar
2 Tbsp red wine vinegar
150ml extra virgin olive oil
freshly ground salt & black pepper



METHOD

For the Salad

Prepare all the following ingredients into a large salad bowl.

Tear up the lettuce.

Top, tail & de-seed the green peppers; slice diagonally into thin slices.

Peel the onions and slice into thin rings.

Cut each tomato into 8 thin wedges.

Peel the avocado pears & discard the pips.

Slice into thin wedges and coat with lemon juice (prevents it browning).

Squeeze or cut out the pips from the olives.

For the Italian Dressing

In a jar, add the garlic, mustard powder, origanum & vinegars. Close the lid & shake well. Add the olive oil, season with salt & pepper, close the lid & shake again well.

To serve, toss the salad ensuring that the ingredients are evenly distributed & place the salad dressing separately on the side.





Pomegranate & Blue Cheese Salad



Servings: 4
Total Time: 30 mins



METHOD

Halve the pomegranate and turn inside out over a bowl to extract the seeds and juice.

Tear up the lettuce and scatter it over a serving plate.

Score the skin of the cucumber with a fork and thinly slice.
Tuck the cucumber slices into the lettuce.

Quarter the plum tomatoes and lay them over the lettuce and cucumber.

Crumble the blue cheese into large chunks and scatter over the salad.

Sprinkle the pomegranate seeds & juice over the top of the salad and serve.

INGREDIENTS

2 pomegranates

*60g mixed lettuce
(crisp, watercress, rocket, cos, frilly)*

½ English cucumber

8 Italian plum tomatoes

200g blue cheese





Potato & Beetroot Salad with Mustard Mayo Dressing



Servings: 4
Total Time: 2 hrs 30 mins
Cooking Time: 1 hr 30 mins
Resting Time: 20 mins (to chill)



INGREDIENTS

For the Salad

2 potatoes (300g)
4 whole beetroot (200g)
2 Tbsp brown spirit vinegar
2 Italian plum tomatoes (150g)
50g mixed lettuce



For the Mustard Mayo Dressing

3 Tbsp natural mayonnaise
3 Tbsp tangy mayonnaise
2 tsp Dijon or English mustard
2 Tbsp extra virgin olive oil

freshly ground salt & black pepper



METHOD

For the Salad

In a saucepan, cover the unpeeled potatoes with water, bring to a boil & then simmer for about 30 mins until cooked but still firm. Place in a bowl of cold water.

Top & tail the beetroot, cover with water in a saucepan, add the vinegar, bring to a boil & then simmer for about 1 hr until cooked through. Drain & slide all the skin from the beetroot. Allow to cool in the fridge for 20 mins & slice into wedges.

Drain the potatoes, peel and slice each into wedges. Trim the tomatoes & slice into wedges. Tear the lettuce & spread over a flat serving plate. Lay the potato, beetroot & then tomatoes evenly over the top.

For the Mustard Mayo Dressing

In a small bowl, add the mayonnaise, mustard & olive oil & mix well.

Just before serving, spoon the dressing over the potatoes & then the rest of the salad. Season with salt & black pepper.





sambals (curry sides)

Chilli Chutney



Servings: 250ml jar
Total Time: 1 hr 15 mins
Cooking Time: 50 mins

INGREDIENTS

200g finely chopped chillies
(refer to the Chilli Hotness Guide*)
1 onion, peeled, halved & sliced
2 tsp finely chopped garlic
1 tsp salt
½ tsp cayenne pepper
2 tsp minced ginger
2 Tbsp extra virgin olive oil
175ml white spirit vinegar
½ tsp freshly ground black pepper



METHOD

Add all ingredients to a saucepan. Bring the mixture to a boil, turn down to a low heat & then simmer gently for about 40 mins until thickened & shiny. Gently mash to desired consistency. Bottle into a hot jar (pre-heated in hot water) and seal immediately.

TIPS

* Once cooled, the chutney can be kept in the fridge for up to 3 months.
* It is best to mature the chutney for 24 hrs before use.

Tomato & Onion



Servings: 4
Total Time: 15 mins

INGREDIENTS

2 Italian plum tomatoes
1 small onion
1 Tbsp freshly chopped coriander leaves
1 tsp extra virgin olive oil



METHOD

Top, tail & finely dice the tomatoes.
Place in a bowl.

Peel & finely dice the onion and add to the tomatoes.

Add the chopped coriander & olive oil to the tomatoes & onions and mix well.

Transfer to a serving dish & refrigerate until serving.



SERVING SUGGESTION

Also serve sprinkled over poppadums as a starter or appetiser.





sambals (curry sides)

...continued...

Cucumber Raita



Servings: 4
Total Time: 1 hr
Cooking Time: 5 mins
Resting Time: 30 mins (to drain)

INGREDIENTS

1 English cucumber
½ tsp salt
180ml Greek or natural yoghurt
2 Tbsp freshly chopped mint
½ tsp cumin seeds, toasted & crushed
1 tsp lemon juice
freshly ground black pepper, to taste
1 Tbsp extra virgin olive oil



METHOD

Peel & grate the cucumber into a sieve. Sprinkle with salt & mix. Drain for 30 mins. Lightly toast the cumin seeds in a fairly hot frying pan for 1-2 mins. In a bowl, mix the yoghurt, cucumber, half the mint, and the cumin seeds, lemon juice & plenty of ground black pepper. Transfer to a serving dish & pour the olive oil evenly over the raita. Garnish with the remaining mint & refrigerate until serving.

Banana Raita



Servings: 4
Total Time: 15 mins

INGREDIENTS

3 bananas
1 tsp lemon juice
125ml Greek or natural yoghurt
2 Tbsp milk



METHOD

Peel & cut the bananas lengthwise into 4 and then slice. Place in a bowl and coat the banana with the lemon juice. Fold in the yoghurt and milk. Transfer to a serving dish and refrigerate until serving.

SERVING SUGGESTIONS

Other Sambals that can be served (in separate bowls) include peach chutney, desiccated coconut, *Chopped Chillies** as well as poppadums.

HOW TO MAKE CHOPPED CHILLIES

Top, tail, de-seed and finely chop fresh chillies. Put them in a jar covered with light olive oil - they keep in the fridge for weeks!





Walnut & Avo Salad with Mustard Dressing



Servings: 4
Total Time: 40 mins
Cooking Time: 5 mins
Pre-heat Oven to 160 °C



METHOD

Spread the walnuts on an oven tray & bake in the pre-heated oven for 5 mins until lightly toasted. Cool and roughly chop.

INGREDIENTS

For the Salad

½ cup walnuts
60 g mixed green lettuce
½ onion, peeled & halved
2 avocado pears
1 Tbsp lemon juice

For the Mustard Dressing

3 Tbsp extra virgin olive oil
2 Tbsp lemon juice
1 tsp wholegrain mustard
freshly ground salt & black pepper



For the Mustard Dressing

Add the olive oil, lemon juice & mustard to a jar. Season with salt & pepper, close the lid and shake to combine.

For the Salad

Break up the lettuce into bite-size pieces & finely slice the onion. Place the lettuce & onion slices in a salad bowl and drizzle half the dressing over the top. Toss to combine. Slice the avocado pear, coat with lemon juice and place on top of the salad.

Scatter the walnuts over the salad, drizzle over the remaining dressing & serve.

VARIATIONS

- * Add 2 sliced green apples in lemon juice
- * Substitute the lettuce for baby rocket leaves (more peppery)
- * Substitute the onion for a red onion (sweeter).

SERVING SUGGESTIONS

As a lunch, season chicken fillets with chicken spice, pan-fry in olive oil, slice & place on top of the salad before dressing.



Breads

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Banting Buttermilk Seed Loaf



Servings: 1 medium loaf
Total Time: 1 hr 30 mins
Cooking Time: 50 mins
Resting Time: 15 mins (to cool)
Pre-heat Oven to 180 °C

INGREDIENTS

100ml (70g) flaxseeds (golden or brown)
100ml (62g) sunflower seeds
200ml (100g) almond flour
2 Tbsp psyllium husks
2 tsp baking powder
1 tsp salt
a pinch of stevia (powder) or 1 tsp xylitol
250g buttermilk
6 large eggs
a few pumpkin and/or sesame seeds



VARIATIONS

- * Instead of buttermilk, use Greek yoghurt or sour cream
- * Add chopped nuts or cranberries
- * Form 6-12 individual rolls on an greased baking tray & bake for about 30 mins.

METHOD

Finely grind the flaxseeds in a coffee grinder. Transfer to a large bowl.

Finely grind the sunflower seeds in the coffee grinder & transfer to the same bowl. Add the almond flour, psyllium husks, baking powder, salt & stevia to the ground seeds & mix well.

In a separate bowl, add the buttermilk & eggs and whisk well.

Pour the buttermilk mixture into the flour/seed mixture and mix well (with a wooden spoon).

Pour the dough into a greased loaf tin and sprinkle the top with pumpkin and/or sesame seeds.



Bake in the oven for 50 mins until cooked through (a skewer comes out clean when inserted).

Remove from the oven, turn out onto a wire rack or breadboard and allow to cool for 15 mins before slicing.





Beer Bread



Servings: 1 medium, 2 small or
12 mini loaves

Total Time: 40-50 mins

Cooking Time: 20-30 mins

Pre-heat Oven to 180 °C

INGREDIENTS

500g self-raising flour
(or cake flour & 3 tsp baking powder)
1 tsp salt

330ml beer (at room temperature)

2 large eggs

100g Cheddar cheese, grated

60g pkt white onion soup powder



METHOD

Sift the flour & salt into a mixing bowl.

Add the beer, eggs, cheese & soup powder and mix well.

Grease & press the dough into either 1 medium loaf tin, 2 small loaf tins or a tin for 12 mini loaves.

Bake the mini loaves for 20 mins or the medium & small loaves for 30 mins until golden brown & cooked (a skewer comes out either clean or with only cheese when inserted).

Serve warm or cool.



SERVING SUGGESTION

Serve as an accompaniment to a meal with loads of hard butter.

VARIATIONS

Replace the Cheddar cheese with other varieties or just leave out the cheese.





Breakfast Loaf



Servings: 1 loaf
Total Time: 1 hr 15 mins
Cooking Time: 50-60 mins
Pre-heat Oven to 180°C

INGREDIENTS

100g wheat bran
140g cake flour
130g wholewheat brown flour
½ tsp salt
½ tsp baking powder
40g sultanas
40g dried cranberries
100g fruity muesli
¼ cup soft brown sugar

½ Tbsp cream of tartar
1 Tbsp water

2 cups warm water



METHOD

In a large mixing bowl, mix the bran, cake flour, wholewheat flour, salt, baking powder, sultanas, cranberries, muesli & sugar together well.

In a separate dish, mix the cream of tartar with the Tbsp of water and add to the flour mixture.

Add the warm water to the flour mixture & mix well into a loose dough.

Turn the dough into a greased loaf tin and bake for 50-60 mins until golden brown & cooked through (a skewer comes out clean when inserted).

Serve sliced while warm or cooled.

SERVING SUGGESTION

Serve warm with hard butter, jams or patés, and a selection of cheeses.





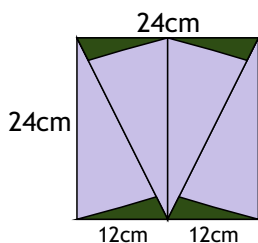
Croissants



Servings: 4 (8 croissants)
Total Time: 40 mins
Cooking Time: 20 mins
Pre-heat Oven to 200°C

INGREDIENTS

400g frozen ready-rolled puff pastry
(2 sheets 24x24cm)
cake flour, for dusting
1 egg, beaten
2 Tbsp butter, melted
butter, for greasing



triangle
trim

HOW TO MAKE CHOCOLATE CROISSANTS

Place a few chocolate chips about 2cm from the base of the triangle before rolling.

METHOD

Lay a frozen ready-rolled pastry sheet onto a lightly floured surface. As illustrated in the diagram, divide the sheet in half & then cut each half diagonally in half (corner to corner) creating 4 elongated triangles.

Trim the base of each triangle to make the other two sides equal.

Repeat for the 2nd sheet of pastry.

Brush the triangles with egg, turn over and brush with melted butter.

Cut a 1½cm slit in the base of each triangle, slightly stretch the base out & loosely roll it up towards its opposite point.

If preferred, lightly curl the ends of each croissant towards its centre.

Grease a large baking sheet with butter & place the croissants tip-side down and at least 5cm apart.

Place in a 200°C pre-heated oven and immediately turn the oven down to 180°C.

Bake until golden & puffed (about 20 mins) and serve while warm.





Crusty Portuguese Rolls

Servings: 12 rolls
Total Time: 3 hrs 25 mins
Cooking Time: 10-15 mins
Resting Time: 2 hrs 30 mins (to prove)
Pre-heat Oven to 260°C

INGREDIENTS

For the Batter

1 pkt (10g) instant dry yeast
125ml lukewarm water
2 tsp white sugar
1 cup cake flour
(or white bread or wholewheat bread)

For the Dough

4 cups cake flour
(or white bread or wholewheat bread)
½ tsp salt
2 Tbsp butter
1 tsp shortening
1½ cups lukewarm water

butter, for greasing



SERVING SUGGESTIONS

* Best served hot with cold hard butter.
* Serve as an accompaniment to *Beef Oxtail Stew**, *Peri-Peri Baby Chickens**, *Chicken GIBLETS Peri-Peri** or any soup.

METHOD

For the Batter

In a small bowl, mix together the yeast, water & sugar and set aside for 5 mins to dissolve.

Transfer the yeast mixture to a large bowl, add 1 cup flour & mix to make a thick batter.

Cover with a tea cloth and rest in a warm place for 1 hr to double in size.

For the Dough

Remove cloth from the bowl, add the flour, salt, butter, shortening & water and mix well to incorporate.

Turn the dough out onto a well-floured surface and knead well for about 10 mins until smooth & silky, adding more flour if the dough becomes too sticky.

Place the dough in a lightly greased bowl, cover with a tea cloth and rest in a warm place for 1 hr to double in size.

Knock back the dough and divide into 12 equal portions. On a floured surface, roll each portion into a smooth ball.

Flatten each ball by pressing down with the palm of your hand.

With the side of your hand, make an indent in the middle of the roll and fold back one half over the other to form a crease.

Pinch the ends of the roll and sprinkle with flour.

Place the rolls on a lightly greased & floured baking sheet (crease down), cover with a tea towel and rest in a warm place for another 30 mins.

Inverse the rolls so that the crease is showing up and bake for 10-15 mins. Serve hot or cooled.







Focaccia with Olives & Rosemary



Servings: 1 loaf
Total Time: 3 hrs 15 mins
Cooking Time: 20-25 mins
Resting Time: 2 hrs (to prove)
Pre-heat Oven to 200 °C

INGREDIENTS

500g white bread wheat flour
1 tsp salt
300ml tepid water
10g instant dry yeast
1 Tbsp white sugar
3 Tbsp extra virgin olive oil
100g black Calamata olives, de-pipped
1 large bunch of rosemary
freshly ground salt & pepper



extra virgin olive oil, for greasing
white bread wheat flour, for dusting
extra virgin olive oil, for drizzling

VARIATIONS

Instead of olives & rosemary, top with cherry tomatoes & basil or garlic & cheese.

METHOD

Sift the flour & salt into a pile on a clean surface & make a well. Add half the water, yeast, sugar & olive oil into the well. With a fork, gradually draw in a little of the flour into the liquid until a porridge consistency is achieved. Add the rest of the water to the well & gradually draw in the remaining flour to make a smooth dough. Re-flour the surface and with floured hands, knead the dough for at least 5 mins until smooth. Transfer to a floured bowl, cover with a tea towel & leave for 1 hr in a warm place to prove & double in size. Knock back the dough & on a floured surface, knead the dough well until smooth. Oil a shallow baking tin, dust with flour & spread the dough across the tin to about 1½cm thick. Press in the olives, tuck in sprigs of rosemary & drizzle with olive oil. Cover with a tea towel & prove for 1 hr. Press the rosemary down & bake for 20-25 mins until golden brown & crispy. Serve warm.





Garlic & Cheese French Bread



Servings: 1 loaf
Total Time: 45 mins
Cooking Time: 20 mins
Pre-heat Oven to 180 °C

INGREDIENTS

1 French bread baguette
(about 45cm long)

125g soft butter

5 tsp garlic

1 Tbsp finely chopped fresh parsley

½ tsp finely chopped chillies (optional)

125g (jar) Cheddar cheese spread

VARIATIONS

* Instead of cheese spread, use thin slices of Mozzarella cheese.

* Instead of French bread, use *Crusty Portuguese Rolls** prepared in the same way as the loaf & wrapped individually in tin foil for separate servings.

METHOD

Slice the baguette into 1½cm thick slices while stopping short of cutting through the base of the bread.

Mix the butter, garlic, parsley & chillies (optional) together into a paste and spread thickly on one side of each slice of bread.

Spread the cheese spread thickly on the other half of each slice.

Press the slices together and spread any remaining garlic butter on the top of the loaf.

Wrap the bread in tin foil and seal well.

Bake on a baking sheet in the oven for 20 mins until hot in the centre. For a more crispy bread, remove the tin foil for the last 10 mins.

Serve hot.





Low-Carb Oopsie Rolls



Servings: 6 rolls
Total Time: 1 hr
Cooking Time: 20-30 mins
Resting Time: 10 mins (to cool)
Pre-heat Oven to 150 °C

INGREDIENTS

3 large eggs

a pinch of salt
85g cream cheese



3g (2 sticks) stevia (powder),
optional for sweeter rolls

a big pinch of cream of tartar

VARIATIONS

Make a pizza base by spreading the entire mixture over the baking tray to form a flat round. Once cooked, immediately apply your favourite pizza sauce & toppings before returning to the oven to grill.

METHOD

Separate the eggs into small bowls. Add the salt, cream cheese & stevia (if used) to the egg yolks & blend well. Whisk the egg whites & cream of tartar to very stiff peaks.

Gently fold the egg whites into the cream cheese mixture, keeping it light & airy & being careful not to break down the whites. On a greased baking tray, form 6 individual rounds and flatten slightly. Bake in the oven for 20-30 mins or until cooked through (they should be fairly soft; do not overcook as the bread will become dry & crumbly if baked too long.) Remove from the oven and allow to cool for 10 mins before using.

SERVING SUGGESTIONS

Use for sandwiches, hamburgers or hot dogs (without the stevia), or fill with whipped cream & berries for a dessert.





Mielie Bread



Servings: 1 large loaf
Total Time: 1 hr 30 mins
Cooking Time: 1 hr
Resting Time: 15 mins
Pre-heat Oven to 180 °C

INGREDIENTS

1 cup cake flour
2 tsp baking powder
1 cup maize meal (mielie meal)
½ tsp cayenne pepper
½ tsp salt

250ml buttermilk
3 large eggs, beaten
4 Tbsp light olive oil
415g tin sweetcorn, cream style



METHOD

Sift the flour into a large mixing bowl. Mix in the baking powder, mielie meal, cayenne pepper & salt.

In smaller bowl, combine the buttermilk, eggs, oil & sweetcorn.

Mix the wet ingredients into the dry ingredients and blend well.

Pour the dough into a greased loaf tin and bake for about 1 hr until cooked (a skewer comes out clean when inserted).

Remove from the oven & allow to cool slightly for about 15 mins before slicing.

Serve warm with plenty of butter.



HOW TO MAKE A POTJIE BREAD

Instead of baking in the oven, bake this bread in a greased flat-bottomed potjie over medium-hot coals for about 1 hr.





Naan Bread with Garlic & Cheese



Servings: 6 naans
Total Time: 5 hrs
Cooking Time: 5 mins
Resting Time: 4 hrs (to prove)
Pre-heat Oven to Grill

INGREDIENTS

2 tsp instant dry yeast
1½ cups warm water
4 cups white bread wheat flour
2 tsp salt
2 pinches of baking powder
2 tsp white sugar
5 Tbsp Greek or natural yoghurt



white bread wheat flour, for dusting
1 tsp light olive oil, for greasing

light olive oil or butter, for brushing
6 tsp finely chopped garlic
9 Tbsp Cheddar cheese, finely grated
3 tsp finely chopped chillies (optional)
freshly ground salt & black pepper

TIPS

* halve the ingredients to make fewer naans.

* The dough can be prepared in advance...

Just before knocking back to make the individual naans, place the dough in a plastic bag, seal and place in the fridge until needed. The dough should be used within 2 days and brought back to room temperature before knocking back.

* Cooked naans can be frozen...

Just wrap & freeze them individually in tin foil and when required, defrost to room temperature, sprinkle lightly with water on both sides & re-heat in an oven set to 180°C for 8-9 mins.

Alternately, re-heat from frozen in the microwave on high for 1 min.

METHOD

In a small bowl, mix the yeast & water and set aside for 5 mins.

Sift the flour, salt & baking powder into a large mixing bowl. Mix in the sugar & yoghurt and then the yeast water.

On a floured surface, knead the dough well for at least 10 mins. Lightly flour hands if the dough is too sticky.

Place the dough into a bowl greased with olive oil, cover with a tea cloth & leave to prove for about 4 hrs.

Knock back the dough & divide into 12. Using a little flour if sticky, roll into balls & then roll & stretch with floured hands to flatten into thin ovals each about 20cm long & 10cm wide. The flatter the naans, the better they will puff up.

Brush both sides of the ovals lightly with oil or butter and spread each with 1 tsp garlic, 1½ Tbsp cheese & ½ tsp chillies (optional). Cover with another oval & press the ends to seal. Repeat to make the other 5 naans.

Pre-heat a baking tray in the oven for about 5 mins until hot.

Cover the hot baking tray with baking paper & place as many naans that fit on top.

Season with salt & pepper.

Grill on a lowish shelf for about 5 mins until risen & brown/black spots appear.

Remove from the oven and wrap in a fluffy tea towel placed in a basket to keep warm.

Repeat for any additional naans.

Serve immediately while warm.

VARIATION

Make 12 single layer naans topped with garlic (and chillies if desired), seasoned with salt & pepper & grilled for 3 mins.







Potato Bread with Feta & Spring Onions



Servings: 1 medium loaf
Total Time: 1 hr
Cooking Time: 45 mins
Pre-heat Oven to 180°C

INGREDIENTS

1 medium potato (175g), peeled
175g self-raising flour
(or cake flour & 1 tsp baking powder)
1 tsp salt
pinch of cayenne pepper
110g Feta cheese, crumbled
2 Tbsp spring onions, finely sliced
1 tsp freshly chopped origanum leaves
1 large egg
2 Tbsp milk
1 tsp grain mustard
self-raising or cake flour, for dusting
fresh origanum leaves, for dressing



VARIATIONS

Replace the Feta, onions & origanum with
* sun-dried tomatoes, olives & thyme, or
* fried onions, grated cheese & rosemary

METHOD

Grate the potato into a mixing bowl and sift in the flour, salt & cayenne pepper. Stir in 90g of the Feta cheese, the spring onions and chopped origanum.

Beat the egg, milk & mustard in a separate bowl and then pour it into the potato mixture. With a palette knife, blend all the ingredients together well to a loose rough dough.

On a greased baking sheet that has been lightly floured, form the dough into a round. Press the remaining cheese & origanum leaves on the top.

Bake the bread on the middle shelf for about 45 mins or until golden brown & cooked (a skewer comes out clean when inserted).

Serve hot.





Biscuits & Cakes



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Banana Loaf with Nuts



Servings: 1 loaf
Total Time: 1 hr 30 mins
Cooking Time: 1 hr
Resting Time: 15 mins (to cool)
Pre-heat Oven to 180 °C

INGREDIENTS

2 cups self-raising flour
(or cake flour & 3 tsp baking powder)
1 cup white sugar
¾ cup milk
½ cup butter
½ tsp bicarbonate of soda
2 large eggs, beaten
½ tsp vanilla essence

3 bananas, mashed
60g whole almonds, lightly crushed
60g walnuts, lightly crushed

cold butter, for spreading



METHOD

Sift the flour into a mixing bowl.
Add the sugar, milk, butter, bicarbonate of soda, beaten eggs & vanilla essence and mix well.
Fold in the mashed bananas & 50g each of the almonds & walnuts.

Pour the mixture into a large buttered loaf tin & sprinkle the top with the remaining nuts.

Bake for 1 hr or until cooked (a skewer comes out clean when inserted). Allow to cool for at least 15 mins before turning it out onto a breadboard.

To serve, cut into thick slices & butter.



VARIATIONS

Replace the bananas with 4 peeled, cored & grated apples or pears.





Cheese Scones



Servings: 6 large scones
Total Time: 30 mins
Cooking Time: 10-12 mins
Resting Time: 5 mins (to cool)
Pre-heat Oven to 210 °C

INGREDIENTS

1 cup self-raising flour
(or cake flour & 1½ tsp baking powder)
1 cup finely grated Cheddar cheese
1 large egg, beaten to make up
1 cup milk
pinch of cayenne pepper
pinch of salt
pinch of black pepper
butter, for greasing



butter, for spreading
6 tsp smooth apricot jam
120g Cheddar cheese, finely grated

VARIATION

The scones can also be served with strawberry jam & a dollop of fresh cream.

METHOD

In a large mixing bowl, hand mix the flour, & finely grated cheese.

Beat the egg in a cup and top up with milk to make a full cup.

Pour the egg & milk mixture into the flour mixture & mix in the cayenne pepper, salt & black pepper well to form a loose dough.

Grease a 6 pan muffin pan with butter and spoon the loose dough equally into the cups. Bake in the oven for 10-12 mins until golden brown.

Allow to cool slightly (about 5 mins) and then slice each scone across in half.

With the inside half facing up, spread each with butter & jam and sprinkle with finely grated cheese.





Chocolate Cake à la Pat



Servings: 1 cake

Total Time: 1 hr

Cooking Time: 6 mins

INGREDIENTS

For the Chocolate Cake

1 cup cake flour

1 cup white sugar

1 Tbsp baking powder

3 Tbsp cocoa powder

pinch of salt

2 large eggs

1 Tbsp light olive oil

1 tsp vanilla essence

1 cup boiling water



For the Chocolate Icing

500g icing sugar

125g softened butter

3 Tbsp cocoa powder

1 tsp vanilla essence

1-4 Tbsp boiling water

30-50g flaked chocolate



VARIATIONS

* Top with nuts, cherries or fresh berries.

* Instead of icing the cake, spread the cake with 360g tin caramel - quick & also nice!

* Make 2 cakes and layer with strawberry jam and ice the layered cake with chocolate icing (the same quantity as used for a single layer is sufficient).

METHOD

For the Chocolate Cake

Sift the flour into a large mixing bowl & mix in the sugar, baking powder, cocoa powder & salt.

Whisk the eggs, oil & vanilla essence in a separate bowl.

Slowly (to prevent the egg from scrambling) pour the boiling water into the egg mixture while still whisking.

Add the egg mixture to the dry ingredients & mix gently to combine.

Lightly spray a microwaveable cake mould with a non-stick agent.

Pour the cake mixture into the cake mould and microwave on high for 6 mins.

Turn the cake out onto a wire rack & allow to cool while preparing the icing.

For the Chocolate Icing

Sift the icing sugar into a bowl and with a wooden spoon, mix the butter & cocoa powder together well.

Add 1 Tbsp boiling water & blend the icing with an electric mixer.

While still blending, slowly add boiling water a little at a time until the icing has reached a spreadable consistency and is smooth and shiny.

Finally, blend in the vanilla essence.

Cake Assembly

Transfer the cake to cake plate.

Using a round-bladed knife occasionally dipped in hot water (to make spreading easier), ice the cake.

Sprinkle with flaked chocolate.







Crunchies



Servings: 24 crunchies
Total Time: 45 mins
Cooking Time: 20-30 mins
Pre-heat Oven to 180°C

INGREDIENTS

200g butter

1 Tbsp golden syrup

1 tsp bicarbonate of soda

2 cups oats

1 cup desiccated coconut

1 cup self-raising flour

(or cake flour & 1½ tsp baking powder)

1 cup white sugar



butter, for greasing

VARIATIONS

* Use half the sugar for a less sweeter version.

* Add chocolate chips for a richer version.

METHOD

In a large saucepan, melt the butter and syrup together.

Remove the pan from the heat and stir in the bicarb until it froths.

Stir in the oats ensuring it is fully combined with the liquid.

Add the coconut, flour and sugar to the mixture and mix well.

Press the mixture into a roasting pan that has been well greased with butter and flatten with the back of a spoon.

Bake in the pre-heated oven for 20-30 mins until golden brown (cooking for longer makes them drier & crunchier).

Remove from oven & slice immediately into squares. Lightly press down the biscuits to incorporate any loose crumbs.

Allow to cool to room temperature before removing from the pan to serve or store.





Flapjacks



Servings: 24 flapjacks
Total Time: 1 hr
Cooking Time: 30 mins

INGREDIENTS

2 cups self-raising flour
(or cake flour & 3 tsp baking powder)
½ tsp salt
½ cup white sugar
2 large eggs
250ml milk
2 Tbsp butter, melted



butter, for frying

butter, for spreading
60-100ml jam (strawberry or apricot)
100g Cheddar cheese, grated
100ml fresh cream



METHOD

Sift the flour & salt into a mixing bowl.
Beat in the sugar, eggs, milk & melted butter well to make a smooth batter.
Do not stir the batter again.

Heat a large frying pan until hot & then turn the heat down to medium-high.
Lightly coat the pan with butter & spoon in heaped tablespoons of batter leaving sufficient room between the flapjacks.
As soon as bubbles appear on the surface, flip the flapjacks over & brown the other side. Place on a serving plate in a low oven to keep warm.
Repeat for the remaining flapjacks ensuring that the pan is kept buttered & to a medium-high heat.

Whip the cream to soft peaks.
Remove the flapjacks from the oven and serve with butter & bowls of jam, grated Cheddar cheese & whipped cream.





Milk Tart



Servings: 1 tart
Total Time: 2 hrs 15 mins
Cooking Time: 1 hr
Resting Time: 35 mins (to cool)
Pre-heat Oven to 200 °C

INGREDIENTS

500ml milk
2 Tbsp cornflour
3 Tbsp self-raising flour
(or cake flour & a pinch baking powder)
pinch of salt
1 Tbsp butter
2 Tbsp white sugar
½ tsp vanilla essence



3 large eggs

250g frozen ready-rolled shortcrust
pastry, thawed
self-raising or cake flour, for dusting

cinnamon, for dusting
2 tsp butter

METHOD

In a mixing bowl, dissolve the cornflour, self-raising flour & salt in a little milk.

In a saucepan, boil the remaining milk and butter. Slowly pour a ladle of boiling milk over the flour mixture while stirring. Pour the mixture back into the saucepan & simmer for 5 mins. Mix the sugar & vanilla essence in well, remove from heat, cover with a lid & leave to cool for about 30 mins. Separate the eggs. Beat the egg yolks and whisk them into the cooled mixture. Beat the egg whites until stiff & fold them gently into the mixture with a fork.

On a lightly floured surface, roll out the pastry and line a greased pie dish. Trim the edges of the pastry.

Pour the filling into the dish, sprinkle with cinnamon and dab with butter.

Bake in the oven for 35-40 mins, rotating half way, until set and just browned.

Leave to cool & serve lukewarm.





Shortbread



Servings: 1 round / 16 wedges

Total Time: 2 hrs 15 mins

Cooking Time: 45 mins

Resting Time: 1 hr (to chill)
10 mins (to cool)

Pre-heat Oven to 160°C

INGREDIENTS

250g soft butter

125g castor sugar

300g cake flour

75g cornflour

1 Tbsp castor sugar (optional)



VARIATION

For almond shortbread, add almond essence to taste.

METHOD

Place the butter & castor sugar in a mixing bowl and using an electric mixer, cream them together well until light & fluffy.

With a spatula, fold in the flour & cornflour until the mixture starts coming together.

With your hands, bring the mixture together and knead lightly until it forms a rough & crumbly dough.

Press the dough firmly into a 24cm loose-bottomed flan tin lined with wax paper.

Prick the dough with a fork & cut into 16 wedges. Chill in the refrigerator for 1 hr.

Bake the shortbread in the centre of the oven for 45 mins until lightly browned.

Remove from the oven and re-cut the wedges to separate. Remove from the tin and if desired, sprinkle with castor sugar while still warm.

Allow to cool for 10 mins, break into wedges & serve.





Tea Scones



Servings: 10-12 whole scones
Total Time: 1 hr 15 mins
Cooking Time: 12-15 mins
Resting Time: 5 mins (to cool)
Pre-heat Oven to 180 °C

INGREDIENTS

2 cups self-raising flour
(or cake flour & 3 tsp baking powder)
¼ tsp salt
4 Tbsp butter
2 Tbsp white sugar
2 large eggs
125ml milk
self-raising or cake flour, for dusting
1 egg, beaten, for brushing
For Spreading
butter
strawberry jam
fresh cream, whipped



METHOD

In a large mixing bowl, sift the flour and salt together.

Rub in the butter until the mixture resembles mielie meal. Mix in the sugar.

In a smaller bowl, beat 2 eggs & mix in the milk. Add this liquid to the flour mixture.

Using a knife, mix the ingredients to a soft dough and turn out onto a floured surface.

Knead it lightly, adding more flour if too sticky, until smooth. Roll the dough out to about 1½cm thickness and cut with a floured cutter or glass to form scones.

Brush the tops and sides of the scones with the beaten egg.

Place the scones on a greased baking sheet and bake for 12-15 mins until cooked & golden brown.

Allow the scones to cool for at least 5 mins before serving. Slice them in half and with the inside facing up, butter, spread with jam and top with a dollop of cream.

TIP

Freeze uncooked scones for later & then, as needed, bake frozen for 18 mins.





Banting Alternatives



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Bread Alternative

Low-Carb Flaxseed Bread



Servings: 1 medium loaf
Total Time: 1 hr 20 mins
Cooking Time: 30-35 mins
Resting Time: 15 mins (to cool)
Pre-heat Oven to 180 °C

INGREDIENTS

2 cups (milled) flaxseed
1 tsp baking powder
1 tsp salt
3g (2 sticks) stevia (powder)
5 large eggs, whites only
2 large eggs
5 Tbsp coconut or extra virgin olive oil
½ cup water



METHOD

Using whole flaxseeds (NOT pre-milled flaxseed as it goes rancid very fast), finely grind the flaxseed in a coffee grinder to make up 2 cups of milled flaxseed. (Do not overfill the coffee grinder; blend smaller amounts to attain a finer consistency). In a food processor, blend the milled flaxseed, baking powder, salt & stevia. Add the egg whites, whole eggs, oil & water and blend until fully incorporated and a batter is formed. Pour the batter into a greased loaf tin and bake in the oven for 30-35 mins until cooked through (a skewer comes out clean when inserted). Remove from the oven, turn out onto a wire rack and allow to cool for 15 mins before slicing.

VARIATIONS

Use this dough to make:
* 12 Muffins; fold in 1 grated medium apple & 40g chopped pecan nuts, spoon into a muffin tin and bake for 15-20 mins.
* 12 Rolls; form individual rolls (round or long) on an greased baking tray and bake for 15-20 mins.

RECOMMENDATION

This bread doesn't keep for long so slice the bread, wrap each slice in plastic and freeze to retain its freshness. Defrost a slice at a time as needed.





Chips Alternative

Roasted Sweet Potato Wedges



LCHF
B

Servings: 4
Total Time: 40 mins
Cooking Time: 30 mins
Pre-heat Oven to 180°C



INGREDIENTS

1kg sweet potatoes (2-3 large)

2 Tbsp light olive oil

1 tsp barbeque spice

½ tsp chilli flakes or paprika powder

freshly ground salt, to taste



TIP

Lots of men don't like sweet potatoes but these don't taste like them at all.

Just serve these to the men unbeknowingly - they will love them!

METHOD

Wash the sweet potatoes well and remove any knots with a scoring knife. Peel the potatoes if you wish but it's not really necessary.

Slice the potatoes into wedges lengthwise.

In a roasting pan, combine the oil with the barbeque spice & chilli flakes (or paprika).

Toss in the potatoes & coat well with the spicy oil.

Stand the potatoes up on their skins and roast in the oven for 30 mins, taking care not to let them burn.

Transfer the wedges to a serving dish and sprinkle with freshly ground salt to taste.

SERVING SUGGESTION

Goes great with Peri-Peri Baby Chickens or even Homemade Hamburgers!





Flavouring/Thickener Alternative

Dried Soup Mixes

Servings: 4 (soup portions)
Total Time: 10 mins
Carb Content: approx 14g carbs per mix

INGREDIENTS

For the Onion Base Mix:

8 tsp dried onion flakes
1 tsp onion powder, or
1 Tbsp dried onion flakes, ground finely
¼ tsp ground black pepper

For White Onion Soup Mix, add:

1½ tsp dried parsley
1 tsp turmeric (optional)
½ tsp celery seed
½ tsp salt
a pinch of stevia



For Brown Onion Soup Mix, add:

4 tsp beef bouillon granules*

For Oxtail Soup Mix, add:

4 tsp beef bouillon granules*
1 Tbsp Worcester sauce

For Chicken Soup Mix, add:

4 tsp chicken bouillon granules*

For Mushroom Soup Mix, add:

4 tsp beef bouillon granules*
and replace the 8 tsp dried onion flakes
with 8 tsp crushed dried mushrooms



SERVING SUGGESTIONS

* Use to boost the flavour in stews, roasts, casseroles and dips.
* To use as soup, add 4 cups of water, bring to a boil, reduce heat and simmer, covered for 10 mins. Makes 4 servings.

METHOD

For the White Onion, Brown Onion, Oxtail & Chicken Soup Mixes:

Prepare the onion base mix by adding the onion flakes, onion powder & ground black pepper to a small airtight jar. Shake the jar well to mix.

Then, to the same jar containing the onion base mix, add the ingredients for the particular soup mix required. Shake the jar well to mix.

For the Mushroom Soup Mix:

Prepare a base mix by adding crushed dried mushrooms, onion salt & ground black pepper to a small airtight jar. Add the beef bouillon granules and shake the jar well to mix.

For later use, weigh and/or measure the soup mix produced, divide by 4 and label the jar with the grams and/or tablespoons to be used for a serving of soup.

All soup mixes can be stored for up to 6 months and it would be wise to also label the jar with the "best before" date.

TIPS

* If you only have stock cubes or stock powder available, use the equivalent amount required to make up 1 litre of stock. Stock cubes should be crushed before adding to the mix.
* For a finer consistency, grind all ingredients together in a coffee grinder.







Mash Alternative

cauli Mash



Servings: 4
Total Time: 30 mins
Cooking Time: 15 mins



METHOD

Remove all leaves from the cauliflower and break into florets.

INGREDIENTS

1 large (1kg) cauliflower
1 tsp salt

4 Tbsp butter
½ tsp nutmeg
salt & freshly ground black pepper

Place with the salt in a saucepan, cover with cold water and bring to a boil. Reduce the heat and simmer for about 15 mins until mushy.

Drain well of all moisture.

Mash well with the butter & nutmeg. Season with salt & pepper to taste. Serve.





Pasta Alternative

Courgette Noodles (Zucchini)



Servings: 4
Total Time: 20 mins
Cooking Time: 2-3 mins



INGREDIENTS

800g long courgettes/zucchini (10-12)

1 Tbsp extra virgin olive oil
2 Tbsp butter



2 Tbsp lemon juice (optional)
1 tsp finely chopped garlic (optional)

freshly ground salt & pepper

TIPS

* It is NOT necessary to salt & drain the courgettes of excess water before cooking.

* Other cooking options are to blanch the courgettes in hot water for 2 mins or steam them in a bamboo steamer for about 10 mins.

METHOD

Trim the ends off the courgettes.

If preferred, peel the courgettes, but it is healthier & more appealing not to.

Julienne the courgettes (stopping at the seeds) into long thin strands by either using a julienne peeler or a box grater (lie it down with the large holes facing up and push the courgettes over the blades using long strokes). Discard the seed part of the courgettes.

In a wok or frying pan over a medium-high heat, melt the olive oil & butter.

Gently stir-fry the noodles for 2-3 mins.

Add the lemon juice and garlic (optional) and season with salt & pepper to taste.

Serve.

SERVING SUGGESTIONS

Serve topped with Bolognaise Sauce, Arrabbiata Sauce or Ostrich Stroganoff.





Pasta Alternative

Carb-Free Pasta



Servings: 4
Total Time: 30 mins
Cooking Time: 2-3 mins



INGREDIENTS

4 large eggs
125g cream cheese (full fat)
½ cup psyllium husks

coconut flour to dust

water
1 tsp salt



TIPS

- * Roll this pasta out by hand - DON'T use a pasta machine as it will fall apart.
- * The pasta cooks quickly so take care!
- * The strips of pasta can be frozen between wax paper and defrosted at room temperature as needed.

METHOD

In a food processor, blend the eggs, cream cheese & psyllium husks well. Remove from the food processor to a plate and leave to thicken for 10 mins.

Using generous amounts of coconut flour to dust, roll gently & firmly by hand into thin sheets.

Cut as required (sheets for lasagne, strips for noodles, etc).

If making sheets for a lasagne type dish, no pre-cooking is required.

For smaller pasta requiring separate cooking, half fill a medium saucepan with water and add the salt.

Bring to a boil over a high heat and drop in the pasta.

Turn the heat down to low and cook for about 2-3 mins or until al dente.

Drain well and serve with sauce.





Rice Alternative

Cauli Rice



Servings: 4
Total Time: 30 mins
Cooking Time: 15-18 mins



INGREDIENTS

1 kg cauliflower

100g butter

1 onion (white or red), diced



RECOMMENDATIONS

* Ensure the cauliflower is dry before blending & do not add any water during cooking.

* When using Cauli Rice as a substitute in paella, *Chicken & Prawn Jambalaya**, risotto, pilaf or any other recipe containing rice, add the Cauli Rice at the end rather than at the beginning.

SERVING SUGGESTIONS

Serve with *Beef & Lamb Curry** or *Chicken Curry**.

METHOD

Remove all the leaves from the cauliflower and break into florets.

Blend the cauliflower florets in a food processor until it resembles couscous.

In a deep frying pan, melt the butter and then fry the diced onions until soft.

Stir in the cauliflower, cover the pan with its lid and steam on a medium to low heat for 5-8 mins.

Serve.



VARIATIONS

Replace the onion with or add chopped celery, green pepper, spring onions, peas, carrots, coriander or other vegetables or herbs of your choice.





Snack Alternative

Biltong

Servings: 2-3kg
(depends on moisture loss)
Total Time: 3 hrs 45 mins (to prepare)
1-10 days (to dry)

INGREDIENTS

4 kg beef silverside (or kudu, springbok)

4 Tbsp coarse salt

250ml brown spirit or red wine vinegar

100ml Worcester sauce

1 tsp table salt (or 2 tsp for saltier)

½ cup coriander seeds

2 tsp brown mustard seeds (optional)

2 Tbsp black peppercorns



Various biltong dryers and dehydrators are available



METHOD

If preferred, trim the meat of any excess fat. Slice the meat lengthwise *with the grain* into long strips about 3cm thick.

Sprinkle half the salt on the bottom of 1 or 2 roasting pans (able to accommodate the meat). Lay the meat on top of the salt. Sprinkle the remaining half of the salt on top of the meat. Allow to rest for 1 hr. Scrape the salt off with a knife.

Mix the vinegar, Worcester sauce & table salt together in a bowl & brush it on both sides of the meat allowing any excess to drip off.

Heat a frying pan to hot and toast the coriander & mustard seeds (if used) until they are hot & lightly crackling.

Transfer the toasted seeds to a grinder & grind to a fairly rough consistency.

Transfer to a small bowl.

Add the peppercorns to the grinder & grind to a fairly rough consistency.

Transfer to the bowl with the other ground seeds and mix together.

Sprinkle half the spices on the bottom of the pan/s & lay the meat on top.

Sprinkle the remaining spices over the top of the meat and rest for 1 hr.

Turn the meat over & rest for another 1 hr.

Hang the meat on hooks in a cool, dry & well-ventilated place, or a dryer with a 75W or 100W globe, until the desired dryness (wet/dry) has been reached (between 1 & 10 days).

Freeze biltong in brown paper to preserve & defrost at room temperature before slicing.







Wraps Alternative

caulí wraps (Tortillas)



Servings: 6 wraps
Total Time: 30 mins
Cooking Time: 2-3 mins



INGREDIENTS

500g cauliflower, broken into florets

4 Tbsp psyllium husks

2 eggs

¼ tsp salt

coconut flour to dust



METHOD

Remove all leaves from the cauliflower and break into florets.

Place in a saucepan, cover with cold water and bring to a boil.

Reduce the heat and simmer for about 15 mins until mushy.

Drain well of all moisture.

Using a food processor, puree the cauliflower until smooth.

Add the psyllium husks, eggs & salt and blend well for the mixture to fully absorb the husks.

Remove from the food processor to a plate and leave to thicken for 15 mins.

Break the dough into 6 balls and using generous amounts of coconut to flour, roll gently & firmly by hand into a tortilla shape.

In a heavy-based frying pan on a medium heat, dry fry each wrap on both sides until lightly browned and cooked through.

TIPS

* To obtain the best results, roll the dough out gently using short rolling actions while flipping & dusting regularly.

* The wraps can be frozen between wax paper and defrosted at room temperature as needed.





Extras



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Salad Dressings - Creamy

Basic Mayonnaise

Yields ½ cup

- 2 egg yolks
- 1 Tbsp Dijon mustard
- 1 cup light olive oil
- 2 Tbsp extra virgin olive
- 1 tsp freshly crushed garlic (optional)
- 1 Tbsp white wine vinegar
- freshly ground salt & black pepper

In a blender, combine the egg & mustard. With the blender running, slowly add the oils in a thin stream until completely combined. Add the garlic (optional) and vinegar and pulse until smooth. Season to taste with salt & pepper.



Mustard Mayo *see pg 140*

French Creamy

Yields 2½ cups

- ½ cup mayonnaise
- ½ cup tomato sauce (ketchup)
- ¼ cup white wine vinegar
- ½ cup sugar or 2 tsp stevia (powder)
- 1 small onion, cut into wedges
- ½ tsp salt
- ¼ tsp pepper
- 1 cup light olive oil

In a blender, combine the mayonnaise, tomato sauce, vinegar, sugar, onion, salt & pepper; cover and blend until smooth. While blending, gradually add the oil in a steady stream.

Blue Cheese (Quick & Thick) *see pg 135*

Blue Cheese (Basic)

Yields 2 cups

- 1 cup blue cheese, crumbled
- ¼ cup sour cream
- ¼ cup buttermilk or plain yoghurt
- 2 Tbsp mayonnaise
- 2 Tbsp lemon juice
- freshly ground salt & pepper

In a small bowl, use a fork to mash together the cheese and sour cream until it forms a chunky paste about the consistency of cottage cheese. Stir in the buttermilk, mayonnaise and lemon juice. Season to taste with salt and pepper.



Ranch

Yields ½ cup

- 4 Tbsp buttermilk or plain yoghurt
- 2 Tbsp mayonnaise
- Salt and freshly ground black pepper
- 1 tsp rice vinegar (optional)
- ½ tsp garlic powder (optional)
- 4 tsp finely chopped fresh chives, mint, and/or parsley (optional)

In a bowl, whisk together the buttermilk & mayonnaise. Taste and season with salt & pepper.

If desired, whisk in the rice vinegar, garlic powder & herbs.

Greek *see pg 182 (Creamy var)*

Honey

Yields 1 cup

- 1 cup plain yogurt (Bulgarian or Greek)
- 2 Tbsp honey or ¼-½ tsp stevia powder
- 2 tsp orange peel, grated

In a small bowl, mix all ingredients together well.



Tarragon

Yields 1 cup

- ½ cup plain yogurt (Bulgarian or Greek)
- ¼ cup sour cream
- ¼ cup apple juice concentrate
- 1 Tbsp Dijon mustard
- 1 Tbsp tarragon leaves, minced

In a small bowl, mix all ingredients together well.





Salad Dressings - Vinaigrette

Basic Vinaigrette see pg 134

French Vinaigrette

Yields ½ cup

¼ tsp salt

1 Tbsp red or white wine vinegar

1 Tbsp finely minced shallot or red onion

½ tsp Dijon mustard

4 Tbsp extra virgin olive oil

fresh herbs, freshly chopped (optional)

In a small bowl, mix together the salt, vinegar & shallot. Let it rest for 10 mins.

Mix in the Dijon mustard and then 3 Tbsp olive oil.

Stir well. Taste and if too sharp, add the additional 1 Tbsp of olive oil.

Finally, if desired, mix in the fresh herbs.



Greek (Vinaigrette & Creamy)

Yields 1 cup

2 tsp freshly crushed garlic

¼ tsp salt

1½ tsp Dijon mustard

½ cup extra virgin olive oil

2 Tbsp fresh lemon juice

½ tsp sugar or a pinch of stevia

5 Tbsp red wine vinegar

1 tsp dried basil

1 tsp dried oreganum

Place all the ingredients in a jar, close the lid & shake well.

** For a creamier dressing, add all ingredients except the oil to a blender. Pulse several times to mix ingredients. With blender running on high, slowly pour the oil into the blender until mixture is creamy.*



Garlic

Yields 1 cup

¾ cup extra virgin olive oil

¼ cup white wine vinegar

1 tsp freshly crushed garlic

1 tsp salt

½ tsp black pepper

Place all the ingredients in a jar, close the lid & shake well.



Ginger

Yields ½ cup

¼ cup soy sauce

¼ cup lemon juice

1 Tbsp fresh ginger, peeled & crushed

Place all the ingredients in a jar, close the lid & shake well.

Honey see pg 136

Italian Vinaigrette see pg 138

Lemon Vinaigrette see pg 134

Mustard see pg 56 (for Carpaccio)
see pg 143 (for salad)

Niçoise see pg 42





Sauces, Chutneys & Marinades

(all recipes are for 4 servings)

Sauces

Arrabbiata (with Bacon) Sauce see pg 45
for pasta

Basil Pesto see pg 47
for pizza, pasta, soups & fish

Black Cherry Sauce see pg 109
for ice-cream (& to top other desserts!)

Bolognaise Sauce see pg 45
for pasta

Cheese Sauce
refer White/Cheese Sauce and
LCHF Cheese Sauce below

Creamy Alfredo Sauce
for chicken, vegetables or pasta
250g cream cheese (full fat)
¾ cup fresh cream
¼ tsp white pepper
¼ tsp salt
¼ tsp nutmeg
½ tsp freshly chopped garlic
½ cup cheddar or parmesan cheese,
grated

1 tsp freshly chopped parsley
water, if necessary
In a small saucepan over a medium heat,
whisk in the cream cheese, cream,
pepper, salt, nutmeg & garlic until
smooth.

Stir in the grated cheese until melted and
the sauce is smooth.

Fold in the parsley.

If the sauce is too thick, add 1 tsp water
at a time to thin to the required
consistency.



Creamy Mustard Sauce
for steaks, chops or chicken
(using juices from the pan, or
2 Tbsp butter & 1 Tbsp olive oil)
75g finely sliced spring onions
125ml dry white wine
125ml chicken stock
250ml fresh cream
2 Tbsp Dijon or Cape mustard
2 Tbsp freshly chopped parsley
In a large frying pan, over a medium
heat, melt the butter & olive oil.
Stir in the spring onions & cook for 1 min.
Turn up the heat to high & stir in the wine
while deglazing the pan.
Stir in the stock and continue cooking
until the juices have reduced by half.
Stir in the cream and continue cooking
until the juices have again reduced to
form a thick sauce.
Remove from the heat & stir in the
mustard & parsley.

Flavoured Butter/s see pg 75
for anything!

Guacamole see pg 35
for wraps, hamburgers, steaks or even as
a dip for crisps

Horseradish Sauce see pg 101
for beef or ostrich

Japanese Mayonnaise see pg 43
for fish (tuna) & fried chips





Sauces, Chutneys & Marinades

(all recipes are for 4 servings)

Sauces (cont.)

LCHF Cheese Sauce

for pasta & vegetables

125g cream cheese (full fat)

2 Tbsp butter

75ml cream

1 Tbsp water

¼ tsp salt

¼ tsp white pepper

¼ tsp cayenne pepper

¾ cup Cheddar cheese, grated

In a small saucepan over a medium heat, whisk in the cream cheese, butter, cream, water, salt, white pepper & cayenne pepper until smooth. Stir in the grated cheese until melted and the sauce is smooth.

If the sauce is too thick, add 1 Tbsp water at a time to thin to the required consistency.



Mint Sauce see pg 81

for lamb

Mushroom Sauce see pg 75

for beef steaks

Peach Sauce see pg 114

for desserts

Pepper Sauce see pg 70

for beef steaks



Portuguese Peri-Peri Sauce see pg 96

for all cuts of chicken

Tomato Onion Mush see pg 27

for breakfast, pasta, hamburgers & boerie rolls

Tomato Relish see pg 83

for anything!!

White Sauce (Bechamel) see pg 71

for creamy soup bases, lasagne, macaroni & cheese, moussaka, soufflés, casseroles, gratins

White/Cheese Sauce see pg 121

for vegetables



Chutneys

Chilli Chutney see pg 141

as an accompaniment to anything!

Cranberry Chutney see pg 55

for cheese

(especially baked brie or camembert)

Marinades

Barbeque Marinade see pg 25

for beef ribs & steak

Chicken Curry Marinade see pg 93

for all cuts of chicken

Coke Marinade see pg 74

for beef fillets or steaks

Lamb Chop Marinade see pg 81

for grilled lamb chops

Portuguese Peri-Peri Marinade see pg 96

for all cuts of chicken

Tuna Marinade see pg 43

for tuna steaks (or a block)





Health Drink - Kombucha



Kombucha is a healing & detoxifying drink which tastes like apple cider and is so easy to make yourself.



Kombucha helps with:

- *cancer
- *arthritis
- *rheumatism
- *eczema
- *acne
- *allergies
- *chronic fatigue syndrome
- *digestive disorders
- *high blood pressure
- *poor circulation
- *high cholesterol and more!



Servings: 8 glasses / 2 litres
Total Time: 1 hr

INGREDIENTS

- 2l water (not distilled)
- 3 tea bags (Green, Odong, black, rooibos)
- 4 Tbsp sugar (brown or white)
- 5 Tbsp Kombucha liquid (from previous brew)
- 1 saucer-size Kombucha scoby/mushroom (at least 1cm thick)

EQUIPMENT - NO METAL PERMITTED

- 1 wooden spoon
- 1 glass jug (2l)
- 1 glass jar (larger than 2l)
- 1 small cloth (to cover the jar)
- 1 elastic band (to secure the cloth)

TIP

The scoby will grow and create more layers. Once the scoby has reached 2cm in height, split it to make a second brew for yourself or to pass on to friends!

METHOD

Boil the water in a kettle.

Add the sugar to the jug, pour in the hot water and stir with the wooden spoon until the sugar has dissolved. Stir in the tea bags. Leave to cool to room temperature and at least below 35°C. Remove the tea bags.

In the jar, pour in the Kombucha liquid from the previous brew, insert the Kombucha scoby and gently pour in the cooled tea. Cover the jar with the cloth and secure with the elastic band.

Place the jar in a dark dust-free cupboard and allow to brew for 14 days.

Pour the liquid into a glass jug leaving behind the scoby and at least 5 Tbsp Kombucha liquid for the next brew.

Drink a half or a full glass of Kombucha daily, and take a month break after a year. More can be drunk for a specific ailment but under medical supervision.





The Kitchen

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Stocking the Kitchen



Quick Guide to Banting/LCHF



EAT TO SATISFY HUNGER

COUNT THE CARBS

USE ONLY GOOD FATS & OILS

EXCLUDE SUGAR

EXERCISE & DRINK PLENTY OF WATER

BUY FRESH & BUY SMART - READ THE LABELS!



- ✓ Animal protein (meat, poultry, eggs, fish)
- ✓ Saturated animal fats & coconut/olive oils
- ✓ Dairy & most cheese (high fat)
- ✓ Most nuts & seeds
- ✓ Fresh vegetables (grown above ground) & berries
- * Grains, sugars, starchy vegetables & seed oils
- * Processed, GMO & fast foods
- * All soya products (except soya sauce)
- * Preservatives & thickening agents
- * Reduced fat dairy products



Pantry Suggestions



Beverages - chocolate (Milo), coffee (beans & grains), tea (English, green, mint, peppermint, rooibos)

Biscuits - crackers, crisp bread (provita), Melba toast, rusks

Cooking Aids - agar agar, arrowroot, baking powder, bicarbonate of soda, Bisto, chocolate, cocoa powder, cream of tartar, desiccated coconut, gelatine sheets, glacé cherries, gravy browning, non-stick agent, instant yeast, jellies, lemon curd, long-life cream & milk, onion flakes (dried), psyllium husks, soup powders, stock powders/pastes (beef, chicken, lamb, vegetable), vanilla (beans, essence)

Dried Herbs - basil, marjoram, mint, mixed, origanum, parsley, rosemary, sage, thyme

Dried Pasta - cannelloni, fettuccine, lasagne, linguine, macaroni, penne, rigatoni, spaghetti, tagliatelle

Flour - almond, cake, coconut, cornflour, maize meal (mealie meal), pasta (Tipo '00'), self-raising, wheat bran, wholewheat brown, white bread wheat

Grains - breadcrumbs, breakfast cereals, corn wraps, couscous, oats, rice (Basmati, brown, white)

Oils - canola, coconut, extra virgin olive, light olive, palm, peanut, sunflower

Preserves & Tins - anchovies, artichokes, asparagus, baked beans, beetroot, coconut milk,

fish (pilchards, salmon, sardines, tuna), fruit (apples, black cherries, granadilla pulp, peach slices, strawberries), gammon ham, jams (apricot, fig, strawberry), mushrooms, olives (Calamata, stuffed, tapenade), peas, potatoes, sauerkraut, soups (cream of chicken), sweetcorn (cream style, whole kernel), tomatoes (chopped, whole, sun-dried)

Pulses - chickpeas, lentils (brown, green, red)

Sauces - barbeque, chutney, fish, HP, oyster, peri-peri, tabasco, tartar, tomato, soya, sweet chilli, wasabi, Worcester

Seasonings - braai & grill, green onion, rosemary & olive

Seeds - flaxseeds, pumpkin, sesame, sunflower

Spices - barbeque, bay leaves, cardamom (powder & seeds), cayenne, chillies (chopped & powder), cinnamon, cloves, coriander (powder & seeds), cumin, curry (leaves & powder), garam masala, mint, mixed spice, mustard (powder & seeds), nutmeg, paprika (plain & smoked), pepper (fine black, fine white, ground black), salt (fine, ground), star anise, turmeric

Spreads - Bovril, Cheese, Marmite, peanut butter

Sugars - agave nectar, castor, honey, icing, soft brown, stevia, sticky brown, syrup, white, xylitol

Vinegars - apple cider, balsamic, spirit (white, brown), wine (red, white)





Stocking the Kitchen



Fridge Suggestions



Cheese - **hard** (Asiago, Gruyère, Huguenot, Parmesan, Pecorino, Strong Cheddar)

semi-hard (Boeren, Cheddar, Edam, Emmental, Maasdam)

semi-soft (Fontina, Gouda, Taleggio)

soft (Brie, Camembert, cream cheese, Kwaïto, Mascarpone, Mozzarella)

goats milk (Bokmakiri, Chevin, Chèvre)

blue (Danish Blue, Gorgonzola, Roquefort)

Cold Meats - **cured ham** (country, pepper, prosciutto), **cured pork** (coppa, pancetta), **processed, salami** (Milano)

Dairy - **butter**, **buttermilk**, **cream**, **eggs**, **ghee**, **margarine**, **milk**, **yoghurt** (Bulgarian, Greek, natural)

Mustards - **Dijon**, **English**, **wholegrain**

Nuts - **almonds** (flakes, slices, whole), **brazil**, **cashew**, **hazel**, **macadamia**, **peanuts**, **pecan**, **pine**, **pistachio**, **walnuts**

Pastes - **curry**, **green curry**, **paprika**, **tomato**

Preserves - **capers**, **chopped chillies**, **chopped garlic**, **green peppercorns**, **horseradish**, **lemon juice**, **minced ginger**, **tomato relish**

Salad Dressings - **blue cheese creamy**, **herb creamy**, **French vinaigrette**, **Italian vinaigrette**, **Greek vinaigrette**, **mayonnaise** (natural, tangy)

Sauces - **apple**, **cranberry jelly**, **mint**

Spreads - **anchovy**, **cheese**, **chicken liver**



Freezer Suggestions



Breads - **ciabatta**, **French loaf**, **low-GI sliced** (brown, white, wholewheat), **seed** (flourless)

Dairy - **butter**

Fish - **haddock**, **hake** (cakes, fillets), **kippers**, **mussels**, **prawns**, **smoked salmon/trout**

Meat - **beef** (aitchbone, boerewors, fillet, mince, oxtail, rolled rib-eye, rump, sirloin, shin, T-bone, topside)

chicken (breasts, drumsticks, fillets, giblets, livers, thighs, whole baby, whole large, wings)

lamb (chops, knuckles, leg, shanks, steaks)

pork (back bacon, chops, fillet, Kassler chops/steak, roasting joint, sausages, spare ribs, streaky bacon)

venison (ostrich mince, ostrich steak, rabbit pieces, springbok carpaccio)

Pastry - **pizza base**, **ready-rolled** (phyllo, puff, shortcrust)

Vegetables - **carrot & turnip**, **cream spinach**, **green beans**, **peas**



Fruit, Vegetables & Herbs Suggestions



Dried Fruit - **cranberries**, **currents**, **prunes**, **raisins**, **sultanas**

Fresh Fruit - **apples**, **bananas**, **blackberries**, **blueberries**, **cherries**, **figs**, **gooseberries**, **grapes**, **guavas**, **kiwi fruits**, **lemons**, **litchis**, **mangos**, **melons**, **nectarines**, **oranges**, **pawpaw**, **peaches**, **pears**, **pineapple**, **plums**, **pomegranates**, **prickly pears**, **quinces**, **raspberries**, **strawberries**, **watermelon**

Fresh Herbs - **basil**, **chives**, **coriander**, **marjoram**, **mint**, **parsley**, **origanum**, **rocket**, **rosemary**, **sage**, **thyme**

Fresh Vegetables - **artichokes**, **asparagus**, **aubergines**, **beetroot**, **broccoli**, **brussels sprouts**, **butternut**, **cabbage**, **carrots**, **cauliflower**, **courgettes**, **green beans**, **leeks**, **legumes** (beans, peas), **mushrooms** (button, large), **onions**, **parsnips**, **potatoes** (baby, large, medium), **pumpkin**, **spinach**, **squash**, **sweet potatoes**, **corn**, **turnips**

Salads - **avocado pears**, **celery**, **cucumber**, **lettuce** (baby tatsoi, cos, crisp, endive, frilly, radicchio, red mustard leaf, rocket, watercress), **peppers** (bell), **radishes**, **spring onions**, **tomatoes** (cherry, Italian plum, salad, vine)





Local SA Products



Product

Barbeque Spice
Braai & Grill Seasoning
Brown Sauce
Cajun Spice
Chutney
Cooking Fat
Corn Wraps
Cornflour
Cream Cheese
Curry Paste
Curry Powder
Gravy Browning
Green Onion Spice
Lemon & Herb Sauce
Mayonnaise

Non-stick Agent
Oats
Paprika Paste
Peanut Butter
Peas (tin of baby)
Pork Sausages
Rice
Rosemary & Olive Seasoning
Salad Dressings

Snails
Syrup (Golden)
Tomato Sauce
Worcestershire Sauce
Wraps (corn or flour)



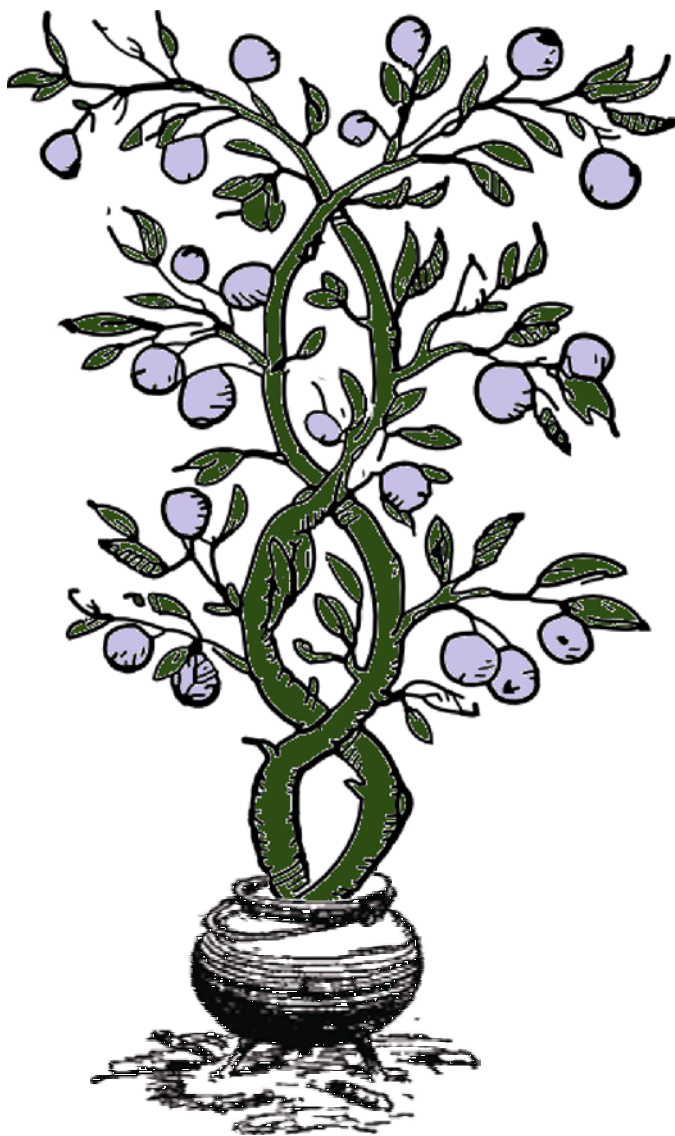
Recommended Make

Robertsons
Ina Paarman
HP
Ina Paarman
Mrs Balls
Holsum (palm oil)
Mexicorn
Maizena
Philadelphia, Simonsberg
Pakco
Rajah
Staffords
Ina Paarman
Ina Paarman
Hellmann's (natural)
Cross & Blackwell (tangy)
Spray & Cook
Jungle Oats
Robertsons
Black Cat
Surfmaid by Koo
Escort
Tastic
Ina Paarman
Ina Paarman herb creamy
Ina Paarman blue cheese creamy
Knorr French vinaigrette
Goldcrest Escargots in Brine
Lyle's
All Gold or Heinz
Lazenby
Mexicorn





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Your Notes





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