

Kitchen Staples

Tip: Make these ahead of time and always have them handy in the freezer or pantry

Bone Broth / Stock

Why Broth? Bone broth is full of wonderful collagen that's vital for many metabolic functions in the body, and is a good, clean source of nutrients. It replaces blocks of stock that one buys in the shop, that is full of harmful ingredients, like MSG. It will form a vital part of meals like soups, Spaghetti Bolognese, etc.

500g Bones of any kind
1 Carrot
1 Onion
Half Head Garlic
1 Stick Celery
2 Bay Leaves
6 Peppercorns
Any herbs, fresh or dried, eg. oregano, rosemary, thyme, parsley, coriander

Roast raw bones in the oven for extra flavour, or use cooked bones - collect left over bones in a bag in the freezer until you have enough. Place everything in a large pot, cover with water and place on the lowest heat for at least 12 hours. Do not let it simmer. Divide in portions and freeze.

OR

Vegetable Broth

450g celery
700g onions
450g carrots, cut into 2 cm pieces
450g tomatoes, cored
450g green bell pepper, cut into 1 inch pieces
250g turnips, cubed
2 tablespoons olive oil
3 cloves garlic
3 whole cloves
1 bay leaf
6 whole black peppercorns
1 bunch fresh parsley, chopped
4 litre water

Preheat oven to 230 degrees C. Remove leaves and tender inner parts of celery and set aside. Toss onions, carrots, tomatoes, bell peppers and turnips with olive oil. Place vegetables in a roasting pan and place them in the preheated oven. Stir the vegetable every 15 minutes. Cook until all of the vegetables have browned and the onions start to caramelize - this will take over one hour. Put the browned vegetables,

celery, garlic, cloves, bay leaf, pepper corns, Italian parsley and water into a large stock pot. Bring to a full boil. Reduce heat to simmer. Cook uncovered until liquid is reduced by half. Pour the broth through a colander, catching the broth in a large bowl or pot. The liquid caught in the bowl or pot is your vegetable broth. It can be used immediately or stored for later use. Although the vegetables are no longer necessary for your broth they are delicious to eat hot or cold, don't waste them!

Napoli Sauce

Why home-made sauces? Store-bought sauces are full of hydrogenated fats, sugar, salt, preservatives, thickeners and colourants that are very harmful to your health.

10 Cups Chopped Tomatoes
4 Celery Stalks, chopped
1 Onion, chopped
2 Carrots, chopped
1 Cup Olive Oil
4 Garlic Cloves, finely chopped
1 T Oregano
1 Cup Fresh Basil
Himalaya Salt & Black Pepper to taste

Process everything except the tomatoes in a food processor until finely chopped. Pan fry for 10 minutes. Add tomatoes and bring to a light boil. Remove from heat and use or store in the fridge for 10 days. Freeze in sterilised bottles, leaving enough space for expansion. Great base for pizzas and "pasta" dishes.

Seed Crackers

200g Sunflower Seeds
60g Flax Seeds
100g Sesame Seeds
2T Psyllium Husks
2t Himalayan Salt
Handful of herbs of your choice
500ml Water

Optional, to taste:
Smoked Paprika
Dried Parsley, Basil, Oregano, Thyme
Onion Flakes, Onion Powder, Garlic Powder
Nutritional Yeast

Preheat the oven to 160C. Combine everything in a mixing bowl and let it stand for 5 minutes. Spread mixture as thinly as possible without leaving gaps on a baking tray lined with oiled baking paper, or silicone sheet. Bake for 45 minutes. Turn or cut into pieces, turn over and bake for 20 more minutes, or till crispy. Let cool and store in airtight container.

Granola

Note

Activated means soaked in water overnight, rinsed, drained and dried in the oven at 80 - 100C. Soaking nuts and seeds will make it more bio-available to your body.

2 cups organic oats
2 cups mixed activated nuts (almonds, brazil nuts, cashews, pecans, walnuts)
1 cup mixed seeds - if you wish you may like to activate the pumpkin & sunflower seeds
1 cup shredded coconut
2 tsp ground cinnamon

½ tsp ground ginger
¼ cup coconut oil
¼ cup pure maple syrup or raw local honey (or to taste)
1 tsp vanilla extract

Preheat oven to 160°C and line baking tray with parchment paper. Optional: Pulse nuts & seeds in blender or food processor until chunky. Combine coconut oil, honey, and vanilla extract. Add wet mixture to the dry ingredients, stirring well to ensure all of the dry ingredients are well coated. Spread evenly on lined baking tray and bake for 10 to 15 minutes. Stir well with a fork to avoid clusters forming. Bake for another 10 to 15 minutes or until golden brown. Check regularly to avoid burning. Allow the mixture to cool completely before storing your granola. Store in airtight container for up to 2 weeks, or freeze for up to 2 months. Consume within 1 week for freshness. Serve with plant-based milk, nut butter, freshly squeezed orange juice or organic coconut yogurt and organic blueberries.

Choose from one of the bread recipes, or make more than one if you are up to it.

I suggest making two loaves at a time. Slice thinly, and freeze. Toast a slice when needed.

Alpha Bread

125 ml coconut flour
3T golden linseed flour (flax flour)
1T xylitol / erythritol / coconut sugar
1t Himalayan salt
2 t baking powder
2T psyllium husks
6 large free-range eggs
125 ml coconut milk
2T apple cider vinegar
3T butter

Preheat oven to 190C. Thoroughly mix all dry ingredients together, making sure there are no lumps. Combine all the wet ingredients in a separate bowl and whisk by hand. Add wet ingredients to dry ingredients and whisk. Let the dough settle for about 3 minutes. Pour dough into lined bread pan and bake for 45 minutes. Remove from oven and let cool on a rack. Cut into slices once cooled and freeze what you won't use within the next day or two. Simply toast frozen slices when needed.

Fermented Buckwheat Bread

2 and 1/2 cups (460 g) buckwheat groats, rinsed
Water
1 t Himalayan salt

Place the rinsed buckwheat in a large glass bowl; fill with water, enough to cover buckwheat by 5 cm. Loosely cover with a cloth napkin or towel. Soak in the refrigerator for a least 2 hours or up to 24 hours. Drain buckwheat through a mesh strainer; set strainer over bowl and let continue to drain for a minute longer (the liquid will be goeey). DO NOT RINSE. In a food processor or blender, place the drained buckwheat, 1 and 1/4 cups (310 ml) fresh water, and salt. Process until blended but the batter still has some texture. Pour buckwheat batter back into a large glass bowl and cover with a kitchen cloth. Let the batter stand in a cool dark place for at least 8 hours and up to 24 hours (it will rise slightly and get a bit bubbly. It will also have a somewhat sour smell from the fermentation).

Preheat oven to 220C. Grease a 22.5x 12.5 cm loaf pan; pour in batter, being careful not to deflate any bubbles. Bake in the preheated oven for 35 to 40 minutes until browned (especially at edges) and completely firm/set at the centre. Cool completely in pan set on a cooling rack.

Seed Bread

1/2 cup Butter
2 T coconut oil
7 eggs
1/4 cup Sunflower Seeds
2 T Chia Seeds
3 T Sesame Seeds
1 t Baking Powder
2 cups Almond Flour
1/2 t Xanthan Gum
1 t salt

Preheat oven to 160C. Put the eggs into a bowl and beat for 1 - 2 mins on high, Add the Xanthan gum and continue beating. Add coconut oil and melted butter to eggs, continue beating. Add remaining ingredients except for sesame seeds. Will become quite thick. Scrape into a loaf pan lined with baking paper. Place sesame seeds on top. Bake for 40 minutes. (Remove once a skewer comes out of the middle clean).
Cut bread into very thin slices and freeze - toast when needed

Choose as many as you want of the following to enjoy on your crackers and bread

Basil Pesto

1 Punnet Fresh Basil
60ml Cashews
2T Olive Oil
1 Garlic Clove
1T Lemon Juice
1T Nutritional Yeast / Parmesan Cheese
Salt & Pepper to taste

Blend all ingredients together in food processor, store in glass jar in fridge, or freeze in portions.

Sunflower Seed Hummus

1/2 cup sunflower seeds, soaked for 4-6 hours
1 small clove garlic
3 Tbsp tahini (sesame butter)
1/8 tsp sea salt
3 Tbsp extra virgin olive
A handful fresh parsley
Water if needed

After the sunflower seeds have soaked for oil 4-6 hours, they will expand in size. Rinse them off in fresh water. In a food processor blend together the sunflower seeds, tahini, sea salt, olive oil, and parsley. You can add a few spoonfuls of water to thin out to desired consistency. Store in glass jar in fridge, or freeze in portions.

Roasted Carrot Hummus

400g carrots, peeled and cut into pieces
2 cloves garlic, unpeeled
Extra-virgin olive oil
1 teaspoon ground cumin
1/2 teaspoon kosher salt
1/4 teaspoon ground black pepper

3 tablespoons tahini
1 tablespoon chopped fresh coriander, plus 1 teaspoon for garnish
1 lemon, juiced

Preheat the oven to 200C. On a baking sheet, toss the carrots and garlic cloves with 1 tablespoon olive oil and the cumin, salt and pepper. Roast until the carrots are tender and lightly caramelised, stirring halfway through, 20 to 25 minutes. Remove from the oven and let cool until warm. Peel the garlic cloves. In a food processor, combine the roasted carrots and garlic with the tahini, coriander, lemon juice and 5 tablespoons water. Pulse until smooth. With the processor running, slowly add 2 to 3 tablespoons olive oil. Transfer to a serving bowl. Make a small well in the centre of the hummus and fill with olive oil. Sprinkle the remaining 1 teaspoon coriander over the top.

Berry Jam

1 1/2 cups frozen or fresh organic mixed berries
1/2 cup water
4 T Xylitol/Erythritol
1/4 t fine psyllium husks (optional)

Simmer berries, water and xylitol in a saucepan on medium heat for 15 - 20 minutes, until reduced and thickened. Remove from the heat and stir in psyllium husks, if using.

Mayonnaise forms part of many recipes, and making your own is not only very satisfactory, but also healthy, in contrast to store-bought mayonnaise

Fail Proof Mayonnaise

1 large egg at room temperature
1 tablespoon Dijon mustard
1 tablespoon red or white wine vinegar
1/4 teaspoon Himalayan salt, or more to taste
1 cup neutral flavoured olive oil or grape seed oil,
1 teaspoon fresh lemon juice, optional

Add egg to a bowl and process for 20 seconds. Add the mustard, vinegar, and salt. Process for another 20 seconds.

Scrape the sides and bottom of the bowl, turn blender on, then begin to slowly add the oil in tiny drops until about a quarter of the oil has been added (this is critical for proper emulsification).

When you notice that the mixture is beginning to thicken and emulsify, you can be a little less strict. With the blender on, continue to add it slowly, but increase to a very thin stream instead of drops of oil.

When all of the oil has been added, scrape the bottom and sides of the bowl and process for an extra 10 seconds. Taste mayonnaise for seasoning then add salt, lemon juice or extra vinegar to taste.

Note, if the mayo seems too thin, slowly stream in more oil with the processor running until thick.

Tips

Storing Homemade Mayonnaise: Store in a sterilised bottle in the refrigerator up to 10 days.

Raw eggs: When choosing eggs for homemade mayonnaise, go for fresh, properly refrigerated, clean grade A or AA eggs with intact shells.

Olive oil: Olive oil can be a little overpowering so use one that's light and fruity and consider only replacing half of the oil called for in the recipe with olive oil and use something more neutral for the rest.

Fixing Broken Mayonnaise: While we have never had this recipe for mayonnaise break on us, if it happens to you don't fret! You really should be able to fix it. Add about 1 teaspoon of mustard to a bowl then slowly beat the broken mayonnaise into the mustard until it becomes emulsified and creamy again (a tip from Julia Child). Another trick is to repeat the same process, but replace the teaspoon of mustard with an egg yolk.

Fermented vegetables are full of probiotics to populate the gut, and it's easy to make at home. Have a tablespoon-full with every lunch and dinner.

Sauerkraut

1 medium head of cabbage
1 to 3 t salt

Chop or shred the cabbage depending on the desired consistency of the final product. Sprinkle with salt. Work the cabbage with your hands, potato masher, or kraut pounder until there is plenty of liquid and the cabbage is a bit mushy. This portion of the process usually takes about 10 minutes.

Stuff the cabbage into the sterilised fermenting container, pressing the cabbage underneath the liquid. (If necessary, add a bit of water to ensure sufficient liquid.) Ideally all the cabbage should be submerged under the liquid.

Allow the sauerkraut to culture for 3 to 10 days in a dark cupboard at room temperature. A longer fermentation period can be used if desired.

Once the sauerkraut is finished, move to a new storage container if desired. Store the sauerkraut in the refrigerator. Many people find that ageing the sauerkraut in the refrigerator for 4 to 6 weeks improves the flavour.

Variation: Prior to culturing, mix 1 part shredded carrots, apple, or other vegetable to 5 parts cabbage for a more complex flavour. Add caraway seeds if desired.

OR

Kimchi

2 large heads of Napa (Chinese) cabbage, sliced thin
2 large bunches of spring onions, sliced thin
1 head of garlic, minced
1 to 2 T grated fresh ginger (to taste)
1 to 2 T red pepper flakes or fresh chilies minced (to taste)
3 to 4 T sea salt or to taste

Combine all ingredients in a very large bowl. Massage salt into vegetables and allow to sit for 5 to 10 minutes to give the salt an opportunity to draw out the juices. Pound with a wooden spoon until the juices are released.

Move to sterilised fermentation vessel and pack down until vegetables are covered in brine. Allow to ferment for 3 to 5 days in a dark cupboard at room temperature, longer if you can find a cooler location. Transfer to cold storage where it should keep for months.