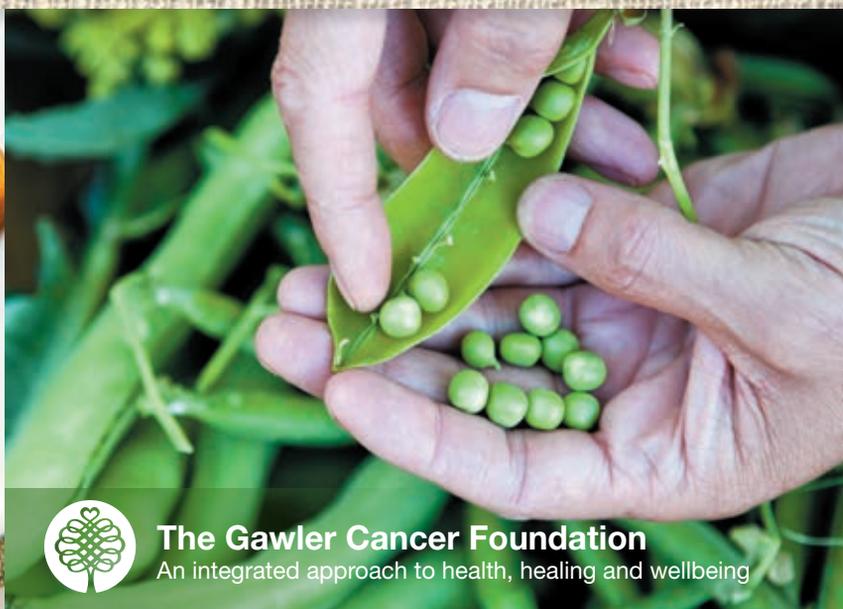


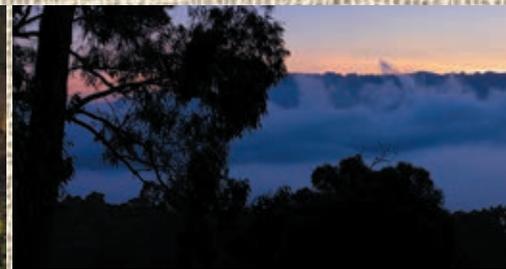
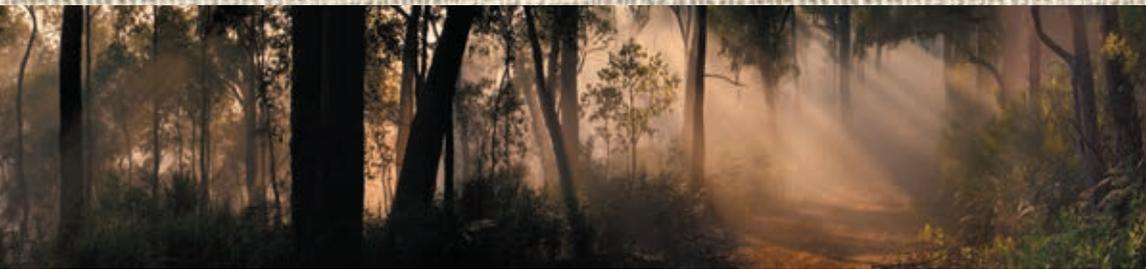


Healthy recipes from **THE GAWLER CANCER FOUNDATION** kitchen

eat well : *be well*



The Gawler Cancer Foundation
An integrated approach to health, healing and wellbeing



The Gawler Cancer Foundation offers an integrated approach to the prevention of illness and the management of cancer, multiple sclerosis and other serious illness.

The Foundation was established by Dr Ian Gawler, one of Australia's best known cancer survivors, who started Australia's first active cancer self-help group in 1981.

Building on Dr Gawler's healing experience, with new research and feedback from the 75,000 people who have accessed the Foundation services; the programs now offer a holistic approach to healing and wellbeing.

The Foundation advocates positive lifestyle change including meditation, nutrition, positive attitude, effective support and the quest for meaning. The principle is that health is a dynamic state of balance and when balance is established and sustained, health, happiness and true wellbeing flows.

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acknowledgements



The Gawler Cancer Foundation

An integrated approach to health,
healing and wellbeing

Since the 1980's, when Dorothy Edgelow OAM, began preparing wholesome healing food in the early days of The Gawler Cancer Foundation kitchen, we have witnessed the delight of our participants as they enjoyed our food and experienced the positive impact our meals had on their health and vitality. Today our approach to food has evolved into a dynamic and interesting offering that people find unexpectedly tasty and alive.

Our aim in producing this cookbook was to create a simple, helpful and useful solution to eating well. We are very grateful to Tanya and Maia for leading this process.

Maia, plus our catering team have done an outstanding job in developing and testing these recipes for your pleasure. Thanks also to our talented designer, Melinda Coombes.

We hope you enjoy these recipes and find they nourish your heart, mind and belly!

Be well

Wayne Nicholls Chief Executive



eat well: *be well*

Healthy recipes from **THE GAWLER CANCER FOUNDATION** kitchen



eat well : *be well*

was created and published by
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foreword

This wonderful collection of recipes, built on decades of experience and research at the Gawler Cancer Foundation, is a delight to recommend.

Over the 10 years of my involvement in the Foundation, as a group leader of the Multiple Sclerosis residential retreats, I have been fortunate enough to regularly enjoy the variety of tasty, fresh recipes presented in this book. This food accords with the clear principles I have learnt from the vast medical literature on nutrition that optimally assists healing, in being wholefood plant-based, and therefore necessarily seasonal and local.

While evidence supports the use of this nutritious food to better heal many medical conditions such as MS, cancer, heart disease and diabetes, the real joy of this food is in the eating!

Every time I return to the Foundation for a program, I look forward immensely to the wonderful flavours and variety, to the great pleasure that this delicious, nutritious food brings.

There is no doubt that to eat well is to be well, and this book is a wonderful vehicle to that wellness. Enjoy!



Professor George Jelinek MD

Director

Emergency Practice Innovation Centre
St Vincent's Hospital, Melbourne

Group Leader

Multiple Sclerosis retreats
The Gawler Cancer Foundation

introduction

Each day provides us with the opportunity to prepare and savour meals that have a direct impact on our health and vitality.

The food plan at The Gawler Cancer Foundation has evolved over many decades of research, feedback from participants and lived experience. In this cookbook you will find that healthy food does not need to be bland food, healing food does not need to be repetitive, and food preparation does not need to be tedious or overwhelming.

When food is prepared with conscious delight, shared with a sense of respect for the bounty of nature and eaten with mindfulness, there is an energy unlocked in each meal that has, at its very foundation, the vitality and nourishment that we both need and deserve.

Our relationship to food mirrors the relationship we have with our bodies and therefore our innate capacity to heal. A diet rich in wholefood plant-based ingredients, creates an optimal environment within the body to activate healing and maintain good health. Fresh vegetables, fruits, legumes and wholegrains are not only essential to good health but are also vital building blocks for the body, emotions, mind and spirit.

Prepared with love, simple wholesome meals hold a great potential for healing and wellbeing. Nourishing foods also help us to build our reserves, to recover from the daily demands of life and to meet the challenges we are faced with from a position of strength and stability.

Healing from the hearth

When we embrace a wholefoods diet we, by design and by necessity, discover the joys of seeking local and seasonal produce. Our food is found close to the source; in farmers markets, or direct from growers – we may even delight in growing our own food using the life-promoting principles of biodynamic or organic farming methods. We experience the satisfaction of minimising food kilometres and reducing our daily impact on the environment, and we deepen our connection to the cycles of the natural world. These simple actions are also healing and life sustaining.

Please enjoy the experience of preparing meals from this cookbook. Each recipe has been tested and loved, each meal a nutritious and delicious offering that will support you in your quest for optimal health and wellbeing.

When we truly listen to our body and understand its innate wisdom and ability to communicate its needs, we can renew our respect for nutritious food that leaves us light and nourished. When we eat with our hearts, we do what is naturally life giving.

We know this book will be a wonderful resource for you in your kitchen and through these recipes, you and your family will discover new flavours, new ways of preparing delicious wholefoods, and renewed levels of energy and good health.

Eat well, be well

Maia Bedson

In this cookbook, you will find recipes and food preparation guidelines that are an essential part of the residential programs at The Gawler Cancer Foundation. We are delighted and privileged to be able to share our nutritious wholefood plant-based recipes as a resource for healthy living.

Every day, program participants tell us how much they enjoy the food and ask for the recipe. What started years ago as a series of photocopied recipes on slips of paper has now grown to become an entire book. Every recipe has been tested in home kitchens and at least twice. Our quantities were suitable for feeding over forty people, so we have tested for smaller servings and devoted over a year to refining the methods so you can easily reproduce our delicious food at home.

The Gawler Cancer Foundation catering team hope you enjoy making these recipes as much as we do. Our kitchen is a place of much laughter and fun, and we hope the love and care that we feel when we make these meals can be shared by you, your family and your friends. Happy cooking.

HOW TO USE THIS COOKBOOK

During the many programs offered at The Gawler Cancer Foundation, we offer a wide variety of meals, using seasonal and fresh produce and with many different flavours inspired by Asian, Mexican, Italian and traditional cuisines. Often at home, preparing a simple lunch of soup or a sandwich is all one has time and energy for. Try not to overwhelm yourself – choose simple recipes to start with, and just use one or two of the recipes in a day. You don't have a team of cooks making juices and preparing three-course meals for you every day, so just do what is part of an enjoyable cooking experience for you. Keep it simple.

When looking for a recipe to cook, firstly check the coloured highlighted text below the recipe name. Important information, such as whether some of the ingredients need to be soaked before using, will be included here. Grains and lentils may require a short soak so an extra one hour is required to add to the cooking and preparing of the meal. Beans and some other ingredients may require soaking overnight, so the information box will also contain this information. When we say 'Extra Recipe Required' this indicates that another recipe is needed to complete this recipe, such as a Napoli sauce as part of a lasagne recipe.

Other information contained within the coloured highlighted text is whether the recipe is gluten-free or if there is a gluten-free alternative. We have also noted in the box if a food processor is needed to create the recipe. We have not included whether other equipment is needed as we have assumed that most homes have the basic equipment. One piece of equipment that we do highly recommend and which will assist you greatly, is a hand-held blender, also called a stick blender or wand blender.

Eating for Optimal Healing

Our experience over many years is that most people wanting to recover from illness or to maximise their potential for healing do well with a wholefood plant-based diet. The food and eating principles we recommend, and teach extensively about in our programs, is a diet that provides an abundance of vibrant nutrients for regeneration and health along with a gentle detoxification or cleansing of the body.

Our approach to food involves reducing or avoiding animal-based foods and increasing the variety of plant foods grown from the Earth.

Plant-based foods give our bodies easier and more nutrient-dense building blocks from which to grow our skin, hair, eyes, heart, brain, limbs and organs – in reality, every part of our body is being created and re-created from what we eat.

COOKING TERMS, TECHNIQUES, HOWS AND WHYS

Measurements and Abbreviations

When following a recipe for the first time, it is best practice to follow the correct weights and measurements provided. After following the recipes a few times you will feel more confident to change quantities and adjust seasonings and to reinvent new recipes and flavour variations. We recommend using standard metric measuring cups and spoons.

Standard abbreviations are:

gms	grams
tbs	tablespoon
dsp	dessertspoon
tsp	teaspoon
ml	millilitre
L	litre
kg	kilogram



Metric cup and spoon sizes:

1/4 cup	60 ml
1/3 cup	80 ml
1/2 cup	125 ml
1 cup	250 ml
1/4 teaspoon	1.25 ml
1/2 teaspoon	2.5 ml
1 teaspoon	5 ml
1 tablespoon*	20 ml

*1 tablespoon equals 4 teaspoons

Combining Foods

Optimal digestion happens when we combine foods that are compatible – that is foods that require similar conditions for digestion such as length of time and type of digestive juices.

Food combining is a vast topic that is the subject matter of many books; however, a basic recommendation is to avoid many different food groups in one meal and to separate fruits from starchy vegetables.

And, by meditating regularly, you will become more in tune with what works well for your particular digestive system!



THE BASIC SCIENCE OF COOKING

There is definitely a science to cooking, so it is handy to know some basic cooking techniques and why they are used. All the recipes contained in this book are based on a wholefood plant-based diet. The recipes contain little or no saturated fats and are low in sugar and salt. Certain cooking techniques help enhance the flavours in vegetarian cooking when there are limited additives used.

The science of turning an acid into a sugar is the one cooking method that is essential in adding flavour and depth to fat-free, sugar-free and salt-restricted vegetarian cooking. One does this by either ‘sautéing’, ‘roasting’ or ‘cooking off’ to develop flavour. ‘Steaming’ vegetables and ‘soaking’ legumes, grains, nuts, seeds and sea vegetables is another cooking technique that helps us retain and access nutrients.

Sautéing

We use this method in many recipes; it refers to tossing food gently over heat and cooking it until it is well cooked and soft. Sautéing enhances the flavour by developing the natural sugars.

To sauté onions Chop onions into the desired size (ie dice) and then add them to a hot saucepan. If you have the time, the onions can be cooked more slowly with nothing else added at this step. To avoid burning the onions, you need to stir them until they turn a golden colour. A small amount of water can be added, as required, to continue this cooking technique.

A quicker method is to add 1/4 cup of water to the onions from the beginning and cook them until the water has evaporated and the onions are soft and transparent (adding small amounts of extra water if required). Once the onions are transparent and soft, the sweetness will be developed and this is an excellent flavour base for many sauces.

'Cooking off' Tomato Paste

To 'cook off' an ingredient is to develop the flavour of the ingredient. This can be done with spices and tomato paste (we use Muir Glen Tomato Paste but any organic tomato concentrate is suitable). To cook off tomato paste and/or spices, add those to sautéed onions and stir over heat until the flavour develops, stirring constantly. Allowing tomato paste to 'cook off' (pincé) reduces excessive sweetness, acidity or bitterness. It also encourages the development of the sauce's overall depth of flavour and aroma. Tomato paste cooks off very quickly on the stovetop. Do not let it burn.

Roasting Vegetables

When vegetables are slow roasted, a sweetness is brought out that adds to the depth of flavour of the vegetables. Consider the difference between pumpkin boiled in water and the flavour achieved when pumpkin is roasted. When roasted the pumpkin caramelises and the flavour hit is very different to that of the boiled pumpkin which has a milder flavour. The recipes in this book often include roasted vegetables to enhance the flavour, without the need for extra additives. This keeps the recipes simple and rich in flavour without added salt or fats.

To Roast Vegetables Preheat oven to 180c – 200c. Make sure you cut all pieces of the same vegetable about the same size so they take the same amount of time to cook. Vegetables such as sweet potato, parsnip and pumpkin take less time to cook than potatoes, carrots and beetroot, so they should either be cut into larger pieces or added later to the roasting dish.

One or two tablespoons of water can be added to the roasting dish to encourage the cooking and to stop the vegetables from drying out. If sprigs of fresh herbs are to be added to the roasting dish, tuck them underneath the vegetables so that the tips do not burn.

The cooking time for the vegetables will vary depending on the size they have been cut and the fibrous quality of the vegetable. Root vegetables will take much longer to cook than softer vegetables such as zucchini, tomato and capsicum, which have a less dense structure.

Steaming Vegetables

Steaming vegetables is a great way to cook and retain the nutrients in the vegetables. Fewer nutrients are leached away into the water when vegetables are steamed, rather than boiled in water. The flavour is also retained and not diluted by the cooking water.

To Steam Vegetables Wash and prepare vegetables and cut into desired sizes and place into the top of a steamer. Boil water in a saucepan, place steamer over the water and cover with a lid.

Cook until the vegetables are as tender as desired, but have retained their colour. Cooking time will depend on the size the vegetables are cut and the density of the vegetable's structure. When cooking a variety of vegetables in the steamer, first add the vegetables that will take longest, such as the root vegetables like potato, carrot and beetroot. Then add the other vegetables in increments, adding softer vegetables, such as zucchini, broccoli, cabbage, pumpkin, beans and peas last, as they will take less time to cook.

Cooking without Fats and Oil

Essential fats are available in many of the foods recommended in this cookbook. Flaxseed oil and olive oil are used in many of the recipes, but heating these oils is avoided at all times. We recommend that you do not cook with any oil as heating degrades the oil and renders it rancid, which is problematic for health. Care is needed when buying and storing oils as they are also affected by light and air. So look for oils in opaque bottles or tins and always buy flaxseed oil from shops where it is stored in a refrigerator.

In these recipes we have avoided greasing and lining baking dishes and trays with oil or commercial baking paper. Instead we have either used a floured baking tray when baking bread and rolls, or we have lined dishes with thin vegetable slices (zucchini works well) to help in the removal of baked food from baking dishes.

Greasing and Lining Baking Dishes and Trays

As mentioned, we do not recommend any oil be used to grease baking trays and dishes to stop food from sticking. When baking, use care and forethought to remove cooked food from trays and baking dishes. For guides on removing baked food from cookware, we have given special instructions where needed such as:

- Flouring a baking tray before cooking bread and rolls.
- Lining a baking dish with thin strips of zucchini, cucumber or carrot is a great way to assist in removing food from a baking dish. A knife can be run around the edge and then the moisture created by the vegetable will help stop food sticking. If the vegetable slices have come away neatly and look attractive, they could be left on the food, but vegetable slices can also be removed completely and discarded if desired.
- We have not used any special techniques for items such as patties and burgers other than using a firm hand and a flat, broad spatula to slip under the food to remove it from the tray.
- Many baking papers are treated with silicon and other chemicals. We recommend 'If You Care' brand from health food shops. Plain greaseproof paper is

ideal for wrapping around sandwiches for a takeaway lunch and can be used in many other ways. We have used paper patty pans to line muffin trays as the paper is plain and the effect is clean and hassle-free.

Storing and Keeping Food

Avoiding the use of plastic containers and plastic wrap can be a challenge, but one that can be easily overcome once new methods become new habits. Stainless steel, porcelain and glass bowls come in many shapes and a wide variety of sizes. Using a bowl and covering it with a plate that fits the size of bowl allows leftovers, dips and other prepared food to be stored easily in the refrigerator. Using greaseproof paper can also eliminate the use of plastic wrap especially on baked goods and sandwiches for lunches. Tins with tight sealing lids are ideal containers for storing larger quantities of baked goods or cakes.

Keep in mind ways to eliminate the storage of food in plastic. Glass isn't always safe for transporting food, but glass jars with clip locks are perfect for storing grains and legumes in the pantry. In warmer climates the refrigerator may be a better place for storing wholegrain flour, nuts and seeds. The fats in these wholefoods can be affected by the heat, and storing them away from direct sunlight and heat is possible in the refrigerator.

Note: It is recommended that food that has been prepared should be consumed within three days of it being made. Ideally fresh is best and food consumed in the first 24 hours after preparation is optimal for health.



The science of turning an acid into a sugar is the one cooking method that is essential in adding flavour and depth to fat-free, sugar-free and salt-restricted vegetarian cooking. One does this by either 'saut ing', 'roasting' or 'cooking off' to develop flavour.



legumes, grains,

Soaking and Cooking Legumes (Dried Beans and Lentils)

When cooking legumes it is important that they be soaked, preferably for 24 hours and change the water several times. Soaking reduces the cooking time, but more importantly it reduces the phytic acid (which may cause wind and bloating) that is released from the legumes during cooking. This acid is washed down the drain when the soaking water is rinsed away.

Legumes, especially small ones such as lentils often contain small pebbles and dirt, so it is best to check through them, rinse away the dust and dirt and then soak in plenty of cold water. Use the stainless steel saucepan that the beans are to be cooked in to store the beans overnight in the refrigerator. Make sure that there is plenty of water in the pan as the legumes will swell to more than double their size, and it is preferable that they all remain under the water. Soaking aids in the digestion of legumes, and allows your body to absorb the wonderful nutrients that are contained within this food group.

It is important that the soaking water and the cooking water be rinsed away. It is also helpful to cook legumes with the lid off as this may help in the reduction of wind. Adding a five-centimetre piece of kombu to the soaking legumes also helps reduce the wind factor!

There are many different shapes and sizes of lentils available on the market and they vary in their characteristics. Brown lentils are the most common. They have a mild flavour and can be used in many different types of recipes. They tend to get mushy if cooked too long, but this can be an advantage when needing an ingredient that will bind food together such as in a lentil burger.

Split red lentils are salmon coloured and turn golden when cooked. They become soft quickly, they never hold their shape and are therefore great in soups. The more exotic and expensive lentils, such as black or beluga lentils, Puy lentils or French green lentils and Persian red lentils are considered to be the most delicate and flavoursome of all lentils and they do not split or lose their shape. This makes them great for adding to salads and stews where you want them to remain whole.

nuts & seeds

Soaking Nuts and Seeds

Nuts contain smaller amounts of phytic acid than grains and legumes and have higher amounts of enzyme inhibitors. These enzymes stop the nuts and seeds from sprouting prematurely. Soaking nuts neutralises the enzyme inhibitors making them easier to digest and the nutrients more readily absorbed.

When preparing almonds wash away any dirt or debris, cover with plenty of fresh water, cover with a lid and store in the refrigerator overnight. Only soak the quantity required for that day. In the morning the almonds will be plump and delicious to have with your breakfast. Drain away soaking water, rinse again and drain. The soaked almonds can be served with stewed fruit or porridge, used to make almond butter and, in some domestic juicers, almond milk.

Seeds such as Chia and flaxseeds do not need to be soaked. However, flaxseeds do require their husks to be broken to allow their nutrients to escape into your system. To do this, simply place

the required amount of flaxseeds in a small coffee grinder or the chopping bowl of a hand-held blender and process until the seeds are broken up. Consume immediately as the precious oil will be exposed to damaging heat and light. Store all seeds and nuts in the refrigerator to protect them from heat and light, which can change their healthy fat into an unhealthy fat.



Soaking and Cooking Grains

Grains contain the same enzyme inhibitor, phytic acid, that seeds contain. Soaking neutralises phytic acid. We soak grains such as rice and barley for one hour before cooking. Always discard the water and then add fresh water for cooking.

Note: If the recipe requires soaking, it is important to remember to allow for the extra preparation time. In the recipes that follow, the coloured highlighted text below the recipe name will indicate if soaking time is required.

Cooking Times for Grains and Legumes

It is simpler to measure grains and legumes by volume instead of weight. It is easier to measure 1 cup of dried lentils, than 225 grams.

Soak all grains and legumes as advised before cooking.

Grains Rinse and place soaked grains in a saucepan, cover the grains with cold water and bring to the boil. Place the lid on and cook on a gentle simmer. Checking occasionally if more water is required.

Legumes Rinse and place soaked legumes in a saucepan, cover the legumes with cold water and bring to the boil. Cook on the boil with the lid off. Check occasionally if more water is required. Legumes are cooked when they are soft and tender.

Refer to chart opposite

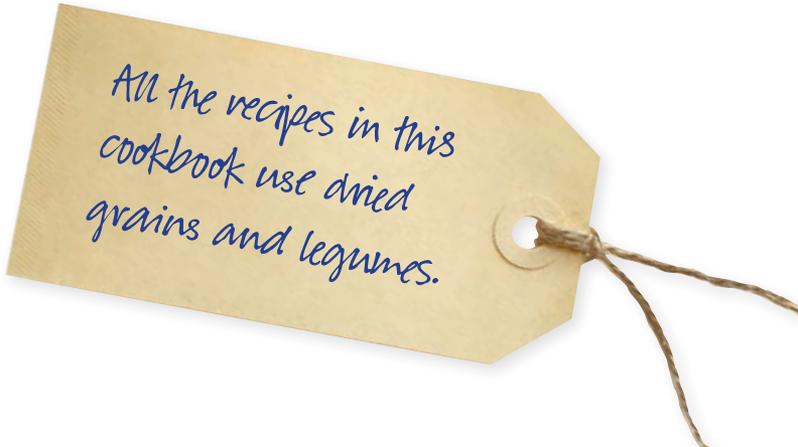
Why we do not roast Grains, Seeds and Nuts

Many recipes in vegetarian cookbooks, or other sources, ask that grains, seeds and nuts be roasted before cooking - this develops a nutty flavour. We do not encourage this as roasting the nuts, seeds or grains will degrade the oil and makes it unhealthy.

Alternative Milks from Grains, Seeds and Nuts

There are many different types of alternative milk available. Most recipes refer to soy milk, but all recipes can be substituted with other milks such as oat milk, almond milk and rice milk. Soy milk adds creaminess to the recipes, rice milk is probably the least creamy of the alternative milks with a mild flavour, while almond milk adds the strongest flavour.

Read the ingredients listing of any alternative milk before purchase as some brands contain sugar and oil, which are best avoided. With soy milk, it is also important to check that it is not made from genetically modified soybeans (GM) and is prepared from whole soybeans, rather than soy isolate. Our recommendation is not to drink soy milk by the glass. It is quite a concentrated food, so use one of the other alternative milks for smoothies.



All the recipes in this
cookbook use dried
grains and legumes.

Soaking & Cooking Times for Dried Grains and Legumes

1 cup	Gluten free	Soaking time	Cups of liquid	Cooking time (approx.)	Notes
Amaranth	Yes	1 hr	2 ½	20 min	When cooked leave to stand with lid on for 5 minutes to 'fluff up'
Barley	No	1 hr	2 - 3	20 - 30 min	Make sure they are well cooked. Should be plump and tender
Buckwheat	Yes	1 hr	2	15 min	Fork over when cooking is completed to fluff up.
Millet	Yes	1 hr	2	15 min	When cooked, leave to stand with lid on for 5 minutes to 'fluff up'
Quinoa (Pronounced 'Keen Wa')	Yes	1 hr	2	15 min	When cooked, leave to stand with lid on for 5 minutes to 'fluff up'
Brown Rice	Yes	1 hr	2 - 2 ½	40 - 50 min	When cooked leave to stand for 10 minutes with lid on. To serve, rinse immediately in hot/cold water and drain
Brown Lentils	Yes	1 hr	Plenty	50 - 60 min	Can go mushy if overcooked
Green Lentils	Yes	1 hr	Plenty	50 - 60 min	Can go mushy if overcooked
Red Lentils	Yes	None	Plenty	15 - 20 min	Will split open when cooked
Puy Lentils	Yes	Short	Plenty	40 - 50 min	Will stay whole when cooked
Cannellini/ Haricot Beans	Yes	Overnight	Plenty	1¼ - 1½ hrs	Will stay whole when cooked
Black-eyed beans	Yes	Overnight	Plenty	1¼ - 1½ hrs	Will stay whole when cooked
Chickpeas	Yes	Overnight	Plenty	1 - 3 hrs	Are cooked when able to be flattened when pinched
Kidney Beans	Yes	Overnight	Plenty	1¼ - 1½ hrs	Will stay whole when cooked
Lima Beans	Yes	Overnight	Plenty	1 hr	Cook lima beans gently as they are inclined to break up.
Soy Beans	Yes	Overnight	Plenty	4 hrs	Will stay whole when cooked

juices

When juicing it is essential to use fresh organic produce. Don't save withered and old fruit and vegetables for this purpose. Misshapen or marked vegetables are fine to use if fresh. Organic 'seconds' carrots are often available to juice. If organic produce is not available, a wash of organic apple cider is advised. (Use one tablespoon of apple cider vinegar to one litre of water to wash the fruit and vegetables before juicing.)

To prepare the vegetables for juicing, scrub the vegetables with a scrubbing brush under water to remove any dirt or dust. Cut the vegetables in pieces that fit through the chute of the juicer. It is easier for the machine if vegetables such as celery and carrots are cut into short lengths, even though it is tempting to juice the long sticks. Cutting into smaller lengths breaks up the long fibrous strings that can wrap around the blade making juicing harder for you and the machine.

Ideally consume the juice immediately to retain the nutrients. If preparing a juice in advance, store the juice in a stainless steel thermos, so the juice is protected from light and heat. Fill the flask right to the top so there is minimal air exposure. Drink the juice slowly so that it mixes with the saliva in your mouth and makes for better digestion and absorption.

Juicing Regime

Lemon Juice

Start the day with a lemon juice drink. Simply squeeze the juice of one lemon into a glass and top up with warm water. Drink the juice slowly. If there are any problems or concerns with teeth enamel, using a straw can counteract the lemon juice coming into contact with your teeth.

Vegetable Juices

Carrot juice is made from just juicing carrots. For a variation of flavour ginger, mint and parsley make great additions.

Carrot and celery juice is made from 80% carrot and 20% celery juiced together.

Carrot, celery and beetroot juice is made from 70% carrot, 20% celery and 10% beetroot juiced together.

To make a green juice, use small amounts of different green leaves from salad greens, such as endive, lettuce and spinach along with cabbage, kale, celery, mint, cucumber, parsley and green capsicum.

Fill half a glass with green juice, top up with water and add a teaspoon of a 'green' powder. We use a green powder called 'Essential Greens' as we like the combination of wheatgrass, barley grass, chlorella and spirulina.



FOODS FOR WHEN YOU ARE FEELING UNWELL

A teaspoon of miso paste in warm water can help settle a fragile or queasy stomach, as can peppermint or ginger tea. Adding a slice of ginger root to the juicer when making your carrot juice can also help.

If digesting fats is a problem, or when waking in the early hours with a nauseous feeling, two teaspoons of apple cider vinegar in warm water can help. Simple vegetable broths are also nourishing and easily digested when unwell.

Smoothies are useful when meals cannot be tolerated, or when there are mouth or throat problems.

Slippery Elm Powder

Slippery elm powder is made from the bark of the slippery elm tree. It is used to treat many ailments and is ideal for an upset stomach where constipation, diarrhoea and wind are a problem. Slippery elm powder lines and soothes the gut.

To make a drink using slippery elm powder, mix one heaped teaspoon of powder in a small glass with about two tablespoons of apple or pear juice. Stir to make a smooth paste. Add a small amount of boiling water to help if the ingredients are not combining. Slowly add extra juice to half fill the glass and top up with water.

Ideally consume the drink one hour before meal times and immediately after making it. If allowed to sit, the powder will thicken and solidify in the glass.

Slippery elm powder can also be added to smoothies. Add one teaspoon to other ingredients and blend. See recipe on page 132.



feeling
unwell?

menu

suggestions

spring/summer lunch suggestions

- > Pasta served with Rocket Pesto
- > Lettuce Cups
- > Vegetable or Almond Sea Sushi
- > 100% soba noodles served with Green Sauce
- > Scrumptious Pizza
- > Homemade naan breads served with Beansprout Salad and small pieces of marinated tofu
- > Tofu in Lettuce
- > Rice Paper Rolls
- > Almond Rice served with lightly steamed asparagus and Gawler Foundation Salad Dressing with almonds
- > Panzanella

spring/summer dinner suggestions

- > Steamed Asian Vegetables served with Zesty Sauce or Sweet & Sour Sauce
- > Tofu Curry, quinoa and raita
- > Asian Noodle Salad with crisp greens
- > Tempeh Pasta Salad
- > Raw Nut Loaf served with Roast Capsicum Dressing and Potato Salad

autumn/winter lunch suggestions

- > Baked Potato served with Savoury Yeast Sauce and Coleslaw
- > Spelt Plaits served with Wakame & Bean Soup
- > Any of the hearty soups, such as:
Broccoli & Almond Soup, Miso Soup,
Zucchini, Red Lentil & Sweet Corn soup.
- > Scrambled tofu
- > Hot & Easy Beans
- > Vegetable Dhal
- > Chips with Tofu Mayonnaise
- > Spilt Pea & Lentil Burgers served with Mustard Seed Sauce on an open sandwich with fresh rye bread and salad

autumn/winter dinner suggestions

- > Bean & Olive Bake served with steamed beans and carrots
- > Curried Lentils served with naan
- > Cabbage Rolls served with brown rice, Tomato Basil Sauce and Yoghurt Dill Sauce
- > Shepherd's pie
- > Mushrooms with Chickpeas served on polenta squares
- > Pumpkin, Cauliflower & Chickpea Hotpot

menu planner

This suggested meal planner may assist you with some ideas for your wholefood plant-based diet. However if you have just completed a Gawler Foundation Program for cancer, MS or other chronic illness you may need to minimise your intake of sugar and omit the fruit snacks during the day.

Day 1

Breakfast

Porridge
Currants soaked overnight in water
Almond Milk
Sliced banana
Wholegrain bread toasted spread with miso and drizzled with flaxseed oil

Morning Tea

Hummus with vegetable crudites

Lunch

Fresh wholemeal roll topped with avocado and salad ingredients: shredded lettuce, sliced tomato, sliced cucumber, alfalfa sprouts, grated carrot and beetroot

Snack

Smoothie

Evening Meal

Mexican Rice with hot tomato salsa and guacamole

Day 2

Breakfast

Stewed apples topped with chia seeds and freshly ground flaxseeds
Wholegrain bread toasted spread with sugarless jam

Morning Tea

Veggie sticks with Hummus

Lunch

Mug of homemade vegetable soup

Snack

Spiced Tea with fresh fruit

Evening Meal

Roasted root vegetables, such as carrots, parsnip, sweet potato, beetroot with roasted onion and pumpkin

Onion Gravy

Steamed green beans

Day 3

Breakfast

Quinoa flake porridge
Autumn fruits
Soy yoghurt

Morning Tea

Reheat vegetable soup

Lunch

Hummus
Sprouts
Slices of tomato topped with cracked pepper on wholemeal bread

Snack

Fresh Fruit

Evening Meal

Corn & Red Capsicum Chowder served with a bowl of salad

Day 4

Breakfast

Baked tomatoes served on toast with flaxseed oil and miso

Morning Tea

1 heaped tsp of miso in a mug topped boiling water

Lunch

Salad roll up with hummus, avocado, lettuce, tomato, cucumber, broccoli, sprouts

Snack

Smoothie made with almond milk and berries

Evening Meal

Cardamom Pumpkin Pilaf
Wilted spinach
Tempeh marinated in tamari and ginger

Day 5

Breakfast

Homemade Muesli soaked in almond milk for half an hour to soften

Served with sliced fresh fruit such as apples, pears, peaches and apricots

Morning Tea

Almond Butter spread on celery

Lunch

Frittata served with rocket

Snack

Banana

Evening Meal

Ratatouille served with Sweet Potato Chips
Rocket tossed in Gawler Foundation Salad Dressing

Day 6

Breakfast

Muesli soaked in water for ½ hour
Blueberries
Soy yoghurt

Morning Tea

Lentil Dip on wholemeal bread

Lunch

Steamed seasonal veggies with brown rice

Snack

Almond & Fruit Truffles

Evening Meal

Broccoli & Almond Soup
Crusty wholemeal bread
Freshly made salad served with balsamic vinegar and olive oil

Day 7

Brunch

Wholemeal Toast
Scrambled Tofu
Baked Tomatoes
Baked Mushrooms
Wilted Spinach
Caramelised Onions

Miso

Flaxseed Oil
Home made Icecream

Evening Meal

Vegetable Lasagna served with green salad and kalamata olives

Organic and Biodynamic Produce

Organic and biodynamic farming methods are similar in that both are grown without chemicals and genetically-modified ingredients. However, biodynamic farming goes one step further. It is a holistic practice where all things are considered living, inter-related systems – animals, plants and

the solar system – that affects the growing phases of planting and harvesting.

To maximise health and to assist the body to recover from illness, it is best to consume foods that have no or minimal chemical additives. We recommend, where possible, organic or biodynamic produce.

produce & pantry items

PANTRY BASICS

General

Tamari
Apple Cider Vinegar
Savoury Yeast
Flakes

Oils

Flaxseed Oil
Olive Oil

Nuts & Seeds

Whole Almonds
Chia Seeds
Flaxseeds

Wholegrain Flours

Spelt
Wheat
Rice
Barley
Millet

Wholegrains

Brown Rice
Quinoa
Barley
Amaranth
Millet

Rolled Grains

Rolled Oats
Rolled Triticale
Rolled Barley
Rice Flakes
Spelt Flakes
Rye Flakes

Pasta & Noodles

Vermicelli Rice
Noodles
Buckwheat Soba
Noodles
Spelt Pasta
Brown Rice Pasta
Gluten Free
Vegetable Pasta

Legumes

Lima Beans
Red Kidney Beans
Chickpeas
Borlotti Beans
Green Lentils
Red Split Lentils
(or Red Persian)
French Green
Lentils (or Puy)

Sweeteners

Honey
Apple Juice
Concentrate
Maple Syrup

Beverages

Dandelion and
Chicory roasted
blend
Green Tea
Herbal Teas
Cereal-based
drinks such as
Nature's Cuppa

Dried Fruits

Sultanas
Raisins
Currants
Figs
Apricots

Seaweeds

Nori (or Yaki Nori)
Kelp
Arame
Kombu

Milks

Soy Milk
Oat Milk
Rice Milk
Almond Milk

Soy

Firm Tofu
Silken Tofu
Tempeh

Miso

White (Shiro) Miso
Barley (Mugi) Miso
Brown Rice
(Genmai) Miso

If availability or affordability is an issue, try growing at least some of your own food! We practice the 'no-dig' method, which is simple and reliable (a good place to begin is with Esther Dean's book – No-Dig Gardening). These days, many farmers' markets are held all over the country. These producers are often growing on a small, chemical-free scale, but are unable to afford the expense and time of becoming certified organic. So strike up a conversation with the growers at your local farmers' market and ask about their farming practices. You may well find their produce is 'organic' without being labelled as such.

Tamari Tamari is a wheat-free soy sauce. The flavour is mellower than ordinary soy sauce and a low-salt variety is available. To use as a condiment or marinade, dilute tamari with water. Grated ginger is also a wonderful addition to tamari and complements the flavour adding freshness and bite to the taste. Many organic varieties are available. Use in moderation due to the sodium content.

Apple Cider Vinegar This is a type of vinegar made by the fermentation of apple juice. As well as containing acetic, lactic, citric and malic acids, it also contains pectin, trace minerals, potassium, beneficial bacteria and enzymes. Although it tastes acidic, the digestive effect on the body is highly alkalising. For a digestive aid, take one tablespoon in a glass of water.

Flaxseeds and Flaxseed Oil Flaxseed oil (also known as linseed oil) is a rich source of the essential Omega 3 fatty acid (Alpha Linolenic Acid). Our bodies cannot produce essential fatty acids (EFAs), so we must obtain them from our food. Flaxseed oil contains a high level of Omega 3 fatty acids (at 55-65%, twice that of fish oils). Omega 3 fatty acids are beneficial for the immune system.

It is important to purchase flaxseed oil that is in an opaque container and has been stored in a refrigerator. Always store it in your refrigerator at home. Fats and oils are degraded by air, light and heat, and we recommend not to cook with any oil, especially flaxseed oil.

As well as containing Omega 3 fatty acids (although not nearly as much as flaxseed oil), flaxseeds can be ground in a seed/coffee grinder to produce a healthy addition to your meal. Ground flaxseeds are an excellent source of protein, soluble and insoluble dietary fibre and lignans, which the body converts into beneficial phytoestrogens.

Olive Oil Olive oil is rich in Omega 9 fatty acid that, although neutral for the immune system, contains some health benefits. Be sure to purchase cold-pressed, extra-virgin (first pressing) Australian olive oil.

Whole Raw Almonds When eating for healing, the only shelled nuts we recommend are almonds and chestnuts (with their brown skins intact). Almonds contain a good amount of protein and other nutrients. We usually soak our almonds overnight in water to increase enzymes and digestibility, as previously mentioned.

Chia Seeds Chia seeds are one of the richest plant sources of Omega 3 fatty acids. They are a complete protein and a good source of fibre and antioxidants. They can be added to breakfast cereals, salads, yoghurt, soups, smoothies, desserts or any way you can consume them. Due to their absorption nature, they swell and become gel-like so drink plenty of water between meals containing Chia seeds as they will attract fluids in your digestive system and constipation could result if you are dehydrated.

Wholemeal Flour It is best to grind your own wholemeal flour (and the taste is far superior to the supermarket variety), or to purchase it from a store that has a high turnover of wholemeal flour. Keep it in a cool, dark place and buy smaller quantities often, rather than large quantities.

Wholemeal flour contains many more nutrients than white or bleached flours. There are many different types of grains that can be turned into flour, Wheat is the most common and we often use spelt and rye. Rice, barley, millet and buckwheat are some of the other grains and seeds that can be milled into flour.

Tofu and Tempeh Tofu is made by adding a coagulant to soy milk, whereas tempeh is fermented whole soybeans. Tofu has a subtle flavour and tends to absorb the flavours of whatever is added to it, whereas tempeh has a stronger, earthy flavour. Tempeh contains more fibre and protein than tofu. There are many varieties of tofu – firm, soft, silken and pressed. We generally use firm tofu in most of our recipes. Until recently it has not been possible to purchase silken tofu that did not contain many additives, but now there is silken tofu available that is of an excellent quality. Silken tofu can be used in soups and in desserts. Pressed tofu is very firm and we have not used it in any of the recipes in this book.

If you have previously tried tofu and not found it appealing, it may be that the tofu had lost its freshness. Look for tofu that is light in colour (not yellowed) and without any cracks or hardness to its surface. The freshness of tofu makes a huge difference. Check the label before purchasing these products. The tofu we purchase contains only three ingredients (whole soybeans, natural nigari, filtered water), whereas some products can contain a wide variety of additives and flavours. Avoid pre-marinated products.





vegetables

Listed here are some basic pointers for the sourcing, storage and preparation of many different vegetables. This is not a comprehensive list, but it is a good start. We encourage you to be adventurous with a range of vegetables. Wherever possible we try to source fresh organic produce and we are lucky enough to be able to grow and source biodynamic produce. Buying seasonally is also best as it means that the produce has not been kept in storage for long periods of time. Fresh, healthy fruit and vegetables are tastier and need fewer additives to create interesting and tasty meals.

Avocado We find it is best to purchase avocados when the fruit is still firm. This way you have some control over the ripening process without everyone squeezing the avocado to see if it is ripe. If you want the fruit to ripen quickly, store avocados in a brown paper bag with bananas and only put avocados in the refrigerator once they have ripened.

After cutting the fruit in half, remove the seed using a sharp knife. Once a dip or salad is made using avocado, it is best to eat as soon as possible as the fruit will go brown quite quickly. A squeeze of lemon juice can slow the fruit from browning.

Alfalfa and other Sprouted Seeds If purchasing sprouts, do so close to the time of using them. Broccoli sprouts are the highest known dietary source of the potent anti-cancer phytochemical, Sulphurophane and have a spicy and peppery flavour. Mung bean sprouts are a great alternative with a lot of extra crunch. Snow pea shoots are also an attractive addition to a salad. Rinse sprouts with fresh cold water before use, especially if they are stored in a plastic container.

We highly recommend making your own sprouts – it is easy and fun!

Sprouting Seeds:

Soak one tablespoon of seeds in a glass of fresh water overnight. In the morning, drain away water by placing a piece of cheesecloth or muslin over opening. Fill jar with fresh water and rinse again. Rinse and drain 2-3 times a day, leaving the jar on the bench away from direct sunlight. Eat when green tips are showing, usually within a few days.

Bulk seeds for sprouting can be purchased online from suppliers such as The Diggers Club or Eden Seeds.

Asparagus Organic, fresh asparagus is a wonderful tasting vegetable and served with the Gawler Foundation salad dressing with almonds, can be the main feature of any fine dining experience.

Bean Shoots Purchase bean shoots as fresh as possible as they can deteriorate and become smelly. Rinse in cold water before use.

Beans Beans come in many sizes and colours. Scarlet runner beans, French green beans and butter beans are all easy to grow and will provide fresh beans for your meals for a few months at a time. To prepare the beans, top and tail and lightly steam. Serve warm or cold in salads.

Beetroot Beetroot can be eaten raw or cooked. It has a deep earthy flavour. Scrub beetroots in cold water and trim away leaves and root tail. To eat beetroot raw, grate or slice very thinly. Beetroot takes a long time to cook because it is so dense. The leaves can be eaten and beetroot is great in a juice with carrots and celery.

Broccoli Broccoli can be eaten raw or lightly steamed. Fresh organic broccoli has a flavour that is nothing like its conventional brother, which has little or no flavour. Note that the whole of the broccoli plant can be eaten, not just the florets.

Cabbage Cabbage contains angiostatin, which has an anti-angiogenesis effect (blocks the growth of blood vessels that supply cancer tumours). This unassuming vegetable is an important part of your weekly diet. Buy only what you will use for a week.

Finely shredded cabbage is great in all sorts of salads not just coleslaw. Red cabbage is particularly attractive and will add highlight to a green salad. The cabbage family also consists of Brussels sprouts, red cabbage, Savoy cabbage, bok choy, Chinese cabbage and kale, which is one of the most nutritious of all vegetables.

Capsicum Red, green and yellow capsicums and all other variations, have a wonderful distinctive flavour. Many people enjoy raw capsicum for the sweetness and the crunchy texture, but cooked capsicum can be an acquired taste. We find that roasting the capsicums and peeling away the skin takes away the bitter flavour. In fact, cooked this way they become very sweet.

Carrots Carrots can come in all shapes and sizes and the unusual ones are often sweeter tasting than the good-looking ones. Scrub carrots well using a natural fibre scrubbing brush dedicated to washing vegetables. Trim away top and grate, slice, mince, steam, roast, juice or just eat raw.

Cauliflower When buying cauliflower look for white, hard florets. Lightly steamed or roasted, this is a delightful vegetable that can be served with our savoury yeast sauce or served cold in salads.

Celery The flavour of celery adds a peppery freshness to many soups and stews. Celery can be served cooked or raw. Discard the leaves and wash sticks in cold water. Celery sticks are ideal as crudités to serve with dips.

Corn Fresh corn picked straight from the vegetable patch and steamed for a few minutes is delightful. The quicker the corn makes it to the pot, the sweeter the flavour will be as the natural sugars will turn to starch if left too long, (which happens when corn is left sitting in the bottom of your vegetable crisper).

Cucumber Refreshingly crunchy cucumbers are an ideal summer salad vegetable. They store well in the refrigerator and grow abundantly in summer.

Eggplant Eggplant is a member of the nightshade family along with potatoes, tomatoes, capsicum and chilli. It adds a wonderful exotic texture and flavour to dips and stews. Eggplant benefits from being well cooked. People suffering with arthritis-like conditions are best not to consume nightshade vegetables daily.

Lettuce Lettuces come in all shapes and colours. The common every day iceberg lettuce is ideal for using as a cup to hold and wrap around tasty ingredients, but other varieties add much more flavour and texture. Any varieties with dark green or red leaves, such as oakleaf, rocket and radicchio, provide a higher source of nutrients. Store in the refrigerator and wash well before use and dry using a salad spinner or clean dry tea towel.

Mushrooms Once upon a time, only field mushrooms were available, but now cultivated mushrooms are widely available, as are a wide variety of mushrooms used in Asian cuisine. We often use dried shitake mushrooms, which can be purchased from health food shops and Asian grocers. Wash the dried shitake mushrooms well before using and soak overnight to reconstitute. Treat fresh mushrooms with delicate hands and use a pastry brush to remove dirt, or wipe with a damp clean cloth.

Onions The onion belongs to the Allium family, along with shallots, brown onions, red onions, white salad onions, leeks, spring onions, chives and garlic. It is one of the most widely used vegetables in the world. All Allium vegetables will add depth of flavour to a meal and many recipes start with sautéing one of these onion variants to enhance the flavour. Cooking also adds sweetness to the onion that contrasts with the acidic bite of a raw onion.

Parsnip Scrub parsnip before cooking. Parsnips are fabulous roasted.

Peas Fresh peas are wonderfully sweet and, if you have the time to grow them and pod them, can be a delicious addition to many meals. Snow peas are in many of our recipes and can be substituted with peas or sugar snap peas. When using snow peas we often blanch in boiling water for a few seconds, and then plunge them into ice-cold water to refresh. We then slice or keep whole.

Potato Many people can remember their mum referring to potatoes as old and new. Now there is such a large variety of potatoes available, but there is still old and new! It is good to get to know what potatoes are suited to certain cooking styles. Our favourite is Dutch Cream for baking, but we also recommended Desiree, Nadine, Colban and Sebago. Waxy potatoes, such as Kipfler and Pink Eyes, are great for potato salad. For mashing, we recommend Nicolas, Desiree and Bintjes. Have fun experimenting with the different textures, colours and flavours.

Store potatoes in a cool, dry place away from direct sunlight. We scrub our potatoes with a brush and cook them with the skin on.

Pumpkin We recommend pumpkins that are deep orange in colour. Often the colour is a sign of better flavour and the darker the pumpkin on the inside the tastier the vegetable. We often use Kent and butternut as both are smaller and easier to handle. Be careful when cutting a pumpkin open, as the skin can be very hard. This is often a sign of a good tasting pumpkin.

Many recipes that use pumpkin rely on the pumpkin having a good flavour; if it isn't there to start with, the dish will not get any better.

Radish Radish is not often widely used, but this vegetable can be a wonderful addition to a salad. They are easy to grow and a fantastic aid to your digestion. Daikon radish is a very large white radish and is often used in Japanese cooking.

Spinach Spinach is a green leafy vegetable that is a vital part of a healthy diet. It can be used raw or cooked. Spinach only requires a short cooking time; either plunge it into boiling water or steam it. Silverbeet is a brilliant alternative to spinach and can be used as a substitute in most recipes. Silverbeet is also very easy to grow in your own backyard.

Sweet Potato Sweet potato has a wonderful distinctive flavour and can be roasted, steamed, mashed or baked in the same way that potato can be prepared. It is called 'kumera' in New Zealand.

Tomatoes Tomatoes are one of our most popular vegetables and are used in many recipes. When cooking tomatoes in a saucepan, always check that the sauce, soup or stew is not burning on the bottom as the high sugar content of tomatoes can make this happen quickly. Tomatoes have a number of important nutrients. Store tomatoes at room temperature so that you can enjoy the flavour and texture; refrigerated tomatoes have little flavour. Tinned tomatoes are used in some recipes – where possible choose organic tinned tomatoes and check ingredients label.

Zucchini When cooking with zucchini, do not peel as all the flavour is contained in the skin. Store in the refrigerator, but use quickly as they soon develop mould spots.

sea vegetables

Edible sea vegetables, or seaweeds, contain a wonderful store of nutrients not often found in such great quantities in other vegetables. The flavours they impart can be subtle or strong and are used in some fabulous recipes in this cook book, such as bean soup, sushi and sweet potato salad. Many dried sea vegetables need to be rehydrated before use.

Agar Agar or Kanten This gelatinous sea vegetable makes a wonderful jelly and is used throughout Asia to create many deserts. Refrigeration is not required to set the jelly. Agar Agar is available in powder, sheet and flake form. Follow the instructions on the packet.

Arame Arame comes shredded into thin strands and looks like tea. It needs to be soaked for 5-10 minutes before using. Delicious in salads or stirred through rice, this sea vegetable has a strong flavour and an attractive look.

Kombu Kombu has a mild flavour and is used to make soup stock. It is also recommended to place a piece of kombu into the cooking water with beans and legumes as the tenderising qualities of this seaweed will assist in cooking and digestion.

Nori Nori sheets are readily available. They generally come toasted and are often called Yaki Nori. This product can be used in many different ways beyond creating sushi. Cut into small pieces like squares, nori can be added to salads and soups.

Wakame Wakame (often referred to as sea lettuce) can be cut into small pieces and added to soups or reconstituted and then added to stews. It will dissolve if left to cook too long.





herbs & spices

Listed here is a very small selection of our commonly used culinary herbs. There is an endless resource of herbs available throughout the world and many are used for medicinal as well as for culinary uses. Store fresh herbs in the refrigerator in a pot of water just like a vase of flowers.



Garlic Garlic has many nutritional benefits, but high on our list is the wonderful pungent flavour that can be added to many meals for extra depth and aroma. Roasted whole in the skin, the garlic sweetens and the pulp can then be popped out and added to stew and soups. Purchase a good quality garlic press - many of the new ones on the market do not require the skin to be removed. This makes it so much quicker and easier to prepare. Stay away from imported garlic and avoid using crushed garlic from the jar. Fresh is always best.

Ginger The ideal way to store fresh ginger is in the freezer. Whenever a recipe requires ginger, grate the required amount then pop it back into the freezer. This way you will always have a fresh supply on hand as there is nothing sadder than ginger rotting in the refrigerator or in the fruit bowl. Ginger grated into boiling water makes a wonderful soothing drink.

Turmeric Turmeric root can be purchased in green grocers and using fresh turmeric is great for your health. Like ginger, store it in your freezer so that it is ready to use at any time. We like to wear a rubber glove when handling turmeric, as the colour will stain anything it touches. Be careful of your benches and keep a dedicated chopping board just for using with turmeric for the colour and another for garlic for the strong smell.

Coriander The whole coriander plant can be used. The roots and stems are great to add when making curry pastes and sauces. Vietnamese mint or coriander has a peppery, exotic flavour that can enhance many fresh Thai dishes such as rice paper rolls and salads.

Mint There are many varieties of mint. Common mint and spearmint are flavours we all know, but there are many other varieties with varying flavours. Some are NOT suitable for cooking, such as pennyroyal mint and eau de Cologne mint, but are used for pest control, so make sure you avoid these. Mint is used in many Middle Eastern dishes, such as tabouli. Wash and dry the mint leaves using a salad spinner or a clean dry tea towel. Avoid chopping mint as it oxidises very quickly and will turn black, so tear just before serving when possible. We add mint to our green juice to enhance the flavour.

Parsley There are two common varieties of parsley, curly and continental or Italian parsley. Curly parsley has a stronger flavour and can be chopped very finely or used as whole sprigs to garnish. The distinctive fresh taste of parsley will add vitality to most soups and stews when added at the last minute. Continental parsley is often used in Italian salads and the leaves are plucked off and used whole. This green leafy herb contains much goodness and is great in carrot juice and green juice.

Basil The aroma of freshly picked sweet basil is intoxicating and sensual. The leaves will oxidise very quickly, so they are best prepared at the last minute and are better torn rather than chopped. Thai basil is also a delicious addition to many Thai food dishes and the distinctive flavour transports you to the exotic East. There are other varieties of basil: purple basil, Greek bush basil, cinnamon basil, liquorice basil and many more.



fruit

It is always best to eat fresh fruit that is in season. Keep the consumption of fruit simple and avoid mixing fruit with starchy vegetables as they digest at different rates. Depending upon your location, there are many wonderful fresh fruits available – here are some of the more common ones.

Apples and Pears Apples, pears and nashi fruits belong to the Rose family. There are many different varieties. Check what is in season for your area via your local farmers' market.

Berries Raspberries, blueberries, blackberries and loganberries are high in antioxidants and irresistible when eaten fresh from the vine. Berries are best eaten as close as possible to the time of purchase, or a few can be stored in the freezer to add flavour to muffins, ice-cream and smoothies.

Bananas Bananas are a fabulous snack, they give a sustained and substantial boost of energy and certainly fend off a hunger attack. Bananas are very versatile. They come in their own Eco wrapper and are the basis for smoothies, fruit salads, muffins, and homemade ice cream.

Melons Melons are best eaten on their own as they digest quickly – do not mix them in a fruit salad. Melons include: watermelon, cantaloupe or rockmelon, honey dew and many others.

Pineapple and Paw Paw Pineapple and Paw Paw contain useful digestive enzymes and are best eaten when in season and ripe.

Pomegranates Pomegranates are high in Ellagic acid, which is an excellent nutrient when dealing with cancer.

Stone Fruit Nectarines, peaches and plums only have a short season, but are luscious and juicy when eaten at the right time of the year. These fruits stew well.

utensil list



Listed here are some utensils that we would use every day to prepare the dishes in this cook book. Most homes will have many of the items listed and only a few extra purchases may be required, or use our suggestions to update to more efficient or reliable cookware. We have listed them here so that you can be well-informed on what the ideals are.

When buying stainless steel saucepans ensure that they are dishwasher and oven safe, that they have strong riveted handles and that they have lids that fit securely.

*** Microwave Ovens** Microwave ovens change the molecular structure of food through the process of radiation. Microwave heat is generated by violent friction in the cells of the food, this has the effect of causing the cellular structures to be deformed. Although this is a controversial area, our recommendation is to avoid food cooked or heated in microwave ovens and to avoid physical exposure to them also.

Hand-held Blender (also called Stick or Wand Blender) Hand-held blenders are used to puree soups and sauces. It is recommended to purchase one that has a stainless steel shaft. Many come with attachments that are also desirable such as a small chopping bowl attachment or mini-food processor. This attachment is perfect for making breadcrumbs, grinding seeds, making pesto and small quantities of dip and chopping fresh herbs. This type of blender with different attachments is very versatile.

Stainless Steel Saucepans Stainless steel saucepans are the best for use in the kitchen. Purchase stainless steel cookware that has either an aluminium or copper core in the base. Both of these metals ensure that foods cook evenly without any hot spots. Plus when you turn the dial to change the temperature on your stove top, the cookware responds rapidly to temperature changes.

There is a wide variety of sizes and shapes to choose from. Many recipes in this book rely on steaming vegetables and a great way to do this is with a saucepan that is designed for this purpose. Buy a steamer insert that sits inside the larger saucepan allowing the vegetables to sit above the boiling water. The steam passes through perforations in the base of the steamer and is contained by a firm-fitting lid.

Knives Just two or three good quality knives are needed for preparing all the food in this book. A large vegetable knife and a smaller paring knife would be helpful. A serrated-edge knife would also be handy for cutting bread and tomatoes.

Wooden Chopping Board A hardwood chopping board is the ideal chopping surface. As with all wooden utensils, we recommend an Australian-made wooden chopping board and these are readily available from craft markets. Maintained with a monthly rub of olive oil, your chopping board should maintain its integrity for many years. After using, scrub the board under hot water with a scrubbing brush and then allow to air dry. Keep a separate board for chopping chillis and onions, especially if you are sensitive to these ingredients.

Scrubbing Brush Natural fibre scrubbing brushes are the perfect tool for cleaning your vegetables.

Measuring Spoons and Cups All recipes in this book use standard metric measuring spoons and cups.

Following recipes and using the correct weights and measurements will ensure great results and success with cooking. Once you are confident with your results, then you may like to experiment with other flavours or alternative ingredients to those outlined in the recipes. This is an opportunity for your own creativity to shine.

Wooden Utensils Source Australian wooden utensils, as imported wooden utensils are fumigated with chemicals. Sunday Craft Markets are a great place to find handmade spoons and salad servers or try making your own!

Large metal Spoon Metal spoons come in many sizes and can be used to stir, measure and serve food.

Slotted Spoon Slotted spoons are used to remove pasta or vegetables from boiling water.

Ladle Perfect for serving soups and stews.

Broad Spatula A broad spatula is also called an egg slice, a turner or a flipper. This utensil has a long handle and a broad flat edge for lifting and turning. There are many uses for a broad spatula, but the most important in this recipe book is assisting with the removal of baked food from a surface that has not been greased.

Microplane or Grater Microplanes are very sharp fine graters that can be used to zest citrus or grate ginger and garlic. Good quality graters come in many sizes. These efficient graters work very well, but care needs to be taken as they are very sharp.

Baking Dish and Casserole Dishes Some cookware can be used on the stove top and then in the oven as well and this certainly reduces the amount of washing up. A tight or well-fitting lid is essential as this stops moisture from escaping.

Ceramic, Oven Safe Glass, stainless steel, enamel and Corningware are all safe and practical to use. A medium sized casserole, approximately 2 - 3 litre in capacity, is recommended.

Stainless Steel Baking Tray Sturdy stainless steel baking trays are an investment that will reward you over and over again. Their durability should last a lifetime. The even dispersion of heat will help the cooking process as well as giving you a strong base for removing baked goods that have been placed on an ungreased surface.

Stainless Steel Bowls Stainless steel bowls are sturdy, do not leach out contaminants, are lightweight and come in all sorts of sizes. We often use these bowls to store food in the refrigerator, covering with a plate. This saves us from using plastic containers and wrap. Be sure to check that what you are buying is stainless steel and not aluminium, which is not recommended as it can leach into food.

Stainless Steel Colander Stainless steel colanders come in a wide variety of sizes. They can be used to drain washed greens, such as lettuce, spinach and silverbeet. They are also used when draining legumes, grains and pasta.

Stainless Steel Jug A jug is perfect for use as a beaker to mix together ingredients to make salad dressing using a hand held blender. The jug may also have millilitre and cup measurements marked that help when following a recipe.

Garlic Crusher There are new garlic crushers available on the market that work without the need for peeling the dry skin away from the flesh. This saves a great deal of time and they are easy to use and protect your hands from the strong smell of garlic.

Rubber Scraper or Spatulas Excellent quality rubber scrapers and spatulas can be purchased from any good store that stocks cooking utensils. Using rubber minimises the contact your food has with plastic.

Food Processor Food processors can be used to grate, slice, chop and combine food. There are a couple of recipes that will require a food processor. The small hand blender with attachments can take the place of a large kitchen blender for smaller amounts.



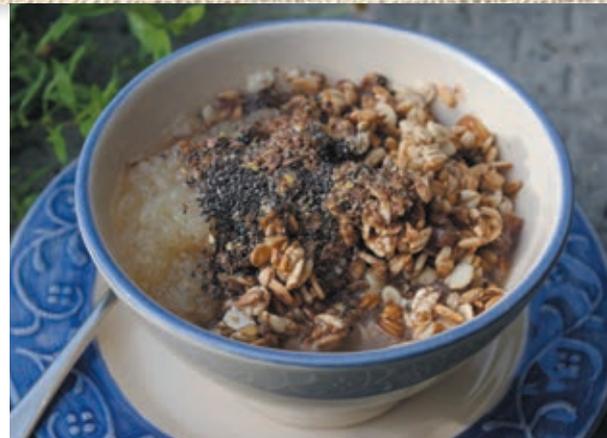
*“Keeping your body healthy is an
expression of gratitude to the whole cosmos
– the trees, clouds, everything.”*

Thich Nhat Hanh



Fresh blueberries are high in vitamin C and rich in pro-anthocyanin a natural antioxidant.

breakfast



porridge

Serves 4 *soak overnight / gluten-free option*

- 1 cup Rolled Oats
- ½ cup Rolled Barley
- ½ cup Rolled Rye, Quinoa or Spelt

Optional:

Soy milk, Linseeds, Chia seeds, Honey

Soak Rolled Grains in 2 cups of cold water overnight. Store this covered in the refrigerator.

- › In the morning add 2 more cups of water and cook in a solid-based saucepan over a gentle heat. Stir occasionally and add more water if needed. Cook until the porridge is the desired consistency - this will take about 10 to 15 minutes.
- › Stir porridge well and serve with your preferred milk. Sprinkle with freshly ground linseeds or Chia seeds, if desired and a small drizzle of honey. Porridge is also lovely served with fresh or dried fruit compote and soy yoghurt.

Any combination of grains can be used, or just oats on their own. Follow the rule of:

1 part rolled grain to 2 parts water.

Other grains to try are rolled triticale and amaranth flakes.

* For a gluten-free option use rolled brown rice or rolled quinoa to make gluten-free porridge.

muesli

short soak

- 2 cups Rolled Oats
- 1 cup Rolled Rye or Spelt
- 1 cup Rolled Barley
- 1 cup Whole Raw Almonds with skin on
- 1 cup Sultanas

Soy, Almond or Oat Milk to soak
(Water could also be used)

- › Place all dry ingredients (except almonds) into a dry mixing bowl and toss together, separating the sultanas as they are inclined to stick together.
- › Store this muesli mix in an airtight container.
- › To prepare muesli for one person, place 1 cup of prepared muesli into a breakfast bowl, half an hour before serving. Roughly chop almonds and add to muesli.
- › Pour enough milk or water over the muesli to just cover and allow it to soak for half an hour before serving.

Other fresh fruit can also be added. Try grated apple or fresh blueberries.

Adding the almonds at the last minute keeps the skin intact and the nut fresher.



dried fruit compote

soak overnight / gluten-free options

Many visitors to The Gawler Foundation ask how we prepare the fruit compote in the morning for breakfast. They are always surprised to hear that sugar has not been added to the fruits, as the syrup and flavour is rich and sweet. Organic dried fruits are very tasty and when prepared in this manner the fruit's goodness is easily digested, which cuts out the amount of wind dried fruit can create.

Soaking is the secret! Quality organic dried fruit is soaked overnight in water. Place the fruit in a glass bowl and cover with water so that the fruits are submerged. Place a lid over the bowl and allow to stand overnight in the refrigerator. The fruit can then be served on top of porridge or added to soy yoghurt. The fruit can also be served warm. Bring gently to the boil and then remove from the heat immediately.

Suggested dried fruits include: prunes, sultanas, currants, figs, apricots and raisins.

autumn fruits

Any combination of the above listed dried fruits mixed together.

This makes a luscious and exotic combination.

An example is: ½ cup Currants ½ cup Sultanas ½ cup Prunes

Cover with water and allow to soak overnight in the refrigerator. In the morning do not drain the liquid away. Serve hot or cold. To serve hot, place the fruit in a saucepan and gently bring to the boil.

Remove from the heat and serve.

This fruit mix can be stored for up to three days in the refrigerator.

stewed fruit

Stewing fruits such as apples, pears and stone fruits (eg apricots, nectarines and peaches) are perfect for breakfast or a snack during the day. The acidity is reduced when fruit is cooked.

4-6 Apples or other suggested fruit

2 tbs Water and a little lemon juice

- › Prepare the fruit by peeling if required. If using apples, cut into quarters, peel and core. Then cut the quarters into thin slices.
- › Pears can be cooked with their skin on, cut into quarters lengthways and then cored.
- › Peaches can be cooked with their skin either on or off. Remove the pip and cut in half, quarter or thin slices.
- › Place the fruit in a small saucepan with the liquid to stop the fruit from sticking. Cover saucepan with a lid. The fruit will create its own juice once heated, so only a small amount of liquid is required.
- › Gently simmer until the fruit is tender. Check occasionally to make sure that the fruit is not sticking to the pan.

Four pears cooked in this way takes about 10-15 minutes.

Stewed fruit is delicious served warm or cold with a dollop of soy yoghurt.

soy yoghurt

Makes 1 litre *yoghurt maker / thermometer*

1 litre Soy Milk

1 tsp Honey

1 heaped smidge Soy Yoghurt Culture

purchase online from www.greenlivingaustralia.com.au

A smidge is a measurement that is available in spoon form from the above address - it is about 1/32 of a teaspoon.

A thermometer is also needed to create yoghurt.

An Easiyo yoghurt maker is also needed and can be purchased in many major supermarket chains.

- › Place soy milk into saucepan with the honey and bring to 40°C. Checking the temperature as it is heated.
- › Remove from heat and whisk through the culture.
- › Fill yoghurt maker up to the red baffle with boiling water.
- › Pour soymilk into 1 litre jar provided with the maker, and place into the maker. Put on lid and set aside for 8 to 12 hours.
- › Serve when ready and store remaining yoghurt in fridge.

It is a good idea to check the temperature of the yoghurt being made is maintained at 40°C, especially in very cold climates. 4 hours into the process change with freshly boiled water.

scrambled tofu

Serves 6 **gluten-free**

400 gms Firm Tofu (1 block)

½ tsp Tamari

2 Spring Onions

¼ cup Whole Raw Almonds with skin on

2 sprigs Parsley

Fresh or ground Turmeric to taste

- › Grate tofu using a hand grater.
- › Mix through the tamari and put into a deep baking dish to marinate for ½ an hour.
- › Preheat the oven to 180°C.
- › Wash, clean and thinly slice the spring onions.
- › Roughly chop the almonds.
- › Cook tofu in the oven for about 10 minutes. Toss and check that it is heated through thoroughly. Cook a little longer if you like the crunchy bits that form on the top.
- › Remove tofu from the oven and toss through spring onions, almonds and turmeric. Garnish with parsley sprigs.



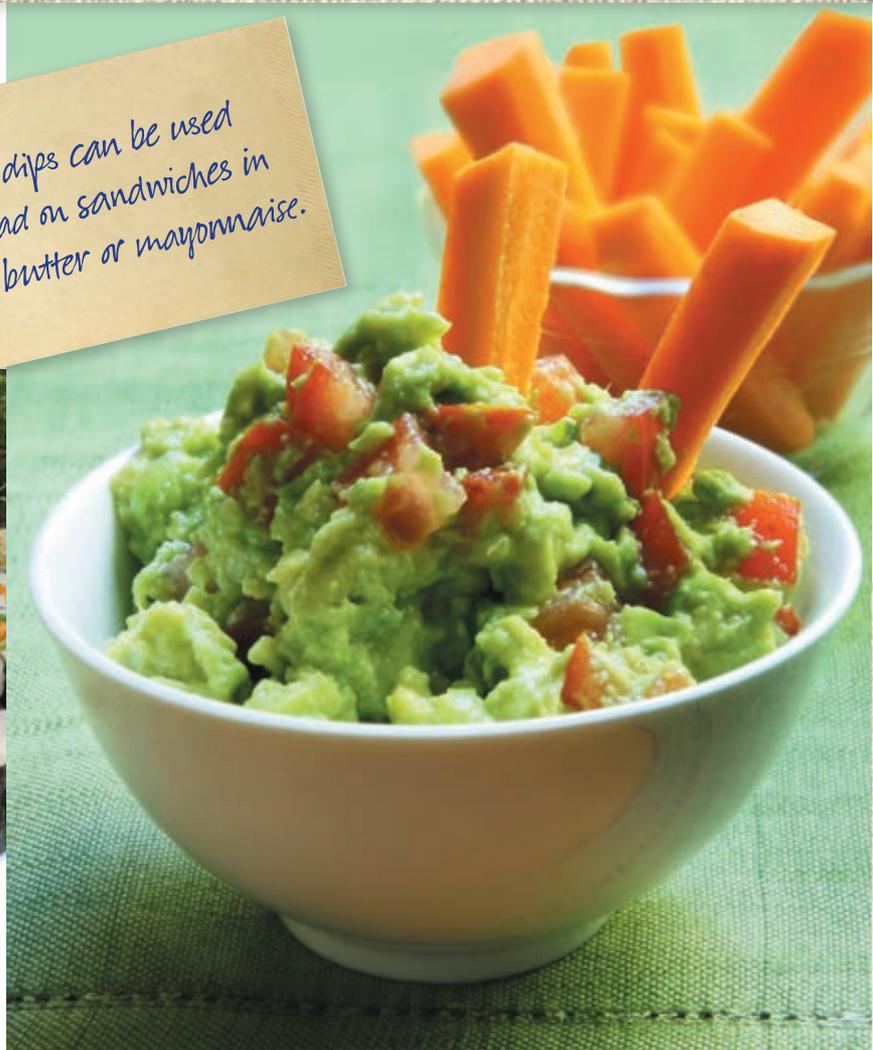
Serve scrambled tofu with caramelised onions, baked tomatoes, baked mushrooms, wilted spinach, add miso paste and a drizzle of flaxseed oil and toast for a fabulous Sunday brunch.

*"Tell me what you eat,
and I will tell you who you are."*

Brillat-Savarin

dips & nibbles

*Any of the dips can be used
as a spread on sandwiches in
place of butter or mayonnaise.*



almond sea sushi

Makes 4 long Sushi Rolls

soaking required / gluten-free / food processor /
sushi rolling mat

1 cup Whole Raw Almonds with skin on
2 medium Carrots
1 stick Celery
2 Spring Onions
2 tsp Kelp Powder
Chives
3 tbs Lemon juice
4 sheets Nori



Pickled ginger and wasabi
are great with sushi.

Cover almonds with plenty of cold water and soak in the refrigerator overnight.

- › Next day, rinse almonds in fresh water and drain again.
- › Scrub carrots and grate.
- › Wash celery and finely slice.
- › Wash and trim spring onions and finely slice.
- › In a food processor with the chop blade, grind almonds then add celery, spring onions, kelp powder, chives and lemon juice and blend together.
- › Add the grated carrots.
- › Scrape down sides and mix again. Do this as often as necessary until the mix is well combined.
- › Divide mixture into 4 equal portions.
- › Lay a nori sheet smooth side down on a sushi rolling mat.
- › Spread 1 portion of carrot and almond mix onto the nori sheet. Spread evenly to all edges, leaving a 2 cm space along the top edge.
- › With water, lightly wet this exposed edge using a pastry brush.
- › Starting at the opposite end, start to roll the sushi using the mat as a guide.
- › Carefully tuck any excess back in at edges and seal along the damp edge.
- › Put aside, laying the roll on its seam to help seal. Prepare the next roll. Repeat process until all rolls are made.
- › Allow sushi to sit in the refrigerator for 10 minutes to firm up before cutting into desired lengths.
- › Cut and serve with tamari, which can be diluted with water if too salty.

almond butter

Makes about 2 cups

soak overnight / gluten-free /
champion juicer or food processor option

200 gms Whole Raw Almonds with skin on
(1½ cups)

Water

Cover almonds with plenty of water. Cover with a lid and allow to soak overnight in the refrigerator.

- › Next day, drain and rinse almonds and drain again.
- › Set up the Champion Juicer with the 'blank' attachment in place.
- › Place the almonds into the top shoot and press through the machine, occasionally adding a small amount of water to create the correct consistency.
- › The almond butter can be processed through the machine a second time to further refine the almonds and create an even mix.

This can be stored for up to three days in an airtight container in the refrigerator.

Food processor option

Almond butter can also be made in a food processor. Follow instructions for soaking and rinsing. Place almonds in food processor with blade and process, occasionally scraping down sides. Process until it is smooth. Have patience, it may take 10-15 minutes. If your processor's motor becomes hot, stop and allow it to cool a little and restart.

hummus dip or spread

soak overnight / gluten-free / food processor

1 cup Dried Chickpeas
20 cm piece Kombu (optional)
1 tbs Flaxseed oil or Olive Oil (optional)
2 cloves Garlic, crushed
¼ - ½ cup Lemon Juice
1 tsp Tamari

Optional (see box below): **Beetroot, Black pepper**

Soak chickpeas overnight in plenty of cold water in the refrigerator.

When ready to use drain, rinse in clean water and drain again.

- › Place chickpeas and kombu in saucepan. Cover with plenty of cold water, cover with a lid and bring to the boil.
- › Remove lid, reduce to simmer and cook for 40-50 minutes until chickpeas are tender. Discard kombu.
- › Drain and allow to cool.
- › In a food processor, using a blade attachment, blend chickpeas, add other ingredients and enough water or extra lemon juice to achieve the correct consistency.
- › Blend well and adjust seasoning.

The hummus may be stored in the refrigerator for up to three days.

Hummus with beetroot & black pepper

Roasted or steamed beetroot can be added to the chickpeas in the food processor. This will add the most wonderful colour and flavour. If using the beetroot in the hummus, add a good pinch of cracked black pepper as well.

rice paper rolls

Makes 20 rolls **gluten-free**

1 packet (20) Rice Paper Wrappers
(18 cm in diameter)
100gms Vermicelli Rice Noodles

Any combination of the following:

1 Carrot
½ Red Capsicum
6 large Lettuce Leaves
½ Cucumber
125 gms Bean Shoots
1 packet (250gms) Bean Sprouts
50 gms Snow Peas
1 sprig Vietnamese Mint Leaves
¼ bunch Coriander Leaves
1 small Beetroot

Options:

avocado or baked tofu slices can also be added

To serve:

Chilli Dipping sauce
or Tamari and grated ginger

- › Prepare vegetables that are being used - any combination will work.
- › Thinly cut (julienne) or grate the carrot.
- › Julienne the capsicum.
- › Shred the lettuce.
- › Wash bean shoots and drain.
- › Thinly slice the snow peas.
- › Finely slice the Vietnamese mint.
- › Pluck leaves off the coriander.
- › Scrub clean and grate the beetroot.
- › Toss the freshly prepared vegetables together.
- › Prepare the vermicelli rice noodles following the instructions on the packet. Placing the dry noodles in a heatproof bowl, pour over to cover with boiling water. Allow to stand for 1 minute until soft. Drain, rinse in cold water and drain.
- › Prepare the individual rice paper wrappers. Clean and wet your work surface. In a bowl of warm water soak one rice paper wrapper for a few moments. Remove from water and place on the wet surface. Repeat process with other wrappers until the work surface has 4 wrappers placed on it.
- › Divide the vegetable filling evenly into 20 portions.
- › Place a stack of fillings on the centre of the softened wrapper ensuring that the pile is even and that there is enough space at the sides. Cover the filling with rice noodles. Fold one end of the wrapper over the filling, turn in the sides to hold the veggies in place. Then roll up tightly.
- › Cover the rolls with a slightly damp tea towel, and continue making the other rolls.
- › Serve immediately with chilli dipping sauce, and or tamari with a small amount of water and grated ginger. Adjust seasoning to your taste.



Rice paper rolls are very easy to make. Follow these detailed instructions for perfect results.



basil pesto

gluten-free / food processor

- ½ bunch Basil
- ½ bunch Parsley
(optional - keeps it greener and milder)
- 6 cloves Garlic
- ½ cup Olive Oil
- 1 cup Whole Raw Almonds with skin on

- › Wash basil and parsley well. Use a clean tea towel or a salad spinner to dry the herbs.
- › Remove tough stalks.
- › Blend all ingredients together in a food processor or small bowl attachment of a stick blender.
- › Add more or less oil until you achieve your desired consistency.
- › Put immediately into a glass jar and cover with a little extra olive oil to stop the pesto from oxidising.

For extra zing, add 1 small red chilli, finely chopped with seeds removed.



rocket pesto

gluten-free / food processor

- Pinch Dried Chilli or
- ½ small Fresh Chilli (optional)
- 1 cup Whole Raw Almonds with skin on
- 70-100 gms Rocket
- 4 cloves Garlic
- ½ cup Olive Oil
- 1 tbs Lemon Juice

This could be made in the small chopping bowl of a hand-held blender.

- › Remove stalk and seeds from chilli (if using fresh chilli).
- › Using a blade in food processor, chop the almonds and add the chilli (fresh or dried).
- › Wash and dry rocket.
- › Roughly chop rocket and place in food processor along with the crushed garlic, lemon juice and olive oil. Mix all ingredients together to achieve the desired consistency. Add extra oil if required.
- › The pesto can be stored in jar with a tight fitting lid for up to three days in the refrigerator.

This pesto would be ideal served over freshly cooked pasta. Retain a small amount of the water in the pasta to help the sauce coat the pasta.

marinated mushrooms

gluten-free / short marinate

250 gms Mushrooms
2 cm piece Ginger
¼ cup Tamari (drain before serving)

- › Using a pastry brush, clean dirt from mushrooms.
- › Keep mushrooms whole or cut to your desired size. The mushrooms will shrink during the marinating process.
- › Grate ginger using a microplane or a small grater and toss through mushrooms.
- › Pour tamari over mushrooms, add a small amount of water to lessen the strength of the tamari if you like, but not too much, as moisture will come out of the mushrooms as well.
- › Cover bowl and place in refrigerator for an hour to marinate and then serve.

tofu dip

gluten-free / food processor

2.5 cm piece Fresh Ginger, grated
400 gms Firm Tofu (1 block)
1 tsp Tamari
⅓ cup Tomato Paste or Soy Yoghurt

- › Cube and lightly steam tofu for 5 minutes.
- › Grate ginger using a microplane or fine grater.
- › Blend all ingredients together in the food processor, until smooth.
- › Check the flavour and add extra tomato paste or tamari to your taste.



Bean dip can be used as a dip or is fabulous when spread on bread, with salad, or served with toast batons and vegetable sticks.

lima bean dip

soak overnight / gluten-free / food processor

1 cup Dried Lima Beans
1 piece Kombu (optional)
2 cloves Garlic, crushed
2 tbs Lemon Juice
1 tsp Tamari
½ tsp Sweet Paprika
Fresh Dill or Chives
1 tsp Cumin
2 tsp Apple Cider Vinegar
1 tbs Olive Oil

- › Soak beans overnight in the refrigerator in plenty of fresh water.
- › Change water and cook beans in rapidly boiling water for 40-60 minutes until tender.
- › Drain, rinse, remove kombu and allow to cool.
- › Puree beans in food processor while still warm.
- › Add remaining ingredients and blend.
- › Adjust seasoning to taste and serve.



bruschetta

extra recipes required

(bread page 64 / olive tapenade page 49)

- 1 Spelt Bread Stick**
- 3 cloves Garlic**
- 1 quantity Olive Tapenade**
- 1 punnet Cherry Tomatoes**
- 1 sprig Fresh Basil**

- › Preheat oven to 180°C.
- › Cut cherry tomatoes in half and place onto a baking tray cut side up. Roast until just soft, about 10 minutes. Remove and cool.
- › Slice bread stick on the angle.
- › Place bread stick slices on an oven tray and bake until golden on the outside, but still soft in the middle.
- › Remove bread stick slices from oven and with a peeled garlic clove, rub the hot surface of the bread with garlic until the flavour has permeated into the bread.
- › Spread the tapenade on half of each bread slice.
- › On the other half, place the roasted tomatoes and top with a basil leaf.
- › Serve immediately.

olive tapenade

gluten-free

- 1 cup Kalamata Olives, rinsed and pitted**
- 1 tbs Olive Oil**
- 1 tbs Capers**
- ½ bunch mint or parsley**

- › Place the ingredients into a tall beaker and use a hand-held blender to mix the olives with the capers and oil.
 - › Be careful not to over-mix. The paste can be left chunky.
- Serve with wholemeal or rye toast or as suggested below.

interesting bruschetta ideas

The basil pesto and rocket pesto (page 46) are fabulous on freshly baked bruschetta.

Create interesting bruschetta with olive tapenade (above) topped with your choice of oven-roasted tomatoes, caramelised onions, fresh basil leaves, roasted capsicum and pesto.

Try bruschetta with hummus and a sprinkle of sumac.

guacamole

Serves 4 **gluten-free / food processor**

2 Spring Onions
1 Tomato
2 Avocados
2 tbs Lemon Juice

Optional
Pinch of Chilli

Guacamole can be processed in a food processor or mashed using a potato masher. Different textures are achieved, but both are delicious.

- › Trim and clean away rough outer leaves from the spring onions and then finely slice.
- › Dice the tomato.
- › Peel and remove seed from avocados and mash using either a blade in the food processor or a potato masher. Add lemon juice.
- › Stir the diced tomato and sliced spring onions into the avocado. Serve.



green dip or sauce

Serves 4 **gluten-free / food processor**

2 medium Zucchini
½ Green Capsicum
1 Spring Onion
½-1 Avocado
2 Garlic Cloves
2 tbs Soy Yoghurt
½ tsp Tamari

Optional
½ tsp Coriander ground
Lemon Juice

- › Wash and trim the zucchini, then grate. Squeeze excess liquid from zucchini.
- › Core and seed capsicum.
- › Clean and trim spring onion and finely slice.
- › Core and remove skin from avocado.
- › Process all ingredients together in food processor with the blade attachment.
- › Taste and adjust seasoning.
- › Do not make more than one hour before serving, as the avocado will turn brown.

A squeeze of lemon juice and fresh coriander are also excellent additions to this recipe.

lentil paté

Makes 3 cups **gluten-free / food processor**

1 cup French Green or Puy Lentils*
2 tsp Curry Powder
1 tsp Coriander, ground
1 heaped tsp Garlic, crushed
4 tbs Lemon Juice
1 tsp Tamari
Large drizzle Olive Oil

Check through lentils for small stones and foreign objects. Wash, cover with plenty of cold water and soak for 1 hour, or overnight in refrigerator.

- › Drain and rinse lentils. Cover lentils with a large amount of water and bring to the boil. Boil with the lid off for approximately 20 minutes until tender.
- › Remove from heat when cooked, drain well and allow to cool.
- › When the lentils are nearly room temperature, place into a food processor with the remaining ingredients and blend together. Don't over-blend as this can make it too watery.
- › Test flavour and adjust seasoning.
- › Serve with toast, crackers or vegetable sticks.

* We use French green lentils or Puy lentils, but plain brown lentils can also be used - just make sure not to overcook or they will be too mushy and watery. Using brown lentils makes a more spreadable dip.

tempeh & mushroom paté

Makes approx. 2 cups **gluten-free / food processor**

200 gms Tempeh
1 Onion
1 stalk Celery
1 clove Garlic, crushed
200 gms Mushrooms
½ cup Whole Raw Almonds with skin on
2 tsp Tamari
1 tbs Balsamic Vinegar

- › Grate tempeh.
- › Finely chop onion.
- › Wash and trim away leaves from celery and finely slice.
- › Sauté the tempeh, onion, celery and garlic in a small amount of water over a medium heat, stirring frequently, until onion is translucent – about 6 minutes.
- › Clean mushrooms and roughly chop. Add mushrooms to the onions and continue sautéing until tender, about 5 minutes. Stir in remaining ingredients and cook over low heat until all liquid has been absorbed.
- › Let cool for up to an hour.
- › Place almonds into a food processor with the blade attachment and process until the nuts are crushed.
- › Add all of the other ingredients into the blender and process until the mixture is the preferred consistency - chunky or smooth.
- › Place into bowls, cover and refrigerate for at least 2 hours.
- › Serve with bread, crackers or vegetable crudité.

vegetable sushi

Makes 6-8 rolls

short soak / gluten-free / sushi rolling mat /
extra recipe required (mirin page 58)

2 cups Brown Rice

¼ cup Mirin

1 packet Nori sheets

1 Carrot

½ Red Capsicum

1 Small Cucumber



Cover rice with plenty of cold water and soak in the refrigerator for 1 hour. Drain, rinse and drain again.

- › Place rice in large saucepan and cover with plenty of cold water. Cook brown rice until very soft, about 30 minutes. Drain away excess water, but do not rinse.
- › Pour mirin over hot rice and stir through. Set aside to slightly cool for 5-10 minutes.
- › Prepare vegetables by cutting into very thin juliennes.
- › When rice is just cool (it is easier to use) start to make the sushi. Place square of nori on sushi rolling mat on a flat surface rough side up.
- › Divide rice mixture into 6 or 8 portions (makes 8 thin or 6 fat rolls).
- › Using 1 portion of rice, cover nori with a thin layer of the rice close to the edges, but allowing a 2cm allowance at top edge.
- › Place a mixture of the different vegetables along the lower edge of the rice.
- › Carefully roll up the sushi using the mat, starting at the edge where the vegetables have been placed.
- › Using a slightly dampened pastry brush, brush water along the 2cm exposed top edge.
- › Keeping the mat in place, gently roll the sushi to bring altogether, starting at the vegetable edge.
- › Unroll the mat and place the sushi on a tray seam down and allow to chill in refrigerator.
- › Using a sharp knife, cut the sushi into desired lengths and serve on platters with extra tamari mixed with a small amount of water and pickled ginger.

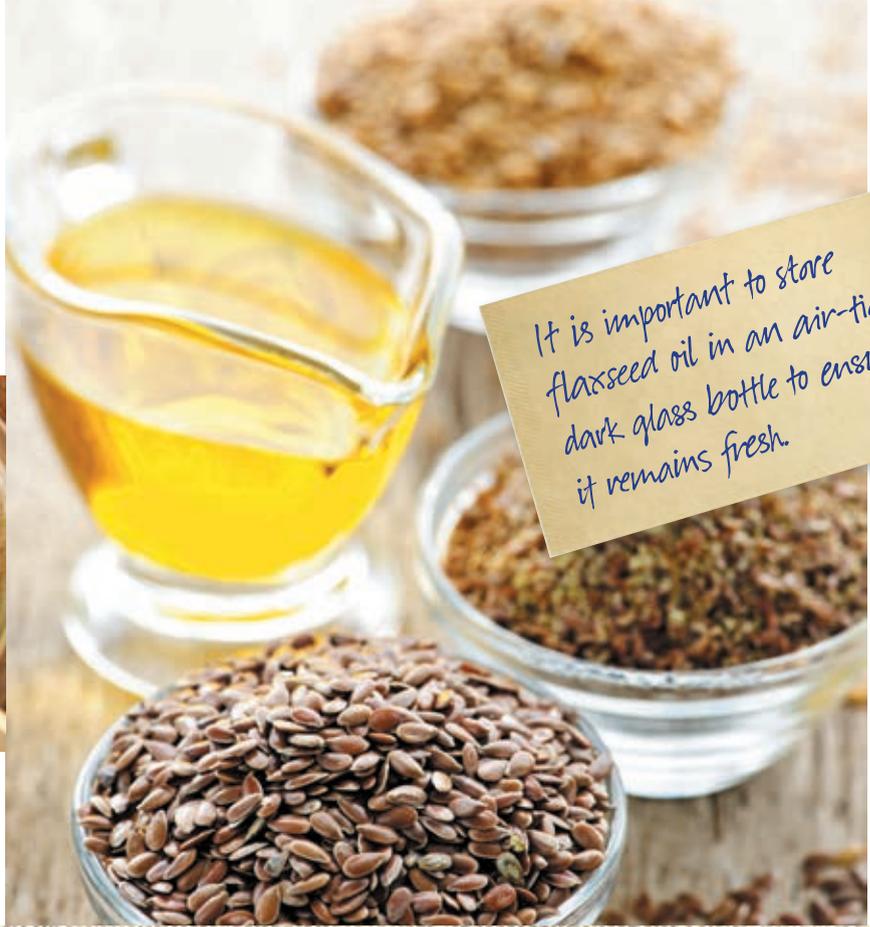
Avocado and lemon juice can also be included in the mixture.



Other seasonal vegetables can be added to vegetable sushi. Try avocado, lettuce or marinated and lightly baked tofu strips.

*"The more you eat, the less flavour;
the less you eat, the more flavour."*

Chinese Proverb



It is important to store flaxseed oil in an air-tight dark glass bottle to ensure it remains fresh.

dressings & sauces



gawler foundation salad dressing

Makes 1½ cups / gluten-free

1 cup Flaxseed Oil

½ cup Apple Cider Vinegar

2 cloves Garlic, crushed

1 tsp Mustard

- > Place all ingredients in a tall jug and combine with hand-held blender to emulsify.
- > Check for taste and adjust flavours. (Apple cider vinegar can come in different strengths, so it is important to check the taste and adjust to your liking.)
- > Store in the refrigerator in a glass jar. Dressing will keep for 3 - 4 days.

This is our standard dressing that is very popular. We use this dressing as a base for many delicious variations.

almond dressing

Add a hand full of whole raw almonds to 1 cup of dressing and using a hand-held blender mix all together. Do this just before serving as the dressing will continue to thicken.

sun-dried tomato dressing

Add 6 sun-dried tomatoes to 1 cup of dressing and blend.

olive dressing

Add ¼ cup of pitted olives to 1 cup of dressing and blend.

herb dressing

Add ¼ cup of finely chopped fresh herbs (such as dill, parsley, basil or thyme) to 1 cup of dressing and blend.

roast capsicum dressing

Add the flesh from 1 capsicum that has been roasted (remove charred skin and membranes) to 1 cup of dressing and blend.

zesty almond sauce

gluten-free / short soak

1 cup Whole Raw Almonds with skin on
6 tbs Lemon Juice
1 tsp Tamari
1½ tbs Ginger, finely chopped
5 tbs Olive Oil
¾ cup water

- › Place all ingredients in large jug.
- › Using a hand-held blender, mix ingredients until combined, taste and adjust seasoning.
- › Add a little water if needed.
- › Store in an airtight jar in the refrigerator for up to three days.

raita

Serves 4 **gluten-free**

1 Lebanese Cucumber or ¼ small Cucumber
2 cloves Garlic
2 sprigs Mint
½ Lemon
150 mls Soy Yoghurt

- › Grate cucumber and squeeze out liquid.
- › Peel and crush garlic.
- › Finely chop mint.
- › Squeeze juice from lemon.
- › Thoroughly mix all ingredients together and chill before serving.

Serve raita with **tofu curry, creamy curried lentils or vegetable dahl.**

tomato basil sauce

Serves 4 **gluten-free**

1 Onion
2 cloves Garlic
1½ cups Water
4 tbs Tomato Paste
½ kg Ripe Tomatoes
(or tinned Organic Tomatoes if necessary)
Generous amount of fresh Basil
Pinch Black Pepper

- › Dice onions, crush garlic and sauté in ¼ cup of the water, adding another ¼ cup as the water evaporates.
- › Add tomato paste and ‘cook off’. By cooking the tomato paste, the flavour and sweetness is developed.
- › Roughly dice the tomatoes. Add them to the pot with remaining 1 cup of water.
- › Reduce to a low simmer and cook for 15 minutes taking care not to burn the bottom of the pot.
- › Tear basil leaves and add to the sauce.
- › Can be blended with hand-held blender or left chunky.
- › Adjust seasoning with freshly ground black pepper.

tamari & lemon dressing

Makes 1/3 cup **gluten-free**

1 cm piece Ginger
2 tsp Tamari
¼ cup Lemon Juice
2 tsp Honey

- › Grate ginger using a microplane or fine zesting grater.
- › Mix all ingredients together and place in a glass jar.
- › Shake well, until the honey is dissolved.
- › Store in jar with lid on for up to three days.

chilli dipping sauce

Makes 1 cup **gluten-free**

Please note that all chillies have varying degrees of hotness and this is a rough guide. Chilli seeds contain extra fire.

- ¼ cup Honey**
- ¾ cups Apple Cider Vinegar**
- 1/8 teaspoon Dried Chilli Flakes**
or **½ Fresh Chilli, finely diced**
- 50 mm piece Ginger**
- 1 small Red Capsicum**
- 1 Spring Onion**

- › In a small saucepan, bring the honey and vinegar to the boil. Add chilli and simmer for 20 minutes, checking that this does not boil dry or boil over.
- › Remove seeds and sinew from the red capsicum and dice very finely.
- › Grate the ginger. Squeeze the juice from the grated ginger and add to a bowl with the red capsicum.
- › Pour the honey mixture over the capsicum and allow to cool.
- › Slice the spring onion very finely and add it once the sauce has cooled.

Be careful when handling chillies. Use rubber gloves and avoid touching your face or other delicate areas.

Chilli dipping sauce can be used as a dipping sauce with rice paper rolls, or as a dressing on noodles and salads.

sweet & sour sauce

Serves 4 **gluten-free**

- ¼ cup Honey**
- ½ cup Apple Cider Vinegar**
- ¾ cups Leftover Marinade***
(or a little Tamari and **½ cup Water**)
- 3 cm piece Ginger**
- 2 tbs Cornflour**
- ¼ cup Water**

- › Bring honey and vinegar to boil and simmer for 5 minutes to create mirin.
- › Add marinade. Mix and bring to the boil.
- › In a cup, mix the cornflour with ¼ cup of water to create a smooth paste.
- › As the sauce is boiling, slowly pour in the cornflour, stirring constantly as it thickens.
- › Remove from heat and serve with tofu cutlets or use over steamed vegetables, rice or noodles.

* The leftover marinade from the tofu cutlets can be used.

Finely diced spring onions, capsicum or chilli can be added for flavour and colour.

mirin style dressing

Makes 1 cup **gluten-free**

Mirin is a popular Japanese condiment.

- ¼ cup Honey**
- 1 cup Apple Cider Vinegar**

- › Gently heat together the honey and vinegar in a small saucepan.
- › Simmer for 25-30 minutes watching that it does not boil over. The mixture is ready when syrupy and thickened.
- › Once cooled, store in a jar and keep for vegetables, salads and rice for sushi.

A lush garden scene featuring a central stone fountain with a tiered base and a shallow basin. The garden is filled with various plants, including pink roses in the foreground, light blue lavender, and large green hydrangeas. The garden is bordered by a brick wall, and the background is filled with dense green foliage. The overall atmosphere is serene and well-maintained.

When using fresh
herbs in place of dried
herbs add a little extra.

onion gravy

Serves 8 **gluten-free**

2 Onions
1 ¾ cup Water
1 tsp Tamari
¼ tsp Mixed Herbs
2 heaped tbs Cornflour

- › Finely chop onions and then sauté in ¼ cup of water and tamari until they are browned, taking care not to burn. The onions should be soft and the water evaporated. Stir often with a wooden spoon.
- › Add 1½ cups water and the dried herbs and bring to the boil.
- › Mix the cornflour with a small amount of water in a cup to form a smooth, runny paste.
- › Slowly add the cornflour to the boiling onion stock, stirring constantly so as to avoid lumps forming.
- › Bring slowly back to the boil and then remove from the heat. Serve.

tofu mayonaise

gluten-free / food processor

400 gms Firm Tofu (1 block)
3 tbs Tamari
1 ½ tbs Flaxseed Oil
3 tbs Apple Cider Vinegar
2 tsp Lemon Juice
4 tbs Honey
1 tbs Mustard

- › Cube tofu and lightly steam for 5 minutes.
- › Blend all ingredients together in a food processor until smooth and creamy.
- › Adjust flavours to your liking. Store in a jar in the refrigerator for up to three days.

savoury yeast sauce

Serves 8 **gluten-free**

1 Onion
2 cups Water
½ cup Savoury Yeast Flakes
2 tsp Garlic, crushed
Pinch Turmeric Powder
2 tbs Cornflour
1 tsp Tamari
1 tsp dried Parsley (or one 1 tbs fresh Parsley)
Pinch Black Pepper

- › Finely dice onion and sauté in ½ cup of water in a saucepan until the onions are soft.
- › Stir in all the other ingredients, except for the cornflour and bring the sauce to the boil. Reduce to a simmer and cook for 10 minutes.
- › In a cup, mix the cornflour with enough water to make a smooth paste. While sauce is simmering, add the cornflour, stirring constantly.
- › Simmer gently for 15 minutes stirring constantly so the sauce does not stick to the bottom of the pan.
- › The sauce can be blended with a hand-held blender or left lumpy.
- › Taste and adjust seasoning. Serve.

Savoury yeast sauce is great on baked potatoes or used as a sauce in the lasagne recipe (page 82)

yoghurt dill sauce

Serves 4 **gluten-free**

2 tsp Dill Tips or Fresh Dill
2 tsp Dill Seed
200 gm Plain Soy Yoghurt
1 tsp Lemon Juice

- › Finely chop the fresh dill.
- › Crush the dill seed using a small coffee grinder, bowl attachment of a hand-held blender, or mortar and pestle.
- › Place all the ingredients in a small stainless steel bowl and mix together. Refrigerate until ready to use.

white sauce

Serves 4 **gluten-free**

1 Onion
3 cups Soy Milk
1 tsp Tamari
1 tsp Hot English Mustard
¼ cup Cornflour
Pinch Black Pepper

- › Dice onions, then sauté in a little water in a medium saucepan.
- › When the onions are soft and transparent, add soy milk, Tamari and mustard.
- › In a cup, mix the cornflour with a small amount of water to make a smooth paste.
- › When soy milk starts to come to the boil, slowly add the cornflour stirring constantly with a wooden spoon, to avoid lumps from developing.
- › Once brought back to the boil, take off the heat immediately and season to taste.

* Finely chopped fresh herbs can be added at end to create a herb sauce

creamy mustard seed sauce

Makes ¾ cup **gluten-free**

2 tsp Mustard Seeds
1 tsp Mustard Cream
¼ cup Soy Milk
½ cup Soy Yoghurt

- › Heat the mustard seeds in small saucepan that has a tight fitting lid.
- › Swoosh seeds around over heat.
- › Place pan back on the heat and cover with a lid.
- › Once the seeds start popping, swoosh around a couple of times.
- › Check that seeds are not burning and remove from heat.
- › Allow to cool on paper towel. Grind in a coffee grinder.
- › In a bowl, add mustard cream, mustard seeds, soy milk and soy yoghurt and whisk together gently.
- › Adjust flavour, adding extra mustard if desired.

Fresh herbs such as parsley and dill are great when added to creamy mustard seed sauce.

herb sauce

Adding finely chopped fresh herbs to white sauce creates a delicious herb sauce.

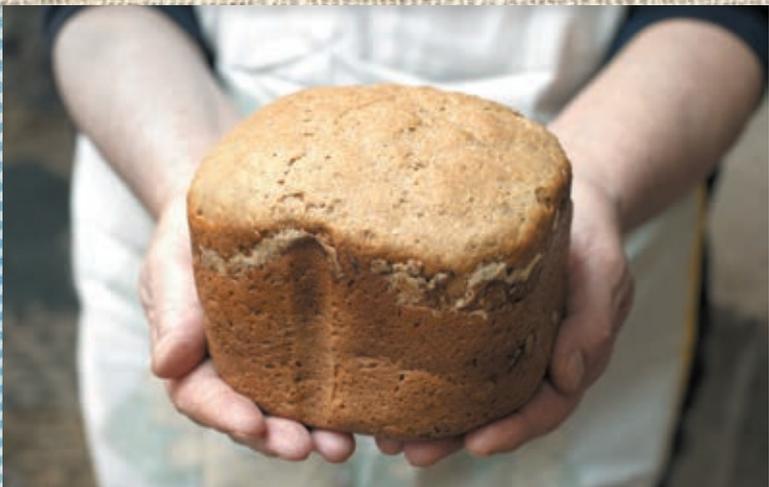
*"We are indeed much more than what we eat,
but what we eat can nevertheless
help us to be much more than what we are."*

Adelle Davis



Serve freshly baked bread
with beautiful organic
balsamic vinegar and
organic cold pressed olive oil.

bread



gawler foundation bread recipe

Makes 1 large Vienna Loaf, 2 Bread Plaits
or 4 x Pizza Bases (45 cm diameter)

6 cups Wholemeal Flour
(we use Spelt)
plus extra flour for board
and baking tray

1 tbs Dry Yeast

2 tsp Honey (optional)

3 cups Tepid Water

* Any combination of flour can
be used: wheat flour, spelt flour,
rye flour, barley flour
or oat flour.

- > 1. Add yeast to flour in a large mixing bowl.
- > 2. In a separate bowl, mix honey and 2 tablespoons of tepid water and mix until the honey is dissolved.
- > 3. Add half of the remaining warm water to the honey mixture and add to the flour and mix through. Add more of the water, as required, to make a smooth dough. Many factors determine how much water is required - absorbency of the flour, heat and humidity of the day.
- > 4. Place dough on a floured board and knead thoroughly, adding extra flour if the board or the dough becomes too sticky.
- > 5. Place dough into a floured bowl and cover with a damp tea towel. Place in a warm spot (on a shelf above a stove, next to a heater, or on a bench in the open if it is a warm day), and let the dough rise to nearly double its size, about 45 minutes.
- > 6. Take dough from bowl and punch down. Knead thoroughly and shape into a large Vienna Loaf and place on a well-floured baking tray. Use a sharp knife to cut slices across the top of the loaf for decoration.
- > 7. Cover with damp cloth and let rise again, about 30 minutes.
- > 8. Preheat oven to 220°C.
- > 9. Bake in a hot oven. A large loaf will take 30 minutes and small rolls as little as 10 minutes, depending on size. The bread should sound hollow when tapped on the base. Allow to cool on a wire rack before cutting.



spelt plaits

short soak / extra recipe required (bread page 64)

Sun-dried Tomato Pesto (make first)

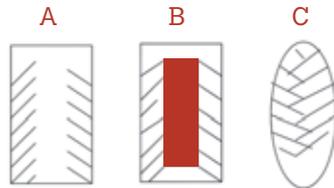
- ½ cup Sun-dried Tomatoes (no oil)
- 2 tbs Tomato Paste
- 2 cloves Garlic
- ½ cup Fresh Herbs (such as Parsley and Basil)

- › Soak sun-dried tomatoes in boiling water for 1 hour and drain.
- › Place tomatoes, tomato paste, garlic and fresh herbs in the chopping bowl of a hand-held stick blender. Process until well combined and you have a thick paste.

Bread (make second)

Follow the bread instructions through to Step 6. Then proceed with these instructions. This quantity of dough makes two plaits.

- › Take dough from bowl and punch down. Knead.
- › Divide dough into two equal portions.
- › Roll one piece of dough into a rectangle, roughly 30 cm x 20 cm.
- › Using a knife, score angled cuts on each side as shown in Diagram A. Repeat process for other piece of dough.
- › Spread sun-dried tomato pesto down centre of plait, as shown in Diagram B.
- › Fold in top and bottom edges of dough about 5 cm, then start the plaiting. Bring over one side then the other into the middle, overlapping about 3 cm in the middle, as shown in Diagram C.
- › Gently lift the plait onto a well-floured baking tray and allow to stand for 20 minutes in a warm place covered with a damp tea towel.
- › Preheat oven to 220°C.
- › Bake for approx 10-15 minutes.



naan or pocket breads

Makes 10 approx.

- 3 cups Wholemeal Spelt Flour
- 2 tsp Dry Yeast
- ¼ cup Soy Yoghurt
- ¾ - 1 cup Warm Water

- › Place flour into a large bowl.
- › In a smaller bowl, mix together the yeast with yoghurt and ½ a cup of warm water. Set aside for 5 minutes to allow the yeast to activate.
- › Combine the yeast mixture with the flour and enough of the remaining water to create a soft dough.
- › Turn out the dough onto a lightly floured surface and knead well, until smooth and elastic.
- › Return dough to the bowl, cover with a damp tea towel and set aside in a warm place (on shelf above oven, next to a heater or just on the bench when the weather is warm), for 30 minutes – the dough will grow in size.
- › Preheat oven to 220°C. Place baking tray in oven to heat.
- › Turn dough onto lightly floured surface and knock back, which is punching into the middle of the soft dough and then kneading again.
- › Divide into 10 equal pieces and shape into rounds. Use a rolling pin to roll bread one way into an elongated oval.
- › As naans are made, place onto hot baking tray sprinkled with flour. (This allows the naan to cook as evenly on the top and bottom, creating an air pocket in the middle of the bread.) Bake in hot oven until just starting to brown on the sides. Cooking time is about 5-8 minutes.
- › Cool on wire racks.



Consider roasted vegetables
such as pumpkin and
sweet potato which make
flavoursome pizza toppings.



scrumptious pizza

Makes 2 **extra recipe required** (bread page 64)

Pizza Base

This recipe makes two large pizzas using a half quantity of the Bread Recipe on page 64.

Tomato Sauce

- 1 Onion
- 1 clove Garlic, crushed
- 400 gm diced tinned Organic Tomatoes
- 2 Tomatoes
- 1 tsp Mixed Herbs

Toppings

- ¾ cup Kalamata Olives rinsed and sliced
- 2 Capsicums
- 200 gms Mushrooms

To Make Sauce

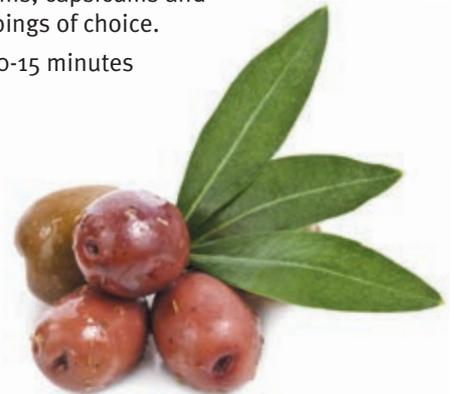
- › Finely chop onion and sauté in a ¼ cup of water until soft and transparent.
- › Add garlic, tinned tomatoes, roughly chopped fresh tomatoes and herbs to the onions.
- › Bring sauce to the boil and reduce to a simmer, stirring occasionally to check that the sauce is not sticking.
- › Simmer gently for 30 minutes.
- › Cool.

To Make Pizza Base

- › Follow Bread Making Recipe to Step 5.
- › Sprinkle two large pizza trays with extra flour to stop the pizza base from sticking.
- › Remove dough from bowl and divide into two equal portions.
- › Roll dough out to desired thickness on a floured surface.
- › Cover tray with dough, pushing it out to the edges and set aside in a warm spot (above a hot oven, next to a heater, or just on a bench in warm weather), allowing it to rest and rise for the second time, for about 20 minutes.

To Make Pizza

- › Preheat oven to 210°C.
- › Trim stalk, seeds and membrane from capsicum and place flat slices of capsicum, skin side up on oven trays.
- › Place in hot oven. Bake for 15 minutes until skin is blistered and charred.
- › Remove capsicum from oven and place in a small container with the lid on and allow to cool.
- › When cool, peel away charred skin and slice into desired size.
- › To assemble pizza, spread pizza base with sauce or tomato paste.
- › Slice mushrooms.
- › Split olives in half and remove pips.
- › Top pizza with mushrooms, capsicums and olives, or any other toppings of choice.
- › Bake in a hot oven for 10-15 minutes or until base is golden underneath.



*"You don't have to cook fancy
or complicated masterpieces
- just good food from fresh ingredients."*

Julia Child

Try Roasted Pumpkin Soup
for extra flavour, a new
twist on an old favourite.



soup



cauliflower or cream soup base

Serves 4 **gluten-free**

2 Onions
1 tsp Cumin Powder
500 gms Cauliflower
2 ½ cups Water
A little Miso
2 tbs Savoury Yeast Flakes
½ cup Soy or Almond Milk
1 sprig Parsley

- › Roughly chop onions and sauté with cumin in a small amount of water, until onions are transparent and soft.
- › Roughly chop cauliflower, stem and all, into small pieces. Add cauliflower and water to the saucepan with the onions.
- › Cook until soft, about 10 minutes depending on the size - the smaller the pieces, the quicker the cooking time.
- › Remove from heat and add miso and savoury yeast flakes. Blend using a hand-held blender. Then add the milk and blend again.
- › Reheat but do not boil as the milk may curdle.
- › Adjust seasoning.
- › Serve garnished with chopped parsley.

This recipe could be used as a basic standard for all cream soups. The cauliflower could be replaced with a similar amount of any other vegetable such as carrot, broccoli, sweet potato, celery and asparagus. The cumin could be eliminated or replaced with another suitable spice.

mushroom soup

Serves 4 **gluten-free**

1 Brown Onion
500 gms Mushrooms
Fresh Thyme
2 tbs Tamari
1 cup Soy or Almond Milk

- › Roughly chop the onion and place in a saucepan with 1 tbs of tamari and ¾ cup of water.
- › Cook gently until transparent, about 5 minutes.
- › Roughly chop mushrooms if they are large, or use whole if small and add to the onions with ¾ cup of water.
- › Add 1 tbs tamari and cook until mushrooms are soft, about 10 minutes. The mushrooms will make their own extra liquid.
- › Add milk and blend with a hand-held blender until smooth and creamy.
- › Return to a low heat to warm, but do not boil. Serve immediately.
- › Add thyme and serve.



corn & red capsicum chowder

Serves 4 **gluten-free / food processor option**

- 5 Corn Cobs
- 1 Onion
- 1 clove Garlic, crushed
- 5 cups Water
- 1 tbs Thyme (or 1 tsp Dried Thyme)
- 400 gms Firm Tofu (1 block)
- ½ tsp Tamari
- 2 tbs Cornflour
- 1 cup Soy or Almond Milk
- 1 Red Capsicum
- ½ bunch Parsley

- › Shuck the corn to remove the outer husk. To remove the kernels, hold the corn by the stalk at a right angle to the chopping board and cut gently down the side of the cob to remove the kernels.
- › Finely dice the onion and then sauté in a small amount of water in a large saucepan. Crush garlic and add.
- › Add corn kernels and cover with 5 cups of water and bring to the boil. Simmer for 10 minutes.
- › Remove the thyme leaves from the woody stalks and finely chop.
- › Blend together tofu, tamari, thyme and cornflour with milk in a food processor. If you do not have a food processor, grate tofu and add to a large jug. Pour in the milk, tamari, thyme and cornflour and, using a hand-held blender, blend the ingredients together until smooth.
- › Dice capsicum, add to the soup and keep simmering. Cook for a further 5 minutes.
- › Before serving, add tofu mixture to the corn and keep stirring. Bring to the boil, but then remove immediately from the heat, as the milk may curdle.

- › Blend all the ingredients together using a hand held food blender, but do not mix too much, as it preferable to leave some whole corn kernels and larger pieces of capsicum.
- › Garnish with fresh parsley and serve.

curried zucchini soup

Serves 4 **gluten-free**

- 1 Onions
- 2 Garlic cloves, crushed
- 1 tsp Curry Powder (or to taste)
- 500 gms Zucchini (approx. 4)
- 3 cups Water
- ½ tsp Tamari
- ½ bunch Spring Onions
- ½ cup Soy or Almond Milk

- › Chop onions and sauté with garlic in ¼ cup of water in a medium heavy-based saucepan. Cook the onions until they are transparent and starting to turn golden. Add more water as required and stir constantly so that they do not burn.
- › Add curry powder and ‘cook off’.
- › Wash and trim zucchini and roughly chop or grate. The smaller it is cut the quicker it will cook. Add zucchini to the saucepan and ‘cook off’ as well, coating the zucchini with the curry powder.
- › Pour in remaining water to the zucchini, cover and bring to the boil. Reduce to a simmer and cook.
- › Do not over cook as it will become grey. The zucchini will take about 10-15 minutes.
- › When soft, add the tamari, milk and chopped spring onions. Puree using hand-held blender.
- › Do not bring back to the boil, but gently reheat, test the flavour and add extra tamari if required. Serve.

minestrone soup

Serves 4 **soak overnight / gluten-free**

½ cup Dried Lima Beans
1 piece Kombu (optional)
1 Onion
1 tbs Sweet Paprika
2 cloves Garlic
½ tsp Tamari
2 Carrots
4 sticks Celery
½ tsp Dried Oregano
2 Bay Leaves
½ tsp Dried Basil
8 cups Water
1 Zucchini
½ cup Fresh Green Beans
400 gms Tomatoes diced
(or 1 tin Organic Diced Tomatoes)
¼ small Cabbage
1 tbs Tomato Paste
½ bunch Parsley

Cover lima beans with plenty of cold water and soak overnight in the refrigerator. When ready to use, drain away soaking water, rinse in clean water and drain again.

- › In medium sized saucepan, add the lima beans and kombu, cover with water and bring to the boil. Simmer and cook for 20 minutes until soft. Be careful not to let the lima beans overcook as they will fall apart. Drain when cooked and discard the kombu.
- › Dice the onion and crush the garlic. In a separate large saucepan, sauté onions, paprika and garlic in a small amount of water and tamari. Cook until transparent and soft.
- › Cut the carrots and celery into chunky diced pieces. Add herbs, carrots, celery and water to the soup.

wakame & bean soup

Serves 4 **gluten-free / soak overnight**

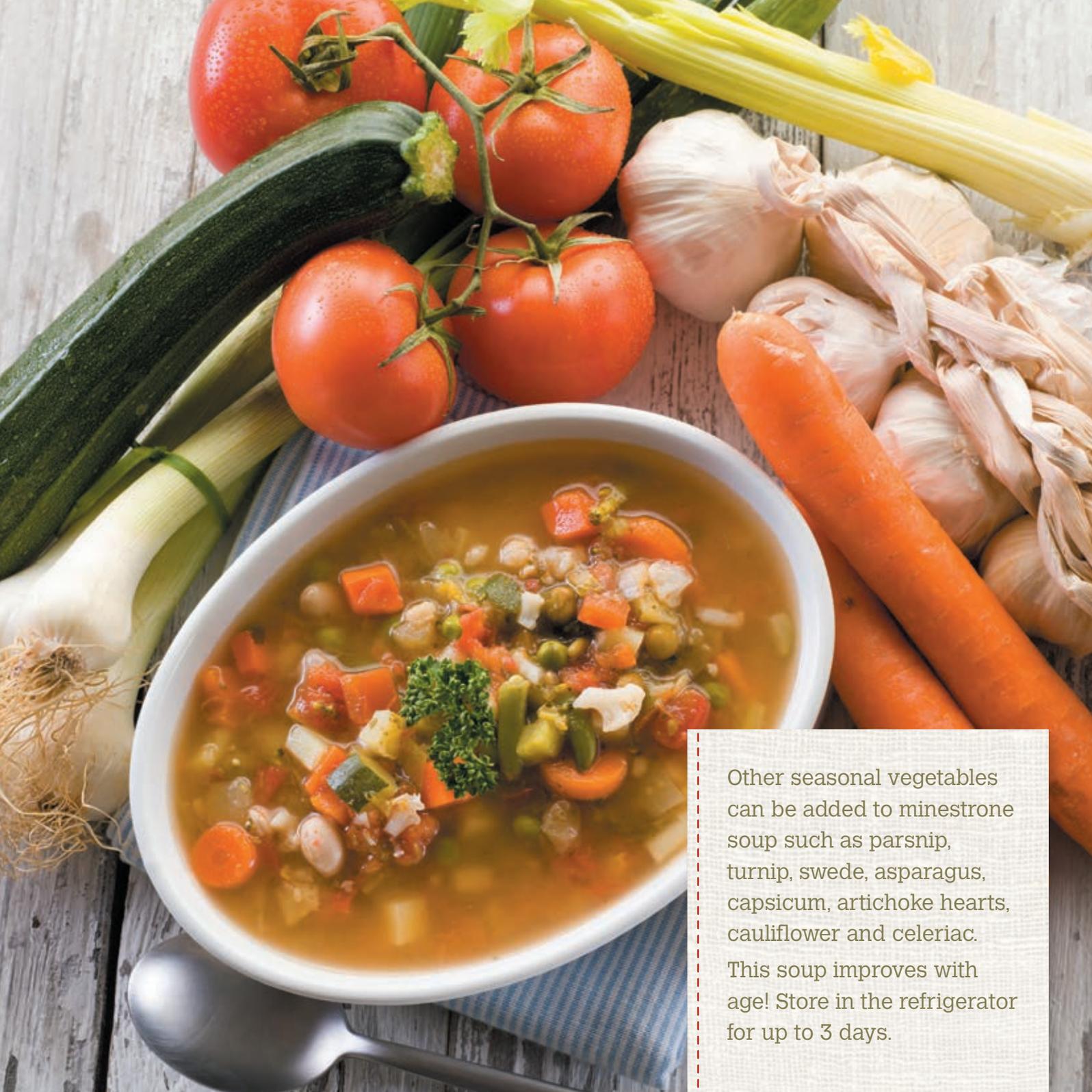
2 cups Dried Lima Beans 2 Onions
2 sticks Wakame 4 Carrots
2 litres Water 4 tbs Miso

Soak lima beans in plenty of water, cover and store in refrigerator overnight.

- › Drain off the soaking water, rinse and drain.
- › Place beans in large saucepan and add 1 litre of fresh water.
- › Add wakame to the pot and bring the beans to the boil, reduce heat and simmer for 20 minutes, making sure they don't boil over (which they tend to do very easily).
- › Dice onions and carrots into small 1 cm pieces.
- › Add carrots and onions and cook until beans and vegetables are tender.
- › Add the miso dissolved in a little water.
- › Check the flavour and adjust seasoning, adding a little extra miso if required.
- › This soup can be pureed smooth if desired, or left chunky.

An excellent hearty soup for the winter months.

- › Bring to boil.
- › Lower heat and cook for 30 minutes, adding extra water if needed.
- › Cut the zucchini into chunky pieces, top and tail the green beans and add to the onions. Cook until beans and zucchini are tender, about 10 minutes.
- › Thinly slice the cabbage and add to the soup with the tomatoes, tomato paste, lima beans and finely chopped parsley. Bring back to the boil and serve.



Other seasonal vegetables can be added to minestrone soup such as parsnip, turnip, swede, asparagus, capsicum, artichoke hearts, cauliflower and celeriac.

This soup improves with age! Store in the refrigerator for up to 3 days.

roast pumpkin soup

Serves 4 **gluten-free**

1 kg Pumpkin
1 Onion
1 tsp Cumin
3 cups Water
½ tsp Tamari
2 cups Soy or Almond Milk

- › Preheat oven to 180°C.
- › Peel and chop the pumpkin into large pieces. Place on a baking tray and cook in a hot oven for about 45 minutes, or until well roasted.
- › Cut onion roughly and sauté in a small amount of water with the cumin.
- › When the onion is transparent and soft, add the water and roasted pumpkin and bring to the boil.
- › Add the tamari, cover and simmer for 10 minutes.
- › Remove from heat, add the milk and puree with hand-held blender until smooth and creamy.
- › Place the soup back on the stove top and gently reheat, but do not allow the soup to come to the boil as the milk will curdle. Serve.

sweet potato soup

Serves 4-6 **gluten-free**

1 kg Sweet Potato
2 Onions
2 Garlic Cloves
1 tbs Miso
1.2 litres Water
Pinch Black Pepper
½ cup Soy or Almond Milk
Pinch Nutmeg

- › Peel sweet potato and cut into small pieces that will cook quickly.
- › Dice onion and garlic and sauté with 2 tbs of water and the miso. Continue stirring so that the onions do not burn.
- › Add sweet potato and water.
- › Bring to the boil and simmer until vegetables are soft, about 20 minutes.
- › Puree with hand-held blender and season to taste with pepper.
- › Add milk and serve sprinkled with a small amount of nutmeg.



celery soup

Serves 4 **gluten-free**

2 Onions
½ tsp Tamari
1 bunch Celery
1 tsp Fennel Seeds, ground
1 cup Soy or Almond Milk
3 cups Water

- › Roughly chop onions and sauté in tamari and 1 tablespoon of water until soft. Keeping an eye on the water level adding a little more as required.
- › Remove leaves from celery. Discard. Wash sticks and slice finely. Add celery and ground fennel seeds to the onions with 3 cups water.
- › Bring to the boil and cook until celery is tender, about 20 minutes.
- › Puree soup using a hand-held blender. Do this thoroughly as it is important that the celery has no stringy fibres remaining.
- › Adjust seasoning then add milk.
- › Place the soup on the heat and gently bring back to a hot temperature, but do not boil after adding milk or the soup may curdle.
- › Serve with finely chopped parsley, spring onion or chives.

spicy carrot & cauliflower soup

Serves 4 **gluten-free**

1 small Onion
2 cloves Garlic
2 tsp Curry Powder
250 gms Carrots
1 small Cauliflower
1 tsp Tamari
3 cups Water
1 cup Soy or Almond Milk

- › Chop the onion and crush the garlic. Sauté in a large saucepan in a small amount of water.
- › Add the curry powder.
- › Cook until the onion is soft
- › Roughly chop carrots and cauliflower into small pieces and add to onions, stirring through over heat.
- › Cover with water and simmer until carrot is tender, about 20 minutes.
- › Add the tamari.
- › Blend until smooth, using hand-held blender.
- › Add 1 cup of milk and blend again.
- › The soup can be placed back on the heat before serving, but make sure that it does not boil as the milk can curdle.





broccoli & almond soup

Serves 4 **gluten-free**

1 Onion
350 gms Broccoli
2 cups Water
½ cup Whole Raw Almonds with skin on
A little Miso
1 cup Soy Milk

- › Finely chop onion, sauté in water and cook until transparent.
- › Roughly chop the broccoli into small pieces including the stem.
- › Add broccoli to the sautéed onions and add the water.
- › Bring to the boil and cook until the stalks are soft, about 10-15 minutes with lid off.
- › Remove broccoli from the heat when tender (make sure that you do not overcook the broccoli as the flavour and colour will change and not for the better).
- › Blend using hand-held blender, adding the milk and miso.
- › Once you have the desired consistency - smooth and creamy, serve the soup immediately with finely chopped almonds as garnish.

zucchini, red lentil & sweet corn soup

Serves 8 **gluten-free / short soak**

2 cups Red Lentils
1 Brown Onion
1 clove Garlic
1 tsp Tamari
350 gms Zucchini (approx. 2)
2 Corn Cobs
¼ cup Savoury Yeast Flakes
1.5 litres Boiling Water
Pinch Black Pepper

- Check through lentils for foreign objects and small stones. Place lentils in a bowl and cover with plenty of cold water and set aside to soak for 1 hour.
- › Roughly chop the onions and garlic.
 - › Sauté onions and garlic in tamari and ¼ cup of water until cooked and transparent.
 - › Roughly chop the zucchini into small pieces.
 - › Shuck corn, and remove kernels by placing point on a chopping board and holding the stalk end firmly. Using a sharp knife, run the blade down the shaft of the corn removing the kernels.
 - › Drain and rinse lentils and drain again. Add the red lentils, zucchini, corn, savoury yeast flakes and boiling water into the saucepan with the onions and bring to the boil.
 - › Simmer until lentils are tender, about 20 minutes.
 - › Season with black pepper and using a hand-held blender, puree the soup until smooth. Serve with chopped parsley or spring onion.

tasty parsnip & carrot soup

Serves 8 **gluten-free**

3 large Parsnips
3 large Carrots
2 Onions
1 tsp Curry Powder
1 tsp grated Turmeric root
1 litre Water
2 cups Soy or Almond Milk

- › Slice and sauté onions in a small amount of water until golden.
- › Add roughly chopped parsnip and carrot along with water, curry and turmeric root.
- › Cook for about half an hour or until soft.
- › Puree until smooth using a hand-held blender.
- › Add more boiling water to achieve the consistency you like.
- › Milk can be added at this point, but be careful not to bring the soup back to the boil or the milk may curdle. Serve.

spring vegetable soup

Serves 4 **gluten-free**

1 Onion
¼ small Cauliflower
1 Zucchini
1 Carrot
4 sticks Celery
1 Parsnip
1 Bay Leaf
5 cups Water
A little Tamari
400 gms Tomatoes diced

(or 1 tin Organic Diced Tomatoes)

- › Roughly chop the onion and sauté in a medium saucepan with a small amount of water.
- › Cut the cauliflower into small florets and dice the stem and keep separate. Cut zucchini into small pieces and set aside as well.
- › Dice all the remaining vegetables into small cubes.
- › Add the carrots, cauliflower stems, celery and parsnip to the pot. Sauté for a minute then add bay leaf and water and bring to the boil.
- › Simmer for 20 minutes.
- › Add cauliflower florets and zucchini and bring back to the boil and cook until vegetables are tender.
- › Remove bay leaf and add the tamari and the tomatoes. Bring back to the boil.
- › Adjust seasoning and serve.

Soups are great for the colder months. Roasting the vegetables before making them into soup adds an extra dimension to the flavours.

white (shiro) miso soup

Serves 8 **gluten-free** / very short soak

15 gms Dried Shitake Mushrooms
2 sticks Kombu
1 ½ litres Water
½ Daikon Radish
1 small Leek
200 gms Firm Tofu (optional)
50 gms Chinese Cabbage
½ cup White Shiro Miso
1 Spring Onion

- › Wash and drain shitake mushrooms.
- › To make the soup stock, soak the kombu and shitake in 1½ litres of water for 10 minutes. Slowly heat, but do not boil.
- › Simmer over low heat for 20 minutes.
- › Remove the kombu, thinly slice and add back to stock (the liquid the mushrooms and seaweed have cooked in).
- › If shitake mushrooms are whole, remove from liquid, remove tough part of stem and discard. Thinly slice shitake mushrooms and add back to stock.
- › Cut daikon radish in half longways and then thinly slice to create half moons. Add daikon radish to stock.
- › Thinly slice the leeks in rounds.
- › Cut the tofu into small cubes about 1 cm square.
- › Add the leeks and tofu to the stock, and simmer for 2 - 3 minutes.
- › Finely shred the cabbage and add to stock.
- › Remove 1 cup of stock. Dissolve the white miso in the stock and return to pot.
- › Simmer a further 2-3 minutes.
- › Serve garnished with thinly sliced spring onions.

miso soup

Serves 8 **gluten-free**

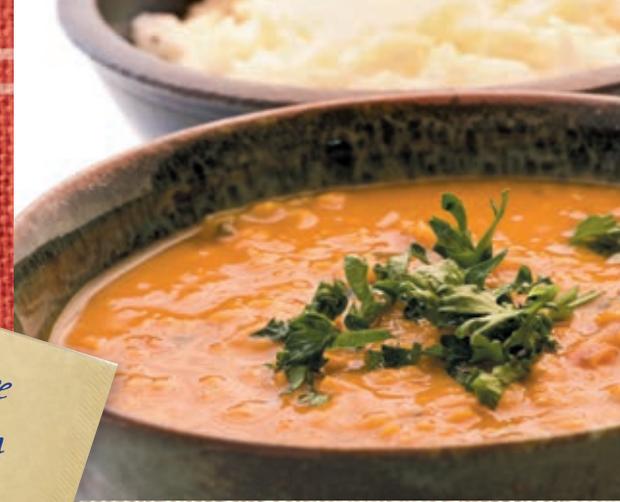
1 large Onion
1 Carrot
1 piece Kombu
1 ½ litres Water
2.5 cm piece Ginger
1 cup Cabbage
4 tbs Barley Miso

- › Cut onions into slithers then sauté in a small amount of water in a saucepan, until soft and transparent.
- › Cut carrots into half moon thin slices. Add carrots, water and kombu to the onions.
- › Grate ginger, add to the soup and simmer for 10 minutes.
- › Remove kombu, dice into small squares and return to the pot.
- › Cut cabbage into 1 cm squares, add to soup and cook until soft, about 3 minutes.
- › Mix the miso with a small amount of warm water in a cup, mix until smooth. Pour the thick paste into the soup.
- › Remove the soup from the heat.
- › Top with shredded nori sheets to garnish.
- › Serve immediately once miso is added.

Other ingredients can be added to miso soup such as celery, spring onions, bean shoots and diced tofu that has been marinated and heated through.

*"One cannot think well,
love well, sleep well,
if one has not dined well."*

Virginia Woolf



main course



vegetable lasagna

Serves 4-6

gluten-free option / extra recipe required
(napoli sauce page 94)

2 kg Pumpkin

1 bunch Spinach or Silverbeet

1 pkt Lasagna sheets (Wholemeal Spelt or Rice)

1 quantity of Napoli Sauce

- › Preheat oven to 180°C.
- › Peel and seed the pumpkin and cut into 5 cm cubes.
- › Place the pumpkin on a roasting tray and roast in the oven for about 30 minutes.
- › Wash and roughly chop the spinach (or silverbeet) and steam until just wilted – about 4 minutes.
- › Once cool enough to handle, mash the roast pumpkin and mix together with the spinach.

- › Divide the pumpkin mix into 3 equal portions.
- › Using a 30cm x 30cm lasagna (or baking) dish, layer the ingredients to create the lasagna.
- › First spread the base of the dish with 1/4 Napoli sauce.
- › Next place a layer of lasagna sheets on the sauce being careful not to overlap them.
- › Cover sheets with 1/3 of the pumpkin mix.
- › Spread another 1/4 of the Napoli sauce over the pumpkin.
- › Place another layer of lasagna sheets (without overlapping them).
- › Cover with 1/3 of the pumpkin mix.
- › Spread another 1/4 of the Napoli sauce over the pumpkin.
- › Another layer of lasagna sheets (without overlapping them).
- › Cover with last 1/3 of the pumpkin mix.
- › Finish with last 1/4 portion of the Napoli sauce.
- › Bake in oven for 30-40 minutes.



moussaka

Replace lasagna sheets with thin slices of eggplant to make a delicious moussaka.

pumpkin, cauliflower & chickpea hotpot

Serves 4 **soak overnight / gluten-free**

1/3 cup Chickpeas	1 Zucchini
1 Onion	400 gms Tomatoes diced
500 gms Pumpkin	(or 1 tin Organic Diced Tomatoes)
1 Parsnip	4 tbs Tomato Paste
1 Red Capsicum	1/4 small Cauliflower
1 tsp Coriander	1 tsp Sweet Paprika
1 tsp Cumin	1/2 bunch Fresh Coriander
1 tsp Turmeric	

Cover chickpeas with plenty of cold water, cover and place in the refrigerator to soak overnight.

- › Drain the chickpeas and place in a medium saucepan, cover with plenty of cold water and bring to the boil. Simmer for about 1 hour, until soft and tender. Drain, rinse and drain again.
- › Preheat oven to 210°C.
- › Cut the onion into eight equal portions.
- › Cut the pumpkin and parsnip into large bite-sized cubes, (about 2 cm square.)
- › Remove core, seeds and membrane from the capsicum and cut into large squares.
- › Place the onion, pumpkin, parsnip and capsicum into a large casserole dish and sprinkle with coriander, cumin and turmeric. Place in oven and cook for 15 minutes.
- › Cut the cauliflower into florets.
- › Cut the zucchini into large cubes.
- › Add the cauliflower, zucchini and chickpeas to the roasting vegetables and cook a further 10 minutes.
- › Combine the tomatoes, tomato paste, water and paprika and fold through the roasted vegetables. Cover the casserole with a lid and return to the oven to cook a further 20-30 minutes.

- › Remove the roots from the coriander and roughly chop. Stir through the hot pot. Check and adjust seasonings.
- › Serve with cooked brown rice or quinoa.

cardamom & pumpkin pilaf

Serves 4 - 8 **gluten-free / short soak**

2 cups Brown Rice
1 Onion
1 tsp Cinnamon, ground
1 tsp Cardamom, ground
1 tsp Tamari
500 gms Pumpkin
1 Red Capsicum
3/4 cup Whole Raw Almonds with skin on

Rinse then soak rice in water for 1 hour before cooking.

- › Rinse and place in saucepan. Cover with water and gently boil for 30 minutes. Drain.
- › Dice onion and sauté in a medium saucepan with 1/4 cup of water, until soft and transparent.
- › Add cinnamon, cardamom and rice, cover with 3 1/2 cups of water and tamari and bring to the boil.
- › Reduce temperature, cover and simmer for 15 minutes.
- › Preheat oven to 180°C.
- › Cut pumpkin into large bite-sized pieces.
- › Cut the capsicum into small 1 cm dice.
- › Remove rice from stove top and add pumpkin and capsicum.
- › Place mix into a large casserole dish with a fitted lid, or retain in an ovenproof saucepan with lid.
- › Place in oven and cook for a further 20 minutes, or until pumpkin is cooked.
- › Roughly chop almonds and serve scattered over the pilaf.

cabbage rolls

Serves 4

gluten-free / extra recipes required
(tomato basil sauce page 57 / yoghurt dill sauce page 61)

8 Cabbage Leaves (large outer leaves)
500 gms Zucchini
700 gms Carrots
1 Leek
2 Tomatoes, diced or
400 gms Tomatoes diced
(or 1 tin Organic Diced Tomatoes)
1 tbs Caraway Seeds
2 cloves Garlic, crushed
1 quantity Tomato Basil Sauce (optional)
1 quantity Yoghurt Dill Sauce (optional)

Options: Any combination of seasonal vegetables can be used for the filling.



- › Bring water to the boil in a steamer.
- › Remove outer leaves carefully from cabbage, wash and steam for about 5 minutes. (You may only be able to steam a few at one time)
- › Rinse leaves in cold water and drain.
- › Wash zucchini and scrub carrots and remove carrot tops. Grate zucchini and carrots.
- › Remove outer leaves from leek and cut away one-third of the green leaves and discard. Cut leek into quarters lengthways, wash and then cut through in thin slices.
- › Steam the carrots and leek for 5 minutes, then add the zucchini and cook for a further 5 minutes.
- › When all vegetables are cooked, mix with the tomatoes, caraway seeds and garlic.
- › Using a sharp knife remove some of the thick stem of the cabbage leaf so it will be easier to bend.
- › Place ½ cup of vegetables in the centre of a cabbage leaf, but close to the stalk end. Fold the stalk end in over the mixture, and then fold the sides in towards the centre and roll up the cabbage parcel.
- › Place the cabbage rolls, seam side down, neatly in a steamer. It may be necessary to place two layers in the pan. Steam for 20 minutes.
- › Prepare the tomato basil sauce and dill yoghurt sauce to accompany the cabbage rolls. Serve with cooked brown rice, if desired.

The cabbage rolls can also be baked in a casserole dish covered with the tomato basil sauce.



carrot & lentil loaf or timbales

Serves 4

short soak / gluten-free option / food processor option

- 1 cup Lentils (Red, French or Brown)
- 2 medium Carrots
- ¼ cup Spring Onions, sliced
- 2 tbs Fresh Parsley, finely chopped
- ½ cup Rolled Oats
(or Quinoa for Gluten-free option*)
- ½ tsp Dried Sage
- 1 tsp Tamari
- 1 small Zucchini

- › Rinse lentils and soak in fresh water for 1 hour. Drain.
- › Cover lentils with lots of fresh water and bring to the boil.
- › Reduce heat, cover and simmer the lentils until they are well cooked (approximately 45 minutes for french or brown lentils or 20 minutes for red lentils.) Drain well.
- › Scrub the carrots and trim away the top. Grate the carrots and steam over plenty of rapidly boiling water.
- › Mash the carrots and lentils together.
- › Combine all ingredients, except zucchini, and mix well.
- › Preheat oven to 180°C.
- › Wash the zucchini and peel into long strips using a potato peeler. Using these strips, line a loaf dish or timbales. The zucchini will stop the loaf from sticking and can be discarded after cooking.
- › Pack mixture firmly in dish and smooth off the top.
- › Bake for approximately 30 minutes in a moderately hot oven.
- › After removing from the oven, let stand for at least 5 minutes before turning out.

creamy curried lentils

Serves 4-8

gluten-free / short soak / extra recipe required
(savoury yeast sauce page 60)

- 1 cup Brown Lentils
- 1 cup Water
- 2 Red Onions
- 2 Garlic Cloves, crushed
- 2 tsp Curry Powder
- 1 tsp Cumin, ground
- ½ tsp Cinnamon, ground
- 2 tsp Tamari
- 4 large Tomatoes
- ½ Lemon, squeezed
- 1½ cups Savoury Yeast Sauce

Check lentils for foreign objects and small stones and rinse. In a large saucepan, cover the lentils with plenty of water and soak for 1 hour.

- › Rinse, wash and drain lentils.
- › Finely dice the onions and sauté in a small amount of water in a large saucepan until soft. Add extra water as needed.
- › Add garlic and spices to the onions and stir until the spices become fragrant and the flavours are enhanced. Add tamari.
- › Add lentils and coat with the spice mix. Then add water and bring to boil.
- › Reduce heat and simmer with lid off for 45 minutes until the lentils are soft.
- › Preheat oven to 180°C.
- › Meanwhile prepare savoury yeast sauce and cut tomatoes into large pieces.
- › When lentils are soft, add savoury yeast sauce, chopped tomatoes and lemon juice.
- › Place lentils into a casserole dish, cover and heat through in oven for 20 minutes.

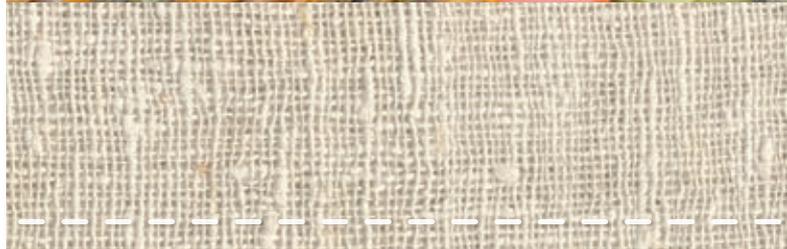
lentil bolognese

Serves 4 *gluten-free / short soak*

1 cup Brown Lentils	400 gms Tomatoes diced
1 Onion	(or 1 tin Organic Diced Tomatoes)
2 cloves Garlic	
200 gms Mushrooms	4 tbs Tomato Paste
2 Zucchini	1 tsp Oregano
1 large Carrot	1 tsp Tamari
2 sticks Celery	1 bunch Spinach
2 Bay leaves	1 bunch Parsley

Rinse lentils then soak in water for one hour before use. Drain soaking water from lentils, rinse well and drain again.

- › Finely dice the onions and crush the garlic. Sauté the onions and garlic in a little water in a heavy-based medium saucepan until transparent and soft.
- › Clean and cut the mushrooms into quarters.
- › Wash and trim the carrot and zucchini and grate.
- › Wash and trim the celery and slice finely.
- › Add the lentils, mushrooms, carrot, celery, zucchini, bay leaves, oregano and water. Stir well, cover and bring to the boil.
- › Cook until the lentils are tender, about 45 minutes. Check occasionally that there is enough liquid and that the sauce is not sticking to the bottom of the pan.
- › Stir in diced tomatoes and tomato paste. Cover and bring back to the boil, stirring occasionally.
- › Add tamari and adjust seasoning. Remove bay leaf. This sauce can be blended with a hand-held blender if you would like it to be a creamier consistency. (Don't over do it!)
- › Add chopped spinach and parsley and stir through allowing the heat in the pot to soften them.
- › Serve with pasta of choice.





baked pumpkin risotto

Serves 4 **gluten-free / short soak**

1 ½ cups Brown Rice	500 gms Pumpkin
200 gms Natural Tempeh	⅓ cup Savoury Yeast Flakes
1 tsp Tamari or Miso	100 gms Spinach
150 gms Leek	
2 cloves Garlic, crushed	

Rinse then soak rice in plenty of water for 1 hour. Drain, rinse and drain again.

- › Cut the square of tempeh into strips and then cut on the angle to create diamonds or triangles.
- › Marinate tempeh in tamari or miso and ½ cup of water and refrigerate until required. Basting occasionally.
- › Chop leeks into ½ cm rounds.
- › Sauté leeks and garlic in ¼ cup of water in ‘ovenproof, stove top, cookware’ or medium saucepan until soft and transparent.

- › Dice pumpkin into bite-sized pieces.
- › Preheat oven to 180°C.
- › When leeks are cooked, add rice. Slowly add 3 cups of water and bring to the boil. Simmer with lid on for 15 minutes.
- › Add diced pumpkin and savoury yeast flakes to rice mixture and place in a casserole dish with the lid on. Bake for 45 minutes.
- › Place tempeh and marinade in ovenproof dish and bake for 20 minutes in the oven. Time to be ready at same time as rice.
- › Remove the rice from the oven when cooked and fold through the washed spinach, which will wilt with the heat of the rice. Be careful not to mash up the pumpkin. Drain marinade from the tempeh and season the pumpkin risotto with the leftover marinade if desired.
- › Serve pumpkin risotto in a bowl with tempeh arranged on top, or mix tempeh through the rice.

golden earth sauce

Serves 4 **gluten-free / serve with pasta**

400 gms Sweet Potato (approx. 1)
200 gms Onion (approx. 2)
500 gms Pumpkin
400 gms Carrots (approx. 3)
3 Garlic Cloves with skin on
1 tbs Cumin
1 tbs Turmeric
1 cup Boiling Water
2 tbs Savoury Yeast Flakes

- › Preheat oven to 180°C.
- › Cut sweet potato, onion and pumpkin into 2 cm pieces.
- › Cut the carrots slightly smaller as they take longer to cook.
- › Place the sweet potato, onion, carrot, pumpkin and whole garlic cloves onto a baking tray, sprinkle with cumin and turmeric and bake for 35-40 minutes. A cup of water in an ovenproof bowl, added to the oven at this time will help to stop the vegetables from drying out.
- › Remove the vegetables from the oven.
- › Carefully separate the garlic cloves and set aside.
- › Place the vegetables into a saucepan with the boiling water and savoury yeast flakes, and stir together.
- › Squeeze the cooked garlic paste from the roasted cloves and discard skin. Add to saucepan.
- › Bring to the boil, lower to simmer and cook for 10-15 minutes, stirring occasionally until thickened. Check the water level in the sauce and add extra if required.
- › Serve over pasta.

potato & corn bake

Serves 4 **gluten-free**

750 gms Potatoes
4 cobs Corn
1 Onion
A little Tamari
1 cup Soy or Almond Milk
2 tbs Cornflour
1 tbs Mustard (Dijon)
1 tsp Paprika

- › Scrub the potatoes and cut into 3 mm slices.
- › Shuck the corn. Holding the corn firmly by the stalk end run a knife down the length of the corn. Repeat process until all the corn is removed.
- › Steam the potatoes over plenty of boiling water for about 10 minutes, until partially cooked.
- › Add the corn and cook a further 5 minutes.
- › Peel the onion and dice finely.
- › Make the mustard sauce. Sauté the onions in tamari and 2 tbs of water. Stir the onions occasionally and add extra water if required.
- › In a cup, mix the cornflour, mustard and 2 tbs water.
- › When the onions are well cooked (soft and transparent), add 1 cup of milk and bring to the boil.
- › When milk is just coming to the boil, add the cornflour mix, stirring constantly.
- › Bring back to the boil while stirring and then remove from the heat when thickened.
- › Preheat oven to 180°C.
- › Place the potato and corn in a large mixing bowl and fold in the mustard sauce. Place into a large casserole dish, spread out evenly and sprinkle with paprika.
- › Bake in the oven for 50 minutes.

hot & easy beans

Serves 6 **soak overnight / gluten-free**

- 1 cup Dried Kidney Beans
- ½ bunch Fresh Coriander
- 1 Red Capsicum
- 1 Mild Red Chilli
- 1 Brown Onion
- 1 clove Garlic
- 1 tsp Coriander, ground
- 1 tsp Cumin, ground
- 1 tsp Cinnamon, ground
- 1 tsp Sweet Paprika
- 200 gms Natural Tempeh (½ block)
- 1 tsp Tamari
- 400 gms Tomatoes diced
(or 1 tin Organic Diced Tomatoes)
- ½ Lemon

Place beans in a large container, cover with plenty of cold water and place in the refrigerator overnight.

- › Rinse and drain kidney beans and cover with water in a saucepan. Bring to the boil and cook for 30-40 minutes. Wash and dry the coriander, cut in half and retain the tops for garnish.
- › Remove the seeds and stalk from the capsicum cut into eight equal pieces. Seed and chop the chilli.
- › Remove the skin from the onion and cut into eight pieces.
- › In a food processor, place roughly chopped coriander stems and roots, capsicum, chilli, onion, garlic, ground coriander, cumin, cinnamon and paprika and process until you have created a paste. Add a squeeze of lemon.
- › Place the mix in a large saucepan with a small amount of water and sauté for 3 minutes.
- › Grate tempeh, and add to chilli sauce with the tamari and ½ cup water. When the kidney beans are cooked, drain from water, rinse and add to the tempeh sauce.
- › Bring to the boil and simmer for 10 minutes.
- › Add the tomatoes and bring back to heat.
- › Serve with rice and reserved coriander leaves.

bean & olive bake

Serves 4 **gluten-free option / soaking overnight**

- 1 cup Dried Lima, Haricot or Black Eyed Beans
- 1 Onions
- 1 tsp Garam Masala
- ½ tsp Ground Cumin
- ¼ tsp Chilli Powder
- 1 tbs Miso
- ¼ cup Tomato Paste
- ½ cup Barley or Rye Flakes (or Quinoa Flakes for Gluten-free option)
- 1 cup Brown Rice
- 15 Black Olives, pitted
- 1 Zucchini

Soak the beans overnight in plenty of water and store in refrigerator. Soak rice in separate bowl at the same time.

- › Drain the beans and rinse.
- › Cover the beans in plenty of water and bring to the boil. Reduce to a simmer and cook for 35 minutes or until the beans are tender. Rinse and drain when cooked.
- › While the beans are cooking, prepare rice. Drain the rice and cover with plenty of cold water and bring to the boil. Cook for 30 - 40 minutes in rapidly boiling water. Drain and rinse when cooked.
- › Finely slice onions and sauté in small amount of water in a small saucepan over heat, adding extra water as required. Cook until soft, add the spices and ‘cook off’ for 25-30 seconds.
- › Add tomato paste and cook gently for 1 minute.
- › Remove from heat and stir in barley/rye flakes (or preferred substitute), rice, miso and roughly chopped olives.
- › Add the beans and gently mix together.
- › Preheat oven to 190°C.
- › Using a potato peeler, peel thin slices from the zucchini. Line a loaf dish (200 mm x 120 mm) with thin slices of zucchini. Place bean mix into loaf dish and press down evenly into the corners.
- › Bake for 1 hour, or until cooked.
- › Remove from the oven and gently run a knife around the edges, before turning out the loaf onto a plate. Cut in slices and serve.



Soaking beans before cooking is very important. Refer to details on page 12.

mexican rice

Serves 4-6 **gluten-free / short soak**

Hot Tomato Salsa

- 1 small Onion
- 1 clove Garlic, crushed
- 4 large Tomatoes
(or 400 gm can organic diced tomatoes)
- 1 tsp Cinnamon, ground
- Pinch Chilli powder
- 1 tbs Tomato Paste

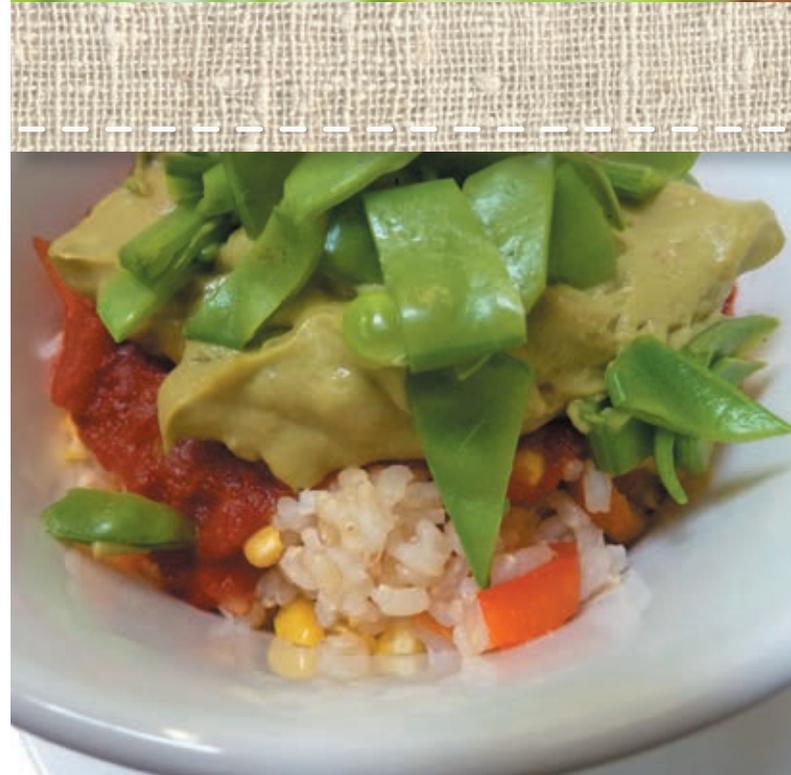
Savoury Rice

- 1 ½ cups Brown Rice
- 2 large Corn Cobs
- 4 Spring Onions
- 1 Red Capsicum
- 2 medium Carrots
- 1 cup Snow Peas

Guacamole

- 1 Avocado
- 1 Lemon

- › Rinse rice in a strainer then place in a saucepan. Cover with water and soak for 1 hour (in refrigerator if weather is warm)
- › Drain water, rinse with fresh water then drain again
- › Cover rice with fresh water and bring to the boil. Cook for 30-40 minutes, until tender
- › For the tomato salsa: finely chop the onion, crush the garlic and roughly chop the tomatoes
- › Saute the onion in ¼ cup water with the garlic, cinnamon and chilli in a saucepan. Cook until the onion is tender, stirring often and adding a little more water if required, but keep it thick.
- › Add the tomato paste, stirring through and cook for a further minute
- › Add the tomatoes and stir while the tomatoes cook down, being careful to avoid burning them. Simmer gently for 10 minutes and taste to adjust the seasoning to your liking. Remove from heat when the tomatoes are well cooked and broken down.
- › Prepare the Savoury Rice vegetables by dicing the capsicum, carrots and spring onions
- › Remove the corn kernels from the cobs by holding the cob firmly by the stalk with one hand and slicing the kernels off using a sharp knife.



- › Top and tail the snow peas and blanch in boiling water. Rinse and drain then cut into strips
- › In a steamer saucepan, steam the carrots for 5 minutes, then add the corn and capsicum and steam for a further 3 minutes
- › When the rice is cooked and tender, drain and toss with the steamed vegetables. Add the spring onion and snow peas.
- › For the guacamole: squeeze the juice from the lemon. Mash the avocado with a fork and add the lemon juice to taste.
- › Place the tomato salsa back on the stove to heat.
- › Divide the savoury rice into bowls. Drizzle with the tomato salsa and top with a generous dollop of guacamole.

lettuce cups

Serves 4 **soak overnight / gluten-free**

- 1 cup Dried Shitake Mushrooms**
- 1 small Red Chilli**
- 200 gms Mushrooms**
- 1 Spring Onion**
- 1 stick Celery**
- 2.5 cm piece Fresh Ginger**
- 200 gms Beans Sprouts**
- 12 large Thai Basil Leaves**
- 6 Vietnamese Mint Leaves**
- ½ bunch Coriander**
- ½ tsp Tamari**
- 200 gms Firm Tofu (1 block)**
- 1 Iceberg Lettuce**
- ⅓ cup Whole Raw Almonds with skin on**

Soak shitake mushrooms in water overnight in the refrigerator.

- › Drain and rinse Shitake Mushrooms. Place in a medium saucepan, cover with plenty of water and bring to the boil. Simmer for 15 minutes, remove from heat, drain and allow to cool.
- › Prepare the vegetables and herbs. Remove seeds from the chilli and finely dice the flesh.
- › Dice the fresh mushrooms and the shitake mushrooms.
- › Trim and clean the spring onion and finely slice.
- › Trim and wash the celery, remove leaves and finely slice.
- › Grate the ginger.
- › Wash the bean sprouts.
- › Chop the Thai basil and Vietnamese mint leaves.
- › Tear the coriander leaves away from the stalks, and finely dice the stalks and roots. Set leaves aside for garnish.
- › Place the tamari, chilli and ginger into a medium saucepan and bring to the boil. Add the mushrooms and cook for 3 minutes.
- › Add ¼ cup of water, the spring onions, coriander stalks and celery.
- › Grate the tofu and add to the mushrooms, stirring well. Cook for a further 5 minutes, stirring occasionally.
- › Add the bean sprouts, basil and Vietnamese mint and stir through.
- › Prepare the lettuce cups. Break away the leaves keeping them whole. Wash and drain.
- › Finely chop the almonds.
- › To serve, place 2 tablespoons of mushroom mixture in the middle of lettuce leaf, sprinkle with chopped almonds and garnish with reserved coriander leaves.

napoli sauce

Serves 4-6

gluten-free / food processor / serve with pasta

1 Red Capsicum	170 gms Tomato Paste
1 stick Celery	800 gms Organic Diced Tomatoes (2 tins)
4 sprigs Parsley	1 Bay Leaf
1 medium Carrot	1 tsp Dried Basil or 1 tbs Fresh Basil
2 Onions	1 tbs Fresh Basil
2 cloves Garlic	Pinch Pepper
1 tsp Paprika	

- › Remove stalk and seeds from capsicum and roughly chop. Remove leaves and trim celery into short pieces. Chop parsley. Trim and scrub the carrot and roughly chop. Peel garlic and onion and chop.
- › Place the capsicum, celery, parsley, carrot, onion, garlic and paprika into a food processor (with a cutting blade) and process until you create a chunky paste.
- › Sauté this paste in a medium saucepan in $\frac{1}{4}$ cup of water until golden and soft, adding extra water as required. This will take about 5-10 minutes. Take care that the mix does not burn on the bottom of the pot.
- › Add tomato paste and ‘cook off’ for a minute or two with the vegetable mix to release the flavour of the tomato paste.
- › Add the diced tomatoes, bay leaf and $\frac{3}{4}$ cup water to the saucepan and mix with the other ingredients. Add the dried basil and pepper. (If using fresh basil, add it at the end)
- › Bring to the boil and simmer for 1 hour. Check the sauce is not sticking and stir occasionally. You can leave this sauce as is, or blend with a hand-held blender until smooth.

This quantity can be used in a lasagna recipe, or used as a sauce over pasta.

It’s a great sauce that can be stored in the refrigerator for up to three days.

shepherd’s pie

Serves 4-8 **gluten-free / short soak**

1½ cups Brown Lentils
1 large Brown Onion
2 cloves Garlic
1 tsp Tamari
2 tbs Tomato Paste
1.5 litres Water
3 cups Vegetables, diced (Any Combination: Carrots, Pumpkin, Sweet Potato, Capsicum, Turnips, Swedes, Celeriac, Celery)
1 tbs Cumin, ground
½ tsp Cumin Seeds
1 tbs Paprika
1 tbs Fresh Thyme
1 kg Potatoes*
½ cup Soy or Almond Milk

* Sweet potato can be substituted for potato but you will not need to add the milk as the sweet potatoes are much softer.

Check lentils for stones and small foreign objects then rinse. Wash and rinse. Cover lentils in cold water and set aside in the refrigerator for 1 hour.

- › Dice the onion, crush garlic and fry off in a heavy saucepan with the tamari, tomato paste and a small amount of the water.
- › Dice the mixed vegetables into small cubes.
- › When the onions are translucent, add the vegetables, cumin, cumin seeds, paprika and thyme. Drain and rinse the lentils and add to onions with the rest of the water. Bring to the boil.
- › Reduce to a simmer and cook until the lentils are soft and the water has absorbed, about 40 minutes. Stir often to avoid the mixture sticking on the bottom of the pan.
- › Scrub the potatoes and chop into large cubes. Steam until soft, about 20 minutes.

- › When the potatoes are soft, remove from the heat. Mash using a potato masher. Add enough milk to create a smooth mashed potato.
- › Preheat oven to 180°C.
- › When the lentils are tender, remove from heat and, using a hand-held blender, whiz for a short time until creamy in consistency. Don't over do it, you still want most of the vegetables and lentils to be in whole pieces.
- › Pour lentils into a ceramic baking dish (24 cm x 24 cm).
- › Carefully spread the mash potato over the top of the lentil mix and then heat through in the oven, until the top is golden brown and the filling piping hot, about 20 minutes.

mushrooms with chickpeas

Serves 4

soak chickpeas and mushrooms overnight

- 1 cup Dried Chickpeas**
- 50 gms Dried Shitake Mushrooms**
- 250 gms Mushrooms or more**
- 3 tsp Garlic, crushed**
- 1 cup Water and 1 tbs Miso**
- 1 bunch Spinach**
- 1 heaped tbs Cornflour**
- ½ bunch Spring Onions**
- ¼ cup Soy Yoghurt**

Rinse chickpeas, place in saucepan, cover with water and refrigerate overnight.

Rinse shitake mushrooms, place in small saucepan, cover with water and soak overnight in refrigerator.

- › Drain and rinse the chickpeas and return to the saucepan. Cover with cold water and bring to the boil. Cook in rapidly boiling water for 1 hour. When tender, drain and rinse.
- › Drain and rinse the shitake mushrooms, return to the saucepan and cover with cold water. Bring to the boil and reduce to a simmer. Cook for 15 minutes. Drain and rinse.



Serve Mushrooms with Chickpeas on cooked pasta or polenta (page 108).

- › Slice the fresh mushrooms and cook with crushed garlic in 1 cup of water with the miso. Bring to the boil and simmer for 5 minutes.
- › Prepare the shitake mushrooms by cutting off any tough or woody stalks. Cut the shitake into thin slices.
- › Add the sliced shitake mushrooms, tamari and chickpeas to the garlic mushroom sauce, bring to the boil and then remove from heat.
- › Mix the cornflour with a small amount of water to make a smooth paste.
- › When ready to serve, thicken the sauce with the cornflour to a desired consistency. To do this, pour the cornflour mix into the mushroom sauce as it is boiling. Continue to stir so lumps do not form.
- › Finely slice the spring onions and spinach and fold through the sauce. Add the yoghurt.
- › Do not bring back to the boil as the sauce will curdle once the yoghurt has been added. Can be gently reheated.

lentil & sweet potato pie

Serves 8 gluten-free option / short soak

Base

- 1 cup Brown Rice
- ¼ cup Savoury Yeast Flakes
- ¼ cup Rice Flour
- 1 small Zucchini or Carrot

Topping

- 1 cup Rolled Oats (or Quinoa Flakes for Gluten-free option)
- 2 tsp Mixed Herbs
- 1 tbs Savoury Yeast Flakes
- ½ cup Boiling Water

Filling

- | | |
|--------------------------|-------------------|
| 1 cup Red Lentils | 1 tbs Fresh Thyme |
| 2 Leeks | 1 tbs Fresh Sage |
| 2 cloves Garlic, crushed | 2 tsp Tamari |
| 750 gms Sweet Potato | 1 ½ cups Water |

Soak rice for 1 hour before cooking in plenty of cold water. Check over lentils for foreign objects and small stones, cover with plenty of cold water and soak.

- › Mix together topping ingredients and set aside in refrigerator.
- › Drain rice and place in a large saucepan with plenty of fresh water and bring to the boil. Reduce to a simmer, cover with lid and cook for 30-40 minutes.
- › When the rice is cooked, drain but do not rinse.
- › Return the rice to the saucepan, add rice flour and savoury yeast flakes and stir through.
- › Preheat oven to 200°C.
- › Using a potato peeler, peel long strips from the zucchini or carrot. Using these long thin strips, line the base and sides of a large pie dish, 24 cm in diameter. This will stop the rice base from sticking to the sides.

- › Press the rice mixture into a pie dish. Work the mixture evenly to cover the bottom and up the sides.
- › Bake pie base in oven for 15 minutes.
- › Trim leeks and wash well. Thinly slice leeks into rounds. In a large saucepan, sauté the leeks and crushed garlic in a little water until soft.
- › Scrub sweet potato and grate. Add to the leeks.
- › Finely chop the thyme and sage and add to the leeks along with the drained lentils, tamari and water.
- › Cook, stirring occasionally until the lentils and sweet potato are soft, about 10-15 minutes.
- › Press mix into rice base and sprinkle with the topping.
- › Bake in the oven for 30 minutes until hot and browned on top.



tempeh noodle stack

Serves 4-6

gluten-free / short marinade / extra recipe required
(sweet and sour sauce page 58)

200 gms Natural Tempeh	Marinade
2.5 cm piece Ginger	1 tbs Tamari
1 bunch Bok Choy	½ cup Water
2 Carrots	Garlic
100 gms Snow Peas	
1 small pkt Bean Shoots	
1 Red Capsicum	
100 gms Green Beans (other vegetables can also be used such as broccoli, cauliflower, beans, cabbage)	
300 gms Vermicelli Rice Noodles	
1 bunch Fresh Coriander	
1 quantity Sweet and Sour Sauce	

- › Cut the tempeh blocks into desired shape – often long triangles look effective.
- › Place the tempeh into deep baking dish, cover with the marinade and refrigerate for 1 hour to marinate.
- › Make the sweet and sour sauce.
- › Preheat oven to 180°C.
- › Spoon the marinade over the tempeh and bake in oven for about 20 minutes.
- › Wash and prepare the vegetables. Cut the carrots and snow peas julienne or any other preferred shapes.
- › Steam the vegetables so that they are all ready at the same time - the carrots would require the most time, about 10 minutes.
- › Follow the packet instructions for cooking noodles.
- › Arrange the noodles onto the middle of the plate, stack with alternating vegetables and top with a good drizzle of sweet and sour sauce. Remove tempeh from the oven and drain. Place tempeh on top of the sauce. Garnish with fresh coriander leaves.

raw nut loaf

Serves 4 *soak overnight / gluten-free / food processor*

1 cup Whole Raw Almonds with skin on
8 medium Carrots
3 Spring Onions
1 tsp Oregano
2 Garlic Cloves
¼ cup Parsley fresh
1 tsp Curry Powder
2 tsp Miso
1 small Cucumber

Cover almonds in plenty of cold water and place in the refrigerator to soak overnight.

- › Scrub and grate the carrots.
- › Wash and trim the spring onions and finely slice.
- › Crush the garlic and roughly chop the parsley.
- › Place all the ingredients (except for the cucumber) in a food processor (with the blade attachment), or divide the ingredients into two even batches and process one quantity at a time.
- › Process the ingredients until a ‘mealy’ consistency is achieved. Process the second batch in the same way, then mix all the ingredients together in a large bowl.
- › Using a potato peeler take thin slices lengthways from the cucumber and line a loaf tin (200 mm x120 mm) or dish.
- › Press the nut mixture into the loaf dish and refrigerate.
- › Turn out onto a platter before serving. The cucumber can be removed; it is used to stop the nut loaf from sticking to the dish. Alternatively, the cucumber can be left on for decoration.

This dish can also be pressed into a wet mould or individual cups and turned out immediately onto individual plates.

Raw Nut Loaf is delicious served with Roast Capsicum Dressing (page 56).

tofu rice burgers

Serves 6 (makes 16)

gluten-free / short soak / food processor

400 gms Brown Rice 1 tbs Miso
2 medium Carrots 1 clove Garlic, crushed
6 Spring Onions 1 tbs Mixed Herbs
½ cup Parsley, chopped 1 Zucchini
400 gms Firm Tofu
(1 block)

Place rice in medium sized saucepan, cover with water and soak for 1 hour.

- › Drain the rice and return to the saucepan. Cover with plenty of water and bring to the boil. Boil rapidly checking the water level occasionally. Cook for 30-40 minutes until very soft, then drain.
- › Grate the carrot and cook in a steamer for 10 minutes over boiling water.
- › Wash the spring onions and finely slice.
- › Wash the parsley, dry well and chop finely.
- › Mash the tofu in a large bowl using a potato masher.
- › Add the carrots, parsley, spring onions, miso, crushed garlic and mixed herbs to the tofu.
- › Process half of the cooked rice in a food processor (using blade attachment). This helps the burgers to bind together.
- › Mix all ingredients, including the remaining cooked rice, in with the pureed rice.
- › Preheat oven to 180°C.
- › Divide the mix into 16 portions and make into burger patties while mixture is still warm.
- › Place burgers onto a heavy, ungreased stainless steel tray. Place a small slice of zucchini under each burger to make it easier to lift the burger off the tray when cooked.
- › Bake in oven for 10-15 minutes. When cooked, remove from oven and allow to stand for 1 minute.
- › Use a strong spatula to lift the burgers off the tray. Discard the zucchini slices.

vegetable tempeh burgers

Serves 4-6 (makes 12) **gluten-free option / short soak**

½ cup Brown Rice 1 tsp Tamari
1 Carrot 1 clove Garlic, crushed
1 Onion 1 tsp Coriander
250 gms Sweet Potato 1 tsp Lemon Rind, grated
or Pumpkin 2 tsp Lemon juice
1 small Parsnip 1 tsp Miso
200 gms Natural Tempeh 1 Zucchini for baking
2 slices Sourdough Rye
Bread (or Gluten-free)

Cover rice with plenty of cold water and allow to soak for 1 hour. Drain and rinse.

- › Place the rice in a medium saucepan, cover with lots of cold water and bring to the boil. Reduce to a simmer and cook covered with a lid for about 30-40 minutes, checking occasionally on water level. Do not allow to boil dry.
- › Grate the carrot, onion, sweet potato or pumpkin and parsnip and place in a steamer over boiling water. Steam for about 10 minutes, until soft.
- › When the rice is cooked, drain and add to the cooked vegetables.
- › Preheat oven to 180°C.
- › Grate the tempeh and add to the mixture.
- › Prepare the breadcrumbs by either grating the bread, or chopping in a small food processor.
- › Add the breadcrumbs to the rice and vegetable mix and all other remaining ingredients (except zucchini). Mix well. Blitzing the centre of the mixture a few times with a stick blender will help the burgers hold together.
- › Divide into 12 portions and shape into patties.
- › Using a potato peeler, peel thin slices down the length of the zucchini. Cut these strips in half and place on a heavy, stainless steel baking tray. Place the burgers on top of the zucchini slices and cook in oven for 10-15 minutes.

The slices of zucchini will stop the burgers from sticking to the baking tray.

split pea & lentil burgers

Serves 4

short soak / gluten-free option / food processor /
extra recipe required (creamy mustard sauce page 61
or tomato basil sauce page 57)

½ cup Brown Lentils

½ cup Yellow Split Peas

1 Onion

2 slices Bread (or 1 cup Quinoa flakes)

2 tsp Fresh Thyme

1 tsp Mustard

A little Miso and Fresh Green Herbs

**Serve with Creamy Mustard Sauce
or Tomato Basil Sauce**

Check the lentils and split peas for foreign objects and wash and drain. Place the lentils and split peas in a medium saucepan, cover with plenty of cold water and soak for 1 hour.

- › Rinse and drain the lentils and split peas and return to large saucepan. Cover with plenty of water and bring to the boil.
- › Reduce to a simmer and cook for about 45 minutes, until the legumes are soft and tender.
- › Grate the onion and sauté in water in a small saucepan until soft, adding more water if required.
- › Place the bread (if using) into the food processor with the blade attachment and process to achieve fine breadcrumbs. Remove and place the breadcrumbs (or Quinoa flakes) in large bowl with the cooked onions.
- › Puree half the legumes in the food processor.
- › Add the pureed legumes to the whole legumes and mix together with all other ingredients.
- › Mix well – if too wet add a little rice flour or extra breadcrumbs.
- › Preheat oven to 180°C.

- › Divide mixture into 8 burgers and place on an ungreased baking tray.
- › Cook for 30 minutes in a medium oven.
- › When burgers are cooked, remove from oven. Using a broad spatula, slide firmly under the burger to remove it neatly from tray. Using a flat knife, slide the burger off onto a plate or prepared roll with salad.
- › Top with creamy mustard sauce or tomato basil sauce and serve.



tofu curry

Serves 4-6 **gluten-free / short marinade**

2.5 cm piece Fresh Ginger	2 Onions
100 gms Spinach	1 Red Capsicum
180 gms Green Beans	1 tsp Coriander
1 small Mild Red Chilli (optional)	1 tsp Curry Powder
400 gms Firm Tofu (1 block)	1 tsp Cumin
1 tbs Tamari	2 cloves Garlic
½ bunch Fresh Coriander	1 tsp Turmeric
500 mls Soy or Almond Milk	¼ cup Tomato Paste
	1 ½ cups Water

- › Cut the tofu into 20 mm cubes and marinate in tamari and ¼ cup of water. Place in an ovenproof dish and refrigerate for 1 hour.
- › Prepare the vegetables. Grate the ginger, wash and dry the spinach, top and tail the beans and cut into 2 cm lengths. If using fresh chilli, remove stem, seeds and membranes and finely chop.
- › Preheat the oven to 180°C.
- › Remove tofu from refrigerator and ensure it is well marinated. Place in the oven and cook for 15 minutes.
- › Roughly chop the onion, fresh coriander and place with grated ginger in a food processor. Add the capsicum, coriander, curry powder, cumin, chilli, garlic, turmeric, tomato paste and ¼ cup of water.
- › To make the curry paste, process on high until the onion and capsicum are finely minced.
- › In a large saucepan, add the curry paste and stir over medium heat constantly, so that the paste does not burn. Cook for 5 minutes until the aromas develop.
- › Slowly add 1 cup of water and continue to cook the paste gently for 1 hour to allow the flavours to develop.
- › Add the beans and soy milk and continue to cook for a further 5 minutes. Add the baked tofu with the remaining marinade and gently stir through.
- › Fold spinach through.
- › Serve with brown rice and raita.

< curry options

This paste is a fabulous curry base. Other ingredients that could be added are precooked potatoes and fresh peas. Chopped almonds are also a lovely addition sprinkled on top.

If making a curry without the tofu, add a small amount of tamari to the recipe to compensate for the tamari that would be in the marinade with the tofu.



tofu cutlets

Serves 4-6

gluten-free / short soak / extra recipe required
(sweet and sour sauce page 58)

400 gms Firm Tofu (1 block)

2 tbs Tamari

1 cup Water

2 cm piece Fresh Ginger grated

½ cup approx Rice Flour or Polenta

1 quantity Zesty Almond Sauce to serve

- › Cut the tofu block in 4 even pieces lengthways.
- › Then cut these pieces diagonally, making 8 triangles.
- › Marinate the tofu in the tamari, water and ginger for 1 hour.
- › Preheat oven to 180°C.
- › Drain the triangles and coat them in rice flour or polenta.
- › Place the tofu on a tray dusted with rice flour or polenta and bake in oven for 25 minutes.
- › Serve tofu cutlets on a bed of brown rice, with steamed Asian vegetables and our zesty almond sauce.

Tofu cutlets can be served with asian noodle salad with crisp greens (page 114) and zesty almond sauce (page 57)



vegetable dhal

Serves 6 **gluten-free / short soak**

- 2 cups Red Lentils
- 2 Onions
- 4 cups Water
- 2 cloves Garlic
- 1 dsp Coriander, ground
- 1 dsp Cumin, ground
- 1 dsp Turmeric (or freshly grated)
- ½ dsp Ginger (or freshly grated)
- 1 dsp Curry Powder (adjust to taste)
- 2 medium Carrots
- 2 small Zucchini
- ½ small Cauliflower
- 400 gms Tomatoes diced
(or 1 tin Organic Diced Tomatoes)
- 1 tsp Tamari (adjust to taste)



Rinse the lentils in a strainer then cover with water and soak for 1 hour.

- › Dice the onions and sauté in a little water in a large, heavy-based saucepan.
- › When the onions are soft, add the crushed garlic, coriander, cumin, turmeric, ginger and curry powder. Mix through well and cook the spices until they become fragrant, adding extra water as required.
- › Dice the carrots. Drain and rinse the lentils. Add the lentils and carrots to the spicy onions with enough water to cover.
- › Cover the saucepan with a lid and bring to the boil. Remove lid and simmer for approximately 20 minutes, checking constantly to ensure there is enough liquid and adding extra water as required. Stir frequently.
- › Cut the zucchini into cubes and the cauliflower into small florets.
- › Add the zucchini, cauliflower, tomatoes and tamari. Simmer until vegetables are tender, about 20 minutes. Check regularly that the dhal is not sticking on the bottom.
- › Check for flavour and add more curry powder if needed.
- › Serve garnished with fresh coriander.

Option; serving with freshly cooked brown rice makes this a high protein meal.

Raita and freshly made naan make fabulous accompaniments to this meal.



frittata

Serves 4

gluten-free / food processor option

1 large Carrot
500 gms Pumpkin
1 Onion
3 Potatoes
200 gms Firm Tofu (½ block)
½ cup Soy milk
2 tsp Mixed Herbs
1 tsp Tamari
2 cloves Garlic, crushed

- › Scrub the carrot and cut into 3 mm rounds. A food processor with a slicing blade connected could be used for all the vegetable slicing.
- › Peel and remove seeds from the pumpkin and cut into 3 mm thin slices.
- › Peel the onion and thinly slice.
- › Set up the steamer over a large amount of rapidly boiling water and steam the harder vegetables such as the carrots and potato. When they are nearly done, add the onion and pumpkin. When all the vegetables are soft, remove from heat and allow to cool.
- › In a food processor, with blade attachment, process the tofu, soy milk and seasonings. If you are not using a food processor, grate the tofu and then mix with the soy milk and other ingredients.
- › Place the cooled vegetables in a large mixing bowl, pour in the tofu mixture and stir through. The pumpkin will break up, but this adds a lovely colour to the frittata.
- › Preheat oven to 180°C.
- › Peel thin strips of zucchini and line a glass or ceramic pie dish (24 cm diameter).
- › Add the frittata mixture and smooth the top so it is level.
- › Cook in the oven for 30-40 minutes.

barley pilaf

Serves 4 *short soak*

1 cup Hulled Barley
300 gms Mushrooms
1 tsp Tamari
½ cup Water
2 Tomatoes
1 clove Garlic
2 tbs Lemon Juice and Zest
1 tbs Miso
½ bunch Spring Onions

- Soak barley in fresh cold water for 1 hour before cooking.
- › Clean mushrooms with a small pastry brush or wash if really dirty.
 - › Cut the mushrooms into large bite-sized pieces, or keep whole if the mushrooms are small buttons.
 - › Mix tamari with water and marinate the mushrooms in this mix. Cover and store in the refrigerator.
 - › Drain the barley and rinse. Place in a large saucepan, cover with plenty of cold water and bring to the boil.
 - › Reduce the barley to a simmer, and cook for 30 minutes until it is tender.
 - › Wash and trim the spring onions and thinly slice.
 - › Cut the tomatoes into 16 pieces.
 - › Crush the garlic and make a dressing by mixing the garlic, lemon juice, zest and miso together until well combined.
 - › When the barley is cooked, drain, rinse and drain again.
 - › Gently mix the tomatoes and spring onions through the barley.
 - › Drain the marinade from the mushrooms and reserve. Mix the mushrooms and the dressing through the barley.
 - › Adjust seasoning and serve. Some of the leftover marinade can be added if desired.

*"Let food be thy medicine,
thy medicine shall be thy food."*

Hippocrates



vegetable & side dishes



Chips can be tossed in a mixture of water and tamari before cooking for a new taste. Or try paprika & savoury yeast flakes.



almond rice

Serves 4 **gluten-free / short soak**

- 1 ½ cups **Brown Rice**
- ½ bunch **Spring Onions**
- 1 cup **Whole Raw Almonds with skin on**
- 1 tsp **Tamari**
- 3 tbs **Water**
- 2.5 cm piece **Fresh Ginger, grated**

Cover rice with plenty of cold water and soak for 1 hour.

- › Drain and rinse the rice, and drain again.
- › Place the rice in a saucepan with a well-fitting lid and add 3 cups of water. Leave uncovered.
- › Bring to the boil, then reduce to a low simmer. Cover with lid and cook for 20 minutes.
- › Turn off the heat and allow to sit for a further 10 minutes, or up to 20 minutes if required. Remember to keep the lid on.
- › Prepare spring onions. Trim, wash and slice very finely.
- › Chop almonds into small pieces using blade attachment in the food processor, or by hand using a knife.
- › This dish can be served hot or cold. If serving cold, rinse rice in cold water, if serving hot then rinse with boiling water.
- › Mix the tamari and ginger with the water and add to the rice along with the other ingredients. Gently mix together with a spoon.

Serve almond rice with freshly steamed asparagus accompanied with The Gawler Foundation Dressing with Almonds (page 56).

chips

Serves 4 **gluten-free**

- 1 kg **Potatoes** (approx. 4 large or 8 medium)
- or
- 1 kg **Sweet Potato**

- › Scrub the potatoes or sweet potatoes.
- › Preheat the oven to 180°C, and place a cup or dish of water on the bottom tray of the oven.
- › Wait until just before cooking time to cut the potatoes (as they will discolour).
- › Cut the potatoes into wedges. An average sized potato can be cut through in half longways, then each half can then be cut into wedges so there is a piece of skin on the outer edge of each chip.
- › Place the wedges skin side down onto a flat tray.
- › Bake until golden brown and cooked through, about 30 minutes. Serve.



caramelised onions

Serves 4 **gluten-free**

4 large Onions
1 cup Water
1 tbs Balsamic Vinegar

- › Peel and cut onions into thin slices.
- › Place onions into frypan with $\frac{1}{3}$ cup of the water
- › Sauté the onions, stirring often. As the water evaporates, add a little more water, if required, to stop the onions from burning.
- › Continue the process until the onions are soft and starting to go golden. This can take some time, but it is worth the effort.
- › The onions are now ready to be used in any recipes that require sautéed onions. To further enhance the onions and to serve them as caramelised onions, add the balsamic vinegar and cook until all the liquid has evaporated.

baked potatoes

Serves 4 **gluten-free**

1 kg Potatoes (approx. 4 large)

Our favourites are Dutch Cream for baking, but we also recommended Desiree, Nadine, Coliban and Sebago.

- › Preheat oven to 200°C.
- › Scrub potatoes. Avoid any with green on them, as this is a glycoalkaloid and can cause gastrointestinal problems.
- › Prick all over with the point of sharp knife.
- › Place potatoes in oven with a cup of warm water.
- › Bake potatoes for approximately 1-1 $\frac{1}{2}$ hours, until soft in middle. Test with a sharp knife or skewer, making sure it can pierce into the centre of the potato easily.

lemon baked carrots

Serves 4 **gluten-free**

2 Onions
1 Lemon
5 Carrots
4 cloves Garlic
6 sprigs Rosemary

- › Preheat the oven to 200°C and place a cup of water on the bottom of the oven to keep the vegetables moist when cooking.
- › Cut the onions and lemon into small wedges, about 8 portions each.
- › Cut the carrots in half lengthways and then into 2 cm pieces.
- › Combine the onion, lemon, carrot, garlic and rosemary in a baking dish. Tuck rosemary underneath the vegetables, so that it does not burn.
- › Bake uncovered for about 45 minutes or until tender.

Other vegetables can be added to this dish so that it can be served as a main instead of a side dish. Vegetables such as parsnip, beetroot, pumpkin and sweet potato are all suitable.

make a meal

Serve baked potatoes with coleslaw (page 116) and savoury yeast sauce (page 60).

polenta

Serves 4 **gluten-free**

2 cups Water
1 cup Soy, Oat or Almond Milk
1 cup (+ extra) Polenta
4 tsp Fresh Basil or Rosemary, chopped (or dried)

- › Bring the water and milk to the boil in a saucepan.
- › Slowly pour in 1 cup of polenta and whisk. When the mixture thickens, use a wooden spoon to stir.
- › Add the basil. Mix well over low heat for as long as your arm can cope – the longer the stirring can be kept up, the smoother the polenta.
- › Remove from heat and let stand for 3 minutes with the lid on.
- › Preheat oven to 180°C.
- › Lightly sprinkle a baking tray (180 mm x 250 mm) with polenta grains and spread the polenta mixture on the tray. Use wet hands to press the polenta into place and smooth the top.
- › Cook in oven for 15 minutes.
- › Cut polenta into serving sizes and serve with a thick sauce, such as chilli beans, ratatouille or mushrooms with chickpeas.

ratatouille

Serves 4 **gluten-free**

250 gms Red Onions
250 gms Eggplant (approx. 1)
1 Red Capsicum
300 gms Zucchini
750 gms Ripe Tomatoes
8 cloves Garlic
1 punnet Cherry Tomatoes
Basil leaves or other fresh herbs

- › Preheat oven to 180°C.
- › Chop the red onions, eggplant, red capsicum, zucchini and tomatoes into even-sized, large chunks.
- › In a large ovenproof baking dish (such as a lasagna dish), place the onions, eggplant and whole garlic cloves with the skin still on.
- › Place in oven and cook for 20 minutes.
- › Add the ripe tomatoes, capsicum and zucchini and cook a further 10 minutes.
- › Then add the cherry tomatoes and cook an extra 15 minutes.
- › Remove the dish from the oven. Remove the skin from the garlic and put the soft garlic paste back into the dish.
- › Gently toss all the ingredients together to create the sauce and blend the flavours.

Fresh herbs such as basil, continental parsley and oregano can all be added to this dish. If adding herbs before cooking, place them under the vegetables and cook with the tomatoes, or chop herbs and sprinkle on top after cooking.



savoury rice

Serves 4 **gluten-free / short soak**

1 cup Brown Rice
4 Spring Onions
2 Carrots
10 Snow Peas
½ tsp Tamari

Soak rice for 1 hour before cooking. Cover with plenty of cold water.

- › Drain the rice and place in a medium saucepan. Cover with plenty of water and bring to the boil.
- › Cover and simmer for 30-40 minutes until the rice is well cooked.
- › Meanwhile prepare vegetables.
- › Trim and clean the spring onions, then finely slice.
- › Top and tail the snow peas, blanch in boiling water, refresh in cold water then thinly slice.
- › Scrub the carrots, remove tops and cut into small squares.
- › When there is 15 minutes left of cooking time for the rice, steam the carrots.
- › Drain rice. Stir all other ingredients through rice and serve.

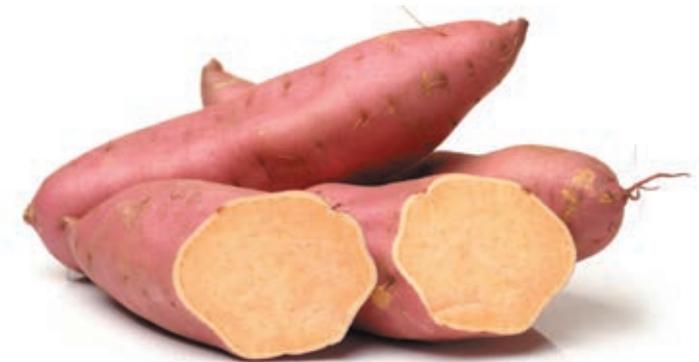
Many other vegetables are ideal for adding to savoury rice. Peas, beans and corn lightly steamed, red capsicum and so on.

scalloped sweet potatoes

Serves 4 **gluten-free**

700 gms Sweet Potato
1 Red Onion
2 cloves Garlic
¾ cup Soy or Almond Milk

- › Preheat oven to 180°C.
- › Scrub the sweet potato clean.
- › Slice the sweet potato into 3 mm thick slices.
- › Thinly slice the onion and crush garlic.
- › In a bowl, toss together all the ingredients including the milk.
- › Place the sweet potato and milk mixture into a baking dish or casserole dish. Flatten the slices down and cover dish with lid.
- › Cook in the oven for about 35 minutes. Ten minutes before cooking is completed, remove the lid so the top browns.



*"Vitality and beauty are gifts of Nature
for those who live
according to its laws."*

Leonardo Da Vinci



*Dressings transform
salads, connecting &
enhancing the flavours*

salads



asian noodle salad with crisp greens

Serves 4-6

gluten-free / extra recipes required

(½ cup mirin page 58 / zesty almond sauce page 57 /
tofu cutlets page 101 - if desired)

To make noodle salad

1 Red Capsicum

1 Carrot

100 gms Vermicelli Rice Noodles

Handful Bean Sprouts

4 Spring Onions

¼ small Red Cabbage

½ pkt Mixed Sprouts-Broccoli, Alfalfa, Mung

¼ cup Mirin

Pinch Chilli Flakes

1 stick Lemongrass

4 Kaffir Lime Leaves

1 Large Red Chilli

- › Remove the stem and seeds from capsicum and thinly slice.
- › Grate the carrot.
- › Soak the vermicelli rice noodles in hot water, as per the instructions on the packet.
- › Blanch the bean sprouts in boiling water for 30 seconds. Drain and refresh with cold water. Drain again.
- › Thinly slice the spring onions.
- › Thinly slice the red cabbage.
- › Thinly slice lemongrass and red chilli (you may like to use plastic gloves to protect hands from hotness). Mix with chilli flakes, kaffir lime leaves and mirin. Gently mix together in a small saucepan and simmer for 2 minutes. Remove from heat and set aside.
- › To make the noodle salad, gently toss together the cooked noodles, red cabbage, spring onions, bean sprouts, carrot and capsicum with the mirin dressing.



To make Crisp Greens

100 gms Baby Spinach

1 small Cucumber

1 bunch Coriander

2 sprigs Vietnamese Mint

Handful Thai Basil

½ bunch Mint

1 Lime

1 small Red Chilli

- › Wash the spinach and shred.
- › Cut the cucumber in half lengthways and then thinly slice.
- › Tear the coriander, mint, Thai basil and Vietnamese mint leaves and discard stalks.
- › Squeeze the juice from the lime.
- › Finely chop the red chilli and discard seeds if you do not like your food very hot and spicy.
- › Add the chilli to the lime juice and stir together.
- › Toss the salad greens together and dress with the chilli lime juice.
- › Serve the noodle salad, topped with the crisp greens. Drizzle with the zesty almond sauce and place tofu cutlets on top, if desired.



panzanella

Serves 4

250 gms Bread Stick (about ½ loaf)
4 large Ripe Tomatoes
1 small Red Onion
Handful Basil Leaves
Handful Continental Parsley Leaves
2-3 tbs Balsamic Vinegar
4 tbs Olive Oil

This recipe relies on sweet ripe tomatoes, so choose well.

- › Preheat oven to 180°C.
 - › Break the bread up into large chunks, place on a baking tray and bake for 5 minutes.
 - › Remove from oven when golden and toasted all over, and allow to cool.
 - › Roughly chop the tomatoes, retaining all the juice, seeds and flesh in a large bowl.
 - › Thinly slice the red onion and toss in with the tomatoes.
 - › Tear the basil leaves and parsley and add to the tomatoes.
 - › Add the bread to the salad and dress with the balsamic vinegar and olive oil.
 - › Using your fingertips to gently toss the salad together and serve.
- Add freshly cracked black pepper for extra bite.



bean sprout salad

Serves 4

*gluten-free / food processor option /
extra recipe required (zesty almond sauce page 57)*

¼ cup Arame (a type of seaweed)
¼ small Cabbage
100 gms Mushrooms (approx. 2 cups)
125 gms Mung Bean Sprouts
2 Spring Onions
2 sticks Celery
1 quantity Zesty Almond Sauce

- › Soak arame in warm water.
- › Remove outer rough leaves from the cabbage and thinly shred the cabbage using a food processor, or by hand.
- › Thinly slice the mushrooms using the slicing blade on a food processor, or by hand.
- › Rinse the bean sprouts in fresh water and drain.
- › Wash and trim spring onions and thinly slice.
- › Trim and wash celery and finely slice.
- › Drain and rinse the arame and then toss all the vegetables and arame together.
- › Just before serving, make the zesty almond sauce and gently mix through the salad, or just drizzle the sauce over the top.

sweet potato salad

Serves 6 **short soak / gluten-free**

¼ cup Arame (a type of seaweed)
600 gms Sweet Potato
¼ cup Soy Yoghurt with 1 tsp Miso

Soak arame for 30 minutes, in warm water. Drain, rinse and drain again.

- › Scrub the sweet potato and cut into 2 cm cubes.
- › Steam the sweet potato until soft, about 7 minutes. Make sure the sweet potato is not too soft, as it will fall to pieces when mixed with the dressing.
- › Remove from heat and allow to cool.
- › Gently mix the sweet potato and arame with the soy yoghurt and miso. Serve immediately.

crunchy broccoli salad

Serves 6 **gluten-free / food processor**

1 head Broccoli
1 cup Whole Raw Almonds with skin on
1 tbs Lemon Juice
½ cup Soy Yoghurt with 1 tsp Miso

- › Wash and roughly chop the broccoli so that it will fit easily in the food processor.
- › First place the almonds in the bowl of the food processor and process using the blade.
- › Add the broccoli to the bowl of the food processor and chop well – the broccoli will eventually break up into very fine pieces.
- › Remove the broccoli and almonds from food processor and place in a large bowl.
- › Add the lemon juice, miso and soy yoghurt to the broccoli mix and stir through well.

coleslaw

Serves 6

gluten-free / food processor option / extra recipe required (gawler foundation salad dressing page 56)

¼ small Green Cabbage
¼ small Red Cabbage
2 Carrots
2 sticks Celery
1 Capsicum
2 Spring Onions
Lots of Parsley
¼ cup Gawler Salad Dressing
1 cup Soy Yoghurt

- › Thinly slice the cabbage, or use a food processor to finely shred.
- › Peel and grate the carrot.
- › Discard the celery leaves and wash the sticks. Thinly slice the celery.
- › Dice the capsicum into 1 cm pieces discarding stalk and seeds.
- › Wash and trim the spring onions, then thinly slice.
- › Finely chop the parsley.
- › Place all the above vegetables into a large bowl and toss together.
- › In a small bowl, whisk together the soy yoghurt and the Gawler salad dressing to make the coleslaw dressing.
- › Mix the coleslaw dressing through the salad vegetables just before serving.

For a spicy option, add a finely chopped red chilli or a pinch of dried chilli to crunchy broccoli salad.

Coleslaw is delicious served with Baked Potato and Savoury Yeast Sauce.



tempeh pasta salad

Serves 4-6

gluten-free / overnight or short soak /
extra recipe required (mirin page 58)

Salad

50 gms Shitake Mushrooms
2 cups Brown Rice Pasta or Spelt Pasta
200 gms Natural Tempeh
¼ cup Tamari
1 Carrot
1 small Parsnip
1 Onion
¼ small Purple Cabbage
1 Red Capsicum

Dressing

2 tbs Lemon juice	Pinch Cayenne or Chili
4 tbs Mirin	3 cloves Garlic, crushed
1 tbs Ginger, grated	1 tsp Garam Masala
½ tsp Tamari	

Soak shitake mushrooms overnight or for at least an hour before cooking.

- › Rinse the shitake mushrooms, cover with cold water and bring to the boil. When soft, about 20 minutes, drain, rinse and drain again.
- › In a large saucepan, bring 3 litres of water to the boil.
- › When boiling, add the pasta and cook according to the instructions on the packet, for about 8-10 minutes.
- › Drain, rinse and drain again, then allow to cool.
- › Cut the tempeh into small 1 cm pieces and marinate in tamari and ¼ cup of water for 1 hour.
- › Preheat oven to 180°C.
- › Bake tamari in oven for 20 minutes.
- › Julienne carrot and parsnip.
- › Cut onions into thin wedges.

- › Cut cabbage into 3 cm squares.
- › Steam carrots, parsnip and onions over boiling water until tender. When nearly cooked through, add the cabbage as it will not need as much cooking as the other vegetables.
- › Thinly slice the capsicum.
- › When the mushrooms are cool enough to touch, cut off the steam and remove. Then slice the shitake mushrooms.
- › Add the carrot, parsnip, onion, cabbage, shitake mushrooms and capsicum to the pasta and mix well.
- › To make the dressing, add the lemon juice, mirin, ginger, tamari, cayenne or chilli, garlic and garam masala to a small bowl and whisk together.
- › Just before serving, add the dressing and tempeh. Toss gently together and serve.

soba noodle salad

Serves 4 (as side dish)

gluten-free option / extra recipe required (mirin page 58)

1 pkt Soba Noodles

(Choose 100% buckwheat for Gluten-free)

1 bunch Asparagus

2 tbs Mirin

½ tsp Tamari

1 tbs Lemon Juice

- › Cook the soba noodles as per instructions on packet. Rinse in cold water and drain.
- › Thinly slice the asparagus longways.
- › Lightly steam the asparagus in a steamer over boiling water about 2 minutes.
- › Mix the mirin, tamari and lemon juice.
- › Gently mix the asparagus through the noodles. Pour the mirin dressing over and serve.

roast vegetable salad

Serves 4 **gluten-free**

500 gms Pumpkin
500 gms Beetroots
500 gms Sweet Potato
2 Brown Onions
2 cloves Garlic, crushed
Pepper to taste
2 tbs Balsamic Vinegar
100 gms Rocket or Spinach

- › Preheat oven to 200°C.
- › Cut the skin from the pumpkin and cut into large bite-sized pieces.
- › Scrub and cut the sweet potato into bite-sized pieces.
- › Peel the onion and cut into wedges.
- › Scrub the beetroots and cut into slightly smaller sized cubes than the pumpkin and sweet potato.
- › Rub all the prepared vegetables with the crushed garlic and pepper.
- › Place the vegetables into a ceramic baking dish with a few tablespoons of water.
- › Cook for 30 minutes or until tender.
- › When cooked, removed from the oven and allow to cool slightly. Toss the balsamic vinegar through the vegetables and serve on a bed of washed rocket or spinach.



roast pumpkin salad

Serves 4 **gluten-free**

50 gms Spinach
1 Red Capsicum
500 gms Pumpkin
2 tbs Balsamic Vinegar
2 tbs Olive Oil

- › Preheat oven to 200°C.
- › Wash and dry the spinach leaves and place in a salad bowl. Set aside in the refrigerator.
- › Cut the capsicum into flat large pieces, remove the seeds and membrane and place skin side up on a flat baking tray.
- › Cut the skin from the pumpkin and remove seeds. Cut into 2 cm cubes and place on flat baking tray.
- › Bake in the oven for 35 - 40 minutes. (The capsicum skin will start to char. Different types of pumpkins roast differently, and some go very soft very quickly.)
- › Remove capsicum and pumpkin from the oven. It is important to ensure that the capsicum is well cooked as the skin will not remove easily otherwise. Place capsicum in a small container with the lid on so that it will sweat. This will help to remove the charred skin.
- › Spread the hot pumpkin over the spinach. This may wilt the spinach slightly.
- › Once the capsicum is cool enough to handle, carefully remove the skin. Cut the capsicum into long strips and arrange over the top of the salad.
- › Drizzle the balsamic vinegar and olive oil over the salad and serve hot or cold.

These roast vegetable salads can be served warm or cold.



warm beetroot salad

Serves 4 gluten-free

500gms Beetroot (approx. 2 large)

1 stick Celery

2 Spring Onions

1 tbs Fresh Herbs, chopped
(such as Parsley and Basil)

2 tbs Apple Cider Vinegar

- › Scrub the beetroot, trim each end and cut into small cubes.
- › Steam until just soft, about 20-25 minutes. Beetroots are very dense and take a long time to cook!
- › Slice celery and thinly slice spring onions.
- › Cool the beetroot slightly.
- › Add the remaining ingredients and toss through. Serve.

tofu millet salad

Serves 4-6 **short soak / gluten-free**

- 1 cup Millet
- 400 gms Firm Tofu (1 block)
- ¼ cup Tamari
- ¼ cup Water
- 1 tbs Ginger, grated
- 1 small Red Capsicum
- 1 small Green Capsicum
- 4 Spring Onions
- 1 tbs Lemon Juice
- 1 clove Garlic, crushed

Check millet for any small stones or foreign objects. Rinse, cover with plenty of cold water and allow to soak for an hour.

- › Cut the tofu into bite-sized pieces.
- › Marinate the tofu in the tamari, water and ginger. Cover and place in the refrigerator for 1 hour.
- › Cover the millet with plenty of water in a medium-sized saucepan. Bring to the boil, cover, reduce heat and simmer for 10-15 minutes until cooked.
- › When the millet is cooked, remove from heat, drain, rinse and drain again. When the millet is cooling, separate the grains with a fork to keep the pieces light and fluffy.
- › Cut capsicum into julienne pieces and cut the spring onions into thin diagonal slices.
- › Remove tofu from the marinade with a slotted spoon. Gently fold the tofu through the millet and the vegetables.
- › Add the lemon juice and garlic to the remaining marinade, then pour over the salad and lightly mix through.

This salad can be served warm or cold.

beetroot & dill salad

Serves 4-6 **gluten-free / short soak**

- 1 tsp Honey
- 1 tsp Dill Seed
- 1 clove Garlic, crushed
- 2 tbs Apple Cider Vinegar
- 4 large Beetroots
- 2 Spring Onions
- 2 sticks Celery
- 1 tbs Fresh Dill

- › Mix the honey, dill seeds, garlic and apple cider vinegar together to make the dressing. Let it stand while preparing the rest of the salad, so flavours develop.
- › Chop the beetroot into 2 cm cubes and place in a steamer. Steam beetroot until cooked, about 30 minutes.
- › Wash and trim the spring onions and celery, then thinly slice.
- › Finely chop fresh dill.
- › When the beetroot is tender, remove from the heat. Add all other vegetables and toss with the dressing.
- › Serve warm or cold.

These salads are delicious
served warm or cold

red cabbage salad

Serves 4 **gluten-free / food processor option**

1 tsp Garlic
2 Lemons - Juice and Zest
1 tsp Honey
1 tsp Balsamic Vinegar
¼ small Red Cabbage
200 gms Beetroot (1 medium)
300 gms Green Beans (1 cup)

- › Crush the garlic.
- › Squeeze juice from the lemons.
- › Whisk the lemon juice, zest, garlic, honey and balsamic vinegar with a hand-held blender or a whisk to make the dressing.
- › Discard the rough outer leaves from the cabbage. Place the cabbage flat side down onto a chopping board and finely shred – a food processor could also be used.
- › Wash the beans and trim. Cut the beans in thin diagonal slices.
- › Scrub and grate the beetroot using a food processor or by hand.
- › Toss together all the ingredients, stir the dressing through and serve.



tofu in lettuce

Serves 4 (makes 8 rolls) **gluten-free**

8 Large Outer Iceberg Lettuce Leaves
400 gms Firm Tofu (1 block)
50 gms Mushrooms
½ tsp Tamari
2 Spring Onions
1 clove Garlic, crushed

- › Wash, trim and finely chop the spring onions.
- › Clean the mushrooms using a pastry brush, and roughly chop into small pieces.
- › Grate the tofu using a hand grater.
- › In a large bowl, mix all the ingredients with the tofu (except for the lettuce leaves). Cover and refrigerate.
- › Wash and dry the lettuce leaves and store until ready to serve.
- › Place a heaped tablespoon of mixture on a lettuce leaf. Fold up the base and fold in the sides, then roll. This quantity makes 8 rolls about 7.5 cm long.

potato salad

Serves 4 **gluten-free**

1½ kg Waxy Potatoes
1 Red Capsicum
5 Spring Onions
1 tbs Capers
1 cup Soy Yoghurt
1 tbs Fresh Dill, chopped

- › Scrub the potatoes and chop into quarters.
- › Place the potatoes into a large saucepan and cover with plenty of water.
- › Bring to the boil, then reduce heat and simmer with lid on for 30 minutes, or until the potatoes are tender.
- › Drain the potatoes and allow to cool.
- › Cut the capsicum into small cubes, removing the membranes and seeds.
- › Chop the spring onions.
- › Drain the capers and roughly chop.
- › Mix all the ingredients together with the potatoes, and chill in the refrigerator until required. Serve.

quinoa tabouli

Serves 4 short soak

- 1 cup Quinoa
- 2 Tomatoes
- 1 Lebanese Cucumber or
½ Continental Cucumber
- 6 Olives
- ¼ bunch Chives
- ½ bunch Parsley
- 2 sprigs Mint
- 1 sprig Marjoram
- 3 tbs Lemon juice
- ½ tsp Tamari

- › Wash and rinse quinoa thoroughly under warm running water while gently rubbing the seeds together with your hands. Cover with water and allow to soak for 1 hour.
- › Rinse the quinoa again thoroughly under warm running water. Don't skip these steps or your quinoa may be bitter - tasting
- › Bring 6 cups of water to the boil, add quinoa and simmer for 10-15 minutes.
- › The quinoa is cooked when it becomes translucent and a small 'tail' appears on each seed. Drain and rinse thoroughly again with warm water.
- › Return quinoa to the warm saucepan and let it rest for 15 minutes.
- › Dice the tomatoes into small cubes.
- › Dice the cucumber into small cubes.
- › Remove the pips from the olives and roughly chop.
- › Remove woody stems from the herbs. Wash and dry in a salad spinner or use a clean tea towel. Finely chop the fresh herbs.
- › Once the quinoa is cool, place all the ingredients in a large bowl and gently toss together before serving.



salsa

gluten-free

- 4 Tomatoes
- 1 small Cucumber
- 1 Red Capsicum
- ½ Green Capsicum
- ½ bunch Spring Onions
- 1 sprig Mint
- 2 cloves Garlic
- 1 tsp Lemon Zest

- › Dice the tomatoes, cucumbers and capsicum.
- › Wash and trim the spring onions, then thinly slice.
- › Crush the garlic.
- › Finely chop the mint.
- › Mix all the ingredients together in a large bowl and adjust seasoning.
- › Cover and chill in the refrigerator. Serve

Small amounts of fresh or dried chilli can be added to the salsa if desired. Or try a few drops of Tabasco sauce.

Cubed avocado would also make a great addition, or serve the salsa on top of half an avocado - delicious!

“When walking, walk. When eating, eat.”

Zen Proverb

*Surprise your friends
with the pure fruit
ice cream.*



sweet treats



almond & fruit truffles

Makes 24 **gluten-free / food processor**

1¾ cups Whole Raw Almonds with skin on
2 cups Dates, pitted and roughly chopped
(or any combination of: Sultanas, Currants, Prunes, Dried Apricots, Dried Figs in place of 2 cups of dates)
2 tsp Pure Vanilla Extract or Vanilla Bean
¼ cup Cocoa (optional)

This simple recipe is one of our most requested.

- › Place all the almonds into a food processor and roughly chop.
- › Remove 1½ cups of the roughly chopped almonds and set aside. Continue to process the remaining almonds until they are a fine meal.
- › Remove the almond meal from food processor and add cocoa. Set aside for rolling stage to coat the balls.
- › Chop dates by hand into quarters making sure all the pits are removed.
- › Return the 1½ cups of chopped almonds and the chopped dates into the food processor. Add vanilla essence and process until mixture is well combined.
- › Take a heaped teaspoon of mixture, form the paste into a ball and roll to coat in the reserved almond meal and cocoa mixture. Repeat this until you have used all the mixture.
- › Almond and fruit truffles should be kept small as this mixture is very rich.

Almond and fruit truffles can be stored for up to three days in the refrigerator. Ideal for school lunches or at suppertime.



The truffle mixture is very tough on your food processor, so pre-chopping the dates will not only help the process, but also preserve the life of your machine!

delicious alternatives

Replace the 2 cups of dates with any combination of sultanas, currants, prunes, dried apricots or dried figs to create delicious truffles of your own!

Add lemon or orange zest for a delightful alternative.

Roll in chia seeds instead of cocoa and almond meal.

soy custard

Serves 4 **gluten-free**

2 cups Soy Milk (or Oat, Almond or Rice)
3 tbs Honey
2 rounded tbs Cornflour (Gluten-free)
4 extra tbs Soy Milk
¼ tsp Vanilla Extract or Vanilla Bean

- › Gently heat milk and honey in a saucepan.
- › In a cup, mix cornflour with extra soy milk until you achieve a smooth paste.
- › Once milk reaches the boil, add the cornflour mix and stir through with a wooden spoon. Bring the custard back to the boil. Switch off the heat to stop custard sticking to the bottom of the pan.
- › Add vanilla essence to flavour.

A small amount of saffron can be added to achieve a yellow colour if desired.

citrus surprise

Serves 4 **gluten-free / food processor**

2 Ripe Avocados
100 mls Lime or Lemon Juice
¼ cup Honey

- › Cut avocados in half, peel and core.
- › Blend avocados in food processor until smooth.
- › Add the lemon juice and honey and blend together.
- › Adjust to taste and then pipe into parfait glass.
- › Serve decorated with lime slices and citrus leaves.

Note; make this as close to serving time as possible to preserve the vibrant colour.

jelly

Makes 1 litre of Jelly **gluten-free**

4 tbs Agar Agar flakes or
4 tsp Agar Agar Powder or
16 gms Agar Agar Threads, washed and squeezed
1 litre Fruit Juice (Apple, Blueberry, Pomegranate etc)

- › Sprinkle flakes, powder or threads over cold juice in a large saucepan.
- › Whisk over heat until the Agar Agar dissolves, about 4 minutes.
- › Do not allow to boil.
- › Once the Agar Agar is dissolved, pour into mold or dish. Be careful not to pour hot mixture into glassware that could shatter. The Agar Agar needs to be poured while hot as it sets rapidly at room temperature.

* Fruit, such as grapes and pieces of peach or apricot, can be added to the jelly, but please note that highly acidic ingredients, such as lemons, strawberries, oranges and other citrus fruits, may require more Agar Agar than the recipe calls for. Also, the enzymes in fresh mango, papaya and pineapple break down the gelling ability of the Agar Agar so that it will not set. Cooking these fruits before adding them to a recipe can neutralise the enzymes, so the jelly can set.





ice cream

Serves 4

champion juicer or food processor / freeze fruit before making

This ice-cream can be made using a Champion Juicer or a food processor.

Ingredients are:

Bananas, which are essential

Any other combination of fruit

All berries are excellent as well as Mango, Apple, Pear, Kiwi and Peach. Grapes and Watermelon are usually too watery, but experiment!

The most important ingredient is Banana; it gives the creamy rich consistency and can be very ripe when frozen.

- › Prepare the fruit, either by peeling and or chopping into small pieces suitable to fit through the top of the juicer.
- › Freeze fruit in small separate quantities in the freezer. Store in the freezer until ready to use.
- › If using a Champion Juicer, set up using the 'blank' in place of the 'sieve' attachment.
- › Break up the fruit into the separate pieces into a bowl (often they will be stuck together while freezing).
- › Switch the juicer on and push the fruit through the machine, press through a few pieces of banana followed by a handful of other fruit. Followed by more banana. The ice-cream will come out where the pulp would normally appear.
- › Serve immediately.

If the weather is very hot, you can also place the juicer attachment parts into the refrigerator before using.

If using a food processor, put the blade in place. Place 1 cup of mixed frozen fruit and 2 frozen bananas (broken up into small pieces), in the bowl. Process until smooth and creamy, stopping the machine occasionally to scrape down the sides.

polenta cake

gluten-free

½ cups Raw Whole Almonds with skin on
¾ cups Sultanas
4 cups Water
¼ cup Maple Syrup
¼ cup Honey
1½ cups Polenta
1 tbs Lemon Rind, grated
1 tsp Cinnamon, ground

- › Lightly oil a baking dish or tin (28 cm x 15 cm) with olive oil. (This cake does not get cooked, so greasing with oil is ok.)
- › Roughly chop the almonds.
- › Separate the sultanas ready to add to the mix.
- › Heat the water, maple syrup and honey in a large saucepan. Bring to boil then reduce heat.
- › Gradually add the polenta, whisking all the time.
- › Cook for about 10 minutes until mixture is thickened. Whisk constantly, then use a wooden spoon when the mixture becomes too thick to whisk. (Muscle-building work!)
- › Remove from heat and stir in lemon rind, sultanas and almonds.
- › Turn into prepared dish or tin. Gently press into place using a hot, wet palette knife to spread the polenta, or wet hands.
- › Sprinkle with cinnamon.
- › When cool, remove from tin and cut into serving pieces.

sweet scones

Makes 10-12

2 cups Wholemeal Spelt Flour
1 tbs Salt Skip
or Aluminium-free Baking Powder
¾ cup currants
½ tsp mixed spice
1 tbs of honey (mixed in with milk and yoghurt)
½ cup Soy Yoghurt
½ to ¾ cup Soy or Oat Milk

- › Sift the flour and baking powder into a bowl, then add the currants and spice.
- › Make a well in the centre of the flour and pour in the honey, yoghurt and milk.
- › Mix gently to a soft sticky dough and turn out onto a floured surface. Do not overwork a scone mix. It is ready just as it comes together.
- › Sprinkle with extra flour and pat out or gently roll out to a 3 cm thickness with a rolling pin.
- › Preheat oven to 220°C.
- › Using a scone cutter dipped in flour, cut into rounds and place onto a floured oven tray. Brush the tops with a small amount of soy milk.
- › Bake in oven for 15-20 minutes.

herb scones

For herb scones, omit currants, spice and honey. Add 1 tbs parsley (chopped), ¼ tsp Rosemary and ½ tsp Thyme to flour after sifting.

spiced apple muffins

Makes 12

¾ cup Soy Milk
¼ cup Jam (with no added sugar)
1 large Apple
1½ tbs Salt Skip or Aluminium-free Baking Powder
1½ cups Wholemeal Spelt Flour
½ cup Currants
2 tsp Mixed Spice

- › Preheat oven to 200°C.
- › Place muffin-sized paper patty pans in a ⅓ cup capacity muffin tin, or use squares of greaseproof paper pushed into the muffin shape.
- › Using a hand-held blender or whisk, blend the milk with the jam until smooth.
- › Leave the skin on apple and grate, leaving the core aside.
- › Sift the baking powder with a small amount of flour into a bowl, then add the rest of the flour without sifting. (If all the flour is sifted, the bran will be removed, not an ideal result.)
- › Add the currants to the flour and mix in the apple and mixed spice.
- › Pour the liquid over the flour and gently stir through using a wooden spoon until all the ingredients have been combined. Do not over-mix.
- › Divide the mixture evenly into the 12 muffin pans and cook for 15 minutes. Serve when hot.

For delicious spiced pear and date muffins follow recipe as above and substitute a large pear for the apple, chopped dates for the currants and ground cardamom for the mixed spice.

apple crumble

Serves 4 **gluten-free option**

1 kg Apples (approx. 6-8)
⅓ cup Water
½ tsp Cinnamon, ground
¼ tsp Cloves, ground
½ cup Currants
1 cup Oats*
2 tbs Honey or Rice Malt
2 tbs Boiling Water

* Substitute oats with quinoa flakes to make a gluten-free crumble.

- › Preheat the oven to 180°C.
- › Cut the apples in quarters. Peel and core, then slice.
- › Place the apples in a saucepan and add water. Bring to the boil, cover and simmer for about 8-10 mins, until soft.
- › Stir the spices and currants in with the stewed apples and place into a small 2-litre casserole dish.
- › To make the crumble, mix the honey or rice malt and boiling water in a small bowl.
- › Add the oats (or quinoa flakes) and stir through.
- › Gently sprinkle the crumble mix over the stewed apples.
- › Place the apple crumble into oven and cook for about 15 minutes. It may need a little more time if the apples have cooled.
- › Serve with soy custard (page 127) or soy yoghurt, if desired.

yummy fruit cake

Makes 20 cm Square Cake

- 1 kg Pumpkin
- 2 cups Dried Fruit Mixed
(Any combination of Sultanas,
Currants, Apricots, Raisins or Figs)
- 1 cup Dates
- 250-300 gms Sugarless Jam
or Fruit Spread (1 jar)
- 3 cups Boiling Water
- 1 tbs Lemon Rind, grated
- 1 stick Cinnamon (optional)
- 2 cups Spelt Flour
- 1 cup Rice Flour
- 2 tbs Aluminium Free Baking Powder
- 1 tsp Mixed Spice
- 1 tsp Cinnamon
- 1 tsp Cardamom
- 1 tbs Olive Oil



- › Preheat oven to 160°C.
- › Peel and seed the pumpkin, roughly cut into small pieces and steam for 15 minutes in a steamer until tender. Mash pumpkin using a potato masher.
- › Cut any of the large pieces of dried fruit into smaller pieces and chop the dates.
- › In a medium saucepan, combine all the dried fruit, dates, lemon rind, cinnamon stick, jam and water and bring to the boil. Simmer for 10 minutes.
- › Remove from heat and remove the cinnamon stick. Stir in pumpkin. Allow mixture to cool.
- › In a large mixing bowl, sift dry ingredients together. Stir in the cooled fruit mix.
- › Grease the baking tin with the olive oil. Line the tin with two layers of baking paper.

This rich and satisfying fruit cake is easy to make and is full of goodness!

- › Spread mixture evenly over the base of the tin.
- › Bake for 1½ hours, To check the cake is cooked all the way through, insert skewer and remove - no sticky cake mix should be on the skewer.
- › Remove cake from oven and allow to cool in the tin for 10 minutes. Turn out cake onto a wire rack and cool completely, then store in airtight container.

spiced tea

Serves 4

2 cm piece Ginger **½ stick Cinnamon**
1 Green Tea Bag **4 Cloves**
4 Cardamom Pods **750 mls Boiling Water**

- › Slice ginger into 4 thin pieces.
- › Place all ingredients into a small teapot and cover with boiling water.
- › Allow to steep for 5 minutes.
- › Strain into small teacups and serve.

The ritual and ceremony of a tea party can enhance the experience of a humble cup of tea. Create an environment, calm and quiet; use your special teacup and pot. Take the time to enjoy your cup of tea. Experiment with other flavours, use fresh herbs for an alternative.

smoothie recipe

Makes 1 large drink

1 small Banana
2 tbs Soy Yoghurt
1 tsp Slippery Elm Powder
250 mls Oat, Almond or Rice Milk
Dash of Cinnamon and Vanilla Powder

- › Break up the banana into small pieces and place all ingredients in a large tall beaker designed for use with a hand-held blender. Process with a hand-held blender until smooth.
- › Serve immediately in a tall glass with a straw.



Try other smoothie flavour combinations, either adding fruits to the banana base or substituting the banana with other fruits. Berries are delicious, as are mango, kiwi, peach and nectarine.



A

almonds 20
 almond & fruit truffles 126
 almond butter 43
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