

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Muesli with Banana Whip and Stewed Pears	Salmon Eggs Benedict and Every Morning Smoothie	Baked Beans and Every Morning Smoothie	Warm Seasonal Fruit Salad with Vanilla Yogurt	Banana Pikelets	Baked Beans and Every Morning Smoothie	Muesli with Banana Whip and Stewed Pears
LUNCH			<p><u>Kids:</u> Small Souffle Sandwiches with Topping of Choice, Stewed Pear and Apples, Lemon Tart</p> <p><u>Adults:</u> Crusty Onion Roll with Topping of Choice, Snacks</p> <p>Beef Lasagna and Green Vegetable Salad</p>	<p><u>Kids:</u> Small Souffle Sandwiches with Topping of Choice, Stewed Pear and Apples, Snacks</p> <p><u>Adults:</u> Crusty Onion Roll with Topping of Choice, Stewed Pears and Apples</p>	<p><u>Kids/Adults</u> Frittata Provencale Apple and Blueberry crumble left over with Yogurt and Honey Snacks</p>	<p><u>Kids/Adults</u> Cold Chicken Meatloaf with Dijonnaise Stewed Apples and Pears</p>	<p><u>Kids:</u> Chef's salad left-overs (take out the lettuce), Ripe Banana Snacks</p> <p><u>Adults:</u> Onion Roll with Chef's salad left over as topping Snacks</p>
AFTERNOON TEA	Lemon-Yogurt Cake	Lemon Tarts	Lemon Tarts	Every Morning Smoothie	Every Morning Smoothie	Snacks	Every Morning Smoothie
DINNER	Beef Lasagna and Very Berry Ice Cream	<p>Minestrone</p> <p>Crusty Onion Rolls straight from the oven</p> <p>Lemon-Yogurt Cake</p>	<p>Minestrone</p> <p>Cauliflower Cheese</p> <p>Pear and Almond Pudding with French Cream</p>	Frittata Provencale Apple and Blueberry Crumble	<p>Chicken Meatloaf</p> <p>Warm Roast Vegetable Salad</p> <p>Very Berry Ice Cream</p>	<p>Zucchini Spaghetti with Pesto and Parmesan</p> <p>Chef's Salad (make enough to have left-overs for lunch)</p> <p>Very Berry Ice Cream</p> <p>Fish Fingers</p> <p>Green Salad</p> <p>Strawberry Zabaglione</p>	
PREPARATION	<p>Soak beans for Minestrone overnight</p> <p>Soak beans for Baked Beans overnight</p> <p>Prepare 7 Liters of Yoghurt for Smoothies for the week (1 Liter to be drained for dripped yogurt)</p> <p>Prepare ½ liter of french cream for the week.</p> <p>Make Raspberry Cordial for the week</p> <p>Make Mayonnaise/Dijonnaise for the week</p> <p>Make Lemon Tarts (makes 10)</p> <p>Stew pears and apples for muesli for the week and to be used in school lunches. Make extra for fruit leathers.</p> <p>Make Snacks for Kids Lunches (Fruit Leathers, Coconut Date Balls, Nut Butter Balls...) in dehydrator</p> <p>Make Lemon-Yogurt Cake</p> <p>Make Beef Lasagna</p> <p>Make BBQ Pear and Prosciutto Salad</p> <p>Make Very Berry Ice Cream</p>	<p>Cooking for Sunday</p> <p>Make Salmon Eggs Benedict</p> <p>Make Green Vegetable Salad</p> <p>Cook all beans for 2 hours.</p> <p>Make Minestrone (makes 8 meals)</p> <p>Make Baked Beans (makes 8 servings)</p> <p>Refrigerate Yogurt and French Cream</p> <p>Make Soft Soufflé Breads (make 2 lots – makes 4 big sandwiches or 8 small ones)</p> <p>Make Onion rolls and time them to be ready for dinner (makes 8) serve ½ a roll per person with dinner.</p> <p>Make Pear and Almond Puddings (makes 4)</p>	<p>Make Smoothie and heat Baked Beans. Prepare Lunches.</p> <p>Dinner: Make Cauliflower Cheese; heat Minestrone; remove Pear and Almond Pudding from refrigerator.</p>	<p>Prepare Warm Seasonal Fruit Salad and prepare lunches.</p> <p>Dinner: Make Frittata Provencale and Apple and Blueberry Crumble</p>	<p>Make Banana Pikelets and prepare lunches.</p> <p>Dinner: Make Chicken Meatloaf and Warm Roast Vegetable Salad.</p>	<p>Warm Baked Beans and make Smoothie; prepare lunches</p> <p>Dinner: Make Zucchini Spaghetti and Chef's Salad</p> <p>Prepare Muesli and make lunches.</p> <p>Dinner: Make Fish Fingers, Green Salad and Strawberry Zabaglione.</p>	
PREPARATION TIME	2.5 Hours	2.5 hours plus 3 hours cooking	1/2 Morning 1/2 Evening	1/2 hour Morning. 45 minutes Evening	1/2 hour Morning. 1 hour Evening	15 minutes Morning. 1/2 hour Evening	1/2 hour Morning. 1 hour Evening

NOTE:

All fruits and vegetables need to be fresh and all spices, wines and cheeses need to be legal. For more information refer to either 'Breaking The Vicious Cycle' or email me on: Sandra@elephantpublishing.com.

Also note that the weekly cooking guide can be flexible. The plan is catering for a family of 2 children and 2 adults, and quantities will need to be adjusted according to numbers catered for. The plan is also considered a meal plan for people who have gone through the first stages of the SCDiet and are now considering themselves on a maintenance schedule.

SHOPPING LIST

60 Eggs
Almond Meal (850 grams/30 ounces)
Avocado (1)
Bananas (12)
Bay Leaves (3)
Bicarbonate Soda (Baking Soda)
Black Olives (70 g/2.5 oz)
Black Pepper
Blueberries (frozen or fresh) (200 g/7 oz)
Butter (250 g/9 ounces)
Butter Lettuce (1)
Carrots (465 g/16.5 oz)
Cauliflower (740 g/26 oz)
Celery (100 g/3.5 oz)
Cheddar (210 g/7.5 oz)
Chicken – deboned breast or thigh (850 g/30 oz)
Chives (1 small bunch)
Cider Vinegar
Cinnamon
Coriander (1 small bunch)
Cos Lettuce (1)
Cream 470 ml (1 pint)
Cucumber (250 g/9 oz)
Cumin
Dried Apricots (270 g/9 oz)
Dried Dates (150 g/5 oz)
Dried Oregano
Dry Mustard Powder (legal without additives)
Dry Red Wine (60 ml/ 2 fl oz)
Dry White Wine (120 ml/4 fl oz)
Flaked Almonds (85 g/3 oz)

Fresh Basil (2 bunches)
Fresh Lemon Juice (150 ml/5 fl oz)
Fresh Lime (1)
Fresh Orange Juice (190 ml/6.5 fl oz)
Frozen Berries (370 g/13.5 oz)
Frozen Peas (110g/4 oz)
Garlic (17 cloves)
Ginger (dried)
Goat Cheese (80 g/3 oz)
Granny Smith Apples (2 kg/4.5 pounds)
Grapefruit (2)
Green Beans (150 g/5 oz)
Green Peppers (1)
Ground Dried Coconut (180 g/6.5 oz)
Havarti (100 g/3.5 oz)
Honey (1 kg/35 oz)
Iceberg Lettuce (1)
Yogurt starter or natural yogurt for yogurt making (
Kiwi Fruit (seasonal fruit for warm fruit salad) (1)
Lebanese Cucumber (1)
Lima Beans (250 g/9 oz)
Macadamia Nuts (65 g/2 oz)
Milk for yogurt making (8 ltr/17 pints)
Mushrooms (100 g/3.5 oz)
Navy Beans (400g/14 oz)
Nutmeg
Olive Oil (380 ml/13 fl oz)
Onions (575 g/20 oz)
Parmesan (190 g/7 oz)
Parsley (1 small bunch)
Pears (12)
Pecans (120 g/4 oz)
Pine Nuts (65 g/2 oz)
Plum Tomatoes (9)
Pork Ribs – de-boned (2)
Prosciutto (6 slices)
Prunes (20 g/0.70 oz)
Pumpkin (525 g/ 19 oz)
Raisins (195 g/7 oz)
Red Onion (1 large)
Red Pepper (1)
Salad Greens (200 g/7 oz)
Salmon Fillet (1)
Shallots (1 bunch)
Spinach (700 g/24.5 oz)
Strawberries (750 g/ 26.5 oz)

Sun-dried Tomatoes (70 g/2.5 oz)
Sunflower Oil/Grapeseed Oil (250 ml/8.5 fl oz)
Swedes (1)
Tomato Paste
Tomato Puree (680 ml/23 fl oz)
Vanilla Essence (6 tsp)
Walnuts (100 g/3.5 oz)
White Fish (500 g/17.5 oz)
White Wine Vinegar (100 ml/4 fl oz)
Yogurt 8 ltr (270 fl oz/17 pints)
Zucchini (10 medium)

Apple and Blueberry Crumble

Serves 4

Filling

1.350 kg (2 lb 11 oz) Granny Smith

apples – peeled, diced and cored

200 g (1 cup) frozen blueberries

1 Tbs fresh orange juice

1 tsp lemon rind - grated

3 Tbs honey

Crumble

100 g (1 cup) almond flour

60 g (¼ cup) cold butter

1 tsp honey

Preheat oven to 150°C/300°F

Butter a 20 cm/8 inch square baking tin

Place all of the ingredients, retaining 2 Tbs of honey, in a medium size saucepan and cook covered on medium heat for 5 minutes.

Remove lid and simmer on high for another 5 minutes. Drain the fruit of its juices in a sieve. Pour the juice back into the saucepan, adding the remaining tablespoon of honey, and simmer until reduced down by half. Retain this syrup for later. Cool the fruit in refrigerator.

Meanwhile, make the crumble by combining the almond flour, butter and honey in a food processor. Mix until chunky crumbs are formed. Place the crumble in the refrigerator for 10 minutes.

When the fruit has cooled down, place it into the prepared baking tin and top with the crumble.

Bake for 30 minutes or until crumble is golden brown. Serve warm, topped with a little french cream or scd yogurt and the retained syrup.

Apple and Pear Sauce

Makes 1 liter (4 cups)
500 g (1 lb) Granny Smith apples
– peeled,
cored and chopped
1 kg (2 lb) pears – peeled, cored
and chopped
150 g (½ cup) honey
2 Tbs fresh lemon juice

Combine all ingredients in a heavy saucepan and simmer covered for 15 minutes. Uncover and stir. Cover and simmer for another 15 minutes. Take the lid off and cook for another 15 minutes. Pour the mixture into a food mixer and process until smooth. Refrigerate in an airtight jar.

Baked Beans

Serves 8

400 g (2 cups) dried navy beans

2 Tbs olive oil

160 g (2 cups) onion – chopped

1 clove garlic – minced

680 ml (2 ¾ cups) tomato puree*

150 g (½ cup) honey

2 Tbs cider vinegar

¼ tsp ground nutmeg

¼ tsp ground cinnamon

3 bay leaves

¼ tsp ground black pepper

½ tsp ground turmeric

½ tsp ground cumin

***see page 152 for recipe**

Preheat oven to 150°C/300°F

Soak the beans overnight. Drain and rinse under cold water. Cook beans in boiling water for up to 2 hours. Drain beans and place into a large casserole dish. Heat the oil in a small skillet and sauté the onions and garlic until browned. Add the onions and garlic to the beans. Add all the other ingredients and stir. With the lid on, bake the beans for 3 ½ hours, stirring frequently. Check moisture level and add water if needed. After 3 ½ hours remove the cover and keep baking for another 30 minutes.

Refrigerate in an airtight jar for up to one week.

BBQ Pear and Prosciutto Salad

Serves 4

6 slices prosciutto*

1 pear – peeled, sliced into 8 wedges

2 fresh plum tomatoes

– sliced into 8 wedges

80 g (1/3 cup) scd goat's cheese^

60 g (1/2 cup) red onion – sliced

200 g (6 oz) salad greens

Dressing

80 ml (1/3 cup) olive oil

1 Tbs white wine vinegar

1/4 tsp dry mustard powder**

1 Tbs dijonnaise***

salt and pepper

Place the prosciutto in a large skillet and fry until crisp. Remove from the skillet. In a clean skillet, fry the pear and tomatoes with a little olive oil until slightly charred. Remove and let cool. Place the salad greens into a large bowl and top with the pear, tomato, onion, and crumble the goat's cheese^ over the top. Garnish with the prosciutto. Whisk together the ingredients for the dressing and drizzle over the top.

Beef Lasagna

Serves 4

1 Tbs olive oil

110 g (1 cup) onions – finely chopped

3 cloves garlic - minced

500 g (1 lb) prime beef - minced

130 g (1 cup) carrots – grated coarsely

1 tsp thyme – dried or fresh

1 tsp dried oregano

1 Tbs fresh basil - chopped

½ tsp salt

1 tsp ground black pepper

250 ml (1 cup) tomato puree*

**300 g (1 ½ cups) fresh plum tomatoes,
– peeled, chopped**

500 g (2 ½ cups) medium zucchinis

125 g (1 cup) cheddar cheese - grated

125 g (1 cup) parmesan cheese - grated

***see page 152 for recipe**

Preheat oven to 180°C/350°F

Use a 23 x 33 cm /9 x 13 inch square Pyrex baking dish

Heat the olive oil in a large saucepan. Add the onion and garlic.

Cook until tender. Add the minced beef and sauté until browned

all over. Add the grated carrot, thyme, oregano, basil, salt, and

pepper. Stir and pour in the tomato juice and chopped tomatoes.

Simmer on medium heat about 30 minutes — until the sauce has become a very thick consistency.

Slice the zucchinis lengthwise into thin slices. Pour a small amount of sauce to cover the bottom of the Pyrex dish. Add a layer of zucchini slices, pour half of the sauce onto the zucchini layer, and top with half of the cheddar and parmesan. Add another layer of zucchini and top with meat sauce and cheese.

Bake in the oven for about 45 minutes or until the cheese starts to brown. Remove from oven and serve immediately. This dish freezes well and can be re-heated either in the oven or in the microwave.

Some moisture will be released from the meat and vegetables and accumulate in the bottom of the baking tray. The moisture will thicken up when the lasagna is stored in the fridge overnight. This dish is great reheated the next day.

Cauliflower Cheese

Serves 4

500 g (1 lb) cauliflower – cut into florets

50 g (2 oz) scd dripped yogurt^

1 Tbs scd yogurt^

1 tsp honey

30 g parmesan – grated

¼ tsp crushed black pepper

paprika

Preheat oven to 170°C/340°F

Steam the cauliflower for about 5 minutes until slightly softened.

Place into a medium size baking dish. Combine the dripped yogurt^ with the yogurt^, honey, pepper and parmesan and mix until smooth. Pour over the top of the cauliflower. Sprinkle with paprika and bake in the oven for about 10-15 minutes or until the top starts to brown. Remove from oven and let stand for about 10 minutes before serving.

Chef's Salad

Serves 4

350 g (11 oz) chicken breast – deboned

1 cos lettuce

3 fresh plum tomatoes – quartered

100 g (3 oz) havarti – diced

1 lebanese cucumber – peeled, diced

3 eggs – hard boiled, peeled

Dressing

120 ml (½ cup) olive oil

60 ml (¼ cup) white wine vinegar

¼ tsp dry mustard powder*

1 Tbs dijonnaise**

1 tsp honey

¼ tsp pepper

Steam the chicken covered in a small saucepan with a little water, salt and pepper for about 15 minutes or until cooked through. Let cool and slice into 1cm/½ inch slices.

Shred the cos lettuce and place into the bottom of a large bowl.

Layer the tomatoes, havarti, cucumber, and chicken on top. Quarter

the eggs and place on top. Mix all the ingredients for the dressing

in a small screw top jar and shake until the dressing has thickened.

Pour over the top of the salad shortly before serving.

Chicken Meatloaf

Serves 6

500 g (1 lb) chicken - minced

2 egg whites

1 shallot – finely sliced

65 g (½ cup) carrots – peeled, grated

65 g (½ cup) red peppers

- finely chopped

100 g (1 cup) fresh shiitake mushrooms

- finely chopped

1 tsp fresh ginger – grated

1 clove garlic – minced

20 g (¼ cup) fresh coriander – chopped

20 g (¼ cup) fresh chives – chopped

Preheat the oven to 175°C/350°F

Line a 10 x 21 cm/4 x 8 inch loaf pan with baking paper

Combine all the ingredients and mix well with your hands. Pack the ingredients into the prepared loaf tin and bake in the oven for 50 – 60 minutes, until the loaf is cooked through and golden on top. Remove from the oven and let stand for 10 minutes. Serve cut into slices with a salad or steamed greens.

Crusty Onion Rolls

Makes 6

300 g (3 cups) almond flour

1 tsp baking soda

110 g (1 cup) cheddar – grated

1 tsp salt

1 tsp ground pepper

35 g ($\frac{1}{8}$ cup) onions – finely chopped

60 g ($\frac{1}{4}$ cup) butter – softened

2 Tbs honey

2 eggs

olive oil

Preheat oven to 170°C/330°F

Line a baking tray with baking paper

Combine the almond flour with the baking soda, cheddar, salt, pepper, and onions. In another bowl, whisk the butter with the honey and eggs until frothy. Add the almond flour mixture to the egg mixture and knead together. With slightly moist hands, form the dough into 6 buns and place onto the lined baking tray. Trace a cross across the top of the rolls with a sharp knife and brush with oil. Place a heatproof dish with water into the bottom of the oven (this will make the rolls nice and crusty). Bake for about 15 minutes, then turn oven down to 150°C/300°F and bake for another 15 minutes. The rolls should feel firm and be nicely browned. Take out of the oven and let cool. Refrigerate in an airtight container.

Dijonnaise

Makes 1 cup

1 large egg

3 tsp dry mustard powder*

1 Tbs honey

1½ tsp vinegar

250 ml (1 cup) grapeseed oil

or sunflower oil

1½ Tbs lemon juice

½ tsp salt

Whisk the egg, mustard powder, honey, salt and pepper together. Add a very small amount of oil and whisk until combined. Keep adding small amounts of oil into the mixture and keep combining it. After about ¼ cup of oil, slowly pour the rest of the oil in a fine stream into the mixture while whisking. After half the oil has been used, pour in the vinegar and keep adding the oil while whisking. The secret to good mayonnaise is to pour the oil into the mixture very slowly while whisking. Add salt, pepper and lemon juice to taste at the end. Stores for up to two weeks in the refrigerator in an airtight jar.

Every Morning Smoothie

Serves 2

500 g (2 cups) scd yogurt

1 ripe banana - chopped

70 g (½ cup) frozen berries

2 Tbs honey

Pour yogurt, banana, berries, and honey into a blender and process for 1 minute. Pour into large glasses and serve immediately.

Fish Fingers

Serves 4

500 g (1 lb) deboned firm white fish

(flake or swordfish)

1 egg

Salt and pepper

100 g (1 cup) almond flour

Oil for frying

Cut the fish into finger lengths. Beat the egg, salt and pepper in a small bowl. Place the almond flour onto a flat plate. Dip the fish into the egg and then into the almond flour, turning it to cover all sides.

Pour some oil into a non-stick frying pan and heat until hot. Place the crumbed fish fingers into the frying pan and fry on both sides until golden brown. Serve with a wedge of lemon.

Frittata Provencale

Serves 4 – 6

1 Tbs olive oil

1 clove garlic – minced

80 g (2/3 cup) onion – finely chopped

**1 small bunch basil – destalked,
shredded**

12 eggs

60 ml (1/4 cup) scd french cream^

salt and pepper

100 g (1 cup) parmesan cheese – grated

**70 g (1/2 cup) black olives – pitted
and sliced**

**70 g (1/2 cup) sun-dried tomatoes
– sliced**

1 tsp dried oregano

Preheat oven to 180°C/360°F

Oil a 23 cm/9 inch round Pyrex pie dish

Heat the oil in a small pan. Sauté the garlic and onions until tender.

Add the shredded basil leaves and sauté until wilted, about 30 seconds. Remove from heat and let cool. In the meantime whisk the eggs with the french cream^, salt and pepper until creamy. Add the parmesan and stir. Add the reserved cooked vegetables, olives, sun-dried tomatoes and oregano, and mix well. Pour the mixture into the pie dish and bake for 30 minutes, or until the frittata is firm to the touch. Let cool for 10 minutes before serving, or serve cold.

Fruit Roll-Ups

Makes about 8

250 g (1 cup) apple & pear sauce*

250 g (1 cup) strawberries - hulled

***see page 156 for recipe**

Combine the fruit in a food processor and process until smooth.
Pour onto the flat dish of the food dehydrator and dry for 6 – 8 hours.

Store the roll-ups separated by waxed paper in an airtight container.

Kids simply LOVE these! Experiment by pureeing any kind of fruit and drying it.

Green Salad

Serves 4

100 g (3 oz) Boston or Butter Lettuce

100g (3 oz) Spinach and Rocket

120 g (½ cup) scd yogurt*

60 g (½ cup) onion – finely chopped

2 tsp honey

60 ml (¼ cup) lemon juice

¼ tsp salt

pinch pepper

Wash the lettuce. Shred the leaves and place into a large bowl and toss with the spinach and rocket. Combine the onion, yogurt*, honey, salt, and pepper in a jar. Close the lid and shake until ingredients are well combined. Pour over the salad greens when serving.

Green Vegetable Salad

Serves 4

1 iceberg lettuce

150 g (5 oz) baby spinach

250 g (8 oz) cucumber – peeled, sliced

100 g (1 cup) celery – thinly sliced

100 g (1 cup) green peppers

– chopped

4 shallots – chopped

1 avocado – peeled, diced

Dressing

60 ml (¼ cup) olive oil

2 Tbs fresh lemon juice

½ tsp honey

¼ tsp salt

¼ tsp pepper

½ tsp dry mustard powder*

1 Tbs dijonaise**

1 clove garlic – minced

Shred the lettuce and place into a large bowl. Add all the other ingredients and toss until mixed well.

Combine all the ingredients for the dressing in a screw top jar and shake until well combined. Pour over the salad and serve.

Lemon Tarts

Makes 10

Tart Shells

200 g (2 cups) almond flour

½ tsp baking soda

¼ tsp salt

30 g butter – cold, diced small

2 Tbs honey

Lemon Filling

6 egg yolks

225 g (¾ cup) honey

120 ml (½ cup) fresh lemon juice

110 g (½ cup) butter – diced

1 Tbs grated lemon rind

Preheat the oven to 200°C/390°F

Lightly oil 10 aluminum tart moulds

Combine the almond flour with the baking soda and salt. Add the butter and honey and knead to combine. Do not worry if some of the butter still shows in the dough. Form the dough into a flat disk and refrigerate for 30 minutes. Then take the dough from the refrigerator and place between two sheets of baking paper. Roll the dough out thin, about 3 mm/⅛ inch thick. Cut out rounds, slightly larger than the tart moulds and mould the dough into the shells. Place onto a baking tray and bake in the oven for about 15-20 minutes, until they are baked through and slightly brown. Remove from the oven and let cool completely.

Meanwhile prepare the filling by placing a heatproof bowl over the top of a pot filled a quarter of the way up with water. Bring to boil then turn down the heat to a simmer. Whisk the egg yolks and honey in the bowl until well combined. Then add one chunk of butter at a time, whisking constantly. Add the next chunk when the first has melted. Add lemon juice and rind and keep mixing. This will take about 15 minutes and it helps to use an electric mixer on slow to keep mixing constantly. Keep mixing once all the butter has been used until the filling has thickened. Remove from the heat and let cool down to room temperature. Then fill the cooled down tart shells and place in the refrigerator to set. Refrigerate in a covered container.

Lemon-Yogurt Cake

Serves 8

4 eggs – separated

150 g (½ cup) honey

2 tsp vanilla essence*

500 ml (2 cups) scd yogurt*

rind and juice of 1 lemon

200 g (2 cups) almond flour

2 tsp baking soda

Preheat the oven to 150°C/300°F

Line a 20 cm (8 inch) square baking tin with baking paper

Combine the egg yolk with the honey, vanilla essence, yogurt*, lemon rind, lemon juice and mix well. Combine the almond flour with the baking soda and add to the egg yolk mixture. Beat the egg whites until stiff and gently fold under. Pour the mixture into the prepared cake tin and bake for 1 hour, or until the cake feels spongy. Let cool before removing from the tin. Serve with fresh fruit and SCD french cream.

Macadamia Nut Pesto

180 g (2 cups) sweet basil
60 g (¼ cup) parmesan cheese – grated
120 ml (½ cup) olive oil
3 cloves garlic
35 g (⅓ cup) macadamia nuts

Combine all ingredients in a food processor and process until smooth or slightly chunky. Refrigerate in an airtight jar.

Minestrone

Serves 8

250 g (2 cups) dried lima beans*

olive oil

240 g (2 cups) onions – chopped

2 cloves garlic – minced

2 pork ribs – de-boned, chopped

4 plum tomatoes – peeled, chopped

3 Tbs tomato paste**

3 Tbs fresh parsley - chopped

2 ¼ liters (9 cups) beef stock***

60 ml (¼ cup) dry red wine****

**250 g (2 cups) carrots – peeled,
chopped**

**80 g (⅔ cup) swede – peeled,
chopped**

**225 g (2 cups) fresh pumpkin
– chopped**

160 g (1 cup) zucchini – chopped

110 g (½ cup) frozen baby peas

**240 g (1 ½ cup) cauliflower – cut into
florets**

salt and pepper to taste

grated parmesan cheese to taste

Soak lima beans overnight.

Drain, rinse and place into a large pot with water. Cook for 1 hour.

Drain and place into a slow cooker. Heat oil in a medium size skillet. Sauté onions, garlic and pork ribs until the ribs are browned nicely. Place into the pot with the lima beans. Add the chopped tomatoes, tomato paste, parsley, beef stock and red wine, and cook covered for 2 hours on high for the slow cooker, or on medium heat for the large pot. After two hours, add the carrots, swedes and pumpkin, and cook for 30 minutes. Then add the zucchini, peas and cauliflower, and cook for another 30 minutes. Season and serve hot with a dollop of macadamia nut pesto and garnish with grated parmesan.

Muesli, Pears and Banana Whip

Makes 1 kg (2 lb)

Muesli

85 g (1 cup) flaked almonds

40 g (1 cup) flaked coconut*

45 g (½ cup) raisins

120 g (1 cup) pecans

65 g (½ cup) pine nuts

120 g (1 cup) dried apricots*

20 g (1 cup) prunes*

***see essential ingredients list**

Serves 4

Topping

2 pears

1 tsp lemon juice

1 tsp honey

Banana Whip

250 ml (1 cup) scd yogurt*

1 ripe banana

1 Tbs honey

Place pecans, pine nuts, apricots, and prunes into a food processor and chop for about 5 – 10 seconds until roughly chopped. Remove into a bowl and mix with the almonds, coconut, and raisins. Store in an airtight container.

Peel and slice the pears and place into a saucepan with the lemon juice and honey. Cook, covered on low for about 10 minutes or until pears are just soft. Let them cool.

Blend the yogurt*, banana, and honey in a blender until smooth.

To serve, take ¼ cup of the banana yogurt and pour into a bowl.

Top with 3 tablespoons of the muesli and 2 tablespoons of the pear.

If desired, drizzle some extra honey over the top and serve.

Pear and Almond Pudding

100 g (3 oz) butter – room temperature
150 g (½ cup) honey
150 g (1 ½ cups) almond flour
1 tsp vanilla essence*
1 whole egg
3 eggs - separated
2 pears – peeled, cored and finely chopped
Crème Anglaise
3 egg yolks
4 Tbs honey
1 tsp vanilla essence*
250 g (1 cup) scd french cream^
120 ml (½ cup) fresh grapefruit juice

Preheat the oven to 180°C/370°F

Lightly butter 6 x ¾ cup capacity ramekins

Beat the butter with half the honey until creamy. Beat in the almond flour, vanilla essence, the whole egg and the three egg yolks. Fold in the pears. In another bowl, whisk the egg whites until they stiffen. Add the rest of the honey and whisk until thick and creamy. Fold under the almond mixture. Spoon the mixture into the ramekins and place onto an oven tray. Bake in the oven for 25 – 30 minutes, or until the puddings feel spongy. Take out of the oven and let cool for 10 minutes. Then turn out onto serving plates. Serve with the pink grapefruit crème anglaise.

To make the sauce place a small pot, filling it with hot water quarter of the way up, onto medium heat. Simmer the water and do not boil it. Place a heat proof dish onto the pot. Add the egg yolks and honey to the bowl and whisk until it thickens. Add the vanilla essence and whisk for another minute. Take off the heat and add the french cream^ and grapefruit juice and whisk until smooth. Let cool and serve with the puddings.

Serves 6

Salmon Eggs Benedict

Serves 4

1 salmon fillet

olive oil

450 g (5 cups) spinach - chopped

1 Tbs white wine vinegar

4 eggs

cracked black pepper

In a small pan with some olive oil, fry the salmon for about 4 minutes on each side until cooked just through. Keep warm in the oven on minimal heat. Steam the spinach and place in the oven with the salmon to keep warm. Fill a medium size skillet halfway with water and add the vinegar. Heat the water until simmering. Keep simmering and crack the eggs into the pan, being careful not to break the yolk. Alternatively, use an egg poacher, which makes life very easy. Eggs are done when the whites have become solid. Place a quarter of the spinach onto a plate, layer some of the salmon on top, and then place the poached egg on top of the salmon. Serve with hollandaise sauce and sprinkle on cracked black pepper.

Soft Soufflé Bread

Makes 6 slices

6 egg whites

pinch salt

4 egg yolks

100 g (3 oz) scd dripped yogurt*

Preheat oven to 150°C/300°F

Line a 22 x 33 cm/9 x 13 inch glass Pyrex dish with baking paper

Whip the egg whites and salt until stiff. Combine the egg yolks with the dripped yogurt* and mix until smooth, then gently fold under the egg whites. Pour into the prepared Pyrex dish and bake for 30 minutes. Remove from the oven. Place another piece of baking paper onto a flat cutting board and tip the Pyrex dish with the dough onto the cutting board. Remove the baking paper from the underside of the bread and lift the bread with the new baking paper back into the Pyrex dish. Bake the bread for another 10 – 15 minutes. Let cool and store in a covered container in the refrigerator. This bread will toast nicely.

Very Berry Ice Cream

Serves 8

300 g (2 cups) frozen mixed berries

170 g (½ cup) honey

500 g (2 cups) scd yogurt*

15 ml (1 Tbs) fresh lemon juice

Combine all ingredients in a food processor and process until smooth. If you have an ice-cream maker, pour the mixture into the ice-cream maker and churn for 20 minutes. Otherwise, pour mixture into a plastic container and freeze for about 2 hours before serving.

Warm Seasonal Fruit with Vanilla Yogurt

Serves 4

2 pears – peeled, chopped

2 Granny Smith apples – peeled, sliced

2 ripe bananas – sliced

1 kiwi fruit – peeled, sliced

8 strawberries – hulled, sliced

120 ml (½ cup) fresh orange juice

1 Tbs fresh lime juice

2 Tbs honey

1 tsp vanilla essence*

Topping

250 g (1 cup) scd yogurt^

1 tsp vanilla essence*

honey to taste

***see essential ingredients list**

Heat the orange juice in a large skillet and add the pears, apples, lime juice, honey, vanilla essence, and sauté covered for 3 minutes. Add the banana, kiwi fruit and strawberries and cook covered for 1 minute. With a slotted spoon lift the fruit out of the skillet, draining off the orange juice and place into individual bowls. Whisk together the yogurt^, vanilla, honey, and pour over the warmed fruit. Serve warm.

Zabaglione and Strawberries

Serves 4

500 g (1 lb) strawberries

60 ml (¼ cup) fresh orange juice

1Tbs honey

4 egg yolks

75 g (¼ cup) honey

120 ml (½ cup) dry white wine*

***see essential ingredients list**

Wash and hull strawberries. Slice in half and place into a pot with the orange juice and honey. Simmer for 3 minutes. Remove from heat and let cool.

Place the 4 egg yolks, honey and wine in a heatproof bowl over a saucepan filled a quarter way up with water and bring to a simmer on medium heat. Whisk either by hand or with an electric beater until thick and forming ribbon-like trails. Remove from heat and beat for 1 minute.

Place the strawberries into a glass and top with a generous amount of the zabaglione.