RECIPES FOR THE STONE AGE AND FERMENTING GUT DIETS

COLLECTED AND EDITED BY SALLY AND TERRY PHILLIPPE

UPDATED 9TH MARCH 2015

ALL RECIPES HAVE BEEN VALIDATED BY DR. SARAH MYHILL.

ALL THE RECIPES ARE SUITABLE FOR THE STONE AGE DIET. THOSE WITH FG ALONGSIDE THE TITLE ARE SUITABLE FOR THE AEROBIC AND YEAST FERMENTING GUT DIETS. THERE ARE NO RECIPES FOR THE ANAEROBES FERMENATING GUT DIET.

THOSE WITH AN ASTERIX * IN FRONT OF THE RECIPE NAME ARE NEW RECIPES. (ADDED MARCH 2015).

This recipe file was prepared on the basis of the Stone Age and Fermenting Gut diets as extant on Dr Myhill's website as at 09/03/2015. Dr Myhill's dietary advice is always changing, as with all her protocol components, and so at any time there may be slight variations in the current dietary advice and that on which this recipe file was prepared. Attempts are always made to keep these recipes as up to date as possible.

TO NAVIGATE QUICKLY TO A RECIPE.

1. Find the tab called Bookmarks on the left side of the PDF window.
2. Select (mouse click) the tab and it will open out to show headings.
3. Select the plus sign of the heading to see all the recipes in that section.
4. Select the recipe you want to open it in the main window.
SOUP RECIPES

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>VERY EASY EXTRA QUICK TOMATO SOUP</td>
<td>7</td>
</tr>
<tr>
<td>TOMATO AND VEGETABLE SOUP</td>
<td>8</td>
</tr>
<tr>
<td>‘CREAM’ OF CHICKEN SOUP</td>
<td>9</td>
</tr>
<tr>
<td>TOMATO AND BASIL SOUP</td>
<td>10</td>
</tr>
<tr>
<td>CARROT AND CORIANDER SOUP</td>
<td>11</td>
</tr>
<tr>
<td>SUPER FAST TOMATO SOUP</td>
<td>12</td>
</tr>
<tr>
<td>SPICY CARROT SOUP</td>
<td>13</td>
</tr>
<tr>
<td>ITALIAN BEAN AND VEGETABLE SOUP</td>
<td>14</td>
</tr>
<tr>
<td>QUICK PEA SOUP</td>
<td>15</td>
</tr>
<tr>
<td>*MINISTRONE SOUP</td>
<td>16</td>
</tr>
<tr>
<td>*EGG SOUP</td>
<td>17</td>
</tr>
<tr>
<td>*ROASTED CARROT, CHICKPEA AND GARLIC SOUP</td>
<td>18</td>
</tr>
</tbody>
</table>

BREAKFAST RECIPES

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>*OAT PORRIDGE</td>
<td>19</td>
</tr>
<tr>
<td>*GRAIN FREE PORRIDGE</td>
<td>20</td>
</tr>
</tbody>
</table>

LUNCH RECIPES

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ONION, PEPPER, AND PEA TORTILLA</td>
<td>21</td>
</tr>
<tr>
<td>HUEVOS RANCHEROS IN A HURRY</td>
<td>22</td>
</tr>
<tr>
<td>HEALTHY VEGGIE SIZZLE</td>
<td>23</td>
</tr>
<tr>
<td>HOME-MADE SAUSAGE PATTIES</td>
<td>24</td>
</tr>
<tr>
<td>VEGETABLE OMELETTE</td>
<td>25</td>
</tr>
<tr>
<td>CURRIED EGGS</td>
<td>26</td>
</tr>
<tr>
<td>EGG “PANCAKES”</td>
<td>27</td>
</tr>
<tr>
<td>BEAN FRY</td>
<td>28</td>
</tr>
<tr>
<td>HUMMUS</td>
<td>29</td>
</tr>
<tr>
<td>DEVILLED EGGS</td>
<td>30</td>
</tr>
<tr>
<td>*HERBY SAUSAGE HASH</td>
<td>31</td>
</tr>
</tbody>
</table>

FISH RECIPES

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>COD RAGOUT</td>
<td>32</td>
</tr>
<tr>
<td>QUICK PRAWN CURRY</td>
<td>33</td>
</tr>
<tr>
<td>SEAFOOD CURRY</td>
<td>34</td>
</tr>
<tr>
<td>SALMON WITH HERBY ROASTED VEGETABLES AND BACON</td>
<td>35</td>
</tr>
<tr>
<td>GINGER AND SPRING ONION KING PRAWNS</td>
<td>36</td>
</tr>
<tr>
<td>TROUT WITH PRAWNS</td>
<td>37</td>
</tr>
<tr>
<td>MEDITERRANEAN FISH ROAST</td>
<td>38</td>
</tr>
<tr>
<td>ROASTED SPICED COD</td>
<td>39</td>
</tr>
<tr>
<td>TANDOORI PRAWN SKewERS</td>
<td>40</td>
</tr>
<tr>
<td>THAI STEAMED SALMON</td>
<td>41</td>
</tr>
<tr>
<td>FISH BURGERS</td>
<td>42</td>
</tr>
<tr>
<td>SEARED/ROASTED HALIBUT</td>
<td>43</td>
</tr>
<tr>
<td>MEDITERRANEAN FISH ROAST</td>
<td>44</td>
</tr>
<tr>
<td>GRILLED SESAME SALMON WITH ROCKET SALAD</td>
<td>45</td>
</tr>
<tr>
<td>*THAI FISH CAKES</td>
<td>46</td>
</tr>
</tbody>
</table>
MEAT RECIPES .................................................................................................47

BEEF STEW FG ..............................................................................................47
BANGER SURPRISE FG ..................................................................................48
BEEF BURGERS FG ........................................................................................49
BEEF BURGERS FG .......................................................................................50
BEEF CURRY STIR FRY FG ..........................................................................51
BEEF GOULASH FG .......................................................................................52
BRAISED SILVERSIDE (BEEF) FG .................................................................53
POT ROAST BRISKET FG .............................................................................54
LAMB AND HERB BURGERS FG .................................................................55
MEAT AND EGG LOAF FG ...........................................................................56
STUFFED PEPPERS FG ...............................................................................57
KEBABs. FG ................................................................................................58
PORK, HERB AND APPLE BURGERS FG ...................................................59
MEAT LOAF FG ............................................................................................60
HOME-MADE SAUSAGE PATTIES FG .........................................................61
TEX MEX CHILLI WITH CHILLI CREAM FG .............................................62
LAMB AND VEGETABLE CURRY FG ..........................................................63
LAMB MEAT BALLS/BURGERS FG .............................................................64
CHILLI CON CARNE ....................................................................................65
MOROCCAN MEATBALLS ............................................................................66
SAUSAGE AND BEAN POT .........................................................................67
SIMPLE PORK STIR-FRY ............................................................................68
SAUSAGE, LAMB AND PINEAPPLE CASSEROLE ....................................69
THAI BEEF SALAD .......................................................................................70
EASY CASSOULET .........................................................................................71
SUCCULENT PORK CHOPS .........................................................................72
*HERB CRUSTED LAMB .............................................................................73
*LEFT OVER LAMB AND SPINACH CURRY ............................................74
*MEATBALLS AND VEGETABLE RAGU FG .............................................75
*CURRIED LAMB WITH COCONUT ............................................................76
*STEAK FAJITAS ........................................................................................77
*QUICK CURRIED LAMB STEAKS FG .......................................................79

CHICKEN RECIPES ......................................................................................80

THAI RED CURRY FG ..................................................................................80
CHICKEN KIEVS FG ...................................................................................81
SPICY CHICKEN WITH VEGETABLE SAUCE FG ....................................82
HAM, CHICKEN & TARRAGON PIE ............................................................83
CHICKEN CURRY ........................................................................................84
ORIENTAL CHICKEN ................................................................................85
MOROCCAN CHICKEN .............................................................................86
HAWAIAN CHICKEN .................................................................................87
ZESTY CHICKEN STIR FRY .......................................................................88
APRICOT AND NUT STUFFED CHICKEN BREASTS ................................89
SPICED TURKEY BURGERS WITH GUACAMOLE TOPPING ..................90
*LEMON AND SUMAC CHICKEN FG ......................................................91
*AROMATIC CHICKEN CURRY ................................................................92
*COCONUT CHICKEN CURRY .................................................................93
<table>
<thead>
<tr>
<th>DESSERTS AND PUDDINGS</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>EASY CHOCOLATE MOUSSE</td>
<td>122</td>
</tr>
<tr>
<td>CHOCOLATE PUDDING</td>
<td>123</td>
</tr>
<tr>
<td>APPLE AND COCONUT OMELETTE</td>
<td>124</td>
</tr>
<tr>
<td>INSTANT HOT CHOCOLATE ALMOND SPONGE CAKE</td>
<td>125</td>
</tr>
<tr>
<td>FAUX YO</td>
<td>126</td>
</tr>
<tr>
<td>STONE AGE “ICE CREAM”</td>
<td>127</td>
</tr>
<tr>
<td>I CAN’T BELIEVE IT’S NOT ICE CREAM</td>
<td>128</td>
</tr>
<tr>
<td>CHOCOLATE NUT TORTE</td>
<td>129</td>
</tr>
<tr>
<td>CHOCOLATE MOUSSE</td>
<td>130</td>
</tr>
<tr>
<td>RASPBERRY PANNA COTTA</td>
<td>131</td>
</tr>
<tr>
<td>*CHIA PUDDING</td>
<td>132</td>
</tr>
<tr>
<td>*RASPBERRY CHAI SEED PUDDING</td>
<td>133</td>
</tr>
<tr>
<td>VEGETABLE RECIPES</td>
<td>99</td>
</tr>
<tr>
<td>PAK CHOI</td>
<td>100</td>
</tr>
<tr>
<td>RATATOUILLE</td>
<td>101</td>
</tr>
<tr>
<td>TOMATO SALSA</td>
<td>102</td>
</tr>
<tr>
<td>CAULIFLOWER WITH TOMATOES AND CUMIN</td>
<td>103</td>
</tr>
<tr>
<td>ASPARAGUS AND BACON STIR FRY</td>
<td>104</td>
</tr>
<tr>
<td>COURGETTES WITH MOROCCAN SPICES</td>
<td>105</td>
</tr>
<tr>
<td>DEEP FRIED SPINACH</td>
<td>106</td>
</tr>
<tr>
<td>ROASTED VEGETABLES</td>
<td>107</td>
</tr>
<tr>
<td>SAUERKRAUT</td>
<td>108</td>
</tr>
<tr>
<td>ROASTED GARLIC AND LEMON CAULIFLOWER</td>
<td>109</td>
</tr>
<tr>
<td>COURGETTE PASTA WITH BACON</td>
<td>110</td>
</tr>
<tr>
<td>ROASTED BUTTERNUT SQUASH</td>
<td>111</td>
</tr>
<tr>
<td>OVEN ROAST CAULIFLOWER AND BROCCOLI WITH GARLIC</td>
<td>112</td>
</tr>
<tr>
<td>BEAN FILLING FOR STUFFED MARROW, COURGETTE OR GREEN PEPPER</td>
<td>113</td>
</tr>
<tr>
<td>COLESLAW</td>
<td>114</td>
</tr>
<tr>
<td>CHICKPEA AND SPINACH CURRY</td>
<td>115</td>
</tr>
<tr>
<td>*CHICKPEA MASH</td>
<td>116</td>
</tr>
<tr>
<td>*PECAN LOAF WITH CARROTS AND COURGETTES (ZUCCHINI)</td>
<td>117</td>
</tr>
<tr>
<td>*CAULIFLOWER RICE WITH ONION AND GARLIC</td>
<td>118</td>
</tr>
<tr>
<td>*CAULIFLOWER CRUNCH</td>
<td>119</td>
</tr>
<tr>
<td>*CAULIFLOWER COUSCOUS</td>
<td>120</td>
</tr>
<tr>
<td>*CAULIFLOWER RICE</td>
<td>121</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OFFAL RECIPES</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIVER, BACON AND ONIONS</td>
<td>94</td>
</tr>
<tr>
<td>BEEF AND KIDNEY STEW</td>
<td>95</td>
</tr>
<tr>
<td>*CREAMY DREAMY &amp; VELVETY SMOOTH CHICKEN LIVER PÂTÉ</td>
<td>96</td>
</tr>
<tr>
<td>*CHICKEN LIVER PÂTÉ WITH ROSEMARY AND THYME</td>
<td>98</td>
</tr>
</tbody>
</table>

* Recipes marked with an asterisk (*) are vegan-friendly.
### BREAD SUBSTITUTE RECIPES

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Pancakes</td>
<td>134</td>
</tr>
<tr>
<td>Savoury Gram (Chick Pea) Flour Pancakes</td>
<td>135</td>
</tr>
<tr>
<td>Yorkshire Oatcakes</td>
<td>136</td>
</tr>
<tr>
<td>Wheat-Free Rosemary-Thyme Crackers</td>
<td>137</td>
</tr>
<tr>
<td>Flax Seed (Linseed) Loaf</td>
<td>138</td>
</tr>
<tr>
<td>Low Carb Ground Almond Slice</td>
<td>139</td>
</tr>
<tr>
<td>Broccoli Bread</td>
<td>140</td>
</tr>
<tr>
<td>*Hemp Bread</td>
<td>141</td>
</tr>
<tr>
<td>*Nutty Bread</td>
<td>142</td>
</tr>
<tr>
<td>*Sunflower Sesame Crackers with Italian Herbs</td>
<td>143</td>
</tr>
<tr>
<td>*Fluffy Coconut Pancakes</td>
<td>144</td>
</tr>
<tr>
<td>*Almond Pancakes</td>
<td>145</td>
</tr>
<tr>
<td>*Crisp Bread</td>
<td>146</td>
</tr>
<tr>
<td>*World Famous Sandwich Bread</td>
<td>147</td>
</tr>
<tr>
<td>*Flatbread Made with Coconut Flour</td>
<td>148</td>
</tr>
<tr>
<td>*Fluffy Gram Flour Pancakes</td>
<td>149</td>
</tr>
<tr>
<td>*Cauliflower Bread Sticks FG</td>
<td>150</td>
</tr>
<tr>
<td>*Cauliflower Bagels</td>
<td>151</td>
</tr>
</tbody>
</table>

### DRESSINGS

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato Salsa FG</td>
<td>152</td>
</tr>
<tr>
<td>Garlic Mayonnaise FG</td>
<td>153</td>
</tr>
<tr>
<td>Lemon Vinaigrette FG</td>
<td>154</td>
</tr>
<tr>
<td>French Dressing</td>
<td>155</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>156</td>
</tr>
<tr>
<td>Sweet Mustard Salad Dressing</td>
<td>157</td>
</tr>
<tr>
<td>Pesto</td>
<td>158</td>
</tr>
</tbody>
</table>

### SNACKS AND ‘GOODIES’

<table>
<thead>
<tr>
<th>Snack/Other</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork Scratchings FG</td>
<td>159</td>
</tr>
<tr>
<td>Tapenade FG</td>
<td>160</td>
</tr>
<tr>
<td>Cinnamon Swirl Cake</td>
<td>161</td>
</tr>
<tr>
<td>Coconut oil Chocolate FG</td>
<td>162</td>
</tr>
<tr>
<td>Cinnamon Biscuits</td>
<td>163</td>
</tr>
<tr>
<td>Chocolate Coconut Squares</td>
<td>164</td>
</tr>
<tr>
<td>*Avocado Chocolate Bread</td>
<td>165</td>
</tr>
<tr>
<td>*Chocolate Fridge Slice</td>
<td>166</td>
</tr>
<tr>
<td>*Coconut Slice</td>
<td>167</td>
</tr>
<tr>
<td>*Protein Brownie</td>
<td>168</td>
</tr>
<tr>
<td>*Chocolate FG</td>
<td>169</td>
</tr>
<tr>
<td>*Chocolate Nutty Balls</td>
<td>170</td>
</tr>
<tr>
<td>*Black Bean Brownies</td>
<td>171</td>
</tr>
<tr>
<td>*Mangdis – Lentil Daal Fried Balls</td>
<td>172</td>
</tr>
<tr>
<td>*Coconut Labneh</td>
<td>173</td>
</tr>
</tbody>
</table>
MISCELLANEOUS ........................................................................................................174

CAJUN RUB  FG ........................................................................................................174
I CAN’T BELIEVE IT’S NOT TOMMY K!  FG.........................................................175
CHICKEN BROTH OR STOCK FG ............................................................................176
BEEF BROTH OR STOCK  FG ..................................................................................177
“NOTEYLA” .............................................................................................................178
GALTER’S BLACK PUDDING……………………………………………………………..179
GOMASIO ..................................................................................................................180
* YORKSHIRE PUDDINGS .....................................................................................181

MILK SUBSTITUTES ...............................................................................................182

 I CAN’T BELIEVE IT’S NOT CREAM .................................................................182
DOUBLE CREAM ....................................................................................................183
COCONUT YOGHURT. ............................................................................................184

DRINKS ....................................................................................................................185

STONE AGE COFFEE.  FG......................................................................................185
BEDTIME COCOA  FG .............................................................................................186
STONE AGE ANYTIME CUPPASOUP......................................................................187
Recipe by Terry Phillippe

Serves 3

1 pack tomato passata
equal amount of water
10 drops stevia
basil leaves (opt)

1. Cut open pack of passata and put into a pan. Fill up the pack with water. Add to the pan.
2. Add stevia and basil leaves.
3. Bring to the boil and then serve.

- This will freeze.

Suitable for:
<table>
<thead>
<tr>
<th>Stone Age</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fermenting Gut</td>
<td>Yes</td>
</tr>
</tbody>
</table>
Adapted by Sally Phillippe

Serves 4

2 tableps. Olive oil
1 large onion chopped or 3-4 tablesp. frozen ready chopped onion
1 stick celery – chopped
1teasp. ready garlic puree
2 tins tomatoes
1 tablesp. , tomato puree
300 ml chicken stock (use wheat/dairy free)
1 large carrot – chopped

1 Put oil in pan and gently fry the onion, carrot, celery and garlic for 5 minutes.
2 Add 2 tins tomatoes, tomato puree and chicken stock.
3 Simmer for 10 minutes, add salt and pepper to taste.
4 Whizz up in a blender till smooth. Reheat.

- This will freeze.
Recipe by Terry Phillippe

Serves 3 - 4

Whole carcass of a roasted chicken
2 spring onions- finely sliced
200g cauliflower – cut into small florets
1 teasp. dried or 2 teasp. fresh herb of choice – eg coriander
Salt and freshly ground black pepper

1  Remove any remaining meat from the carcass and keep to one side.
2  Put carcass in a pan with lid and just cover with water. Bring to boil and then simmer for 1 hour. (in a pressure cooker it would be 20 minutes). Strain stock through a sieve and discard the carcass.
3  Add spring onions, cauliflower and herbs into stock and simmer until cauliflower is soft – about 8-10 minutes.
4  Whizz up with a hand held blender, or put through a liquidiser, till smooth. Add water to get the consistency you want and add salt and pepper to taste. Add the chicken meat.
5  Reheat before serving.

• This will freeze
Recipe by Terry Phillippe

Serves 6-8

1 onion – chopped
1 leek – sliced
1 courgette (zucchini) - chopped
1 large tin chopped tomatoes
1 small tin tomato puree
2 teasp. fresh basil chopped or 1 teasp. dried basil
Salt and freshly ground black pepper
½ pint stock or water
5 drops stevia

1. Place all ingredients, except the stevia, in a large pan and bring to the boil. Simmer for 10-15 minutes till vegetables are soft.
2. Whizz up with a hand blender till smooth. Add more water if needed to get the consistency desired and add stevia. Adjust salt and pepper to taste.
3. Reheat before serving.

- This will freeze
Recipe by Terry Phillippe

Serves 3-4

4 large carrots
1 large onion
2 pints chicken stock
½ stick celery
1 teasp. ready garlic paste
Handful of fresh coriander
Salt and freshly ground black pepper

1 Peel and slice carrots, celery and onions.
2 Put in large pan with the water, garlic, seasoning and stock. Bring to the boil and then reduce heat to simmer until vegetables are soft. Add the roughly chopped coriander.
3 Whizz up the mixture with a blender till smooth. Adjust seasoning and add some finely chopped coriander. Reheat.

- This will freeze.
- Adjust the amount of water to vegetables for a thicker or thinner soup according to your preference.
Recipe by Sally Phillippe

Serves 2-3

1 small tin tomato puree
5 tins of water (use the empty tomato paste tin)
1 stock cube (wheat and dairy free)
4 sweeteners or few drops of Stevia
2 tablesp. tomato ketchup

1. Place all ingredients in a pan and bring to the boil stirring occasionally.

- This will freeze
SPICY CARROT SOUP

Adapted by Sally Phillippe

Serves 4

<table>
<thead>
<tr>
<th>Suitable for:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Stone Age</td>
<td>Yes</td>
</tr>
<tr>
<td>Fermenting Gut</td>
<td>No</td>
</tr>
</tbody>
</table>

1 tablesp. oil
1 onion chopped or 3-4 tablesp. frozen chopped onion
1 level teasp. garlic puree
1 teasp. Dried crushed chillis
1 teasp. curry powder
750g chopped carrots (frozen ready diced once are good)
1 crushed lemongrass stalk
1 tin coconut milk
500ml of stock

1. Heat oil in pan and gently cook the onion, garlic, chillis for 5 mins.
2. Stir in curry powder, carrots and lemongrass. Cover and cook on low heat for 10 mins.
3. Add coconut milk and stock and simmer until carrots are soft.
4. Remove the lemongrass and whiz up till smooth. Reheat.

- This will freeze.
ITALIAN BEAN AND VEGETABLE SOUP.

Adapted by Sally Phillippe

Serves 4

200g frozen mixed vegetables
410g tin borlotti beans – drained and rinsed
1 onion - chopped or 2 tablesp. frozen chopped onions
850ml hot vegetable stock – fresh, carton or from a stock cube (wheat and dairy free)
400g tin chopped tomatoes
low fat cooking spray or 1 tablesp. oil

1. Heat a large, lidded saucepan and spritz with the cooking spray or add the oil.
2. Stir fry the onions over a high heat for 2-3 mins.
3. Add 4 tablesp. of the stock, cover the pan and gently cook onion till soft.
4. Mix in the tomatoes, vegetables, beans and remaining stock.
5. Put on the lid and simmer for 5 mins till vegetables are tender. Add salt and pepper to taste.

- Serve with gram flour pancakes for a nutritious hearty meal.
- This will freeze.
Quick Pea Soup

Recipe by Kate Mincher

Serves 3-4

<table>
<thead>
<tr>
<th>Suitable for:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Stone Age</td>
<td>Yes</td>
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<tr>
<td>Fermenting Gut</td>
<td>No</td>
</tr>
</tbody>
</table>

1 small bag frozen peas
Knorr chicken stock pot or any wheat free stock
boiling water
salt and freshly ground black pepper

1. Put peas in a saucepan and add the stock pot or enough stock to cover peas.
2. Just cover the peas with boiling water and simmer for a few minutes till peas are soft and cooked.
3. Use a hand blender to liquidise the peas completely.
4. Add salt and pepper to taste.
5. Add more boiling water if soup is too thick
*MINESTRONE SOUP*

Recipe from “Living the GI diet” by Rick gallop

Contributed by Debbie Bowers

Serves 6

2 teasp oil
3 slices back bacon, chopped
1 onion, chopped
2 teasp ready garlic or 4 coves fresh garlic, skinned and crushed
2 carrots, chopped
1 celery stalk, chopped
1 tablesp dried oregano
½ teasp red pepper flakes
¼ teasp each salt and pepper
1 tin tomatoes
1 or 2 ½ pints chicken stock
1 bag 300g or 10oz. baby spinach
1 tin red kidney beans, drained and rinsed
1 tin chickpeas, drained and rinsed
15g (½ oz) chopped flat parsley
2 tablesp chopped fresh basil

1. In a large pan, fry the bacon for 2 mins in the oil.
2. Add the onion, garlic, carrots. Celery, oregano, red pepper flakes, salt and pepper and fry for about 10 mins till softened and golden.
3. Add the tomatoes and chicken stock. And bring to the boil.
4. Reduce the heat to a simmer and add the spinach, beans and chick peas. Simmer for about 5 minutes.
5. Stir in the parsley and basil.

- This will freeze.
- This would be good with Yorkshire oat cakes (recipe in recipe book)
Recipe by Laurel Wilson

3 cups chicken broth
2 cloves garlic in their skin
1 free-range egg yolk
1 teasp turmeric
½ teasp salt
Juice of ½-1 lemon
1 tablesp of olive oil

1. Poach the garlic cloves in the broth for 10-12 minutes.
2. Whisk the egg yolk with the salt, turmeric lemon juice and the olive oil.
3. Remove the garlic cloves, peel and mash into the egg yolk mixture.
4. Add half the broth to the egg yolk, a small amount at a time, whisking like crazy.
5. Then add the egg yolk/broth to the rest of the broth and cook over a very low heat for a few minutes to take out the taste of raw egg yolk.
6. Best to drink it tepid.
ROASTED CARROT, CHICKPEA AND GARLIC SOUP


Contributed by Janice Earls

Serves 4

300g carrots , approx. 3 medium ones
1 tin chickpeas, drained and rinsed.
4 fat cloves of garlic
2 tablesp oil
150g onion - one small onion or half a large onion
½ teasp cumin
a pinch of dried chilli flakes
800ml weak vegetable or chicken stock

1. First heat oven to gas mark 4, 180C, 350F
2. Wash your carrots and slice thickly, and toss into a roasting tin.
3. Drain and thoroughly rinse your chickpeas and add to the tin, with the whole garlic cloves. Pour over
the oil and give it all a shake to lightly coat it, and pop it in the oven for 20 minutes.
4. Meanwhile, peel and finely slice your onion, and set to one side.
5. When the first 20 minutes is up, remove the roasting tin from the oven, scatter the onion over, and
the cumin and chilli, and give it all another shake.
6. Cook for a further 20 minutes.
7. Remove the garlic cloves from the roasting tin, and tip the rest of the contents into a blender –
keeping some chickpeas aside to garnish if you like that sort of thing.
8. Squeeze in the soft garlic (don’t put the skins in the blender).
9. Add the stock and blend until smooth.
10. Remove from the blender and warm through, garnishing with reserved chickpeas to serve.

- This will freeze.
- This would be good served with any bread substitute.
OAT PORRIDGE

Recipe by Sally Phillippe

Serves 1

½ cup porridge oats
1½ cups water or non-dairy milk
¼ teasp salt

1. Put all ingredients into large bowl and microwave on high till the porridge is boiling and thickened
OR put all ingredients into a pan and heat on stove till porridge is boiling and thickened.

- This is good served with oat milk and granular Stevia or xylitol.
- You could add berries if wanted.

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Recipe by 'Practical Paleo' by Diane Sanfilipo

Contributed by Suzanne O'Keeffe

Serves 1

2 tbsp. almond butter
¼ cup shredded coconut
6 tbsp. water or coconut milk
¼ teasp. vanilla essence
½ teasp. cinnamon

1. Place all ingredients in to a pan and heat till required temperature.
2. Adjust liquid to give preferred consistency.

- This can be sweetened with Stevia or Xylitol.
- This can be served with coconut or other non dairy milk and/or berries.
LUNCH RECIPES

ONION, PEPPER, AND PEA TORTILLA  FG

Adapted by Sally Phillippe

Serves 4

200g jar roasted red peppers, drained and sliced
300g frozen diced onion or 2 large onions chopped
2 teasp. garlic puree
5 eggs beaten
*200g frozen peas

2. Preheat grill to medium hot.
3. Pour beaten eggs into pan and stir so that veg. are evenly spread though out the egg.
4. Cook gently till tortilla is set at the bottom.
5. Place pan under grill and cook till top is set and golden.

*Mushrooms can be added if liked

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HUEVOS RANCHEROS IN A HURRY

Adapted by Sally Phillippe

Serves 4

2 red peppers
1 tablesp. olive oil
1 jar tomato and chilli pasta sauce (wheat and dairy free)
4 eggs
chopped fresh parsley or 1 teasp. dried parsley

1. Deseed and slice red peppers. Using a frying pan, fry in oil till softened.
2. Add tomato sauce and cook for 3-4 mins to thicken slightly.
3. Make 4 hollows in mixture and carefully crack an egg into each hollow.
4. Cover pan with a lid and cook on medium heat until eggs are cooked through.
5. Top with parsley and serve.

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Adapted by Sally Phillippe

Serves 4

1 tbsp. olive oil
1 small onion chopped
3 courgettes chopped
1 deseeded and chopped red pepper
2 tbsp. chopped basil leaves or 1 tsp. dried basil
4 eggs
*150 g mushrooms chopped
½ green pepper
½ red pepper

1. Heat oil in frying pan. Fry all veggies till cooked and browned.
2. Stir in basil.
3. Make 4 hollows in mixture and crack an egg into each.
4. Cover pan and cook on medium heat till eggs are cooked through.
Recipe by Sally Phillippe

Serves 4

1 lb wheat and dairy free pork sausage meat
Pinch salt
Ground black pepper (omit if liked)
½ onion finely chopped
½ teasp. any dried herb or 1 teasp. finely chopped fresh herbs. (rosemary, parsley, basil, oregano etc)

1. Mix all ingredients together in a bowl till well combined.
2. Damp your hands and then pull out a ball about the size of a golf ball. Roll till smooth, then flatten with the palm of your hand till about ½ inch thick.
3. Fry gently for about 4 -5 minutes on both sides till brown and the centre is cooked through.

- These will freeze uncooked – lay on a cooling rack in freezer till frozen then put in freezer bag. Defrost in microwave before cooking.
- Good for breakfast, lunch or dinner.

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Recipe by Lucinda Troth

For each person you will need:
Heat oil in frying pan.

¼ large onion finely chopped
Small amount of cabbage, finely sliced
Few florets of broccoli chopped
1 tomato sliced
1 tablesp. oil
2 eggs
Black pepper and salt

1 Lightly fry onion, cabbage, broccoli in a pan.
2 Then add tomato and fry for just a minute or so.
3 Then beat together eggs with black pepper and salt in a bowl with 2 tablesp. water, and pour over the veggies in the pan.
4 When it is cooked on one side, finish it off under a medium hot grill to cook the top half.

- Serve hot with salad for lunch or main meal
- Serve hot for breakfast.
Recipe by A girl called Jack
Contributed by Sally Phillippe

Serves 2

1 egg
1 onion
1 tablesp. oil
1 fresh red chilli or pinch of dried chilli flakes
2 teasp. turmeric
2 teasp. cumin
400g tin chopped tomatoes
100g frozen or fresh spinach
100g kefir

1 Put eggs in a pan and cover with water.
2 Bring to the boil, then reduce to a simmer for 8 minutes to hard boil them.
3 Pour off hot water and fill pan with cold water.
4 In a separate pan, add the oil and spices, and dice or slice the onion according to preference.
   Cook on a medium heat for a few minutes to soften the onions.
5 Pour the chopped tomatoes over the now-spicy onions, and add the frozen spinach. Bring to the boil, then reduce the heat and leave to simmer.
6 Peel and halve the eggs and add to the sauce with the kefir, stir in.
7 Heat through, and serve on a bed of mashed cooked cauliflower.
2 eggs per person
Your choice of frying oil (olive, coconut, dairy-free spread, etc.)
Toppings of your choice (e.g. fried peppers, wheat free chipolatas, bacon, *allowed fruit, kefir, *nuts, *high cocoa chocolate chips, *coconut cream)

1. Break the eggs into a mug and whisk with a fork.
2. Heat a frying pan with a little of your choice of frying oil.
3. Tip the eggs into the pan and swirl until the pan is coated.
4. Cook gently over a low heat until the eggs are cooked.
5. Serve hot with the toppings of your choice.

- This makes for an extremely easy and stone age friendly pancake substitute!
- Very versatile and works well with sweet or savoury toppings.
Adapted by Sally Phillippe

Serves 2-3

1 onion
1 green, orange or red pepper
few mushrooms
tin red kidney beans
1-2 tablesp. oil, lard or dripping
mixed herbs

1 Chop vegetables.
2 Fry in oil, lard or dripping till softened and golden brown.
3 Add large pinch herbs and drained beans. Heat through.
HUMMUS

Recipe by Pauline Gander

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14 0z/400g tin chick peas
2-3 tablesp. tahini
1/2-1 teasp. salt
1 tablesp. olive oil
Approx. 3 tablesp. chickpea water (from tin )
Juice of one lemon or 3-4 tablesp. bottled lemon juice
1-3 peeled, sliced cloves of garlic or 3 teasp. ready garlic in a tube
Black pepper
Paprika

1. Drain chickpeas, reserving liquid.
2. In a food processor, blend chickpeas, lemon juice, garlic, salt, pepper, tahini and oil and blend to a thick paste.
3. Add enough chick pea water to make the consistency smooth (it should still be firm enough to use as a spread).
4. Serve sprinkled with paprika.

- This is good on buckwheat crispbreads, bread substitutes or oatcakes.
- This will freeze or keep in the fridge in an air tight container for up to a week
- This will freeze.
Recipe by Axel The Situation Foley

Serves 3 for a lunch dish but more for a snack.

6 eggs – hard boiled, peeled and halved lengthways.

**Pesto**

a handful of fresh basil, chopped
2-3 tablesp. extra virgin olive oil
sea salt – to taste
1 tablesp. pine nuts.

1. Make the pesto by combining all ingredients, except the eggs, and mixing well.
2. Remove the hard egg yolk and put in a bowl with 3 tableps. of the pesto. Mix well together.
3. Heap the egg yolk and pesto mix in the holes left by the egg yolk.
4. Serve cold as an appetiser, canapé, snack or a lunch dish.

- Pesto can be kept in the fridge for at least a week. So you could make twice the recipe and use as a salad dressing.
- The filled eggs could be kept overnight in the fridge if covered with cling film.
HERBY SAUSAGE HASH

Recipe from Woman’s Own magazine

Contributed by Sally Phillippe

Serves 4

2 tablesp olive oil
8 wheat free sausages cut into chunks
2 onions, thinly sliced
2 teasp garam masala
2 x 420g tins butter beans, drained and lightly mashed
400g tin chopped tomatoes
Large handful fresh coriander, roughly chopped
4 eggs

1. Heat 1 tablesp. oil in a frying pan and add the sausage pieces, onions and garam masala. Fry for 10 mins until the onions are soft.
2. Add the beans, tomatoes and coriander, salt and pepper and stir well. Cook for 5 mins, turning when you start to get a golden crust on the bottom.
3. Fry the eggs in the remaining oil and serve on top of the hash.
4. Serve hot.

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FISH RECIPES

COD RAGOUT   FG

Adapted by Sally Phillippe

Serves 4

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2 large leeks
2 onions
4 carrots
2 beef tomatoes (the largest tomatoes you can find)
2 tbsp. olive oil, lard or dripping
Salt
Black pepper
800g or 1 ¼ lbs cod fillets
*Juice of ½ lemon (omit for Fermenting Gut)
3 tbsp. olive oil, lard or dripping
Mild paprika
Bunch fresh parsley

1. Cut the leeks in half, then into ¼ inch wide strips
2. Very finely chop the onions and carrots
3. Skin the tomatoes (pop in boiling water for 1-2 mins. then peel or put on fork and sear over a gas flame then remove skin) and chop the flesh
4. Put the 2 tbsp. oil, lard or dripping in a large sauce pan. Add leeks, onions and carrots and fry over a low heat for about 10 minutes. Stir often. Add the tomatoes and add salt and pepper to taste. Bring to the boil and then simmer over a low heat.
5. Cut the fish into bite size pieces. Sprinkle with a little salt and the lemon juice. Heat the 3 tbsp. oil, lard or dripping in a frying pan and fry fish for about 3 minutes, turning fish over once. Season with paprika to taste and add fish to the pan of vegetables
6. Chop the parsley leaves and sprinkle over fish and vegetables.
7. Serve hot.

• This would freeze.
QUICK PRAWN CURRY  FG

Adapted by Sally Phillippe

Serve 4

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1 tablesp. oil, lard or dripping
1 onion or 3-4 tablesp. ready chopped frozen onion
1 -2 teasp. garlic puree
2 teasp. chopped ginger - fresh or use ready chopped from a jar
½ -1 teasp. chopped chillis or ½ teasp. dried chilli flakes
Large tin chopped tomatoes
400g raw peeled prawns
2 teasp. garam masala
3 tablesp. Kefir or *Plain Soya Yogurt ( Not with FG)
Handful coriander leaves chopped.

1 Heat oil, lard or dripping in pan and gently fry onion, garlic and chilli for a few minutes
2 Add tomatoes and 1 tablesp. water and bring to the boil.
3 Simmer for 2 minutes before adding the prawns and garam masala.
4 Cover and simmer for 5-10 mins.
5 Take off the heat and stir in the yoghurt.
6 Sprinkle with coriander.

- If you use cooked prawns, only add the prawns right at the end and heat through.
- This is simple and easy to make and would taste good with chicken instead of the prawns.
  Dice the chicken into small cubes and add the same as the raw prawns but just make sure it is cooked through before serving.
- Gram flour pancakes go nicely with this. Poppadum’s are also good.
- Can be served on a bed of cooked shredded white cabbage, or cooked mashed cauliflower.
SEAFOOD CURRY     FG

Adapted by Sally Phillippe

Serves 4

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2 tablesp. oil, lard or dripping
2 onions   chopped
½ red pepper, deseeded and chopped
2 celery sticks chopped
1 ½ teasp. mild curry powder
½ teasp. turmeric
½ teasp. ground ginger
250g (8oz) haddock fillet diced
125 (4 oz) prawns
2 teasp. tomato puree
12 tablesp. chicken stock
Pepper
50g (2oz) mushrooms wiped and sliced (Omit for fermenting gut with a yeast problem)
*1 teasp. Worcestershire sauce
*Juice of half a lemon
*1 cooking apple, peeled and diced
2 tablesp. Soy yogurt* or kefir

1 Heat oil, lard or dripping in a large pan. Add the onions, pepper, celery, and mushrooms and fry gently for 5 minutes.
2 Add the curry powder, turmeric, and ginger and cook for a further 2 minutes.
3 Add the apple, haddock, prawns, Worcestershire sauce and tomato puree and stir well. Stir in the stock and season with salt and pepper.
4 Cover and simmer for gently for 10 minutes.
5 Just before serving stir in the lemon juice and the yogurt/kefir

Serve with green vegetables or on a bed of white cabbage.
Recipe by Terry Phillippe

Serves 2

2 x 150g salmon steaks
3 small red onions
2 teasp. ready garlic
2 sticks celery
1 red pepper
1 green pepper
1 courgette
2 slices back bacon - diced
Pinch dried parsley or 2 teasp. chopped fresh parsley
Pinch salt
4-6 tablesp. olive oil, lard or dripping

1 Light oven gas mark 8, 220 C, 450 F.
2 Prepare all vegetables into rough chunks.
3 Put a little oil, lard or dripping in a wok and seal the fish. Remove and keep to one side.
4 Fry bacon in wok till crisp and put into a flat oven proof dish.
5 Put rest of oil, lard or dripping in wok and quickly sear the vegetables. Put oil, lard or dripping and vegetables into the oven proof dish. Add parsley and salt.
6 Roast vegetables in the oven for ½ hour.
7 Add the salmon steaks to the vegetables with the skin uppermost.
8 Roast for a further ¼ hour until the fish is cooked through and the vegetables are soft.
9 Serve.
Recipe by Terry Phillippe

Serves 2

225g frozen King Prawns
2 spring onions – finely sliced
1 teasp. grated fresh ginger or 1 teasp. ready ginger from jar
2 tablesp. sesame oil
1 teasp. ready garlic from tube

1 Defrost the prawns.
2 Fry spring onions and garlic in very hot oil in a wok or a frying pan for 30 seconds. Stir all the time.
3 Add prawns and ginger and fry on high heat for 1-2 minutes, stirring all the time, till the prawns turn pink. Do not overcook or the prawns will become rubbery.
4 Serve immediately.

- This is very good with a vegetable stir fry.
Adapted by Sally Phillippe

For each person you will need:
1 small whole trout
50g prawns
2 teasp. dairy free spread
1 teasp. fresh chopped parsley or ½ teasp. dried parsley or herb of your choice

1 Light oven 350 F, 180 C, gas 4.
2 If trout has not been gutted, then slice the fish from the head to the tail down the belly and remove innards.
3 Wash fish under the cold water tap. Lay on a sheet of tin foil large enough to wrap up into a parcel.
4 Mix the herbs with the spread and spread inside the fish.
5 Put the prawns inside the fish. Close the fish up again.
6 Wrap the fish in the foil into a parcel. Place on an oven proof dish and bake for 20-30 minutes till fish is cooked through.

- This is very quick and easy to prepare.
- This would be good with a mixed tossed salad or roasted vegetables.
Recipe adapted by Sally Phillippe

Serve 4

2 tablesp. olive oil or sesame seed oil
1 large red onion, thinly sliced
4 large ripe tomatoes, quartered
2 large courgettes, trimmed and thinly sliced
1 aubergine, trimmed and thinly sliced
12 pitted black olives
4 skinless white fish fillets – cod, haddock etc. fresh or frozen
1 lemon
6 tablesp. fish stock or water
Salt and freshly ground black pepper
Small handful of roughly chopped fresh parsley to garnish – opt.

1 Light oven 200C, 400F, gas 6
2 Put a little oil in a frying pan and fry the onion till browned and softened.
3 Place all the vegetables in a roasting tin.
4 Arrange the fish on the top of the vegetables.
5 Cut 4 slices from the lemon and place over each piece of fish.
6 Squeeze the juice from the rest of the lemon and drizzle over the fish. Add the stock or the water and drizzle with the olive oil.
7 Roast for 20 minutes or until the fish is cooked through and the vegetables are soft.
8 Sprinkle with salt and pepper and scatter over the parsley.

- Serve with green vegetables.
- This is quick and easy to prepare and cook.
**ROASTED SPICED COD - FG**

Recipe adapted by Sally Phillippe

Serves 4

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1 lemon or 2-3 tablesp. ready lemon juice from bottle.
2 teasp. mild curry powder
4 X 200g chunky cod fillet
1 tablesp. olive oil

1 Light oven 200C, gas mark 6
2 Place fish on a non stick baking sheet.
3 Sprinkle over the lemon juice and the curry powder, and drizzle with olive oil.
4 Bake for 10 minutes til fish is cooked through.
5 Serve hot.

- This would be good with a large mixed salad or cooked vegetables like green beans, cauliflower, broccoli and carrots.
Recipe adapted by Sally Phillippe

Serves 4

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300g raw peeled king prawns- washed
2 tablesp. tomato puree
2 tablesp. kefir
½ teasp. mild chilli powder
1 teasp. garam masala
1 teasp. ground cumin
2 teasp. coriander seeds crushed or 1 teasp. coriander powder

1 Mix prawns with all ingredients and leave to marinate overnight or for at least 2 hours.
2 Soak wooden skewers in water for 30 minutes, then thread 3 prawns on each skewer.
3 Either grill on BBQ for 1-2 minutes each side or heat a griddle pan or a non- stick frying pan and cook for 1-2 minutes on each side.
4 Serve hot.

- This would be good with a salad in warm weather or roasted vegetables in cold weather.
Recipe by Sadie Roberts

Serves 4

4 salmon fillets (skinned)
1 small bunch coriander (chopped including stalks)
12 mint leaves (chopped)
12 Thai basil leaves (chopped)
2 cloves garlic (crushed)
3 tbsp. fresh lime juice
1 inch fresh ginger (grated)
1 tbsp. fish sauce (Nam Pla)
2 green chillies deseeded and chopped (opt)

1 Whizz all the ingredients (except salmon) in a food processor to a smoothish paste.
2 Pour over the salmon and marinate for 30 mins (or more).
3 Steam the salmon in a bowl with the marinade for 10 mins.
4 Serve with steamed bok choi or other greens.

- There will be plenty of sauce remaining to pour over.
Recipe by Sadie Roberts

Serves 4

500g fish (skinned, boned and cubed)
2 tbsp. red onion (finely chopped)
Zest of ½ lemon
1 tbsp. capers (drained and rinsed)
1-2 tbsp. parsley (finely chopped)
Large pinch of salt

1 Whizz half the fish to a paste in a food processor.
2 Add the remaining ingredients and pulse until combined and you have a rough mix.
3 Shape into burgers and fry for 2-4 minutes (depending on thickness) each side.
SEARED/ROASTED HALIBUT

Recipe by Sadie Roberts

Serves 4

1 orange, juiced
3 tablesp. coconut aminos
2 tablesp. lemon juice
1/2 teasp. ginger powder
1/2 teasp. sea salt
2 tablesp. coconut flour
3 tablesp. coconut oil
4x halibut fillets, 1.5-2” thick skinned
chives for garnishing

1 Preheat your oven to 200C degrees.
2 Combine the orange juice, coconut aminos, lemon juice, ginger and half the sea salt in a small bowl, set aside.
3 Spread the coconut flour on a plate.
4 Dry the fish with kitchen towel.
5 Sprinkle both sides with the remaining sea salt and place in the coconut flour, making sure it’s all coated.
6 Heat the coconut oil in an oven-safe frying pan on medium-high heat. When very hot, add the halibut and sear for a minute or so on one side, until browned. Turn and place immediately in the top of the oven.
7 Cook for 5-10 minutes (depending on the thickness of your fillet) until the fish is opaque.
8 Place fish on warmed plates and pour the sauce mixture into the hot pan. Allow to bubble for a minute and then pour over the fish.
9 Garnish with fresh chopped chives.

- Serve with greens and any allowed vegetables of your choice.

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MEDITERRANEAN FISH ROAST

Recipe adapted by Sally Phillippe

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2 tablesp. olive oil or sesame seed oil
1 large red onion, thinly sliced
4 large ripe tomatoes, quartered
2 large courgettes, trimmed and thinly sliced
1 aubergine, trimmed and thinly sliced
12 pitted black olives
4 skinless white fish fillets – cod, haddock etc. fresh or frozen
1 lemon
6 tablesp. fish stock or water
Salt and freshly ground black pepper
Small handful of roughly chopped fresh parsley to garnish – opt.

1. Light oven 200C, 400F, gas 6
2. Put a little oil in a frying pan and fry the onion till browned and softened.
3. Place all the vegetables in a roasting tin.
4. Arrange the fish on the top of the vegetables.
5. Cut 4 slices from the lemon and place over each piece of fish.
6. Squeeze the juice from the rest of the lemon and drizzle over the fish. Add the stock or the water and drizzle with the olive oil.
7. Roast for 20 minutes or until the fish is cooked through and the vegetables are soft.
8. Sprinkle with salt and pepper and scatter over the parsley.

- Serve with green vegetables.
- This is quick and easy to prepare and cook.
GRILLED SESAME SALMON WITH ROCKET SALAD

Recipe adapted by Sally Phillippe

Serves 4

4 x 200g thick salmon fillets
4 tablesp. Sesame oil
4 teasp. Sesame seeds
2 ripe and ready avocados
200g cherry tomatoes
75 rocket leaves
1 tablesp. lemon juice
2 tablesp. olive oil
40g toasted pine nuts.

1 Preheat the grill and put salmon onto a lined grill pan. Brush salmon on both sides with sesame oil and press on the sesame seeds.
2 Grill for 10 minutes turning once till cooked through.
3 Quarter the avocados, remove stones, peel away the skin and slice.
4 Divide the avocados, tomatoes and rocket leaves between 4 plates.
5 Shake together the lemon juice and olive oil and drizzle over the salad.
6 Place hot salmon on top and sprinkle with toasted pine nuts.
Recipe from Bella magazine

Contributed by Sally Phillippe

Serves 2

2 shallots, chopped
1 chilli, chopped
1 clove garlic, chopped
2 teasp lemon grass
2 tablesp oil
1 tablesp chopped coriander
150g prawns
150 g white fish

1. Put all ingredients into a food processor and blend to a paste.
2. Shape into 6 patties.
3. Fry in oil for 4-5 minutes each side until cooked and browned.
4. Serve hot.

- This would be nice served with salad.
450g lean rump/ silverside or topside beef
200g onions chopped
1 400g tin chopped tomatoes
1 green or red pepper chopped
1 leek sliced
Other vegetables such as celery or courgette
20mls vegetable oil, lard or dripping
cloves garlic or 1 tablesp. ready chopped garlic
1 bay leaf
1 teasp. dried Italian herbs or oregano.
200g carrots sliced
*150g mushrooms sliced

1. Gently fry garlic in oil, lard or dripping for 1 minute. Add onions, mushrooms and fry for 1 minute. Then add meat and fry for another minute till browned.
2. Add tomatoes, carrots and cook for two hours on a low heat with the pan covered, or for 1 hour if pressure cooked.
3. Add all other ingredients and cook for a further hour in a covered pan or another 15 minutes in the pressure cooker.

- Serve with green vegetables.
- This will freeze.
Adapted by Sally Phillippe

Serves 4

8 wheat free sausages – Black Farmer or CO-OP own, debbie and andrews. (debbie and andrews are suitable for those with Fermenting Gut)
1 red pepper – deseeded and chopped into large pieces
1 green pepper – deseeded and chopped into large pieces
2 red onions – chopped roughly
4-5 cloves of garlic – peeled but leave whole
2 tablesp. olive oil, lard or dripping

1. Light oven gas 5, 375F, 190C
2. Use an open oven proof dish and add all ingredients.
3. Drizzle with the olive oil, lard or dripping
4. Bake for 45 minutes till sausages are brown and cooked through and the vegetables are soft.

- Serve with any leafy greens or a green salad.
- This will freeze.
Recipe by Terry Phillippe

Serves 4

500g or 1lb lean minced beef
1 onion finely chopped
1 level teasp. mixed herbs
1 clove garlic crushed or 1 teasp. ready garlic from tube – (opt)
Salt and pepper

1. Mix all ingredients together well.
2. Shape into burgers using damp hands or a burger maker – makes 8.
3. Fry slowly in a frying pan or on a BBQ till browned and cooked through.
4. Serve with a large mixed salad drizzled with olive oil.

- These can be eaten for breakfast too.
- Burgers can be frozen raw on a cooling rack and then stored in freezer bags. Cook from frozen.

Suitable for:

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Recipe by Sadie Roberts

Serves 4-6

500g minced beef
½ tablesp. rosemary (finely chopped)
½ tablesp. thyme (finely chopped)
½ tablesp. sage (finely chopped)
2 cloves of garlic (minced)
½ teasp. salt
large pinch baking powder
1 tablesp. solid cooking fat like lard or dripping

1. Combine all the ingredients (except fat) in a bowl.
2. Divide into 6 patties.
3. Heat the oil in a frying pan over a medium heat and cook for approx. 5 mins. per side.

- These will freeze raw on a cooling rack. Burgers can either be thawed or cooked from frozen.
Adapted by Sally Phillippe

Serves 4

1 tbsp. oil, lard or dripping – choose one you like
1 tbsp. red or yellow Thai curry paste
400g lean minced beef
2 tbsp. Thai fish sauce
Few drops Stevia
4 baby pak choi, quartered
4 spring onions
½ white cabbage or small cauliflower

1. Heat the oil, lard or dripping in a large wok or frying pan. Fry the curry paste for 1 minute. Add the beef and fry for 3 minutes.
2. Add 100ml water, the fish sauce and Stevia to the pan and simmer for 5 minutes. Add the pak choi and spring onions and cook for another minute or until wilted.
3. Serve over a bed of steamed or boiled white cabbage or a bed of mashed cauliflower.

- The meat curry will freeze, but not the cabbage or cauliflower.
Adapted by Sally Phillippe

Serves 6

1kg / 2.2 lbs good braising steak, preferably chuck steak
1 tablesp. oil, lard or dripping
3 medium onions, cut into 12 wedges
3 garlic cloves or 3 teasp. ready garlic from tube
2 teasp. hot smoked paprika
1 tablesp. paprika
600ml beef stock (wheat and dairy free)
400g tin chopped tomatoes
2 tablesp. tomato puree
2 bay leaves
1 red pepper
1 green pepper
1 orange/yellow pepper
salt and freshly ground black pepper

1 Light oven 170C, 375F, gas 3 ½
2 Chop the beef into 1 inch chunks. Season well with salt and pepper.
3 Heat the oil, lard or dripping in a large flame proof casserole dish or a large wok or frying pan. Fry beef over high heat till nicely browned.
4 Add the onions and cook with the beef for 5 minutes till softened. Add the garlic and fry another minute.
5 Sprinkle both paprikas over the meat. Add stock, tomatoes, tomato puree ands bay leaves. Cover casserole with lid or transfer beef mix to an oven proof casserole and cook for 1 ½ hours.
6 Remove core and seeds from the peppers and cut into 1 inch chunks.
7 After beef has cooked for 1 ½ hours, add the peppers and put back in the oven for another hour or until the meat is very tender.

- This will freeze.
Adapted by Sally Phillippe

Serves 6-8

3 medium onions – peeled and sliced
1 large tin chopped tomatoes
3-3 ½ lbs silverside (joint of beef)
1 level teasp. mixed dried herbs
250g French beans or green beans
Salt and pepper

1. Light oven 300f, gas mark 2, 160C or get out slow cooker.
2. Place sliced onions in the bottom of the slow cooker crock or an oven proof casserole with lid big enough to take the joint.
3. Add chopped tomatoes. Place meat on top of vegetables and sprinkle with mixed herbs and salt and pepper.
4. Cover and cook in oven for 3 ¼ - 3 ¾ hours or 12 hours in slow cooker.
5. Trim ends of French beans and add to casserole. Baste meat with juices from the vegetables and cover and cook for a further ¾ hour in oven or a couple of hours in the slow cooker till the meat is tender and the beans are cooked.
6. Remove meat and carve into slices. Serve with other allowed vegetables and the tomato and onions as a sauce.

• This will freeze.
Recipe by Sally Phillippe

Serves 4-6

This is delicious served with green vegetables for a different Sunday Roast.

A large piece of rolled, boned brisket. (Brisket is a cheap cut of beef which has a delicious flavour, but needs long slow cooking).
2 onions OR ½ packet ready prepared diced frozen onions
1 leek (opt)
2 sticks celery (opt)
2 teasp. garlic puree (opt)
2 beef stock cubes – wheat free
¾ pint boiling water
1 level teasp. mixed herbs
2 dried bay leaves
2 large carrots
*Selection of root vegetables OR a packet of ready prepared root vegetables OR for fermenting gut diet add other allowed vegetables like courgettes, aubergine etc. instead of the root vegetables.

1. Peel, chop all vegetables into small pieces and put into a slow cooker or an oven proof dish.
2. Make up the stock cubes with boiling water and add garlic puree. Add to pot.
3. Place brisket on top of vegetables and put on lid.
4. If cooking in an oven, gas mark 4, 350F, 180c place on top shelf and cook for 4-5 hours.
5. Slice meat and serve vegetables and gravy in the pot it was cooked in.
6. If cooking in a slow cooker, then allow 12-16 hours. It can be put on the night before and left.

- If you like thicker gravy, remove meat onto a plate, then mix 2 level tablesp. gram flour* with some cold water and then add the hot gravy to the cold mix. Stir well and put in a pan and bring to the boil, stirring all the time till it thickens. Pour gravy back into the pot of vegetables and stir in.
- Left over vegetables and gravy can be whizzed up in a liquidiser (remove bay leaves first) and more water added to make a tasty soup. Add plenty of salt and pepper to taste.
LAMB AND HERB BURGERS    FG

Recipe by Terry Phillippe

Serves 4

450 g lean lamb mince
1 clove garlic or 1 heaped teasp. garlic puree
2 level teasp. dried rosemary
1 medium finely chopped onion
salt and pepper

1. Mix all ingredients together.
2. With damp hands, shape mixture into 4 burgers.
3. Chill for 20 minutes.
4. Grill for 6-8 minutes on each side till juices run clear. Or cook on BBQ.

- These are good served in gram flour pancakes (Stone Age only) with salad.
- These will freeze cooked and easily reheated in the microwave or frozen raw and either defrosted before cooking or cook from frozen,
MEAT AND EGG LOAF

Adapted by Sally Phillippe

Serves 4

350 g lean minced beef
1 level tablesp. tomato puree
salt and pepper
pinch grated nutmeg
pinch dried thyme
1 large egg, fresh
2 hard boiled eggs
1 small onion, finely chopped
pinch all spice
1 level teasp. finely chopped parsley or half teasp. dried parsley
*1 tablesp. Worcestershire sauce

1. Light oven 190C, 375F, gas5.
2. Mix all ingredients, except the hard boiled eggs, in a large bowl.
3. Shape into a flat rectangle, and place hard eggs down the centre.
4. Roll up meat into a roll and place in a greased loaf tin. Bake for 1 hour.

- Serve hot with vegetables or cold with salad.
- This will freeze.
STUFFED PEPPERS  FG

Adapted by Sally Phillippe

Serves 3

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**SAUCE**
- 1 onion chopped
- 400g tin of tomatoes
- few drops Stevia
- ½ teasp. Italian seasoning
- 150 ml boiling water.
- *4 mushrooms chopped

Light oven 160C, 325F, Gas 3

SAUCE
1. Fry onions and mushrooms in a teasp. oil till soft.
2. Add tomatoes, stock pot, water and salt and pepper.
3. Simmer over a low heat for 15 mins.

**PEPPERS**
- 3 green peppers
- 1 medium onion
- salt and pepper
- 225g lean minced beef
- 1 small egg, beaten

PEPPERS
1. Cut peppers in half lengthways and de-seed. Place in a pan of boiling water and simmer for 5 minutes. Drain well.
2. Grate the onion and mix with the beef, egg and salt and pepper. Fill the peppers with this mixture.
3. Place in an ovenproof dish and pour over the sauce.
4. Cover and bake for 1 hour.

- Serve with vegetables or salad.
Recipe by Terry Phillippe
Serves 4

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500g or 1 lb pork loin cut into cubes.
Selection of vegetables cut into chunks – onions, courgettes, tomatoes, green, red, yellow peppers, cloves of garlic etc. *mushrooms
Cajun rub (See recipe ) if liked
Metal or wooden skewers pre-soaked in water.

1. Prepare pork and vegetables.
2. Coat pork cubes with dry rub and a few drops of Stevia.
3. Fill skewers with vegetables and meat.
4. Brush with olive oil, lard or dripping and grill on BBQ till browned and the meat is cooked through.

- Serve with mixed salad drizzled with olive oil.
Recipe by Terry Phillippe

Serves 4

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450 g lean pork mince
1 clove garlic or 1 heaped teasp. garlic puree
2 level teasp. dried rosemary
1 medium finely chopped onion
Salt and pepper
*1 peeled, grated medium cooking apple or 1 large eating apple or 3 tablesp. dried apple cubes

1. Mix all ingredients together.
2. With damp hands, shape mixture into 4 burgers.
3. Chill for 20 minutes.
4. Grill for 6-8 minutes on each side till juices run clear. Or cook on BBQ.

- These will freeze either raw or cooked.
Adapted by Sally Phillippe

Serves 4

450g lean finely minced beef
salt and pepper
pinch of mixed herbs
1 egg white
1 medium tomato, finely chopped
1 medium onion, finely chopped.
1 small carrot, grated

1. Light oven 190C, 375F, Gas 5
2. Grease and line a loaf tin with greaseproof paper or parchment.
3. Put all ingredients into a mixing bowl and mix well.
4. Put mixture into the loaf tin.
5. Bake for 1 hour.
6. Serve hot with vegetables or cold with salad.

- This will freeze.
Recipe by Sally Phillippe

Serves 4

1 lb wheat and dairy free pork sausage meat
Pinch salt
Ground black pepper (omit if liked)
½ onion finely chopped
½ teasp. any dried herb or 1 teasp. finely chopped fresh herbs. (rosemary, parsley, basil, oregano etc)

1. Mix all ingredients together in a bowl till well combined.
2. Damp your hands and then pull out a ball about the size of a golf ball. Roll till smooth, then flatten with the palm of your hand till about ½ inch thick.
3. Fry gently for about 4-5 minutes on both sides till brown and the centre is cooked through.

- These will freeze uncooked – lay on a cooling rack in freezer till frozen then put in freezer bag. Defrost in microwave before cooking.
- Good for breakfast, lunch or dinner.
Recipe adapted by Sally Phillippe

Serves 4

3 large red chillies
1 tablesp. olive oil, lard or dripping
1 large onion roughly chopped
2 large garlic cloves or 2 teasp. ready garlic from tube
1 red pepper, deseeded and cut into chunks
1 orange pepper, deseeded and cut into chunks
2 tablesp. ground cumin
1 teasp. ground cinnamon
1 tablesp. paprika
500g minced beef or Quorn mince
200g tin chopped tomatoes with chilli and garlic
500g passata with herbs
*400g tin kidney beans
6 tablesp. soy yoghurt or Kefir

1 Deseed and finely chop 2 of the chillies.
2 Put the oil, lard or dripping in a pan and fry the chillies, onion, garlic and peppers for 5 minutes until softened.
3 Add the cumin, cinnamon, and paprika and cook for 1-2 minutes, stirring well.
4 Stir in the mince or Quorn, tomatoes, passata and beans and 300ml of cold water. Bring to the boil and simmer for 20 minutes.
5 Use long handled tongs to cook the remaining chilli directly over an open flame, turning until charred.
6 Place in a plastic food bag and seal and leave to steam for 10 minutes. Remove the blackened skin and seeds, mash the flesh and stir into the yoghurt or Kefir.

- Serve meat over a bed of cooked shredded white cabbage or cooked mashed cauliflower and pour over some of the chilli cream.
- This is very spicy. Use fewer chillies if you don’t want it too hot.
Recipe adapted by Sally Phillippe

Serves 4

2 tablesp. oil, lard or dripping
2 onions, peeled and chopped
400g diced lamb
5cm root ginger, peeled and grated
4 tbsp. Rogan Josh paste
400g tin tomatoes
600ml chicken stock made from Knorr stock cube* or 600 ml chicken stock made from a chicken carcase for fermenting gut.
125g yellow split peas
200g carrots, sliced thinly
250g green beans, halved
5 tbsp. Kefir or soy yoghurt*
8 radishes chopped (opt)

1. Light oven 180C gas mark 4
2. Heat oil, lard or dripping in a large flame proof casserole or in a large pan and fry onions for 5 minutes to soften.
3. Add the lamb and cook for 10 minutes to lightly brown.
4. Stir in the ginger, curry paste and cook for a couple of minutes. Add tomatoes and chicken stock.
5. Add salt and pepper to taste and the yellow split peas, green beans and carrots. Bring to the boil.
6. Put the flame proof casserole in the oven or transfer the contents of the pan into an oven proof dish. Cover with a lid and cook for 50 – 60 minutes in the oven until the meat and vegetables are tender.
7. Serve with a generous dollop of kefir or soy yoghurt* and sprinkled with radishes.

- This would be good on either a bed of finely chopped cooked white cabbage or mashed cooked cauliflower.
Recipe by Sadie Roberts

Serves 4

Meatball/burger ingredients:

500g ground lamb
2 tablespoons kalamata olives (finely chopped)
2 cloves garlic (crushed)
Zest of 1/2 lemon
1/2 teaspoon cinnamon
1/2 teaspoon sea salt
1/2 tablespoon avocado oil / hard cooking fat like lard or dripping

Optional meatball jus:

200ml bone broth
1/2 lemon, juiced

1. Mix all the ball/burger ingredients together and form into 1 inch balls (or burgers).
2. Heat oil / fat in large frying pan over a medium high heat and fry meatballs for a couple of minutes on each ‘side’ until all well browned (around 10 mins in total). If making burgers fry on both sides for 4-5 mins depending on thickness.
3. If using the jus set aside the balls on a warm plate, turn the heat to low and add the jus ingredients. It will boil very vigorously due to the hot pan, so be careful. Deglaze pan, leave for a minute or two and then spoon over balls.

- The meatballs will freeze either cooked or raw.
CHILLI CON CARNE

Adapted by Sally Phillippe

Serves 4

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1 tablesp. oil, lard or dripping
2 large onions chopped
2 cloves garlic crushed or 2 teasp. ready garlic from tube
500g or 1 lb. minced beef
2 teasp. Chilli powder
1 teasp. cumin powder (opt)
1 x 65 g tomato puree
1 x 425g tin red kidney beans, drained
300ml (½ pint) beef stock (use ½ Knorr Stock pot and ½ pint water)
100g (4 oz) mushrooms
Salt and pepper

1. Dry fry the minced beef in a large pan till browned. Add the garlic and onions and fry for a further 2 minutes.
2. Add all other ingredients (except kidney beans) and bring to the boil.
3. Simmer for ½ - ¾ hour with a lid. Stir every now and then.
4. Add kidney beans and bring to boil to warm beans through.

- Serve on a bed of cooked shredded white cabbage or a bed of cooked mashed cauliflower with green vegetables and/or a mixed salad.
- This freezes.
MOROCCAN MEATBALLS.

Adapted by Sally Phillippe

Serves 4

Meatballs
500g minced beef
3 tbsp. oatmeal
1 egg
Salt and pepper
1 tbsp. chopped parsley or 1 level teasp. dried parsley
Mix all together and shape into balls with damp hands. Cook as required.
These will freeze raw or cooked.

Sauce
100g dried ready to eat apricots, halved
25 flaked almonds
1 tbsp. olive oil, lard or dripping
1 onion chopped
400g tin chopped tomatoes with garlic
handful fresh or 2 teasp. dried coriander
1 level teasp. cinnamon

1 Fry meatballs in the oil, lard or dripping for 10 mins. turning until cooked. Remove from pan.
2 Add onion and cook until soft.
3 Add apricots, cinnamon and tomatoes.
4 Half fill the can with water and add to pan.
5 Bring to the boil, then simmer for 5 mins.
6 Return meatballs to the pan and heat through.

- Sprinkle over the almonds and coriander and serve with other allowed vegetables.
- This will freeze.
SAUSAGE AND BEAN POT

Adapted by Sally Phillippe

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4 large sausages – wheat and dairy free
200g frozen diced onion or two large onions, peeled and chopped
227g (jar) sundried tomato paste
1 dried bay leaf (opt)
1 can haricot beans drained
½ teasp. dried thyme
1 teasp. dried rosemary
400ml water

1 Fry sausages in non-stick frying pan till golden brown and cooked. Remove sausages from pan and discard most of the fat.
2 Cook onion until soft but not browned.
3 Add tomato paste and cook for two mins.
4 Add the beans, water, herbs, season well with salt and pepper. Simmer for 10 mins.
5 Slice sausages and add to pan. Simmer until the sauce is thick enough to coat the back of a spoon.
6 Serve with a green vegetable.

- This will freeze.
SIMPLE PORK STIR-FRY

Adapted by Sally Phillippe

Serves 4

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1 tablesp. gram flour
salt and black pepper
600g pork tenderloin thinly sliced
2 tablesp. oil, lard or dripping
3 carrots cut into thin batons
1 red and 1 green pepper thinly sliced
24 French beans
20 baby button mushrooms sliced
Juice of 1 lemon or 3-4 tablesp. bottled
1 tablesp. dairy/wheat free soy sauce
3 teasp. fish sauce (opt)

1 Put the flour into a re-sealable food bag, add salt and pepper. Shake well. Add the pork and shake well to coat the pork. Put into a sieve to remove any excess flour.

2 Pour the oil, lard or dripping into a large frying pan or wok and heat to a high heat. Add the pork and fry for 1-2 mins until brown.

3 Add the veg. and toss. Add lemon juice, fish and soy sauces and fry for 5-10 mins. till veg. is cooked but still slightly crisp and the pork is cooked through.

- Can be served on a bed of cooked shredded white cabbage, or cooked mashed cauliflower
- This is very tasty and quick to do. Sliced chicken could be used instead of pork.
SAUSAGE, LAMB AND PINEAPPLE CASSEROLE.

Adapted by Sally Phillippe

Serves 4

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4 small lamb chops
4 wheat free sausages
50g mushrooms
350ml stock (made from wheat and dairy free cube)
4 pineapple rings

1. Light oven gas 4, 350F,180C
2. Grill sausages and cut into three.
3. Place lamb chops in flat casserole dish. Place a ring of pineapple on top of each chop with a whole mushroom in the hole in the ring.
4. Chop rest of mushrooms and arrange round the chops with the sausage pieces.
5. Pour in stock and bake in oven for 1 hour 15 minutes.

- Serve with green vegetables.
THAI BEEF SALAD

Recipe from Bella Magazine

Serves 4

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2.5cm piece of root ginger, finely grated or 4 teasp. ready chopped ginger from jar
1 stick of lemon grass, finely sliced (outer leaves removed)
1 tableesp. fish sauce
1 tablesp. wheat free soy sauce
2 teasp. sesame oil
juice of 1 lime
1 red chilli, deseeded and finely chopped
2 x 240 g rump steaks, trimmed of fat
10cm piece cucumber cut into batons
100g salad leaves
80g cherry tomatoes
80g bean sprouts
Handful each of fresh coriander, basil, and mint leaves roughly torn

1 Mix the ginger, lemon grass, fish sauce, soy sauce, oil, lime juice and chilli together. Pour half the marinade over the steaks and marinade overnight or from the morning till the evening.

2 Preheat the grill to high. Remove the steak from the marinade (discard this marinade) and grill on each side for 2-4 minutes according to taste. Set aside for 10 minutes before slicing.

3 Place the other half of the marinade in a bowl and add the steak and the rest of the ingredients

4 Toss to coat before serving.

- This could be expensive because of the cost of good beef.
Recipe adapted by Sally Phillippe

Serves 4

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2 tbsp. olive oil, lard or dripping
4 wheat and dairy free sausages
4 boneless, skinless chicken thighs opened out flat
1 large onion peeled and chopped
2 celery sticks washed and chopped
2 tsp. paprika
2 x 400g tins chopped tomatoes with garlic and herbs
2 x 400g tins cannellini beans, rinsed and drained

1 Heat the oil, lard or dripping in a large saucepan. Add the sausages and the chicken thighs and fry for 5 minutes till browned. Remove from the pan and slice the sausages.

2 Add the onion and celery to the pan and fry 2-3 minutes till slightly softened. Add the paprika and return the sausages and chicken to the pan.

3 Add the tomatoes, beans, salt and pepper. Bring to the boil and reduce heat to simmer for 20 minutes.

- This would be good served with green vegetables on a bed of either mashed cauliflower or white cabbage.
- Bread substitutes could be eaten with this too.
SUCCULENT PORK CHOPS

Recipe by Terry Phillippe

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4 pork chops
4 tablesp. rolled oats (whizzed up in a grinder to a flour) or gram flour
1-2 teasp. dried herbs and spices – choose any of your favourites.
Salt and freshly ground black pepper

1 Light oven 200C, 400F, gas mark 6.
2 Mix oats or gram flour with herbs and spices, salt and pepper. Put on a large plate.
3 Dip pork chops in the mixture to coat each side - make sure the meat is all covered.
4 Place coated chops in a greased oven proof dish and bake for 30 minutes until meat is tender and cooked through.

- This is also good on a bed of roasted vegetables. See recipe for roasted vegetables.
HERB CRUSTED LAMB


Contributed and adapted by Debbie Bowers

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1.5 -2 kilo leg of lamb, bone-in  
2 heads of garlic, ¼ inch of top end removed to show the individual cloves  
1 small sweet potatoes, diced (do not eat if on Stone Age diet)  
1 large red onion, roughly chopped  
5-6 tbsp Dijon mustard  
150g ground almonds  
50ml olive oil  
2 tbsp fresh thyme, chopped  
2 tbsp fresh tarragon, chopped  
1 tbsp fresh parsley, chopped  
1 tbsp fresh rosemary, chopped  
½ tbsp garlic powder  
salt and pepper, to taste  
extra olive oil to top veggies with  
selection of allowed vegetables to roast – carrots, courgettes, peppers, parsnips, onions etc.

1. Preheat an oven to gas mark 6, 200°C, 400 F.
2. Pat the lamb dry with a paper towel. Sprinkle salt and pepper on it and let it sit for 30 minutes or so to come to room temperature.
3. In a bowl, stir together the almonds, all your chopped herbs, garlic powder, olive oil, and salt and pepper.
4. Coat the lamb on all sides with the mustard.
5. Use a basting brush to spread the herb mixture on the underside of the lamb. Place the lamb on a rack in a large roasting pan, fat side up. Pack the remaining herb mixture on the top and sides of the lamb.
6. Place pan in the oven to roast for 30 minutes at 400 degrees.
7. Then, reduce the oven temperature to 350 degrees, add your vegetables to the roasting pan around the lamb, sprinkle with olive oil and salt and pepper, and continue roasting until your thermometer inserted into the thickest part of the meat, away from the bone, registers 130 degrees for medium-rare, 1.25 to 1.5 hours.
8. After the lamb is cooked, place on cutting board and cover loosely with aluminium foil and let rest for 20 minutes.
9. Squeeze the roasted garlic on top of your lamb and veggies for extra flavour! And bad breath.

Contributed by Debbie Bowers

Serves: 4

2 cm piece root ginger  
1 onion, chopped  
3 cloves garlic  
1 small red chilli, seeded  
2 tablesp curry powder  
3 tablesp sunflower oil  
3 handfuls fresh spinach  
1 tablesp black mustard seeds  
3 carrots, sliced  
2 red peppers, seeded and chopped  
1 (400g) tin chopped tomatoes  
1 (160ml) tin coconut milk  
salt and pepper to taste  
600g cooked lamb, diced  
chopped fresh coriander to taste.

1. In a food processor combine the ginger, onion, garlic, chilli, curry powder, 1 tablesp of the sunflower oil and half of the spinach and blend until it becomes a smooth paste.
2. In a wok over a medium heat, heat the remainder of the oil and add the mustard seeds. Cook and stir for 1 minute until popped.
3. Add the carrots, peppers and curry paste and cook and stir for 4 minutes until fragrant.
4. Add the contents of the tin of tomatoes followed by the coconut milk. Season well then add the lamb and some fresh coriander (reserve a little to garnish).
5. Simmer gently for 20 minutes until the sauce is thick and creamy then stir through the remainder of the spinach until wilted.
6. Serve hot garnished with fresh coriander.

- This would be good served with cauliflower rice and poppadoms.
- This would freeze.
Meat Balls

500g Extra Lean Beef Mince
½ a Large White Onion
1 Egg
Mixed Herbs (Fresh or Dried)

Ragu

½ Large White Onion
1 Large Red Onion
1 Courgette (Zucchini for those in the US)
1 Carrot
2 Bell Peppers (Red, Yellow or Orange)
2 Cans of Chopped Tomatoes
Mixed Herbs (Fresh or Dried)
Olive oil
Water as needed

Start by making the meatballs
1. Pre-Heat oven to gas 4, 180C, 350F.
2. Pop all the ingredients for the meatballs into a food processor and zap until completely mixed.
3. Roll into balls around an inch wide.
4. Place on a baking tray and bake for 20-25 minutes.

Whilst the Meatballs are cooking away, start on the Ragu
1. Heat the oil in a large pan or wok.
2. Finely chop onions and bell pepper and sauté in the olive oil.
3. Grate carrot and courgette and add to the pan and stir thoroughly.
4. Add the tomatoes and mixed herbs. Add water (I usually fill one of the tomato cans and put that in)
5. Simmer down on a medium to low heat

• Serve over a bed of cauliflower rice or finely shredded cooked cabbage.
**CURRIED LAMB WITH COCONUT**


Contributed by Debbie Bowers.

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1 teasp coconut oil  
500g diced lamb (a little fat on the meat is fine)  
1 brown onion  
½ long red chilli  
1 celery stick diced  
2 garlic cloves, diced or 3-4 teasp ready garlic  
2 teasp garam masala powder  
½ teasp turmeric powder  
½ teasp fennel seeds  
1 teasp ghee  
250g coconut milk (1 cup)  
1 tablesp tomato paste  
½ cup water  
1 teasp sea salt  
1 carrot, diced  
Squeeze of lime or lemon  
Coriander or parsley to garnish

1. Heat a teasp of coconut oil in a casserole pot or a large saucepan.
2. Add the lamb and stir it around on high heat until slightly browned. Add the onion, chilli and celery and cook for about a minute, until slightly softened. Bring the heat down to medium.
3. Add garlic, garam masala, turmeric, fennel seeds and ghee (or extra coconut oil if avoiding dairy). Stir through the lamb and cook for a minute to let the spices release their aromas.
4. Add coconut milk, tomato paste, water and sea salt. Stir and bring to boil. Then turn the heat down to simmer and cook for 1 hour, covered with a lid. Stir a couple of times.
5. After one hour, add the diced carrot and cook for a further 40 minutes, covered with a lid. Stir a few times.
6. Sprinkle some fresh coriander or parsley and drizzle a little lemon or lime juice before serving.
7. Serve with your favourite vegetables or cauliflower rice.

- This will freeze
1 lb flank steak
1 medium yellow onion
1 red bell pepper
1 green bell pepper

Marinade
2 limes, juiced
¼ cup olive oil or coconut oil
2 teasp chilli powder
1 teasp cumin
1 teasp salt
1 teasp paprika
1 teasp oregano
½ teasp garlic powder
½ teasp onion powder
½ to 1 teasp red pepper flakes (adjust to taste)

Tortillas
Use the gram flour pancake recipe in the recipe book

Tortilla
Make your gram flour pancakes while the steak is marinating.

Fajita
1. Slice onion and peppers into strips lengthwise, and set aside
2. When steak is marinated, grill unsliced over medium heat 3-5 minutes each side, or until cooked to desired doneness, and set aside
3. Add a tablespp or two of oil to a large frying pan set to medium heat
4. Season peppers and onions with remaining half of spices
5. Next sauté veggies 3-5 minutes until tender
6. Slice cooked flank steak into fajita strips
7. Place steak and veggie strips into tortillas
8. Garnish with guacamole, a salsa, and a squeeze of lime
QUICK CURRIED LAMB STEAKS

Recipe from Bella magazine

Contributed by Sally Phillippe

Serves 2

1 tbsp ghee (clarified butter) or coconut oil
2 tsp curry powder – mild, medium or hot depending on taste
1 tsp ready garlic or 1 clove garlic crushed
2 x 115g lamb steaks

1. Heat the oil or ghee in a frying pan.
2. Fry for 2 mins the curry powder and garlic
3. Add the lamb steaks and fry, covered, on medium heat for 7 mins each side.
4. Serve hot on a bed of cauliflower rice.

- This would be nice with poppadoms (SA and FG) and/or flat bread (SA), recipe in the recipe book.
Adapted by Sally Phillippe

Serves 2-3

1 onion or two tablesp. ready chopped frozen onion.
1 teasp. ready garlic
3 tablesp. red curry paste
1 tablesp. groundnut or olive oil
400g tin chopped tomatoes
2 x 400ml coconut milk
250ml fish or chicken stock. ( for wheat free check label)
150 g sugar snap peas
4 tablesp. fish sauce
salt and black pepper
400 g raw prawns or chicken diced
**12 button mushrooms halved
*juice of 1 lime or 2 tablesp. lime juice
*400g butternut squash peeled and diced into ¼ inch cubes
Instead of mushrooms and butternut squash for those with fermenting gut, substitute courgettes.

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1 Whiz up the onion, garlic and curry paste in a blender or finely chop onion and mix with garlic and curry paste.

2 Pour oil in saucepan and when hot add the paste and tomatoes. Cook for 5 mins. stirring all the time.

3 Add the coconut milk and the squash. Bring to the boil and simmer for 10-15 mins till squash is tender.

4 Add sugar snap peas and fish sauce. Add salt and pepper.

5 Add prawns or chicken to curry sauce and cook till tender – prawns are ready when they go pink – do not overcook as they go hard.

- Can be served on a bed of cooked mashed cauliflower.
Recipe by Sally Phillippe

For each person you need
1 chicken breast
1 teasp. dairy free marg
small amount garlic puree
pinch dried herbs – Italian herbs or any you like
1 slice bacon

1. Light oven gas mark 5, 175C, 375 F
2. Grease a baking sheet.
3. Mix marg, garlic and herbs to form a paste.
4. Cut sideways into the chicken breast to make a pocket and fill with paste.
5. Wrap a slice of bacon round the breast to seal the pocket.
6. Bake for 30-35 minutes till cooked through.

- This very tasty and so easy to prepare. Would be nice with vegetables or salad.
Recipe by Sue Head Evans

Serves 4

For the spicy chicken

- 4 chicken breasts or thighs
- 2 garlic cloves crushed or two teasp. ready garlic from tube
- 1 lemon, juice only or three tablesp. ready lemon juice out of a bottle
- 1 heaped teasp. paprika
- 1 teasp. ground cumin
- pinch cayenne pepper
- 1 teasp. turmeric
- Sea salt and freshly ground black pepper
- 1tbs olive oil

Mix all the ingredients except the oil together in a mixing bowl and mix to ensure the chicken is completely coated in the ingredients.

Marinade for at least 3 hours or overnight.

To cook the chicken, heat a griddle pan, remove the chicken from the marinade and rub all over with the olive oil.

Place on the griddle and cook for about 15 minutes for breast and 20 minutes for thighs, turning once or twice. Ensure juices run clear.

For the vegetable sauce:

- 2 tbs olive oil
- 1 garlic clove crushed or 1 teasp. ready garlic from tube
- 1 aubergine chopped
- 1 red onion chopped
- 2 courgettes chopped
- 1 red pepper deseeded and chopped
- 1 x 400g/14oz tin tomatoes
- sprig fresh oregano
- small handful chopped flat leaf parsley
- 1 lemon, grated zest only

Heat the olive oil in a wide pan and fry the garlic for 1 minute until soft.

Add the aubergine, onions, courgette and red pepper to the pan and fry for 20 minutes until softened, stirring regularly.

Stir in the tomatoes and oregano and cook for a further 20 minutes until reduced and thick.

Mix together the parsley and lemon zest in a small bowl and stir this through the vegetables and serve with the chicken.

This would be good served on a bed of finely shredded and cooked white cabbage or mashed cooked cauliflower.

This would freeze.

The vegetable sauce would be good with pork chops, wheat free sausages or plain chicken.
HAM, CHICKEN & TARRAGON PIE

Recipe by Sadie Roberts

Serves 4-6

Filling:
1.5 kg Ham Hock
6 Whole Chicken Legs
2 Carrots
2 Stick Celery
1 Onion (halved)
1 Bouquet Garni (bag of herbs)
Filtered Water

Sauce:
1 tbsp. Fresh Tarragon (chopped)
1-2 tbsp. Arrowroot (mixed with a splash of cold water)

Topping:
2 Cauliflowers (florets removed)
2 tbsp. Olive Oil, or Ghee
Sea Salt

1. Remove the meats from the fridge and bring to room temperature (30 minutes).
2. Place ham in a saucepan, cover with water and bring to the boil. Pour off the water and rinse the ham.
3. Place all the filling ingredients into a slow cooker, or large casserole. Add enough water to just cover them all.
4. In the slow cooker, crock pot, cook on high for 2 - 3 hours, or simmer in casserole for 1 - 2 hours until the meats are cooked (you may have to remove the chicken legs earlier).
5. For the topping, boil the cauliflower florets in plenty of salted water for around 10 minutes until tender. Drain thoroughly and remove as much water as possible from them with kitchen towel. Return to the saucepan and mash with the oil/ghee and season to taste. Set aside.
6. Once cooked remove the meat and set aside to cool a little. Throw away the vegetables/herbs and pour the broth into a degreasing jug. Pour 500ml into a saucepan (the remaining broth can be frozen for future use) and place over a medium/high heat to boil for 20 minutes or so, to reduce the liquid by half.
7. Meanwhile remove the fat/skin from the meat and throw away. Strip the meat from the bones, arrange in a large pie dish and sprinkle with the tarragon.
8. Once reduced, turn the heat down to a simmer under the broth and whisk in enough arrowroot mixture to form a thick gravy. Check for seasoning (should be salty enough from the ham).
9. Pour the gravy over the meat and top with the mash.
10. At this point the pie can be refrigerated, or frozen. The pie should be at room temperature before the next stage of cooking.
11. Place the pie in a preheated oven for around 20 minutes at 180C. And then under the grill for 5 minutes to brown.

Serve with greens of your choice.

This will freeze.
Recipe by Sadie Roberts

Serves 4

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>4 small skinned chicken breasts</td>
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<tr>
<td>(halved) or 8 skinned thighs</td>
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<tr>
<td>1 onion (peeled)</td>
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<tr>
<td>3 large garlic cloves (peeled)</td>
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<tr>
<td>5 cm cube ginger (peeled &amp; roughly chopped)</td>
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<tr>
<td>2 tablesp. coconut oil</td>
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<tr>
<td>1 tablesp. turmeric</td>
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<tr>
<td>1 tablesp. coconut flour</td>
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<tr>
<td>100g creamed coconut (from a block) or</td>
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<tr>
<td>1 tin coconut cream</td>
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<tr>
<td>100-120ml chicken stock</td>
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<tr>
<td>1 teasp. salt</td>
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<tr>
<td>½ teasp. ground black pepper</td>
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<tr>
<td>2 tablesp. fresh lime/lemon juice</td>
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<tr>
<td>Chopped fresh coriander</td>
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<tr>
<td>2 green chillies (deseeded &amp; finely chopped)</td>
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<tr>
<td>1 teasp. ground cumin</td>
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<tr>
<td>2 teasp. ground coriander</td>
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<tr>
<td>½ teasp. turmeric</td>
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<tr>
<td>½ teasp. cayenne</td>
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<tr>
<td>½ teasp. paprika</td>
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<tr>
<td>1 tablesp. tomato puree</td>
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1. Add the onion, garlic and ginger to a food processor and whizz until all very finely chopped.
2. Heat oil in a frying pan over a low-medium heat and add the onion mixture. Allow to cook for around 10 minutes stirring occasionally.
3. Reduce the heat to low and add the coconut flour and turmeric. Add a little water to loosen the paste and cook for a couple of minutes.
4. Mix the creamed coconut with enough hot water to make a thick cream. Add the coconut cream, stock, salt and pepper to the pan and bring to the simmer.
5. Add chicken pieces to a slow cooker/casserole (with lid) and cover with the sauce:
6. Slow cooker; cook on low for 5-6 hours, or high for 2-3 hours. Casserole; cover with a circle of greaseproof paper sitting on top of the mixture and then the lid, cook for 1.5 hours at 150C, gas 4.
7. Once cooked stir in the lime juice and serve with veg of your choice and the fresh coriander sprinkled on top.
ORIENTAL CHICKEN

Adapted by Sally Phillippe

Serves 2

1 large tin bean sprouts or fresh bean sprouts.
1 large onion, chopped
225 cooked chicken
salt and pepper
3 tablesp. wheat free soy sauce.
120 g mushrooms, sliced

1. Fry the onions in the soy sauce till tender.
2. Add the mushrooms and cook gently for a further 2-3 minutes.
3. Add the bean sprouts and chicken, heat thoroughly stirring all the time.

- Serve with vegetables or salad.
MOROCCAN CHICKEN

by Terry Phillippe

Serves 4

I Jar Tagine Sauce by Alfez [www.alfez.com](http://www.alfez.com) (This is legal for Stone Age Diet)

4 chicken breasts
1 ½ green, red peppers chopped finely (or equivalent ready frozen peppers)
100g streaky bacon- chopped finely
1 onion or 3-4 tablesp. ready chopped frozen onion
100 g roughly chopped ready to eat or dried apricots
olive oil, lard or dripping

Dried garlic powder or 1 teasp. ready tube garlic

1. Light oven gas reg 5, 190C or 375F.
2. Fry chicken breasts in a little olive oil, lard or dripping with garlic to brown the meat. Put into a flat oven proof dish.
3. Fry onions, peppers, bacon, apricots and garlic in pan with a little olive oil, lard or dripping. Add sauce and 1 sauce jar of water and heat through. Pour oven chicken.
4. Bake for 25-30 mins till chicken is cooked through.

- Can be served on a bed of cooked shredded white cabbage, or cooked mashed cauliflower.
- This will freeze.
HAWIIAN CHICKEN

Adapted by Sally Phillippe

Serves 4

4 chicken breasts or 8 thighs
2 tablesp. gram 1 teasp. paprika pepper
large pinch salt
large pinch black pepper
2-3 tablesp. oil, lard or dripping
1 teasp. grated orange rind
125ml orange juice
large tin crushed pineapple
1 large orange sliced

1. Light oven gas 4, 180C, 350F. Grease a flat oven proof casserole dish.
2. Mix flour, paprika, salt and pepper in a bag and toss chicken to coat.
3. Fry chicken in the oil, lard or dripping in a frying pan till browned. Arrange in bottom of dish.
4. Sprinkle with orange rind, orange juice and crushed pineapple.
5. Bake for 45mins – 1 hour. 5 minutes before end of cooking time arrange orange slices over the top and reheat till piping hot.

- Serve with green vegetables or crispy green salad.
- This is very tasty and easy and quick to make.

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ZESTY CHICKEN STIR FRY

Adapted by Sally Phillipe

Serves 2

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1 tablespt. soy sauce
Juice of 1 small orange or 2 tablespt. orange juice from carton
2 tablespt. oil, lard or dripping
1 large chicken breast cut into chunks
1 onion chopped or 4 tablespt. frozen chopped onion
150g mange tout
1 red pepper chopped
Any other vegetables like bean sprouts, bamboo shoots and/or water chestnuts (these can be bought in tins separately or in a mix – very good )

1. Mix together the soy sauce, vinegar, orange juice, sugar and cornflour.
2. Heat the oil, lard or dripping in a wok or large deep frying pan and fry chicken chunks for 3-4 mins.
3. Add onion, pepper and other vegetables and fry for 4-5 mins till vegetables are tender but still crunchy and the chicken cooked through.
4. Add the sauce and bring to the boil. If too thick add more orange juice or water.
5. Add salt and pepper to taste.

- Can be served on a bed of cooked shredded white cabbage, or cooked mashed cauliflower
APRICOT AND NUT STUFFED CHICKEN BREASTS.

Recipe by Terry Phillippe

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For each person you will need
1 chicken breast
4 ready to eat apricots (chopped)
Small handful of nut (chopped) – cashew, peanuts or almonds
1 teaspn. dairy free marg
End of a teaspoonful garlic puree
1 slice bacon.

1. Light oven gas mark 5, 175C, 375F.
2. Grease a baking tray.
3. Mix apricots, nuts, marg and garlic into a paste.
4. Cut sideways into the chicken breast to make a pocket and put filling inside.
5. Wrap a piece of bacon round the breast to seal the pocket.
6. Bake for 30-35 minutes till cooked through.

- This is really delicious and very, very easy to prepare.
- Would be nice with green vegetables or salad.
SPICED TURKEY BURGERS WITH GUACAMOLE TOPPING

Recipe from Bella Magazine adapted by Sally Phillippe

Serves 4

**Burgers**

500g, 1 lb, turkey mince  
2 teasp. harissa paste  
4 spring onions finely sliced  
1 tablesp. coriander chopped  
1tablesp. chopped mint  
1 egg yolk  
Freshly ground black pepper

**Guacamole**

1 avocado, chopped  
1 medium tomato, finely chopped  
2 spring onions, finely sliced  
Juice of ½ lime

To serve  
lettuce leaves  
small handful coriander leaves

1. Make the burgers by combining all ingredients and mix well.  
2. Wet your hands and shape into 8 patties.  
3. Gently fry in oil, lard or dripping till golden and cooked through.  
4. Make the guacamole by carefully combining all the ingredients.  
5. Lay the burgers on the lettuce leaves and top with the guacamole. Scatter over the coriander leaves.

- This is very easy to make.  
- The burgers will freeze raw or cooked.  
- Serve with a large mixed salad drizzled with flavoured olive oil.
Recipe by Bella magazine
Contributed by Sally Phillippe

Serves 4

4 large whole chicken legs
Drizzle of olive oil
Handful of black olives
2 teasp sumac spice*
Salt and pepper
Large handful of cherry tomatoes
1 lemon

Heat oven to gas mark 4, 180C, 350F.
Put chicken legs, black olives, sumac and salt and pepper in a roasting tin and drizzle with olive oil.
Roast on middle shelf for 30 mins.
Scatter over cherry tomatoes and thinly sliced lemon pieces.
Roast for another 30 mins until the chicken is falling off the bone, the cherries are just bursting and
the lemon is browned.
Serve hot.

This will freeze.
This would be good with cauliflower rice and other allowed vegetables.

*Sumac spice has a tart flavour that is very nice sprinkled on fish, chicken, over salad dressings, rice pilaf, or over raw onions. Try substituting in any dish on which you might squeeze fresh lemon juice. If you enjoy hummus, try topping it with a sprinkling of sumac. It's delightful!

Sumac is considered essential for cooking in much of the Middle East; it served as the tart, acidic element in cooking prior to the introduction of lemons by the Romans. Sumac has a very nice, fruity-tart flavour which is not quite as overpowering as lemon. In addition to their very pleasant flavour, flakes from the berry are a lovely, deep red colour which makes a very attractive garnish.
AROMATIC CHICKEN CURRY

Recipe from Woman’s Own magazine

Contributed by Sally Phillippe

Serves 4

75g raw unsalted cashew nuts
4 onions, chopped
3 tablesp oil
3 small green chillies, deseeded and chopped
25g fresh coriander
1 tablesp ground coriander
½ teasp ground cumin
6 cardamom pods, crushed
1 cinnamon stick
4 garlic cloves, peeled and crushed
25g fresh ginger, grated
3 skinless, boneless chicken breasts, cut into chunks
Juice of ½ lime

1. Soak the nuts in 200ml cold water for 20 mins.
2. Fry onions in 2 tablesp oil until lightly browned.
3. Put the nuts, water, onions, ⅔ of the chillies and the fresh coriander in a blender or food processor and blitz until a thick paste.
4. Heat the remaining oil and gently fry the spices, garlic and ginger for a few minutes. Add the nut paste and chicken, mix and cook for a few minutes. Add 200ml water and simmer for 10-15 minutes
5. In a bowl, mix the remaining chilli, extra coriander and lime juice. Scatter over the curry and serve hot.

- This would be good served with cauliflower rice, poppadoms or flatbreads (recipe in the recipe book).

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**COCONUT CHICKEN CURRY**

Recipe by: Amy Myers M.D., founder and medical director of Austin UltraHealth

Contributed by Suzanne O’Keeffe

Serves 2

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1 tablespoon extra-virgin olive oil
2 garlic cloves, chopped
1 medium onion, diced
½ tablespoon ground turmeric
½ tablespoon ground cumin
1 tablespoon ground coriander
½ teaspoon onion powder
2 celery stalks, chopped
½ cup chopped scallions/spring onions
1 cup water
1 teaspoon sea salt
2 chicken breasts, cooked and cut into bite-size pieces
1 x 13.5 ounce can full-fat unsweetened coconut milk
Flesh of 1 ripe avocado, sliced

1. Heat a large skillet over medium heat.
2. Coat the pan with olive oil, and when the oil is hot, sauté the garlic until it’s slightly browned.
3. Add the onion, and add more oil if needed. Cover and cook the onions until they are translucent.
4. Add the turmeric, cumin, coriander and onion powder, and mix to coat the onions and milk.
5. Add the celery, scallions, water and salt.
6. Let everything simmer until the vegetables are soft.
7. Stir the cooked chicken and coconut milk, and continue simmering to mix the flavours.
8. Serve over cauliflower rice and top with the sliced avocado.
Recipe by Sally Phillippe

Serves 4

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600g/ 1lb lamb’s liver
4 rashers bacon
2 large onions
2 cloves garlic or 2 teasp. ready garlic from tube
½ pint beef stock – wheat and dairy free
Salt and pepper
1 level tablesp. Arrowroot* or gram flour* for thickening

1 Light oven gas 4. 180C, 350 F
2 Wash the liver in water and slice thinly, removing any tubes or white bits.
3 Place in an oven proof dish with a lid.
4 Peel and slice the onions thinly. Peel and crush the garlic. Layer over the liver.
5 Finely slice the bacon and dry fry in a non-stick frying pan till crisp. Put over the onions.
6 Add the stock, salt and pepper. Put lid on dish and bake in the oven for ¾ - 1 hour till the liver is tender. Do not overcook as it will go rubbery.
7 To thicken the gravy - NOT for those on Fermenting Gut – mix the arrowroot or gram flour with a little cold water and stir well. Add the hot liquid in the dish to the cold mix, stir well and return to the dish. Put the lid back on and return to the oven for 10 minutes.

- Serve with a selection of allowed vegetables.
BEEF AND KIDNEY STEW  FG

Recipe by Sally Phillippe  
Serves 4 - 5

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500g / 1lb stewing or braising steak  
125g / ¼ lb lamb’s kidneys  
2 large onions- peeled and chopped  
2 sticks celery- washed, ends removed and sliced  
1 courgette – ends removed and chopped into 1 inch cubes  
1 leek – washed and sliced  
2 teasp. ready garlic from tube  
1 large tin chopped tomatoes  
1 teasp. mixed dried herbs  
*100g mushrooms

1 Light oven 350F, 180 C or gas 4. or use a slow cooker.  
2 Cut steak into 1 inch squares. Cut kidneys in half and remove tubes and any white bits. Chop into 1 inch cubes.  
3 Put all ingredients into a slow cooker crock or an oven proof casserole with lid.  
4 Bake in oven for 2-2 ½ hours until the meat is tender. Check to see if enough juice is being made from meat and vegetable and add a little water if becoming dry. OR cook in slow cooker for 6-8 hours till the meat is tender, checking the moisture level.  
5 For those on the Stone age Diet (not the Fermenting Gut), you can thicken the gravy with a little gram flour or arrowroot if liked.

- Serve with leafy green vegetables and on a bed of shredded cooked white cabbage or cooked mashed cauliflower.  
- The stew will freeze.
CREAMY DREAMY & VELVETY SMOOTH CHICKEN LIVER PÂTÉ


Contributed by Steve Hocking

Serves 6

700g chicken livers
4 sweet shallots, sliced
2 medium onions, sliced
About 6-8 tbsp of water
½ tsp salt
½ tsp white pepper
Generous grating fresh nutmeg (half a nut)
½ cup full fat canned coconut milk
½ cup coconut oil

1. Place a heavy bottomed skillet with one or two tbsp of coconut oil to heat over medium high heat.
2. When the pan is hot enough, add the sliced onions and shallots and cook, stirring occasionally, until they become soft and golden, about 10 minutes. Add a few tbsp of water as necessary when the onions start attaching to the pan a little too much.
3. While the onions are cooking, rinse the chicken livers under cold running water. Drain well, pat dry and remove white connective tissue, if any. Set aside.
4. When the onions have taken a nice golden coloration, add the salt pepper and nutmeg.
5. Add the chicken liver (just make sure that the liquid is completely evaporated before you add the liver). Continue cooking for an additional 5 minutes or so, until the liver is brown on the outside but still slightly pink on the inside. Kill the heat, cover and let stand for about 5 minutes.
6. Transfer the mixture to the bowl of your food processor and give that a few spins on pulse, just to break everything down.
7. Start the motor again and this time, while the blade is turning, drizzle in the melted coconut oil, followed by the coconut milk. Let that spin for an extra 30 seconds, then strain the mixture through a fine mesh sieve. You might want to help it through by swirling it around with a ladle (while this step is entirely optional, it is what will make your pâté extra creamy and velvety smooth, so I think it's
really worth it. Don’t worry too much about wasting some of your precious concoction in the process: only a few tablesp end up being left behind, and you can always munch on that, or give it to your furry friends as a nutritious treat!

8. Pour the mixture into 6 individual half cup ramekins and place in the refrigerator to set for at least 4-6 hours.

9. Cover loosely with a plastic wrap if keeping for an extended period of time, to prevent the top from drying out.

- This pâté will keep for about 3-4 days in the refrigerator.
- It also freezes very well. Just take it out of the fridge the night before and it’ll be good to go by morning.
- This would be good served with oat cakes, herby crackers (recipe in recipe book), or any toasted bread substitute. (recipes in recipe book).
Contributed by Debbie Bowers

Serves: 2 cups

6 pieces bacon
1 small onion, minced
4 cloves garlic, minced
1 pound chicken livers
2 tbsp fresh rosemary, minced
2 tbsp fresh thyme, minced
½ cup coconut oil, melted
½ tsp sea salt
Slices of fresh carrot or cucumber

1. Cook the bacon slices in a cast-iron pot until crispy. Set aside to cool, reserving the grease in the pan to cook the liver.
2. Add the onion and cook for 2 minutes on medium-high. Add the garlic and cook for a minute. Add the liver, sprinkling with the herbs. Cook for 3-5 minutes per side, until no longer pink in the centre.
3. Turn off heat, and place contents into a blender or food processor with the coconut oil and sea salt. Process until it forms a thick paste, adding more coconut oil if too thick.
4. Cut the cooled bacon strips into little bits and mix with the pâté in a small bowl. Garnish with some fresh herbs and serve on carrot or cucumber slices.

- This will freeze.
- This would be good with any of the bread substitute recipes (in the recipe book), preferably something crispy or toasted.
Pak Choy is like Chinese cabbage and can be bought from most big supermarkets. – I love it stir fried with *soy sauce, chopped garlic or garlic puree and Sesame oil and served as a vegetable with other Chinese dishes. It should be cooked so that the leaves wilt and the stems remain quite crisp. Yummy!!

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RATATOUILLE    FG

Adapted by Sally Phillippe

Serves 4

1 Aubergine chopped into small cubes
1 onion or 3-4 tablesp. ready chopped frozen onion
2 courgettes
any other vegetables you have to hand like mange tout, green beans etc
1 large tin chopped tomatoes
1 stock cube (dairy free and wheat free)
1 teasp. dried herbs or 1 tablesp. fresh herbs like coriander or rosemary
salt and pepper
*large handful mushrooms sliced or 1 small tin ready sliced mushrooms (omit for Fermenting Gut with a yeast problem)

1 Put all chopped and sliced vegetables into a saucepan with the stock cube, tomatoes and herbs. Do not add any water as the water will come out of the vegetables. Add salt and pepper to taste.
2 Bring to the boil, then simmer for 30-40 minutes (with a lid on the pan) till all the vegetable are soft and pulpy.

- This will freeze or keep in the fridge for a few days and is good to eat with ‘dry’ meats like chops or chicken breasts instead of gravy.
- Wheat free sausages can be fried, chopped and added to the ratatouille to make a tasty sausage stew.
Recipe by Terry Phillippe

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1 small red onion
1 spring onion
½ red pepper
½ green pepper
1 stick celery
300g large tomatoes
50g sun dried tomatoes in oil
20ml basil flavoured olive oil
30 ml olive oil
pinch dried oregano
½ teasp. Paprika pepper
20g tomato puree

For a hot salsa add Chilli to taste. Opt.

1 Very finely chop all vegetables. Use a hand chopper or a food processor.
2 Combine all ingredients. Mix well.
3 Divide in half and blend one half till pureed.
4 Combine with the other half and mix well.
5 Store in a sealed container in the fridge.

- This is delicious with burgers, sausages, chicken, chops etc. or just serve over a salad as a dressing.
CAULIFLOWER WITH TOMATOES AND CUMIN  FG

Adapted by Sally Phillippe

Serves 4

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2 tablesp. sunflower or olive oil, lard or dripping
1 onion chopped
1 teasp. ready garlic from tube
1 small cauliflower broken into florets
1 teasp. cumin seeds
a good pinch ground ginger
1 small tin or ½ large tin tomatoes
2 tablesp. chopped coriander
salt and freshly ground black pepper.
*1-2 teasp. lemon juice

1. Heat the oil, lard or dripping in a large pan. Add the onions and garlic and fry gently for 2-3 minutes until the onion is softened.

2. Add the cauliflower and fry for a further 2-3 minutes until the cauliflower is flecked with brown. Add the cumin seeds and ginger and fry briskly for 1 minute, then add the tomatoes, 175 ml / 6 fl. oz. water and salt and pepper. Cover the pan with a lid.

3. Bring to the boil and then reduce heat and simmer for 6-7 minutes till the cauliflower is just cooked. Do not overcook the cauliflower as it will just turn to mush.

4. Stir in the lemon juice (if allowed), scatter over the coriander and serve at once.

- This would be good with chicken, fish or pork cooked in the oven or on the BBQ with extra vegetables or a large mixed salad.
Recipe by Terry Phillippe

Serves 2

100g fresh asparagus – cut into inch lengths
2 rashers bacon – finely sliced
2 spring onions – finely sliced
1 stick celery – finely sliced
1 red pepper – de-seeded and finely sliced or equivalent in frozen peppers.
1 courgette – finely sliced or diced
½ packet bean sprouts or 1 tin bean sprouts – drained
2 teasp. ready garlic from tube
3 tablesp. any flavour oil, lard or dripping

1 Boil cut asparagus in water for 5 minutes. Drain.
2 Fry bacon and garlic in the very hot oil, lard or dripping for 3 minutes on high heat, tossing all the time.
3 Add onions, celery, pepper and courgette and fry on high heat, tossing all the time, for 2 minutes.
4 Add asparagus and bean sprouts and fry on high heat, tossing all the time, for a further 2 minutes.
5 Serve hot.

- This goes well with Ginger and Spring Onion King Prawns or any meat such as burgers, chops, chicken breast etc.
COURGETTES WITH MOROCCAN SPICES

Adapted by Sally Phillippe

Serves 4

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500g / 1 ¼ lb courgettes
Chopped fresh coriander and parsley to serve

For the spicy charmoula
1 onion – finely chopped
2 teasp. ready garlic from tube
¼ red or green chilli – de seeded and finely sliced
½ teasp. paprika pepper
½ ground cumin
3 tablesp. olive oil
salt and freshly ground black pepper

2. Take the ends off the courgettes and slice lengthways into quarters or eighths, depending on their thickness. Place in a shallow oven proof dish or casserole.
3. Mix all the ingredients for the charmoula with 4 tablesp. cold water. Pour over courgettes.
   Cover with a lid and cook for 15 minutes till the courgettes are soft.

- This would be good served with chicken breasts, white fish or pork chops cooked in the oven (put in oven before courgettes to allow time to cook through) and on a bed of cooked shredded white cabbage or cooked mashed cauliflower.
Recipe by Terry Phillippe

Serve 3-4

1 large pack of baby spinach leaves ready washed and dried.
Oil for deep frying.

1 Heat the oil in a deep pan.
2 Fry a large handful of spinach in the oil for a few moments till shrivelled and crispy. Remove from oil into a hot dish lined with kitchen roll. Keep hot.
3 Repeat the frying till all the spinach is used up.
4 Serve hot.

- It’s like crispy seaweed and is really good with Chinese style dishes.
- This is really great to put on top of stir fries.
ROASTED VEGETABLES.  FG

Recipe by Terry Phillippe

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Selection of allowed vegetables such as carrots, onions, cherry tomatoes, celery, courgettes, green beans, sugar snap peas, leeks, garlic cloves, aubergines, sun dried tomatoes etc.

2 tablesp. per person Oil – olive, herb, coconut, sesame or lemon oils

1 teasp. dried mixed herbs

1 Light oven 200C, 400F, gas mark 6.
2 Peel and prepare vegetables, making sure they are the same size chunks.
3 Put into oven proof dish and cover with oil, add a small amount of water.
4 Sprinkle over herbs and bake in oven for approximately 45 minutes till vegetables are soft and golden brown.

- You can add chicken breasts or fish on top of the vegetables.
- For chicken, add after 15 minutes and cook for a further 30 minutes or until the chicken is cooked through.
- For fish, add after 30 minutes and cook for a further 15 minutes till fish is cooked through.
- If any vegetables left over, they can whizzed up with stock and/or tomato passata to make a great tasty soup.
Recipe by Sadie Roberts

1kg grated veg (cabbage/carrot etc)
25g grated ginger (optional)
1 tbsp. sea salt
(Multiply above as needed.)

1 Mix all the ingredients in a bowl, pummel/knead/squeeze the mix until liquid appears.
2 Transfer to sterilised kilner jars and pack in as tightly as possible (leave about 1 cm gap at the top). If the liquid doesn’t cover the veg; leave the lids down, but not sealed, place somewhere tepid and out of direct sunlight for 24 hours. (Every now and then give the kraut a squidge to encourage liquid production.)
3 After 24 hours if the veg is still not covered by liquid mix 1 teasp. salt with 1 cup of water and add enough to cover the kraut.
4 Seal the lids tightly and leave to ferment for another 6-7 days (longer the better). Once you begin to eat store in the fridge.

- Fresher veg produces liquid faster.
ROASTED GARLIC AND LEMON CAULIFLOWER

Recipe by Sadie Roberts

Serves 4

1 large head of cauliflower (cut into florets)
¼ cup of lard, ghee, tallow or coconut oil
8-10 cloves fresh garlic, crushed
Zest of 1 lemon
¼ teasp. salt
¼ teasp. pepper
handful chopped fresh parsley

1 Preheat oven to 220C.
2 Melt cooking fat in a casserole over a medium heat.
3 Add all the ingredients (except parsley) and toss in the oil.
4 Place the lid on the casserole and roast for 25-35 minutes (depending on how big your florets are) stirring once halfway through.
5 Remove from oven and toss with fresh parsley.

- This can be served with any main meal.
Recipe by Sadie Roberts

Serves 4

4 large courgettes
2 teasp. salt
1 teasp. avocado oil
200g pancetta cubes or bacon bits
¼ cup chopped fresh basil
2 large garlic cloves, crushed
*½ cup chopped Walnuts (optional)

1 Finely julienne the courgette lengthwise to create long strips of courgette. Toss with salt in a colander and let sit in the sink for 1 hour.
2 Rinse the courgette very, very thoroughly (have a taste to make sure it’s not salty at all). Drain on a tea towel or paper towels to get rid of as much moisture as possible.
3 Heat the oil in an oversized frying pan over medium-high heat. Add the bacon and cook until golden brown and some of the fat has been released. Add garlic & courgette, turn the heat up a little and sauté, stirring frequently until the courgette just begins to soften (4-5 minutes).
4 Toss in basil and walnuts (if using) and cook for another minute or so, stirring a couple of times.

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ROASTED BUTTERNUT SQUASH

Recipe by Sadie Roberts

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1 large butternut squash, peeled, seeded and cut into 1½” pieces
2 tablesp. extra virgin coconut oil or other oil of choice
2 teasp. fresh thyme, chopped (or dried thyme)
1 teasp. sea salt

1 Preheat oven to 200C, gas mark 6
2 Put the oil in a large roasting tin and place in the oven to melt.
3 Add the other ingredients to the pan and toss in the oil.
4 Bake for 30-35 minutes, giving the squash a toss halfway through, until slightly browned and tender.
OVEN ROAST CAULIFLOWER AND BROCCOLI WITH GARLIC

Recipe by Delia Smith, contributed by Jenny Billings

Serves up to 4

8oz Cauliflower
8 oz Broccoli
2 garlic cloves peeled and chopped
1 heaped teasp. whole coriander seed coarsely crushed
2 teasp. Olive Oil
Salt and pepper to taste

1 Pre heat oven to gas mark 6, 400 deg F
2 Trim the cauliflower and broccoli into floret as Place in a mixing bowl then sprinkle with crushed coriander seeds, garlic and olive oil
3 Toss the mix gently then arrange the mix into a roasting tin
4 Place in the oven for 30 minutes

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Recipe by Sally Phillippe

Serves 2-3

1 onion
1 green, orange or red pepper
few mushrooms
large tin red kidney beans
1-2 tablesp. oil
mixed herbs

1. Light oven: Gas Mark 5, 190C, 375F
2. Cut chosen vegetable to be stuffed in half lengthways and remove seeds
3. Chop other vegetables.
4. Fry in oil till softened and golden brown.
5. Add large pinch herbs and drained beans.
6. Stir till hot
7. Place chosen vegetable in oven proof dish and fill with bean mixture
8. Drizzle a little olive oil over the vegetables and bake till tender
Coleslaw

Recipe by Sally Phillippe

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\(\frac{1}{4}\) white cabbage
1/8 red cabbage (opt)
2 carrots
Wheat free and dairy free mayonnaise. (Plamil)
Chopped nuts and/or seeds can be added

1. Peel the carrots and grate. Shred the cabbage finely and put in a large bowl. Add enough mayonnaise to bind together. Taste and add salt and pepper if liked.
2. This will store, covered, in the fridge overnight.
CHICKPEA AND SPINACH CURRY

Adapted by Sally Phillippe

Serves 4

1 ½ teasp. ready chopped ginger
1-2 teasp. ready red chillies
400g tin chopped tomatoes
450g spinach leaves
600g tinned chickpeas, drained and rinsed
200g frozen diced onion or 2 medium onions chopped
2 teasp. garlic puree
2 tbsp. mild or medium curry powder or paste (depending on how hot you like curry)

1. Spray a large saucepan or wok with low-calorie cooking spray. Add onions, garlic and ginger and cook for 5 mins till softened and golden.
2. Add curry powder and chillies and cook gently for 3 mins.
3. Add tomatoes and spinach and simmer for 5 mins.
4. Add chick peas and continue to simmer for 5-10 mins. Add salt and pepper to taste.

- Can be served on a bed of cooked shredded white cabbage, or cooked mashed cauliflower
- This can be made, kept in the fridge and microwaved when needed.
- Gram flour pancakes go nicely with this. Popadums are also good.
Recipe by Amanda Rankin

2 cans of drained chickpeas (good quality)
1 level teasp turmeric
Pinch salt
Garlic pepper spice
1 tablesp olive oil or coconut oil

1. Place all ingredients into a microwaveable bowl.
2. Microwave for 2 minutes and then blend with a handheld blender.
3. It's the consistency of mashed potato and too much oil or not draining the can properly makes it too runny.

- This makes a good replacement for mashed potatoes.
- This will freeze.

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Contributed by Elaine Bruce

2 big handfuls of pecan nuts
2 medium courgettes (zucchini)
3-4 young carrots

1. Wash, dry and remove ends from courgettes.
2. Wash, dry and remove end from carrots. If you prefer, you can peel them.
3. Put all ingredients into a food processor. Whizz until smoothish, but keep some texture.
4. Press into a bowl, turn out and garnish with juicy tomatoes and basil leaves.

- This need eating on the day it’s made.
- A good olive oil drizzled over the top would taste good.
Recipe by Jo Betts

Serves 1-2 depending on size of cauliflower

½ cauliflower, finely grated
1 onion, finely chopped
2 cloves garlic, peeled and crushed or 2 tsp ready garlic
1 tbsp. coconut oil

1. Heat the coconut oil in a pan. Fry onion and garlic till soft and golden.
2. Add cauliflower and fry for about 4 mins till cauliflower is just soft.

This is good with curry, stews or anywhere you would use rice.
1. Remove the thick stalk from the cauliflower and keep the small leaves for garnish.
2. Roughly chop the cauliflower into pieces that will fit into your processor.
3. Remove the ends from the celery stalks and wash and dry thoroughly. Roughly chop as for the cauliflower.
4. Remove the central thick stem from the green cabbage and roughly chopped as for the cauliflower.
5. Roughly chop the onion as for the cauliflower.
6. Put pumpkin seeds in food processor and whizz them till crumb texture, then add mixed handfuls of cauliflower, cabbage, celery and onion to get an even mix.
7. Add flavouring last.
8. You can process to a fine creamy texture, or, better, leave it with some crunch.
9. Pile into a bowl and lightly press down. Place a big plate over the bowl and invert it.
10. Leave covered at room temperature until you want to serve it.
11. Uncover, surround with tomatoes and scatter lavishly with garden herbs.

- Chopped sage compliments it nicely.
- Serve with ripe juicy freshly picked tomatoes and a leafy salad.
Recipe by Anna Hansen, The Times.

Contributed by Sue Spencer

1 cauliflower, broken into florets
½ teasp ground turmeric
2 teasp fennel seeds
50ml olive oil
1 lemon, zested
2 handfuls mint, finely chopped
salt and pepper

1. Light oven at Gas6, 200C, 400F
2. Toss the cauliflower, turmeric & fennel seeds together in a roasting dish with the oil and the salt and pepper.
3. Place in an oven proof tin or dish and roast for 10 mins or until the cauliflower is beginning to turn golden but is still al dente (overcooked cauliflower leads to mush rather than a couscous effect).
4. Remove from oven and leave to cool.
5. Tip the cauliflower into a food processor and pulse gently until it resembles couscous. Be careful not to over process.
6. Place in a bowl with the mint leaves and lemon zest and season to taste.
7. Serve hot.

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Recipe by Sally Phillippe

Serve 1-2 depending in size of cauliflower

½ cauliflower
Salt

1. Break cauliflower into florets.
2. Boil in salted water till just soft. Drain off water.
3. Use a potato masher and mash cauliflower in the pan till like rice.
4. Serve hot.

- Use instead of rice.
Recipe by Neli Art

Serves 1-2 depending on size of cauliflower

1/2 cauliflower
1 tablesp coconut oil
1/2 teasp cumin powder or a few cumin seeds to taste
2 teasp coconut flour
1-2 tablesp non dairy yoghurt or Kefir
Pinch of mustard
1/4 teasp turmeric.

1. In a pan, heat the coconut oil. Fry the cumin and turmeric for 2 minutes.
2. Break the cauliflower into small florets and add to the pan. Put a lid on the pan and turn the heat to low.
3. Cook, tossing the pan a few times, till the cauliflower is just soft.
4. Add the coconut flour and the yoghurt or kefir.
5. Use a blender stick to cream the mixture till smooth.

- This would be good instead of mashed potato or with curry or stews.
Recipe by Jenny Billings

Serves 8-10 in small portions

1 carton silken tofu
4 tbsp xylitol or other allowed sweetener (or to taste)
4 tbsp raw cacao powder or Green & Blacks cocoa powder (or to taste)
Splash vanilla essence

1 Place all ingredients into a blender or food processor.
2 Blend until well combined.
3 Taste, and adjust composition if necessary.
4 Refrigerate in a pretty bowl or individual dishes (shot glasses are also fun!).

- This is very rich, so keep your portion sizes small. I have served this to many, many people, and none of them guessed this was not only sugar-free but also vegan!
- You can use different flavours too, but I find the cocoa nicely masks the bland, slightly savoury taste of the tofu.
CHOCOLATE PUDDING

Recipe by Carol

Serves 4

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2 avocados
2 desert spoons of cocoa powder (or raw cacao)
1 teaspn to 2 tablesp. coconut oil (optional - depending on how rich you want it)
1-2 Teaspn lecithin (optional)
Xylitol (according to taste)

1. Just whizz up all ingredients in a blender or food processor.
2. Pour into individual dishes or one bowl.

- Can substitute half cocoa powder with carob if allowed (I substitute half cocoa with white Peruvian carob which is OK for candida maintenance diets and lower GI than ordinary carob).
- Can substitute xylitol with d-ribose or a different allowed sweetener.
- I decorate the top with a few raw cacao nibs.
- Kefir (or coconut milk or allowed milk substitute) can be added to make a chocolate Kefir deeeeelite.
Recipe by Steve Hocking

Serves 1

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1tablesp. coconut oil
2 eggs
One peeled and sliced apple with a dash of cinnamon
1tablesp. desiccated coconut for added fibre

1. Heat oil in small frying pan and gently fry apple slices till soft.
2. Beat eggs together, add desiccated coconut and add to pan. Allow eggs to set while gently pulling cooked egg away from sides of pan.
3. If liked, the top can be grilled to a light brown colour.
4. Serve at once.
INSTANT HOT CHOCOLATE ALMOND SPONGE CAKE

Recipe by Emma Charlton

Serves 1

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4 good tablesp. of ground almond flour.
1 small egg.
¼ teaspoon of bicarbonate of soda.
1 good teaspoon of cocoa.

1 Mix all ingredients well in a mug, then microwave on 800w for 40 seconds.
2 Take it out and give it a poke so it doesn't stick to sides then microwave for another 40 seconds.
3 It should look like a small sponge cake / dumpling.

- If you microwave it for too long will end up a bit chewy.
- Serve with dark chocolate melted on the top, kefir and berries.
- You can add different ingredients depending on what you can tolerate, nuts, seeds, stevia, grated carrot or mixed herbs without the cocoa for a savoury dish. It's very, very filling.
- You can also make one and it will keep for a couple of days in fridge to slice and toast.
Recipe by Jenny Billings

Serves 1

4 tablesp. soy kefir
3 tablesp. Blue Dragon coconut cream (note: this is NOT the same as creamed coconut)

1. Mix the ingredients together.
2. Use as you would yogurt, e.g. add berries, nuts, hemp seeds, etc.

- This is a very palatable way to eat both components – the coconut cream takes the tangy edge off the kefir and adds a creamy sweetness, whilst the kefir tempers the richness of the coconut cream.

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Recipe adapted by Jenny Billings

Serves 6-8

1 400ml can coconut milk, shaken
3-4 tablesp. xylitol or other permitted sweetener (to taste)
2 fresh egg yolks
Flavouring of your choosing (see below)

1. Place the egg yolks in a large jug and whisk briefly with a hand held whisk to break up (they do not need to become fluffy or anything).
2. Mix the coconut milk and xylitol together in a saucepan. Heat gently until warm, stirring frequently.
3. Temper the egg yolks by adding one small ladleful of the warm milk mixture at a time and whisking constantly.
4. Once all the milk has been added to the yolks and is well mixed, add your preferred flavouring from list ‘A’ and leave to cool. Once cool, place in the fridge to chill.
5. Use a budget ice cream maker to churn your “ice cream”, adding ingredients from list ‘B’ towards the end or sprinkle on top. Alternatively, freeze the mixture in a shallow dish, stirring regularly to break up any large ice crystals.
6. Either enjoy straightaway OR freeze in a plastic container for later.

List A (ingredients to add at the mixing/whisking stage):
- vanilla extract, peppermint extract, cacao powder, lemon extract, espresso decaffeinated coffee,
- cinnamon, nutmeg, mixed spice, cacao powder & cayenne pepper

List B (ingredients to add near the end of churning or to sprinkle on top):
- desiccated coconut, toasted almonds, high cocoa chocolate drops, cacao nibs, roasted walnuts,
- chopped hazelnuts, lemon zest, orange zest, blanched almonds, your choice of berries.

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Recipe by Dr. Sarah Myhill

2 cups of sunflower oil (or rape seed oil or hemp oil)
1 cup of soya milk (or coconut milk, rice milk, almond milk)
¼ teaspn. liquid lecithin (can be soya or sunflower)
5 g of D ribose
1 teaspoon vanilla essence

1 Whizz up in smoothie maker or blender.
2 If too runny, add more oil. If too thick, add more liquid.
3 Add frozen berries to the smoothie mix – this breaks up the berries and the mix freezes solid as ice cream as it stirs.

- If it does not freeze when the berries are added, then put the mixture in plastic container with lid and put in the freezer.
- Keep in the freezer.

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Recipe by Michelle Wright

Equipment: You need a food processor.
I usually use a 9 inch spring-form pan, but you could use e.g. 12 muffin tins.

**Base:**
- 1 rounded tablesp. gojiberries
- 1 cup whole almonds
- 1/3 cup cocoa powder
- 2 tablesp. xylitol
- 1 teasp. vanilla
- 1 pinch sea salt

**Filling:**
- 2 cups raw cashews, soaked overnight and rinsed
- 1/2 cup water
- 1/4 cup xylitol, with water added to just cover (i.e. up to 1/4 cup mark)
- 1/4 teasp. salt
- 1/4 cup + 2 tablesp. almond butter or peanut butter
- 1/2 cup coconut oil, melted
- 1/2 cup cocoa powder

**Base:**
1. Put the gojiberries into a small dish or cup and add water to just cover the berries. Leave to soften for about 15-20 minutes.
2. Line the bottom of the spring-form pan with baking parchment.
3. Put the almonds into the processor and whizz until chopped into medium / small pieces.
4. Add cocoa powder, xylitol, vanilla, salt and the gojiberries, together with the soaking liquid.
5. Process again. The mixture should begin to hold together – if it doesn’t, add a drop more water.
6. Press the mixture into the bottom of the pan.
7. Set aside while you making the filling.
8. I often have a rest at this point

**Filling:**
1. Put drained cashews, water, xylitol & liquid and salt into the processor. Blend until really smooth, scraping down the sides of the processor as necessary.
2. Add cocoa powder and nut butter to the cashew mixture and blend all together; then pour in the melted coconut oil, and process until completely mixed.
3. Spread the filling onto the base.
4. Put the torte into the freezer until solid (about 3 hours for large torte).
5. Remove torte from pan and cut into slices (about 14). If it’s too hard to cut, leave for a while until a little softer. Store slices in freezer until required

- To serve – remove from freezer about 30 minutes before required, to allow the torte to soften before eating. It’s a rich torte – but very yummy!!
Recipe by Sadie Roberts
Serves 4-6

Mousse
4 ounces 71%+ cacao dark chocolate
3 ounces filtered water
pinch sea salt
few drops orange extract (optional)
1-2 ice cube trays worth of ice

Whipped Cream:
½ can coconut milk (refrigerated)
¼ teasp vanilla or almond extract

Garnish:
coarse sea salt

1 Simply pour water into a saucepan. Then, over medium-low heat, whisk in the chocolate. The result is a homogenous sauce.
2 Put the saucepan in a bowl partly filled with ice cubes (or pour into another bowl over the ice -- it will chill faster), then whisk the chocolate sauce, either manually with a whisk or with an electric mixer (if using an electric mixer, watch closely -- it will thicken faster). Whisking creates large air bubbles in the sauce, which steadily thickens. After a while strands of chocolate form inside the loops of the whisk. Pour or spoon immediately into ramekins, small bowls or jars and let set.
3 Note: Three things can go wrong. Here's how to fix them. If your chocolate doesn't contain enough fat, melt the mixture again, add some more chocolate, and then whisk it again. If the mousse is not light enough, melt the mixture again, add some water, and whisk it once more. If you whisk it too much, so that it becomes grainy, this means that the foam has turned into an emulsion. In that case simply melt the mixture and whisk it again, adding nothing.
4 Serve immediately, or refrigerate.

If you’re making whipped cream,
1 Remove your bowl and beater from the freezer.
2 Turn the can of coconut milk upside down and open the bottom. Spoon half the thickened, chilled coconut milk into the mixing bowl and save the rest for a curry.
3 Add the extract to the bowl, then beat the coconut milk for 5 or so minutes until it takes on the texture of whipped cream.
4 Dollop on top of the mousse, then sprinkle the top of the dessert with a pinch of coarse sea salt.
5 Serve and relish the compliments.
RASPBERRY PANNA COTTA

Recipe by Sadie Roberts

Serves 4 - 6 depending on serving size.

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Panna Cotta

- 2 cups full-fat coconut milk
- ¼ cup fresh lemon juice
- 2 teasp. gelatine
- 2 tablesp. xylitol or Truvia
- 250g raspberries
- Pinch sea salt

Raspberry Sauce

- 125g raspberries
- 1 tablesp. xylitol or truvia
- 1/2 teasp. vanilla extract

For the Panna Cotta:

1. Squeeze the lemon juice into a small shallow/wide bowl. Sprinkle the gelatine over the top and leave to bloom for a few minutes.
2. In a small pan over a low heat add ½ cup of the coconut milk. Once beginning to warm add the sweetener and the gelatine mix. Whisk until all combined and smooth.
3. Pour into a blender with the remaining coconut milk and raspberries. Blend until smooth.
4. Pour this mixture in batches through a fine sieve to remove the seeds. You will need to push it through with a wooden spoon or spatula.
5. Divide between serving bowls/glasses and chill in the fridge for 2+ hours.

For the sauce:

1. Heat all the ingredients in a small saucepan over a medium/low heat. Squish the berries with a spoon as they heat.
2. Once it begins to bubble remove from the heat and pass through a fine sieve to remove the seeds.
3. Refrigerate until ready to serve - pour over Panna Cottas when ready.
Recipe by Georgina Cook

Serves 1

2 dessertspoon chia seeds
½ teasp chicory and or cocoa powder
few drops vanilla essence
1 dessertspoon almond or hazelnut butter or ground nuts (optional)
about 50ml kefir or nut milk (soy kefir works best as is more solid)

1. Soak seeds in milk/kefir for at least 15 mins. until gloopy.
2. Add the rest and mix well.
3. If it’s a little wet just add less milk or more seeds next time.
RASPBERRY CHAI SEED PUDDING


Contributed by Amanda Rankin

Serves 1

1 cup of coconut milk
½ cup of raspberries
¼ cup of chia seeds

1. Combine the milk and fruit in the jar of a blender and blend until smooth.
2. Pour into a mason jar and add the chia seeds.
3. Close the lid tightly and give it a good shake.
4. Refrigerate and allow to gel for at least 3 hours.
AMERICAN PANCAKES

Recipe by Sally Phillippe.

Makes 4 x 5-6 inch pancakes

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¾ cup gram flour (chick pea or garbanzo bean flour)
¼ cup tapioca or oat flour
2 heaped tsp. Baking Powder (wheat free)
2 tablesp. olive oil
Approx. 1 cup water

1. Place all dry ingredients into a bowl. Stir.
2. Add the oil and enough water to make a batter which will coat the back of a spoon. This will probably thicken up while standing and you may need to thin it down.
3. Heat a griddle or non- stick frying pan till hot.
4. Pour out batter to make a 5-6 inch circle on the griddle – a quarter of the mixture. You may have room for more than one.
5. Allow to cook till the surface is well bubbled, the pancake well risen and looks nearly cooked – no runny mixture – about 4 - 5 minutes. It will be slightly brown underneath. Turn over pancake and cook for a further 1-2 minutes. These can be kept hot in a warm oven on kitchen paper on a baking sheet till all have been cooked.
6. Serve with non dairy spread and very crispy streaky bacon. Yummie!
SAVOURY GRAM (CHICK PEA) FLOUR PANCAKES

Recipe by Sally Phillippe

Makes 4 large pancakes

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100g/4oz Chickpea Flour (Gram)
1/2 teasp. Salt
1/2 teasp. cayenne pepper opt.
Black Pepper
330ml/11 fl.oz. water
Oil for frying

1. Preheat the oven to very low. In a large mixing bowl, mix together the flour, salt, cayenne and Black pepper.
2. Gradually add the water, beating well, until you get a smooth batter. Add a little more water if necessary.
3. Heat a little oil in a non stick frying pan, add a quarter of the batter, swirling it around the base to coat evenly, and cook until the edges are crispy and brown, and the top has dried out.
4. Turn the pancake and cook for another minute till browned on that side. Transfer to a warm plate, cover loosely with foil and keep warm in the oven whilst you cook the remaining pancakes.
5. Serve with the savoury or ‘sweet’ filling of your choice.

- These are very good.
- Can be used as wraps.
- Better hot.
Yorkshire oatcakes.

Recipe by Sally Phillippe

Makes 6-7 small oatcakes. Serves 2.

This traditional Yorkshire recipe has been adapted for the Stone Age Diet by using oat flour instead of ordinary flour and wheat free baking powder.

3 oz, 75gm fine oatmeal
1 oz, 25gm oat flour
1 tablesp. olive oil
¼ pint, 150ml water
1 heaped teasp. wheat free baking powder
large pinch salt.

1. Mix all ingredients together till smooth.
2. Heat a griddle or a large non-stick frying pan. Lightly rub some oil over or use 1 cal. spray oil.
3. Drop 1 tablesp. of the mixture onto the pan/griddle for each oatcake until pan is full. Leave enough space for oatcakes to spread without running into one another. Cook on medium heat, 3-4 minutes, till cake is bubbly and looks cooked - not still waxy. Turn oatcake over and cook for 1-2 minutes. The cakes will brown very slightly.
4. Place cooked oatcakes in a folded cloth to keep hot and cook remaining mixture after greasing the pan again.

- Eat hot with dairy free margarine. These make a good substitute for bread and are particularly good with Home Made Soups.
- Any leftover oatcakes can be cooled, put in a plastic bag and reheated the next day either in the microwave or in the toaster.
- They will also freeze so you could double the mixture and have a ready supply in the freezer.
WHEAT-FREE ROSEMARY-THYME CRACKERS

Recipe from web site   Mind Body Green
Contributed by Carol

Makes about 20 crackers

1 1/2 cups blanched almond flour
2 tbsp. ground flax seed
1 tbsp. fresh rosemary + 1 tbsp. fresh thyme, finely chopped
1/2 tsp. fine sea salt
1/8 tsp. freshly ground black pepper
1 tbsp. olive oil
1 egg
2 teaspoons water

1. Preheat the oven to 350. In a small bowl, lightly whisk the oil, egg and water to combine. In a larger bowl, combine the rest of the ingredients into a uniform dry mixture.
2. Add the wet ingredients to the dry ingredients and stir well to combine. Once the dough comes together, use your clean hands to mix well and ensure a uniform mixture.
3. Place the dough between two sheets of parchment paper and roll out to 1/8 inch thickness. Peel off the top sheet of parchment paper and place the bottom sheet with dough onto baking sheet.
4. Cut into 2-inch squares and bake 12-15 minutes until lightly golden around the edges. Let cool at least 15 minutes before serving.
5. Store in the refrigerator up to one week, or at room temperature up to two days.

Cook's notes:

- I live in a very dry climate. If you're in a more humid climate, you may not need to add the 2 teaspoons of water.
- Thin dough (1/8 inch) makes crisper crackers; thicker dough (1/4 inch) makes softer, more chewy crackers.
- I used rosemary and thyme here, but two tbsp. oons of any combination of fresh finely chopped herbs can be used.
FLAX SEED (LINSEED) LOAF

Contributed by Dr. Sarah Myhill

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100g flax meal – very finely ground
20g ground almonds
half a teaspoon of salt
half a teaspoon of bicarbonate of soda
PLUS OPTIONAL TO TASTE -
cinnamon or
cardamom or
cumin seeds/powder or
finely grated courgette or
finely grated lemon rind or
oregano (or other herbs & spices)
2 eggs
one third of a cup (approx. 80-90ml) of water or kefir
one third of a cup of olive (or sunflower) oil

1. Light oven gas 2, 150 C, 300 F.
2. Grease and line with grease proof paper a 1lb. loaf tin.
3. Mix together the dry ingredients.
4. In a separate bowl, mix together the wet ingredients.
5. Then add the dry ingredients to the wet mixture and mix together well.
6. Put mixture into loaf tin and bake for 50-60 minutes.
7. Remove from oven, leave to cool for 5 minutes then take loaf out of tin, remove paper and cool on a wire rack.

- Refrigerate if you intend keeping it for more than 1-2 days.
- This is good spread with dairy free spread.
- Can be served instead of bread or any carbohydrate usually served with a main meal.
LOW CARB GROUND ALMOND SLICE

Contributed by Emma Charlton

Makes about 16 slices

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5 cups (500g or 1 lb) ground almond flour
1 teasp. sea salt
1 teasp. bicarbonate of soda
1 ½ cups (340g or 12 oz) of Pure dairy free spread or Vitalite or other non-dairy butter
4 Free Range Eggs or ordinary eggs

1. Light oven gas2, 150 C, 300 F.
2. Grease a baking sheet or use a non-stick baking sheet.
3. Mix dry ingredients together (almond flour, salt and bicarbonate of soda).
4. Mix wet ingredients together with electric whisk (dairy free spread and eggs).
5. Stir wet ingredients into dry with wooden spoon, until a sticky mixture is formed (dough like).
6. Take a small hand full of mixture, roll into a ball, then flatten between hands (should make about 16).
7. Lay on a greased or non-stick baking tray.
8. Bake for about one hour or until turning golden brown. Obviously the longer you cook them, the harder they will be.
9. Leave to cool then store in fridge.

You can:

- toast them
- eat fresh from the fridge
- or, my favourite, warmed in microwave for about 15 - 20 seconds, then served with raspberries, blueberries and ice cold coconut kefir.
- If you are feeling naughty, you can warm it up with one square of 85% dark chocolate, it's really filling.
- Useful for spreading things on!
Recipe adapted by Steve Hocking

Makes 1 loaf

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1 broccoli head (remove most of the stalk) steamed or boiled till soft

½ cup ground almonds

½ cup gram flour

2 teasp. Bicarbonate of Soda

½ cup egg white

2 whole eggs

½ cup soya milk

1 Light oven 160C, 300F, gas mark 2.

2 Mix all powdered ingredients in a bowl.

3 Add eggs, whites and milk, add cooked broccoli and blend all together with a blender to a smooth consistency.

4 Pour into a greased and lined bread tin and bake for 40-60 minutes till the top springs back when pressed lightly.

5 Allow to cool in the tin, before turning out.

- Slice cold.
- This can be eaten as it is or toasted and served hot.
- This will freeze, sliced.
**HEMP BREAD**

Recipe by Georgina Cook

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480 ml water (use 2 eggs, if you can eat them, and make up to 480ml with water)
140g pumpkin seeds
140g almonds
125g hemp flour
3 heaped teasp psyllium husks (ground to a powder)
2 tablesp whole chia seeds (or flax)
20-100g pumpkin and other seeds depending on how seedy you like it
1 teasp bicarbonate of soda
1 teasp salt

1. Light oven gas mark 4, 180°C.
2. Grease a 2lb loaf tin.
3. Use blender to turn pumpkin seeds and almonds to flour like consistency (but not so that they are sticky)
4. Blend psyllium husks and chia seeds to powder
5. Mix to the above, the flour, salt and bicarbonate of soda and other whole seeds
6. Add the liquids. Mix well.
7. Press into the loaf tin and leave for an hour before putting in the oven. This is important for texture.
8. After an hour put loaf in the oven for 50-60 minutes or until a skewer comes out clean. It will rise a bit during cooking.

- This can be eaten cold or sliced and toasted.
- This bread will freeze – slice it first.

Contributed by Debbie Bowers

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145 grams of almond flour  
90 grams arrowroot powder  
25 grams golden flaxmeal  
½ teasp salt  
½ teasp bicarbonate of soda  
4 eggs  
1 teasp of liquid stevia / xylitol  
1 teasp apple cider vinegar  
30 grams of walnuts  
30 grams of hazelnuts  
60 grams pistachios  
30 grams of pumpkin seeds  
30 grams of sunflower seeds  
30 grams of sesame seeds

1. Light oven gas mark4, 180C, 350F.
2. Grease and line a large loaf or cake tin.
3. In a medium bowl, combine almond flour, arrowroot, flax meal, salt and baking soda.
4. In a larger bowl, blend eggs 3-5 minutes until frothy.
5. Stir stevia or xylitol and vinegar into eggs.
6. Mix dry ingredients into wet, then add nuts and seeds.
7. Transfer mixture into the loaf tin.
8. Bake for 30-35 minutes, until a toothpick inserted into centre of loaf comes out clean.
9. Cool and serve

- After baking, let it sit on the counter overnight to cool. Then wrap it in a paper towel, put it into a zip lock plastic bag and refrigerate. Stored this way it keeps for at least a week.
- It freezes well. Slice it into about 5 pieces, wrap in cling film then in a box. It can be taken straight out of the freezer, sliced and toasted.
Recipe by Cindy Canavan-Sergeant

1 cup unsalted, raw sunflower seeds
1 cup sesame seeds
½ cup water
1 Tablesp Italian herbs (your favourites)
1 teasp salt

1. Light the oven gas mark 4, 180°C, 350°F.
2. In food processor, grind down the sunflower seeds until they look like a heavy flour similar to almond meal, but a little thicker. It should take a couple minutes.
3. Add sesame seeds and pulse a few times - don’t reduce the seeds to dust, just pulse enough to get them mixed in evenly.
4. Slowly add water and stir (with food processor). You’ll have a seedy dough. You will have to roll this out so if it seems too dry add a little more water.
5. Add the Italian herbs and salt to taste. Mix evenly. Give it a taste and make sure you like the flavour. You can always add more seasonings.
6. Place the dough between two sheets of parchment paper cut to the size of an 11x13 baking pan. Roll out as thinly as possible.
7. Remove top sheet of parchment and put the bottom piece of parchment with the rolled out dough on a baking sheet.
8. Bake for 15-20 mins. or until crackers turn golden and crispy looking.
9. Use a pizza cutter or knife to score the crackers into the size you want.
10. Cool and store in an air tight container.

- I’ve thought about trying these with cinnamon to try for a sweeter flavour instead of savoury.
- These are very good with hummus or salsa. (Recipes in the recipe book)

Contributed by Laurel Wilson

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4 eggs, room temperature
1 cup coconut milk
2 tsp vanilla extract
1 pinch of stevia
½ cup coconut flour
1 tsp baking soda
¼ tsp coconut oil or other oil for frying

1. Preheat griddle over medium-low heat. In a small bowl beat eggs until frothy, about two minutes. Mix in milk, vanilla, and stevia.
2. In a medium-sized bowl combine coconut flour, baking soda, and sea salt and whisk together. Stir 3/4 of wet mixture into dry until coconut flour is incorporated. Allow to sit for 3-5 minutes.
3. At this stage your batter should be thick, almost like brownie batter. If it is still fairly thick and dry add the rest of the wet mixture.
4. Grease pan with lard, coconut oil or other oil. Ladle a few tables of batter into pan for each pancake. Spread out slightly with the back of a spoon. The pancakes should be 2-3 inches in diameter and fairly thick.
5. Cook for a few minutes on each side, until the tops dry out slightly and the bottoms start to brown. Flip and cook an additional 2-3 minutes.
6. Keep made pancakes hot by wrapping in a clean folded tea towel on the serving plate, while cooking the rest.
7. Serve hot with dairy free spread, coconut oil, lemon and granular Stevia or berries.

- These will freeze.
- These would be good served with defrosted frozen berries and either dairy free cream or dairy free ice cream. (Recipes in recipe book)
Recipe by Karen

1 cup of almond flour or ground almonds
2 eggs
½ tablesp. cinnamon
Few drops of vanilla essence
3/4 tablesp of coconut milk (depending on his thick you like it)

1. Put all the ingredients in a bowl and mix with a hand whisk.
2. Heat a frying pan or a griddle and grease with lard, coconut oil or other oil.
3. Fry the pancakes by putting 1 tablesp of mixture in at a time and make 2 small round pancakes, turning over after about 30 seconds.
4. Keep the cooked pancakes hot in a folded clean tea towel while the remaining pancakes are cooked.
5. Serve with warmed berries and yoghurt or kefir with a little sprinkle of xylitol if needed.

- These will freeze.
- Serve with berries, dairy free cream or dairy free ice cream (recipe in recipe book)

Contributed by Alison Orr

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2 cups organic sunflower seeds

\frac{1}{3} cup organic flax seeds

1 teasp unrefined sea salt

4 extra large organic eggs

4 tablesp organic extra virgin olive oil

1. Preheat the oven to gas mark 1, 300 °F, 150 °C.

2. Combine the sunflower seeds, flax seeds and salt in a food processor. Process until the mixture resembles coarse meal. Most of the flax seeds can be whole, though.

3. Remove the blade or transfer the mixture to another bowl. Add the eggs and the oil and mix with spoon until well mixed.

4. Line two baking sheets with parchment paper.

5. Divide the batter in half.

6. Place one half on a baking sheet. Spread the batter evenly with spoon so that it is approximately 0.2 inches (0.5 cm) thick. Repeat with the other half.

7. Bake one baking sheet at a time, for approximately 30 minutes, or until crunchy and golden brown.

- Don’t let get too dark.
- Let cool and break into pieces.
Recipe from the book "Against all grain" by Danielle Walker

Contributed by Sandy Brown

Coconut oil for greasing pan
4 large eggs separated
1 cup smooth, raw, unsweetened cashew butter
1 tablesp stevia
2½ teasp apple cider vinegar
¼ cup almond milk
¼ cup coconut flour
1 teasp baking soda
½ teasp sea salt

1. Preheat oven to gas mark 2, 160C, 300 F. Place a small heatproof dish of water on the bottom rack while the oven heats.
2. Line the bottom of an 8 ½ by 4 ½ inch loaf tin with parchment paper, then grease the sides of the pan with a very thin coating of coconut oil.
3. Place the egg whites in the bowl of a stand mixer and beat until soft peaks form, or use a hand mixer.
4. Beat the egg yolks and cashew butter in a separate bowl until combined, then mix in the stevia, vinegar, and milk.
5. Sift the coconut flour, baking soda and salt into the cashew butter mixture. Beat until combined.
6. Add 2 tablesp of the whipped egg whites to the cashew butter mixture and beat until smooth. Add the remaining egg whites and beat on low until just combined. **Do not over mix.**
7. Pour the mixture into the prepared loaf pan, then immediately put it into the oven.
8. Bake for 45 to 50 minutes, until the top is golden brown and a toothpick inserted into the centre comes out clean.
9. Remove from the oven, allow to cool for 15-20 minutes.
10. Use a knife to free the sides from the loaf pan. Then flip the pan upside down to release the loaf onto a cooling rack.
11. Cool right side up for an hour before serving.

- Keep in an airtight container.
- This will freeze
Recipe by http://thecoconutmama.com/2012/01/grain-free-flat-bread/

Contributed by Debbie Bowers

Serves 1

1½ tablesp coconut flour
1 tablesp coconut oil, melted
1 Egg
⅛ teasp sea salt
¼ teasp baking powder, wheat free

1. Preheat oven to gas mark 4, 180C, 350 F.
2. Mix coconut flour, sea salt, and baking powder together until combined.
3. Add egg and melted coconut oil and mix well.
4. Let batter sit for a few minutes to allow the flour to absorb the liquid.
5. Heat a griddle or a non stick frying pan.
6. Scoop half the batter onto the pan and us a spatula to spread batter into a circle the size of a bun.
7. Repeat using the rest of the batter. Bake for 10 minutes or until golden brown.
8. Serve hot.

- You can increase the recipe by how many people you want to serve.
- These will freeze.
Fluffy Gram Flour Pancakes

Recipe by Jacqueline Miller

1 egg
1 cup gram (chick pea, garbanzo bean) flour
vanilla essence (optional)
lemon zest (optional)
a few table spoons of Kefir to mix into a thick mix

1. Mix all ingredients together and leave, covered, to ferment for 24 hours refrigerate.
2. Heat a frying pan or griddle and lightly grease.
3. Drop table spoons of the mixture into the pan. Cook till brown underneath, then flip over and cook the remaining side.
4. Keep pancakes hot by wrapping in a tea towel while cooking the rest.
5. Serve hot.

- This makes light airy pancakes
- These will freeze.
- These would be good served with kefir, non-dairy yoghurt and berries.

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Contributed by Janice Earls

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1 head of cauliflower  
1 tbsp of oregano  
0.5 tbsp of basil  
1 tbsp onion powder  
0.5 tsp red pepper flakes  
2 eggs  
Salt and pepper to taste

1. You can either put the whole head of cauliflower in a microwave safe dish and put in the microwave for 10 min. Then remove and put in a food processor until smooth OR you can put the cauliflower in the food processor first until you get a rice consistency and then put in a microwave safe dish and put in the microwave for 10 min.

2. Let the cauliflower cool slightly, then place in the refrigerator until cooled completely.

3. Light oven gas mark 7, 190 C, 425F

4. Once cooled, mix the rest of the ingredients in the cauliflower.

5. Grease a cookie sheet and place cauliflower on it. Use your hands and pat down cauliflower until it is about 0.5 in thick. Bake in the oven for about 25 min or until slightly brown.

6. Remove from oven. Cut your cauliflower in the desired sticks you want and flip over. Place back in the oven until both sides are brown and desired crispness.
Recipe by http://lexiscleankitchen.com/2013/07/30/everything-bagel-cauliflower-rolls/

Contributed by Janice Earls

**Bagel**

1 head cauliflower, riced (about 3 cups)  
3 tbsp almond flour  
1 tbsp coconut flour  
2 organic eggs  
½ tsp garlic powder  
¼ tsp sea salt

**Topping**

½ tsp poppy seeds  
1 tbsp sesame seeds  
1 tsp dried minced garlic  
1 tbsp dried minced onion  
½ tsp sea salt

1. Preheat oven to gas mark 6, 200C, 400F
2. In a food processor, or using a hand grater, pulse/grate cauliflower until rice consistency
3. In a bowl combine eggs, cauliflower rice, almond flour, coconut flour, garlic powder and salt
4. In a separate bowl combine topping ingredients
5. Lay parchment paper on a baking sheet
6. Make 4 even sized balls and lay onto parchment paper
7. Sprinkle topping and slightly press them into the top
8. Bake for 15-20 minutes, or until bread-like consistency (it might be longer depending on the size you make)
9. Remove from baking sheet and let cool directly on a cooling rack
10. Serve with your favourite sandwich ingredients

- Please note: Cauliflower sizes vary. If yours is big, and it seems like it needs a little extra to make them firm, add an additional egg and tbsp of flour.
Recipe by Terry Phillippe

1 small red onion
1 spring onion
½ red pepper
½ green pepper
1 stick celery
300g large tomatoes
50g sun dried tomatoes in oil
20ml basil flavoured olive oil
30 ml olive oil
pinch dried oregano
½ teasp. Paprika pepper
20g tomato puree

For a hot salsa add Chilli to taste. Opt.

1. Very finely chop all vegetables. Use a hand chopper or a food processor.
2. Combine all ingredients. Mix well.
3. Divide in half and blend one half till pureed.
4. Combine with the other half and mix well.
5. Store in a sealed container in the fridge.

- This is delicious with burgers, sausages, chicken, chops etc. or just serve over a salad as a dressing.
GARLIC MAYONNAISE  FG

Recipe by Barbara Cousins, contributed by Jenny Billings

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2-3 garlic cloves peeled or 2-3 teasp. ready garlic in tube
10oz /290g pack of silken tofu
180ml / 6fl oz / ¾ cup of sunflower oil
Salt and pepper to taste

1. Crush the garlic cloves and process with the tofu until smooth
2. Gradually add the sunflower oil with food processor on full power until the ingredients are well combined
3. Season with salt and pepper.
4. Refrigerate and use with 3 days
Recipe by Sally Phillippe

1 cup olive oil
½ cup lemon juice
Salt and freshly ground black pepper to taste.

1. Put all ingredients into a screw top jar and shake well.

- Always shake the jar before pouring to mix the oil and lemon juice.
- This keeps well in the fridge for at least a couple of weeks.
FRENCH DRESSING

Recipe by Sally Phillippe

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8 tablesp. virgin olive oil
4 tablesp. lemon juice
1 level teasp. dried mustard powder
Salt and freshly ground black pepper

1. Put all ingredients into a screw topped jar and shake well.
   - This will keep for 3-4 weeks in the fridge.
   - The dressing needs to be shaken each time it is poured.
Recipe by Dr. Sarah Myhill

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Two cups of olive oil (or sunflower oil, rape seed oil or hemp oil)
One cup of soya milk (or coconut milk, rice milk, almond milk)
Lemon juice, garlic, mustard, salt – to taste
1/2 teaspoon of lecithin to emulsify

1. Whizz up in food processor or smoothie maker.
2. Store in a screw top jar.

• Lasts several days in the fridge.
Recipe by Sally Phillippe

This makes enough for 2-3 servings.
For a bottle full multiply recipe by 7.

2 tbsp. olive oil
1 tbsp. cider vinegar or lemon juice
8-10 drops Stevia or more if you like it sweeter.
1 level tsp. dried mustard
1 level tsp. white mustard seeds
pinch salt
freshly ground black pepper.

1. Put all ingredients in a screw top jar and shake well.

- Always shake bottle well before pouring to mix the oil in.
- This keeps for at least a couple of weeks in the fridge, so make a large bottle full and enjoy.
- When making a full bottle, substitute 4 tbsp. olive oil with 4 of herb flavoured olive oil for a change of flavour.
Recipe by Axel The Situation Foley

Serves 3-4

- a handful of fresh basil, chopped
- 2-3 tablesp. extra virgin olive oil
- sea salt – to taste
- 1 tablesp. pine nuts.

1. Make the pesto by combining all ingredients and mixing well.

- This will keep well in the fridge for a few days so you could make double or treble the amount and store in an air tight container.

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SNACKS AND ‘GOODIES’

PORK SCRATCHINGS FG

Recipe by Sally philippe

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Pork skin
Salt

1. Buy pork skin, from a butcher’s shop, with as much of the white fat removed as possible. (Sometimes the butcher’s will give it away for free.)
2. Light oven 150C, Gas 3.
3. Cut the skin into inch wide strips and then cut into 3 -4 inch lengths.
4. Place skin side up in a deep sided roasting tin.
5. Roast for 2 hours. Pour off the fat and replace the tin in the oven. Turn up the heat to Gas 8, 220C for 10-15 minutes till the skin is puffy and golden brown. Drain off any more fat and sprinkle with the salt to taste.
6. Cool. Then store in sealed freezer bags in the fridge and enjoy as a snack.

- These only keep for a few days before the fat begins to taste rancid, so eat quickly and enjoy.
Recipe by Sadie Roberts

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1 garlic clove, crushed
1 lemon, juice only
3 tablesp. capers, chopped
6 anchovy fillets, chopped
250g / 9oz black olives, pitted
small bunch fresh parsley, chopped
salt and freshly ground black pepper
2–4 tablesp. extra virgin olive oil

1. To make a rough textured tapenade, simply mix all the ingredients together, adding enough olive oil to form a paste.
2. For a smoother texture, tip the garlic, lemon juice, capers and anchovy into a food processor and process for about 10 seconds.
3. Add the olives and parsley and process again with enough olive oil to make a paste.
4. Season to taste if necessary.

- Tapenade can be served as an appetiser or a snack, spread on bread substitute.
CINNAMON SWIRL CAKE.

Recipe by Brittany Angell. Contributed by Angela Bean

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To Make the Buttermilk

¼ cup water or soy, oat, almond milk
1 teasp Lemon Juice

Cake Mix

2 cups packed blanched almond flour
¾ cup oat flour, tapioca flour or arrowroot
¾ cup zylitol or truvia
1 teasp. baking powder (double acting if you have it!)
¼ teasp. salt
1/3 cup melted coconut oil
2 large eggs
1 tables vanilla extract

Swirl Topping

1 tablesp cinnamon
1 ½ tablesp zylitol or truvia dissolved in 1 tablesp hot water

1. Preheat oven to 350f, 180C, gas mark 4.
2. Line a small cake pan or bread pan with parchment paper.
3. In a small bowl combine the milk (or water) or your choice with the lemon juice. Set aside.
4. In a large bowl combine the almond flour, starch, sweetener, baking powder, salt and stir well. Add in the melted coconut oil, eggs, vanilla, milk (or water).
5. Scoop out 1/3 cup of the batter into a small bowl. To that batter add the cinnamon and sweetened syrup.
6. Pour the (white) batter into the parchment lined pan. Then drizzle the (brown) cinnamon batter over top in a marble like swirly pattern.
7. Place in oven. Bake for 40-45 minutes- A toothpick should come out clean. Let cool slightly before slicing.

- Store at room temperature in a sealed container or freeze for another day!
Recipe by Dr. Sarah Myhill

This is a very palatable way to eat coconut oil and get a nice chocolate buzz at the same time.

1 pot, 460 g. of coconut oil
1 pot, 125 g. Of Green and Black’s organic cocoa powder
10 g. D Ribose or fructo-oligosaccharides

1. Warm up the coconut oil so that it just melts.
2. Stir in the cocoa powder (more or less according to taste).
3. Sweeten with the D Ribose to taste. It mixes easily.
4. Pour into a plastic ice cube container to make bite-size cubes, place in deep freeze.

- Consume direct from the deep freeze. Done like this it has the consistency of chocolate and is the perfect fuel source for CFS and foggy brain sufferers!!
- If you do not tolerate chocolate, then carob powder makes a good substitute.
Recipe by Angela Bean

Makes 9-10 large biscuits

2 packed cups blanched almond flour
1 teasp baking powder
¼ teasp salt
1 teasp vanilla
2 tablesp milk of choice – soy, almond or oat
3 tablesp coconut oil
¼ cup Truvia or xylitol
1 heaping teaspoon cinnamon

1. Preheat oven to 350f, 180C, gas 4 and line a baking sheet with parchment paper.
2. In a mixing bowl, combine the almond flour, baking powder, salt, vanilla, milk and butter.
3. In a separate bowl, mix the cinnamon and half of the stevia/xylitol together.
4. Pour the rest of the xylitol in the with dough and combine.
5. Roll the dough out into small balls and cover in the cinnamon mixture.
6. Flatten with the palm of your hand and line on the baking sheet.
7. This should make about 9-10 cookies.
8. Bake for 11-12 minutes

• Store in an air tight container.
CHOCOLATE COCONUT SQUARES

Recipe by Paula Carnell

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6 tablesp. coconut oil
4 tablesp. raw cacao powder
Handful of cocoa nibs
1-2 teasp. xylitol according to taste
1 orange – use the zest and the juice
60-80g. Rude Health puffed oats
75 g. almonds and/or hazelnuts, roughly chopped.

1 Melt the coconut oil in a large bowl over a pan of hot water.
2 Add the raw cacao powder, the cocoa nibs, the xylitol, zest and juice of orange. Stir well.
3 When it’s all thick but still runny add the nuts and enough puffed oats so that all the oats are covered with the chocolate mix.
4 Put into a non-stick swiss roll tin or a greased shallow dish and press down well.
5 Allow to cool and set.
6 Cut into squares.
7 Place in an air tight container and keep in the fridge.
**AVOCADO CHOCOLATE BREAD**


Contributed by Alison Orr

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1½ cup avocado, mashed*
3 tablesp coconut oil, melted
1 teasp vanilla extract
2½ tablesp coconut cream, cream that forms on the top of a can of coconut milk when can is left in the fridge overnight
1 tablesp Truvia, granulated Stevia
2 eggs

½ cup pecans
2 cups blanched almond flour
1 teasp baking soda, wheat free
¼ cup raw cacao powder
½ teasp salt
½ cup chocolate chips, at least 80% cocoa solids

1. Preheat oven at gas mark 4, 180C, 350°F.
2. Grease an 8½ x 4½-inch medium loaf pan lined with parchment paper.
3. Add the avocado to a food processor and pulse until creamy.
4. Add the coconut oil, vanilla, coconut cream, Truvia and eggs to the avocado and pulse to combine ingredients.
5. Chop the pecans and mix with the almond flour, baking soda, cacao powder, salt and chocolate chips in a large bowl.
6. Combine wet and dry ingredients and mix gently with a rubber spatula. Do not over mix.
7. Spoon batter into and sprinkle top with chocolate chips. Note: the batter will be very thick and you will need to spread it across the pan with a spatula.
8. Bake until a toothpick inserted into the centre of the loaf comes out clean, approximately 45 minutes
9. Let it cool on a wire rack and serve.

- This will freeze.
- To preserve freshness, place inside an airtight container and store in refrigerator.

*It’s recommended you use Hass avocados to make this recipe because it is not bitter like other types of avocados. Other types of avocados may give a bitter aftertaste to this bread.
**CHOCOLATE FRIDGE SLICE**

Recipe by Georgina Cook

150g coconut oil
75g cocoa powder
3-4 heaped teasp hemp protein powder or Great Lakes Collagen (green)
stevia to taste
150 g macadamia nuts

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1. Grease a Swiss roll or flap jack tin and line with baking parchment or greased grease proof paper.
2. Crush or blend the macadamia nuts into nibs – not too fine.
3. Melt oil in large bowl in microwave.
4. Mix in dried ingredients, pour into tin. Flatten with a knife.
5. Cool then slice into squares.
6. Put into airtight container and keep in the fridge.

- This will freeze.
Recipe by Georgina Cook

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200g solid coconut cream block
3-4 heaped teasp hemp protein powder or Great Lakes Collagen (green)
Up to half a litre of dried ingredients:
Coconut chips, flaked almonds, desiccated coconut, cacao nibs, pumpkin or sunflower seeds

1. Grease and line a Swiss roll or flapjack tin with baking parchment or greased grease proof paper.
2. Blend the coconut chips, flaked almonds, desiccated coconut, cacao nibs, pumpkin or sunflower seeds into oat size pieces.
3. Melt the coconut cream.
4. Add dried ingredients, pour into flapjack tin.
5. Cool and slice into squares.
6. Put into airproof container and keep in the fridge.

- This will freeze.
PROTEIN BROWNIE

Recipe from marksdailyapple.com
Recipe amended by Georgina Cook

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200g macadamia nuts
200g coconut cream
4 eggs
½ teasp baking soda
40g protein powder (hemp tastes nice)
40g cocoa powder
170g nut milk
1 teasp vanilla essence.
pinch salt

1. Light oven gas mark 4, 180C
2. Grease and line with baking parchment or greased grease proof paper a Swiss roll or flapjack tin
3. Melt the coconut cream, then allow to cool a little.
4. Blend macadamia nuts in a blender or processor until a butter consistency. About 5-10 mins.
5. Whisk eggs until fluffy.
6. Combine all the ingredients and mix well. The mixture should be quite gooey but just pour-able.
7. Pour batter into tin and bake in the oven until slightly risen.
8. This will not take long to cook so beware of overcooking. Slightly moist in the middle is good.
9. Allow to cool.
10. Cut into squares or fingers.
11. Store in an airtight container.

- This will freeze.
Recipe adapted by Alison Orr

½ cup cacao butter
½ cup cacao
1 dessertspoon Xylitol

1. Melt the xylitol in a teasp of boiling water. Allow to cool.
2. Melt the cacao butter in a bowl over hot water or a double boiler
3. Remove from the heat and add the xylitol and cacao. Mix well.
4. Pour into an ice cube tray.
5. Leave for an hour in the fridge or ½ hour in the freezer for chocolate to set.

*Flavourings – if desired can be added at stage 3: Peppermint, orange, instant coffee to make mocha flavour, coconut, berries, seeds, nuts.

- Keep in fridge.
Recipe by Jacqueline Miller

1 large bar of dark chocolate
1 large knob of coconut oil and/or clarified butter
1 big packet of hazelnuts (half blended) keep some back for rolling balls at the end.
Few drops of vanilla essence
1 cup of desiccated coconut
1 dessertasp xylitol or granular stevia
The grated rind of an orange or half an orange (optional)

1. Melt the chocolate with coconut oil/clarified butter/vanilla and grated orange zest.
2. Mix with dry ingredients.
3. Wait for it to set (enough to form balls easily).
4. Roll in crushed hazelnuts before refrigerating.
5. Leave overnight until nicely hardened.

- Highly recommended melt in your mouth balls

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Recipe contributed by Sandy Brown

1 (15 oz) tin black beans, drained and rinsed
2 large eggs
⅓ cup cocoa powder
⅓ cup stevia + about ⅔ cup water so it is the consistency of honey (original recipe was honey)
⅓ cup coconut oil
½ teasp baking powder
pinch of salt
¾ cup sugar free chocolate chips, over 80% cocoa solids, divided.

1. Preheat oven to gas mark 4, 180 C, 350F.
2. Grease an 8x8 inch oven tin.
3. Place all ingredients, except for chocolate chips, in a blender or food processor and blend until smooth.
4. Pour mixture into large bowl and stir in ½ cup chocolate chips.
5. Pour into tin and top with ¼ cup chocolate chips.
6. Bake for 30-35 minutes or until a toothpick inserted in the middle comes out clean. Let cool and cut into pieces.
7. Store in refrigerator.

These can also be frozen for later use in lunches etc.
Recipe by [http://smart-snacks.blogspot.ae/2012/02/mangodi-moong-daal-yellow-lentil.html](http://smart-snacks.blogspot.ae/2012/02/mangodi-moong-daal-yellow-lentil.html)

Contributed by Amanda rankin

1 cup Moong Daal (Yellow lentils) soaked overnight
pinch of Asafetida * powder
salt to taste
Oil for frying the mangodi

1. Soak Moong Daal overnight or for at least 6 hours, drain all the water out & transfer the daal to a mixer -grinder jar or food processor.
2. Give it a good pulse -add little water if required, grind daal to a smooth paste.
3. Add salt & Asafetida.
4. Transfer to a bowl & give it a good whisk so the dal becomes light & fluffy.
5. Heat oil in a deep pan or wok to fry the mangodis on medium heat.
6. Drop the Daal batter in the hot oil with a teasp. Do not make them too big or they will not cook inside before they are browned on the out side. Make sure the oil does not get too hot too, for the same reason.
7. Once the mangodis are golden in colour they are ready.
8. Drain on paper to get the excess oil out.

- These would be good as a starter before a curry or even served with a curry. They would be good with a salsa, recipe in recipe book.
- These would be a nice snack.

*Asafoetida* /æsaˈfɛtɪdə/ is the dried latex (gum oleoresin) exuded from the rhizome or tap root of several species of *Ferula*, a perennial herb that grows 1 to 1.5 m tall. The species is native to the deserts of Iran, mountains of Afghanistan, and is mainly cultivated in nearby India. As its name suggests, asafoetida has a fetid smell (see etymology below) but in cooked dishes it delivers a smooth flavor reminiscent of leeks.

It is also known as asant, food of the gods, jowani badian, stinking gum, Devil's dung, hing, kayam and ting. [1]

Contributed by Roberta Driessen

700g coconut yoghurt
1 lemon
1 teasp salt

1. Sit a sieve over a bowl and line the sieve with some cheesecloth or muslin. Stir the yoghurt to ensure it’s not separated and pour into the cloth-lined sieve.

2. Squeeze the juice of the lemon over the top of the yoghurt and sprinkle with salt. Gather up all sides of the cloth into a bundle at top and tie with some twine. Leave the bundle sitting in the sieve and bowl and place in the fridge. Leave overnight or for 8-12 hours.

3. Unwrap and you have your labneh.

4. Store in fridge.

5. Serve as is, or sprinkled with za’atar, or scoop into small balls to submerge in chilli, herbs and olive oil in a jar.

- Keeps for as long as the yoghurt use by date.
Recipe by Terry Phillippe

Cajun Rub: can be used for rubbing into chicken, pork, lamb or fish before grilling or BBQing.

2 tbsp. dried oregano
2 tbsp. dried parsley
2 tbsp. granulated garlic
2 tbsp. onion powder
2 tbsp. sweet paprika
1 tbsp. dried thyme
1 tbsp. freshly ground black pepper
2 tsp. salt
1 tsp. celery salt
1 tsp. freshly ground white pepper
3/4 tsp. cayenne pepper
3 bay leaves, crumbled

1. Mix oregano, parsley, garlic, onion powder, paprika, thyme, black pepper, salt, celery salt, white pepper, cayenne, and bay leaves in a bowl.
2. Pulse in a spice grinder in two batches to a medium-fine grind.
3. Seal in an airtight container and freeze, or store in a cool, dry place for up to 2 months.
4. When using, add a few drop of Stevia to the mix to sweeten the rub.

- TIP : If your spice grinder doubles as your coffee grinder, make sure you clean it well after making this rub. Place a handful of uncooked rice in the grinder, pulse to a powder, and wipe or brush the grinder clean. The rice will absorb the flavours from spices left in the grinder so your morning cup of coffee won't taste like the Bayou.
Recipe by Jenny Billings

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1 carton additive-free passata
2 tbsp. xylitol or other allowed sweetener
1 tbsp. lemon juice
1 tbsp. tomato puree (I like to use one with either basil or chilli added)
1 level tsp. garlic granules or ready garlic from tube
Sprinkling of ground allspice or ground cloves (approx. 1/8 tsp, adjust to taste)
Salt & pepper

1 Mix all the ingredients together in a saucepan & simmer for 10-20 minutes.

2 Pour into a screw top jar when cooled slightly.

- Use with all your favourite dishes including sausages, homemade burgers, eggs, etc.
- Keeps well in a jar in the fridge.
- This will freeze.
Recipe by Sally Phillippe

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1 chicken carcase or chicken bones from the butchers.
Water

1. If using a cooked chicken carcase, remove all the meat from the bones and put to one side.
2. Put chicken bones in to a pan with a lid and just cover with water.
3. Bring to the boil, then turn the heat down and simmer for 1 hour.
4. OR do the same in a pressure cooker and cook for 20 minutes
5. OR do the same in a slow cooker, crock pot, and cook overnight on medium setting.
6. Strain the liquid from the bones.
7. Pick off any meat from bones.

- Use the broth with the meat added for soups or gravies.
- This will freeze.
Recipe by Sally Phillippe

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Beef bones from the butcher or local farm shop.
Water

2. Saw up bones into smaller pieces or ask the butcher to do it for you.
3. Place bones in a roasting tin and bake in the oven for 2 hours OR place bones in slow cooker, crock pot, and cook overnight on medium setting. Roasting reduces the scum and makes a clearer stock.
4. Place roasted bones in a large pan with a lid and cover with water.
5. Bring to the boil, then reduce heat and simmer for 2 hours OR do the same in a pressure cooker and cook for ¾ hour OR add water to cover the bones in the slow cooker and cook on medium overnight.
6. Strain the liquid off the bones. Remove any meat from the bones (this can be added to soups). If a lot of fat or scum has been formed, you can remove if liked.

- Beef broth or stock can be used to make soups or gravies or added to stir fries etc.
- This can be frozen.
“NOTELLA”

Recipe adapted (and named) by Jenny Billings

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1 small jar hazelnut butter (MUCH more energy-efficient than making your own!)
1 large bar Plamil no added sugar chocolate OR Plamil no added sugar alternative-to-milk chocolate OR Plamil no added sugar dairy Free chocolate OR 100g Plamil no-added-sugar chocolate chips
2 tablesp. Xylitol or Truvia, ground to 'caster sugar' consistency using a wand blender
2 tablesp. plain-tasting oil (I used sunflower, other flavourless oils would probably work too)
1-2 heaped tablesp. raw, unsweetened cacao powder
½ - ¾ teasp. ground salt (either sea, Himalayan or you could try So-Low)
You can add a splash of vanilla essence (or homemade vanilla water) if you like too

1. Melt the chocolate in an ovenproof bowl in a very low oven or a turned-off oven still warm from previous endeavours (so much easier than using pans of water!)
2. Mix everything else together in another bowl.
3. Pour in the melted chocolate and blend with a spoon. Pour into a jar and leave to set (if you can!!)

- Use on almond biscuits and pancakes, in smoothies, top and fill ‘everything free’ cakes, bread substitutes etc. or eat from the spoon!
- Although this is a great alternative to ‘traditional’ chocolate spread, I see this as an occasional treat. It is low GI and has no added sugar, but I suspect it isn’t something we should be eating every day!
GALTER’S BLACK PUDDING

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Found in Morrison’s supermarket, contains oats but no wheat or dairy. Yummie with a cooked breakfast of sausage, bacon etc.
GOMASIO

Recipe by Barbara Cousins, contributed by Jenny Billings

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100ml/20teasp. sesame seed

5ml/ 1 teasp. salt

1 Place the sesame seeds in a frying pan with the salt and dry roast over a moderate heat for a few minutes, stirring constantly, until the sesame seeds turn a slightly deeper brown and smell toasted. Alternatively the seeds can be roasted in the oven.

2 Place the toasted seeds and salt in a food processor or mortar and pestle and grind until the seeds are partly broken down and powdery.

3 Store in an airtight container.

- Gomasio is a condiment made from roasted ground sesame seeds mixed with salt. It
- This is delicious sprinkled over plain salads.

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Recipe by http://www.paleocupboard.com/yorkshire-pudding.html

Contributed by Debbie Bowers

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3 large eggs (room temperature)
1/2 cup almond milk
1/2 cup arrowroot flour
1/2 teasp. sea salt
1/4 cup + another 1/4 cup beef drippings

1. Light oven gas mark 7, 190 C, 425F.
2. Put the 1/4 cup beef drippings into a 9x9 baking dish and put in the oven till the dripping is sizzling hot – about 5 mins.
3. Whisk eggs, 1/8 cup beef drippings and almond milk together in a medium sized bowl.
4. Add the arrowroot flour and the sea salt to the mixture and whisk to combine completely
5. Take the baking dish out of the oven, stir the batter real quick and pour over the beef drippings. Return to the oven.
6. Bake for 30 minutes or until the top is puffy and brown and the middle looks cooked through. Remove from the oven, cut into slices and serve immediately.
I CAN’T BELIEVE IT’S NOT CREAM

Recipe by Dr. Sarah Myhill

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2 cups of sunflower oil (or rape seed oil or hemp oil)
1 cup of soya milk (or coconut milk, rice milk, almond milk)
¼ teaspn. liquid lecithin (can be soya or sunflower)
5 g of D ribose
1 teaspoon vanilla essence

1. Whizz up in smoothie maker or blender.
2. If too runny, add more oil. If too thick, add more liquid.

- Use as you would cream!
- Keep in the fridge.
Recipe by Dr. Sarah Myhill

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2 cups of sunflower oil (or rape seed oil or hemp oil)
1 cup of soya yoghurt
¼ teaspoon liquid lecithin (can be soya or sunflower)
5 g of D ribose
1 teaspn. vanilla essence

1. Whizz up in a blender or a smoothie maker.

- For really thick cream add a teaspoonful of linseed seed – these absorb any water and really thicken the cream!
COCONUT YOGHURT.

Recommended by Dr Myhill.

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This link takes you to a website which tells you all about a yoghurt made from coconut.

http://www.coyo.co.uk/
Recipe by Steve Hocking

Serves 1

1 tablesp. coconut oil
1 tablesp. hemp oil
1 tablesp. sunflower lecithin granules
1 tablesp. Vitalite butter or Pure spread
1 teasp. your favourite coffee
Plus xylitol or stevia to sweeten if necessary.
Mug of Hot water

1. Mix up fats and oils in a large mug.
2. Add coffee, sweeteners, lecithin granules.
   Pour in about a 3 of the mug with water so when you use a hand blender for 30secs it doesn't spill. Blend till white and frothy like milky coffee.
3. Top up with more hot water and stir!
4. Drink hot.
BEDTIME COCOA  FG

Recipe by Steve Hocking

Serves 1

1 tbsp. coconut oil
1 tbsp. hemp oil
1 tbsp. sunflower lecithin
1 tsp. green & blacks cocoa powder
Xylitol or stevia to sweeten
soya milk or kefir

1. Place oils, Lecithin and cocoa powder in large mug.
2. Top up with hot water and stir well.
3. Add soy, almond milk or kefir to taste and stir well.
   • Drink while hot.
Recipe by Steve Hocking

Serves 1

1 tablespoon Hemp oil
1 tablespoon Sunflower lecithin granules
1 tablespoon Coconut oil
1 tablespoon Marigold swiss bouillon

1. Mix all ingredients to a paste in a large mug.
2. Add hot water.
3. Stir well.
4. Drink hot

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