



COOKING COMMUNITY

CANCER AWARE RECIPES
MADE TO SHARE



Live Through This is a charity supporting and advocating for LGBTIQ+ people affected by cancer. We are constantly working to improve the patient experience for our community and make sure that cancer care is inclusive of everybody.

Registered Charity: 1190756

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In partnership with
**THE NATIONAL LOTTERY
COMMUNITY FUND**



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Book Design: Emrah Önal

Disclaimer: The recommendations in this book are a guideline only. Always speak to your doctor or dietician about which kind of diet is best for you and your health. Always consider your allergies and intolerances before preparing or consuming a meal.

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INTRODUCTION

Having cancer can affect your appetite and eating habits for a variety of reasons. You may have little interest in eating, you might find that your favourite foods don't taste the same or you may have side effects from treatment that make eating difficult or uncomfortable.

A good appetite and healthy diet are important in providing your body with the energy and nutrients it needs. Having a well balanced diet and maintaining a healthy weight may help you through treatment and improve your overall sense of wellbeing. It may also support your immune system as you go through treatment and your body is healing.

A good diet also supports good mental health. From the nutrients we take in to the action of preparing the food itself, it can all benefit a positive state of mind. Our recipes are developed with a mindfulness approach to help the process feel restorative and engaging.

This book is full of tasty recipes that are nutritious, exciting and cancer-aware. They have been specifically developed for cancer patients and survivors with attention to factors like the ingredients, carbohydrates, fats, proteins and portion sizes. By focusing on rich flavourful recipes that are fun to prepare we hope to create a nutritious meal whatever the serving size.

These recipes may be developed for cancer patients and survivors, but we encourage everyone to try our dishes and share the results! Cooking is a wonderful way to connect with others, either through preparing food with or for each other, or by sharing your plate on social media to impress your friends and family. If you decide to upload your dish, remember to tag us with **#LTTcooking** to join the Cooking Community and see what everyone else has been up to.

As we push through the coronavirus pandemic and beyond, we find ourselves reconnecting with the world around us in new ways. We believe that with the power of social media, sharing the gift of cooking with each other is another thing we can enjoy, no matter the distance.

We hope you enjoy our recipes and can't wait to see what you create.

Stewart O'Callaghan
Charity Founder

MEET THE CHEF

Luce McKenna is a chef from the UK, a place in Yorkshire known as the Rhubarb Triangle. Despite moving around, rhubarb remains their favourite flavour. It took some years before Luce realised their culinary flare, despite having focused their art degree studies on food history and the kitchen as a performance space. They poured over rare copies of artist cookbooks and even fitted a kitchen as their final exam submission.

Having graduated, Luce moved to Berlin to connect with a broader queer community. They worked for a record label, in tech PR and even as a life model for a stint. Luce began hosting dinner parties for friends which in turn became ticketed pop up dinners. It was time to jump in the fire and start work in professional kitchens.

Since then, Luce has worked in fine dining, as a bread baker and everything in between.

Their last post before the pandemic hit was Head Chef of a contemporary grill restaurant in Lisbon, Portugal. Being queer and being femme, this path was not an easy one but Luce remains dedicated to their passion and is focusing energies on cultivating more positive and inclusive futures by queering the industry.

There are still ways to go.

The collaboration with **Live Through This** to produce a cookbook is a project close to Luce's heart. During their teen years, both their mum and grandad underwent chemo and cancer treatment. As such, their love of food and dining out as a treat or social occasion very much challenged. Luce hopes to dismantle the daunting aspect of cooking and eating and to encourage experimentation in finding what works best for you. The recipes aren't intended as blueprints but rather points of inspiration to demonstrate the variety and colour you can enjoy on your plate. Utilise the tools and ingredients you have, what's in season and good value depending on where you are in the world. The recipes are adaptable and designed to be tweaked!



CONTRIBUTERS



Neil McCreanor
Dietician

You are unique. We all are. When it comes to living with cancer, there is no one-size-fits-all approach – including when it comes to nutrition.

As a dietician, one of my main focuses is to prevent malnutrition because this is linked to poorer health and recovery times. One in three people with cancer are malnourished and this can be exacerbated by treatments, side effects and people attempting a restrictive diet.

This can present itself in many ways, such as weight loss, muscle loss, lack of energy, nutritional deficiencies and low mood. Eating well can help with managing the side effects associated with both the cancer itself and treatment. Side effects can vary and some people will experience different symptoms at different stages. Some symptoms, if not controlled, can get worse and cause other symptoms (e.g., constipation, which can lead to appetite loss, weight loss and malnutrition). It's always important to tell your healthcare professional about any side effects, no matter

how small you think they are.

When it comes to diet, there is so much information out there that it can be difficult to know what to do. If you're worried about your diet, speak to your doctor or a dietitian who can share evidence-based recommendations.

If you find you're losing weight, keep a record of this. If it persists, let your doctor know. If you don't have weighing scales, you can look out for other things, such as clothes or jewellery becoming looser. When having treatment, you should aim for a stable weight and muscle mass.

Low muscle mass is prevalent in more than 50% of newly diagnosed cases, which can be exacerbated by some treatments. Improved muscle mass is linked to better outcomes and this can be achieved by including regular protein-dense foods in your diet and regular physical activity. These include lean meat, fish, eggs, nuts, tofu, legumes, milk and cheese; as well as plant-based dairy alternatives. Many of these foods will be found in the delicious recipes of this cookbook!

Exercises that can help with muscle mass include walking, cycling, yoga, swimming, using resistance bands and dumbbells, and even gardening. Always consult your doctor before beginning a new exercise regime.

Overall, a good diet is well-balanced, with a variety of nutrient-rich foods. But, most of all, it's one you enjoy!



Shah Alam
*Cognitive Behavioural Therapist
& Trainee Clinical Psychologist*

'Breakfast is the most important meal of the day' is something that you might have heard and it is true! Having breakfast and regular meals supports our brain function, mood and energy levels which can become low if we lack essential minerals and vitamins from foods, such as fruit and veg. Our ability to concentrate and focus comes from glucose, which is the fuel from carbs such as wholegrain bread, rice and cereals. Eating carb-rich foods can also help to increase the chemical messenger 'serotonin' in our brain which improves our mood.

Overall, feeling psychologically well involves regular meals consisting of a healthy choice of carbs, nutrients, vitamins and protein to support our bodily functions and finding a balance that works for you.

Did you know that we make around 200 food-related decisions per day without even realising it? But sometimes, honing in on these thoughts can be therapeutic. Mindfulness has become extremely popular over the last

few years and there is a reason as to why! It's described as 'the practice of purposely bringing one's attention to the present moment, without judgement and observing your present experience'. Mindfulness derives from Buddhist traditions and has benefits for our mental health. Mindfulness is a skill and just like a muscle, the more we practice being 'mindful' or focusing our attention and awareness to the present, the stronger we get at it!

Throughout this cookbook, we encourage the practice of mindfulness when preparing, cooking and eating the foods you make. This involves using your senses to focus on what you can see, hear, smell, touch and taste. The mind does wander and this is expected, so once we notice this happening we gently bring our attention back to the last thing we noticed, whether that was the pepper we were just cutting, potato we were peeling or the tangy tomato sauce we just tasted! Mindfully bringing attention to this process can help with grounding us back in the present, noticing the experience of preparing and eating food by activating our senses. Ultimately, this can have a positive impact on the relationship we have with food, with an emphasis on the importance of nutrition and mental health.



Seren Thomas

Founder of Gulp, a project raising awareness about the experiences of LGBT+ people with eating disorders, disordered eating and body issues.

@GulpProject

Popular and clinical nutritional advice tends to frame foods within a healthy/unhealthy binary that pushes us to conceptualise foods as either good or bad. Food is often presented as a matter of extremes, of starvation or abundance, restraint or indulgence, and this conception becomes complicated by its involvement in healthcare. Celebrating certain foods and demonising others is an entrenched way of thinking about eating, health and nutrition in our society. When we talk about food, we need to remember that individual understandings of body, health and worth are all linked.

This book has sought to reignite a love for food that does not focus on a language of extremes. It centres creativity, fun and taste rather than calories and weight.

I hope it brings you joy.

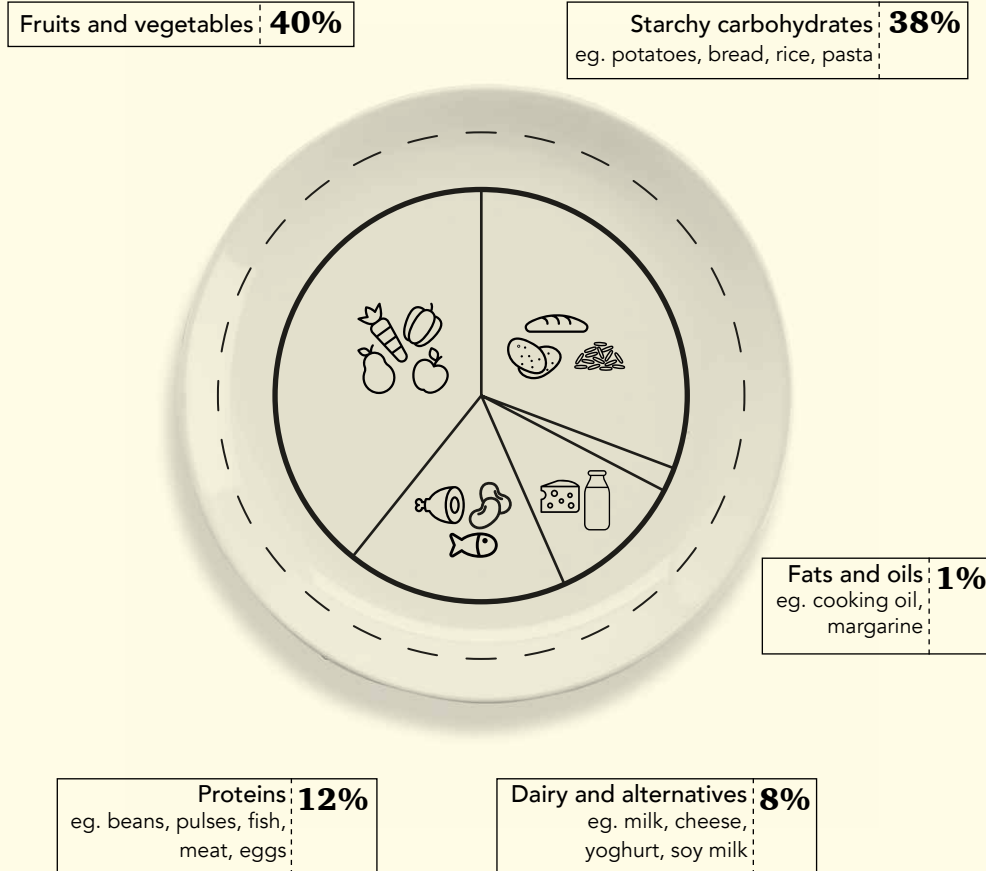
Food is many things. A necessary fuel, a bonding mechanism, a nourishing remedy, an expression of love. But food is never just food, especially for people with eating disorders.

Why are you reading about this in a cookbook? Because a huge number of LGBT+ people have eating disorders, and it is crucial to be aware of how this intersection impacts the community's relationship with food, health and our bodies. The available data consistently shows that eating disorders are significantly more prevalent amongst LGBT+ people, with 1 in 5 reporting having an eating disorder in 2018 alone. Although the ways bodies are seen and valued differ across the community, many LGBT+ people share a complex relationship with self-image and self-worth that can have an impact upon their eating habits and routines.



GETTING TO KNOW NUTRITION

The Government has described their recommendations for healthy eating in the Eatwell Guide that is freely available online. The guide groups food into five main categories and suggests the correct proportion of each to maintain a healthy diet. It should be remembered though that this is just a guide, and the main goal is to focus on having a varied and balanced diet. The guide explains that foods that are high in fat, salt and sugars are not needed in a person's diet, however for some people, these types of foods are important to prevent weight loss.



(+ 6 to 8 glasses of water a day.)

COMMON PROBLEMS

It is good to know what an optimal diet should look like, however cancer can leave us with certain issues that make eating or maintaining a healthy appetite difficult. Below are some common problems you may have experienced:

Dry Mouth

Treatment may leave you with a dry or sensitive mouth. In this case, you may want to avoid dry foods that can exacerbate the problem. Instead, focus on creamy or sauce based foods or try to add some condiments or sauces of your own. If your mouth is sore, it is best to avoid too much spice, salt or acid in your diet such as chillies, tomatoes and citrus. If your mouth is particularly dry you might want to try:

- Drinking plenty of water (fizzy drinks can be refreshing)
- Using extra condiments and sauces
- Slow cooking and stewing food to keep it soft and moist
- Foods with high water content
- Dairy options such as ice cream, yoghurts and milkshakes
- Soft desserts like rice pudding
- Sucking on ice cubes or ice lollies
- Avoiding chocolate or pastry as they can stick to the roof of your mouth
- Chewing gum and sucking on boiled sweets can help stimulate saliva
- Soups and stews

Problems Chewing

If you have problems with chewing, opt for softer foods that require less effort. You can also cut the ingredients into smaller chunks whilst preparing your food or use a blender in some cases. As with a dry mouth, adding sauces can also help. Some other good tips include:

- Cutting off the crusts of bread for softer sandwiches
- Having smaller more frequent meals
- Having nourishing drinks e.g. milkshakes

Taste Changes

Treatment can sometimes result in changes to tastes and smells that make eating less enjoyable. This might also be affected by a dry mouth or even oral thrush. It is important to keep good oral hygiene at all times. You may also want to drink more liquids to keep yourself hydrated and support you if your mouth is dry. If your usual food choices taste different or are no longer enjoyable to eat, try adding new flavours to your meals. These might include using herbs to boost the flavour profile, or trying new condiments, but be careful not to use anything with too much spice or acid if your mouth is sore. Smoked and cold foods can also be ways to mix up your meals and taste expectations. It's a good time to try different flavours you may not have previously enjoyed as they may be more palatable now. Other good tips are:

- Use zesty flavours such as lemon and lime
- Marinating meat in fruit juices or wine
- Opening your windows when cooking and letting in plenty of fresh air as cooking smells can sometimes be off-putting
- If the smell of food is off-putting, try colder meals and snacks
- If you have a metallic taste in your mouth try using plastic or wooden cutlery
- Keep trying the foods you enjoy every now and again as your sense of taste may change every few weeks

Early Satiety

Sometimes we might feel full too early when eating. This can be a problem when trying to take in enough food, but it is important to remember that you can eat any size meal. There is no pressure to eat a full plate so long as you are able to make the food you are able to ingest highly nutritious. If you need to add more calories to a meal, add some extra

butter, cream or cheese.

You might want to try eating smaller meals throughout the day, rather than attempting one larger meal in the evening, think of it as “little and often”. Avoid drinking fluids 30 minutes before and during meals as this can lead to that feeling of fullness. If solid food is too difficult to manage with your satiety, try drinking nourishing drinks and smoothies to help.

Low Appetite

Smoking, as well as being bad for your health, can also suppress your appetite. If you do smoke, try not to smoke in the half-hour before your meal. Fresh air can often stimulate your appetite. If possible, go for a brief stroll or go outside for a while before eating. Eating in a well-ventilated room can also help. A little bit of light activity can help to stimulate your appetite and digestion and trying to incorporate nutritious snacks into your diet might help with low appetite.

You may want to buy or prepare single portion snacks to encourage yourself to eat. Nourishing drinks could also help. If you feel that your low appetite might be related to a low mood, anxiety or depression, talk to a counsellor who might be able to help. Your clinical nurse specialist should be able to help you set up this appointment.

If nausea is affecting your appetite, ask your doctor or nurse about anti-emetics to try and get it under control. Be sure to monitor your weight if you are struggling with low appetite and raise any concerns about weight loss with your GP.

Low Immunity Risk Foods

If your immune system has been affected by your treatment, you may need to ask your doctor or dietician if there are any foods that should be avoided. Some potential risk foods might include:

- Unpasteurised milk and cheeses, eg. brie
- Other unpasteurised drinks eg. kombucha

- “Moldy” or “blue” cheeses, eg. stilton
- Cheese from an open delicatessen
- Shellfish eg. prawns and mussels
- Raw or undercooked meat
- Raw fish eg. sushi
- Liver pâté and fish paste
- Live bacteria yoghurt
- Cracked, raw or undercooked eggs
- Unwashed, raw vegetables and herbs
- Pre-cut or packaged fruits and salads

Fatigue

Cancer treatment can leave you feeling extremely tired. If your fatigue is getting in the way of you preparing healthy meals, try to get someone else to help you. You may also want to prepare a lot of food on a day when you have a good amount of energy and then freeze portions for when you are feeling more tired. If you are particularly tired, try preparing a small nutritious meal as opposed to a large full dish as smaller, more frequent meals might help with sustaining energy levels. If you are in need of more assistance, ask your friends or family to bring you food and extra that you can freeze at home.

Nausea

Feeling sick will make anyone not want to sit down and eat a full meal. Sometimes it can be related to the treatment you are having or, at other times it might be triggered by a certain situation. Although feeling sick makes it hard to eat, having an empty stomach can make it worse. When you are feeling nauseous, focus on dry foods that are not too flavourful or punchy. Consider eating something small like a biscuit which can be softened in tea if it helps. You might also want to opt for cold foods which will have less of a smell. Some people find that ginger, carbonated drinks and boiled sweets can also help. Sometimes a bland meal can be easier to stomach, however triggers for nausea can be very different from person to person so experiment with what works best for you. If you live with someone then you can also try asking if they can prepare meals for you. If you are really struggling, do not hesitate to

reach out to your cancer nurse or GP about anti-nausea medication.

Losing Weight or Energy

When facing weight loss it is important to make every mouthful count and keep a high energy diet to maintain good health. Sometimes, this can be done by just switching up a few things in your meals, such as:

- Choosing full-fat options instead of ‘diet’ or ‘light’ varieties
- Adding extra butter, margarine or oil to carbohydrates and cooked vegetables
- If you’re having a sandwich or toast then spread the butter/margarine more thickly
- Adding extra dairy to your dishes like paneer in curries or sour cream, yoghurt or crème fraîche in soups
- Add skimmed milk powder to full-fat milk and use this in hot drinks and cereal or porridge
- If you don’t use dairy, ensure you have dairy-free alternatives. Make sure to read the ingredient labels to ensure they are fortified with Calcium and Vitamin D
- Adding beans and pulses into your curries and stews
- Add pesto, pickle, relish or other condiments to food
- Adding dairy to your desserts with condensed milk, clotted cream or ice cream
- Spreading nut butters and other sweet spreads onto bread, crackers and biscuits

Constipation

It is important that you have an adequate level of fluid in your diet. This should be 6-8 cups per day and can include tea or coffee. Including a variety of fibre in each meal can also help, such as wholegrains, fruits, vegetables and oats. Certain fruits can help with constipation, such as prunes and their juice. Another option to try is having 2 kiwifruit per day for a softer, more frequent bowel movement. Gentle exercise can also help to keep your bowels moving.

Diarrhoea

We lose a lot of fluids when we have diarrhoea, so it is important to rehydrate with plenty of water. If you feel that coffee may be contributing to the problem, it is best to cut it out. Sometimes diarrhoea is caused by your treatment and changing your diet might not help. If you feel this is the case for you and your diarrhoea persists, contact your GP.

Bloating / Wind

Bloating can be uncomfortable. Make sure you chew your food well as this helps your body breakdown your food easier in your gut. Also check your diet and see if there are any potential culprits that are producing the gas such as beans and lentils. If so, it may be worth trialling reducing how much of them you eat. Another helpful tip is to have 1 tablespoon of linseeds with 150ml of water daily to reduce your symptoms.

Hygiene

Cooking in a clean environment is important, especially if your immune system is compromised from treatment. If so, you may be more at risk of food poisoning and less able to cope with its symptoms. Some good tips to avoid this being an issue are:

- Use the freshest ingredients
- Wash all fresh produce well in cold running water
- Never eat food after its sell by date
- Make sure food is cooked all the way through before serving
- Avoid reheating food more than once
- Follow any freezing guidelines exactly as they are described
- Wash your hands thoroughly before handling food
- Keep the kitchen a pet-free zone
- Clean your kitchen sides and utensils thoroughly after every meal
- Wash dishcloths, oven mitts and tea towels regularly.

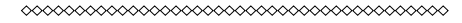
HOW TO USE THIS BOOK

Tastes and diets vary from person to person, and we know that this variance will be even more pronounced when cancer is thrown in the mix. So, we encourage you to get creative. You don't have to follow this book from recipe one through to the end. Flick through instead and see what grabs your attention. Try out a simple snack first. Bookmark a meal you want to try on a high energy day. See which recipes you want to put your own spin on.

The important thing for us is that you are having a good time whilst making your nutritious food. We believe that cooking is exciting and therapeutic. From the process of preparing the ingredients through to the conversations we have over the dinner table, they all help us feel good.

During the coronavirus pandemic, the ability to invite friends and family over to share a meal has become more difficult, but there are still ways to connect with each other over food. The internet has seen a wonderful explosion of home-bakers and have-a-go chefs and we want you to be part of that community! If you have been shielding and miss being able to socialise, getting online can be a great way to connect with your loved ones and even make some new connections.

So give it a go! Be bold and post your dish. Tag your photos with **#LTTcooking** and see what everyone else has been up to. When the post is uploaded, you can go back to it and click on the **#LTTcooking** hashtag to see what others have made. See something you like? Let them know! Wonder how someone tweaked the recipe? Just ask! With so many of us isolated over lockdown, there's never been a better time to get online and connect!

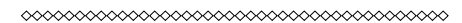


We have all heard that the kitchen is the heart of the home. It's where we nourish and connect with others. But we can also use it to reconnect with ourselves and bring that heart in alignment with the mind.

Mindfulness is a wonderful tool for engaging with the world around us. It allows us to refocus our attention and truly savour the sights, smells and sensations that we are experiencing. When cancer complicates your life, it's easy to miss the little things that can brighten up your day. By following a few mindfulness prompts, we can try to bring ourselves back into the present moment.

Our contributor Shah has prepared some prerecorded mindfulness sessions based on our recipes for you to enjoy. They can be found via the Cooking Community recipe hub on our website along with other great content:

www.livethroughthis.co.uk/cooking-community



THE SPOON SCALE

Each recipe in this book has a “spoons rating” to tell you how involved it is and how much energy it may require. The concept of spoons is used to describe the amount of mental or physical energy a person has available for the day’s activities or tasks. Think of it like holding a bunch of spoons in your hand and each task takes at least one spoon from you, until you run out.

The Spoon Theory was introduced by Christine Miserandino to describe how it felt to have lupus. We decided to include it here to help you decide which recipes you want to try on the days you have a lot of energy and also those days where you may only have a few spoons on you.





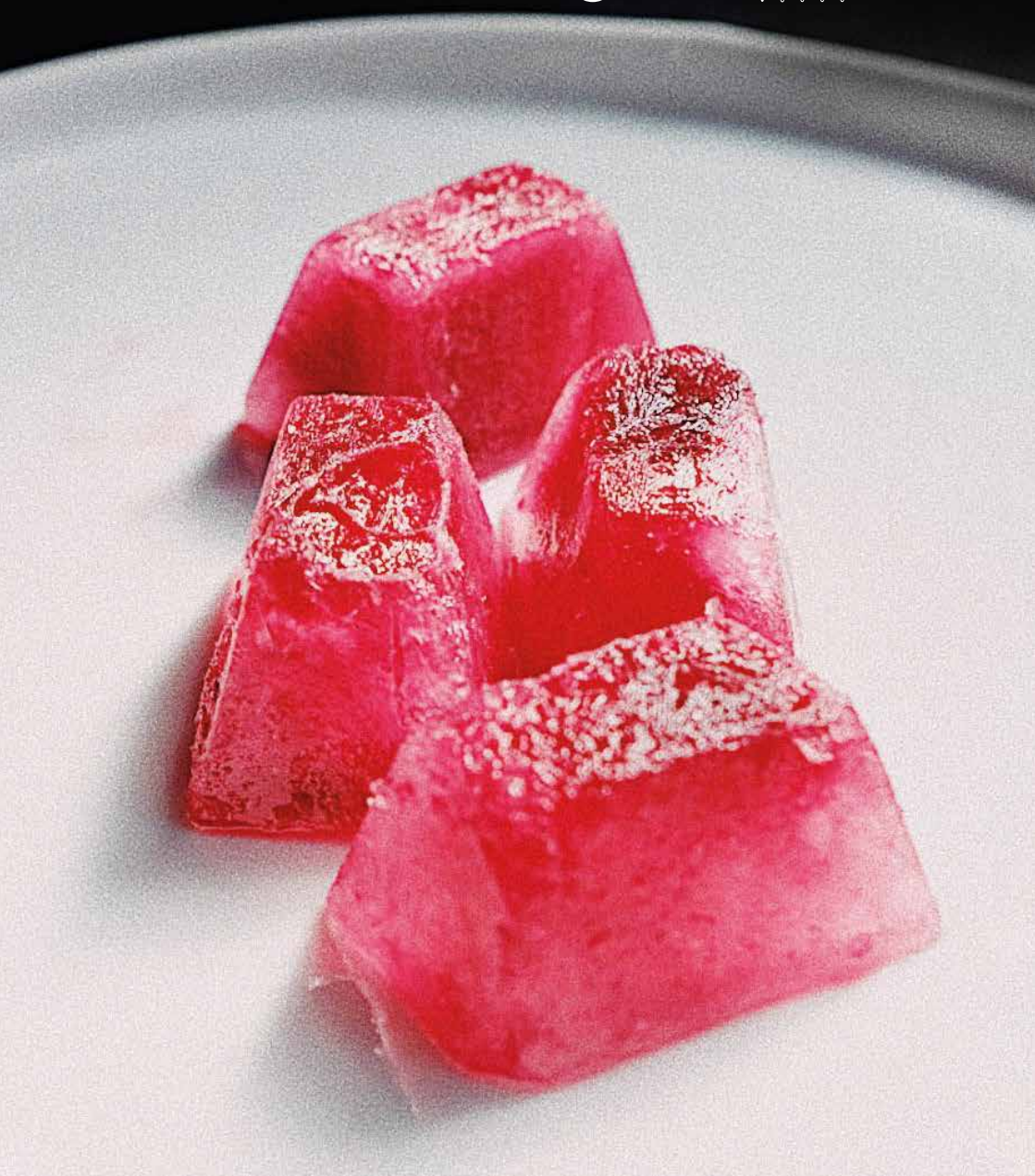
RECIPES

POMEGRANATE ICE CUBES

🕒 5-20 min



Serves 4



Freeze any juice into cubes to boost hydration. If you like, you can choose a less acidic fruit such as mango or melon. Blitz in a blender to make a slushy or add the ice cubes to a glass of coconut water - soothing on the stomach and packed with electrolytes.

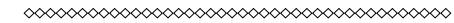
Equipment

- Paring knife
- Medium sized bowl
- Strainer
- Ice cube tray
- Blender *optional*

Ingredients

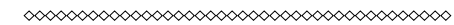
- 2 large pomegranates
- Coconut water or *natural water*

TO JUICE



No blender method

Juice the fruit by rolling it around on the counter and squishing the skin between your palms. Open a hole in the side of the fruit with a paring knife and squeeze out the red fruit flesh over a mesh sieve + container.



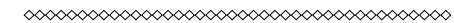
Blender method

Make a shallow slit at the top of the pomegranate where the stem is. Cut all the way around the top of the rind to create a shallow circle, then remove this top section to reveal the seeds. Slice 3 shallow cuts down the outer rind, from the top of the fruit to the bottom. Pull the pomegranate apart to create three large sections. Submerge these in a bowl of cold water. Break apart the pomegranate underneath the water with your hands, separating the seeds from the rind and pith. The seeds will sink to the bottom of the bowl.

Discard the pith and strain the seeds.

Place your pomegranate seeds in a blender. Pulse a few times to release the juice but not enough to break the inner kernel or your juice will be cloudy!

Strain juice over a fine mesh sieve + container.



FREEZING THE CUBES

Dilute the pure pomegranate juice as desired with some coconut or natural water. Pour liquid carefully into an ice cube mold, freeze and enjoy anytime!

STORAGE

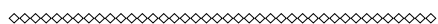
Keep a box or bag in your freezer for ready made ice cubes, so that you always have a stash at hand and a freed up ice cube tray.

This golden-hued jelly is made from fresh ginger tea. The best thing about this wobbly treat is that you can adjust the sweet and spicy levels to suit your taste. The same goes for the bounce. If you prefer a jelly you can slice into cubes, then up the gelatin ratio slightly. This recipe uses grass-fed beef gelatin which is high in protein. For gelatine powder, the tea must be cooled to room temperature before combining the grains. Leaf gelatin needs to be soaked or bloomed in cold water before dissolving in warm liquid. Follow your gelatin brand instructions for soft or firm set!

Equipment	Ingredients
<ul style="list-style-type: none"> • Paring knife • Spoon • Saucepan 	<ul style="list-style-type: none"> • 50g fresh ginger <i>peeled + sliced</i> • 500ml water • 1 tbsp sugar <i>or honey/agave</i> • 2 tbsp gelatine powder <i>or equivalent</i>

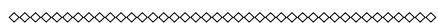
GINGER TEA

Boil the ginger, sugar and water for 10 minutes then taste to see if it has reached desired spiciness. The longer you boil, the more intense the ginger flavour will be. Note that some of the liquid will evaporate but for the jelly you'll need 400ml. Cool to room temperature.



JELLY

Add the gelatine powder to the cooled tea. Heat the mixture gently on low and stir with a spoon until the grains are completely dissolved. A whisk will only incorporate air so a spoon works just fine. Pour the liquid into a container and pop any persistent air bubbles with the spoon. Cover and chill in the fridge overnight or until set.



STORAGE

Refrigerate in an airtight container for up to 7 days.

GINGER JELLY

 1 hr +
 4 hr chill
 time



Serves 4



Fruity ice crystals are soothing and hydrating in hot summer months. Gelatine is optional but adds a boost of amino acids, aids in digestion and additionally helps retain the structure of the dessert once it hits your bowl! Gelatine also reduces the amount of ice scraping (work) needed during the freezing process. Adjust the sugar quantity depending on the ripeness of your chosen fruit.

Equipment

- Metal fork for scraping
- Saucepan
- Fine mesh strainer
- Measuring jug
- Immersion / stick blender
- Shallow plastic container + lid

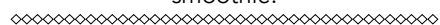
No container? Freeze in a shallow baking pan + wrap tightly with cling film

Ingredients

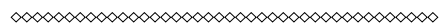
- ½ medium size, ripe cantaloupe
- 25g sugar
- Juice of ½ a lime
- Pinch salt
- 1 ¼ silver gelatine sheet (2g)
- 70ml melon syrup
- 420ml melon juice
- Ice bath - *make sure to have ice cubes or freezer block*

TO JUICE A MELON

Remove the skin and seeds of the fruit and juice or place flesh in a blender. Strain to separate the liquid from the pulp. A spatula or metal spoon will help this process but be careful not to push the pulp through the mesh - stir gently. Reserve the melon pulp for a smoothie.

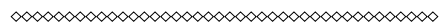


Add the melon juice, lime juice, sugar and salt to a pot and bring this to a simmer to dissolve the sugar. Too high a heat will destroy the delicate fresh melon flavour, so go slow. You will have some syrup leftover, after making the granita. Make this into ice cubes or use it to flavour drinks!



Bloom the gelatine sheet by soaking in a bowl of cold water until soft. Squeeze out the water and add this to a saucepan with the juice + syrup. Heat gently, stirring constantly with a spoon or spatula until the gelatine is fully dissolved in the mix. Prepare an ice bath by adding cold water with ice cubes in a bowl bigger than your saucepan.

To chill the mixture, hold the base of the saucepan in the ice bath, whisking the mixture until cool but still liquid. Carefully pour this into a shallow container, cover securely with a lid or wrap tightly with cling film and place in the freezer on a flat surface. Once the melon mix has iced over (16+ hours) scrape the granita vigorously. If the crystals start to melt, pop the container back in the freezer and scrape again later!



STORAGE

Granita - freeze for up to 1 week.

Syrup - refrigerate for up to 1 month in an airtight bottle or jar.

MELON GRANITA



1 hr +
1 overnight
freezing time



Serves 6-8



JUMEOKBAP



30 min



Serves 4-6

Jumeok means fist and Bap means rice in Korean. These hand shaped rice balls are the perfect snack or accompaniment to a meal and you can vary the fillings as you wish.

For a meat free version, try roasted or fried aubergine cut into small pieces.

The best rice to use is Japanese short-grain for the sticky texture when shaping. Use a slightly higher water to rice ratio when cooking as you want the rice to be sticky enough to roll.



Equipment

- Rice cooker or pot with lid
- Frying pan

Ingredients

- 200g short-grain rice + 250ml water or use a cup to measure ratio
- 1 tbsp sesame oil or vegetable
- 1 tbsp rice vinegar
- 1 tsp sugar
- 1 pack ground beef
- 1.5 tbsp gochujang fermented pepper paste
- 1 tbsp soy sauce
- 1 tbsp honey
- 1 tsp minced ginger / ginger powder
- ½ tsp white pepper
- ½ tsp salt *plus extra*
- 2 sheets laver seaweed / gim *optional*

RICE COOKER

Check your rice cooker settings before getting started. Add the rice to the rice cooker bowl and wash 3 times. Do so by covering with cold water and swishing the rice with your hand, then pour off the cloudy/starchy water (without losing any rice down the sink) and repeat this process 3 times.

On the final rinse, you should strain out all the water and leave the rice behind in the bowl.

Add cooking water and soak for 30 minutes (you can skip this step if you don't have time but the texture will be better).

Add salt + 1 tsp oil to the pot, cover with a lid and follow the manual's instructions.

STOVETOP

Wash rice as above, add water + salt + oil, stir once then cover with a lid. Bring rice to a boil then lower the heat to simmer for 20 minutes. Fluff with a fork.

TO SEASON

Combine the rice vinegar and sugar then pour it over the rice. Stir to coat the grains.

GOCHUJANG BEEF

Place ground beef in a bowl and season with soy, ginger and white pepper. Mix well. Add the beef to a cold frying pan and heat up gently, breaking up the meat with a spatula as you go. Fry until browned. Add gochujang or some extra soy sauce and mix well. Repeat this step with the honey. Transfer cooked beef to a bowl.

TO ROLL

Take the cooled, cooked rice and add sesame oil. Mix well with your hands so the grains are evenly coated. Season with salt to taste. Take a small amount and flatten it in your palm, add a spoonful of beef in the centre and carefully wrap the edges of the rice around the filling then roll into a smooth sphere. Give it a firm squeeze. A little oil on the palm of your hand will make this easier.

Seaweed coating: Crush up a few sheets into a bowl and roll the rice balls so that it sticks to the surface or alternately roll in some toasted sesame!



STORAGE

Refrigerate in an airtight container - overnight max.
Tip: To revive jumeokbap, dip in a beaten egg and fry, or you can eat the leftovers as a rice bowl.

BUTTERNUT HALWA

🕒 3 hr 🍴🍴🍴🍴 Serves 4



This smooth Indian pudding takes some patience to cook to a creamy consistency but is perfect for sore mouths.

Use carrot, butternut squash or pumpkin or a mix of all 3! The more milk, the richer the texture of halwa + longer cooking time. I suggest at least a 1:2 ratio of butternut to milk. I like to add a pinch of salt for balance. Sea salt is preferable over table salt for its mineral content.

- Equipment**
- Peeler or paring knife
 - Grater
 - Spatula
 - Heavy bottom pan
- Ingredients**
- 500g squash /carrot / pumpkin
 - Handful flaked almonds
 - 1L milk *almond, coconut or cow*
 - 2 tbsp honey *or sugar of choice*
 - Pinch sea salt
 - Ground nutmeg *to taste*
 - Ground cardamom *to taste*
 - 4 tbsp melted ghee *or coconut oil*

BUTTERNUT PREP

Peel the outer skin of your veg with a peeler. Shred the flesh on a medium grater hole. Reserve all of the vegetable peel + scraps for making stock.

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Optional: Reserve seeds by rubbing off flesh, no need to wash! Spread on a sheet tray + roast in a preheated oven 180°C 10 min then salt the seeds whilst still hot.

TOASTED NUTS FOR TOPPING

Toast in the oven on a sheet tray at 180°C until golden and glossy as the nuts start to release their oils.

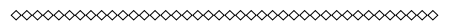
HALWA

Heat the milk in a saucepan until steaming then add a pinch of nutmeg and a pinch of salt. Add grated butternut and sauté, stirring occasionally until the moisture from the milky mixture has evaporated. This might take between 90-120 min but the milk should always be on a strong simmer.

Add honey and cardamom and stir frequently so that it doesn't stick (25 min). Add melted ghee and reduce the mixture further (10 min). Sprinkle toasted almonds on top.

Warm VS Cold



The halwa sets nicely in the fridge like a rich custard. Chill 2+ hr.



STORAGE

Wrap tightly and refrigerate for 1 week. Freeze for up to 2 months.

CHICKEN BROTH

 1 hr 40 min  Serves 8

Making your own broth is an excellent way to use up vegetable scraps. Store all of your peels and trimmings in a bag in the freezer until they are needed. You can use the bones leftover from a chicken roast for this broth or purchase bone-in chicken thighs. This ingredients list is only for flavour inspiration and can be tweaked to suit what you have at home. The aim is to layer complementary flavours. Sip on this broth as-is or use it to cook our savoury rice porridge.

Toast the peppercorns in a dry pan on medium heat, swirling to prevent scorching, until they smell fragrant. Turn off the heat and set aside. Roast the chicken (if using raw and not leftovers) on a metal tray at 175°C for 15 min. Remove from the oven and transfer the chicken to the stock pot. Pour some water onto the roasting tray and scrape all the juices and chicken bits into the pot. We want to extract as much chicken flavour as possible. Slice the onion through the centre and place it, cut face down, on a very hot pan until it starts to brown. Cut the garlic bulb through the middle horizontally. Add the garlic + onion to the pot next, along with the remaining ingredients. Pour over some water until the broth ingredients are just submerged. Bring everything to a strong simmer and then reduce the heat to low. Skim any foam from the surface of the broth with a spoon or ladle.

Once the chicken is tender, after about 20 minutes or so, remove and pull the meat from the bone. Reserve the meat for later and return the bones to the broth for further cooking. Simmer the broth for 1 hour and 20 minutes or until it tastes ready. Strain the liquid and discard the solids.

STORAGE

Refrigerate for up to 5 days.
Freeze in batches for up to 6 months.

Equipment

- Large stock pot
- Strainer
- Frying pan
- Oven tray

Ingredients

- 4 bone - in chicken thighs or bones leftover from chicken roast
- Turnip peels
- Carrot scraps
- Celery trimmings
- 1 large piece pineapple rind
- ½ garlic bulb
- ½ onion
- 2x bay leaf
- 1x star anise
- 1 tsp white peppercorns or mustard seeds
- 1 inch piece ginger
- Bunch fresh coriander
- Cold water



Polish pickle soup or zupa ogórkowa is the comfort food you never guessed you needed. Sip on this soup to replenish salts and to have something warm and soothing on the belly. Dill is not for everyone but cooking this herb transforms its distinct flavour into a delicate thing. I like to crisp it up and use some as a garnish at the end. Substitute with parsley if you prefer, or celery leaves. Polish and Russian supermarkets sell pickles which do not contain vinegar. Both kinds work, however.

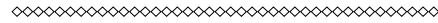
Equipment

- Stock pot or soup
- Knife
- Small bowl
- Oven tray
- Parchment paper
- Peeler
- Whisk
- Fork

Ingredients

- Handful dill stems + leaves
- 1 tbsp olive oil
- Pinch sea salt
- 1 large turnip
- 3 medium potatoes
- 1 medium onion
- 2 medium carrots
- 1 clove garlic
- 1 bunch dill
- 1 tbsp chopped parsley
- Sea salt
- 1 litre broth *veg or chicken*
- 100g sour cream *sub
vegan sour cream*
- 2 tbsp butter
- 2 tbsp plain flour
- 4 dill pickles + pickle juice
to taste
- Black pepper to taste
- Salt to taste

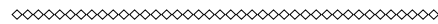
Line a tray with parchment and preheat the oven to 180°C. Keeping the dill pieces whole, add to a bowl and drizzle with some olive oil, season with salt and rub to coat the herb. Bake for a few mins until crispy.



Peel and cut the turnip, potato and onion into ½ inch cubes. Peel and slice the carrots. Save all of your veg peels and scraps in the fridge or freezer to make another broth later. Melt the butter in a large pot and sauté the onion until translucent. Add the potatoes, carrot, turnip and sliced pickles then pour over the broth.

Bring it to a boil then reduce and simmer until the potatoes are tender. In a small bowl, whisk the sour cream and flour together with a fork. Temper the sour cream by whisking in a little hot soup, so that it doesn't curdle. Turn up the heat and add this sour cream mixture to the soup, stirring constantly until thickened (5 minutes).

Season with salt and pepper and add pickle water to taste. Top with crispy dill.



STORAGE

Keep covered in the fridge for up to 1 week.
Freeze in batches for up to 6 months.

PICKLE SOUP



45 min



Serves 4-6



BARLEY RICE PORRIDGE



Overnight soak
+1 hr cook time



Serves 4

Soak grains such as brown rice in water overnight as this not only reduces the cooking time but improves the body's ability to absorb the nutrients. If you don't have broth, soak some shiitake or dried mushrooms in hot water and use this liquid to flavour your rice. The addition of eggs makes this porridge even more creamy and protein rich or simply stay vegan and delicious.



Equipment

- Large pot or dutch oven
- Wooden spoon / spatula

Ingredients

- 800ml broth
- 100g brown rice *pre soaked*
- 100g pearl barley *pre soaked*
- 2 eggs *optional*
- 1 tsp sea salt *or to taste*
- 1 tbsp sesame seeds
- 1 tbsp toasted sesame oil
- Dried shiitake mushrooms *optional*

Combine the soaked barley and brown rice with water and salt in a large cooking pot. Cover with a lid and bring to a boil over medium-high heat.

Reduce the heat, partially cover with a lid and simmer for 40 minutes or until tender. Stir at intervals to prevent the rice sticking to the bottom of the pot. You can add more broth or water if necessary.

If using eggs, uncover the lid and turn up the heat to medium. Add 2 whole eggs and stir to break up the yolks. Once everything is incorporated and the eggs are cooked through, remove the porridge from the heat.

Note: As the porridge cools it will become thicker.

TO SERVE

Slice up some rehydrated shiitake mushrooms, sprinkle some sesame seeds on top and drizzle a little sesame oil. You can also top with shredded chicken thigh from the chicken broth recipe inside this book.



STORAGE

Keep in a sealed container in the fridge for up to 5 days.

WATERCRESS PESTO

🕒 15 min 🍴🍴🍴🍴 Serves 10

This pesto can be made with watercress or alternatively, if you are avoiding raw veggies, blanch some kale in boiling, salted water for 20 seconds. If you enjoy cheese in your pesto, select a pasteurised cheese such as pecorino to shave and add to the mix. Note that greens can be sandy so make sure to soak in water to remove any dirt.

Equipment

- Blender
- Oven tray

Ingredients

- 2 fistfulls washed watercress *or kale*
- 75g sunflower seeds *or blanched almonds*
- 6 tbsp / 90ml olive oil
- Lemon juice to taste
- Lemon zest to taste
- 1 garlic clove
- Pinch sea salt



Toast seeds or nuts lightly in the oven at 180°C for 5 minutes and allow them to cool down. Dry or spin any excess water off your greens and pulse everything in a blender until you reach desired pesto consistency. You can add a splash of water or extra oil if desired.

STORAGE

Keep in a sealed jar in the fridge 5-7 days or freeze in an ice cube tray for up to 3 months.

KUKU SABZI MINIS

 30 min  Serves 4

This Persian herb frittata is the perfect recipe to use up wilting greens in the fridge, including lettuce. Once cooked, the greens take on a milder flavour and the almond meal adds an extra boost of protein. Typically cooked in a skillet over a flame, this version is instead baked in a muffin tin or an oven proof dish works too. Enjoy any time of day with a dollop of cooling yoghurt on the side.

Equipment

- Muffin tin
- Blender

Ingredients

- Carrot tops
- Coriander
- Parsley
- Spinach
- Lettuce
- Chard
- Mustard greens
- Herb mix
- 4 - 6 eggs
- 2 tbsp almond meal
- ½ tsp baking powder
- Olive oil
- 1 tsp ground turmeric *optional*
- Black pepper
- ½ tsp salt

Preheat the oven to 175°C and grease the muffin tin with olive oil. Pulse the herbs in the blender until finely chopped. Add the eggs and remaining ingredients and pulse until well combined. If using an immersion/stick blender then chop the herbs finely with a knife before you blend together with the eggs. Divide the mixture evenly in the tin and bake until puffed (about 20 minutes). Cool slightly before removing from the tin.



STORAGE

Refrigerate in an airtight container for up to 2 days.



SAUCY PEANUT NOODLES

🕒 20 min 🍴🍴🍴🍴 Serves 2



Cooking noodles directly in the sauce makes them extra tasty. You can use any noodle you like. Top with a boiled egg + crushed peanuts. If citrus is ok for you, then squeeze over a lime wedge to finish.

Equipment

- Small sauce pan
- Oven tray
- Food processor or clean towels and rolling pin

Ingredients

- Shelled peanuts
- 1 can coconut milk
- Equal parts broth chicken or veg
- Salt to taste
- 1 pack udon noodles or noodles of choice

Preheat your oven to 170°C. If your peanuts are the roasted / salted kind then you can still give them another blast in the oven. If plain shelled then roast until golden and shiny, salt immediately and remove from the hot tray so they stop cooking. Blitz in a food processor in short blasts or crush between two clean towels and a rolling pin. Be careful not to go too far and make peanut butter!

Add everything to a small saucepan and reduce the liquid over a medium heat to ½ volume, stirring occasionally.

Cook your udon in the sauce until tender, plate up and finish with crushed peanuts.



STORAGE

Refrigerate in an airtight container.
Can be reheated the next day.

POLENTA CAKE

 40 min prep
 30 min cooking
  Serves 6

This cake is perfect for breakfast and tastes best warmed up or toasted under the grill. It is made with whole, cooked oranges which are blended into a paste. The texture is almost jiggly whilst remaining light on the belly as the cake is flourless. Serve with a dollop of crème fraîche if you fancy.



Equipment

- 6" round cake pan
- Small sauce pan + lid
- Blender
- Spatula
- 2 large bowls
- Tester

Ingredients

- 1 small orange
- Juice ½ orange
- 70g almond meal
- 75g instant polenta
- 70g sugar
- 1 tsp baking powder

- Pinch sea salt
- 2 eggs
- 50ml olive oil
plus extra for greasing

ORANGE PASTE

Place the orange in a small saucepan and cover with water. Simmer with the lid on for 30 min. You can place a circle of parchment on top to keep the orange submerged, otherwise make sure to turn it every so often. Remove the orange once tender and allow it to cool down. Quarter the orange and blend to a fine pulp in a food processor. If using an immersion/stick blender then add the orange juice at this stage to allow for smoother blending.

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CAKE

Preheat oven to 175°C.

Prep a cake form by cutting a circle of greaseproof to fit snugly in the base. Grease the pan with some olive oil and stick down the circle of paper, greasing once more over the surface.

In a large bowl beat the eggs + sugar until pale yellow. Add the orange paste, orange juice, olive oil + salt then whisk to combine. In a separate bowl, mix together the dry ingredients. Add this to the wet ingredients in two stages, folding the cake better gently with a spatula until everything is well combined. Pour the batter into the cake form and place in the oven on the middle shelf. Bake for 30 min or until a tester comes out clean. If the top of the cake is catching too quickly, cover the cake with a piece of tinfoil. Cool to room temp before removing from the pan.

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STORAGE

Refrigerate for 3 days. Freeze individual portions for up to 3 months.

Equipment

- Frying pan / skillet
- Blender
- Fish slice / pancake flipper
- Small saucepan
- Large bowl
- Whisk

Ingredients

- 200g sweet potato
- 1 tsp sea salt
- 1 tbsp sugar or honey
- 100g plain flour
- 1 tsp baking powder
- 2 eggs
- 100 ml milk of choice
- Pinch nutmeg
- 100g butter
- Fat for greasing

These silky smooth pancakes can be a base for many toppings and served any time of day. Tweak the sugar and salt to suit your taste buds.

No dairy? No problem. Just substitute butter with coconut oil, nut milk for cow (the same goes for gluten free flour).

Note that any sweet potato variety works for this recipe! Depending on where you live they may be orange, purple or yellow fleshed.

SWEET POTATO PANCAKES



45 min for
batter
1 hr rest
20 min
cooking time



Serves 2-4

Peel your potato and dice into cubes. Place in a small saucepan and cover with cold water and add 1 tsp salt. Boil until soft, strain and cool slightly. Dry off your saucepan and melt the butter.

For extra flavour you can caramelise the butter solids to make “beurre noisette” by allowing the foam to dissipate and then brown in colour slightly. Transfer the cooked sweet potatoes and butter to a blender to make a smooth purée. In a large bowl, add your potato purée and eggs, whisk to combine. Follow with the milk, sugar, and then the dry ingredients.

You want a few lumps in the batter so don't go overboard with the whisking. Refrigerate the batter for 1 hr to overnight. This allows for some air bubbles to develop.

Heat up a small frying pan on medium high. Grease your pan lightly with cooking spray or a drop of oil. Wipe away any excess with a paper towel.

Drop a spoonful of batter in the center of the pan or make space for 2 mini pancakes. Wait for bubbles to appear on the surface then flip over (3 min each side).

Toppings

Classic scrambled eggs & bacon is just lovely as is a dollop of orange zested mascarpone.

For the assembly:

Preheat the oven to 50°C and keep a plate warm in there so you can stack the cooked pancakes as you go along. Remove from the oven once ready to serve and dress up how you like.

To freeze:

Arrange cooked pancakes in small stacks with squares of parchment between each (3 months).

Reheat in oven or microwave.



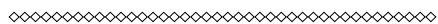
Rice pudding is pure comfort and honestly, who doesn't love a pink pudding. Sweet sticky rice is lovely but any short grain works well. Make sure to soak and rinse the rice before cooking or you'll end up with a starchy lump! Save beet peels in the fridge or freezer to make a broth later.

Equipment	Ingredients	
<ul style="list-style-type: none"> • Cooking pot • Grater 	<ul style="list-style-type: none"> • 75g fresh beetroot 1 small beet • 110g short-grain rice soaked in water 6hr or overnight 	<ul style="list-style-type: none"> • 2 cans coconut milk full fat • 1/2 tbsp sugar of choice • Pinch salt • Vanilla extract optional

Peel and trim the ends of 1 small beet then grate finely. Add this to a cooking pot along with the 2 cans of coconut milk, water, salt, sugar and vanilla. Stir to combine and bring to a boil, then lower the heat to simmer uncovered for roughly 45 min or until the rice is tender and the liquid has thickened but not absorbed fully. Stir occasionally. If the rice looks like it needs a little hydration then you can add a little extra milk or water.

Check the sweetness and add more sugar or salt if you like. Leave off the heat to settle for 20 mins and serve warm, or transfer to the fridge and chill for a few hours.

NOTE: Leave it saucy! You want the rice to be tender but some milk should remain in the pot as the rice will continue to absorb liquid once it's removed from the heat source.



STORAGE

Refrigerate for up to 1 week.
Freeze in individual portions for up to 3 months.

BEETROOT RICE PUDDING



Soak 6+ hr
Cook time 1 hr
30 min rest



Serves 6



BANANA ASSADA

 10 min  Serves 2



Ripe bananas are perfect for roasting and this is a good way to use up fruit you may consider too soft to eat raw. Look for brown spots as this means they are packed with potassium. Serve warm straight out of the oven with some ice cream or you can even have a go at making a banana ketchup. They pair well with your breakfast porridge too! By keeping the 'nanas in their skins, this acts as a natural banana boat and locks the good juices in.

Equipment	Ingredients	
<ul style="list-style-type: none">• Baking tray• Sharp knife	<ul style="list-style-type: none">• 2 very ripe bananas• 1 tbsp coconut sugar/ brown sugar <i>or</i> honey• ½ tsp cinnamon powder	<ul style="list-style-type: none">• Freshly grated nutmeg <i>optional</i>• 2 tsp butter <i>optional</i>• Pinch salt

Preheat oven broiler or grill to 180°C.

Slice the bananas vertically, through the skin by laying on a cutting board and placing your palm flat on the top to keep it secure. Keep your hand straight, don't bend your fingers. Take a sharp knife and slice the banana carefully by wiggling the knife along the length.

Sprinkle over some cinnamon and sugar on the cut sides, or brush with honey and add ½ tsp butter to each if using. Finish with a pinch of salt.

Place under the broiler, about 6 inches away from the element and prop the oven door ajar slightly (3-4 min).

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STORAGE

Best eaten immediately.

Brazil nuts are rich in selenium and fibre. Sub with toasted walnuts or hazelnuts and enjoy as you would peanut butter. Add to a smoothie with banana and yoghurt or incorporate into baked cakes and pastries. This makes a mean frosting.

Equipment

- Med - high speed food processor / blender
- Baking sheet

Ingredients

- 150g whole brazil nuts
- Sea salt

Preheat the oven to 180 °C. Spread the nuts out on a baking sheet and place on the middle oven shelf. Toast until they start to turn golden and start to sheen approx. 7 min.

Remove the tray from the oven and carefully tip the nuts into a clean bowl to cool down. Transfer them to a blender and pulse until they resemble a fine powder. Continue to blend into a chunky or smooth butter. If your blender needs a little assistance, give it a break every few minutes. You can also add 1 tbs oil such as grapeseed or melted coconut oil. Add a pinch of sea salt then transfer the butter to a sterile jar.

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STORAGE

Store in an airtight container in the fridge for up to 2 months.
Use within 1 week once opened.
Freeze for up to 3 months.

BRAZIL NUT BUTTER

 20 min     Serves 8+



BUCKWHEAT CRÊPES



15 min batter +
overnight rest
30 min cook time



Serves 4

Buckwheat is rich in fibre and a good source of protein. Mix half and half with plain flour or go full buckwheat if you like the earthy, nutty flavour. Toppings & fillings are the best part about crêpes! Mushrooms and a fried egg are a tasty savoury option, or some salmon, garlicky spinach or soft cheese.



Crêpe batter is a delicate one so you don't want any lumps. Sieve the flour + salt over a bowl. Crack 2 eggs into a separate bowl and whisk to fully combine the whites and yolks. Add the milk and whisk together then slowly pour the wet ingredients into the bowl with flour, in stages, whisking all the way to smoothen out those lumps. Pour the melted butter into the mix and whisk again. Leave the batter to rest in the fridge overnight or chill for at least 30 min.

TO COOK

Heat a non-stick frying pan over medium low heat. Grease very lightly with melted butter or oil. For this step you can use a pastry brush or a paper towel to wipe the surface of your pan. Use a ladle or spoon to measure out your batter. After a couple of tests you will find just the right quantity for your pan. Spoon some batter into the centre and quickly tilt and swirl to coat the base in a thin layer. Once the crêpe starts to set, flip over to cook the other side for 30 seconds to a minute before transferring to a plate. Keep warm in the oven.



STORAGE

Crêpe batter lasts around 24 hr in the fridge.

Whisk to emulsify before cooking.

To freeze, layer cooked crêpes between pieces of parchment (up to 3 months) thaw overnight in the fridge or at room temp for 2 hours.



Equipment

- Sieve
- Non stick pan
- Pancake flipper
- Whisk or fork
- Ladle or spoon

Ingredients

- 125g buckwheat or plain flour
- 1/2 tsp salt
- 310ml milk
- 2 tbsp melted butter cooled slightly
- 2 eggs room temperature
- 1 tbsp sugar or honey the batter is lightly sweetened



RED PEPPER JELLY

 30 min     1 jar

Sweet and colourful, this condiment can make bland meals pop. Eat with cheese on toast or use it as a dipping sauce by simply thinning out with a little hot water. You can even glaze wings with this! Tangy vinegar balances the sweetness of the peppers but you can sub with water. Up the quantities if you wish to make multiple jars.

Equipment

- Heavy bottom pot
- Food processor *or sharp knife*
- Thermometer *optional*
- Glass jar / mason jar

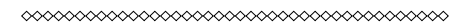
Ingredients

- 2 medium bell peppers
- 200g white sugar 2:1 ratio of pepper to sugar
- 75ml vinegar *or water*
- 1 tbsp water
- 2 tsp butter *or vegan butter*
- Pinch sea salt

Deseed the pepper and chop very finely or pulse in a food processor. Some juices will be released. Add this to a pot along with the vinegar, sugar, salt and butter and bring everything to a boil. The mixture should reach 105°C or maintain a steady boil until much of the water has evaporated. Cook to your desired consistency, keeping in mind that the mixture will thicken as it cools (10-20 min). Take a sterile jar and warm this up gently with some hot water, not boiling. This step is important for the glass not to crack. Pour in the jelly.

TO SEAL JARS

Tightly screw on the metal jar lid or seal the mason. Place the jars in a large pot filled with water. Bring this to a rolling boil. Carefully remove with tongs and place upside down on a towel. Once cooled, store jars upright in the fridge.



STORAGE

Sealed jars - eat within 1 year.
Open jars - use within 1 month.

Vietnamese summer rolls or Gỏi cuốn usually have raw veggies and herbs but this recipe demonstrates how you need not eliminate foods, simply adapt! Roasted corn and blanched, grilled cucumber still taste fresh and juicy making this is the perfect light snack. Crab is rich in selenium and protein or you can use cooked, minced shrimp. Make sure that when using seafood it is always cooked through thoroughly. Play around with blanching different veggies and if you eat fresh fruits, then sticks of papaya compliment the sweet crab perfectly.

Equipment

- Skillet or frying pan
- Cooking pot
- Knife
- Peeler *optional*

Ingredients

- 1 pack rice paper wrappers
- 100g rice vermicelli
- 1 small can sweetcorn 260g frozen
- 150g crab meat *canned or fresh*
- 1 salad cucumber
- sesame oil *for seasoning*
- 1 tsp sesame seeds *optional*
- 1 tsp salt *plus more for seasoning*

CORN

If using canned corn, rinse in cold water and drain off excess water. Heat a skillet or saucepan on medium high heat, add the kernels and roast undisturbed until the sides catch some colour 10-12 min. Remove from the pan and allow to cool down. Chill in the fridge.

CUCUMBER

Peel the cucumber skins if you wish and cut into 3 inch rounds. Half, then quarter each piece lengthways until you have sticks. Slice or scrape away the soft, inner seed section. Boil a small pot of salted water and blanch the cucumber for 1 min. Plunge in a bowl of cold water to stop the cooking process.

Drain on paper towels and heat a skillet on high. The pan must be very hot. Place the cucumber sticks, cut side down and char heavily on one side. Cool on a plate and season with some sesame oil.

RICE NOODLES

Bring a pot of salted water to a boil, remove the pot from the heat, and add the noodles. Let the noodles soak until they're tender approx. 5 min. Drain and pat dry. You can season with a little sesame oil and sprinkle with sesame seeds.

CRAB

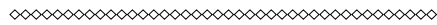
To freshen the flavour of the canned crab meat, soak it in ice water for 10 min then drain and pat it dry. Season to your liking. Lime juice mixed with fish sauce and a little sugar tastes great!

RED PEPPER DIPPING SAUCE

Take our red pepper jelly and add a splash of hot water to thin this out to a dipping sauce.

TO ASSEMBLE

Soften rice paper wrapper in water, lay on a flat surface and add some vermicelli / crab / sesame seeds / corn / cucumber and roll like a baby burrito. Dip in sweet red pepper sauce.



STORAGE

Best eaten immediately or eat the following day.
Freeze cooked corn up to 1 month.

CORN + CRAB SUMMER ROLLS



30 min



Serves 2-4



VERY GREEN BEAN TEMPURA



20 min for batter
20 min cook time



Serves 2-4



This batter is super light and is a tasty way to enjoy vegetables for kids and adults alike. I am going to show you how you can make tempura batter bright green! If you want to speed up the recipe and skip this step, then go ahead and simply use water. Kitchen paper is your friend for this process, so have a roll at the ready.

Equipment

- Paper towel
- Paring knife
- Medium pot
- Slotted spoon
- Blender
- Thermometer *optional*

Ingredients

- 1 bunch chives
- 350ml cold sparkling water
- 40g flour
- Pinch fine salt *plus extra for seasoning*
- 1l vegetable oil *such as sunflower / peanut*
- 200g green beans or snow peas

TO STRING PEAS + BEANS

To remove fibrous string that runs all the way around the green bean, look for the outer curving seam. Take a paring knife and make a small diagonal cut at the top. Pull the string down and stop just before the blossom end. Make the same cut at this end, flip the bean up and pull down the string on this side. Wash and dry your stringed beans.

Note: In a hurry? Skip this and eat around the string.

GREEN BATTER

Make sure your sparkling water is very cold / straight from the fridge. Roughly chop a handful of fresh chives and add these to a blender or food processor along with ½ the sparkling water. Pulse until the chives are completely blended with the water. Pour into a bowl, add the remaining water + salt. Whisk in the flour until loosely combined.

TO FRY

Pour oil 4 inches deep into a medium pot. Heat the oil up to 170°C and maintain this temp for frying. You may need to adjust the flame / induction to do so. To test without a thermometer, drizzle in a little batter and see how it fries.

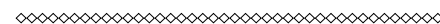
Line a baking tray with a few paper towels and have a bowl of salt ready to season the tempura whilst it's hot. You can heat the oven to 80°C to keep the cooked ones warm as you work.

Dip the beans in batter to coat. Fry a few at a time, being careful not to overcrowd the pan or they will stick together. Drip some of the batter into the oil first to create extra crispy bits. These stick to the beans as they fry. They are ready once little air bubbles stop rising to the surface, and before the batter darkens in colour, approx 3 min.

Remove tempura from the oil carefully with a heat proof slotted spoon or tongs and drain on the prepped tray. Make sure to salt your fried green beans or snow peas whilst they are hot for the seasoning to stick. Transfer to a clean bowl with fresh paper once the oil has drained. They become greasy if left to sit on oily paper.

TO SERVE

Dunk in some soy sauce or garlic mayo.



STORAGE

Eat straight away.

AROMATIC STEAMED FISH



20 min



Serves 1

Light and fresh tasting and ready in just a few minutes, this is the perfect dish for one. The best way to steam fish is the Cantonese method of placing a rack in the centre of a wok. You can use any deep pot with a lid but the most important thing is to lift the fish above the water line. Fresh fish tastes best but you can use frozen haddock fillets, for example. Eat over rice.

Equipment

- Wok / deep skillet + lid
- Small rack for steaming
- Heatproof plate or parchment

Ingredients

- Fish fillet of choice such as rainbow trout / grouper / fluke
- 2 tbsp vegetable oil
- 3 slices fresh ginger
- 5 sprigs fresh coriander optional
- Pinch salt
- Pinch sugar
- 2 tbsp water
- 1 tbsp soy sauce

Cut the ginger into thin slices and then julienne to make thin strips. Roughly chop some coriander. Set these aside. Combine the soy, sugar + water in a small bowl. Set up your steamer by placing the rack in the wok and filling with 1-2 inches of water + a pinch of salt. Cover with a lid and bring the water up to a medium boil.

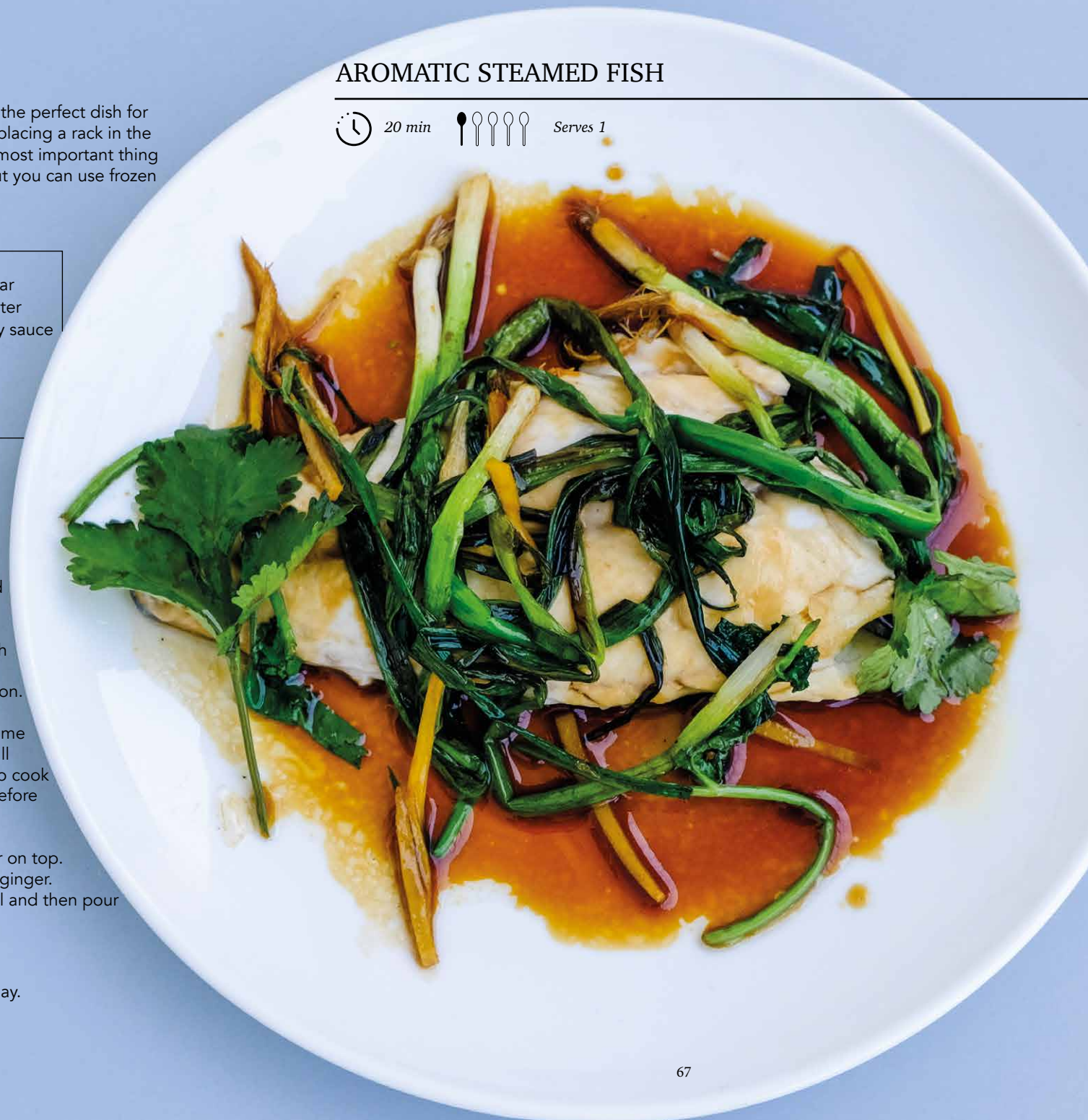
Pat the fish dry and place in a scrunched up piece of parchment paper or on top of a heatproof plate. Place the fish on top of the steaming rack and cover the wok again. The water should be at a slow boil to maintain steam circulation.

Depending on the size and thickness of your fish fillet, cook time can vary between 4-10 min. Test to see if it's ready with a small knife. The flakes shouldn't fall away easily. Fish will continue to cook as it rests off the heat, so remove fish from the steamer just before you think it's done.

Transfer the cooked fillet to a plate and sprinkle the coriander on top. Heat up the oil in a wok or small saucepan and add the fresh ginger. Sizzle for 30 seconds then add the soy mixture, bring to a boil and then pour this directly over the fish.

STORAGE

Best eaten immediately or refrigerate and eat the following day.



Lettuce soup is hydrating and nourishing on a hot summer day and is delicious served warm or chilled. Dulse seaweed adds a smoky flavour and specks of colour, sea lettuce works wonderfully here too. You need not eliminate salad during chemo, simply transform it with a little magic.

Equipment

- Frying pan / griddle pan / skillet
- Soup pot
- Knife

Ingredients

- 400g lettuce such as romaine / lollo / escarole 1 large head
- 2 shallots *minced finely*
- 1 tbsp olive oil or butter
- 1 tbsp flour
- 500ml stock vegetable
- 1 tbsp dried dulse or sea lettuce *optional*
- Squeeze of lemon juice *optional*

Wash and air dry a whole lettuce head. The easiest way is to submerge in cold water and soak off any dirt. Shake vigorously to remove water and air dry.

Heat a frying pan or skillet on high. Slice the lettuce straight down the middle, then quarter, and place these quarters cut side down onto the very hot pan. Leave this a few minutes until it gets a nice char. Turn over the pieces to char on the other side. You can skip this step entirely if you are avoiding grilled foods. Shred the lettuce into thin strips tagliatelle thickness by cutting the quarters horizontally. Set this aside.

Sweat the minced shallots gently in oil or butter, without browning and then season with salt + pepper. Add the lettuce and stir to coat in the butter mixture. Cook for a few minutes to wilt. The lettuce will start to release some water. Sprinkle over a tablespoon of flour and stir again to coat the lettuce evenly. Cook for 2-3 minutes then pour over the stock and add dried seaweed if using. Simmer for 7 minutes.

Serve warm or chill completely in the fridge. You can puree the soup if you prefer a smooth texture. Squeeze over a little lemon juice before serving, if this is to your taste.

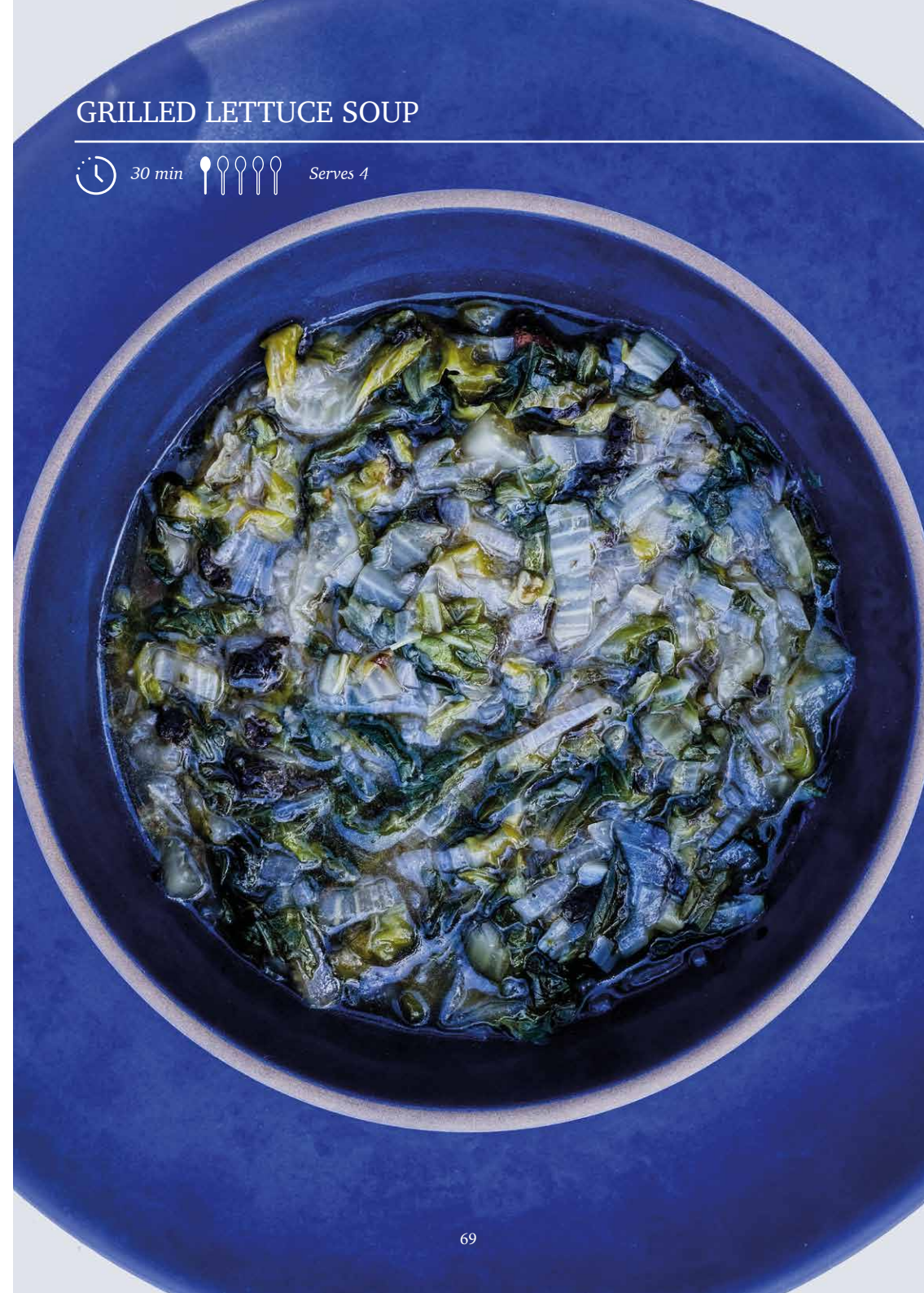
GRILLED LETTUCE SOUP



30 min



Serves 4



There are so many ways to enjoy this tender, pulled beef. Use the ragu for a hearty pasta sauce or as a sandwich filling. Select a cut with a good balance of meat and fat for flavour, such as beef cheeks or braising steak. The cider adds sweetness and acts as a tenderiser for the meat but you can also use apple juice or beer. Adjust the seasonings to your taste preference and your cupboard contents!

Equipment

- Heavy based cooking pot
- Strainer
- Sharp knife

Ingredients

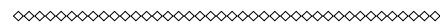
- 500g beef cheeks / braising steak
- 1 can dry cider
- 500ml stock or 1 *tbps miso paste : 500ml water*
- 2 *tbps* olive oil or *butter*
- 1 onion / 2 shallot *halved horizontally*
- 1 carrot
- 1 stick celery
- 1 bulb garlic *halved horizontally*
- 2 sprigs fresh thyme or 1 *tsp dried*
- A few sprigs fresh coriander or *parsley*
- 1 star anise
- 1 *tsp* wholegrain mustard or 1 *tsp* mustard seeds
- ½ *tbps* tomato paste
- 1 *tbps* honey or dark brown sugar
- 1 splash dark soy sauce
- 1 *tsp* sea salt
- 1 *tsp* white / black pepper
- Cooking liquid
- 1 *tsp* butter

If using braising steak then slice into 3 inch pieces. You can ask your butcher to do this for you. Beef cheeks can be kept whole. Pat the meat dry and season well with salt + pepper. Heat 1 *tbps* oil over high heat and sear all sides. You want some nice browning here 3-5 min. Remove and rest on a plate.

Add the veg to the pot, placing the garlic and onion cut-side down, and brown this for a couple of mins. Add another *tbps* oil and cook off the tomato paste 1 min. Stir everything around. Return the beef to the pot and pour over the cider. Add the remaining ingredients, bring the pot to a boil then reduce the heat to a low simmer. Cover and cook on low until the meat is tender (3+ hr).

Remove the beef from the pot with tongs and set aside to cool. Strain the cooking liquid off into a heatproof bowl. Discard the spent veggies and spices.

Return the strained liquid to the cooking pot and boil over high heat until the sauce has reduced and thickened. Add a knob or 2 of butter for a velvety finish. Allow the meat to cool enough to handle then shred with your hands (you may use gloves for this). Pour over the reduced cooking sauce and mix well. Season with extra salt + pepper if required.



STORAGE

Store in an airtight container in the fridge.
Eat within 2 days.
Freeze in individual portions for up to 2 months.

BEEF RAGU



4+ hr



Serves 4



CAULI PURÉE



1 hr



Serves 6

You can eat this purée with many different toppings such as crispy blood sausage and grated pecorino or toasted peanuts. Blood pudding is a salty, chewy contrast to the smooth nuttiness of the cauliflower. If using any sausage, go for a higher quality as this will have a higher mineral content. Whole roasted garlic gives depth to this dish but you can use a single fresh clove if you think the flavour might be too strong for you.



Equipment

- Medium pot with lid
- Immersion blender
- Fine mesh sieve
optional
- Spatula

Ingredients

- 1 head cauliflower 500g
- 1 whole garlic bulb
- 100ml almond milk or cow milk
- Salt to taste
- Nutmeg to taste
- Black pepper
- 4 tbsp butter
- 4 tsp ricotta *pasteurised*
- 1 tbsp pecorino *pasteurised*
- 2 inch piece blood sausage/ pudding

Preheat the oven to 175°C and line a baking sheet with greaseproof paper. Chop the sausage into small pieces and spread evenly on the tray. Place this on the middle shelf and bake until crispy 10 min approx. Transfer the crispy sausage to some paper towel to drain excess oils.

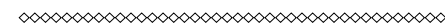
Roast the garlic in the oven at the same time as the sausage. Wrap the bulb tightly in foil and bake until very soft 20+ min. It will squish when you press the foil ball. The sweet garlic will be boiling hot inside so allow it to cool down before unwrapping and squeezing out the soft garlic paste. Discard the fibre.

Slice the cauliflower into quarters and then into florets or small pieces. You can also use the stem and soft pale green leaves. Cover with the milk, add the garlic paste and season with 1 tsp salt + some nutmeg and bring it up to a boil.

Lower the heat to simmer and steam with the lid on until the cauli is tender when you poke it with a knife. Allow it to cool down and then puree with a blender. Add the butter, add more if you like. For an extra smooth result pass the purée through a fine mesh sieve, pressing and scraping with a flexible spatula. Season with more freshly grated nutmeg, black pepper + salt.

TO SERVE

Take a warm serving dish and pour some purée in the centre. Top with little spoonfuls of ricotta, sprinkle over some crispy sausage and grate over the pecorino.



STORAGE

Store purée without toppings in an airtight container in the fridge.
Eat within 1 week.
Eat cooked sausage within 2 days.
Freeze purée for up to 3 months.

Beans pack a protein punch and this dish highlights how creamy and comforting a simple ingredient can be. The slight bitterness of the greens compliments the sweet miso well. Select a leafy green such as kale, swiss chard or beet leaves. You can use a can or jar of beans, just note that the cooking time will be much faster. Soaking is optional, you will save only a little cooking time with an overnight soak. Add a teaspoon of bicarb to the soaking water if you decide to go for it.

Equipment

- Medium cooking pot
- Sauté pan or skillet

Ingredients

- 200g dried beans
- 600ml water or stock
- 1 bulb garlic *halved horizontally*
- 1 onion / red onion *halved horizontally*
- Fresh herb sprigs - thyme/parsley
- 1 bay leaf
- 4 tbsp olive oil
- 1 tbsp miso paste
- 1 lemon quarter *optional*
- Black pepper
- Sea salt
- 1 large bunch leafy greens
- 1 garlic clove *sliced finely*
- Lemon zest to taste
- Pinch sea salt
- Black pepper to taste

Heat up a good splash of olive oil in your cooking pot over medium-high. Place the onion, garlic + lemon, cut-side down, and brown these to bring out the flavours. Tie up the herbs with a piece of string and throw these into the pot. Add the beans and cover with water. Season with a pinch of salt and some black pepper. The final seasoning will come once the beans are cooked and the liquid has reduced. Remember that miso is somewhat salty.

Bring the pot to a boil then lower the heat and simmer for approx 2 hr. Loosen up the miso paste by adding a splash of cooking water to it and mixing well. Pour this into the beans. Check the liquid levels intermittently to see if you need to add some more water. We are aiming for a tender bean, not a mushy bean.

Separate tough stems from the leaves by holding 1 piece, leaf facing down or away from you, and by holding between thumb and forefinger, pulling the leaf away from the stem. Make 2 piles of stems and leaves. Wash the leaves well to remove any dirt or sand by soaking in cold water then rinsing twice. Dry excess water. Tear the greens roughly. Heat up some olive oil in a sauté over medium high heat. Cook the greens in batches so as not to overcrowd the pan. Toss in a few garlic slices and fry for a few seconds. Add a big handful of torn greens and sauté until just wilted. Season with salt/pepper/zest + stir to combine.

TO SERVE

Add a portion of beans to some wilted greens in the sauté and mix around. Once warmed through, transfer to a bowl and drizzle over some extra olive oil. Enjoy over a piece of toast for the sauce to soak into the bread.

STORAGE

Store in an airtight container in the fridge / eat within 3 days
Freeze in individual portions for up to 6 months.

MISO BUTTER BEANS



Prep 20 min
Cook time
2+hr



Serves 2-4



WALNUT FESENJĀN

 70 min  Serves 6

Fesenjān is a protein packed Persian stew with ground walnut, brown lentils and warming spices. Pomegranate cells add a juicy burst. Use them when they are in season and if raw fruits are safe for you. Adding chicken hearts can provide a boost of selenium and B vitamins. They have a mild chicken flavour, quick cooking time and off-cut price. Ask a local butcher if you want to learn more.



Equipment

- Sharp knife
- Large sauté or heavy bottom pot
- Food processor / mortar & pestle

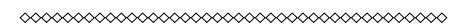
Ingredients

- 200g chicken hearts *optional*
- 200g dried brown lentils
- 200g ground walnuts
- 2 tbsp pomegranate molasses
- 1 tbsp honey *or maple syrup*
- 2 tbsp olive oil
- 500ml chicken /veg broth
- 4 clove garlic
- 1 yellow onion

- 1 ribbon orange zest
- 1 cinnamon stick $\frac{1}{2}$ tsp *ground cinnamon*
- 1 tsp nutmeg
- 1 tsp cumin
- 1 tsp turmeric
- 2 tsp sea salt
- Black pepper to taste
- 1 tbsp chopped fresh parsley
- 1 tbsp pomegranate seeds *optional*

PREPARING THE WALNUTS

Toast in the oven 180°C until golden and glossy as the nuts start to release their oils. Remove from the tray or they will continue to cook on the hot metal. Cool the walnuts to room temperature and blitz them in a food processor / grind with mortar & pestle / bash the walnuts between a clean, folded towel with a rolling pin. Make sure not to go too far or they may blend into a nut butter. We're looking for a crumbly texture.



Soak the lentils in water overnight or for a minimum of four hours to soften and hydrate them. Strain before using. If you are using chicken hearts, marinate them in $\frac{1}{2}$ quantity of the dried spices, some olive oil and pomegranate molasses. Not using the molasses? Extra honey works just fine.

Brown the meat in a large sauté pan. Set this aside. Caramelize the onions + garlic in the remaining fat (or 2 tbsp olive oil if you are making this vegetarian) on a low medium heat. Add the remaining dry spices and stir to coat the mixture, then add the cinnamon stick and zest. Return the chicken hearts to the sauté pan at this stage, pour over the broth, add lentils, ground walnuts, molasses, honey, salt and simmer the stew uncovered for 45 minutes. Reduce the liquid in the stew until the sauce has thickened and the lentils are tender. Finish with torn parsley and pomegranate cells.

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TIP: Make sure you wash all fresh herbs thoroughly. If you are avoiding raw herbs completely, add the fresh parsley along with the spices and cook it through.

STORAGE

Refrigerate for up to 3 days. Freeze individual portions for up to 3 months.

Cabbage rolls are an excellent way to utilise leftover mashed potato. You can use smoked, boneless mackerel fillets or the tinned kind. Eat as is, or serve in a bowl of hot broth. Any leftover potato mixture can be fried into fishcakes or croquettes and batch frozen.

Equipment	Ingredients	
<ul style="list-style-type: none"> • Peeler • Sharp knife • Frying pan or skillet with high sides • Large pot 	<ul style="list-style-type: none"> • 120g smoked mackerel fillets or 1 can drained mackerel • 1 head green cabbage • 400g potatoes 2 medium spuds • 3 tbsp butter room temp + extra butter for cooking 	<ul style="list-style-type: none"> • 1 egg beaten or 2 tbsp yoghurt / sour cream • 300ml stock veg, fish • 2 tsp salt • Ground pepper to taste • 3+ tbsp olive oil for cooking

Peel and dice the potatoes then add to a pot of cold water with 1 tsp salt. Boil until tender, approx 25 min. Drain and cool to room temperature. Transfer the spuds to a mixing bowl and mash with a fork, together with the butter, egg/ yoghurt and seasonings. Taste as you go along to check the salt level. Break the fish into bite sized pieces and add this to the mix. Stir to combine everything and press the potato mixture with the back of a spoon to pack it down. Set aside. If using leftover mash then simply mix this together with the fish. Remove 8 or so outer cabbage leaves, by making a small cut at the base of each leaf stem. If using a thicker cabbage like savoy, then use the middle leaves as these are less fibrous. Wash well and drain any excess water. With a peeler, shave down the tough stem of the larger leaves to make them more pliable.

Bring a pot of salted water to a boil. Fill a bowl with cold water. Working in batches so as to not overcrowd the pot, drop a few leaves into the boiling water and remove after 5 to 6 min. You want the cabbage to be pliable but not so soft that it breaks. Plunge the blanched leaves into cold water to stop the cooking process. Drain to remove excess water. You can use paper towels to pat the leaves dry.

Lay down 1 leaf flat on a clean work surface, inner side facing up. Spoon 2-3 tbsp of potato mash onto the centre, towards one side of the leaf and roll 3 edges over the filling, keeping the leaf pressed tightly as you roll to create a cylinder shape. You can cut out the base of the stem with a sharp knife if rolling is tricky. Place the rolls, seam side down on a plate. Heat 1 tbsp oil in a frying pan or skillet, over medium heat. Place the cabbage rolls seam side down, with space between each. Cook for 4-5 min until nicely browned, then flip them over carefully to brown the other side. Add a ladle of stock and a knob of butter to the pan then reduce the heat to simmer. They are ready when the thickest part of the cabbage vein is tender when pierced with a knife or hot throughout (5 -10 min). Remove rolls from the pan, pour over the reduced cooking liquid and cover to keep warm as you repeat in batches.



STORAGE

Refrigerate for up to 2 days.

STUFFED CABBAGE ROLLS

1 hr Serves 4-6



HONEY MARSHMALLOWS



1 hr + rest
overnight



Serves 8

Soft + pillowy marshmallows made with honey are a tastier way to go. Grass fed gelatin is a good source of protein and it aids digestion. You can use any gelatin for this recipe but the grass fed kind is more nutritious. Arrowroot starch is a healthy alternative to powdered sugar and is sold by Indian grocers and large supermarkets. Let's get sticky!



Lightly oil a square or rectangular form such as a plastic tupperware or brownie pan. Line it with a strip of greaseproof paper so that 2 edges hang over the sides enough to grab onto and lift out the set mallow if need be. Add the gelatine and water to a large bowl or the bowl of a stand mixer and stir once to hydrate.

In a small saucepan, add the honey and vanilla. Attach a candy thermometer if you have one. Heat over medium-high heat until it reaches a strong boil. Maintain this boil and remove the pan from the hob once the sugar reaches 110 °C or after approx. 5 min.

Slowly pour the hot sugar, in stages, to the bloomed gelatin. Mix after each addition with the electric whisk or stand mixer on the lowest setting. Cover half the bowl with a clean towel to prevent splashback. Once all of the sugar is added, increase the mixer speed to high and beat 5-10 min until shiny and voluminous. The texture will become thicker as this cools, so you must work quickly.

Scrape the sticky mixture into the prepared pan with a spatula and level the top. Cover lightly with a square of greaseproof paper or place a clean/dry cutting board on top and let the marshmallow rest overnight. Lick the bowl, this is key.

FLAVOURS / ADD INS

In the final minutes of mixing, you can add in a powder such as finely ground chamomile tea, freeze dried strawberries or cracked black pepper.

STORAGE

Keep in an airtight container out of the sun for up to 2 days. Freeze for up to a month - eat cold for a new texture experience.

Equipment

- Equipment
- Scale
- Electric whisk or stand mixer
- Large bowl
- Candy thermometer
- Small saucepan
- Sieve

Ingredients

- 60ml cold water
- 210g honey / maple syrup / agave
- 20g powdered gelatin *unflavoured*
- pinch sea salt
- 1 tsp vanilla extract
- 40g powder sugar *or ground arrowroot*
- 30g cornstarch

MALLOWS

Mix the powders together in a bowl. Take the set marshmallow and dust the top surface liberally. You can use a sieve for this step. Sprinkle another layer onto a clean cutting board and turn out your pan. Peel the paper from the mallow, and make sure to dust this surface too as it will be sticky. Carefully grease a sharp knife with a thin layer of oil and slice the mallow into desired size shapes. Toss these in the bowl with the remaining powder. Transfer everything to an airtight container.

FLAN DE LECHE

🕒 2 hr 🍴🍴🍴🍴 Serves 8

Equipment

- Small / medium pot + lid
- 9" cake pan *not springform*
- Baking tray *high sides*
- Fine mesh sieve
- Large plate
- 2 large bowls
- Spoon or *spatula*

Ingredients

- 300g white sugar
- 5 / 6 tbsp water
- 4 eggs
- 340g condensed milk
1 can
- 340ml evaporated milk
1 can
- 1 tbsp vanilla extract or
to taste
- 5g / 1 sachet squid
or cuttlefish ink
pasteurised
- ¼ tsp salt



A silky smooth and custardy delight. Pastry recipes like this are measured and quantities do matter, so this is not one to deviate from too much. Squid or cuttlefish ink however, is optional in this one. Rich in iron, copper, iodine, amino acids, + antioxidants (pew!) it gives an inky depth in colour and a little umami kick to this caramel flan.

Select a baking tray large enough to fit your pan comfortably. Place the tray on a middle shelf in the oven. Fill halfway with water, use a jug to carefully pour in the liquid and preheat your oven at 150 °C to bring the water bath up to temp.

To make the caramel, add the sugar to a saucepan and sprinkle over the water. Try to hydrate all of the sugar so there are no dry patches. You can use a little extra water to achieve this. Do not stir the sugar at any point. Leave this for a few minutes. Turn on the heat to medium and cover the pot with a lid. Allow the mixture to bubble and for some steam to accumulate as this will help prevent unwanted crystallisation. Remove the lid and cook until the edges start to turn a golden brown. At this point you can very gently swirl the pan for even caramelisation. Allow the mixture to turn a dark amber then remove immediately from the heat. The process is fast towards the end so be attentive as you don't want this to burn.

Place your cake pan on top of a wooden cutting board or level on top of a kitchen towel. Very quickly + carefully pour in the hot caramel and swirl it to glaze the base and sides of the pan evenly. It must reach half way up the sides. Leave this to cool + set while you make a custard.

Combine the squid ink and condensed milk together in a bowl until the colour is evenly mixed. Crack the eggs into another large bowl and gently whisk without incorporating too much air. Pour in the condensed milk + salt, then take a spoon or spatula and stir until well combined. Add the evaporated milk, vanilla and stir again. The next step is to strain the custard 3 times. Though it may sound finicky, this takes only 2 mins and is so worth it for a flan without air bubbles!

Pour the custard into the caramel glazed cake pan. You may hear a cracking sound, this is normal. Carefully transfer the pan to the prepped water bath in the oven, without spilling. Be mindful of hot steam when you open the door. Bake the flan for approx. 45 min. Remove the cake pan from the oven and allow it to cool down completely to room temperature.

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TO RELEASE THE FLAN

Hold the cake pan on both sides and jiggle it side to side while the base keeps contact with a flat surface. The flan should gently release from the sides and start to dance. Place a large serving plate on top of the cake pan, hold tightly onto both and flip over confidently.

STORAGE

Refrigerate and enjoy within 3 days.

FRUIT CURD



1 hr



Makes 1 jar

Pictured is a fruit curd made from prickly pear which hits the shelves in Portugal during late summer to early winter. This version is a hot contender! Made with juicy oranges, curd can be enjoyed many ways, on toast, in a pudding or you can freeze it and swirl into our yoghurt popsicles recipe.

Equipment

- Small saucepan
- Rubber spatula
- Fine mesh sieve
optional
- Cling film
- 2 large bowls
- Whisk
- Tinfoil,
parchment
paper or
greaseproof

Ingredients

- 50g sugar
- 1 egg
- 2 yolks
- 1 tsp lemon zest
- 1 tsp lemon juice
- 1 tsp orange zest
- 140ml orange
juice *from whole
oranges*
- 2 tbsp cold butter
cubed

Add the orange juice to a small saucepan and simmer to reduce the liquid to half. Cool down slightly. In a bowl whisk together yolks / sugar / salt / zests + lemon juice. Add this to the orange juice and cook on the lowest heat, stirring continually with a spatula until thickened. You need to keep a careful eye on the curd so that it is constantly moving on the base of the saucepan and not turning into scrambled eggs. Remove pan from the heat and gradually stir in butter cubes until everything is emulsified and smooth.

Pass the curd through a fine mesh sieve over a bowl, doing so by pressing and scraping with a spatula or metal spoon. You can skip this step if you don't have a fine mesh. Transfer the curd into a clean jar and cover the surface directly with a piece of plastic wrap to prevent air contact. Move to the fridge to set. If you wish to freeze then store in a small plastic tupperware.



STORAGE

Keep in a sealed container in the fridge for up to 5 days. Freeze for up to 6 months.



OATY YOGHURT POPSICLES

🕒 20 min +
4 hr freeze



Serves 6



Make popsicles without a dedicated form by using a muffin tray or yoghurt pots with wooden sticks, or use a loaf tin! If using the latter, you'll need to double the quantities of everything to fill a standard loaf tin. Blackberries are optional, feel free to play with your own additions. A swirl of our fruit curd works well too or some mango purée.

Equipment

- Popsicle mould / loaf tin
- Popsicle sticks
- Large bowls
- Whisk
- Small knife

Ingredients

- 110g blackberries
- 500g greek yoghurt
- 2 tbsp agave or sweetener of choice
- 20g ground oats or oatmeal
- Pinch salt

Combine everything but the blackberries in a bowl and mix well. If using a loaf tin, line the base with a rectangular piece of parchment so the edges hang over the top by 1 inch.

Swirl through your blackberries or fruit curd/purée and pour into the chosen mould. Cover with tinfoil and make small holes with a knife where the popsicle stick should stay. This will help it stand straight during the freezing process. Poke the sticks into the holes and transfer to a flat surface in the freezer.

Freeze for 4 hours or until solid. For the loaf tin ice cream, you can thaw it gradually in the fridge for 1 hour so that it will be easy to slice. Hold onto each side of the paper and carefully lift out the block onto a cutting board. Dip the length of a knife into some hot water, dry this off and then slice down between the popsicle sticks. Wrap each popsicle in a square of parchment paper and store in an airtight container in the freezer.

STORAGE

Freeze for up to 2 months.





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