

SAMPLE RECIPES FOR PATIENT A

DAY 1

Smoothie:

1 banana
1 peach
4fl oz fresh orange juice
½ cup ice

Place all ingredients in a blend and whiz until smooth. Serve in a tall cup.

Japanese Rice with Tomatoes & Spinach:

3 cups Japanese rice
1tbsp olive oil
1 onion, finely sliced
1 garlic clove, finely chopped
2 tomatoes, chopped
¼ lb fresh spinach, washed & chopped
Salt & black pepper

Cook the Japanese rice according to instructions on the back of the packet. Divide the cooked rice into 1 serving portions and place each in a small zip-lock sandwich bag. Cool, seal and freeze. Re-heat in microwave as needed.

Heat the olive oil in a sauté pan, add the onion and cook until soft. Add the garlic and tomatoes and cook for another few minutes, then add the spinach and cook until wilted. Season with salt and black pepper. Serve on top of hot Japanese rice.

Cold Lamb Kebabs with Mint & Basil Oil:

6-8oz leg of lamb (meat weight), cut into 1 inch cubes

Mint & Basil Oil:

1 bunch of basil
1 bunch of mint
8fl oz olive oil
Salt & black pepper

Whiz all the mint and basil oil ingredients in a food processor. Marinade the lamb with 2tbsps of this oil and leave in the fridge for up to 24 hours. The remainder can be kept in a glass bottle for later use. String the lamb on to kebab skewers, four pieces on each. Bake in a hot oven for 10-15mins, depending on how pink you like them! You can also do these on the BBQ – turning every 5mins. Cool and place in the fridge. This can be done a day in advance.

Green Beans with Lemon, Herbs & Tomatoes:

½ lb green beans, trimmed & cut into 1 inch lengths
 1-2tbsps fresh lemon juice (1 lemon)
 ½ -1tbsp olive oil
 Lots of fresh herbs – Cilantro, parsley, mint
 2 plummy tomatoes, chopped
 boiling water
 Salt & pepper

Place string beans in a pot of boiling water and blanch for one minute. Drain and refresh in cold water and drain again. Chop herbs and tomatoes and juice lemons. Mix all the ingredients in a bowl and season with salt and pepper. This can be prepared a day in advance.

Hamburger:

6-8oz minced beef
 2tsps finely chopped onion
 ½ tsp salt
 black pepper
 3tbsps homemade tomato ketchup (see below)

Mix beef, onion, salt, pepper and 1tbsp ketchup until well combined. With wet hands, shape into a large ball and flatten to form a burger. Heat the olive oil in a frying or griddle pan until hot. Cook the burger on each side for 3-5mins, depending on how pink you like your meat. Serve with salad and potato chunks.

Homemade Tomato Ketchup: Makes 1 cup

1 x 14oz can whole tomatoes in puree
 1 small onion, chopped
 1tbsp olive oil
 ½ tbsp tomato paste
 1/3 cup brown sugar
 2fl oz cider vinegar
 ¼ tsp salt

Puree tomatoes in blender until smooth. Place oil and onion in a pan and cook until soft. Add everything and simmer uncovered for about 1 hour. Puree again until smooth. Chill for two hours.

Roasted Potato Chunks:

1 medium potato, washed well (of course you can do another as well!!)
 1tbsp olive oil
 Sea salt

Pre-heat oven to 400F. Cut the potato into ½ inch chunks. Place in a small roasting pan along with the olive oil and a good sprinkle of olive oil. Place in the oven and cook for 45mins, turning every 10mins, until golden and cooked through.

Salad with Balsamic Dressing:

Mixed Salad leaves
 ½ red bell pepper, seeded & sliced
 ½ small cucumber, sliced

Dressing:

2tbsps balsamic vinegar
 3tbsps olive oil
 ½ tsp dried oregano
 Salt & black pepper

Mix all dressing ingredients in a small bowl. Place salad on a plate and pour over as much dressing as needed. Serve immediately.

Baked Fresh Figs with Honey:

5 fresh figs, halved length-ways
 1tbsp runny honey

Pre-heat oven to 400F. Place the figs, skin-side down, on to a small baking sheet. Pour over the honey and bake in the oven for 10-15mins. Cook slightly and enjoy!

Dark chocolate oat squares: *(dark, non-milk, chocolate sourced from a nut-free factory)*

8oz dark chocolate
 2tbsps golden syrup
 8oz oats

Place the chocolate and golden syrup in a metal bowl over a pan of simmering water. Stir until chocolate is melted and mixture is smooth. Remove from the heat and stir in the oats. Line a square or rectangle tin with baking parchment and pour the mixture into this. Leave to set in the fridge for a few hours. Remove from the pan and cut into squares.

Guacamole with Rice Cakes:

1 avocado
 1tbsp finely chopped onion
 1 small garlic clove, finely chopped
 2tbsps cilantro leaves
 1tbsp lemon/lime juice
 Salt & black pepper
 Rice cakes

Place all the ingredients down to the lemon juice into a food processor and whiz. Season with salt and black pepper. Serve with rice cakes. The guacamole should be kept in the fridge.

DAY 2***Ackeas with Onions, Peppers & Bacon – Served with Rice Cakes:***

4oz streaky bacon, chopped
 1 red onion, sliced
 1 clove garlic, sliced
 1 green bell pepper, sliced
 1tbsp fresh thyme leaves
 1 tin of ackees, drained & washed
 Salt & black pepper
 Rice cakes

Heat a frying pan and cook the bacon. Remove with a slotted spoon and place on a plate with kitchen paper. Add the onion to the bacon fat and cook until soft. Add the garlic, bell pepper and thyme, and cook for a couple minutes until the peppers are soft. Return the bacon to the pan, along with the ackees and heat through. Season with black pepper and salt. Serve with rice cakes. Any leftovers may be kept in the fridge or freezer and reheated at a later date.

Grilled Chicken with Roasted Red Peppers:

1 large chicken breast
 1 lime, thinly sliced
 Fresh rosemary
 2tbsps olive oil
 2 red bell peppers, seeded & chopped into ½ inch chunks
 Salt & black pepper

Pre-heat oven 400F. Place the peppers in a roasting pan with 1tbsp olive oil, some fresh rosemary leaves, salt and pepper. Roast for about 20mins, then cool. Season the chicken with the lime slices, salt and pepper. Place a griddle pan over medium heat. Add 1tbsp oil, and when hot add the chicken. Cook the chicken on each side for about 8mins, until cooked through. Cool and slice.

Red Potato Salad with Scallion and Corn:

4 small red potatoes
 1 corn on the cob, kernels sliced off with a sharp knife
 4 scallion, finely sliced
 1tbsp cider vinegar
 2tbsps olive oil
 Salt & pepper

Cook the red potatoes in a pan of water until just tender – about 15-20mins. Drain and refresh in cold water. Cut into bite-size chunks and place in a bowl. Cook the corn kernels in boiling water for 1min. Drain and refresh in cold water. Add to the potatoes, along with the remaining ingredients. Season to taste with salt and black pepper. This may be done a day in advance.

Honey & Ginger Pork Chop:

1 pork chop
½ inch fresh ginger root, peeled & finely chopped
2tbsp fresh orange juice
1tbsp olive oil
Salt & black pepper

Pre-heat the oven to 400F. Season the pork chop with ginger, olive oil, salt and pepper. Place the pork chop in a small oven-proof dish, cover with foil and bake for 20mins.

Mashed Potatoes with Olive Oil & Mustard:

1 large potato, peeled & cut into chunks
1-2tbsps olive oil
1-2tsp Dijon Mustard
Salt & black pepper

Place the chopped potato in a small pan with cold water. Bring to the boil and cook until tender. Drain the water and mash the potatoes, with a masher, in the pan. Stir in the olive oil and season to taste with the mustard, salt and pepper. This can be done a day in advance and reheated when needed.

Maple Roasted Sweet Potatoes:

2 sweet potatoes, peeled & cut into ½ inch chunks
1-2tbsps olive oil
2tbsps maple syrup
Salt & black pepper

Pre-heat oven 425F. Place the potatoes in a roasting pan with the olive oil, salt and pepper. Roast for 20mins. Add the maple syrup and roast for another 10mins. Cool and eat as a snack.

Oven-Dried Bananas:

6 green bananas, peeled & thinly sliced with a mandolin
2tbsps vegetable oil
Sea salt

Pre-heat oven 400F. Place the banana slices on oiled baking sheets in one layer, sprinkle with a little more oil and sea salt. Bake in oven until crispy – about 10mins.

DAY 3***Smoothie:***

½ cup frozen berries
4oz pineapple juice
1 banana

Place all the ingredients in a blender and whiz until smooth. Serve in a tall cup.

Porridge Oats with Banana & Brown Sugar:

½ Porridge oats
8fl oz water
Pinch of salt
1 banana, sliced
1tbsp brown sugar

Place the oats, water and salt in a small pan and slowly cook over a low heat for about 10mins, or until the oats are cooked. Pour into a bowl and top with the banana and brown sugar.

English Mustard Roast Beef & Tomatoes in 100% Rye Bread:

1-2lbs any cut of roasting beef
1-2tsp English mustard
Salt & black pepper
1tbsp olive oil
1 tomato, sliced
2 slices 100% rye bread

Pre-heat oven 400F. Season the beef with English mustard, salt and pepper. Heat frying pan over heat and add the oil. When very hot, sear the beef on all sides until browned, transfer to a roasting pan. Roast beef, allowing 7mins per 1lb for rare, 10mins per 1lb for medium, and 15mins for well-done. Remove from oven and allow to rest until cooled. You may keep it in the fridge for a couple days. When needed, slice off enough to make a sandwich and place on a slice of rye bread, along with sliced tomato. Top with another slice of rye bread. Wrap in foil and take to school for lunch. You may need two sandwiches if you are very active in the day!

Meat Bolognese with Rice Noodles:

2tbsps olive oil
 1 large onion or 2 small ones, finely chopped
 4 cloves garlic, finely chopped
 2lbs lean beef mince
 2 bay leaves
 Lots Fresh oregano or basil
 2tbsps tomato paste
 2 x 14oz can of tomatoes
 Salt & black pepper
 Rice noodles

Heat the oil in a large pan and gently fry the onion until it softens, then add the garlic and cook for a couple minutes. Add the beef mince and cook until starts to brown. Then add the bay leaves, oregano/basil, tomato paste, tinned tomatoes and a little water. Cover and simmer for an hour or so, stirring occasionally. Season with salt and pepper. Use what you need to for one dinner, and cook and freeze the remaining bolognese. Cook rice noodles according to instructions on the packet, drain and serve hot with bolognese sauce and honey-roasted carrots.

Honey-Roasted Carrots:

½ lb carrots, peeled and sliced diagonally ¼ inch thickness.
 1tbsp olive oil
 1tbsp runny honey
 Salt & black pepper

Pre-heat oven 425F. Place the carrots, olive oil, honey, salt and pepper in an ovenproof dish. Roast in the oven for about 25mins, or until golden.

Pineapple Chunks Crusted with Toasted Desiccated Coconut:

8oz fresh pineapple, cut into ½ inch chunks
 4tbsps desiccated coconut

Pre-heat oven 400F. Place the coconut in a roasting pan and toast in the oven for 5-10mins, stirring in between. Remove from oven and roll the pineapple chunks in the coconut. Cool and eat as a snack.

Celery Wrapped in Homemade Ham Slices:

Slices of homemade ham
 Celery sticks cut into 2 inch lengths

Wrap each ham slice around a stick of celery and enjoy as a snack.

DAY 4***Rice with Onions & Bacon:***

Plain cooked rice – perhaps a serving of the Japanese rice from day 1
 4oz bacon, chopped
 1 onion, sliced

Heat a frying pan over high heat. Add the bacon and onions and cook until they start to brown. Re-heat the rice, place on a plate and add the bacon and onions.

Cumin Roasted Zucchini, Eggplant & Mushrooms:

½ small eggplant
 1 small zucchini
 ¼ lb button mushrooms
 1-2tbsps olive oil
 1tsp ground cumin
 3tbsps fresh lemon juice (1-2 lemons)
 1 bunch Cilantro, flat parsley or fresh mint
 Salt & pepper
 Saran wrap

Pre-heat the oven 400F. Cut the eggplant, zucchini and mushrooms into small cubes, place in a roasting pan. Season the vegetables with salt, fresh black pepper and the cumin. Roast in the oven for 20 minutes. Cool.

Meanwhile, chop the herbs and juice the lemons. Mix all the ingredients together in a large bowl and season with salt and pepper. This can be prepared a day in advance.

Roasted Chicken Drumsticks:

2 chicken drumsticks
 ½ tsp cumin seeds
 Salt & pepper

Pre-heat oven 400F. Season the chicken and place in a small roasting pan. Roast in the oven for 30mins, turning after 15mins. Cool and serve with cous cous above.

Fresh Herbs & Beef Fried Rice:

½ cup white rice
 2 cups water
 2 garlic cloves, smashed & peeled
 4oz bacon, chopped
 ½ lb sirloin beef
 1tbsps vegetable oil
 1 large onion, chopped
 1 inche fresh ginger, peeled & chopped
 2 cloves garlic, peeled & chopped
 ½ cup cucumber, peeled, seeded & diced (¼ inch)
 2oz fresh bean sprouts
 2tbsps chives, chopped
 2tbsps cilantro, chopped
 2tbsps fresh mint, chopped
 Salt & black pepper

Place water and smashed garlic cloves in a pot, bring to the boil, stir in the rice and simmer, covered, until all the liquid is absorbed (about 45mins). Remove and discard the garlic. Place the rice in a bowl and fluff up with a fork. Cook the bacon in a large frying pan until crispy, drain on a paper towel and set aside. Add the beef to the bacon fat in the frying pan and cook for a couple minutes. Remove with a slotted spoon and set aside. Heat the vegetable oil in large saucepan and cook the onion until soft. Add the ginger and chopped garlic and cook another 2mins. Add the rice, remaining water, bacon and cucumber and cook for a minute. Stir in the beef, bean sprouts and herbs. Season to taste with salt and pepper. Serve immediately.

Vegetable Chips:

Thinly sliced, with a mandolin, carrots, potatoes & beets
 Vegetable oil
 Sea Salt

Half-fill a large pot with vegetable oil. Place on a high heat and test with a slice of vegetable to see if the oil is hot enough. Place small handfuls at a time of the vegetable slices in the hot oil. Cook until golden and crisp. Remove from oil until a platter lined with kitchen towel. Sprinkle on sea salt and continue with remaining vegetables slices. Cool and serve. These can be kept in an airtight container at room temperature.

Dried Apples:

4 apples, cored and sliced thinly

Pre-heat oven 200F. Place the apples on a baking sheet in one layer. Place in the oven and dry out in the oven for a few hours.