

# Healthy Eating Gluten Free Cooking

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**Dietitian**



## **Foreword**

This cookbook is intended as a guide to help you try out some tasty and healthy gluten free recipes. I have denoted the added benefits of each recipe for your guidance. These relate to the principles of a heart healthy but tasty diet.

Bon Appetite!

*Karen Macken*



### Principles Of A Healthy Gluten Free Diet

- ♥ Eat a varied diet; moderate portions and limit ‘junk’ foods.  
Benefits: balanced diet and weight management.
- ♥ Use oily fish regularly; mackerel, herring, kippers, sardines, salmon, and fresh tuna.  
Benefits: omega 3 fats for heart protection
- ♥ Choose fibre rich gluten free foods; wholegrain gluten free bread, wholegrain cereals or cereals with added seeds.
- ♥ Now available in Ireland gluten free porridge oats.  
Benefits: oats provide soluble fibre, which helps to reduce cholesterol.  
Refer to the Coeliac Society of Ireland for more information re approved stockists.
- ♥ Increase fruits and vegetables; aim for at least 5 portions per day.  
Benefits: anti-oxidants and fibre for heart protection.
- ♥ Reduce fatty food; margarine, butter, cream, cheese, chips, cakes, pastries, processed meats e.g. sausages, puddings, salami, corned beef, and burgers.  
Benefits: limit total and saturated fats to help weight management and lower cholesterol levels.
- ♥ Eat less sugary foods; sweets, biscuits, sugar coated cereals.  
Choose sugar free drinks.  
Benefits: control of blood sugar levels, triglyceride levels and weight management.
- ♥ Cut down on salt; use pepper, herbs and spices instead and reduce salty foods.  
Benefits: blood pressure control.

## Making gluten free foods tasty: cooking with herbs and spices

The use of herbs in cooking is a great way of maximising taste without resorting to the salt cellar! Some herbs blend with almost any food; others with only a few. Many of the most interesting flavour effects are gained by combining a leading flavour with two or three others.

### Try the following rules:

- As a general point, use herbs that are new to you lightly; you can always add more, but you can't take it out.
- Have a leading flavour and combine with less pronounced flavours.
- Using oils can draw out and extend the flavour of aromatic oils within herbs. When using herbs in salad dressing use oil tepid not chilled.
- Cut or chop fresh herbs finely, for some purposes they may need to be ground in a mortar as the more of the cut surface exposed, the more completely the aromatic oil will be released.
- The delicate aroma and flavour of some herbs may be lost by extended cooking.
- For bouquets garni, tie sprigs of fresh herbs in tiny bunches or place ground herbs in cheesecloth bags and add them about half an hour before the cooking is finished, removing as soon as they have served their purpose.
- Note dried herbs are three or four times stronger than fresh herbs.

**Anise:** The fresh leaves possess a flavour similar to that of the seeds and may be used as needed in salads, especially apple; seeds in cookies and candies.

**Basil:** The common sweet basil is widely grown because of its pleasant odour and taste. The leaves, fresh or dry, may be used to improve the flavour of tomato dishes, soups, cucumbers, salads, eggs, and fish.

Purple basil has a much stronger flavour, and is great in Thai food.

**Caraway:** When boiling cabbage or potatoes in their jackets, add a few seeds to improve the flavour. They may be used in potato salad, or cottage cheese, cookies, or bread. For use with roast pork crush the seeds and mix with lemon juice, oil, and onions.

**Cardamon:** A very fruity, warm flavour and works very well with egg sandwiches and in meaty stews. It is also good with sweet dishes such as caramel.

**Celery:** The seeds can be used in pickling fish and in salads, salad dressings, and other dishes where celery flavour is desired. The leafstalks and roots give flavour to soups, stews and salads.

**Chervil:** The fernlike leaves and delicate white flowers possess an odour and flavour very similar to that of tarragon.

The leaves, fresh or dry, can be added to salads and salad dressings, omelettes, soups, and stews.

**Chilli:** In spicy dishes, chilli is an obvious candidate and it comes in three forms: fresh, powdered, or flaked. If using fresh chillies, be careful how you handle them - wash your hands extremely well after touching them.

**Chive:** The chopped leaves have a more delicate flavour than onions and can be used with many foods and in many herb mixtures. They are excellent in salads and omelettes

**Cloves:** Most obviously used with baked hams, mulled wine and fruit salads. Try using ground cloves and to an Oriental chicken dish, or in winter stews.

**Cinnamon:** Use in salads, curries, vegetables, breads and desserts especially good with apple and fruit dishes, also great in mulled wine and spiced apple juice or cider.

**Coriander:** Seeds work very well with poultry and fish. You can buy them ground or whole; if you are using them whole, gently crushing them with a pestle and mortar (or put them in a tea-towel, and crush with a rolling pin) helps to release their flavour. Fresh leaves are great in curries, Thai food, salads, soups and stews.

**Cumin:** Ground cumin seeds are used in some breads, in chilli and curry powders. Also great in stews and soups.

**Dill:** The leaves freshly chopped may be used with meat, fish and chicken. The seeds are used for flavouring pickles.

**Fennel:** The fresh leaves give an aniseed flavour, good with fish and salads. The enlarged leaf base may be cut and cooked in water or meat stock as a vegetable. The seeds are commonly used in breads, pastries, candies, and drinks.

**Garlic:** Used in flavouring all meats, fish, chicken, curries, pasta, stir fries, soups, salads, pickles and so forth.

**Ginger:** Can be used to spice up most dishes. Use root ginger (peeled) for savoury dishes (great in Chinese style food) and stem ginger for sweet dishes.

**Lemon balm:** The leaves possess a fragrant lemon like odour. They may be steeped for a delicate aromatic drink and served with added lemon and sugar, or a few leaves may be added to hot or cold tea to give it a delightful flavour. Leaves or tender sprigs are used in salads or fruit cups.

**Lemon Grass:** An aromatic citrus flavour, to use, discard the outer one or two layers, and chop finely. Alternatively, a stalk of lemon grass in the water when poaching fish gives it a lovely lemony hint.

**Lovage:** The leaves have a flavour similar to celery and are good in soups, salads and fish.

**Marjoram:** A pleasant odour and delicate aromatic flavour. Good with veal and liver, on roast-beef sandwiches, in egg dishes and meat, and in poultry stuffing's, soups, pasta, tomato dishes, potato salad and green vegetables.

**Mint (spearmint and peppermint):** Spearmint is used in flavouring iced tea and other beverages, while peppermint is used in medicines and confections. The leaves can be used with lamb, peas, soup, tea, and fruit drinks.

**Mustard Seeds:** Ground seeds added to beef, pork or chicken give heat to any meal without burning the palette, also good in pickles, salads and dips.

**Nutmeg:** Freshly grated nutmeg is great in vegetables, stews, meats, salads and desserts.

**Oregano:** Stronger than Marjoram but can be used in all the same dishes, great with tomato dishes, pasta and pizza.

**Paprika:** A deep, earthy flavour, great in stews, salads, soups, chilli, and breads.

**Parsley:** Has odour-eating properties - if you want to get rid of garlic or onion breath, chew a sprig of parsley, or if your hand smell of onions, rub them with parsley.

Curly parsley has a slightly harsher flavour than flat-leaf parsley. The leaves may be used for flavour and for garnish in soups, stews, vegetables, salads, meats, and poultry. The roots go well as a vegetable in soups.

**Pepper:** Some declare that pepper is the king of spices as it is very aromatic, full of flavour and widely available. It is great in stews, pasta dishes, and with all meats, and fish.

**Rosemary:** The small narrow leaves have a very spicy odour that makes them valuable as flavouring and scenting agent. Use sparingly for accent with soups, lamb,

stews, and sauces. Blend chopped parsley and a little rosemary and spread over roasting meats.

**Sage:** Use the leaves sparingly with onion for stuffing pork and poultry. Crush the fresh leaves to blend with cottage cheese or steep the dried leaves for tea.

**Tarragon:** This sweet anise-scented herb is used as a flavouring and scenting agent. Add tarragon at the last minute as it has a tendency to lose its flavour quickly - especially dried tarragon. Use in salads, dressings, vinegars, fish and chicken sauces, tartar sauce, and some egg dishes.

**Thyme:** The leaves, usually blended with other herbs, may be used in meats, poultry stuffing's, gravies, soups, egg dishes, cheese, and chowder.



**Herb Oils**

These are absolutely great to use for salad dressings. You can make your own by one of the two following methods:

### **Method One**

Take a handful of whichever herb you wish to use (basil and coriander work particularly well). Put into a small food processor with 50ml olive oil. Whiz until the whole thing turns green! Use as a sauce or dressing.

### **Method Two**

Place into a small bottle a few stalks of whichever herb you desire. Fill bottle with olive oil. Leave in a warmish place to infuse for as long as you like - at least a couple of weeks. This also works well with chilli, garlic, peppercorns, or any combination of these ingredients.

You can also use sunflower oil or rapeseed oil.

# Breakfast alternatives

## Homemade muesli

### Ingredients

1 cup gluten free oats \*  
1 cup gluten free cornflakes  
1 tblsp chopped hazelnuts and almonds  
1 tblsp raisins or currants  
1 tblsp linseed (optional if natural laxative needed)  
1 tblsp mixed pumpkin and sunflower seed  
Artificial sweetener to taste

\* check coeliac society for list of stockists or see below

Mix together.

For variety try with yoghurt or mix in chocolate chips and try with hot milk on a winters day.

Serves 2

Can be made in bulk and stored in an air tight container for a few weeks.

♥ High anti-oxidant

♥ Low salt

♥ Low sugar

♥ High fibre

### [Delicious Alchemy Ltd - Food List Page 58](#)

[www.deliciousalchemy.com](http://www.deliciousalchemy.com)

Pure Uncontaminated Gluten Free Rolled Oats - 450g

**NOW available on the Irish market from:**

Clare Hall, Unit 5/6 Clare Hall Shopping Centre, Malahide Road, Dublin - Ph: 00353 18476450

Tallaght, U236A The Square, Dublin - Ph: 00353 14596268

**Please Note** - Now that pure oats are available, the majority of coeliacs should be able to use pure oats without problems. However, a minority will react to them. A coeliac consuming pure oats will need to receive regular follow ups with their doctor to monitor their tolerance. (Please check - Page 58 of Food List 2010 for advice from Dr Kennedy on consuming pure oats)

**Information received June 2010 from the Coeliac Society Of Ireland**



**Omelette**

### **Ingredients**

6 eggs, beaten,  
spray oil to fry,  
1 onion, finely chopped  
pepper  
1oz/28g low fat grated cheese for topping

### **Method**

1. Heat the frying pan, coat lightly with spray oil, fry onions for a few minutes.
  2. Pour the beaten egg into the frying pan, spread the mixture around until it starts to set.
  3. Add pepper and the cheese and heat under the grill until the cheese is melted but not crispy.
- Serves 4

### **Variations on omelette recipe**

Leaving the cheese out would lower the fat and kcal content, try peppers, mushrooms or tomatoes or peppers could be added to this dish or some fresh chopped herbs for added flavour.

♥ Low fat

♥ Low salt



**Pancakes**

## **Ingredients**

110g (4oz) white gluten free flour mix  
1 medium egg  
300mls milk  
Oil for frying

## **Method**

1. Place the flour in bowl, make a well in the centre.
2. Add the egg and 4tbsp milk. Beat to make a smooth batter.
3. Gradually beat or whisk in the remaining milk.
4. Heat 1tbsp oil in a non-stick frying pan.
5. Pour in enough batter to cover the base of the pan.
6. When the pancake is golden brown toss or turn to cook the other side.  
Serves 4, or 2 if hungry as makes 8 small pancakes!

♥Low fat

♥Low salt

**To store:** stack with sheets of grease proof paper between each layer.  
Wrap in a polythene bag. Keep in the fridge for up to three days.  
Unfilled pancakes freeze well. Use within 3 months.

**To serve:** for sweet fillings try lemon juice with a sprinkle of sugar or artificial sweetener like canderel or splenda.

Or you could try fresh berried fruit like blueberries, strawberries or raspberries and a spoon of low fat natural yoghurt to top.

For savoury filling try the french crepe by of a slice of ham, a slice of cheese and a egg as a filling and cook through in the pan like a calzone pizza that is folder over on itself to cook the egg through.

# Soups and starters

## Trout and Sweet Corn Chowder

### Ingredients

- 1 teaspoon olive oil
- 2 teaspoons cornflour
- 1 large onion, chopped
- 1 small glass / 120mls white wine
- 450 ml boiling water infused with black pepper, lemon juice, fresh parsley, lemon zest
- 1 large trout, filleted and skinned
- 1 large potato, cut into small dice
- 80g / 3oz French beans, cut into small pieces
- 200g / 7oz can sweetcorn, drained
- 150mls / ¼ pint low fat milk
- 1 tbsp chopped fresh dill
- 1 tbsp chopped fresh chives

### Method

1. Put oil in a saucepan, add onion, cover & sauté gently for 5 minutes until softened but not coloured.
  2. Add wine & remove from heat.
  3. Put the infused water & trout in a saucepan with a lid, simmer gently for 5 minutes until tender.
  4. Remove trout with a slotted spoon, once cooled flake with a fork, removing any bones. Set aside.
  5. Strain cooking liquid into the onion & wine mixture, add potatoes & beans.
  6. Bring to the boil, cover & simmer for 10 minutes or until vegetables are tender.
  7. Mix cornflour to a paste with a little water, and stir into mixture, add sweetcorn, stir continuously until thickened.
  8. Stir in milk, trout, dill & chives.
  9. Heat through before serving.
- Serves 4.

**Variations on this recipe:** try other fish like salmon, mackerel or tuna fillets in place of trout. Other herbs can be used if preferred, like parsley, coriander, bay etc.

♥ Low fat

♥ Low salt

♥ Omega 3

♥ Fibre



## Red Pepper Soup

### Ingredients

4 red peppers, deseeded and chopped  
1 tsp sunflower or olive oil  
1 medium potato, peeled and diced  
1 onion, chopped  
½ pint of low fat milk  
½ pint of water  
1 clove of garlic, crushed  
fresh chopped basil to serve  
pepper

### Method

1. Heat a large saucepan add oil, garlic & onion. Saute for 5 mins, stir regularly.
  2. Add peppers and potato, saute for a further 5 minutes.
  3. Add water and pepper. Bring to the boil and simmer for 30 minutes, or until all the vegetables are softened.
  4. Cool slightly and liquidize with milk until smooth.
  5. Heat through before serving, serve with a sprinkle of fresh basil.
- Serves 4.

♥Low fat

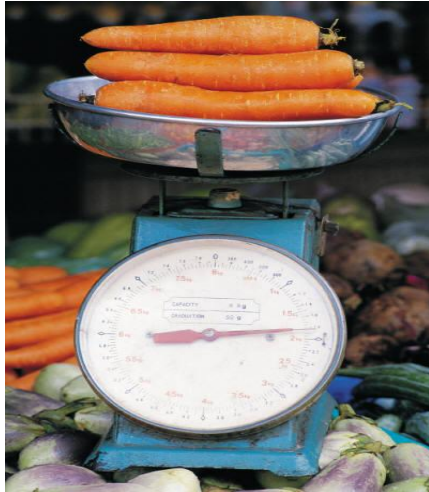
♥Low salt

♥Anti-oxidants

### To make salt free gluten free stock:

Boil chicken carcass or meat bones with a variety of vegetables for example: 2 sticks of celery, 2 onions, 2 carrots, and a bouquet garni of herbs, for example 2 bay leaves, 2 sprigs of thyme, 1-2 sprigs of rosemary and a generous amount of parsley. Boil until liquid reduces to a slightly thick consistency, strain and use in recipes.

**For the cheats option that is the quick and easy option check out the coeliac book for list of suitable gluten free stock cubes.**



## Carrot & Coriander Soup

### Ingredients

8 carrots, peeled and diced  
2 onions, chopped  
2 potatoes, peeled and diced  
1 packet of fresh coriander, chopped  
1 tsp olive oil  
½ pint homemade stock (see page 12)  
½ pint low fat milk  
Pepper

### Method

1. Heat a heavy-bottomed pot, add the oil.
  2. Add vegetables & sweat for 20 mins, stir occasionally.
  3. Add coriander and stock, cook for a further 10 minutes, or until the vegetables are fully softened.
  4. Cool slightly and liquidize until smooth.
  5. Add milk and pepper.
  6. Heat through before serving.
- Serves 4.

### Variations on this recipe

try other herbs if coriander is unavailable like parsley, marjoram, oregano, basil.

♥Low fat

♥Low salt

♥Anti-oxidants



**Lentil Soup**

### **Ingredients**

150g lentils  
1 tsp sunflower oil  
2 onions, chopped  
1 garlic clove – crushed  
2 stalks celery – sliced  
2 large carrots – diced  
1 pint homemade stock (see page 12)  
2 tsp mixed herbs  
Black pepper

### **Method**

1. Soak lentils in water for 3 hours. Drain off liquid.
  2. Heat a large saucepan add oil, lentils & onion. Saute for 5 mins, stir regularly.
  3. Add rest of vegetables and saute for a further 5 minutes.
  4. Add stock, pepper and herbs. Bring to the boil and simmer for 1 hour, until all the vegetables are softened.
  5. Cool slightly and liquidize until smooth.
  6. Heat through before serving, serve with a sprinkle of chopped fresh herbs.
- Serves 4.

### **Variations on this recipe**

Try other herbs if coriander is unavailable like parsley, majoram, oregano, basil. ½ pint of white wine and ½ pint of low fat milk can be used in place of the homemade stock

♥ Low fat

♥ Low salt

♥ Fibre

♥ Anti-oxidants



**Scallion and Potato Soup**

### **Ingredients**

- 2 bunches of scallions, chopped
- 1 tsp sunflower or olive oil
- 2 onions, chopped
- 3 rooster potatoes, peeled and diced
- ½ pint of low fat milk
- ½ pint homemade stock (see page 12)
- pepper

### **Method**

1. Heat a large saucepan add oil, scallions & onion. Saute for 5 mins, stir regularly.
  2. Add potatoes and saute for a further 10 minutes.
  3. Add stock and pepper. Bring to the boil and simmer for 1 hour, until all the vegetables are softened.
  4. Cool slightly and liquidize with milk until smooth.
  5. Heat through before serving, serve with a sprinkle of chopped fresh herbs.
- Serves 4.

### **Variations on this recipe**

Try a bunch of leeks in place of scallions for leek and potato soup.

♥ Low fat

♥ Low salt

♥ Anti-oxidants



**Tomato Soup**

### **Ingredients**

900g / 2lbs ripe tomatoes, chopped  
1 tsp sunflower or olive oil  
2 onions, chopped  
1 clove of garlic, crushed  
1 tblsp fresh herbs - e.g. thyme, majoram, basil, parsley  
pepper

### **Method**

1. Heat a large saucepan add oil, garlic & onion.
2. Saute for 5 mins, stir regularly.
3. Add tomatoes and simmer for 20 minutes.
4. Add stock and pepper.
5. Bring to the boil and simmer for 1 hour, until all the vegetables are softened.
6. Cool slightly and liquidize until smooth.
7. Heat through before serving, serve with a sprinkle of chopped fresh herbs.

Serves 4.

♥ Low fat

♥ Low salt

♥ Anti-oxidants



**Parsnip Soup**

### **Ingredients**

900g / 2lbs parsnips, peeled and chopped  
1 tsp sunflower or olive oil  
1 onion, chopped  
2 cloves of garlic, crushed  
2 tsp ground cumin  
2 tsp ground coriander  
½ pint of low fat milk  
1 pint homemade stock (see page 12)  
1 tblsp fresh herbs; parsley or chives  
pepper

### **Method**

1. Heat a large saucepan add oil, garlic & onion. Saute for 5 mins, stir regularly.
2. Add parsnip and saute for 20 minutes.
3. Add the pepper and spices.
4. Add stock, bring to the boil and simmer for 30 minutes, until the vegetables are softened.
5. Cool slightly and liquidize with milk until smooth.
6. Heat through before serving, serve with a sprinkle of chopped fresh herbs.

Serves 4.

♥ Low fat

♥ Low salt

♥ Anti-oxidants

## Brushette

### Ingredients

1 red pepper  
1 yellow pepper  
1 Courgette  
1 Aubergine  
1 red onion  
1 teaspoon olive oil  
Black pepper

### For the dressing:

2 tbsp good quality balsamic vinegar  
1 tbsp honey  
1 punnet cherry tomatoes  
½ tin chopped tomatoes  
Black pepper  
Bunch of fresh basil, chopped

### Method

1. Cut up vegetables, toss in olive oil & black pepper.
2. Heat griddle pan until very hot, vegetables must sizzle when they hit the pan.
3. Don't overcrowd the pan, cook in batches, once cooked keep hot in the oven.
4. For the dressing- heat a non stick pan add tinned & cherry tomatoes, basil & balsamic vinegar.
5. Simmer for a few minutes to reduce the liquid.
6. Toss the vegetables & dressing together.
7. Serve on wholegrain gluten free rolls, sprinkle with chopped basil leaves & a drizzle of balsamic vinegar

♥ Low fat

♥ Low salt

♥ Fibre

♥ Anti-oxidants



## Chicken Satay

### Ingredients

2 skinless chicken breasts  
1 tsp thai green curry paste\*  
1 tblsp peanut butter  
50mls coconut milk  
Pepper to taste

\* check coeliac manufactures list

### Method

1. Slice the chicken length ways into 4 pieces.
  2. If using wooden skewers, soak in water before using.
  3. Mix the remaining ingredients together until smooth.
  4. Marinade with chicken pieces in this mixture for a few hours or overnight.
  5. Put chicken onto skewers and grill until well cooked.
  6. Serve on a bed of mixed salad as a starter or with wholegrain rice and a side salad if a main meal portion.
- Serves 4

♥Low fat

♥Low salt

## Mackerel Pate

### Ingredients

2 mackerel fillets, skinned and boned  
125g/4oz diet cottage cheese  
juice of half a lemon  
black pepper  
cayenne or fresh herbs to serve (optional)  
2 lemons cut into wedges

### Method

1. Liquidise all ingredients together until smooth.
2. Put into individual dishes or one large one.
3. Cover with cling film and chill for two hours
4. Sprinkle with a little cayenne or herbs and serve with lemon wedges.

### Variations on this recipe:

Smoked fish or other types of fish can be used, but do note this will greatly increase the salt level. Varied fresh herbs can be blended in for additional flavour.

♥Low fat

♥Low salt

♥Omega 3 fats

# Salads

These can come in all shapes and sizes. They provide a good boost to your vegetable intake however you will need to choose low fat options as many have a high level of oils added.

## Low fat salad dressings:

- ♥ 50mls good quality balsamic vinegar, 1 tsp coarse grain mustard, pepper and 1 tsp honey, shake well.
- ♥ 1 tsp lemon juice, 2 tsp grated cucumber and 1 tblsp low fat natural yoghurt. Optional extras chopped onions and gerkins or olives, could also try 1 tsp Worcester sauce for slight kick.
- ♥ 1 tsp paprika into 100g low fat natural yoghurt with a squeeze of lime for zing.
- ♥ 100mls tomato juice blended with 2 tsp basil or herb puree, ½ tsp garlic puree and pepper to season.



**Tzatziki**

## Ingredients

1/3 cucumber, diced  
200mls / 7 fl oz low fat natural yoghurt  
juice of ½ lemon  
2 tsp chopped mint

## Method

1. Simply mix all ingredients together.
2. Serve as an accompaniment to lamb or barbeque dishes, or as a dip for sliced peppers, carrots and celery at parties.

♥ Low fat

♥ Low salt

♥ Anti-oxidants



**Hummus**

**Ingredients**

- 1 tin chick peas, drained
- 5 tblsp tahina paste
- 1 clove garlic, crushed
- juice of ½ lemon
- pepper
- ½ glass water
- 2 tblsp olive oil

**Method**

1. Using a food processor blend ingredients until smooth.
2. Serve chilled with crudités of vegetables.
3. This can be used in sandwiches in place of mayonnaise and as a dip for parties.

♥ Low fat

♥ Low salt

♥ Fibre



**Cherry Tomato Relish**

**Ingredients**

- 500g /2 punnets of cherry tomatoes, halved
- 2 tsp paprika
- 1 red chilli, deseeded and finely chopped (optional)
- or 1 clove garlic, peeled and crushed (optional)
- pepper to season

**Method**

1. Simply mix all ingredients together.
2. Place on a non-stick baking tray.
3. Bake in a preheated oven at 140C for 45 minutes, check occasionally to ensure they do not burn.
4. Allow to cool in the oven or serve warm.

Use as an accompaniment to meat, chicken, fish or barbeque dishes.  
Can also be used as a marinade for cooking meats and so forth.  
Or can be used as a base for gluten free pasta dishes on your gluten free pizza bases.

♥ Low fat

♥ Low salt

♥ Anti-oxidants

# Pasta dishes



**Courgette and herb pasta**

## Ingredients

350g/ 12oz gluten free spaghetti / pasta shapes  
1 tblsp olive oil  
2 cloves garlic, peeled and crushed  
650g / 1½ lbs courgette, sliced  
1 tblsp chopped fresh basil  
1 tblsp chopped fresh parsley  
black pepper to taste  
25g / 1oz grated parmesan, to serve

## Method

1. Boil pasta until al dente (with a bite ~8 minutes), drain and set aside.
2. Heat oil in non-stick pan, add garlic and courgette.
3. Fry for a few minutes until tender.
4. Mix ingredients together and sprinkle with parmesan to serve.
5. Serve with a side salad.  
Serves 4.

♥ Low fat

♥ Low salt

♥ Anti-oxidants



**Broccoli and pesto pasta**

### **Ingredients**

350g/ 12oz gluten free pasta shapes  
250g / 9oz broccoli florets  
1 tblsp green pesto  
1 clove garlic, peeled and crushed  
black pepper to taste  
1 tblsp chopped fresh basil, to serve

### **Method**

1. Boil pasta until al dente (with a bite ~8 minutes), drain and set aside.
2. Boil broccoli for 4 minutes, lightly mash.
3. Add the pesto and crushed garlic, toss together add pepper.
4. Serve with a sprinkle of basil and a side salad.

Serves 4.

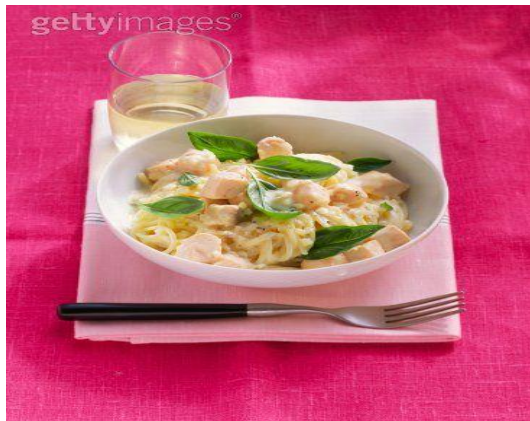
♥Low fat

♥Low salt

♥Anti-oxidants

### **For variety:**

Add chicken, fish or pork. Or serve grilled pork chop on a bed of brocolli pasta.



**Salmon And Pasta Salad**

### **Ingredients**

240g/8oz gluten free pasta twists  
1 tin sweetcorn, drained  
2 tins salmon in water, drain & flake  
125g carton low fat natural yoghurt  
juice of ½ lemon or lime  
black pepper  
chopped fresh basil and parmesan shavings to serve

### **Method**

1. Bring a large pot of water to the boil.
2. Toss in the pasta and cook for ~ 8 mins until 'al-dente' (i.e. with a bite).
3. Drain and put into a serving bowl.
4. While the pasta is still warm, stir in other ingredients.
5. Serve hot or cold with a sprinkle of basil and parmesan shavings.
6. Serve with a side salad.

Serves 4.

♥Low fat

♥Low salt

♥Omega 3 fats



## Tuna and green bean pasta

### Ingredients

350g/ 12oz gluten free pasta shapes  
1 tsp olive oil and 1 tsp lemon juice  
1 can tuna in oil, drained and flaked  
200g french beans, trim and cut into 1" lengths  
grated zest of 1 lemon  
black pepper to taste  
1 tblsp chopped fresh basil, to serve

### Method

1. Boil pasta until al dente (with a bite ~ 8 minutes ), drain and set aside.
2. Mix ingredients together and sprinkle with basil to serve.
3. Serve with a side salad.

Serves 4.

♥ Low fat

♥ Low salt

♥ Anti-oxidants

## Pasta salad

### Ingredients

110g (4oz) Gluten free pasta  
50g (2oz) green beans/mangetout halved  
75g (3oz) cherry tomatoes  
75g (3oz) canned sweetcorn, drained  
200g (7oz) tin of tuna (drained) or chopped cooked ham/chicken

### Dressing

2 tbsp mayonnaise (check your Coeliac Society Food list)  
& / or 2 tbsp dressing from list earlier

### Method:

1. Cook the pasta for 5-7 minutes
2. Add the beans/mangetout for the last 2-3 minutes
3. Drain and rinse in a colander. Leave until cold.
4. Add the remainder of the ingredients and serve.

♥ Low fat

♥ Low salt

♥ Fibre



**Seafood pasta**

### **Ingredients**

300g/10z gluten free spaghetti  
240g mixed seafood for example mussels, prawns, calamari, clams  
1 onion, peel and dice  
1 tsp paprika  
300mls passata or 1 tin chopped tomatoes  
1 garlic clove, peeled and finely sliced  
1 tblsp finely chopped parsley  
1 tsp olive oil  
black pepper to season

### **Method**

1. Boil pasta for 3 minutes, drain and set aside.
2. Heat oil in non-stick pan, add onion and garlic, fry for 5 minutes.
3. Add paprika, tomatoes, heat through.
4. Add pasta and seafood simmer for 3 more minutes until heated through but not overcooked as the seafood will get rubbery and pasta will get too soft.
5. Sprinkle with parsley and freshly grated black pepper to serve.
6. Serve with a side salad.

Serves 4.

♥Low fat

♥Low salt

♥Anti-oxidants

# Tasty ways to cook meat, fish and chicken

## Fish Pie

### Ingredients

2 salmon fillets and 2 white fish fillets skinned & de-boned  
1 onion, finely chopped  
1 pint low fat milk  
1 tblsp cornflour  
6 medium potatoes, cooked & mashed  
1 tsp lemon juice  
pepper to season  
1 bay leaf  
1 tblsp parsley, chopped

### Method

1. Place the fish in a saucepan with the onion, milk, herbs, pepper and lemon juice.
  2. Cover and simmer for 10 minutes.
  3. Remove the fish from the sauce. Flake the fish fillets.
  4. Remove the bay leaf.
  5. Mix cornflour to a paste stir into the poaching liquid, that is the liquid the fish was cooked in.
  6. Heat gently until thickens, stir continuously.
  7. Put the fish and sauce in a pie dish and season to taste.
  8. Cover with the mashed potato.
  9. Bake in a covered dish for 20 minutes at 160C/ 325F/ Gas Mark 3.
  10. Serve with 2-3 portions vegetables or a generous side salad.
- Serves 4

♥Low fat

♥Low salt

♥Omega 3 fats

### Variations on this recipe:

Any herb can be used in place of parsley, such as dill, lemon balm, oregano, basil, coriander and so on.

This recipe also works well with all salmon or other oily fish to increase the omega 3 content.



**Roast swordfish with salsa**

### **Ingredients**

1 tsp sunflower or olive oil  
4 x 125g/4½oz pieces swordfish

### **For the Salsa:**

2 tblsp mixed fresh herbs e.g. parsley, coriander & chives  
juice ½ lemon or lime  
1 tsp sunflower or olive oil  
4 spring onions, chopped  
12 cherry tomatoes, chopped  
pepper  
1 chilli, deseeded and chopped (optional)

### **Method**

1. Preheat oven to 220°C/ 425F / gas mark 7.
2. Place swordfish on a baking sheet, drizzle with oil.
3. Place in oven, cook for 10 minutes until crisp & cooked through.
3. Mix the salsa ingredients together.
4. To serve place a piece of swordfish on the plate, then spoon over the salsa. Serve with wholegrain rice or a jacket potato, side salad or stir fry vegetables.

Serves 4

♥ Low fat

♥ Low salt

♥ Omega 3 fats



## Honey & Lime Glazed Mackerel

### Ingredients

8 mackerel fillets  
juice of 2 limes  
2 tbsp honey  
1 tbsp water  
Black pepper  
1 packet of fresh spinach leaves  
1tbsp wholegrain mustard

### Method

1. Marinade: whisk lime juice, honey, water & black pepper together, reserve one third to drizzle over the cooked fish. Pour the marinade over the mackerel fillets, leave for 3-4 hours in the fridge.
2. Place mackerel fillets under a medium heated grill for 5 minutes per side, or until cooked through.
3. During cooking baste the fillets with marinade.
4. Heat a medium sized pot, add the washed spinach & cook for 2-3 minutes with the lid on, stir occasionally.
5. Toss in a little marinade & mustard, season with black pepper
6. Drizzle the reserved marinade over the mackerel and serve with spinach and wholegrain rice or jacket potato.

Serves 4.

♥Low fat

♥Low salt

♥Omega 3 fats



## Chicken Veronique

### Ingredients

4 chicken breasts, skin removed  
1 onion chopped  
2 clove of garlic  
Green and black grapes  
juice of ½ lemon  
250mls / ½ pint white wine  
1 tblsp fresh tarragon, chopped  
30g/ 1oz cornflour or arrowroot

### Method

1. Poach the chicken with onion, garlic, white wine, lemon juice & herbs in a casserole dish for 20 minutes.
2. Thicken sauce with arrowroot or cornflour.
3. Season with pepper and add grapes.
4. Serve hot with plenty of vegetables and a baked or boiled potato.

Serves 4.

♥ Low fat

♥ Low salt

### Variations on this recipe:

Any herb can be used in place of tarragon, such as parsley, oregano, basil, coriander and so on.

Fresh herbs are always nicer for flavour than dried herbs.

This recipe also works well with pork, fish and other meats in place of chicken. Note cooking times may vary with different foods.

## Chicken Risotto

### Ingredients

10oz/280g wholegrain rice  
8 mushrooms, chopped  
1 onion, finely chopped  
spray oil  
1 red and 1 green pepper, finely chopped  
1 clove of garlic, crushed  
3 skinless chicken breasts diced  
1 tin of mixed beans, drained  
pepper to season  
1 pint of homemade stock (see page 12)

### Method

1. Heat pan, coat lightly with 1-2 sprays oil.
2. Fry chicken to sear in flavour, remove from the pan.
3. Fry garlic, onions, peppers and mushrooms for a few minutes, using the spray oil.
4. Add rice to the pan, stir in stock, chicken, beans and pepper.
5. Bring to the boil then simmer for 30 minutes until the rice is cooked.
6. Add extra liquid if required.
7. Serve with extra vegetables or a large salad and a sprinkle of fresh herbs on top, such as coriander or parsley.

Serves 4

♥ Low fat

♥ Low salt

♥ Anti-oxidants

♥ Fibre

### Variations on this recipe:

This recipe also works well with fish, turkey, pork and other meats.  
Cooking times may vary.



## Chicken and olive casserole

### Ingredients

- 4 skinless chicken breasts, quarter
- 1 red pepper deseeded and cut into chunks
- 1 yellow pepper deseeded and cut into chunks
- 2 onions, peeled and diced
- 1 large jar of passata or 2 tins of chopped tomatoes
- 2oz pitted olives
- 2 garlic cloves, peeled and crushed
- 3 tblsp chopped fresh oregano
- black pepper to season
- 1 tblsp chopped fresh basil to serve

### Method

1. Heat oven to 180c / gas 4.
2. Place all ingredients in a casserole dish and bake for 1½ hours, stir occasionally.
3. Sprinkle with basil to serve.
4. Serve with a side salad and rice or a baked potato.

Serves 4.

♥ Low fat

♥ Low salt

♥ Anti-oxidants

## Pork And Apricot Casserole

### Ingredients

450g/1lb lean pork pieces  
12 dried apricots  
200mls or 1 large glass of white wine  
1 pint water  
4 carrots, peeled and sliced  
1 large onion, diced  
1 handful of dried lentils  
225g/8oz celery, thinly sliced  
Pepper

### Method

1. If pork pieces are large, cut them in half, trim off fat & gristle.
2. Put into a large casserole, add water, wine, apricots, lentils.
3. Cover & cook in a pre-heated oven (350F / 180°C /Gas 4) for 1.5 hours.
4. Remove from oven. Stir in vegetables and pepper.
5. Cover and cook for another hour until the meat and vegetables are tender.
6. Serve with wholegrain rice and a side salad.

Serves 4.

♥ Low fat

♥ Low salt

♥ Fibre

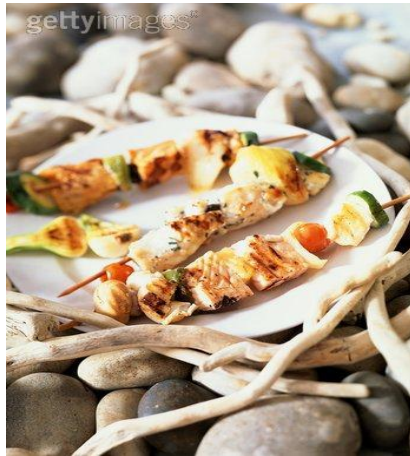
### Variations on this recipe:

Any herb can be used in place of apricots, such as parsley, oregano, basil, coriander and so on.

Fresh herbs are always nicer for flavour than dried herbs.

This recipe also works well with chicken, fish and other meats.

Other peas or beans can be used in place of lentil such as split peas, chick peas, flageolet beans or a tine of mixed bean varieties.



**Pork Kebabs**

### **Ingredients**

1lb lean pork, diced

#### **For the marinade:**

1 tbsp balsamic/red wine vinegar  
2 tbsp finely chopped herbs  
2 tsp pure sunflower or olive oil  
black pepper

#### **For the sauce:**

1 onion, finely chopped  
2 cloves garlic, crushed  
juice of ½ lemon or lime  
Tin of tomatoes  
Fresh chopped herbs; parsley, basil, oregano  
Vegetables for skewer – courgette chunks, sliced onions, pepper chunks and mushrooms halves

### **Method**

1. Mix the marinade ingredients together. Coat the meat well and set aside.
2. Liquidise all sauce ingredients together.
3. Put the sauce in a pot & heat gently.
4. Thread the meat and varied vegetables onto 8 skewers.
5. Grill for 3-4 minutes on each side, under a medium – high heat, until cooked.
6. Serve with the sauce and wholegrain rice or jacket potato.

Serves 4.

♥ Low fat

♥ Low salt

♥ Anti-oxidants



## Turkey and Chickpea Curry

### Ingredients

500g turkey fillets, diced  
1 tin chickpeas, drained  
8 mushrooms, finely chopped  
1 onion, finely chopped  
1 red and green peppers, chopped  
spray oil  
2 tsp ground/flaked almonds  
1 clove of garlic, crushed  
1 tsp paprika or chilli powder  
1 tblsp ground coriander  
1 tblsp ground cumin  
black pepper  
4 cardamon pods (optional)  
1 tblsp cornflour  
2 tblsp tomato puree  
½ pint water  
1 tblsp fresh coriander, chopped

### Method

1. Heat a frying pan, lightly coat with spray oil & cook the turkey to sear in the flavour, remove from the pan before it is fully cooked
2. Fry pepper, onion, garlic and mushrooms in the pan.
3. Add the spices to the pan and cook for 2-3 minutes.
4. Mix the cornflour to a paste stir into the mixture, add the water, bring to the boil until thickened.
5. Add the turkey, chickpeas and tomato puree.
6. Reduce heat and simmer for 15 minutes.
7. Serve with a sprinkle of fresh coriander, wholegrain boiled rice and extra vegetables or a side salad.

Serves 4

♥ Low fat

♥ Low salt

♥ Anti-oxidants

♥ Fibre



## Pork and cider stew

### Ingredients

450g / 1lb lean pork, diced  
6 large shallots, peel and quarter  
250g / 8oz button mushrooms, halve  
1 can cider (apple or try pear for variety)  
600mls / 1 pint water  
spray oil to cook  
black pepper  
chopped fresh herbs to serve

### Method

1. Heat a frying pan, lightly coat with spray oil & brown off pork to sear in the flavour, remove from the pan before it is fully cooked.
2. Place in a casserole dish.
3. Lightly brown off shallots and mushrooms in the pan. Add to casserole dish.
4. Add pepper, and fluid.
5. Bake in pre-heated oven at 140C / 275F/ Gas 1 for 2 hours.
6. Serve with a sprinkle of fresh herbs, extra vegetables and a jacket potato or rice.

Serves 4

♥ Low fat

♥ Low salt



**Beef Hot Pot**

## **Ingredients**

450g / 1lb lean beef, diced  
½ cabbage, cut into chunks  
sprig of thyme or parsley and a bay leaf  
4 large carrots, peel and quarter  
1 large onion, peel and quarter  
2 sticks of celery, trim and quarter  
2 handfuls dried lentils  
500mls / 1 pint water  
spray oil to cook  
black pepper

## **Method**

1. Heat a frying pan, lightly coat with spray oil & brown off beef to sear in the flavour, remove from the pan before it is fully cooked.
2. Place in a casserole dish. Add all ingredients to casserole dish.
3. Bake in pre-heated oven at 160C / 300F/ Gas 2 for 2 hours.
4. Serve with a sprinkle of fresh herbs and a jacket potato or crusty wholegrain bread.

Serves 4

♥ Low fat

♥ Low salt

♥ Anti-oxidants

♥ Fibre



**Beef and Red Wine Stew**

### **Ingredients**

450g/ 1lb lean beef, diced  
2 large onions, peel and slice  
1 tin mixed bean cuisine, drained  
½ bottle red wine  
4 large carrots, peel and quarter  
1 tin chopped tomatoes  
600mls / 1 pint water  
spray oil to cook  
black pepper  
6 juniper berries  
chopped fresh herbs to serve  
bouquet garni:  
bay leaf, sprig of thyme, 3 sprigs of parsley or oregano

### **Method**

1. Heat a frying pan, lightly coat with spray oil & brown off beef to sear in the flavour, remove from the pan before it is fully cooked.
2. Place in a casserole dish. Add all ingredients to casserole dish.
3. Bake in pre-heated oven at 160C / 300F/ Gas 2 for 2 hours.
4. Serve with a sprinkle of fresh herbs and a jacket potato or crusty wholegrain bread and a side salad.

Serves 4

♥ Low fat

♥ Low salt

♥ Anti-oxidants

♥ Fibre

### **Alternatives:**

Any vegetables in season.  
Try lean lamb instead of beef.  
Herbs in the bouquet garni can also be varied

# Home baking and desserts

## Home-made self-raising flour

2 tblsp potato flour  
1 cup white rice flour  
½ tsp bicarbonate of soda,  
½ tsp cream of tartar,  
1 tsp xanthan gum or guar gum or pre gel starch

## Flour combinations

The following combinations of flours work well together  
2 cups rice flour, 2/3 cup potato flour, 1/3 cup tapioca flour.  
½ soya flour and ½ maize cornflour.  
½ soya flour and ½ potato flour.  
½ soya flour and ½ rice flour.  
½ soya flour and ¼ potato flour, ¼ rice flour.

## Basic dough recipe for bread, rolls or for pizza

### Ingredients

350g gluten free fibre mix or plain mix for pizza  
1 sachet powdered dried yeast (7g)  
1 cup water  
1 tblsp olive oil

Oven temperature: Gas 7 / 425F / 220C

### Method

1. Put all ingredients in a bowl and mix through with your hands or a spoon until forms a dough ball then remove and knead the mixture for a few minutes.
2. Place back in the mixing bowl and cover with cling film.
3. Leave in a warm place for 40 mins or until doubled in size .

### Or:

Put into bread maker on dough function and let it do all the hard work.  
Remember the bread maker needs to be new and kept for gluten free cooking only.

### **For Bread:**

Place into a large loaf tin or divide into 2 greased non stick loaf tins  
Bake the bread in a preheated oven for 20 - 25 minutes

### **For Rolls:**

Half fill greased bap tins  
Bake the rolls in a preheated oven for 10 - 15 minutes .

### **For variety to bread or rolls**

**Cheese baps** swap the olive oil for 2 tablespoons of Parmesan or grated cheese  
Add a tsp of course mustard or mustard seeds to bring out the flavour of the cheese

Try **multi seeds** for a crunchy alternative

For **tomato and herb loaf** swap half the water volume for passata and add a  
tablespoon of fresh chopped herbs. This works well as an alternative pizza base.

### **Additional tips**

All gluten free bread freezes well.

It is a good idea to slice the loaf before freezing, pack in a plastic bag and seal - this  
avoids waste.

May be frozen for up to three months.

### **For the Pizza:**

Roll the dough or push to shape onto 2 tins  
Toppings to choice  
Bake for 10-15 minutes in pre heated oven or until as crispy as you prefer



**Tea & Carrot Loaf**

### **Ingredients**

3oz / 90g sultanas  
2oz / 60g raisins  
½ pint / 275mls hot black tea  
8oz / 220g gluten free flour (½ fibre mix & ½ white)  
8oz / 220g grated carrot  
1 egg, beaten  
1 tsp mixed spice  
1 tsp gluten free baking powder

### **Method**

1. Soak fruit in tea overnight.
2. Mix all ingredients in a bowl.
3. Place mixture in a 2lb non stick tin.
4. Bake for 1¼-1½ hours at 190C/350F /Gas 5

♥ Low fat

♥ Low salt

♥ Fibre

♥ Low sugar



## Spiced Citrus Teabread

### Ingredients

450g/1lb gluten free fibre mix  
½ tsp ground cinnamon  
1 egg, beaten  
1 sachet easy-blend dried yeast  
grated rind & juice 1 lemon  
50g/1¾oz polyunsaturated margarine  
200g/7oz raisins  
50g/1¾oz soft brown sugar  
200g/7oz sultanas  
grated rind & juice 2 oranges  
100g/3½oz ready-to-eat dried apricots, chopped

### Method

1. Sift flour & cinnamon into a large bowl, stir through the yeast.
2. Rub in the margarine, until the mixture resembles fine breadcrumbs.
3. Add the sugar, lemon & orange rind & dried fruit.
4. Mix together the lemon & orange juice with 100ml/3½oz hot water, stir through the egg then work into the flour mixture.
5. Tip the dough onto a lightly floured surface, knead for 5-6 minutes until smooth.
6. Form into a neat round, place on a lightly floured baking sheet.
7. Cover with lightly oiled clingfilm & leave it in a warm place for about 1 hour until doubled in size.
8. Bake in the oven at 190°C/375°F/gas mark 5 for about 45 minutes, until golden & hollow when tapped.

♥ Low fat

♥ Low salt

♥ Fibre

♥ Low sugar

## Marsala peaches

### Ingredients

300mls / 10 fl oz Marsla wine  
1 vanilla pod, halved lengthways  
4 ripe peaches, halved and stoned

### Method

1. Bring the wine to the boil in a shallow pan.
2. Add vanilla pods and simmer for 15 minutes until liquid is syrupy.
3. Add peaches and simmer for 3 minutes uncovered, turn and simmer for 2 minutes.
4. Allow to cool, uncovered.
5. Serve with a spoon of low fat natural yoghurt.

Serves 4.

♥Low fat

♥Low salt

♥Anti-oxidants

♥Low sugar



**Baked Apples**

### Ingredients

4 eating apples, cored  
1-2 tsp honey  
2 tsp ground cinnamon

### Method

1. Place the apples on a baking dish, drizzle with honey and a sprinkle of cinnamon.
  2. Bake at 180c / 350F / Gas 4 for 30 minutes.
  3. Serve hot with a spoon of low fat natural yoghurt.
- Serves 4.

♥Low fat

♥Low salt

♥Anti-oxidants

♥Low sugar



**Mandarin Pudding**

### **Ingredients**

- 1 tblsp cornflour
- ½ pint low fat milk
- 2 eggs, separated
- 1oz/28g castor sugar
- 1 small tin mandarins in fruit juice

### **Method**

1. Heat the milk.
2. Mix cornflour to a paste with a little milk, gradually stir into the heated milk.
3. Bring to the boil, stir continuously until thickening.
4. Add mandarin juice and egg yolks.
5. Beat well to ensure no lumps. Add most of mandarins.
6. Preheat oven to 350F/180C/Gas 4. Bake for 15-20 mins.
7. Whisk egg whites until peaks can be formed.
8. Gradually fold caster sugar into the egg whites.
9. Pour over mandarin mixture and decorate with remaining mandarins.
10. Put in cool oven to dry meringue until ready to serve.

Serves 4

♥ Low fat

♥ Low salt

♥ Anti-oxidants

♥ Low sugar



## Meringues And Fresh Fruit

### Ingredients

This mixture works on the basis of 1:2 ratio:

1 egg white : 2 oz/64g castor sugar

or 2 egg whites : 4oz/112g castor sugar

### Method

1. Whisk ingredients at high speed for 10mins.
2. Using an icing bag squeeze individual meringues on greaseproof paper.
3. Bake in preheated oven 110C/120C for 1 hour.
4. Turn off the oven and leave overnight.
5. Remove the next day and store in airtight container.

### Serving suggestion:

Per person - crush 1 small meringue into a glass dish, add 1 tblsp berried fruit or any fresh fruit mixture, then 1-2 tblsp low fat natural or a low fat fruit yoghurt. Serve immediately.

♥ Low fat

♥ Low salt

♥ Anti-oxidants

**Not suitable for those with diabetes or impaired glucose tolerance**

## Clementine Salad

### Ingredients

8 clementines, peel and slice

1 tsp ground cinnamon

2 tsp granulated artificial sweetener\*

4 mint leaves

\*check manufacturers list

### Method

1. Arrange fruit on four dishes.
2. Mix sweetener and cinnamon, sprinkle over fruit.
3. Chill for ½ hour before serving to marinate.
4. Top with a mint leave and serve with a spoon of natural low fat yoghurt.  
Serves 4.

♥ Low fat

♥ Low salt

♥ Anti-oxidants

♥ Low sugar



## Lemon & Strawberry Pots

### Ingredients

Zest & juice 1 lemon  
12g sachet gelatine powder  
180g/ 6oz diet cottage cheese  
240g/ 8oz low-fat plain yoghurt  
5 tblsp granulated artificial sweetener\*  
1 punnet of strawberries or 260g/ 9oz frozen summer berries mix, defrosted

\*check manufacturers list

### Method

1. Pour lemon juice into a small heatproof bowl & sprinkle the gelatine over.
2. Leave to stand for 3 mins to allow the gelatine to absorb the liquid. Stand the bowl in a small pan of gently simmering water and leave to melt for a few minutes.
3. Meanwhile, mix together the lemon zest, cottage cheese, yoghurt and 4 tblsp of sweetener, blend until smooth.
4. Stir in the melted gelatine.
5. Divide the mixture between 4 x 200ml/7fl oz glasses, cover with cling film & chill in the fridge for 1 hour or until set.
6. Mix the defrosted berries with the remaining sweetener and spoon on top of the glasses before serving

♥Low fat

♥Low salt

♥Anti-oxidants

♥Low sugar

### Alternatives

Orange juice or lime juice can be used in place of lemon.

Can be served topped with fresh fruit salad or fruits in season in place of frozen berries.



## Berry Pots

### Ingredients

180g / 6oz raspberries / blackberries  
2 eggs  
¼ pt / 150mls low fat milk  
125g pot of low fat natural yoghurt  
1 tblsp granulated artificial sweetener\*

\*check manufacturers list

### Method

1. Divide fruit into four ramekin dishes.
2. Warm milk and yoghurt together in a pot, do not boil.
3. Beat eggs until fluffy, stir in sweetener, mix into milk.
4. Pour onto fruit and place the dishes in a bain-marie, cover and simmer for 15-20 minutes, until set.
5. Serve hot or cold with extra fruit and a mint leaf to decorate.

### Alternatives

Any other berries also work well for example blueberries, strawberries, black or red currants.

♥ Low fat

♥ Low salt

♥ Anti-oxidants

♥ Low sugar

### Note:

A **bain-marie** is a large pot with boiling water into which you place the object you wish to gently cook so that the water level comes ½ - ¾ of the way up the dish being cooked. This allows the contents to be gently cooked from outside in a moist environment which prevents drying and burning.

Very good for melting chocolate and making soufflés.



**Poached pears**

### **Ingredients**

200mls port and 200mls water  
2 tblsp artificial sweetener\*  
1 cinnamon stick  
zest and juice of 1 orange  
4 comice pears, peeled and base removed

\*check manufacturers list

### **Method**

1. Bring the port, water, cinnamon and orange to the boil in a shallow pan.
2. Reduce heat and sit pears into liquid, place in preheated oven at 180C / 350F / Gas 4 for 1 hour.
3. Remove cinnamon and discard, remove pears and set aside.
4. Put liquid onto hob or back into oven at a higher heat to reduce the liquid by ½.
5. When liquid has slightly cooled stir in sweetener.
6. Serve pears warm with a drizzle of sauce and a spoon of low fat natural yoghurt.

Serves 4.

♥ Low fat

♥ Low salt

♥ Anti-oxidants

♥ Low sugar



**Baked Egg Custard**

### **Ingredients**

2 eggs, beaten  
Artificial sweetener to taste\*  
1 pint low fat or skimmed milk  
1 drop vanilla essence  
Ground nutmeg

\*check manufacturers list

### **Method**

1. Heat the milk without boiling it.
2. Add eggs, artificial sweetener and vanilla.
3. Strain and divide into 4 lightly greased ovenproof dishes.
4. Sprinkle with nutmeg.
5. Place in a dish half filled with water (bain marie). Bake at 180°C/350°F/Gas mark 4 for ½ hour.
6. Serve hot or cold with fresh berry or a fruit coulis drizzled on top.

Serves 4.

If baking in one large dish, allow longer cooking time 1-1¼ hours.

♥Low fat

♥Low salt

♥Low sugar