

COOL FOOD



by Glynnis Parratt
and Barrett's Wessons
(charity no 1148727)

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Produced by Chris Robinson
March 2011

www.barrettswessex.org.uk

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This book is a compilation of recipes that have worked for some people who often get heartburn.

The compilers and publishers cannot guarantee they will work for you, but if you suffer from heartburn, give them a try.

Most people get heartburn occasionally, although it's not the heart that's getting burnt but the food pipe or oesophagus being attacked by powerful acid splashing up from the stomach.

If you get heartburn frequently, however, you should see your doctor. You may have “Gastro-Oesophageal Reflux Disorder”, which can be controlled by medication.

Frequent reflux attacking the oesophagus, can cause a condition known as “Barrett's Oesophagus” when the cells lining it mutate to protect themselves.

If the cells continue to mutate, however, called “dysplasia”, Barrett's Oesophagus can become Oesophageal Adenocarcinoma or cancer.

To find out more about Barrett's Oesophagus, visit
Barrett's Oesophagus UK (Barretts.org.uk)



Published by Barrett's Wessex aiming to reduce oesophageal cancer through raising awareness of its precursor, Barrett's Oesophagus, in Southampton, Wessex and beyond.

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Medical advice

I hope you enjoy these recipes that have been carefully put together by patients who suffer from heartburn. They endeavour to avoid some of the foods known to precipitate symptoms.

It is important to understand that a wide range of foods may cause heartburn and this can vary considerably between individuals.

The following is some additional practical dietary and lifestyle advice recommended for those suffering with heartburn and its complications, such as Barrett's oesophagus.

- Avoid fatty foods, chocolate, alcohol, caffeinated drinks, and acidic soft drinks e.g. orange juice.
- Avoid large meals.
- Leave three hours after eating before going to bed. Avoid late snacks.
- Avoid tight fitting garments.
- Weight loss is important as being overweight contributes to heartburn.
- Smoking is associated with worsening heartburn, so it is important to stop smoking and avoid smoky environments.
- If your symptoms are mainly at night or early hours of the morning, then elevate the head of your bed using either 6-8 inch blocks under the legs at the head of the bed or a wedge under the mattress.

Dr Phil Boger BSc MBChB MRCP
Consultant Gastroenterologist, University Hospital, Southampton

Endorsement by Italian celebrity chef, Aldo Zilli:

The recipes in this book are not only delicious but have been thoroughly thought out to help reduce the acids that can potentially cause Oesophageal Adenocarcinoma.

Having a history of this condition in my family I am delighted to see the positive steps being taken by Southampton hospital.

High praise is also due to the author and her creative taste buds.

Aldo Zilli.

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Feta Salad with Griddled Peaches

4 Fresh Peaches cut into wedges

200g mixed Salad Leaves

Feta Cheese (marinated in oil)

2 tbsp Coriander (chopped)

Divide the salad leaves and the feta cheese between 4 small plates. Heat the griddle pan until very hot and place the peaches in the pan. Cook them for 2-3 minutes, turning until nicely charred. Place on top of the salad leaves, sprinkle over the coriander and drizzle the oil from the feta cheese. Serve

Stuffed Nutty Herby Mushrooms

4 Large Mushrooms

50g Cashew Nuts

85g Pitted Black Olives chopped

100g Wholemeal Breadcrumbs

Herbs e.g. Basil, Coriander

140g Feta, cut into cubes

Grape Juice

Place the breadcrumbs, nuts, herbs olives and feta into a bowl and soften with a little grape juice. Spoon the stuffing into the mushrooms. Place into a baking dish and bake for 15 to 20 minutes.

Serve with salad. These also go well with grilled pork or lamb chops

Serves 2

Broccoli and Roquefort

3 Medium Potatoes – peeled and cubed

1 head of Broccoli

Italian Herbs

½ Onion (as tolerated)

Garlic (as tolerated)

Vegetable Stock

100g Roquefort Cheese (cubed)

Oil

Fry Onion and Garlic in oil, then add Potatoes. Add stock and Broccoli cut into florets, herbs and bring to the boil. When the Potatoes and Broccoli are cooked, cool slightly, and then Blend until smooth. Add Roquefort and stir until melted. Serve.

Butternut Squash, Sweet Potato, Carrot, Ginger Soup

1 Butternut Squash seeds and fibres removed (not peeled) then chopped

4 Sweet Potatoes peeled and chopped

250g Carrots peeled and chopped

½ Onion (as tolerated)

Garlic (as tolerated)

1Tsp freshly grated ginger

2 Tbsp Oil

1-1 ½ pints Vegetable Stock

Thyme

Salt and Pepper

In a large saucepan, heat oil and gently cook onion and garlic. Add ginger, butternut squash, sweet potatoes and carrots and cook gently for a few minutes.

Add stock, thyme and bring to the boil, then cover the pan and simmer for about 40 minutes or until the vegetables are really tender.

Cool slightly, then whiz the soup in a blender food processor. Season with salt and pepper to taste. Reheat before serving.

Carrot and Coriander Soup

Carrots peeled and sliced

Coriander

½ Onion (as tolerated)

Garlic (as tolerated)

Vegetable Stock

Oil

Fry onion,garlic in oil with the coriander. Add carrots and stock and bring to the boil. Simmer until carrots are cooked. Cool slightly then blend. Heat to serve.

Courgette and Fennel Soup

3 Medium Potatoes

½ Onion (as tolerated)

Garlic (as tolerated)

1 Bulb Fennel

2 very large Courgettes or 4 Medium

1 ½ Pints of Vegetable Stock

Oil

Basil

Fry onion and garlic in the oil for a few minutes, add potatoes which have been peeled and cut into chunks, and courgettes and fennel which have been sliced. Add the stock and the basil and bring to the boil, simmer till the vegetables are cooked. When soup has cooled down sufficiently, blend. Reheat to serve.

Artichoke and Carrot Soup

½ Onion (as tolerated)

Garlic (as tolerated)

280g Carrots peeled and chunked

1 ½ pints of Vegetable Stock

2tsp Coriander

1 Tin of Artichoke Hearts drained

Oil

Sauté onion, garlic and coriander in oil, then add carrots and stock and bring to the boil, turn down heat and simmer. After about 10 minutes add the drained artichoke and continue cooking. When the carrots are cooked turn the heat off and let the soup cool enough to blend. When ready to serve reheat.

Ginger Marrow Soup

½ Onion (as tolerated)

Garlic (as tolerated)

½ Large Marrow or Whole Small courgette

(Peeled, deseeded and cut into Chunks)

3 medium Potatoes

1 ½ Pints of Vegetable Stock

Ginger

Oil

Saute the onion and garlic in the oil with the ginger. Add the marrow, potatoes and the stock and bring to the boil. Simmer until cooked about 20mins. Allow to cool. Blend until smooth. Reheat and Serve.

Ginger Parsnip Soup

Parsnips (peeled and cut into chunks)

½ Onion (as tolerated)

Garlic (as tolerated)

Ginger

Turmeric

Salt and Pepper

Stock

Oil

Fry onion garlic with ginger and turmeric. Add parsnips and then add stock. Bring to boil, and continue cooking until parsnips are cooked. Then blend and serve.

Cod with Pesto Crust

2 Cod Fillets

2 tbsp Pesto

25g Breadcrumbs

Grated Parmesan Cheese

Mix together the pesto, parmesan cheese and breadcrumbs. Place the cod fillets on baking dish and press the pesto mixture on top of each fillet. Bake in a hot oven for 15 minutes, or until the cod is cooked and the topping is crisp and golden. Oven temp 200°C

Salmon Oriental

2 Salmon Steaks

Sea Salt

1 ½ tsp Ginger

¼ cup Soy Sauce (light)

1 tsp Olive Oil

1 tsp Honey (runny)

Place foil in the baking dish and place the salmon on the foil, then grate some sea salt on the top of the salmon. In a bowl whisk together the ginger, oil, honey and soy sauce. Pour over the salmon.

Bring the foil to form a tent and bake in preheated oven for 20-25 minutes. Cook salmon until the salmon is opaque and flakes easily.

Salmon Pesto

2 Salmon Fillets

Pesto Sauce

Parmesan Cheese

Glass of White Wine

Place salmon fillets on foil in the baking dish and smear the pesto over the top of the salmon fillets. Either use parmesan shavings or grated parmesan cheese over the top of the pesto. Carefully add the glass of white wine/ stock could be used instead. Then carefully bring the foil together to make a cooking tent. Place salmon in a pre-heated oven 180 deg for about 15-20mins.

Chicken with Figs in Red Wine

2 Chicken Breasts (cut into chunks)

6 Figs

Glass of Red Wine

½ Pint of Chicken Stock

½ Onion (as tolerated)

Garlic (as tolerated)

Oregano

Oil

Saute onion and garlic in the oil add the chicken to seal. Add chicken stock, wine and sprinkle over the oregano and give a good stir. Then add the figs either whole or cut into halves (you can use either fresh or dried figs). Cover and cook on a low heat for about 1 ½ hours. Add more stock if needed.

Peachy Chicken in White Wine

2 Chicken Breasts

Oil

½ Onion (as tolerated)

Garlic (as tolerated)

2 Peaches

1 Glass of White Wine

½ Pint Chicken Stock

Mild Paprika

Sauté onion and garlic in the oil, add the chicken and cook until they are lightly brown. Add paprika, stock and wine. Cut the peaches into wedges and add to the chicken mixture. Bring to the boil, reduce heat and cook until liquid has reduced and is slightly thickened and the chicken is cooked.

Chicken in Beer

4 Carrots

1 Leek

½ Onion chopped (as tolerated)

1 Bottle of Beer

Chicken

Garlic (as tolerated)

Place chicken in a large pan, add all the ingredients. Bring to the boil. Lower heat and simmer for about an hour, until the beer has almost completely evaporated and chicken is cooked.

Roast Chicken Breast with Ginger and Apricot Jus

2 Chicken Breasts

½ Pint of Chicken Stock

2 tbsp Apricot Conserve

Grated Root Ginger

Onion (Tolerated)

Place chicken breast in oven with onion and start cooking. In a saucepan add stock, grated ginger and conserve and heat through until the conserve is liquid. Then add to the chicken and continue to cook in oven until chicken is cooked.

Chicken Ratatouille

2 chicken Breasts
1 Red Pepper
1 Yellow Pepper
1 Orange Pepper
2 Courgettes sliced
1 Aubergine
Onion (as tolerated)
Garlic (as tolerated)
Ginger
Oil
Coriander

Cut up all Vegetables and place in a shallow roasting dish. Place chicken on top. Sprinkle with ginger and oil and place in oven to cook.

Variation:- you could just before the end of cooking add cubes of Feta Cheese and a few olives.

Chicken Breasts Stuffed with Spinach and Feta

500g Spinach

75g Feta Cheese crumbled

4 Chicken Breasts

Oil

80ml Goats or Soya Cream

60g Non Dairy Fat

2 tbsp flour

250ml Chicken Stock

250ml White Wine

Parsley

Add washed spinach to pan, cook stirring until just wilted drain well, and cool.

Combine spinach and feta cheese in bowl. Cut pocket in the side of chicken breasts, fill with the cheese and spinach mixture. Secure with cocktail sticks or metal skewers. Place in a dish and drizzle over the oil and cook in a moderate oven for about ½ hour depending on size of chicken breasts.

Sauce: Melt non dairy fat in a saucepan, add flour. Gradually stir in stock and wine until sauce boils and thickens. Remove from heat and blend in the cream and parsley and pour over the chicken breasts. Serve

Chicken Pesto

2 Boneless Skinless Chicken Breasts

1 Tin of Artichoke Hearts

1 small tray of Button Mushrooms

1 Packet of Spinach

1 Jar of Pesto Sauce

1 Tin of Chick Peas

Oil

1 Cut chicken breasts into pieces and sauté in the saucepan with the oil.

2 Once the chicken has cooked remove it from the pan. Sauté the mushrooms, add artichoke hearts and cook these until slightly softened. Add chicken and pesto sauce, $\frac{1}{4}$ cup water and chick peas and then add spinach until just wilted.

Serve with pasta or rice.

Chicken Moroc

4 Chicken Breasts

½ Pint of Chicken Stock

½ Onion (as tolerated)

8oz Courgettes sliced

1 Tin of Chick Peas (drained)

Coriander

Ginger

Basil

1 tbsp Clear Honey

Oil

Sauté chicken in the oil with the onion. Add honey, stock, herbs and bring to the boil. Cover and cook gently for about 25mins. Add the courgettes and chickpeas and carry on cooking until the chicken is tender.

Note chicken breasts can be cut up if required.

Serve with Couscous or Rice

Creamy Mushroom Pork

2 Pork Loin Steaks

Pack of chestnut Mushrooms

Small Tub of Goat's Cream

75ml of Pork stock

Oregano

Oil

Fry steaks in the oil until light brown on both sides. Transfer steaks to a oven proof dish lined with foil. Saute the mushrooms in oil for a few minutes, then transfer to the dish covering the steaks. Pour over the cream and add stock slowly. Sprinkle with oregano and make a cooking tent with the foil. Place in a moderate oven and cook for at least 1 hour.

For a special dinner the pork stock could be replaced with white wine.

Pork with Peppers

¼ Onion (as tolerated)

Garlic (as tolerated)

½ coarsely chopped Red Pepper

½ coarsely chopped Orange Pepper

½ coarsely chopped Yellow Pepper

Pork Fillet Cubed

Italian Herbs

Pork Stock

¼ glass of Red Wine (optional)

Oil

Saute onion and garlic in oil. Add the pork to seal. Add the stock, along with the peppers. Add the herbs and wine if using and simmer until cooked.

Pork with Mediterranean Vegetables

Pork fillet/tenderloin, cubed

½ Red Pepper

½ Yellow Pepper

½ Orange Pepper

2 Courgettes

1 pint of Pork Stock

1 Glass of Red Wine

Italian Herbs

Oil

Garlic

Saute onion and garlic in oil. Add the pork to seal the meat. Vegetables should be cut into chunks and added to the pan. Add the stock, wine and herbs and bring to the boil. Transfer the pot into a moderate oven and cook for about an hour and half.

Roast Pork in Grape Juice

Pork Fillet/Tenderloin

250ml Grape Juice

Oil

Put oil in a deep pan, add the pork and cook over a high heat. Turning frequently, until browned all over. Add the grape juice, lower the heat, cover and simmer for about 1 ½ hours until the pork is tender and the sauce has thickened. Lift out the meat and carve into slices. Place on a warm serving dish and spoon the sauce over them.

Alternatively

After adding the grape juice the pork can be roasted in the oven with frequent basting.

Both cooking methods give the pork a different taste.

Ginger Pork Casserole

Pork Fillet (cubed)

½ Onion (as tolerated)

Garlic (as tolerated)

Oil

1 Yellow Pepper (chopped)

1 Orange Pepper (chopped)

Ginger

Coriander

Pork Stock

2 Bulbs of Fennel (chopped)

Sauté onion and garlic in the oil, add cubed pork and fry until meat is sealed, add ginger and coriander and give a good stir. Add stock, peppers and fennel and place in a moderate oven until cooked. After about 1 hour add more stock if needed.

Pork Normandy

2 Pork Steaks

2 Eating Apples peeled/cored/wedge

300ml Apple Juice

150ml pint of pork stock

Onion (tolerated)

Oil

Heat oil in large pan and fry steaks for 3-4 minutes on each side. Remove from pan and set aside. Lower heat and fry onion and apple wedges until golden.

Pour in the apple juice and stock and bubble for 2mins. Lower heat and return pork, cover and simmer until liquid has been reduced and the pork is cooked.

This recipe could be adapted to chicken and cider could also be used.

Figgy Lamb Casserole

¼ Onion Chopped (as tolerated)

Garlic Chopped (as tolerated)

Lamb Fillet (cubed)

3 Carrots cut into chunks

Small tin of Chick Peas

4 Figs

Glass of Red Wine/Port (optional)

Lamb Stock

Oregano

Coriander

Oil

Saute onion and garlic in oil and add meat to seal. Add stock, wine, carrots oregano and coriander. Cook until the meat is tender. Add the chick peas and cut the figs into quarters and cook for a further ½ hour. Serve

Lamb Steaks in Apple Juice and Oregano

3 Lamb Steaks

½ Cup of Apple Juice

2tsp Oregano

Sea Salt

¼ Pint of Lamb Stock

Oil

Place the lamb steaks in a cooking dish and season with the salt. Pour the apple juice over the steaks add oregano and about 3 tablespoons of olive oil. Cover with cling film and place in the refrigerator for at least 2 hours. Heat a non stick pan over high heat and brown the steaks on both sides before placing them back into the marinade. Pour in the lamb stock cover the dish with foil and cook till the meat is tender cooking time at least 2hours in oven temp at 160. Serve hot.

Lamb Casserole with Dates

Fillet of Lamb

Olive Oil

½ Onion (as Tolerated)

Garlic (as Tolerated)

4 Carrots cut into chunks

1 pint of Lamb Stock

12 pitted Dates (ready to eat) cut in half

Coriander

Ginger

Sauté onion and garlic in the oil add coriander and ginger. Add the meat to seal and brown slightly. Add the stock and the carrots. Bring to the boil, then turn heat down to simmer and add the dates. Cook until the liquid has reduced, 1-1 ½ hours.

Can be served with either Rice, Couscous, Potatoes.

Lamb Apricot and Ginger Burgers

¼ Onion (as tolerated)

Garlic (as tolerated)

500g pack of Lamb Mince

10 ready-to-eat Apricots –finely chopped

2in fresh ginger- grated

Oregano

Place the onion, garlic, mince, ginger, apricots and the oregano in a bowl and combine together. When the mixture is well mixed make burger shapes with hand and place in a dish to dry off slightly. When ready to cook place dish in a moderate oven and turn a couple of times until burgers are cooked through.

This could be made using Pork mince.

Beef in Beer

½ Onion chopped (as tolerated)

Garlic

Braising Steak cut into chunks

150ml Beer

3 Carrots peeled and cut into chunks

1 Bulb Fennel Sliced

½ pint Beef Stock

Mixed Herbs

Oil

Saute onion, garlic in oil then transfer to casserole dish. Now sear beef in the oil and transfer to casserole dish. Add beer, carrots and fennel sprinkle on the herbs and give a good stir. Cover and cook in a slow oven (150°C) giving it a stir occasionally.

Options:

Celery and mushrooms can be added.

Beef and Fennel Pot Roast

Beef Joint (Silverside)

125ml Dry Red Wine

500ml Beef Stock

Thyme

Oregano

1 ½ Fennel Bulbs

½ Onion (as tolerated)

Garlic (as tolerated)

Oil

Sauté onion and garlic in a pan with oil until soft. Remove the onion garlic from the pan, and add the meat turning to brown. Return onion mixture to the pan and add the herbs, wine and beef stock and cook covered over a low heat for 1 ½ hours, turning the beef 2-3 times during cooking. Cut the fennel into wedges and place in pan with the beef and cook for a further 30 minutes or until the beef and fennel are tender. Remove beef from pan to stand for 10 minutes before serving. Serve beef sliced with fennel and some of the cooking liquid.

Leek and Mushroom Risotto

Oil

1 Leek, cut into thin slices

1 garlic clove

300g Risotto Rice

850ml Hot Vegetable Stock

250g Chestnut Mushrooms

50g Fresh Parmesan, grated

Heat oil in a big pan and soften the garlic. Add the mushrooms and leeks, saute for about 5 minutes, or until tender. Reduce heat, add rice and give a good stir. Add about 1/2 vegetable stock and simmer, adjusting heat as necessary. Stir often to make sure rice doesn't stick to the bottom and sides of the pan. Once the rice has absorbed previous liquid, gradually add more stock. Add stock until the rice is tender, stirring often. You can make an addition of a glass of white wine to the rice. Add half of the parmesan cheese and give a good stir. Sprinkle the remaining parmesan cheese, just before serving

Moroccan Vegetable Tagine

Oil
2 leeks sliced thin (as tolerated)
Vegetable Stock
2 carrots sliced
1 peeled butternut squash, cut into cubes
1 yellow pepper
1 red pepper
1 orange pepper
2 courgettes
½ tsp Ground ginger
1 Tin of chick peas
Coriander
Basil
Turmeric

Heat oil and fry leeks, do not brown. Add stock, squash, peppers carrots, courgettes, turmeric basil and bring to the boil. Cover and simmer until vegetables are still crisp add chick peas and coriander.

Serve with couscous and garnish with almonds and rasins.

Cherry Cheesecake

Base

- 3 oz Non Dairy Fat
- 6 oz Organic Ginger Biscuits (crushed)
- 2 oz Light Brown Sugar

Filling

- 500g Extra Light Cream Cheese
- 250g Double Goats Cream
- 2 tsp Gelatine
- 3 tbsp Water

Topping

- Can of Cherry Pie Filling

Melt butter and mix with biscuit crumbs and sugar. Press into the base of a loose bottomed cake tin. Leave to harden.

Mix the cream cheese and goat's cream together. Dissolve gelatine in water in a double saucepan of hot water. Then stir into the cheese mixture. Pour over biscuit base and leave in refrigerator to set.

When ready to serve remove cheesecake from tin and spoon over the pie filling.

Apricot and Ginger Cheesecake

Base

3oz Non Dairy Fat

6oz Ginger Biscuits crushed (organic)

Filling

½ oz Gelatine

Extra light Cream Cheese

Double Goats Cream

3or 4 pieces of stem Ginger in syrup

Tin of Apricot Halves in natural juice

Melt butter and mix with crushed biscuits. Press into the base of dish (can be loose bottomed). Leave to set. Drain apricots and use a little of the juice to dissolved gelatine.

Whip the goat's cream until thick, soften the cream cheese and gently combine the whipped cream with the cream cheese. Gently stir in the stem ginger which has been chopped into small pieces, also stir in a couple of teaspoons of the ginger syrup. Add the gelatine which has been melted with a little of the apricot juice. Leave to set. Just before serving decorate with the apricot halves.

American Cheesecake with Blueberry Sauce

Base

3oz Non Dairy Fat

6oz Oat Biscuits (organic)

Filling

300g Extra light Cream Cheese (softened)

250g Double Goats Cream

Vanilla Essences

1 box of Blueberries

1oz Golden Granulated Sugar

A little water

Melt fat and mix with the biscuit crumbs. Press into the base of a loose bottomed cake tin. Leave to set. Whisk the goat's cream until thick and stir in the cream cheese. And stir in a few drops of vanilla essence. Spread over the base and leave in refrigerator to set.

Place blueberries in a saucepan, sprinkle over the sugar and add a little water. Cook the blueberries until soft. Transfer to a jug. When ready to serve, slice the cheesecake and pour over the blueberries sauce.

Blueberry Yogurt Brulées

1 box of blueberries

500g Natural Yogurt/Vanilla (soya or goat's)

75g Dark Brown Sugar

Water

Divide the blueberries between 4 ramekin dishes. Spoon over the yogurt to cover blueberries. Just before serving, sprinkle with the sugar and place under a hot grill to caramelize.

Ginger Highland Crème

40g Medium Oatmeal

2tbsp Clear Honey

3tbsp Ginger Syrup

4 Pieces of Stem Ginger chopped into small pieces

250ml Goats Double Cream

Pre heat a grill to moderate. Spread oatmeal on a baking tray and turning frequently with a fork, toast under grill until lightly brown. Leave to cool.

Pour goats cream into a mixing bowl, add honey and ginger syrup and whisk until mixture holds a light trail - take care not to over whisk as the mixture will thicken when oatmeal is added.

Using a large tablespoon, very gently fold in the chopped ginger and the toasted oatmeal. Divide into 4 serving glasses. Cover and refrigerate until serving. You can reserve a few pieces of ginger to decorate.

Ginger Meringue Iced Cream

- 6 ready-made individual Meringues
- 375 ml Goats Double Cream
- 2 dessert Spoons Caster Sugar
- 4 pieces of Stem Ginger in Syrup chopped

Break the meringues into chunks. Whisk the cream until stiff, then fold the sugar, ginger and meringue pieces and 2 tsp of the ginger syrup. Spoon the mixture into a round dish and put into freezer for at least 4 hours.

Roasted Fruit in Honey

4 Nectarines halved and stoned

Carton of Blueberries

2 fresh figs quartered

3 tbsp Honey

Arrange fruit in a shallow baking dish in a single layer. Drizzle over the honey. Roast for 20-25 minutes until fruit is tender. Serve with goat's cream, soya cream or soya natural or vanilla yogurt.

Roasted Peaches with Almonds

8 Peaches, unpeeled, halved and stoned

4 Tablespoons oil

Slivered almonds

Balsamic Vinegar

Brown Sugar

1 teaspoon ground cinnamon

Fresh Basil Leaves

Arrange peaches, cut side up, in the baking dish. Mix oil, vinegar sugar and cinnamon together. Scatter slivered almonds and basil leaves over the peaches. Drizzle the oil and vinegar mixture over the peaches. Roast uncovered for 20 minutes. Serve with soya cream or goats cream.

Apple and Ginger Crumble

2 Bramley Cooking Apples(Peeled and Sliced)

60g S.R.Flour

25g Non Dairy Sunflower Spread

25g Soft Brown Sugar

2tsp Ground Ginger

Place the peeled and sliced apples in a cooking dish. In a mixing bowl add flour, fat and rub together until the mixture resembles bread crumbs. Add sugar, ginger and give the mixture a good stir. Cover the apples with the crumble mixture and bake in a moderate oven for about 30minutes. Serve with Cream. Serves 2

Blueberry Pecan Crumble

Punnet of Blueberries

60g S.R.Flour

25g Non Dairy Sunflower Spread

25g Soft Brown Sugar

25g Chopped Pecans

In a mixing bowl add flour, fat and rub together until the mixture resembles bread crumbs. Add sugar and pecans, and give the mixture a good stir. Empty blueberries into the cooking dish and cover with the crumble mix. Cook in a moderate oven until cooked. Serve with Cream.
Serve 2

Apricot Tart

Short crust pastry made with 175g flour (wholemeal or plain flour) using non dairy fat.

175g low fat quark Cheese

25g ground almonds

1 tbps honey

Can of apricots in natural juice

6 tbps no added sugar apricot jam

Roll out the pastry and use to line 20cm tart tin. Bake blind in oven for 10mins at 200°C. Remove paper and beans and return to the oven for a further 5-10 minutes, or until crisp and beginning to brown. Cool. Remove from tin and place on serving plate. Meanwhile cream the cheese, ground almonds and the honey together. Spread this mixture over the pastry base. Drain apricots and place on top of the cheese mixture. Place jam in a saucepan and heat gently over a low heat. Brush it thickly over the apricots. Leave tart for at least 30-40mins for the glaze to set.

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