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Making it Simple

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A low carb collection



NON-THERMOMIX
CONVERSIONS

THE LCHF SERIES 
VOLUME 4

THERMO foodie & THE chef

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Cucumber and dill tzatziki

- 1 Chop garlic and dill finely
- 2 Two options for the cucumber are to continue chop finely with a knife or instead of removing the seeds grate cucumber then squeeze juice out in a tea towel
- 3 Combine all ingredients except the last teaspoon of olive oil and pepper, stir gently until combined
- 4 Top with the olive oil and pepper

Cauliflower hummus

- 1 For this recipe use purchased almond meal, or pulse almonds in a food processor until fine
- 2 Add all ingredients to a food processor and blend until well combined
- 3 Garnish as desired

Avocado yoghurt dip

- 1 Cut avocado, discard skin and seed
- 2 Place all ingredients into a food processor and blend until well combined

Pork and sage breakfast sausages

- 1 Chop garlic and herbs finely
- 2 Place all ingredients into a bowl/food processor or you can even use a paddle beater. Mix well until combined evenly and water has been incorporated
- 3 With wet hands, shape into 6 flat patties
- 4 Heat a fry pan on high, brush lightly with oil and pan fry patties until done, approximately 3-4 minutes each side

Salmon rillettes

- 1 Chop capers, onion, dill and gherkins finely
- 2 Add pepper, sour cream, lemon juice and salmon. Mix with a fork until combined but still slightly chunky

Parmesan crisps

- 1 Preheat oven to 180C and line a flat tray with baking paper
- 2 Finely grate parmesan or purchase pre-grated
- 3 Drop heaped teaspoons onto baking paper and spread evenly to 4cm circle
- 4 Bake until melted and bubbling but not brown
- 5 Allow to cool fully then store on baking paper in an airtight container in the pantry
- 6 Eat as a crunchy snack, top salads or use as a cracker for dip
- 7 Store in an airtight container in the pantry until soft or frozen up to 3 months

Haloumi fries, mint and sumac yoghurt dip

- 1 Chop mint finely
- 2 Add remaining ingredients and mix with a spoon until combined
- 3 Cut the haloumi into soldiers and pan fry all sides until crispy and brown
- 4 Once cool enough to handle, dip the haloumi fries into the yoghurt dip and enjoy

Cauliflower flat bread

- 1 Preheat oven to 170C fan forced
- 2 For this recipe use almond meal, or pulse almonds in a food processor until fine
- 3 Finely grate cauliflower or chop in a food processor and add to almond meal
- 4 Add baking powder, psyllium, and salt, mix well
- 5 Add egg and oil, mix well
- 6 Spread into a 20cm x 20cm baking paper lined tin
- 7 Bake 25 minutes, sprinkle with the cheese, bake a further 10 minutes or until cheese is lightly golden

Marinated Feta

- 1 Chop garlic finely. Add 50g oil and the garlic to a small pot, cook on med low heat until softened and just showing signs of caramelizing (not too brown). Remove garlic from the pot to prevent over cooking
- 2 Discard herb stems, wash and spin dry then pat dry with a tea towel to ensure no moisture remains
- 3 Roughly chop herbs
- 4 Combine in a large jar the garlic, half the oil, herbs, peppercorns and chilli flakes if using
- 5 Add the feta into a jar, pour over the remaining oil
- 6 Store in the fridge, so long as the feta always remains covered in oil up to 3 months.

Chilli oil

- 1 Place all ingredients into a pot. Bring the temperature up to 115C then switch off and allow to sit at least 20 minutes to infuse
- 2 Allow to cool, then strain and store in a jar in the pantry or fridge

Harissa paste

- 3** Carefully char capsicum over a flame or rotate under a grill until blackened. Move to a bowl and cover with a lid for 5 minutes to help loosen the skin. Remove and discard the blackened skin and also the seeds. (Alternatively purchase pre-roasted capsicums from a delicatessen or jar)
- 4** Dry roast spices in a pan until fragrant, remove from the pan
- 5** Pound cooled spices in a pestle and mortar until fine, or if you have a bullet blender use this. Another alternative is buying pre ground spices but just be wary to toast them very gently (or not at all) as they can burn easily
- 6** Chop garlic and using the same pan as the spices, add oil and garlic and sweat on med heat until softened
- 7** Blend all ingredients together until well combined

Pizza blend cheese

- 1** Grate all three cheeses with a grater, parmesan fine and the others on a larger grater (as you would carrots)
- 2** Combine the cheeses
- 3** Store some in the fridge and anything you won't use within a week store in the freezer
- 4** Can be used straight from the freezer for topping pizzas etc.

Garlic butter

- 1** Chop garlic and optional parsley finely, mix with softened butter until combined

Chia flour

- 1** Mill chia seeds in a bullet blender/spice grinder or high speed blender until powdered

Soft bread rolls

- 1** Preheat oven to 180C and line a tray with baking paper
- 2** For this recipe you will need some sort of food processor/mixer
- 3** For this recipe use purchased almond meal, or pulse almonds in a food processor until fine
- 4** Add all remaining ingredients into the processor/mixer and blend until well combined
- 5** Shape dough into 4 buns (or blobs)
- 6** Refrigerate 10 minutes (uncovered) and reshape if desired, or move straight to the oven
- 7** Bake approx. 20 minutes until golden and hollow sounding

Chutney

- 1 Chop garlic finely and chop remaining ingredients into half cm cubes
- 2 Place all ingredients into a small pot and cook on low heat until softened
- 3 Set aside to cool then refrigerate in a jar
Store refrigerated up to 2 weeks or frozen up to 3 months

Pate

- 1 Chop onion, heat 30g butter in a fry pan, add onion and coriander and sauté for 1 minute
- 2 Add chicken livers and salt, cook until seared on all sides but still a bit pink in the middle
- 3 Allow to cool then transfer all ingredients to a blender, add remaining butter and blend until smooth
- 4 Pour into individual small pots or a larger vessel to hold it all, flatten well. Melt the 20g remaining butter and pour on top. You can drop a few coriander seeds, peppercorns, thyme or coriander leaves into the melted butter
- 5 Allow it to set in the fridge 2 hours, if covered in butter it will keep up to 5 days in the fridge or frozen 1 month

Spring vegetable soup

- 1 Roughly chop all vegetables and bacon
- 2 Add all ingredients except baby spinach to a pot and bring to a gentle simmer for 25 minutes
- 3 Add spinach, stir and serve
Store refrigerated up to 5 days or frozen up to 3 months

Creamy chicken and leek soup

- 1 In a food processor or with a knife, finely chop garlic, celery
- 2 Add to a pot with the butter, saute until tender
- 3 Add water, cream, salt and pepper, bring to a simmer for 15 minutes
- 4 Blend until smooth with an immersion blender (stick blender)
- 5 Add diced chicken and bring to a low simmer for 10 minutes

Spicy coconut soup

- 1 For this recipe, you might like to purchase lemongrass and ginger pastes, look for one with only citric acid added as the preservative
- 2 Measure out lemongrass paste or chop fresh lemongrass with a knife finely
- 3 Chop ginger, garlic, chilli, onion and cauliflower finely
- 4 Place all ingredients except kale and broccoli into a large pot, bring up to a simmer for 25 minutes
- 5 Add kale and broccoli, simmer a further 5 minutes

Chilli Bowl

- 1 Prepare all the vegetables by chopping garlic and onion finely, and dicing celery, capsicum and zucchini
- 2 In a large pot or pan, heat oil, add mince, bacon, onion and garlic and cook until mince starts to brown
- 3 Add remaining ingredients and simmer for 15 minutes
- 4 Serve with your choice of optional toppings
Store refrigerated up to 5 days or frozen 3 months

Cauliflower falafel burgers

- 1 Place all ingredients into a food processor and blend until smooth
- 2 **For burger patties**, divide mixture into 4. Heat a pan with fat or oil to high and carefully place the portions of mixture into the pan, shape each portion into burger patties with a spatula, and fry both sides until dark golden brown
- 3 **For falafel**, have your pan and oil hot and ready, scoop and carefully drop teaspoon size portions (2-3cm) into the pan, fry both sides until dark golden brown
- 4 Serving suggestion, place burgers or falafel in a large lettuce leaf pocket with your choice of optional toppings
Store cooked patties or raw mixture refrigerated up to 5 days or cooked and frozen up to 3 months

Waldorf-esque salad

- 1** For the dressing, place all ingredients into a tall cup and place an immersion blender (stick blender) to the bottom of the cup, blend the ingredients while slowly moving the stick blender upwards
- 2** Set aside half to use within 5 days as aioli or for another batch of salad
- 3** Chop all salad ingredients into small pieces as you would a chunky coleslaw, mix with the dressing
- 4** Serve as a side or see below to make it a meal
Store refrigerated up to 3 days

To make it a meal

- 1** Line 4 bowls with the cos lettuce leaves and top with salad and cheese
- 2** If you have cooked chicken, shred and share amongst the bowls. Alternatively if you have raw chicken breast, slice thinly and season with salt and pepper. Pan fry on high heat until done. Serve as a side or see below to make it a meal
Store refrigerated up to 3 days

Goulash with buttered cabbage

- 1** Chop garlic, onion and celery finely
- 2** Add to a pot, along with oil and sauté until tender on a medium low heat
- 3** Add meat and increase heat, cook until browned
- 4** Chop remaining vegetable chunky
- 5** Add all remaining ingredients to the pot and cook on low with a lid on for 40 minutes, stirring occasionally, alternatively place all ingredients into a slow cooker and cook 6 hours on high or 8 hours on low
- 6** In a large pan, add cabbage and butter and sauté on med/high heat until softened and almost starting to brown
- 7** Serve with optional sour cream

Moussaka

- 1** You will need a large pan and large baking dish (or a large skillet pan that can go on the stove then into the oven) 25cm x 35cm or two smaller dishes
- 2** Slice your eggplant approx. 0.5cm thick then sprinkle with salt, set aside for 10 minutes then rinse and pat dry
- 3** In your pan or skillet, on medium high heat, pan fry the eggplant slices with olive oil in batches (don't add all the olive oil at once or your first slices will drink it all up) until well golden and softened
- 4** Continue until all eggplant is cooked (this is the slowest part of the recipe and can be prepared in advance). Set aside.
- 5** Into the same pan add the 1 Tbs olive oil and heat to medium
- 6** Finely chop ginger, garlic, celery and onion
- 7** Add to pan and cook until starting to brown
- 8** Add the mince meat and continue to cook, stirring occasionally until just starting to brown
- 9** In the food processor or with a grater, finely chop or grate cauliflower and zucchini
- 10** Add to the pan along with the tomato paste, spices, herbs, and salt
- 11** Stir through and cook on medium low heat for 30 minutes, stirring occasionally
- 12** Preheat oven to 180C (200C if not fan forced)
- 13** Grate the cheese and mix with the sour cream
- 14** Into a large baking dish, spread half the meat sauce, then lay half the eggplant on top. Repeat with remaining meat then eggplant
- 15** Pour the cheese sauce on top and spread out evenly
- 16** Bake until golden, approximately 25 minutes but times will vary for different ovens
- 17** Serve with a side green salad drowned in extra virgin olive oil

Thai fish balls with coconut sauce

- 1** For this recipe, you might like to purchase lemongrass and ginger pastes, look for one with only citric acid added as the preservative
- 2** Place into a food processor ginger, lemongrass, garlic, herbs, spring onion and zest of the lime. For the lime zest you can grate the zest using a microplane/zester, or you can peel 5 strips using a vegetable peeler, making sure you don't press too hard to ensure you avoid the bitter white pith
- 3** Chop until fine, scrape down and repeat if necessary
- 4** Pat dry fish with paper towel if its been defrosted or looks wet
- 5** Add to the food processor the fish, fish sauce and salt, blend until smooth
- 6** Roll into 40 teaspoon size balls; don't be tempted to roll larger balls, the smaller the better!
- 7** Heat a pan with the oil, carefully place the fish balls into the pan, allow them to seal before attempting to turn them
- 8** Turn fish balls occasionally, until browned on at least 2 sides. This should only take approx. 3 minutes, they cook fast!
- 9** Remove and keep warm, keep the pan hot
- 10** Add the coconut cream and lime juice to the pan, bring to the boil and simmer to reduce for 2 minutes
- 11** You can heat the balls through the sauce or serve sauce on the side
- 12** You can increase serves by serving with steamed vegetables or salad
Store leftovers in the fridge up to 3 days or frozen up to 3 months

Vietnamese chicken noodle salad / Pad Thai

- 1** For this recipe, you might like to purchase lemongrass and ginger pastes, look for one with only citric acid added as the preservative
- 2** Chop ginger and garlic finely
- 3** Roughly chop or grate the cabbage and roughly chop spring onion whites, coriander and mint, alternatively pulse in a food processor until chopped
- 4** Rinse the konjac noodles thoroughly
- 5** In a large bowl add noodles, all chopped ingredients and juice, salt and oil, toss well
- 6** Pan fry chicken breasts until cooked through, chop or shred then top the salad with the chicken
- 7** Garnish with lime wedges, spring onion greens and fresh chilli if desired

Seafood Provençal

- 1** Roughly dice the eggplant/zucchini, capsicum and chilli, set aside
 - 2** Finely chop garlic and onion
 - 3** In a large pot heat oil and sweat out onion and garlic until tender
 - 4** Add tomato paste, finely diced capsicum, salt, capers, herbs, diced chilli, water and eggplant or zucchini
 - 5** Cook on low 20 minutes, cover with a lid but stir often
 - 6** Steam or boil broccoli
 - 7** Add seafood or chicken to the pot, stir through, cover and simmer for seafood 5 minutes, for chicken 10 minutes
 - 8** Serve with broccoli and garnish
 - 9** Serve topped with olive oil, parmesan, pepper and chilli if desired. Serve broccoli on the side topped with butter
- Store leftovers refrigerated up to 3 days for seafood, 5 days for chicken or vegetable, or frozen up to 3 months
- You can stretch this to 6 serves by serving with zoodles, zero carb konjac noodles, or soft bread rolls from page 32

Stir fry with almond sauce

- 1** Dice chicken, capsicum and celery, set aside
 - 2** Cut tough ends from greens and wash thoroughly at least twice to remove all traces of sand
 - 3** Cut down greens into 10cm lengths or florets
 - 4** Slice spring onion thickly on the diagonal
 - 5** Finely chop or grate ginger and garlic
 - 6** Heat a large pan or wok with half the sesame oil, then add half the ginger, garlic, the chicken, capsicum, celery and salt
 - 7** Keeping the heat high, stirring constantly until the chicken is cooked, then remove from the pan, and keep warm
 - 8** Reheat pan and add remaining oil, ginger, garlic, spring onion and all of the greens if you can fit them in the pan (if not, cook in two batches)
 - 9** Cook on high heat, stirring, until greens are wilted, if you have room in the pan you can add the chicken back in to combine the two parts (or just serve both parts)
 - 10** Remove all then place all almond sauce ingredients in, bring to the boil, stirring, then serve immediately
 - 11** Serve drizzled with the almond sauce
- Store leftovers refrigerated up to 5 days or frozen up to 3 months

Chicken pie

This is a galette style open pie. The base does not go crispy and often to serve a slice will see it become misshapen. Dont let that sway you, this is so delicious and leftovers are even better.

- 1 Prepare pastry and have chilled
- 2 Finely chop onion and chicken. In a large pan add the oil and sauté chicken, onion, salt, herbs and pepper until cooked through
- 3 Pour away any excess juices into a glass or mug (don't throw it out, it will make a delicious addition to a soup or stew or a tasty broth)
- 4 Shred chicken with two forks, or you may choose to leave chunky
- 5 Mix chicken with the artichokes or mushrooms and sour cream

Assembly

- 1 Preheat the oven to 180C
 - 2 Take your pastry from the fridge, roll out between two sheets of baking paper until its roughly a 30cm circle
 - 3 Remove the top sheet of paper and lift the pastry and bottom sheet into your pie dish and let it settle into the base
 - 4 Pour the pie filling into the pie casing, pull the sides up and over to make a freeform open top pie, see chefs tip
 - 5 Bake for approx. 30 minutes until the excess pastry is looking golden brown
 - 6 Remove and let it rest for 5 minutes before lifting the whole pie out of the dish and sliding off the paper onto a plate or board
- Store refrigerated up to 5 days or frozen up to 3 months

Tuscan beef stew

- 1 Roughly chop garlic, onion and celery
 - 2 Cut meat into bite size pieces
 - 3 Slow cooker method - add all ingredients for 8 hours on low
 - 4 Pot method - add onion, garlic and celery in the oil, saute until softened
 - 5 Add the meat and cook until browned
 - 6 Add remaining ingredients except the mushrooms and olives, cook on low for 1 hour, covered, stirring occasionally
 - 7 Add mushrooms, olives and optional xanthan gum, cook 10 minutes
 - 8 You can easily stretch to 6 serves by adding some steamed broccoli or cauliflower puree on the side
- Store leftovers refrigerated up to 5 days or frozen up to 3 months

Strawberry Jam

- 1 Sprinkle the gelatin over the water to allow it to bloom
 - 2 Place all ingredients into a small pot, bring up to heat and simmer for 6 minutes, stirring the whole time
 - 3 Move to a jar and allow to thicken in the fridge 2 hours minimum, or serve warm
- Store refrigerated up to 3 weeks or frozen up to 3 months

Vanilla cake

- 1 Preheat oven to 150C fan forced or 160C conventional
- 2 For this recipe use almond meal, or pulse almonds in a food processor until fine
- 3 Combine all ingredients with beaters or a whisk until smooth
- 4 Line a 18cm cake tin with baking paper or grease well with butter
- 5 Pour cake mixture into tin and bake 30-45 minutes
- 6 Check cake from 30 minutes onwards if your oven cooks hotter than average, you'll know its done as it won't wobble and a skewer will come out clean
- 7 Allow to cool completely in the tin
- 8 Once the cake is completely cool, prepare icing and spread on cake
- 9 Store the cake in a container, refrigerated up to 5 days or frozen up to 3 months

Lemon cream cheese icing

- 1 Combine all ingredients with beaters or a whisk until smooth
- Store refrigerated up to 5 days or frozen up to 3 months

Jam drops

- 1** Preheat oven to 150C fan forced (160C conventional)
- 2** For this recipe use purchased almond meal, or pulse almonds in a food processor until fine
- 3** Combine all ingredients with beaters or a wooden spoon until smooth
- 4** Remove the mixture and shape into 12 balls, wetting your hands slightly makes this easier
- 5** Press your thumb or use an implement to make a slight indent into the biscuit
- 6** Bake 15-20 minutes until golden brown, remove from the oven and re-press the indents with an implement such as a wooden spoon handle while still warm
- 7** Allow to cool for room temperature then refrigerate on a plate until cold
- 8** Warm some jam to room temperature (not hot) and fill each indent, return to the fridge to set

Store in an airtight container refrigerated up to 2 weeks or frozen up to 3 months

Choc mug cakes (2 options)

- 1** For this recipe use purchased almond meal, or pulse almonds in a food processor until fine
- 2** Combine all ingredients with beaters or a whisk until smooth
- 3** Pour into two mugs or microwave safe cups
- 4** Microwave one at a time 30 seconds, then 10 second bursts if needed until it starts to pull away from the sides but is not fully cooked. Times will depend on your microwave
- 5** Tip out onto a plate or eat straight out of the mug
Serving suggestion – top with double cream

Vanilla Fudge

- 1** Place sweetener and cream into a small pot, bring to the boil and simmer on low for 1 minute
- 2** Allow to cool slightly
- 3** Add butter and coconut butter, mix until combined and smooth
- 4** Pour into a small dish (you can line your container with cling film if you want to lift it out when set)
- 5** Refrigerate until set, approx. 3 hours
Store refrigerated up to 2 weeks or frozen up to 3 months

Chia pastry

- 1** Mill chia seeds in a bullet blender/spice grinder or high speed blender until powdered
- 2** Soften the cheese in a microwave 30 seconds at a time, until just warmed but not separated
- 3** Place all ingredients into a food processor or mix with beaters until combined
- 4** To use immediately, roll out between two sheets of baking paper, then refrigerate 15 minutes. You can then remove the top sheet and use as needed
- 5** To use later, move dough to a sheet of cling film or silicone wrap. Press together to a square no thicker than 1 cm, this will make rolling out easier. Wrap and refrigerate up to 5 days
- 6** To use, remove cling film and roll out between two sheets of baking paper or silicone

Store raw pastry dough tightly wrapped and refrigerated up to 3 days or frozen up to 3 months, or cooked pastry refrigerated up to 5 days or frozen up to 3 months

Recipe suggestions are the chicken pie on page 62, the toasted cheese sandwich on page 26, and the lemon tart on page 82. Let us know what you cooked with your pastry!

To prepare pastry to be used for toasted sandwiches, roll pastry thin between two sheets of baking paper, bake 180C for 5-10 minutes or until golden, cool and remove baking paper. Cut and use as you would sliced bread in a toasted jaffle maker

Lemon pots

- 1** Preheat oven to 170C
 - 2** Combine all ingredients in a bowl, stir gently until evenly mixed and the sweetener is dissolved
 - 3** Pour into 10 ramekins (soufflé moulds) and move to the oven, immediately turn the oven down to 100C
 - 4** The time taken here will vary greatly from oven to oven, what you are looking for is, if you carefully jiggle the oven rack the centre will have a slight jelly like wobble but not a liquid flow. If you see hard set bubbles or cracks remove immediately
 - 5** Allow to cool to room temperature, serve at room temperature or chilled
- Store refrigerated up to 3 days or frozen up to 3 months

Lemon tart

- 1** Preheat oven to 170C
- 2** Take your prepared and chilled pastry, remove cling film and roll out between two sheets of baking paper or silicone until it is just under 1/2 cm thick
- 3** Line a tart tin base with baking paper, cut your pastry to fit your tin and press your pastry to line the tin, reserve any offcuts for patching holes or more baking
- 4** Chill, pastry uncovered in the fridge or freezer 5-10 minutes
- 5** Bake 5-10 minutes or until lightly golden, remove from the oven and holding a tea towel, carefully press down if it has risen in a large bubble. If needed, patch any holes using the leftover raw mixture, and if you do, bake a further 2 minutes
- 6** Combine all ingredients in a bowl, stir gently until evenly mixed and the sweetener is dissolved
- 7** Pour into your baked tart base, move back to the oven and immediately turn the oven down to 100C
- 8** The time taken here will vary greatly from oven to oven, what you are looking for is, if you carefully jiggle the oven rack the tart centre will have a slight jelly like wobble but not a liquid flow. If you see hard set bubbles or cracks its definitely done! Approximate times for chefs oven are 15 minutes for a small tart, or 30 minutes for a large tart, but some ovens could be 1 hour or more
- 9** Allow to cool to room temperature, serve at room temperature or chilled
Store refrigerated up to 3 days or frozen up to 3 months

Paleo choc

- 1** For this recipe if you don't have a good food processor, use purchased almond butter and coconut butter
- 2** Place all ingredients into a blender, or if using purchased butter you can mix with hand beater or a whisk until smooth and combined
- 3** Continue blending until smooth and runny, the time can vary depending on the age and origin of ingredients
- 4** Pour into a small baking paper or cling film lined tin, individual moulds, or drop onto a baking paper lined tray and add a popstick. You can also top with your favourite ingredients such as almonds, macadamias, cacao nibs, pecans, walnuts, pepitas or freeze dried berry powders
Store refrigerated up to 3 weeks or frozen up to 6 months