

# Stage 4 Cancer Defeated

HOW TO MAKE THE  
**Foods Kids Love**  
IN A HEALTHY WAY.



Recipes to support and maintain optimum, vibrant health.

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# CONTENTS

<b><u>INTRODUCTION</u></b>	4
<b><i><u>FOOD, DRINKS AND KITCHEN EQUIPMENT</u></i></b>	
<b><u>FOODS &amp; DRINKS THOUGHT TO FIGHT CANCER</u></b>	
Black grapes, Dark green leafy vegetables, Flaxseed oil and cottage cheese,	5
Fruits, Herbs and spices, Vegetables and whole foods, and Drinks	5
<b><u>FOODS &amp; DRINKS THOUGHT TO FEED CANCER</u></b>	
Sugar, Processed foods, Chemicals in foods, Cow's milk	6
Toxins in tap water	6
<b><u>CANDIDA ALBICANS AND CANCER</u></b>	6
<b><u>EQUIPMENT TO AVOID</u></b>	
Aluminium equipment	7
Cling film / plastic food wrap	7
Microwave ovens	8
Non-stick equipment	8
<b><u>EQUIPMENT TO USE</u></b>	
Baking parchment, Brown paper bags, Food processor, Food storage	9
Containers, Garlic press, Grater, Hand blender,	9
Ice-lolly moulds, Kitchen rolls, Measuring spoons, Masticating juicer,	10
Measuring jug, Mixing bowl,	10
Mouli, Brown paper bags, Pressure cooker, Salad spinner, Sauce pans and	11
Frying pans, Sieve, Stock pot,	11
Stoneware, Utensils, Wheat grass juicer	12
<b><u>FRESH PRODUCE AND DRINKS</u></b>	
Why we must buy local, organic produce	13
Meat and Fish	13
Washing fruits and vegetables	14
Water and other drinks	14
Why goat's milk is healthful and cows milk is harmful	14
Fruit and vegetable juicing	15
Wheatgrass cultivation and juicing	15
<b><u>THE STORE CUPBOARD</u></b>	
<b><u>Condiments:</u></b>	
Apple cider vinegar, Balsamic vinegar, Black pepper	16
Coconut milk, Coconut butter / oil, Extra virgin olive oil	16
Grains, Nuts, Nutritional yeast and yeast extracts	17
Pink Himalayan rock salt	17
Pulses, Seeds, Tamari sauce	18
Tomato passata, Tomato purée	18
<b><u>Herbs</u></b>	19
Bay leaves, Oregano, Parsley, Rosemary, Sage and Thyme	19

<b><u>Spices</u></b>	20
Cinnamon, Chilli powder, Coriander, Cumin, Garam masala, Garlic, Ginger	20
Mustard powder, Onion seeds and Turmeric	21
<b><u>Flours</u></b>	
Concerns regarding the modern bread making industry, Spelt flour,	22
Whole meal wheat flour, Whole meal wheat bread flour and Buckwheat flour	23
<b><u>Sweeteners:</u></b>	
Why we must not eat refined sugars	23
Agave syrup/ agave nectar	23
Blackstrap molasses	24
Dried fruits	24
Honey	24
Pure maple syrup	24
Rapadura sugar	25
Vegetable glycerine	25
Xylitol	25
Other natural sweeteners	25
<b><u>RECIPES</u></b>	
<b><u>SALADS</u></b>	
Pasta salad	26
Salad dressing	27
Child friendly salad	27
<b><u>HEALTHY FAST FOODS</u></b>	
Beef burgers	28
Nut burgers and Nut Roast	29
Crispy breaded chicken strips	30
Fish fingers	31
Chunky oven chips	32
List of ready-meals available from 'Miniscoff'	32
Garlicky cheese on toast	33
Baked beans on toast	33
<b><u>TOMATO BASED RECIPES</u></b>	
Tomato sauce	34
Tomato ketchup	35
Baked beans in tomato sauce	35
<b><u>BREAD AND PIZZA RECIPES</u></b>	
Basic bread recipe (for bread, pizza bases, baguettes, cob loaves and rolls)	36
Pizza	37
Yeast-free pizza	38
<b><u>SOUPS</u></b>	
Vegetable stock	39
Leek and potato soup	40
Tomato soup	41
Watercress soup	42

**PASTRY AND PASTRY-BASED RECIPES**

Short-crust pastry	43
Pastry for pasties and pies	44
Cheese and onion pasties	44
Sweet potato and French bean pasties	45
Cheese and onion quiche	46
Homity Pie	47

**MAIN MEALS**

Chicken Curry and Vegetable Curry	48 - 49
Beanie chilli	50
Lentil cottage pie	51
Cheesy vegetable pie	52
Beef Casserole	53

**DIPS AND SPREADS**

Coconut margarine	54
Cheesy garlic mayonnaise	54
Pesto	55
Hummus	56
Apple chutney	57

**PUDDINGS AND SWEET TREATS**

Chocolate cakes	58
Fruit cake	59
Flapjacks	60
Eccles cakes	60
Gingerbread men	61
Pancakes	62
Custard	63
Ice-lollies	64
Banana and berry ice cream	65
Mango ice cream	65
Fruit salad	66
Fruit and honey yoghurt	66

**CONTACTS**

Abel and Cole	67
Almond milk maker	67
Bobby's Healthy Shop	67
Doves Farm	67
'Stage 4 Cancer Defeated – The truth about our modern food'	67
Miniscoff	67
Organic meat suppliers	68
Organic vegetable box-schemes	68
Riverford Farm Shop	68
The Pampered Chef	68

**SEASONAL FRUITS AND VEGETABLES** 69

## INTRODUCTION

In April 2005 my son Bobby, who was 3 years and 2 months old, started limping. To cut a long story short, he had stage 4 high risk neuroblastoma, a very aggressive childhood cancer. It had spread to all his bone marrow cavities and he had tumours on his bones, and in his head and abdomen. Bob was put into the poor prognosis group with a 5 year survival rate of less than 20%. My husband asked the oncologists “Could diet make a difference to the outcome?” We were told “No, let him eat whatever he wants”. Suggested foods were ‘Wotsits’, ‘Pringles’, ‘Pot Noodles’ etc. To us this was ridiculous advice. A diet of homemade meals, focusing on foods thought to hinder cancer and avoiding the foods known to feed cancer, made perfect sense to us, and that is what we did.

Before Bobby was born I cooked from scratch no more than once a week, which I did because I enjoyed it rather than for health reasons. The rest of the time we ate what most people eat, which included food from packets, cartons and tins, often heated in the microwave oven, washed down with homogenized cow’s milk, fruit squash or unfiltered tap water.

The learning curve was steep. We immediately started to research into which foods and drinks would benefit him, and which he should avoid. We started to radically alter his diet the day after he was diagnosed. We religiously adhered to his new dietary regime, adding beneficial foods and cutting out others according to our research findings. We also started learning about the healthiest ways to prepare and store food.

I think that many of the parents of children with cancer, including those who were in hospital with Bobby, feel that it would be unkind to deny their children the foods that they are accustomed to and enjoy in a time of crisis. The way we saw it was that Bobby’s life lay in our hands and we could either radically help or hinder his outcome. As a result of our research and determination, while all the other kids with cancer were vomiting every 90 minutes, losing weight and becoming weak, Bobby maintained his weight through his very aggressive chemotherapy and suffered no infection. Other children were going from infection to infection, with some of them dying. We realised very early on that our approach really worked.

As I was preparing and cooking a meal for us while Bobby was carrying tumour, it occurred to me that as I wanted that meal to help Bob heal his cancer so very much, that maybe, just maybe, the good intent that is put into food makes it better for us.

We have continued our research since his diagnosis, and will always continue to do so, to ensure Bobby never has a relapse and to help other children beat their cancer.

There is an abundance of information available and we encourage everyone to do their own research. This book includes an outline of our research findings and our frequently used recipes. We believe all the information to be true at the time of writing. **We are intentionally cautious about all foods and cooking methods which may feed or promote cancer** and avoid them entirely. **We are intentionally optimistic about foods that may hinder and kill cancer cells**, and still feed them to Bobby everyday.

This book is intended to be read from start to finish without jumping forward. It is my blueprint for using diet to make chemotherapy more effective, while reducing the side effects of the treatment to a minimum. This dietary approach is proven to reduce the chances of a cancer diagnosis, so please, I implore you, take this on board and stop eating the processed rubbish sold to us as food.

Today Bobby is 8 years old and thriving, and doesn’t suffer from any side effects such as deafness, stunted growth or serious bowel disturbances. Remember we can only be made out of one egg, one sperm and what we absorb, which includes the food, drinks and medicines we consume, the air we breathe and anything which comes into contact with the skin.

Please email me at ‘[thepoundhouse@btinternet.com](mailto:thepoundhouse@btinternet.com)’ with any questions what-so-ever.

Good health to you and yours.

# FOOD & DRINKS THOUGHT TO FIGHT CANCER

## APRICOT KERNELS, NUTS AND SEEDS

Apricot kernels are one of the richest sources of B17, also known as amygdaline or laetrile, which is reputed to kill cancer cells. Bobby still eats 8 a day. See [www.bobbyshealthyshop](http://www.bobbyshealthyshop) for full information, clicking the link for 'apricot kernels', then the link for 'vitamin B17 and cancer'.

Raw, fresh nuts (see page 17) and seeds (see page 18) contain healthy essential oils as well as many minerals such as selenium, and anti-oxidants such as quercetin, that offer immune support.

## BLACK GRAPES

Compounds in the seeds and skins of black and purple grapes are believed by many to kill cancer cells. If you have cancer, eat as many organic black grapes and their seeds as you can, every morning before any other food or drinks. Chew the seeds well. Do not eat anything else for an hour. I recommend you research on the internet to find out about 'Johanna Brandt's grape cure'

## DARK GREEN LEAFY VEGETABLES

These are highly **alkalizing**, so they are essential for good health and recovering from any illness. Eat as many raw, juiced and lightly steamed green vegetables as possible. Eat or juice a wide variety of locally grown, organic green vegetables every day. Wheat grass juice is highly alkalizing. See page 15 about vegetable juicing and wheat grass juicing.

## DRINKS

Drink 2 – 3 litres of filtered water, fresh green vegetable juices and green tea (without milk or sugar) every day (see page 14).

## FLAXSEED OIL AND COTTAGE CHEESE

These, in combination, have reputed cancer fighting properties. Dr Johanna Budwig recommends mixing 8 fl oz / 16 tbsp of low-fat organic cottage cheese with 2 – 5 tbsp of organic, cold-pressed flaxseed oil and enough filtered water to make a soft consistency (using a hand blender until the oil is no longer visible) and to eat some daily. I use the 'cheesy garlic mayonnaise' recipe on page 54, which is a tasty way to encourage children to eat flaxseed oil.

## FRUITS

Fruits, especially berries and apples, have numerous health benefits. Do not eat fruit at the same meal as vegetables as it hinders the digestion process, with the exception of apples. Bobby eats berries and a variety of other fresh organic fruits regularly. However he avoids them temporarily when we are controlling his levels of Candida albicans. (See page 15 about fruit juicing.)

## HERBS AND SPICES

Herbs and spices contain many reputed 'anti-cancer' properties. (See pages 19 and 20.)

## VEGETABLES AND WHOLE FOODS

Consuming a wide variety of locally grown, organic vegetables every day is essential for good health. All vegetables are alkalizing and contain a wide variety of beneficial nutrients. Every day, eat many portions of raw or lightly-steamed, different coloured vegetables, e.g. red, orange, yellow, green and purple. Include asparagus, broccoli, kale, spinach, lettuce, cucumber, red cabbage, beetroot, carrots, sweet potatoes, sweet corn, sweet peppers, garlic and onions.

Freshly cooked whole grains, such as brown basmati rice and quinoa, are nutritious accompaniments to your main meals. Buckwheat also contains high levels of B17 (see page 25).

## FOODS & DRINKS THOUGHT TO FEED CANCER

For full details read 'Stage 4 Cancer Defeated – The truth about our modern food', see page 67 for details.

### SUGAR

Sugar feeds cancer. It's a fact. Cancer patients therefore must avoid sugar, with the exception of small quantities of xylitol and vegetable glycerine. Natural sugars in fresh fruit and vegetables are acceptable. (See pages 23 - 25.)

### PROCESSED FOODS

By definition, all foods made or packaged in a factory are processed. We avoid all processed foods, especially processed meats and pork products, due to the processing techniques used and the chemical ingredients added. (See pages 13 – 15.)

### COW'S MILK

Avoid cow's milk and dairy products. Use fresh goat's milk , goat's milk products and fresh almond milk. as substitutes (See page 14).

### TOXINS IN TAP WATER

We have a whole house water filter system to filter our tap water. We also use distilled water and tap water filtered through a 'Britta' filter jug. (See page 14.)

## CANDIDA ALBICANS

Candida albicans is yeast which lives in our digestive systems. In its normal state Candida is a non-invasive, sugar fermenting organism. When it becomes invasive 'candidiasis', it can produce rhizoids, which are long root like structures which can penetrate the intestinal walls causing microscopic holes. This can allow toxins, undigested food particles and yeast to enter the blood stream. This is known as leaky gut syndrome. If the Candida enters the bloodstream it can spread around the body, affecting internal organs, and can cause severe infection.

Candidiasis can be caused by the use of antibiotics, hormones (e.g. HRT or the contraceptive pill), steroids, high intake of refined sugar, poor diet, and from the mercury used in amalgam fillings. As most of us fit more than one of these factors it is very common. Immunodeficiency (e.g. in cancer patients, those with H.I.V. and diabetics) is very likely to be accompanied by a Candida infection. Cancer patients receiving chemotherapy are particularly susceptible to fungal infections.

On a U.S. government health website, [www.pubmed.gov](http://www.pubmed.gov) , the following paragraph was published, from a study in Sweden: *"A long-term follow-up study shows that children who have had chemotherapy develop 18 times more secondary malignant tumours later in life. Girls were found to have a 75 times higher risk of breast cancer by the age of forty. A main problem appears to be the development of deep or systemic Candida Albicans infections shortly after commencement of chemotherapy. If Candida infection is not treated, then future relapses or health problems are likely to occur."*

5 years on, we are still periodically treating Bobby for higher than perfect Candida albicans levels as a result of his very aggressive chemotherapy. During these times he does not eat dried or fresh fruit, sugars or other sweeteners except for xylitol and vegetable glycerine. He drinks fresh green juices and takes necessary supplementations, inc. slippery elm powder, garlic, high strength pro-biotics and 'Vitanox'. It is necessary to follow a special regime designed by a naturopath or nutritional therapist to fight it successfully.

## EQUIPMENT TO AVOID

### Aluminium equipment

Aluminium is a protoplasmic poison and is poisonous to the brain and nervous system. It is one of the main toxic elements associated with Alzheimer's disease. Build up of aluminium in the body can, amongst many things, result in memory loss, gastro-intestinal disturbances, headaches, fatigue, weak and aching muscles, nervousness and osteoporosis.

It can leach into our food from aluminium cookware, baking foil, cans of foods and drinks. It is leached at a much faster rate by acidic foods and drinks, e.g. tomatoes, onions, sugar, meat and fizzy drinks. It is used as an additive in most baking powders and is therefore in most baked goods. It is present in many processed foods, bleached flour, pre-grated cheese, table salt, beer, vanilla powder and coloured sweets. Tap water is also treated with both aluminium sulphate and aluminium fluoride which are readily absorbed by the blood. (For more information about tap water additives, read 'Stage 4 Cancer Defeated – The truth about our modern food' see page 67 for details.)

I no longer use baking foil or any aluminium equipment. To reduce loss of moisture during baking, dishes can be covered with a ceramic lid or an enamelled baking tray (not non-stick) instead of foil. Cookware and utensils can be replaced by stainless steel and wooden alternatives.

### Cling - film / plastic food wrap

The dangers of plastics in contact with food are well documented. When PVC (polyvinyl chloride) is manufactured or subjected to high heat, the chlorine can combine with organic substances in the food, producing deadly by-products known as dioxins. Dioxin is known to be one of the most toxic chemicals ever produced and is proven to cause cancer. These dioxins can leach from the PVC into food. This leaching process is accelerated when the PVC is heated or comes into contact with fatty foods e.g. cheese or meat.

Additives are combined with PVC to give it the properties desired in the final product. These additives include toxic plasticizers (such as phthalates), stabilizers containing dangerous heavy metals (such as lead), fungicides, and other toxic substances. Because these additives are not chemically bound to the PVC, the PVC product itself can be immediately dangerous to the consumer. Plasticizers have been shown to be directly transferred from PVC plastic 'cling film' to food.

Because dioxin and other chlorinated chemicals can migrate around the world (e.g. via water routes and the dumping of rubbish) the harmful effects of PVC production are found everywhere. There is increasing evidence that many of these chemicals are affecting us, including rising rates of certain cancers, weakened immune systems, and mental problems such as attention deficit disorder, decreased sperm counts and deformities of the reproductive organs.

PVC free cling film is now available and is likely to be less toxic, however as other toxic chemicals are still used in its production, I do not use it.

When purchasing foods wrapped or contained in plastic, especially fatty foods such as meats or cheese, transfer them into suitable storage containers as soon as you get them home. See 'food storage containers' on page 9.

Alternatively wrap sandwiches and other food items likely to 'fall apart' in brown paper bags, organic cotton kitchen paper or un-bleached parchment paper. Then store them in Pyrex, stainless steel or enamel coated food storage containers.

## Microwave ovens

The Russians have conducted the most diligent research into the biological effects of microwave ovens. Consequently they have outlawed their use and issued an international warning about the biological and environmental damage that can result from their use. Some of the Russian microwave researchers have observed that meat, milk and cereal grains heated in a microwave create cancer causing agents, which can cause cancer forming free radicals. For more information refer to the section on microwave ovens in the book 'Stage 4 Cancer Defeated – The truth about our modern food' (see page 67).

We threw out our microwave soon after Bobby's diagnosis, when we started our own research due to public concerns over their safety. We would rather go hungry than eat anything micro-waved.

## Non-stick equipment

In 2003 the Environmental Working Group (EWG) reported that non-stick coatings "could reach 700 degrees Fahrenheit in as little as 3-5 minutes, releasing 15 toxic gases and chemicals, including 2 carcinogens (cancer causing agents)". The release of toxic fumes from non-stick cookware is well known to kill pet birds (in homes where non-stick pans are used) at much lower temperatures, as low as 464 degrees Fahrenheit.

Non-stick coatings can be found in the kitchen in non-stick pan coatings, tin can linings, inside jar lids, fruit juice cartons, food packets, bread makers, self cleaning ovens, burners on cooker hobs, woks, many cooking utensils and lollypop moulds.

PTFE (polytetrafluoroethylene) is a synthetic fluoropolymer, most commonly known by the brand name Teflon, but is also used in many other brands including Silverstone, Excalibur, Fluron and several others. These products are based on a series of very toxic chemicals called per-fluoro-chemicals (PFC's) and are implicated as the source of widespread ill health.

PFOA (perfluorooctanic acid, otherwise known as C8) is a chemical used to bond the non-stick coating to suitable surfaces. In 2006 the Environmental Protection Agency (EPA) labelled PFOA a likely carcinogen. Studies have shown the chemical to be present at low levels in the blood stream of 9 out of 10 adult Americans, and in the blood of most newborn Americans. Some people have claimed that PFOA exposure caused birth defects in babies born to mothers working at the Teflon plant in the early 1980's. 'DuPont', maker of the 'Teflon' brand cookware, has been heavily fined for hiding the truth for many years about the toxicity of PFOA, and also for contaminating the Ohio River Drinking-water supply.

We have thrown out our non-stick pans and use bottled rather than tinned foods. Good alternatives include stainless steel frying pans (see page 11), enamel coated baking trays, enamel coated iron pans (e.g. by 'LeCruzet'), and stoneware products (e.g. by 'The Pampered Chef' see page 12) which include muffin trays, baking sheets, quiche dishes and bread tins.

*Some* foods do stick slightly to the old fashioned, natural alternatives but consequently I bake more often than fry, (much healthier anyway) and put up with some foods, e.g. scrambled eggs, sticking a bit!

For the full details read 'Stage 4 Cancer Defeated – The truth about our modern food' (see page 67).

## EQUIPMENT TO USE

### Baking parchment – unbleached

I only use un-bleached, silicone coated baking parchment from a company called 'If You Care'. The silicone is derived from sand, quartz and rock. I use it to line tins and dishes to prevent sticking, for example when I'm making flapjacks as I no longer use non-stick bake-ware (see 'stoneware' on page 12). It can also be used to wrap food in. 'If You Care' also make muffin cases. Both can be bought from most local health food shops.

### Brown paper bags

I use brown paper bags to replace plastic bags (which contain high levels of phthalates, which are toxic chemical plasticizers that constantly leach from soft plastics). I use brown paper bags for wrapping food in the fridge and for packed lunches etc. They can be bought from selected green grocers and small health food shops.

### Food processor

This is really useful for many of my recipes. It can chop, mix, blend and purée. Some come with dough tools and other attachments for grating, shredding, whisking, citrus fruit juicing etc. I bought mine for £3 at a car-boot sale. Kenwood sell a good one for about £30.

### Food storage containers

Pyrex ones, made from heat resistant glass, are the healthiest way to store food. They are available with air tight plastic lids, which should not come into contact with the contents, and are suitable for freezing and baking (bake with the lids removed!). The rectangular ones are useful for stacking in the fridge and freezer. Various sizes are available. When freezing stock, fill to 2 inches below the top of the dish (to allow for expansion) and put the lids on once the liquid has frozen.

I avoid plastic whenever possible (see page 7). I use Pyrex, stainless steel or enamelled containers instead. Some foods can be wrapped in brown paper bags or organic cotton kitchen roll before being stored in plastic containers. Hard plastic storage containers generally leach fewer toxins than soft ones. Heating plastic releases the toxins at a much faster rate, so never let heated plastics come into contact with food.

### Garlic press, stainless steel

Crush garlic 10 mins before use to allow better absorption of the beneficial sulphur compounds.

### Grater, stainless steel

A 4-sided grater is useful for grating cheese, carrots, onions, ginger etc.

### Hand Blender

These are useful for blending soups and tomatoes. They can be bought from most supermarkets from about £5.

## Ice-lolly Moulds

These are great for making your own healthy varieties of ice-lollies using freshly blended raw or stewed fruits. 'BPA Free Baby' sells 'Happymummy Rocket Ice-lolly moulds' made with 100% virgin polypropylene and free from Biphenyl A (BPA). They claim to be non-toxic and seem to be one of the safest options on the market. I am still looking for a stainless steel set. See my ideas for making homemade ice-lollies on page 64.

## Kitchen rolls, organic cotton

These are now available at many local health food shops from a company called 'Cotton Soft'. Made from 100% organic cotton, they are un-bleached and chlorine free. Other kitchen rolls are made from wood pulp and adhesives, so are actually thin sheets of chipboard. It makes sense to me to wrap food in, and wipe my mouth and hands with, cotton ones instead.

## Measuring Spoons

Buy stainless steel measuring spoons, including: a tablespoon (tbsp) -15 ml, a dessertspoon (dsp) -10 ml, a teaspoon (tsp) - 5 ml, half a teaspoon ( $\frac{1}{2}$  tsp) - 2.5 ml, and a quarter of a teaspoon ( $\frac{1}{4}$  tsp) - 1.25 ml.

## Masticating juicer

Raw fruits and vegetables are highly nutritious and alkalizing. Juicing fruits and vegetables allows us to obtain all the benefits quickly. Masticating juicers grind the vegetables and then press them through a mesh. They are much more efficient than high speed centrifugal juicers as they extract more juice and leave the pulp much drier. The cogs also turn at a much slower rate, preserving more enzymes and nutrients which are destroyed if the juice is heated by friction.

The juice needs to be immediately stored in the fridge in a glass bottle with all the air removed by a vacuum device, used for wine bottles, e.g. 'Vacuvin Vacuum Wine Saver pump and stoppers'. They are sold at Sainsbury's and on-line. The fresh juice will last a few days as long as it is kept chilled in the fridge, and vacuumed.

A masticating juicer is available from 'www.bobbyshealthyshop.co.uk'. For further information see the section on juicing fruits and vegetables on page 15.

## Measuring jug, Pyrex

I have a 1 litre one and a  $\frac{1}{2}$  litre one. They are suitable for measuring hot liquids. 'The Pampered Chef' sells a 'Classic batter bowl' which can also be used as a measuring jug as it also has a spout and handle. See below for more details.

## Mixing bowl, large

A large ceramic or Pyrex mixing bowl has many uses including soaking vegetables, proving bread and draining stock. 'The Pampered Chef' sell a 'Classic batter bowl' which is made from heavy duty glass (heat safe to 350°F / 180°C) and has a spout, handle and embossed measure markings. It is suitable for measuring, mixing, baking, storing and freezing. It comes with a plastic lid and a 5 year warranty and costs £16 for the 2 litre bowl and £12 for the 1 litre bowl. I use mine (a 2 litre bowl) nearly every day.

## Mouli

This is a manual rotary food mill. It is like a sieve with a handle that forces food through a mesh. It is particularly useful for making tomato sauce and soup as you don't need to peel or de-seed the tomatoes before cooking.

## Pressure Cooker, stainless steel

This is useful for cooking food quickly, without using a microwave (see 'Equipment to avoid' on page 8). Pulses, which usually need soaking over night and then boiling for up to 1 ½ hours, only need to be soaked for one hour in boiling water and then brought up to pressure and cooked for 25 mins. The modern ones are safe and much simpler to use than the old fashioned ones. They can steam potatoes in 3 minutes and cook stews which would take a few hours in about 30 minutes. If you buy one from a car boot sale make sure it is not made from aluminium. Take a magnet with you, it will stick to stainless steel but not to aluminium.

## Salad Spinner

These are very useful for drying salad leaves after washing them, or spinach leaves before juicing, as it removes all the excess water. I have a good one made by 'Oxo' which cost about £20, but cheaper ones are also available.

## Sauce pans and frying pans

I use stainless steel pans with glass or stainless steel lids (available from most large supermarkets), enamelled cast iron pans (e.g. by LeCruzet) and Pyrex pans. I stopped using non-stick equipment as soon as we started researching into the potential dangers of cooking food in contact with the toxins it contains (see page 8). I have bought most of my pans from car boot sales, including all my 'LeCruzet' pans (I paid between 50p and £2 each), Pyrex pans and stainless steel pans. To find quality equipment, such as 'LeCruzet' pans, it is essential to arrive at the car boot sale as it is opening. I visit a large, local car boot sale every Sunday, unless it's raining, and I am always amongst the first customers to arrive at 6am.

## Sieve, stainless steel

A large, fine meshed, stainless steel sieve that can rest over your large mixing bowl is essential.

## Stock pot

I have a 5 litre stainless steel stock pot which I use frequently. It can also be used for soaking vegetables to clean them, prior to juicing or cooking them (see page 14).

## Stoneware

I use this often as it is an ideal alternative to non-stick equipment. I have a baking tray, roasting tray, loaf dish and a quiche dish. I use equipment by 'The Pampered Chef'. It is expensive but will last forever, as long as you don't drop it! There are cheaper alternatives available via the internet and 'Lakeland' stocks a loaf dish. The round quiche dish is great for making quiche as there is no need to pre-bake the pastry (baking blind) before putting in the egg mixture.

## Utensils, stainless steel

Do not use plastic or aluminium utensils. Stainless steel spoons, ladles, fish slices etc can be used in stainless steel and Pyrex pans. They can be found at car boot sales or in most cook-ware shops.

## Utensils, wooden

These are cheap and are suitable for all cook-ware. Wooden spoons, slotted spatulas, slotted spoons, turners, tongs etc can be bought in a wide variety of woods from most cook-ware shops, or on-line, e.g. from 'thecookskitchen.com'. 'Lakeland' also stock a wide range. To me, these are the most natural utensils.

## Wheat grass juicer

The one I use is stainless steel, made by 'Miracle Products', and juices by manually turning the handle. Wheat grass is easy to grow indoors and is incredibly alkalizing so is beneficial to everybody, particularly those with any kind of illness or disease. It has a strong sweet taste and should be taken neat (I have it in a shot glass) or mixed with a small amount of water or pineapple juice.

A small tray of wheat grass produces only enough for about 3 shot glass of juice. Some masticating juicers, for example the 'Green Star' juicer, can juice wheat grass as well as vegetables, fruits and grinding seeds etc. See page 15 for the method I use to grow wheat grass and the equipment necessary.

# FRESH PRODUCE AND DRINKS

## Why we must buy local, organic produce

I buy locally grown organic, vegetables whenever possible. This avoids contamination from pesticides, fungicides and herbicides and helps to preserve the local environment. It also ensures higher vitamin and mineral levels, fresher vegetables and lower 'food miles' (the distance your food has to travel to reach you). Certified organic produce cannot be genetically modified.

Local 'organic' vegetable farmers usually offer a 'box-scheme' where they deliver a selection of their fresh vegetables either to your door or to a local pick-up-point, including local health food shops. They usually offer an on-line ordering service, where you can select your choice a few days in advance of the weekly delivery day. Ask your local health food shop for details of your local supplier (see page 68).

Buying organic meat ensures that the animals were 'free-range' and fed on a natural, organic diet. They will not have been routinely fed antibiotics and other medicines, been deprived of light, and subjected to intensive farming methods. Local health food shops will also be able to advise you where you can buy local organic meat. You can also find suppliers at your local 'farmers market', or on-line.

Many supermarkets currently offer a range of organic fruits, vegetables, meats and other products. It is, however, still preferable to purchase local produce where possible, for many reasons.

Beware of many 'organic' products, including biscuits and cooking sauces, which can still contain high levels of refined sugar ('organic raw cane sugar' is refined) and table salt (refined and labelled 'salt'), for example. 'Organic' products aren't necessarily healthy. I saw an 'Organic apple and blackberry flapjack' which had only 11% organic apples- all the other ingredients were very unhealthy.

Ideally we should all grow our own vegetables using natural, traditional methods and keep our own chickens for their meat and eggs. This is, however, not possible for most people. Growing herbs, wheat grass, sprouted seeds and sprouted pulses can all be done indoors, and many vegetables can be grown amongst other garden plants or in pots outside. Anything you can grow yourself will increase the nutrient levels you'll receive from your food and save you money.

In a scientific test 43 different fruit and vegetable categories were tested for over 43,000 different pesticides. The following conventionally grown 12 fruits and vegetables had the highest pesticide load, making them the most important to buy or grow 'organically farmed': peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, lettuce, grapes, pears, spinach and potatoes.

The following 12 had the lowest pesticide load when conventionally grown. Consequently, they are the safest non-organic crops to eat. They are: broccoli, aubergine, cabbage, banana, kiwi, asparagus, peas (frozen), mango, pineapple, sweet corn (frozen), avocado and onion.

N.B. sweet corn from abroad is likely to be genetically modified.

## Meat and fish

We only eat organic meat due to the ways the animals are reared and the pesticides and chemical sprays used on non-organic farms. There are far too many reasons for our firm decision to only eat meat from grass fed, organically reared animals to detail here. I advise you to do your own research. We never eat pork due to the way it's produced and it often contains viruses. We have isolated parasite eggs on bacon under our microscope. Interestingly, 2 of the world's main religions forbid its consumption.

We raise our own chickens for their meat and eggs. We also eat chicken and beef bought from our local organic farm shop. We eat meat twice a week now, but the only meat we ate when Bobby was carrying tumour was chicken, once a week on a Sunday. We never buy meat from a supermarket.

Due to the current polluted state of the seas and oceans, fish and seafood are contaminated with a wide variety of toxins and heavy metals. A vast amount of research has been done about the toxic state of the seas oceans and rivers. Large fish tend to carry higher levels of toxins as their diet of smaller fish concentrates the levels of toxins. Reputedly the least contaminated fish are currently: wild Alaskan salmon, Pollack and anchovies. Farmed fish are also routinely fed growth hormones, antibiotics and a diet containing a multitude of artificial ingredients and concentrated fish meal. We do not eat farmed fish or seafood. We eat wild Alaskan salmon or Pollack about once a month (see 'Fish fingers' page 31).

## Washing fruits and vegetables

I now wash all my fruits and vegetables in a mixture of **35%** hydrogen peroxide and filtered water. This kills the parasite eggs, viruses, bacteria and fungus on them. When salad vegetables are washed this way, all caterpillars, slugs etc float to the surface. Food-grade H<sub>2</sub>O<sub>2</sub> is non-toxic but **must be diluted**. I use approx. 1 gallon / 4.5 litres of water to 1 tbs of **35%** H<sub>2</sub>O<sub>2</sub>. Hydrogen peroxide is just water with an extra oxygen atom so it is non-toxic and breaks down to water. Visit 'www.bobbyshealthyshop.co.uk' to purchase food grade hydrogen peroxide and for information about its many of other uses.

## Water and other drinks

We are made up of more than two thirds water, and having pure, fresh water is essential to our well-being. Currently many toxic chemicals are added to our tap water to 'clean' it, including chlorine, fluorosilicic acid, aluminium sulphate, calcium hydroxide and sodium silicoflouride. It also contains other contaminants e.g. toxic metal salts, hormones, pesticides, pharmaceutical and chemotherapy drugs.

The ideal solution, to prevent washing in and drinking standard tap water, is to install a whole house filter system, plumbed in where the water enters the house. When tap water is used for drinking it should at least be filtered through a 'Britta' type of water filter, which removes most of the known contaminants. Mineral water sold in glass bottles is another option. Distilling your water purifies it, but it also removes all minerals and energetic content. We re-energize and re-mineralize our distilled water using a 'Nikken Pi-Mag optimizer'. We store drinking water for up to a few days in glass bottles. Stainless steel water bottles are suitable for children's drinking bottles (available from 'www.onegreenbottle.com').

We use filtered water for all our cooking and hot drinks. We drink a combination of re-energized distilled water, filtered water and 'alkaline water', (using a 'Regency Elite' machine). We drink 2 – 3 litres (4 – 6 pints) of water a day.

We also drink white and green tea everyday as it contains powerful antioxidants which destroy the 'free radicals,' which are highly reactive molecules or fragments of molecules that damage the body at a cellular level and leave the body susceptible to cancer, heart disease and other degenerative diseases. Its high concentrations of polyphenols and flavonoids also boost the immune system.

We also drink fresh fruit and vegetable juices, and wheatgrass juices.

We avoid all squashes, fizzy drinks, isotonic drinks, 'fruit shoots', and concentrated fruit juices for health reasons. Also beware of the packaging used for commercially produced drinks, e.g. aluminium cans, plastic bottles (which contain phthalates and other toxins), 'tetra paks' (which have plastic linings) etc. See the book 'Stage 4 Cancer Defeated – The truth about our modern food' (see page 67) for lots more information about concerns over the drinks industry.

We also make our own fresh organic almond milk using a machine called 'Soyquick' (see page 67). It is delicious and much more nutritious than the 'long-life' almond milk from health food shops. We don't buy milks in 'tetra-pak' cartons as the lining contains PFOC's (similar to 'Teflon' – see page 8).

## Why goat's milk is healthy and cows milk is not

Modern dairy farming has become an intensive industry. Genetic manipulation and intensive production technologies have enabled modern dairy cows to produce up to 27 litres of milk a day, ten times the amount they would produce naturally. They are given hormones to stimulate milk production and are routinely fed antibiotics. Homogenization and pasteurization processes also have serious health implications. See 'Stage 4 Cancer Defeated – The truth about our modern food' (see page 67) for further details about milks, milk production processes and the milk industry.

Cow's milk and cow's milk products are the most mucous forming foods on the planet. Cancer patients always suffer from mucositis as a side effect of the chemotherapy. Cow's milk is also an acid forming food and difficult to digest. It has protein and mineral levels much higher than human milk or goat's milk and much lower levels of essential fatty acids.

Goat's milk, on the contrary, is an alkaline forming food, so it doesn't produce acidity in the body. It only takes about 20 mins to digest compared to the 3 - 4 hours needed to digest cow's milk. Goat's milk is not mucous forming and goat's are not routinely given growth hormones or antibiotics.

Un-pasteurized goat's milk, cheese and butter are excellent health foods, possessing greater quantities of vitamins and minerals than cow's milk, such as calcium, magnesium, manganese and vitamin A. It is much more similar to human milk, compared to cow's milk.

Un-pasteurized, organic goat's milk is, in our opinion, the best goat's milk available. We buy ours from 'NatureMade', in Devon, already frozen, in 500 ml bottles. For next day delivery by courier, visit 'www.bobbyshealthyshop.co.uk'.

Fresh goat's milk is now available from many large supermarkets (avoid UHT milk). The 2 types of hard goat's cheese I usually use (which is similar to cheddar) are from the Sainsbury's 'Taste the Difference' range and the 'Truly Irresistible' range from the Co-op. I also buy one from Sainsbury's by 'St Helens Farm', which is similar to mozzarella and is good on pizzas.

### Fruit and vegetable juicing

You really should invest in a fruit and vegetable juicer. The masticating type extracts a much higher volume of juice, compared to a centrifugal juicer, grinds nuts into butters and can also make fresh ice-cream by grinding frozen banana or mango with other frozen fruits.

Both fruits and vegetables alkalize the body and are therefore especially important for anyone with any form of illness. Drinking fresh juices is a quick way to ensure that your body is receiving the benefits of lots of raw fruits and vegetables.

Green vegetable juices are much more alkalizing than fruit juices are, however they are generally less palatable and are harder to get children to drink. Fruit and vegetable juices should never be mixed, with the exception of apple juice with vegetable juices. Try mixing small amounts of green juices with apple juice to encourage children to start drinking vegetable juices. Carrot juice is also sweet and is good mixed with apple juice. Drink all juices 2 hours after the previous meal and 30 mins before the next.

A variety of illnesses and diseases must be improved by drinking a pint or 2 of freshly juiced, mixed green vegetables, with a large handful of sprouted seeds in each juice, on a daily basis. Sprouted seeds or pulses, for example alfalfa, lentil, buckwheat and sunflower sprouts are highly alkalizing and are high in essential enzymes as they are 'living' foods. They are available ready sprouted from health food shops or can be sprouted at home using a 'sprouting kit', also available from health food shops. All fruits and vegetables have different nutritional properties so it is advisable to ring the changes, and to use local, organic produce whenever possible. Most juicers have a 'juicing' recipe book included with the machine.

Remember that fruit juices are *not* advised when following an anti-Candida diet, or when there is an imbalance of intestinal flora in the intestinal tract. This is very common with those who have illnesses. Vegetable juices are *extremely* beneficial in these instances.

### Wheat grass cultivation and juicing

Wheat grass contains many vitamins, minerals and enzymes. It is extremely alkalizing, cancer fighting and is beneficial for everyone to take, especially those with health issues. It has a highly concentrated, sweet taste.

It is easy to grow at home and can be juiced with some vegetable juicers (check your appliance booklet) or with a manual juicer. I use a stainless steel manual one, from 'Miracle products', which clamps onto a work-surface.

This is the method I use: Soak the seeds over-night in a sprouting jar, then in the morning drain and rinse them and turn the jar up-side-down to ensure the seeds don't sit in any water. Store in a dark cupboard and rinse and drain the seeds morning and night until they have sprouted (about 48 hrs).

$\frac{3}{4}$  fill a seed tray with organic compost and spread a layer of seeds over the top, thickly enough to barely see the soil below. Cover with a fine layer of the compost, water, and then cover with a lid, e.g. the drip tray or a table mat. Place them on a windowsill and remove the lid after 2 days. Keep the soil moist.

They will be ready to harvest about 6 to 8 days after sowing. Cut the green shoots about an inch above the level of the soil. Use about 1/3 of a small tray per 'shot' of juice, and drink 1 'shot' a day.

Drink the juice straight away, either neat or with a small amount of water or pineapple juice. Never mix with anything else, and take on an empty stomach.

Complete wheatgrass growing kits are available from 'www.bobbyshealthyshop.co.uk'.

# THE STORE CUPBOARD

## CONDIMENTS

### Apple cider vinegar with mother

It is anti-fungal, anti-viral, anti-bacterial and anti-septic. It has numerous reported health benefits, including helping to alkalize and re-mineralize the body, aiding digestion, improving cell function and easing joint pain and inflammation. Raw and un-pasteurized apple cider vinegar has these and many other benefits, but most bottles available have been pasteurized, filtered and often diluted.

The 'mother' is a ball of beneficial living enzymes that floats in the vinegar. Bottles of raw, un-pasteurized apple cider vinegar, containing 'the mother', are available at '[www.bobbyshealthysshop.co.uk](http://www.bobbyshealthysshop.co.uk)', via the internet.

### Balsamic vinegar

This aromatic, aged vinegar is made from the concentrated juice of white grapes. It has anti-bacterial and anti-viral properties and contains powerful antioxidants called polyphenols. Polyphenols help fight cell damage, boost the immune system and protect against heart disease, cancer and other inflammatory conditions.

Commercial balsamic vinegar sold in supermarkets today is generally aged for a much shorter time and include added ingredients such as caramel and sugar. Good quality mature balsamic vinegar costs about £20 a bottle (but lasts me about a year) and should be of quite a thick consistency.

### Black Pepper

Freshly grind as needed, to preserve its essential oils. It has anti-inflammatory, anti-bacterial and anti-oxidant properties. It stimulates absorption of several micronutrients in the body such as co-enzyme Q- 10, beta-carotene and EGCG (a powerful anti-oxidant). It also aids digestion and promotes sweating and urination.

### Coconut milk and coconut butter / oil

'Biona' and 'Blue Dragon' currently sell organic coconut milk in tins which are not lined with plastic. I make fresh coconut milk in my juicer and freeze it in small quantities. I use it in my chicken and vegetable curry recipes (see pages 48 – 49).

Coconut butter is solid 'butter' at room temperature and 'oil' when warm. It boosts immunity, kills bacteria and viruses (due to its lauric acid content), promotes calcium absorption and has been shown to kill the Candida Albicans yeast (due to its caprylic acid content). I use it for making coconut margarine (see page 54). Raw, organic coconut butter is available from '[www.bobbyshealthysshop.co.uk](http://www.bobbyshealthysshop.co.uk)'.

### Extra virgin olive oil

'Extra virgin' olive oil is produced by the use of physical means and cannot contain chemically refined oils. Always buy it in a dark glass bottle as this preserves both its taste and its goodness. Sainsbury's do a good 'taste the difference' one for about £5. Use it raw as much as possible for maximum health benefits and keep cooking temperatures as low as possible.

It provides heart health benefits and is anti-inflammatory, anti-thrombotic (reduces blood clots) and has vasodilatory effects (widens the blood vessels and there-by reduces blood pressure). It is also anti-hypersensitive, helping those with exaggerated immune system responses and allergies.

It contains monounsaturated fat, oleic acid (including antioxidants such as vitamin E and carotenoids), and oleuropein (a chemical that prevents the oxidation of LDL particles). These properties contribute to its health benefits and some research indicates that it may help to prevent cancer.

## Grains

I use organic brown basmati rice and quinoa grain. Both these whole grains are highly nutritious and rich in a wide variety of minerals. Quinoa (pronounced keen – wa) is available from health food shops. It is a complete protein, meaning it contains all 9 essential amino acids, and is also a rich source of many nutrients including magnesium, riboflavin, lysine, manganese and iron. White rice has been stripped of almost all of its nutritional content so I no longer use it.

Research has indicated that whole grains must be soaked, fermented or sprouted for 12 – 24 hours prior to cooking. These processes break down the anti-nutrients, including phytic acid, which can cause serious health issues and block and inhibit the adsorption of key minerals in the gut. Soak all grains for 24 hrs in lukewarm water with 2 tbsp of live goat's yogurt, lemon juice or apple cider vinegar added.

## Nuts

Nuts are the best plant source of protein. They are rich in fibre, phytonutrients and anti-oxidants, such as vitamin E. They are also high in healthy omega 3 oils. They should not be eaten in large quantities, little and often is preferable (about 1 – 2 tbsp a day). Eat a variety of nuts, preferably shelling them yourself as they go rancid within several weeks of being shelled. Store shelled nuts in an air-tight container in the fridge. We avoid peanuts as peanut mould contains 'aflatoxin', a well known carcinogen.

I use pine nuts in my pesto sauce (page 55) and nut burgers (page 29), hazel nuts and brazil nuts in my nut burgers and almonds for making fresh almond milk (see 'Water and other drinks' on page 14). Most nuts are acid-forming, however almonds, coconuts and brazil nuts are alkaline-forming.

## Nutritional yeast and yeast extracts

Nutritional yeast is similar to brewers yeast but is cultivated specifically for use as a nutritional supplement, on sugar-cane or sugar-beet molasses. It is highly nutritious, containing protein, chromium, B-vitamins, selenium, zinc, phosphorous and magnesium. The yeast is dried at higher temperatures than baking yeast and is inactive. It is therefore suitable for those following an anti-Candida diet. As it is not a by-product of the beer making industry it is probably a healthier choice compared with brewers yeast. It is available in flakes from local health food shops. It can be added to food in place of yeast extract to enhance the flavour and nutritional value without the high levels of salt found in yeast extract. The strong flavour is often described as 'cheesy', 'nutty' or 'creamy', making it a popular cheese substitute for vegans.

Brewers yeast has a very bitter taste and is the nutritious yeast left after beer making. The yeasts have been killed and it is therefore also suitable for those following an anti-Candida diet. It is used to make yeast extract, a dark, thick, strong tasting paste which is found in 'Marmite' and 'Vegemite', which also have large amounts of commercial 'table salt' (sodium chloride) added. It is used to provide specific nutrients and as a flavour enhancer.

Baker's yeast is a leavening agent used for making bread and some other baked goods and is the same strain of yeast which is used in beer making. Fresh yeast doesn't last long so it needs to be kept in the fridge, for up to a week. It is often sold at large supermarkets, from the in-store bakery department. It is preferable to dried yeasts due to the drying processes and additives used to preserve it. It is debatable as to whether leavened bread is suitable for anti-Candida diets due to the lower cooking temperatures used to bake breads. Strict anti-Candida diets do not allow risen bread.

We never use dried bakers yeast granules due to the chemicals added to process and preserve it.

## Pink Himalayan rock salt

This health promoting salt can be used to replace commercial table salt, which we used to use. I also make a salt solution from about ¼ jar of the ground salt (or a large salt crystal) plus ¾ jar of filtered or distilled water. Most of the salt then dissolves in the water (it takes about 24 hours) to make a solution which can then be added to cooking water e.g. for boiling rice and quinoa and in soup. Always be sure that there is some undissolved salt at the bottom of the jar, and top up with extra salt and water as necessary, making a super-soluble solution. I use it frequently in my cooking and refer to it in my recipes.

It is unrefined, free from environmental pollutants and over 250 million years old. It contains the same 84 elements present within our bodies and has numerous health benefits. Commercial table salt (sodium chloride), on the other hand, has been heated to 1200 degrees Fahrenheit during the refining process and contains only 2 of those elements, plus moisture absorbents, and other poisonous substances. As the sea is used as a dumping ground for numerous industrial pollutants, raw sewage, dioxin, toxic poisons etc, sea salt is no longer the pure substance it once was.

Pink Himalayan rock salt is available on-line from 'www.bobbyshealthyshop.co.uk', with much more information on its health benefits.

### Pulses

Pulses are the dried and edible seeds of leguminous (bean) plants. They are high in fibre, protein, vitamins and minerals but have a low Glycemic Index (G.I.). Ideally they should be eaten with whole grains, e.g. brown basmati rice or quinoa.

I use chickpeas (see 'hummus' on page 56), lentils (see 'vegetable curry' on page 48 – 49, and 'lentil cottage pie' on page 51), butter beans (see 'beanie chilli' on page 50), kidney beans (see 'beanie chilli' and 'baked beans' on page 35) and haricot beans (see 'baked beans').

### Seeds

Seeds are highly nutritious and contain high levels of minerals, including iron, calcium, folic acid and niacin. They also contain anti-oxidants such as vitamin E, and healthy oils (omega 3 and 6). I use sunflower seeds in my bread (see page 36), and sunflower seeds and flax seeds (linseeds) in my 'nut burgers' (see page 29). A daily intake of 1 – 2 tbsp a day of seeds is highly beneficial. Try using a variety of seeds, including flax, pumpkin, sunflower and hemp seeds. Raw seeds can also be sprinkled over salads. They are available from local health food shops.

Seeds can also be sprouted using a sprouting jar, also available from a health food shop. Sprouting seeds activates beneficial enzymes in them. They can then be sprinkled on salads or juiced with vegetables. Cold presses organic seed oils e.g. hemp seed oil and flax seed oil are a vegetarian source of essential fatty acids omega 3 and omega 6, necessary for proper immune and brain function and a healthy heart and skin. I add them to my 'salad dressing' (page 27), 'coconut margarine' (page 54) and 'cheesy garlic mayonnaise' (page 54).

### Tamari sauce

This wheat-free variety of Japanese soy sauce has a dark brown colour and is made from fermented soya beans and a grain called koji. Tamari is the 'original' Japanese soy sauce because both its recipe and the way it's produced are most similar to how it was made in the 7<sup>th</sup> century, when the recipe was brought from China to Japan.

It provides niacin (vitamin B3), manganese and protein. It also contains tryptophan, an amino acid necessary for normal growth in infants and for nitrogen balance in adults. The body uses tryptophan to help make niacin and serotonin. Serotonin is thought to produce healthy sleep and a stable mood.

Organic tamari sauce can be bought from most local health food shops.

### Tomato passata

This is made from ripe tomatoes that have been pureed and sieved to remove the skin and seeds. It can be used in soups, sauces, pasta dishes and casseroles. Organic passata can be bought in glass jars from many large supermarkets and local health food shops. Sainsbury's sell organic passata under their own brand name which is significantly cheaper than brands sold in health food shops.

### Tomato purée

It is advisable to buy it in glass jars rather than aluminium tubes, which will leach aluminium into the purée due to the acidity of the tomatoes. If you are unlikely to use a whole jar quickly enough, the remainder could be frozen in ice cube trays, then transferred to storage containers in the freezer.

## HERBS

All herbs are at their best fresh 'freshly picked', so the ultimate is to have your own herb garden, either outside or in pots inside on a window sill, where they smell wonderful and are on-hand to pick whenever they're needed. Try growing your own for a fresh, economical supply. Most herbs prefer well drained soil if they're outside, but also grow well in pots indoors as long as you take care not to over-water them. Herbs also act as a natural pesticide when planted amongst rows of vegetables.

Freezing fresh herbs is the best way to store them as it keeps most of their beneficial properties intact. Dried herbs, especially freeze dried herbs, are also very useful for the store cupboard, and still retain most of their beneficial properties as long as they are stored in glass jars in a cool cupboard. Buy dried herbs in small enough quantities so they don't sit in the cupboard for too long. .

Herbs have numerous health promoting properties and give a wonderful fresh taste and smell to both cooked and raw foods. 80% of the World's population relies on herbs for both preventative and curative medicine. All the following herbs grow well in England. Add fresh herbs, such as parsley and basil, to your salads as well as cooked dishes.

### Bay leaves

I use them in stocks and casseroles. They are a warming herb which help to breakdown and digest proteins, settle the stomach and treat digestive disorders. Plant a 3 foot tall potted bay tree in your garden and it will provide you with fresh bay leaves all year round.

### Oregano

Some scientists believe it is the most cancer fighting herb. It goes particularly well with tomato based dishes. Buy a pot of oregano and either put it on your windowsill, or transfer it into a larger pot and plant it into your garden in its pot, where it will grow well, but will not spread too much.

### Parsley

Rich in antioxidants and heart-protective nutrients, it includes vitamin C, beta-carotene and folic acid. Its most beneficial property is its ability to fight cancer. Animal studies have shown that it can inhibit tumour growth, particularly in the lungs. It is also known to neutralize carcinogens including those found in cigarette smoke and charcoal grill smoke. Add it freshly chopped to salads, vegetable juices or to a variety of savoury dishes at the end of the cooking process. Grow short rows of a variety of types of parsley in a vegetable garden, or plant out pots of it amongst other plants. It also grows well on windowsills, out of direct sunlight.

### Rosemary

One laboratory study showed that cancer causing HCA's (heterocyclic amines) found in cooked red meat are reduced by 30- 100% when the meat is marinated overnight in rosemary before cooking. Another study showed that rosemary reduced breast cancer development by 76%. It is good in pasta sauces and on vegetables. Buy a rosemary bush to grow outside, either in a large pot or planted out.

### Sage

It is anti-inflammatory and anti-oxidant. It contains flavonoids, phenolic acids and oxygen-handling enzymes enabling it to prevent oxygen based damage to cells. I use it in my 'nut burger' recipe (page 29) and in 'crispy breaded chicken strips' (page 30).

### Thyme

Thyme has antiseptic, disinfectant and anti-microbial properties. It is therefore useful as a natural cleaner and preservative. It can also relieve chest and respiratory problems, PMS and menstrual cramps.

## SPICES

Ideally you should freshly grind whole spices in an electric coffee grinder or a pestle and mortar, for maximum potency of their beneficial properties and essential oils, and for a fresher taste. Use a coffee grinder which has only ever been used for spices or they won't taste good! All spices, especially turmeric, are very cancer fighting. Ground spices should be used up as quickly as possible.

Organic spices are available on-line and from local health food shops. Ones I use a lot include:

### Cinnamon

I use cinnamon in porridge (about ¼ tsp per portion), pancakes and cakes. It is an anti-microbial food that can stop the growth of bacteria, yeast and fungi so is helpful in the treatment of Candida overgrowth. It is also a powerful anti-oxidant and is therefore cancer fighting.

### Chilli powder

Capsaicin, the naturally occurring chemical which makes hot peppers spicy, literally causes cancer cells to self-destruct while being perfectly safe for normal cells. Chillies may help prevent stomach, pancreatic, skin and ovarian cancers.

### Coriander

Both the fresh leaves and the seeds have countless benefits. It is an anti-inflammatory and protects against the salmonella bacteria and urinary tract infections. It is used as a natural chelation treatment (to remove heavy metals from the body), aids digestion and is a good source of phytonutrients, flavonoids, iron and magnesium.

### Cumin

It has detoxifying properties and accelerates secretion of detoxifying and anti-carcinogenic enzymes from the glands. It has anti-microbial, anti-fungal, carminative (dispels and prevents intestinal gas) and stimulating properties due to the presence of essential oils comprising mainly of cuminaldehyde, thymol and certain pyrazines. It is extremely good for increasing appetite, digestion, and related problems. It has high levels of iron (10% of the recommended adult daily dose in 2 grams of cumin), calcium, magnesium and vitamin E and includes anti-oxidants including vitamins A and C.

### Garam masala

This is a mixture of toasted, ground spices and usually includes black pepper, cloves, cinnamon, brown cardamom, cumin seeds, bay leaves and whole coriander seeds.

### Garlic, fresh

I use a lot of this in my recipes. It is rich in many vitamins and minerals and its main active ingredients seem to be its sulphur compounds which help us deal with toxins and free radicals and also boosts the immune system. It is anti-viral, anti-fungal and anti-bacterial. It protects against stomach and colon cancer, helps prevent blood clots and can inhibit the effects of aflatoxins- a carcinogenic substance which naturally occurs in peanuts. Cooking garlic reduces its potent anti-cancer activity, so eat it raw for example in 'hummus' (page 56), 'pesto' (page 55) and 'cheesy garlic mayonnaise' (page 54) or cook briefly on a low heat where possible.

### **Ginger**

It is anti-inflammatory, rich in anti-oxidants and a great natural infection fighter for sore throats and stomach upsets, and can alleviate travel sickness and morning sickness. I use this in my curry recipes (see pages 48 - 49) and apple chutney (see page 57).

### **Mustard powder (yellow)**

It is well known for speeding up metabolism, stimulating digestion and inhibiting cancer cell growth. It is antibacterial, antifungal, antiseptic and has anti-inflammatory properties.

### **Onion Seeds**

These are antibacterial, broncho-dilating and infection fighting. They also contain natural anti-histamine and antioxidants.

### **Turmeric**

It seems to have a strong effect on colon, breast, lung, stomach, skin and prostate cancers. A teaspoon a day may be sufficient to prevent the development of some cancers. It also has a variety of powerful anti-inflammatory actions, helping to reduce the over-production of leukotrienes that cause pain and inflammation.

## FLOURS

### Concerns regarding the modern bread making industry

Most people have become accustomed to mass produced, gooey, devitalized and nutritionally deficient breads and baked goods and have little idea how real bread should taste. We certainly didn't.

On modern conventional (not 'certified organic') farms, the soil tends to have depleted mineral levels and the grain is routinely sprayed with chemical pesticides, herbicides, fungicides and fertilizers. The huge grain and flour collection bins are sprayed with insecticides inside and out, then more chemicals are added while the bins are filled. These so called 'protectants' are then added to the upper surface of the grain, 4 inches deep, to protect the grain from moths and other insects entering the bins. Often grains are fumigated to maintain a toxic concentration of gas long enough to kill the target pest population.

Chemicals such as bleaching agents, flour treatment agents, stabilizers, colourings, refined sugar, emulsifiers and enzyme preparations are added to the flour to 'improve' baking quality and lengthen shelf life. Additives including sulphur dioxide, sodium metabisulphite, cysteine, chlorine and chlorine dioxide are added to bleach, preserve and 'improve' all flours, except whole meal flour. Literally dozens of dough conditioners and preservatives go into modern bread, as well as toxic ingredients such as hydrogenated vegetable oils, which contain carcinogenic trans fatty acids.

Another increasingly used additive is calcium propionate (E282), a mould inhibitor which can also be used as a pesticide. Bakers in large factories now 'fog' their equipment with chemical sprays including calcium propionate, rather than thoroughly cleaning their surfaces and equipment with vinegar every day. E282 allows for sloppy hygiene and is added for the convenience of the manufacturer and *not* to benefit the consumer. Reactions to its consumption generally occur over a few weeks or months, so the cause of the reaction is difficult to pinpoint. It is linked to learning difficulties and irritability in children. Reactions can be anything from food intolerance symptoms including: migraines and headaches, gastro-intestinal symptoms, irritable bowel, urinary urgency, bed wetting, eczema, nasal congestion, unexplained tiredness, irritability, restlessness, sleep difficulties, impairment of memory and concentration, loud voice control (no volume control) etc. Not only is it used as an additive in the bread making industry, but it has even been used in the marketing campaign for 'Hovis Best of Both', which claims that '2 slices of bread contains as much calcium as a glass of milk'. Calcium propionates are permitted in other products such as cheese, fruit juice and whey powder. If it is cultured in whey powder it doesn't have to be declared on the label. Sources of propionates include E280, E281, E282, E283 and whey powder.

Regulations require that all flour, other than whole meal, has calcium carbonate, iron, thiamine (vitamin B1) and nicotinic acid (vitamin B3) added to improve nutritive value. These would have been naturally present in greater amounts (plus many other nutrients) if the flour hadn't been so altered in the production process. High heat milling (at 400°F) destroys vital nutrients including vitamin E.

All flour used in the bread-making industry, other than whole meal, is made from a mixture of white flour, other wheat components and various additives. Unfortunately even shop bought whole meal wheat bread includes most of the same chemicals and preservatives as white bread, to enable it to be stored for long periods without being refrigerated. For more information about modern breads, read 'Stage 4 Cancer Defeated – The truth about our modern food' available from 'www.bobbyshealthyshop.co.uk'.

I bake all our bread from the best quality ingredients I can find, from local health food shops. To make pastry and bread that will rise well, I use a mixture of flours including some white spelt flour. I use:

#### Organic white spelt flour (Doves Farm)

I use white spelt mixed with other flour to give a lighter texture to my baked foods. Spelt is an ancient grain, a non-hybrid distant relative to present day wheat. It has high water solubility, so nutrients are easily absorbed by the body making it easy to digest. Wholegrain spelt has significantly higher levels of protein and B complex vitamins compared to wheat, and it is high in both simple and complex carbohydrates. As well as containing riboflavin, (vitamin B2), manganese, niacin, thiamine, copper and magnesium, it is also high in insoluble fibre which helps speed up the rate at which food moves through our intestinal tracts. See 'Doves Farm' on page 67.

### Organic wheat, plain flour – fine, whole meal (Doves Farm)

When grown in well-nourished, fertile soil, whole wheat is rich in complex carbohydrates, vitamin E and B complex, many minerals including calcium and iron, as well as omega-3 fatty acids, fibre and protein.

### Organic wheat, bread flour - whole meal (Doves Farm)

Refer to the section above. It also contains vitamin C (ascorbic acid).

### Buckwheat flour

I use it in pancakes. Although it is used like a cereal grain, buckwheat is a fruit seed that is related to rhubarb and sorrel. It contains high levels of vitamin B-17, frequently referred to as 'nature's chemotherapy', an anti-cancer vitamin that is found in most seeds.

It is rich in many minerals including magnesium, manganese, phosphorus, iron, zinc and copper. It also has high levels of tryptophan, an essential amino acid, which regulates appetite, helps you sleep better and elevates your mood. Buckwheat's beneficial effects are partly due to its rich supply of flavonoids, particularly rutin. Flavonoids are phytonutrients that protect against disease by extending the action of vitamin C and acting as antioxidants.

It also benefits from being high in fibre, containing the eight essential amino acids, lowering glucose levels, lowering blood pressure and reducing cholesterol.

## SWEETENERS

### Concerns regarding refined sugars

It is common knowledge that refined sugar is bad for our health, but the food manufacturing industry continues to add more and more of it even into our savoury foods. It is known to directly cause tooth decay, bone loss, hyperactivity, aggression, mood swings, behavioural problems, dementia and a weakened immune system.

Our bodies can't metabolize refined sugar without the proteins, vitamins and minerals which were present in the raw unprocessed product. Refined sugar consequently drains our bodies of precious vitamins and minerals, as our entire system has to cope with the demands made on it for its digestion, detoxification and elimination.

Refined sugar plays havoc with our ability to regulate blood sugar levels, feeds unfriendly bacteria in our intestines and feeds cancer cells (which metabolize by fermenting sugar).

Highly refined sugars include **high fructose corn syrup**, **fructose** and **glucose syrup**. Refined sugars not only include **white sugars** but also **brown**, **demerara** and **muscovado** sugars. Even '**organic raw cane sugar**' is refined.

Certain health conditions, e.g. cancer, call for avoidance of foods sweetened with most sugars, even natural ones, in order to treat unacceptable levels of *Candida albicans* and other unfriendly bacteria in the gut (see page 6). Xylitol and vegetable glycerine can be used to sweeten foods during these times.

Everyone should at least aim to avoid all refined sugars, and use smaller amounts of natural sweeteners instead. The following list contains alternatives, in alphabetical order, some of which are much healthier than others.

**Never** eat or drink any artificial sweeteners, e.g. aspartame, sucralose, saccharin, and acesulfame K as they have been scientifically proven to have harmful toxic side-effects. The FDA (Food and Drugs Agency) has reported 92 different side effects that can be linked to the use of aspartame. Some of these are headaches, dizziness, nervousness, mood swings, depression, nausea, stomach cramps, memory loss, fatigue, hives, seizures and breathing difficulties. It was discovered as an ulcer drug and has no nutritional value, tricks the body into thinking its eating something sweet and has toxic side effects. See 'Stage 4 Cancer Defeated – The truth about our modern food' for more information.

## Agave syrup / Agave nectar

Although this is made from the sap of agave plants, which are succulent plants related to the yucca and the lily, this new product was developed in the 1990's. It has become popular with vegans, who use it as a substitute for honey.

The juice from the core of the agave plant is filtered, then heated to hydrolyze carbohydrates (mostly complex forms of fructose) into sugars. Fermented agave nectar turns into tequila. It therefore is heated from between 140 ° C to 180 ° F for about 36 hours to stop the fermentation process, concentrate the liquid and develop the sweetness. In its natural raw state it is not very sweet.

I have recently discovered that there are currently no 'raw' labelling laws, so anyone can put 'raw' on their labels. 'Raw' agave nectar is often made using an enzyme derived from *Aspergillus Niger* (black mould) to convert the carbohydrates into sugars and stop the fermentation process without using high heat levels. However *A. Niger* is one of the most common causes of fungal ear infections.

Agave syrup (the concentrated product) contains un-naturally high levels of fructose, which gives it a low glycemic index but also causes a significant increase in uric acid, which in turn depletes mineral levels in the body. It may accelerate aging through oxidative damage and may even make Diabetes worse. One of the acclaimed benefits of agave syrup is that it has a relatively low glycemic index (G.I.), so it won't cause such a sharp rise and fall in blood sugar as refined white sugar. Other benefits appear to be due to its content of saponins (anti-inflammatory and immune boosting) and inulin, which lowers cholesterol and reduces the risk of certain cancers and increases the absorption of nutrients such as isoflavones, calcium and magnesium.

Due to the controversy as to whether the products sold are actually healthy, we do not use agave syrup.

## Blackstrap Molasses- organic

Black-strap molasses is made from the 3<sup>rd</sup> boiling of sugar cane syrup and is a concentrated, mineral-dense substance remaining after the sugars sucrose has been crystallized. It is dark brown and sticky and imparts a wonderfully distinctive flavour to baked beans, gingerbread men and biscuits.

It is an excellent source of manganese (9% RDA per tsp for adults) and copper and is a good source of iron (7% RDA per tsp for adults), calcium (6% RDA per tsp for adults), potassium, magnesium, selenium and vitamin B6.

Buy 'organic' blackstrap molasses as it is both un-sulphured and cleaner. It is available from local health food shops and 'www.bobbyshealthyshop.co.uk'.

I use it in 'gingerbread men' (page 61) and 'apple chutney' (page 57).

## Dried fruits- organic

Sun-dried fruits such as apricots, prunes, raisins and figs are nutrient rich natural sweeteners. They are high in fibre and contain vitamins, minerals and anti-oxidants. Be sure to buy organic fruits to ensure that they have not been sprayed with chemicals and dried with sulphur dioxide.

We eat dried fruits, except when controlling *Candida* and other unfriendly gastro-intestinal bacteria. Remember that their natural sweetness is concentrated and should therefore be used in small quantities. Dried fruits need to be avoided when following an anti- *Candida* diet.

## Honey

Raw, unprocessed honey has been used for millennia to promote healing. It aids digestion and is used to heal stomach ulcers and burns. It has anti-cancer properties and is used to treat allergies. Honey is anti-septic, anti-fungal and anti-bacterial. Only raw and un-pasteurized honey keeps all its beneficial enzymes and nutrients intact. Honey sold in supermarkets, for example, will be pasteurized. Local honey helps allergy sufferers and can reduce hay fever symptoms.

Due to the natural presence of botulinum endospores, babies less than one year old should not consume honey.

We have stopped using most types of honey because of farmers using refined sugar to feed their bees, the widespread use of pesticides and the collapse of bee colonies. We currently use small amounts of 'Organic Forest Honey' from 'www.tropicalforest.com', a cold pressed Ethiopian honey from wild bees which are not fed on sugar.

## Pure Maple Syrup- organic

100% pure maple syrup is made from the boiled sap of maple trees. It has very high levels of manganese (essential for enzyme production), and high levels of zinc (essential for protein synthesis and the immune system). It is 3 times as sweet as sugar yet has fewer calories, is unrefined and natural.

Be sure to buy pure organic maple syrup, in glass bottles, sold in health food shops and supermarkets. It is delicious on pancakes and used in baking. As it is a highly concentrated sweetener, use it sparingly.

## Rapadura sugar- organic

Rapa (meaning 'grate') dura (meaning 'hard') sugar is unrefined evaporated sugar cane juice. It is known as 'jaggery' in India and 'panela' in South America. (N.B. 'Jaggery Joor' is made from palm sugar.) As it is not separated from the molasses during the squeeze-drying process it contains many beneficial nutrients including, for example, 11% of an adults' RDA of iron in one teaspoonful.

It is a natural substitute for refined sugar. As with all condensed sweeteners it is advisable to use it minimally, especially when treating any illness or disease. We buy granulated (at low temperatures) rapadura sugar from 'Rapunzel Pure Organics'.

I use it in baking and often combine it with maple syrup or black-strap molasses.

## Vegetable glycerine

Vegetable glycerine is derived entirely from coconut or palm oil. Water, temperature (high enough to kill the enzymes) and pressure (for 25 mins) are used to process the oil. It is not chemically related to sugar and seems to have no effect on insulin or blood sugar levels. It is suitable for those following an anti Candida diet and does not feed the bacteria that form plaques and cause cavities.

It is suitable to use raw. It is best mixed with sauces *after* they are cooked as it loses some of its sweetness when it is cooked. We use it in small quantities, as well as xylitol, as Bobby still has Candida Albicans overgrowth 4 years after his chemotherapy.

## Xylitol

Xylitol is a naturally occurring dietary carbohydrate present in small amounts in fruits and vegetables, e.g. raspberries, strawberries and plums. It is produced commercially through the chemical reduction (hydrogenation) of xylose, derived from birch wood chips or corn fibre. It is then extensively purified and separated, and is therefore an unnatural highly refined product.

It is used as a sweetener in diabetic products due to its sugars being un-digestible to humans. It also has a low Glycemic Index (G.I.). It is used as a sweetener in chewing gum and toothpaste due to its anti-bacterial effects. It is claimed to be beneficial against gum disease and ear infections.

It can help control Candida Albicans and other unfriendly intestinal micro flora as it is anti-bacterial and inhibits fermentation. As well as being a source of energy it also has an anti-cancer effect.

An overdose, (although I have not yet come across a daily limit) can result in stomach discomfort and diarrhoea. 2 grams 5 times a day is recommended for ear infections. 7 – 20 grams a day, divided into smaller doses several times a day, is recommended for the prevention of tooth decay.

We use Xylitol made from birch chips as a sweetener while controlling Bob's Candida Albicans, clostridium and other un-friendly intestinal micro-flora. I have used it in baking and on pancakes. It is not, in my view, an ideal substitute for natural sugars in their pure states, but it has been extremely helpful for us to remain committed to a strict dietary regime which limits sugars, which I find is especially difficult for our children! Chocolate made with xylitol is also now available from some local health food shops.

Please note that dogs, due to having an entirely different metabolism, are allergic to xylitol. If you are using xylitol you therefore need to take great care that dogs don't try any of your foods which contain it.

## Other natural sweeteners

Liquorice root powder, stevia (the whole ground leaves rather than the extract), Lo Han Kuo and Theaumatins are less well known natural sweeteners. We don't currently use these. See 'Stage 4 Cancer Defeated – The truth about our modern food' for more information (see page 67).

# PASTA SALAD

The raw sauce used in this recipe can also be used as a dip for chips, and keeps well in the fridge for about 5 days. This is a highly alkalizing dish due to the raw ingredients used.

A food processor is essential for this recipe.

Serve with a green salad and sliced roast chicken or a jacket potato.

Serves 8 as a side dish

## INGREDIENTS

8oz / 225g wholegrain spelt fusilli pasta (or wholegrain wheat fusilli pasta)  
4 oz / 110g frozen sweet corn, organic (the larger Sainsbury's stores usually stock bags of their own brand organic sweet corn)

### Sauce

1 small onion, grated  
8 tbsp extra virgin olive oil, I use a mix of organic oils including flaxseed and hemp seed oils (available from [www.bobbyshealthyshop.co.uk](http://www.bobbyshealthyshop.co.uk))  
4 tbsp water, distilled or filtered  
2 tbsp raw apple cider vinegar, with 'mother' (available from [www.bobbyshealthyshop.co.uk](http://www.bobbyshealthyshop.co.uk))  
2 stick of celery, finely chopped  
2 tbsp organic tamari sauce (wheat-free soy sauce)  
1 tsp fresh ginger, finely grated  
1 tbsp tomato puree (from a glass jar)  
1 tsp maple syrup or raw honey  
A few twists of black pepper, freshly ground

### Optional ingredients

½ of a cucumber, finely diced  
10 cherry tomatoes  
3 oz / 80 g goat's cheese, grated

## METHOD

1. **Boil** the pasta **according to the instructions on the packet**, adding the sweet corn for the last 2 mins of the cooking time.
2. Drain and leave to cool.
3. Put all the prepared ingredients for the sauce into a food processor and blend until smooth.
4. Mix the sauce with the cooled pasta.
5. Add the cucumber, tomatoes and grated cheese and serve.

## SALAD DRESSING

I usually make double the quantity as we eat salad with almost everything. The children have their salad chopped, see the recipe below. The dressing keeps well in a dark bottle in a cupboard for about a week.

### INGREDIENTS

5 tbsp	extra virgin olive oil, from a dark glass bottle (you could use some flax seed or hemp seed oil)
2 tbsp	raw apple cider vinegar with 'mother' (available from 'www.bobbyshealthyshop.co.uk')
½ tsp	maple syrup or honey
¼ tsp	Dijon mustard (optional)
1 clove	garlic, crushed 10 mins before use
1 tsp	pink Himalayan rock salt solution or a pinch of the ground pink Himalayan rock salt, (available from 'www.bobbyshealthyshop.co.uk')
A few twists of	black pepper, freshly ground
½ tsp	balsamic vinegar (optional)

### METHOD

- 1 Put all the ingredients into a jar with a well-fitting lid.
- 2 Shake well.
- 3 Pour into a dark glass bottle.

## CHILD FRIENDLY SALAD

This salad is quickly chopped into tiny pieces using a manual 'food chopper' (e.g. from 'Master Class' for £12.70, or from 'The Pampered Chef', for £26.95).

Bobby loves it, and I have recently converted a 16 year old 'salad hater' into a 'salad enthusiast' with this recipe. Making a salad in this way is a great way of disguising raw vegetables and hence getting children to eat vegetables which they normally wouldn't.

Serves 5 as a side salad

### INGREDIENTS

1	carrot, cut into thin strips
½	cucumber, roughly chopped
1 small	red onion, roughly chopped, or a bunch of spring onions
1	red pepper, roughly chopped
1 large handful of	mixed green leaves e.g. spinach, rocket, watercress or lettuce, chopped
1 heaped tbsp	mayonnaise (homemade or a type which only contains natural ingredients)

### METHOD

1. Chop all the ingredients using a hand-held 'food chopper'.
2. Put into a serving dish and stir in the mayonnaise.
3. Toss and serve immediately as it starts to lose its nutritional content as soon as you chop it.

## BEEF BURGERS

These burgers freeze well and can be cooked from frozen. They can also be made in advance and kept in the fridge for up to 24 hours before cooking.

Try serving in bread rolls (see '**basic bread recipe**' page 36) with '**tomato ketchup**' (page 35) and a green salad, or a '**child friendly salad**' (page 27)

Makes about 10 burgers

### INGREDIENTS

3	braising steaks, (organic, grass fed, best quality possible)
1 tbsp	tomato sauce (see recipe on page 34)
1.1lb/ 500g	beef steak mince (organic, grass fed)
1	onion, finely chopped
1 tsp	ground cumin
1 tsp	ground coriander seeds
1	beaten egg
A pinch of	pink Himalayan rock salt
A few twists of	black pepper, freshly ground
4oz/ 115g	breadcrumbs from homemade bread, by simply blending in a food processor (optional, though it does help to bulk out the mixture and combine the ingredients)

### METHOD

1. Remove any fat from the braising steaks.
2. Cube the steaks and pulse in food processor until minced.
3. Mix all the ingredients together in a large bowl.
4. Take small handfuls of the mixture and shape into burgers.

To freeze: place 2 layers of grease proof paper in between each burger to prevent them sticking together and freeze in a Pyrex dish with an air-tight lid.

To shallow fry: **shallow fry** them in a little extra virgin olive oil over a medium/ low heat for about **20 mins**, turning regularly.

To oven cook freshly made burgers: place the burgers on an oven proof dish (see equipment) and place in a **pre-heated oven** at **180°C / 350°F / gas 4**, for about **20 mins**.

To cook from frozen: place in a **pre-heated oven** at **180°C / 350°F / gas 4**, for about **30 mins**, depending on thickness, until cooked right through.

## NUT BURGERS

Choose your own favourite mixture of nuts and seeds, e.g. to include sunflower seeds or pine nuts. These burgers are also suitable for freezing and can be cooked from frozen.

Try serving with 'tomato ketchup' (see page 35) in homemade bread rolls (see 'basic bread recipe' on page 36).

You can make a 'nut loaf' by pressing the same mixture into a bread-tin (see 'stoneware' on page 12) and serve with homemade 'tomato sauce' (see page 34).

Makes about 7 burgers

### INGREDIENTS

4 oz / 110 g	breadcrumbs, homemade (by simply blending homemade bread in a food processor)
3 oz / 80 g	hard goat's cheese, grated (I use either the Sainsbury's 'Taste the Difference' range or the Co-op's 'Truly Irresistible' range.)
1 large	carrot, finely grated
1 medium	onion, very finely chopped or finely grated
¼ tsp	pink Himalayan rock salt
A few twists of	black pepper, freshly ground
1	egg, beaten (organic)
1 tsp	organic yeast extract
2 tbsp	tomato sauce, homemade (see page 34)
3 oz / 80 g	Brazil nuts, chopped
3 oz / 80 g	almonds, chopped
3 oz / 80 g	hazelnuts, chopped
1 tbsp	extra virgin olive oil, from a dark glass bottle

### METHOD

1. Put all the prepared ingredients into a large mixing bowl and mix thoroughly by hand.
2. **Preheat** the oven to **170°C / 330°F / gas 3**.
3. Taking a handful of the mixture at a time, form them into burger shapes.

Alternatively make a **nut loaf** by pressing the mixture into a greased bread tin (see equipment), drizzling over with extra virgin olive oil and **baking** for **30 mins** at **160°C / 320°F / gas 3**.

4. Lightly grease the baking tray and brush the nut burgers with the olive oil and **bake** for about **15 mins** or **fry** in the olive oil over a low heat until just cooked through (about 15-20 mins), turning once.

To freeze: arrange in a single layer on a plate and put into the freezer. Then transfer them into a Pyrex dish (read about food storage containers on page 9) with an airtight plastic lid and return them to the freezer

To cook from frozen: **bake** for about **20 mins**, until piping hot all the way through, or **gently fry** from frozen for **20 – 25 mins**.

## CRISPY BREADED CHICKEN STRIPS

Delicious served with ‘chunky chips’ (page 32), a colourful salad and homemade ‘tomato ketchup’ (page 35) or cheesy garlic mayonnaise (page 52).

Serves 4

### INGREDIENTS

2 cloves	garlic, crushed
1- 2 tbsp	olive oil, extra virgin
5oz/ 140g	breadcrumbs, homemade by simply blending homemade bread in a food processor
1 tsp	sage, dried (or 2 tsp fresh)
2 tsp	paprika
A pinch of	pink Himalayan rock salt
A few twists of	freshly ground black pepper
2	eggs, beaten
4	chicken breasts, cut into strips
3 tbsp (approx)	white spelt flour, for coating the chicken strips

### METHOD

1. Crush the garlic and leave to rest for 10 mins before using.
2. Grease a baking tray with olive oil, preferably using stoneware or an enamelled baking tray.
3. Make the breadcrumbs, leaving them in the blender.
4. Add the garlic, sage, paprika and seasoning to the breadcrumbs and blend again until thoroughly mixed.
5. **Pre-heat the oven to 170°C /330°F/ gas 3.**
6. One at a time, dip the chicken strips into a bowl of the flour to coat evenly, then a bowl of the beaten egg, then into the breadcrumb mix, coating them all thoroughly.
7. Place them on the greased baking tray.
8. Gently coat the top of the strip with olive oil, using a pastry brush.
9. **Bake** in the oven, turning half way through, for **25 mins** or until golden brown

## FISH FINGERS

Delicious served with ‘**chunky chips**’ (page 32), a colourful salad and homemade ‘**tomato ketchup**’ (page 35) or ‘**cheesy garlic mayonnaise**’ (page 54).

Serves 4

### INGREDIENTS

1- 2 tbsp	olive oil, extra virgin
5oz/ 140g	breadcrumbs, homemade by simply blending homemade bread in a food processor
A pinch of	pink Himalayan rock salt
A few twists of	freshly ground black pepper
2	eggs, beaten
4	Pollack fillets, cut into strips
3 tbsp (approx)	white spelt flour, for coating the fish strips

### METHOD

1. Grease a baking tray with olive oil, preferably using stoneware or an enamelled baking tray.
2. Make the breadcrumbs, leaving them in the blender.
3. Add the garlic, sage, paprika and seasoning to the breadcrumbs and blend again until thoroughly mixed.
4. **Pre-heat the oven to 170°C /330°F/ gas 3.**
5. One at a time, dip the fish strips into a bowl of the flour to coat evenly, then a bowl of the beaten egg, then into the breadcrumb mix, coating them all thoroughly.
6. Place them on the greased baking tray.
7. Gently coat the top of the strip with olive oil, using a pastry brush.
8. **Bake** them in the oven, turning half way through, for **15 mins** or until golden brown.

**N.B.** Sainsbury’s currently sell frozen, boneless Alaskan Pollack tails in their ‘Basics’ range, labelled ‘White Fish Fillets’. It is cheaper than their ‘fresh’ Pollack (also in their ‘Basics’ range) which has been previously frozen and contains bones..

## CHUNKY OVEN CHIPS

Serve dipped in 'cheesy garlic mayonnaise' (page 54) or 'tomato ketchup' (page 35), with homemade 'beef burgers' (page 28) or 'nut burgers' (page 29), or 'crispy breaded chicken strips' (page 30) and a fresh green salad.

Serves 4

### INGREDIENTS

4 medium	potatoes, peeled
2 – 3 tbsp	extra virgin olive oil
A large pinch of	pink, Himalayan rock salt

### METHOD

1. **Pre-heat** the oven to **180°C / 350°F / gas 4**.
2. Wash the potatoes, in filtered water.
3. Either peel the potatoes or just remove the blemishes (most of the goodness is just under the skin)
4. Cut into chunky, similar sized chip shapes.
5. Place the chips on a baking tray, preferably stoneware. Avoid non-stick. (See 'stoneware' on page 12)
6. Toss the chips in the olive oil, ensuring they are all well coated.
7. Sprinkle with the pink Himalayan rock salt.
8. **Bake** in the oven at **180°C / 350°F / gas 4**, for about **30 mins**, turning after 15 mins, until golden brown.

## MINISCOFF 100% ORGANIC READY-MEALS

'Miniscoff' makes 100% organic ready-meals for children. (See page 67)

Their main meals include:

[Mr McGregor's Pie](#)

[Treasure Island Chicken](#)

[Ali Baba's Shepherd's Pie](#)

[Chilli Yum Yum](#)

[Curly Wurly Chicken](#)

[Planet Spaghetti](#)

[Broccoli Bill's Pie](#)

[Creamy Salmon Pasta](#)

[Jolly Spag Bolly](#)

## GARLICY CHEESE ON TOAST

Serve with a colourful salad tossed in 'salad dressing' (see page 27).

Serves 1

### INGREDIENTS

1 slice of	bread, homemade
1 – 2 tsp	goat's butter
1 tbsp	hummus (see page 56)
2 oz / 55 g	hard goat's cheese, finely sliced or grated

### METHOD

1. Toast the bread.
2. **Pre-heat the grill** to a medium heat.
3. Spread the toast with the goat's butter and then the hummus.
4. Top with the sliced or grated goat's cheese.
5. Place under the grill until the cheese has melted

## BAKED BEANS ON TOAST

Follow the recipe on page 35 to make baked beans and serve on toasted homemade bread with goat's butter.

## TOMATO SAUCE

I use this sauce for a ‘**pizza**’ **topping** (page 37) and as a pasta sauce, in ‘**baked beans**’ (page 35) and in ‘**tomato ketchup**’ (page 35), and to put into my ‘**nut burgers**’ (page 29) and ‘**beef burgers**’ (page 28).

This sauce freezes really well in old honey jars. Be sure to leave a space of about an inch between the top of the sauce and the lid to allow for expansion. I usually make a large quantity and freeze several jars of it. It can be defrosted quickly by putting the jars into warm water.

This recipe makes approx 1.2 litres/2.1 pints. This can be stored in the fridge or frozen in 3 x 400ml jars or 5 x 250ml/ 1lb jars)

A ‘mouli’, which is a rotary food mill, is an essential piece of equipment for this recipe (see page 11).

### INGREDIENTS

1	onion, finely chopped
2 cloves	garlic (crushed 10 minutes before use)
1 tbsp	extra virgin olive oil
1	bay leaf
6-8	ripe tomatoes, roughly chopped
1 jar	passata, organic (strained tomato)
2- 4 tsp	maple syrup or honey (sweeten to taste)
Good pinch of	pink Himalayan rock salt
A few twists of	black pepper, freshly ground (to taste)

### METHOD

1. **Sauté** the onion in the olive oil, over a very low heat, for about **20 mins** or until soft and lightly caramelized.  
Use a stainless steel, ceramic or enamelled cast iron pan.
2. Add the crushed garlic, passata, bay leaf and tomatoes.
3. Add the salt and pepper and slowly bring to the boil.
4. Leave to **simmer** gently, with the lid off, for about **1hr**.
5. Sweeten to taste.
6. Remove the bay leaf.
7. Pass the sauce through a mouli (see page 11).
8. Blend with hand blender to make a smooth sauce.
9. Once the sauce has cooled, put into jars and freeze.

## TOMATO KETCHUP

This is made from the 'tomato sauce' recipe (page 34). I make up small amounts as needed. This is a guide only. Mix up to taste, adding more or less vinegar, or a little extra maple syrup as desired. Serve with 'chunky oven chips' (page 32), 'beef burgers' (page 28), 'nut burgers' (page 29) or 'crispy breaded chicken strips' (page 30).

### INGREDIENTS

4- 5 tbsp tomato sauce (see page 34)  
 ½ - 1 tsp balsamic vinegar (good quality, thick and organic)

## BAKED BEANS IN TOMATO SAUCE

Delicious served on hot buttered toast! If you have a pressure cooker this recipe is really easy. Use 1 x 400ml jar or 1½ x 250ml/1 lb honey jar of home-made tomato sauce. You could use the remaining quantity from the honey jar to make ketchup or to put into burgers.

Serves 5

### INGREDIENTS

400ml / 14 fl oz. tomato sauce (see page 34)  
 12oz / 335g haricot beans, dry weight  
 3oz / 80g red kidney beans (optional), dry weight  
 ½ tsp pink Himalayan rock salt  
 A few twists of freshly ground black pepper  
 2- 4 tsp maple syrup (sweeten to taste)

### METHOD

#### To cook the beans:

If you don't have a pressure cooker, **soak** the beans **overnight** and then **follow the cooking instructions on the packets of dried beans**.

If you are using a (stainless steel) pressure cooker, cover the beans in plenty of boiling filtered or distilled water and leave to **soak** for **1 hour**.

Drain off the soak water and put the beans into the pressure cooker with at least 2 pints / 1 litre of filtered or distilled water, and bring to the boil.

Once **pressure** has been reached, **cook** for **25 mins**, following the instructions for your pressure cooker. Cool the pressure cooker by running cold water over the lid for a minute.

1. Drain the beans through a sieve and add to your tomato sauce.
2. Place in an oven proof dish with the lid on.
3. **Bake** them in the oven at **170°C / 335°F / gas 3**, for about **25 mins**.

**N.B.** To save time, you can alternatively heat the beans through in a saucepan over a low heat.

## BASIC BREAD RECIPE

I use this recipe for **bread, pizza bases, baguettes, cob loafs and rolls**, and makes approx. either 1 large (2lb) loaf, 12- 16 rolls, 2 large pizza bases and a small cob loaf, or 6 large pizza bases. All these can be frozen.

### INGREDIENTS

1 pint/ 570ml	distilled or filtered water
1 tsp	blackstrap molasses, honey or maple syrup
1 oz/ 28g	fresh yeast (available from the 'in-store bakery' in most large supermarkets)
2 lb/ 910g	flour (I mix: 1lb whole meal spelt, ½ lb white spelt, ½ lb whole meal wheat)
2 tsp	pink Himalayan rock salt
2 tsp	extra virgin olive oil
¼ tsp	pure vitamin C powder ('ascorbic acid' - optional, helps bread to rise)
1 handful	sunflower seeds or flax seeds/ linseeds (optional)

### METHOD

1. Boil 200ml/7 fl oz of the distilled or filtered water, pour into a measuring jug with the molasses, honey or maple syrup and stir to dissolve.
2. Top up to 1 pint/ 570ml with the remaining cold water and stir.
3. Pour into a large bowl, add the crumbled yeast and stir to dissolve.
4. Weigh and mix your choice of flours, with the vitamin C powder if you're using it.
5. Sieve roughly half the flour on top of the water mixture, sprinkle on the salt and drizzle over the olive oil. Sieve the rest of the flour on top.  
At this point you can also add the sunflower or flax seeds (linseeds).
6. Mix with a large wooden spoon.
7. Turn out onto a well floured surface and knead by hand for 5 mins.  
\*Alternatively mix for 2 mins using the dough hook attachment on a 'Kitchen Aid'. See section on equipment.
8. Place the dough in a large bowl and cover with a damp tea-towel.
9. Leave in a warm place to **rise (prove) for 1 hour**.
10. Lightly grease the bread tins and baking trays with olive oil.  
Never use non-stick equipment, see the section on equipment for the reasons why. I use stoneware by 'Pampered Chef', but stoneware is available from other suppliers e.g. 'Lakeland'.
11. Turn out onto a well floured board and knead (knock back) for 2 mins.
12. Shape into rolls, pizza bases, baguettes, cob loaves, put into bread tins or roll out as pizza bases as required. The pizza bases need to be rolled out very thinly as they will rise to double the thickness.
13. Leave to **rise (prove) for a second time**, for **approx. 1 hour**, or until doubled in size.
14. Bake in a pre-heated oven as detailed below.

Cooking times at 180°C / 350°F / gas 4: 2lb loaf- 35 mins, cob loaf- 25 mins, bread rolls- 15 mins, baguettes- 20 mins, pizza bases- 8 mins (only pre-cook if pizzas are to be frozen, see pizza recipe).

\*Cooking times can vary depending on the type and age of your oven, and the size and thickness of each item.

Test to check that the loaves and rolls are cooked through by tapping them on the base. A hollow sound means they are done.

# PIZZA

This recipe uses dough from the 'Basic Bread Recipe' (page 36).

I use a third of the dough to make 2 pizzas, and use the remainder to make a cob loaf or a few rolls. Alternatively you could use all the dough to make approx 6 large pizzas (or several smaller ones), trebling the quantity of the topping ingredients shown below. Some or all of these could be frozen. They bake well from frozen, and are suitable for packed lunches.

I follow 2 different methods, one for the pizzas to be served freshly baked, and another for those to be frozen and cooked on another day. Both are described below.

## INGREDIENTS FOR 2 PIZZAS

1/3 of the	quantity of bread dough (see the 'Basic Bread Recipe', page 36)
8 tbsp	tomato sauce, homemade (see page 34)
2 heaped tbsp	fresh basil, roughly chopped
1	small red onion
½	red pepper, thinly sliced
A covering of	goats cheese, thinly sliced or grated (Sainsbury's sell one from 'St Helens Farm' which has a texture similar to mozzarella.)

## METHOD FOR 'FRESHLY BAKED' PIZZA

Following on from step 13 in the method section of the 'Basic Bread Recipe' (page 36), after the second proving,

1. Cover the pizzas with a layer of the tomato sauce, using the back of a metal spoon.
2. Add layers of the toppings, finally covering with a layer of sliced goat's cheese.
3. **Bake** for approx **10 mins** at **180° C / 350° F / gas 4**, until the base is cooked through and the cheese is bubbling and golden brown.

## METHOD FOR PIZZAS 'TO BE FROZEN'

Following on from step 13 in the method section of the 'Basic Bread Recipe' (page 36), after the second proving,

1. **Cook the bases** for **8 mins** at **180°C / 350°F/ gas 4**.
2. Place on a wire rack and leave until cool.
3. Cover both pizzas with a thin layer of the tomato sauce using the back of a metal spoon.
4. Add layers of toppings, finally covering with a layer of sliced goat's cheese.
5. Place the pizza on large plates and freeze.
6. Once frozen, place individually in large brown paper bags (available from some health food shops) and put back in the freezer.
7. **Cook from frozen** for **15- 20 mins** at **180°C / 350°F/ gas 4**.

## YEAST FREE PIZZA

Many people avoid yeast due to allergies and intolerances, or to help control *Candida albicans* and other 'unfriendly bacteria' in the gut.

Try the following recipe which has a scone base and makes 1 medium sized pizza.

It is not suitable for freezing.

Serves 2

### INGREDIENTS

#### The base:

4oz/ 110g	white spelt flour
4oz/ 110g	whole meal wheat flour
¼ tsp	bicarbonate of soda (aluminium-free, available from <a href="http://www.bobbyshealthyshop.co.uk">www.bobbyshealthyshop.co.uk</a> )
½ tsp	cream of tartar
1oz/ 28g	goat's butter
Pinch	pink Himalayan rock salt
¼ pt/ 140ml	natural goat's yoghurt (or a little extra water)
Small amount of	distilled water (just enough to make a soft dough consistency)

#### The toppings:

4 tbsp	'tomato sauce' (see page 34)
1 heaped tbsp	fresh basil, roughly chopped
½ a small	red onion, very finely sliced
¼	of a red pepper, thinly sliced
A covering of	goats cheese, thinly sliced or grated (Sainsbury's sell one from 'St Helens Farm' which has a texture similar to mozzarella.)

### METHOD

1. Sieve the flours, bicarbonate of soda, cream of tartar and salt into a bowl.
2. Mix thoroughly.
3. Rub in the cold, diced goat's butter until the mix resembles fine breadcrumbs.
4. Add the goat's yoghurt and/or enough water to make a soft dough consistency, mixing gently using a large metal spoon. Try not to handle it too much and do not knead.
5. Roll out on a well floured board.
6. **Pre-heat the oven to 180°C / 350°F / gas 4.**
7. Cover the pizza base with the tomato sauce, using the back of a metal spoon.
8. Add layers of toppings, finally covering with a layer of goat's cheese.
9. Put the pizza straight into the oven.
10. **Bake** in a pre-heated oven for **15 mins** until the cheese bubbles.

## VEGETABLE STOCK

A good stock is important as a base for all tasty soups.

I use a large stainless-steel stock pot to make about 8 ½ pints / 5 litres, but you can use the largest pan you have (see page 11) and reduce the amount of vegetables used accordingly, bearing in mind that stock making is not an exact science!

I tend to use the vegetables I have at hand, adding a red pepper or celeriac for example if I have them available. The stock keeps well in the fridge for up to 5 days, or can be frozen.

Freeze in rectangular Pyrex dishes with air-tight plastic lids. Do not freeze it in bottles as they crack when the stock expands.

### INGREDIENTS

5	carrots, chopped
4 sticks of	celery, chopped
5	large onions, roughly chopped
8	black peppercorns, whole
1 bunch	thyme
1	bay leaf
1	leek
1	orange, using just the freshly squeezed juice
8 ½ pints / 5 litres	water, distilled or filtered

### METHOD

1. Put all the chopped vegetables and all the other ingredients in a large stock pan.
2. Cover with the water.
3. Bring to the boil and then **simmer** gently for **4 hours**.
4. Allow to cool.
5. Strain through a sieve into large containers, discarding the vegetables.  
**N.B.** The vegetables can be put through a mouli to extract more stock (see page 11).
6. Allow the stock to cool completely before storing in either the fridge or freezer.

## LEEK AND POTATO SOUP

Serve with homemade bread rolls (see 'Basic Bread Recipe', page 36) and goat's butter.

Suitable for freezing

Serves 8

### INGREDIENTS

3	leeks, with most of the green chopped off, washed and finely chopped
1 oz / 25g	goat's butter (or 1 tbsp extra virgin olive oil)
1 medium	onion, finely chopped
1 large	potato, peeled and chopped into 1 inch cubes
2 tsp (approx.)	pink Himalayan rock salt solution, or a generous pinch of the ground pink Himalayan rock salt, to taste
A few twists of	black pepper, freshly ground
½ pint / 285 ml	goat's milk
1 ¾ pint / 1 litre	vegetable stock, homemade (see page 39)

### METHOD

1. Wash the leeks thoroughly, removing all traces of soil, and soak in a hydrogen peroxide solution (see 'washing fruits and vegetable' on page 14).
2. Chop off and discard most of the green part of the leeks and finely slice.
3. **Sauté** the onions and the leeks in the goats butter (or the olive oil), over a very low heat, for about **20 mins**, until soft and lightly caramelized. Stir occasionally to prevent sticking.
4. Add the chopped potato and continue to **sauté** for **3 or 4 mins**, stirring occasionally.
5. Add the salt solution, pepper, stock and goat's milk.
6. Bring to the boil and **simmer** for **10 mins**.
7. Blend to desired consistency using a hand blender or food processor.

# TOMATO SOUP

Serve with homemade bread rolls (see 'Basic Bread Recipe' page 36) and goat's butter. A 'mouli', which is a rotary food mill, is an essential piece of equipment for this recipe (see page 11). Suitable for freezing

Serves 8

## INGREDIENTS

1 medium	onion, chopped
1 clove	garlic, crushed
1 oz / 25 g	extra virgin olive oil
8 – 10	tomatoes, de-seeded and chopped
1 stick	celery, sliced
1 large	carrot, sliced
2 pints / 1.15 litre of	vegetable stock, homemade (see page 39)
¼ pint / 140 ml	goat's milk
1	bay leaf
1 dsp	maple syrup
A generous pinch of	pink, Himalayan rock salt
A few twists of	black pepper, freshly ground

## METHOD

1. **Sauté** the onion in the goat's butter and the olive oil, over a very low heat, for about **20 – 30 mins**, until soft and lightly caramelized. Stir occasionally to prevent sticking.
2. Add the garlic and stir for a couple of mins.
3. Add the all the other ingredients and bring to simmering point over a medium heat.
4. Simmer for 10 mins.
5. Allow to cool slightly.
6. Pass the soup through a mouli to remove the tomato skins.
7. Blend until smooth using a hand blender.

# WATERCRESS SOUP

Serve with homemade bread rolls (see 'Basic Bread Recipe', page 36) and goat's butter.

Suitable for freezing

Serves 8

## INGREDIENTS

1 oz / 28 g	goat's butter (or 1 tbsp of extra virgin olive oil)
2 medium	onions, finely chopped
2 packets / 2 bunches	watercress (roughly 8oz / 220g in total)
1 large	potato, roughly chopped
1 tsp	nutmeg, grated
2 tsp (approx.)	pink Himalayan rock salt solution (see page 17), or a generous pinch of the ground pink Himalayan rock salt, to taste
A few twists of	black pepper, freshly ground
2 ½ pints / 1.4 litres	vegetable stock, homemade, (see page 39)
2 fl oz / 4 tbsp	goat's milk

## METHOD

1. Soak the watercress in a solution using 35% hydrogen peroxide to kill parasites etc (see section on washing vegetables, page 14) for 15 mins, then remove all the excess water using a salad spinner.
2. **Sauté** the onions in the goat's butter (or the olive oil) over a very low heat, for about **20 mins**, until soft and lightly caramelised. Stir occasionally to prevent sticking.
3. Meanwhile, roughly chop the watercress.
4. Add the chopped potato to the sautéed onions and continue to **sauté** for **3 or 4 mins**, stirring occasionally.
5. Add the salt solution, pepper, nutmeg, stock and goat's milk.
6. Bring to the boil and then **simmer** over a low heat for **10 mins**.
7. Add the watercress and continue to **simmer** for a further **4 mins**.
8. Leave to cool slightly.
9. Blend to desired consistency using a hand blender or food processor.

## SHORT-CRUST PASTRY

I use this pastry for making 'Cheese and Onion Quiche' (see page 46).

I always use half the amount of butter to flour when making pastry, so this recipe is easily adapted to make the quantity you need for any recipe.

To obtain the best texture use cold butter and try to handle the dough as little as possible.

### INGREDIENTS

10oz/ 285g	flour (½ white spelt, ½ finely ground whole meal wheat flour)
5 oz/ 140g	goat's butter, cold
A pinch of	pink Himalayan rock salt
3 tbsp (approx)	distilled or filtered cold water

### METHOD

1. Sieve the flour and salt into a large mixing bowl.
  2. Add the butter and cut into small pieces, in the bowl, using a sharp knife.
  3. Using your fingertips rub the butter into the flour, until it resembles fine breadcrumbs.
  4. Gradually mix in small amounts of cold water, just enough to bring the mixture together to form a dough.
  5. Leave the dough for 20 minutes on a floured work surface, or in the fridge, before using.
- N.B.** If you're using the pastry to line a flan dish, roll out the pastry and line your dish straight away, then leave it to rest for the 20 mins in the dish. The pastry will then be much less likely to crack. Refer to the recipe for 'Cheese and Onion Quiche' on page 46 for details on baking pastry in a flan dish.

## PASTRY FOR PASTIES AND PIES

This crispy pastry is ideal for all pasties and pies, including mince pies. It is quick to make and similar to flaky pastry.

### INGREDIENTS

8 oz / 220 g	white spelt flour
5 oz / 135 g	goat's butter
Juice of 1	orange
2 fl oz /	filtered or distilled water
A pinch of	pink Himalayan rock salt, ground

### METHOD

1. Sieve the flour into a bowl which will fit into the freezer.
  2. Add the goat's butter, chopped into 1 inch pieces and freeze for 20 mins.
  3. Squeeze 1 orange and mix the juice with the water and refrigerate for 20 mins.
  4. Using a food processor, pulse-blend the flour and butter until you can't see any lumps of butter then transfer it into a bowl.
  5. Add the orange juice and water and stir with a spoon until it forms into dough.
  6. Turn the dough out onto a floured surface and shape briefly to coat the dough lightly in flour.
  7. Put the dough back in the fridge for 20 mins before using.
- The dough can be kept for up to 24 hours in the fridge before using. If so, store the pastry in a Pyrex container with a plastic lid.

## CHEESE AND ONION PASTIES

This recipe uses 1 quantity of 'pastry for pasties and pies'.

Makes 6 pasties

### FILLING INGREDIENTS

3 medium	onions, finely chopped
1 oz / 25 g	goat's butter
1 tbsp	extra virgin olive oil
5 oz / 135 g	hard goat's cheese (e.g. Sainsbury' 'taste the difference')
1 ½ tbsp	white spelt flour
6 fl. oz / 170 ml	goat's milk
A pinch of	pink Himalayan rock salt
A few twists of	black pepper, freshly ground

### METHOD

1. **Sauté** the onions in the goat's butter and olive oil, over a very low heat, for about **30 mins**, until soft and lightly caramelized, stirring to prevent sticking. Use a stainless steel, enamelled or ceramic pan (see page 11).
2. Add the flour and stir.
3. Gradually stir in the milk to make a sauce, then add the cheese and seasoning and stir again.
4. Allow the mixture to cool completely before using it to fill your pasties.
5. Divide the pastry into 6 equal pieces and roll them out into circular or rectangular shapes.
6. Divide the filling equally between them, putting the filling in the centre of each circle.
7. Dampen the edges of the pastry with a little water and join the pastry together over the filling.
8. Make a small hole in each pasty and glaze with beaten egg if desired.
9. **Bake** for about **20 mins**.

# SWEET POTATO AND FRENCH BEAN PASTIES

These are delicious hot or cold. The pasties, the mixture and the pastry can all be frozen, and the pasties can be cooked from frozen.

Makes 8 pasties

## INGREDIENTS

1 quantity of	homemade 'pastry for pasties and pies' (see page 44)
1 tbsp	extra virgin olive oil
½ medium	onion, finely chopped
1 clove	garlic, crushed
1 tbsp	ginger, freshly grated
¼ - ½ tsp	chilli powder
1 tsp	turmeric
1 tsp	ground cumin
2 tsp	ground coriander
½ tsp	mustard powder
1 medium	sweet potato, cooked and finely diced
4 oz / 110 g	French beans, chopped into ½ inch / 1 cm lengths
2 tbsp	stock or filtered water
2 tsp	coconut milk
A pinch of	pink Himalayan rock salt
A few twists of	black pepper, freshly ground
1	egg, beaten (optional, for glazing)

## METHOD

1. Make 1 quantity of 'pastry for pasties and pies' (see page 44).
2. Gently heat the olive oil in a heavy based pan (stainless steel or ceramic-coated cast iron, see page 11) over the lowest possible heat.
3. Add the onion and sauté in the oil for approx **15 mins**, stirring occasionally to prevent sticking, until sweet and starting to caramelize.
4. Meanwhile prepare and steam the diced sweet potato and beans.
5. Add the garlic and ginger and stir for 2 mins.
6. Add the spices and stir for another minute.
7. Add the diced sweet potato, beans, stock or water, coconut milk and seasoning and cook gently for 4 – 5 mins.
8. Allow the mixture to cool and add extra seasoning to taste.
9. **Preheat the oven to 170 c / 325 f / gas mark 3.**
10. Roll out the pastry into 8 circles.
11. Divide the filling equally between them, putting the filling in the centre of each circle.
12. Dampen the edges of the pastry with a little water and join the pastry together over the filling.
13. Make a small hole in each pastry and glaze with beaten egg if desired.
14. **Bake** for about **20 mins**.

**N.B.** They can be frozen before cooking. If baking from frozen, bake in a pre-heated oven for approx 30 mins.

## CHEESE AND ONION QUICHE

Using a stoneware flan dish allows the quiche to be cooked using raw pastry (see page 12).

### INGREDIENTS

10oz/ 285g	flour (I use a mixture of ½ white, spelt flour and ½ whole meal, wheat flour)
5 oz/ 140g	goat's butter, cold
A pinch of	pink Himalayan rock salt
3 tbs (approx)	water, cold and distilled or filtered
1 tbs	extra virgin olive oil
1	large onion, finely chopped
7	organic eggs, beaten
½ pint / 285ml	goat's milk (un-pasteurized, available from a local health food shop)
A pinch of	pink Himalayan rock salt
A few twists of	black pepper, freshly ground
8 oz / 225g	hard goat's cheddar, grated (I use either the Sainsbury's 'Taste the Difference' range or the Co-op's 'Truly Irresistible' range.)

#### Optional extras:

½	a red pepper
16	cherry tomatoes, raw

### METHOD

1. Sieve the flour and salt into a bowl.
2. Add the butter and cut into small pieces, in the bowl, with a knife.
3. Then, with your finger tips, rub the butter into the flour until it resembles fine breadcrumbs.
4. Gradually mix in small amounts of cold water, just enough to bring it together to form dough.
5. Grease a flan dish, 11 inches / 28 cm in diameter, with the olive oil. Never use non-stick equipment and preferably use stoneware. (See pages 8 and 12.)
6. Roll out the dough, turning and re-flouring the surface regularly to prevent sticking.
7. Roll out to a larger size than the flan dish
8. Roll the pastry loosely around a floured rolling pin to lift it into the flan dish.
9. Press into the edges of the flan dish and remove the excess pastry from around the top of the dish with a sharp knife. Reserve the left-over pieces for later use, to patch up any cracks in the pastry.
10. Leave to rest for 20 mins.
11. Gently heat the olive oil in a heavy based pan (stainless steel or ceramic coated cast iron, see page 11) over the lowest possible heat.
12. Add the onion and sauté in the oil for approx **20 mins**, stirring occasionally to prevent sticking, until sweet and starting to caramelize, adding the red pepper, if using, after about 10 mins.
13. **Pre-heat the oven to 180°C / 350°F / gas 4.**
14. Cover the pastry with greaseproof paper and then cover it with a layer of baking beans or rice. Bake in a pre-heated oven for **8-10 mins**. This is known as 'baking blind'.  
**N.B.** If you are using stoneware there is no need to 'bake blind'.
15. Turn the oven down to **160°C / 320°F / gas 3.**
16. Beat the eggs, milk and seasoning together.
17. Add the grated cheese to the egg mixture.
18. Patch up any cracks in the pastry case with the left-over pastry scraps.
19. Spread the cooled onions, plus the red pepper and tomatoes if using, over the base of the pastry case.
20. Pour in the egg mixture and spread out the cheese evenly over the top.
21. Return to the oven and bake for approx **25 mins**, until set and golden. **Bake** for 30 mins if you are using stoneware and raw pastry.

## HOMITY PIE

Using a stoneware flan dish (I use one from ‘The Pampered Chef’) allows the pie to be cooked with raw pastry, with no need to for ‘baking blind’.

### INGREDIENTS

10 oz / 285 g	flour, mixed (I use ½ white spelt and ½ whole meal plain wheat flour)
5 oz / 140 g	goats butter (cold)
3 tbsp	water, cold and filtered or distilled (to bind the pastry)
1 tbsp	extra virgin olive oil
2 large	onions, finely chopped
3 large	potatoes, peeled and chopped into approx. 1 inch cubes
10 oz / 285 g	hard goat’s cheese, grated (I use either the Sainsbury’s ‘Taste the Difference’ range or the Co-op’s ‘Truly Irresistible’ range.)
4 cloves	garlic, crushed
1 bunch	fresh parsley, chopped
1tbsp	goat’s milk
½ tsp	pink Himalayan rock salt
A few twists of	black pepper, freshly ground

### METHOD

1. Sieve the flours and salt into a large mixing bowl and mix thoroughly.
2. Add the butter and cut into small pieces, in the bowl, using a sharp knife.
3. Using your fingertips rub the butter into the flour, until it resembles fine breadcrumbs.
4. Gradually mix in small amounts of cold water, just enough to bring the mixture together to form a dough.
5. Grease a flan dish, 11 inches / 28 cm in diameter, lightly with the olive oil. (Never use non-stick equipment and preferably use stoneware (see pages 8 and 12).
6. Roll out the dough, turning and re-flouring the surface regularly to prevent sticking.
7. Roll out to a larger size than the flan dish
8. Roll the pastry loosely around a rolling pin to lift it into the flan dish.
9. Press into the edges of the flan dish and remove the excess pastry from around the top of the dish with a sharp knife. Reserve the left-over pieces for late use, to patch up any cracks in the pastry.
10. Leave to **rest** for **20 mins** before putting in the oven.
11. Pre-heat the oven to **170°C / 335°F / gas 3**.
12. **‘Bake blind’** by covering the pastry with greaseproof paper and then covering with a layer of baking beans or rice. Bake in a pre-heated oven for **8-10 mins**  
If you are using stoneware there is no need to ‘bake blind’.
13. **Turn the oven down** to **160°C / 315°F / gas 3**.
14. Prepare the potatoes and cook in boiling water until tender, then drain and allow cooling slightly.
15. Gently sauté the onions in the olive oil until soft and starting to caramelize. Stir occasionally to prevent sticking.
16. In a large bowl combine the potatoes, sautéed onions, parsley, milk, garlic, butter, seasoning and half the cheese. Mix well.
17. Add the mixture to the pastry lined flan dish. (If you are using stoneware the pastry will be raw, otherwise the pastry case will be pre-cooked)
18. Sprinkle the remaining cheese over the top.
19. **Bake** in the oven for **25 – 30 mins** at **170°C / 335°F / gas 3**.  
**N.B.** Cooked Homity Pie, like Quiche, can be frozen in a stoneware quiche dish, or tipped out of other types quiche dishes and frozen. It can then be re-heated from frozen by placing on a baking tray and heating through in the oven.

## CHICKEN CURRY and VEGETABLE CURRY

I make this quantity of sauce for 2 curries, each serving about 4 people. I can then make one of each type of curry, freeze the other half of the sauce in a glass jar, or stir in diced chicken to make a raw chicken curry and freeze it in a Pyrex dish with a glass lid. This can be cooked from frozen. A healthy ready-meal! Serve with brown basmati rice or quinoa.

### INGREDIENTS

#### Curry Sauce:

½ oz / 15 g	goat's butter
1 tbsp	extra virgin olive oil
2 medium	onions, chopped
6 cloves	garlic, crushed
1 inch of	fresh ginger, grated
2 tbsp	coriander seed, ground
2 tbsp	cumin, ground
2 tsp	garam masala
½ tsp	chilli powder
1 tsp	yellow mustard powder
2 tsp	turmeric
1 tsp	black onion seeds (optional)
1	bay leaf
A pinch of	pink Himalayan rock salt, or 1 – 2 tsp of Himalayan rock salt solution
A few twists of	black pepper, freshly ground
1 tin	coconut milk ('Biona' and 'Blue Dragon' don't currently line their tins with plastic)
1 pint / 570 ml	vegetable stock, homemade

For Chicken Curry: (using half the sauce, serving 4 people)

3 chicken breast fillets

For Vegetable Curry: (using half the sauce, serving 4 people)

3 oz / 80 g	green (French) beans cut into 1 inch pieces
4 small	potatoes, cut into halves
¼ of a	cauliflower cut into small florets
1 large	carrot, sliced
2 oz / 55 g	red lentils, washed (optional)



## BEANIE CHILLI

If you use red kidney beans be sure that they are cooked until soft before they are eaten, as they contain a toxin called 'phyohaemagglutinin' which is destroyed in the cooking process. Serve with quinoa (pronounced 'keen-wah'), brown basmati rice, baked potato, baked sweet potato (orange fleshed) or '**chunky oven chips**' (page 32) with a fresh green salad.

This dish is suitable for freezing. Defrost overnight in the fridge, or bake from frozen, ensuring it is piping hot all the way through (approx 1 – 1 ½ hours).

Serves 6 -8

### INGREDIENTS

1 tbsp	extra virgin olive oil
1 large	onion, finely chopped
2 cloves	garlic, crushed
¾ pt / 400ml	tomato sauce, homemade (see page 34)
10 oz / 275 g	dried beans (a mix of haricot, red kidney, black-eye, chick peas & butter beans)
1	red pepper
½ - 1	green chilli, fresh, or ½ - 1 tsp of chilli powder (be sure to wash your hands thoroughly after handling chillies)
1 stick of	celery, chopped
4 oz / 110 g	sweet corn, frozen (this is optional and is available from large Sainsbury's stores.
1	red pepper, chopped (optional)
1 small	courgette
1 ¼ pints / 650ml	passata (strained tomatoes, sold in glass jars in most supermarkets and health food shops)
2 tsp	pink Himalayan rock salt solution (see page 17), or ½ tsp of ground pink Himalayan rock salt
A few twists of	black pepper, freshly ground (to taste)
1 tsp	maple syrup (to taste)

### To cook the beans:

If you don't have a pressure cooker, **soak** the beans **overnight** and **follow the cooking instructions** on the packets of dried beans / peas.

If you are using a (stainless steel) pressure cooker, cover the beans in plenty of boiling filtered or distilled water and leave to **soak** for **1 hour**.

Drain off the soak water and put the beans into the pressure cooker with at least 2 pints / 1 litre of filtered or distilled water, and bring to the boil.

Once **pressure** has been reached, **cook** for **25 mins**, following the instructions for your pressure cooker.

### METHOD

1. **Prepare** and **cook** the **beans**.
2. **Sauté** the onions in the olive oil, over a very low heat, for about **20 mins**, until soft and lightly caramelized, stirring occasionally to prevent sticking.
3. Crush the garlic (10 mins before using).
4. Add the red pepper, if using, 10 minutes after the onions.
5. Add the crushed garlic and chopped chilli for the final couple of minutes of sautéing, stirring continuously.
6. Add the homemade tomato sauce, cooked beans and all the other vegetables.
7. **Simmer** gently on the cooker top for about **20 mins**.

## LENTIL COTTAGE PIE

If you just use lentils in this recipe there is no need to soak or pre-cook them. Black eye beans need to be soaked and pre-cooked. This process can be much quicker if you use a pressure cooker. (See section explaining how to cook pulses using a pressure cooker on the recipe for 'Beanie Chilli' on page 50.) It freezes well.

Serves 6 - 8

### INGREDIENTS

1 tbsp	extra virgin olive oil
2 large	onions, finely chopped
2 cloves	garlic, crushed (crush 10 mins before use)
2	carrots, finely chopped
1	red pepper, finely chopped
1 stick	celery, very finely sliced
1 tbsp	corn flour, organic
2 pints / 1.15 litres	vegetable stock, homemade (see page 39)
2 tsp	organic yeast extract (available from local health food shops) or nutritional yeast
1 tsp	tamari sauce, organic (wheat-free soy sauce)
1 tsp	tomato puree (from a glass jar)
1	bay leaf
5 oz / 140 g	brown lentils, un-cooked or cooked black eye beans (see section on cooking pulses with a pressure cooker on page 50)
4 oz / 110 g	red lentils
2 lb / 0.9 kilo (approx)	potatoes, peeled and quartered
2 oz / 55 g	goat's butter
4 tbsp	goat's milk
2 tsp	Himalayan rock salt solution (see page 17), or ½ tsp of ground pink Himalayan rock salt
A few twists of	black pepper, freshly ground
2 oz / 55g	hard goat's cheese, grated (I use either the Sainsbury's 'Taste the Difference' range or the Co-op's 'Truly Irresistible' range.)

### METHOD

1. **Pre-cook the black-eye beans**, if using.
2. **Sauté** the onions in the olive oil, over a very low heat, for about **20 mins**, until soft and lightly caramelized, stirring to prevent sticking.
3. Add the garlic and all the other vegetables and cook for a **further 5 mins**, stirring frequently.
4. Mix the corn flour with 4 tbsp of the cold vegetable stock, until smooth.
5. Add the corn flour mix, stock, yeast extract, tamari sauce, tomato puree, and the bay leaf.
6. Add the red and brown lentils. If you're using cooked black eye beans, don't add them yet.
7. Bring to the boil and then **simmer** gently for **40 mins**, adding the cooked black eye beans after 10 mins, if using.
8. Prepare and boil the potatoes in filtered or distilled water, until cooked through.
9. **Pre-heat the oven to 170°C / 330°F / gas 3**, 10 mins before the lentil mix has finished cooking.
10. Drain and mash the potatoes thoroughly, adding the goats milk, goats butter, pink Himalayan rock solution (or the ground salt) and the black pepper to taste.
11. Assemble in a large casserole dish, with the lentil mixture at the bottom, the mashed potato spread evenly over the top and finally covered with grated goat's cheese.  
I use a large LeCruzet casserole dish to make the lentil mixture in, so I can just add the final layers and transfer it directly to the oven.
12. **Bake** in the oven for **20 – 25 mins**.

# CHEESY VEGETABLE PIE

Serves 6 - 8

## INGREDIENTS

### Topping:

6 medium	potatoes, washed, peeled and quartered
1 oz / 28 g	goat's butter
3 tbsp	goat's milk
A pinch of	pink Himalayan rock salt, ground (or 1-2 tsp of salt solution)
A few twists of	black pepper, freshly ground

### Base:

1 oz / 28 g	goat's butter
1 tbsp	extra virgin olive oil
1 large	onion, finely chopped
1	red pepper, diced
3 oz / 80 g	French beans, trimmed and sliced in 1 inch pieces
2	carrots, sliced
A few	broccoli florets, small (optional),
4 oz / 110g	sweet corn, frozen
6 oz / 165 g	hard goat's cheese, grated, reserving 1oz / 28g for sprinkling on the top
1½ oz / 40 g	flour, white spelt
¾ pint / 430 ml	goat's milk

## METHOD

1. Prepare and **boil** the potatoes until cooked through, **about 15 mins**, then drain.
2. Meanwhile, **sauté** the onions in the olive oil, over a very low heat, for about **15 mins**, until soft and lightly caramelized, stirring occasionally to prevent sticking.  
Use a large, heavy- based stainless steel or ceramic pan (see page 11).
3. Prepare and lightly **steam** the beans, carrots and broccoli, for **3 – 5 mins**.
4. Add the chopped red pepper to the onions and continue to **sauté for a further 5 mins**.
5. While still over a low heat, sprinkle the flour over the onions and red peppers and stir in, making a roux.
6. **Preheat the oven to 170°C / 325°F / gas 3**.
7. Gradually add the milk, stirring all the time to prevent the sauce from becoming lumpy, until the sauce has thickened.
8. Add the grated cheese, sweet corn and steamed vegetables and season to taste.
9. Put the vegetable mixture in a casserole dish.
10. Mash the potatoes with the goat's butter, goat's milk, salt and pepper and spread the mashed potato over the vegetables.
11. Sprinkle the remaining grated cheese over the top.
12. **Bake** in the oven for **20 – 25 mins**.

## BEEF CASSEROLE

Serve on a buttered jacket potato or with brown basmati rice.

Serves 4

### INGREDIENTS

2 tsp	extra virgin olive oil
2 medium	onions, finely chopped
1 lb / 450 g	best braising beef, cut into 1 ½ inch chunks
2	carrots, diced, in large pieces
1 ½ pints / 850 ml	vegetable stock, homemade
1 bunch of	thyme, fresh or frozen
1	bay leaf
1 heaped tsp	yeast extract or nutritional yeast
4 tsp	corn flour
A large pinch of	pink, Himalayan rock salt
A few twists of	black pepper, freshly ground

### METHOD

1. In a small bowl or mug, mix the corn flour with a few tablespoons of the stock, mix to a paste and put to one side.
2. Prepare the beef and vegetables.
3. Heat the oil in either a frying pan or a ceramic-coated cast iron pan (see page 11).
4. Add small quantities of the beef chunks at a time, stirring to sear and brown them all over.
5. As each batch is browned, transfer it to a dish while the next batch is browned.  
**N.B.** Browning in small amounts makes the bottom of the pan go brown and gives a lovely caramelized taste to the casserole. If all the meat was seared at the same time, there would be too much steam and it would not develop the caramelized meat taste.
6. When all the beef is browned, add about 2 tbsp of the stock to the pan while it is still on the heat.
7. Stir with a wooden spoon to lift all the browned meat juices. This is known as de-glazing the pan.
8. Add the rest of the stock and bring to the boil.
9. **Pre-heat the oven to 160 ° C / 315 ° F / gas 3.**
10. Add the beef and prepared vegetables to the pan.
11. Stir in the yeast extract, salt, pepper, thyme and bay leaf.
12. Stir the corn flour paste then add to the casserole and stir well.
13. If you browned your meat in a frying pan or saucepan, transfer it all into a casserole dish.
14. Put the lid on and cook for about one hour, until the meat is tender.
15. Remove the herbs and serve.

**N.B.** This casserole can be frozen once cooked and cooled, and re-heated from frozen in the oven, taking care that it is piping hot all the way through. This will take approximately 1 ½ hours at 160°C, 315°F, gas 3, depending on the quantity frozen and the size and material of the dish. If you use a Pyrex dish, be sure to place it in a cold oven and then turn it on. Placing a frozen Pyrex dish in a pre-heated oven will crack it.

## COCONUT MARGARINE

This savoury spread can be used as an alternative to goat's butter for spreading on bread. A good way to get flaxseed oil into the diet!

### INGREDIENTS

9 oz / 250 g	coconut oil, organic, extra virgin (available from 'www.bobbyshealthysshop.co.uk')
1 medium	onion, finely chopped
10 cloves	garlic, crushed 10 mins before use
125 ml	flaxseed oil (linseed oil), cold pressed, organic

### METHOD

1. **Chill** the flaxseed oil in the fridge for **at least an hour**. (It should always be stored in the fridge).
2. **Sauté** the onion in the coconut oil over a very low heat, for about **4 - 5 mins**. Stir occasionally to prevent sticking.  
**N.B.** Use a large, heavy-based stainless steel or ceramic pan (see page 11.)
3. Add the garlic and continue to **sauté** gently for only **3 mins**.
4. Allow to cool until the coconut oil just starts to solidify.
5. Strain the coconut oil through a fine sieve or muslin cloth, into the pre-chilled flaxseed oil.
6. Pour into a glass jar.
7. Allow to cool to room temperature.
8. Store the coconut margarine in the fridge.

## CHEESY GARLIC MAYONNAISE

This is an excellent way to get flaxseed oil and raw garlic into your child's diet. Serve with '**crispy breaded chicken strips**' (page 30) or '**chunky oven chips**' (page 32), or use it as a dip for raw vegetable sticks. It is suitable for freezing.

### INGREDIENTS

1 tub / 8 fl oz	cottage cheese, organic (currently available from Tesco's and Waitrose)
1 dsp	mayonnaise, organic
½ tsp	honey
½ clove	garlic, crushed (crush 10 mins before use)
1 tbsp	flaxseed oil, organic, cold pressed (also called linseed oil)
1 tbsp	fresh chives, chopped (optional)

### METHOD

1. Mix all the ingredients in a bowl with a hand blender until smooth.
2. Store in the fridge or freeze in portions.

## PESTO

As well as being wonderful stirred into freshly cooked pasta, it can also be used as a dip for raw vegetables or spread on toast. It is a tasty way to eat raw garlic.

Ideally it should be made using a pestle and mortar, to fully develop the flavours, but it can also be made using a hand blender or food processor.

The measurements given are a rough guideline and should be adjusted to taste. I don't weigh the ingredients for this recipe.

### INGREDIENTS

½ clove	garlic, crushed
½ tsp	pink Himalayan rock salt
4 oz / 110 g	fresh basil leaves, roughly chopped
2 oz / 55 g	pine nuts, lightly toasted
3 oz / 80 g	parmesan cheese, freshly and finely grated
4 tbsp	extra virgin olive oil
1 tsp	lemon juice, optional

### METHOD

1. Lightly toast the pine nuts in a dry stainless steel pan over a low to medium heat, shaking the pan frequently to prevent burning. Toasting lightly gives a creamier pesto, toasting them to a browner colour will give it a nuttier flavour. Allow to cool.
2. Crush the garlic, salt and basil in a pestle and mortar.
3. Add the cooled pine nuts and pound again.
4. Tip the mixture out into a bowl and add the parmesan, olive oil and lemon juice (optional) and mix thoroughly.
5. Add more olive oil, pine nuts or parmesan according to taste and your preferred texture.

**N.B.** Alternatively blend all the ingredients in a food processor or with a hand blender. Adjust the proportions 'to taste' and to your preferred texture.

## HUMMUS

This is a great way to get raw garlic into your diet. It keeps well in glass jars in the fridge for up to a week, or can be frozen. A food processor is an essential piece of equipment for this recipe. Serve with raw carrot or celery sticks, or spread on homemade bread. See my recipe for 'garlicky cheese on toast' on page 54.

### INGREDIENTS

8 oz / 225 g	chickpeas, dried (don't use food from cans because of the toxins in the lining)
2 cloves	garlic, crushed 10 mins before blending into the recipe
2 heaped tbsp	tahini (sesame seed paste)
The juice of 1	lemon
2 tsp	pink, Himalayan rock salt solution (or a generous pinch of ground, pink, Himalayan rock salt)
A few twists of	black pepper, freshly ground
A small amount of	water, reserved from cooking the chickpeas

### METHOD

#### To cook the chickpeas:

If you don't have a pressure cooker, **soak** the chickpeas **overnight** and then **follow the cooking instructions** on the packet.

If you are using a (stainless steel) pressure cooker, cover the chickpeas in plenty of boiling filtered or distilled water and leave to **soak** for **1 hour**. Drain off the soak water and put the beans into the pressure cooker with at least 2 pints / 1 litre of filtered or distilled water, and bring to the boil.

Once pressure has been reached, **pressure cook** for **25 mins**, following the instructions for your pressure cooker. Drain, reserving the soak water, and allow to cool to room temperature.

1. Place all the ingredients in a food processor and blend until smooth.
2. Add enough of the reserved cooking water to obtain a smooth creamy texture.

## APPLE CHUTNEY

This is delicious in goat's cheese sandwiches. 'Muslin' is unbleached, closely-woven cotton cloth. It is used, tied with string, to contain the stems or bunches of herbs, or whole spices. Pieces of muslin can be bought from cook-ware shops or shops which sell fabrics.

Makes about 7 jars

### INGREDIENTS

4 lb / 1.8 kg	eating apples, peeled, cored and very finely chopped
1 pint / 570 ml	un-pasteurized apple cider vinegar (available on-line from 'www.bobbyshealthyshop.co.uk')
1 clove	garlic, crushed
1 large	onion, finely chopped
8 oz / 225 g	rapadura sugar
2 tbsp	blackstrap molasses
2 oz / 55 g	ginger, grated
½ tsp	pink Himalayan rock salt
1 tsp	pickling spice (tied in a piece of muslin)
½ tsp	cayenne pepper
2 – 4 tbsp	raisins (optional)
2 – 4	fresh chillies or ¼ - ½ tsp of chilli powder (optional)

### METHOD

1. Clean the jars with hot, soapy water, then rinse and drain.
2. **Sterilize the jars** by putting them in a cold oven then turning it on to **120°C / 250°F** for about 40 mins.
3. Leave them to cool in the oven.
4. Sauté the finely chopped onion, gently over a low heat, until transparent.
5. Add the crushed garlic and chillies and stir for 2 minutes.
6. Add the apples and ½ a pint of the vinegar and cook gently for 10 – 15 mins.
7. Add the raisins (optional), sugar, ginger, salt and pickling spice (tied with string in a piece of muslin, or use ground mixed spices) and continue to cook for about 1 hour, until thick.
8. Remove the spices in the muslin and stir in the rest of the vinegar.
9. Mash using a potato masher.
10. Put into jars and cover with lids.

## CHOCOLATE CAKES

This uses an 'all in one' method.

They are suitable for freezing, in Pyrex containers, and defrosting overnight in the fridge. They can then be added to packed-lunch boxes. 6 oz / 165 g xylitol and 1 tbsp of vegetable glycerine can be used to replace the sugar and maple syrup when following an anti-Candida diet.

This recipe makes about 12 'muffin sized' cakes.

### INGREDIENTS

4 oz / 110 g	white spelt flour
4 oz / 110 g	plain whole-meal flour
1 oz / 28 g	cocoa powder
¼ tsp	bicarbonate of soda ('aluminium free', available on-line from 'www.bobbyshealthydhop.co.uk')
½ tsp	cream of tartar
4	eggs
1 tsp	vanilla extract (don't use vanilla essence, which is synthetic)
4 oz / 110 g	rapadura sugar
2 tbsp	maple syrup
4 oz / 110 g	goat's butter
5 tbsp	extra virgin olive oil
3 tbsp	goat's milk

### METHOD

- 1 **Pre-heat the oven to 160°C / 315°F / gas 3.**
- 2 Sieve the flours, cocoa powder, bicarbonate of soda and cream of tartar into a large bowl.
- 3 Add all of the other ingredients except the goat's milk.
- 4 Beat thoroughly using an electric mixer.
- 5 Add the goat's milk and beat again.
- 6 Either line your muffin tray with un-bleached paper cases (e.g. from 'If You Care'), or grease a stoneware muffin tray with olive oil.

**N.B.** I use a stoneware muffin tray by 'the Pampered Chef', which is an entirely natural product (see page 12).

- 7 Put 1 heaped tablespoon of cake mixture into each paper case.
- 8 **Bake for 15 – 20 mins.**
- 9 Cool on a wire rack and store in an air-tight tin for up to 5 days.

# FRUIT CAKE

## INGREDIENTS

### Fruit mix:

3 tbsp	malt extract
5 tbsp	honey or maple syrup
5 tbsp	date syrup
Zest and juice of 1	organic orange
Zest of 1	organic lemon
2 large	carrots, finely grated
4 oz / 110 g	goat's butter
4 oz / 110 g	raisins or sultanas
4 oz / 110 g	dates or prunes, chopped
1 tsp	ground cinnamon
1 tsp	ground nutmeg
1 tsp	mixed spice

### Dry mix:

12 oz / 330 g	whole meal flour, organic
2 tsp	cream of tartar
1 tsp	bicarbonate of soda (aluminium-free, available from 'www.bobbyshealthyshop.co.uk')

## METHOD

1. Put all the 'fruit mix' ingredients in a large pan.
2. Bring the mixture to boiling point and simmer for 5 mins.
3. **Pre-heat the oven to 180°C / 350°F / gas 4.**
4. Grease a cake tin with olive oil or line it with baking parchment. (see 'stoneware' on page 12)
5. Sift the flour, cream of tartar and bicarbonate of soda into a large mixing bowl.
6. Add the 'fruit mix' to the 'flour mix' and stir thoroughly to combine.
7. **Bake for approx 1 ½ hours.** Test by inserting a skewer in the middle of the cake. If the skewer comes out clean it is ready, but if it is sticky put it back in the oven for another 10 mins.
8. Cool it in the tin.
9. It keeps well in an air-tight tin for up to 5 days.

## FLAPJACKS

### INGREDIENTS

6 oz / 165 g	goat's butter
4 oz / 110 g	rapadura sugar
3 tbsp	maple syrup
11 oz / 310 g	organic porridge oats
1 tsp	ground cinnamon

### METHOD

- 1 **Pre-heat** the oven to **160°C / 315°F / gas 3**.
- 2 Gently melt the butter in a saucepan.
- 3 Add the sugar and the maple syrup, stirring to dissolve.
- 4 Add the porridge oats and cinnamon.
- 5 Stir to combine all of the ingredients.
- 6 Remove from the heat.
- 7 Line an oven-proof dish, approx 10 x 7 inches, with un-bleached greaseproof paper (see 'non-stick equipment' on page 8).
- 8 Grease with extra virgin olive oil or goat's butter.
- 9 Put the mixture into the prepared dish and press down firmly using the back of a spoon.
- 10 **Bake for 15 – 20 mins**.
- 11 Leave to cool in the dish, then cut the flapjacks to the required sizes after about 5 mins, while they are still hot.
- 12 When they have cooled completely, they can be stored in an air-tight tin for about 5 days.

## ECCLES CAKES

This recipe uses 1 quantity of 'pastry for pasties for pies' (see page 44). They can be frozen.

Makes 6 large Eccles cakes

### INGREDIENTS

1 quantity of	'pastry for pies and pasties', (see page 44)
8 oz / 220 g	currants, or a mixture of currants and raisins
1 heaped tsp	mixed spice
1 heaped tbsp	rapadura sugar
Rind of 1	lemon, grated (optional)

### METHOD

1. Weigh and thoroughly mix the filling ingredients.
2. Lightly grease an enamelled or stoneware baking tray with olive oil (see page 8)
3. **Pre-heat** the oven to **160°C / 315°F / gas 3**.
4. Divide the pastry into 6 – 8 equal parts.
5. Roll out each piece of pastry into a circle. They don't need to be perfect circles.
6. Put approx 1 tbsp of the mixture in the centre of each circle.
7. Brush the edges with water.
8. Fold the edges into the centre and pinch together in the middle to seal them.
9. Turn them over so you can't see the join and flatten.
10. Cut slits across the top with a sharp knife.
11. **Bake for 15 – 20 mins**, until golden brown.

## GINGERBREAD MEN

If you are using a food processor or a 'Kitchen Aid', the goat's butter must be room temperature (soft), however if you are making them by hand, the goat's butter must be cold (hard). 6 oz / 135 g of Xylitol can be used instead of the rapadura sugar and blackstrap molasses / maple syrup while following an anti-Candida diet, or when treating an illness which calls for sugar to be eliminated. (See the section about sweeteners on pages 23 – 25).

### INGREDIENTS

4 oz / 110 g	white spelt flour
4 oz / 110 g	whole meal plain flour
4 oz / 110 g	goat's butter
1	egg, beaten
4 tsp	ground ginger
4 oz / 110 g	rapadura sugar
1 – 2 tbsp	maple syrup (or 1 heaped tbsp of blackstrap molasses)

### METHOD

#### Using an electric mixer:

1. Sift the flour, ground ginger and rapadura sugar into a mixing bowl.
2. Add the soft goat's butter and blend / mix.
3. In a separate bowl; beat the egg, add the maple syrup or molasses to it and beat again.
4. Add the egg mixture to the flour mixture.
5. Blend until it forms into dough. You may need to add extra flour if it is too sticky.

#### By hand:

1. Sift the flour and ground ginger into a mixing bowl.
2. Add the cold goat's butter and chop it in the bowl with a knife.
3. Rub the butter into the flour between your finger tips, as if you are making pastry, until the mixture resembles fine breadcrumbs. Then add the rapadura sugar and mix it in.
4. In a separate bowl; beat the egg, add the maple syrup or molasses to it and beat again.
5. Add the egg mixture to your flour mixture, mix and bring together to form dough, adding extra flour if it is too sticky.
6. Turn the dough out onto a floured surface and roll out to approx ½ cm thickness, moving the dough around and re-flouring if necessary to ensure it doesn't stick.
7. **Pre-heat the oven to 160 ° C / 315 ° F / gas 3.**
8. Cut out your gingerbread men (or biscuits) and put them onto a greased baking tray. Use an enamelled or stoneware baking tray. (See 'non-stick equipment', page 8)
9. **Bake** in the oven for approx **9 – 10 mins**, until golden.
10. Leave to cool slightly on the tin for a few mins and then cool on a wire cooling rack.
11. Store them in an air-tight tin for up to 5 days.

## PANCAKES

I make these pancakes using half buckwheat flour, due to its numerous health benefits (see page 23). Traditional French ‘crepes’ are made with 100% buckwheat flour. Serve with lemon juice and either maple syrup or ‘xylitol’ (See pages 23 – 25, about sugar alternatives)

Makes 8 – 12 pancakes

### INGREDIENTS

4 oz / 110 g	buckwheat flour
4 oz / 110 g	white spelt flour
1 oz / 25 g	whole-meal wheat flour
2	eggs
1 tsp	ground cinnamon
½ pint / 285 ml	goat’s milk
½ pint / 285 ml	water, filtered or distilled

### For frying

1 – 2 tsp (per pancake)	extra virgin olive oil
1 small knob (per pancake)	goat’s butter

### METHOD

1. Sieve the flours and cinnamon into a large mixing bowl.
2. Add the eggs and about ¼ of the milk and water.
3. Mix, using a fork, to form a thick paste.
4. Gradually add the rest of the milk and the water, a trickle at a time, while beating with a hand-held electric mixer until you have a smooth batter.
5. **Leave the batter to rest for about 20 mins** before using.
6. Heat a stainless steel frying pan over a medium heat for a few minutes until nice and hot.
7. Add about 1 dsp of extra virgin olive oil and a small knob of goat’s butter to the pan.  
**N.B.** If the pan is hot enough it should start to bubble and spit straight away.
8. Rotate the pan on a slight tilt to grease all the base of the pan.
9. Immediately add about 1 small ladle-full of batter, moving the pan all the time to thinly coat the base of the pan.
10. **Fry** for about **1 minute**.
11. Turn using a (stainless steel or wooden) fish slice or spatula, gently easing it under the pancake and ensuring it isn’t stuck. Sometimes the first one sticks a little, in the middle.
12. **Fry** on the other side for about **another minute**, then slide onto a plate.
13. Add more oil and butter to the pan, as before, and continue the process until all the batter has been used.
14. Serve with lemon juice and maple syrup (or xylitol), or fresh fruit. Ripe bananas are particularly good. Roll the fruit up in the pancake.

## CUSTARD

Serve with freshly baked warm cake, e.g. 'chocolate muffins' (see page 59).

Serves 4

### INGREDIENTS

2	egg yolks
1 tsp	vanilla extract (available at Sainsbury's and local health food shops – <u>don't</u> use essence, which is synthetic)
1 tbsp	maple syrup or honey, to taste
1 tbsp	corn flour (organic)
$\frac{3}{4}$ pint / 340 ml	goat's milk

### METHOD

- 1 Separate your egg yolks and put them in a small jug or bowl.
- 2 Add the vanilla extract, maple syrup (or honey) corn flour and 2 tbsp of the goat's milk.
- 3 Mix to a smooth paste.
- 4 Gently heat the rest of the milk in a saucepan, almost to boiling point.
- 5 Pour some of the heated milk into your egg mixture, stir rapidly, then pour it all directly back into the saucepan.
- 6 Stir the custard continuously using a wooden spoon, heating gently until the custard has thickened.

## ICE LOLLIES

To make homemade ice-llies with fresh fruits, which taste similar to shop bought ice-llies, I add some maple syrup or honey to sweeten them and some lemon juice to give them a 'tangy' sensation. If you use 'xylitol' (see pages 23 - 25) for sweetening, dissolve it in boiling water first then allow it to cool before adding it to the mixture. With some experimentation, they can be made according to individual taste and to your family's preferences.

Citrus fruits are not generally juiced efficiently by most 'vegetable juicers'. Electric citrus juicers are available, or can be included as an attachment to a food processor.

When I am in a hurry I sometimes use bought organic fruit juice (usually by 'Grove Fresh'), not from concentrate, and mix it with some sieved fresh berries.

### INGREDIENTS

1 pint	orange juice, freshly squeezed
Juice of ½ a	lemon
1 dsp	maple syrup or honey (or 2-3 tsp 'xylitol' dissolved in 1 tbsp of boiling water)

### METHOD

1. Juice the oranges into a large measuring jug.
2. Add the other ingredients and blend, using a hand blender.
3. Pour into ice-lolly moulds (see page 10) and freeze for at least 4 hours.
4. When ready to eat, place the ice-lolly mould briefly under warm running water to remove the lolly from the mould.

### OTHER VARIETIES

Mango makes deliciously creamy ice-llies. Try adding 1 chopped fresh, ripe mango to the recipe, using only ½ pint of juice, and blend.

Fresh berries can also be blended in with the mixture and then passed through a mouli or sieve to remove the seeds.

Try substituting fresh apple juice for the orange juice and add half a punnet of fresh strawberries. Pass through a mouli or sieve to remove the seeds.

## BANANA AND BERRY ICE CREAM

This is ideally made with a masticating juicer, using the appropriate screen. Refer to the manufacturer's instructions booklet. It can also be made using a food processor and a hand blender.

Freeze small pieces of fruit, or whole berries, spread out on a baking tray for an hour or 2, then transfer them to a storage container and put them back in the freezer ready for use. This should stop them sticking together in a solid clump, making them much easier to handle.

Serves 1

### INGREDIENTS

1 (per person)	banana, frozen in slices
1 handful (per person)	frozen berries (e.g. raspberries, blackcurrants, blueberries, etc)

### METHOD

1. Simply feed the fruit pieces through the juicer or blend in a food processor, blending again with a hand blender if necessary to obtain a smooth consistency.
2. Serve immediately.

## MANGO ICE CREAM

This is a delicious, creamy dessert.

Serves 1

### INGREDIENTS

½ a large (per person)	ripe mango
------------------------	------------

### METHOD

1. Simply feed the fruit pieces through the juicer or blend in a food processor, blending again with a hand blender if necessary to obtain a smooth consistency.
2. Serve immediately.

## FRUIT SALAD

Fruit salad must be served an hour before a meal, rather than as a pudding. This is because fruit is digested much more quickly than other foods and it literally rots and ferments in your stomach while other foods are being digested.

The following recipe is just a suggestion. Use whatever organic fruit you have in your fruit bowl, using a variety of different coloured fruits.

Try using mango to replace the orange or black grapes to replace the berries.

I wash fruit in a hydrogen peroxide solution (see page 14).

Serves 2

### INGREDIENTS

1	green apple, un-peeled
1	kiwi, un-peeled
1	orange, peeled and de-pipped
1	banana
A handful of	fresh berries

### METHOD

1. Chop all the fruit into similar sized pieces and put them in a serving bowl.
2. Serve immediately, just as it is.

## FRUIT & HONEY YOGHURT

Be sure to use goat's yoghurt rather than yogurt made from cow's milk (see page 14).

Alternatively, instead of adding fresh berries, blend frozen pieces of banana and berries together until smooth then stir the fruit mixture into the yogurt and honey.

Serves 1

### INGREDIENTS

¼ of a large pot of	goat's yoghurt
1 tbsp	raw honey or maple syrup
1 tbsp	fresh berries

### METHOD

1. Stir together and enjoy!

## CONTACTS

### Abel and Cole

An award winning organic food-delivery company, based in Wimbledon, London. They also offer a weekly, fresh organic fruit and vegetable box scheme to many regions.

### Almond milk maker

We use a machine called 'Soyquick' which can make delicious fresh almond milk, oat milk, brown rice milk, a variety of nut and seed milks and soya milk. We regularly use almond milk but do not use soya milk.

Website: [www.shopwiki.co.uk/SoyQuick+Milk+Maker](http://www.shopwiki.co.uk/SoyQuick+Milk+Maker)

### Bobby's Healthy Shop

Suppliers of pink Himalayan rock salt, aluminium-free baking soda, vegetable glycerine, raw apple cider vinegar (with 'mother') and black-strap molasses. Many other healthy products are available, including vegetable juicers, shower filters, distillers, food-grade hydrogen peroxide and supplements.

All profits from Bobby's healthy Shop go to the charity 'K.I.C.T.' which helps families of children with cancer. 'K.I.C.T.' provides financial support for the families, enabling them to pursue a fully- integrated approach to cancer, as Bobby had. It provides money for extensive private testing (for nutritional status, function, infection, and toxins), weekly organic fruit and vegetable boxes, vegetable juicers, nutritional supplements, and treatments which are not available on the NHS, wherever they are in the world.

All the products sold from their online shop have been used by Bobby, as part of his fully integrated approach to beat his stage 4 neuroblastoma (an aggressive form of childhood cancer).

Tel: 01392 832090

Website: [www.bobbyshealthyshop.co.uk](http://www.bobbyshealthyshop.co.uk)

Email: [thepoundhouse@btinternet.com](mailto:thepoundhouse@btinternet.com)

### Doves Farm

Doves Farm is a company which specializes in organic flours, including white spelt flour and buckwheat flour. They supply many local health food shops with their wide range of flours, and sell them online.

Tel: 01488 684880

Website: [www.dovesfarm.co.uk](http://www.dovesfarm.co.uk)

### 'Stage 4 Cancer Defeated – The truth about our modern food'

The book 'Stage 4 Cancer Defeated – The truth about our modern food' was written by my husband Kevin. It includes all the things we learnt about modern food, in what we hope is an easy to understand and interesting format. It is available from:

Website: [www.bobbyshealthyshop.co.uk](http://www.bobbyshealthyshop.co.uk)

### Minisoff

Minisoff are makers of 100% organic 'ready-meals', for children. A home delivery service is available and they are sent by courier. It is always best to provide children with freshly prepared food however in some instances this is temporarily impossible. These products are very useful during such times, for example if your child is having treatment in a hospital and it isn't possible to prepare fresh food all the time. Remember never to reheat them in the microwave, use a conventional oven instead. The containers used to store the ready-meals are made of plastic, so turn the meals out into a Pyrex, enamel or cast-iron dish with a lid before baking them. I would only use these ready-meals when it is not possible to prepare fresh food. I do not recommend any other ready-meals.

Their Menu includes:

[Mr McGregor's Pie](#)

[Treasure Island Chicken](#)

[Ali Baba's Shepherd's Pie](#)

[Chilli Yum Yum](#)

[Curly Wurly Chicken](#)

[Planet Spaghetti](#)

[Broccoli Bill's Pie](#)

[Creamy Salmon Pasta](#)

[Jolly Spag Bolly](#)

**Tel:** 01225 783221

**Website:** [www.miniscoff.co.uk](http://www.miniscoff.co.uk)

**Email:** [hello@miniscoff.co.uk](mailto:hello@miniscoff.co.uk)

### **Organic meat suppliers**

We should only eat organic meat, from animals which have been grass fed. Local suppliers can be found by asking in your local health food shop or by searching on-line. Try searching with 'Google', inserting, e.g. 'organic meat suppliers south Devon'. Many companies deliver to your door. There are also nation-wide suppliers. We buy our meat from Riverford Farm Shop. (We raise our own chickens their eggs)

### **Organic vegetable box-schemes**

Most local organic vegetable farms run a 'box-scheme', delivering a weekly box of fruit and vegetables to your door or to a local collection point.. You can either choose which fruit and vegetables you receive or have a mix of their choice at a discounted rate. Local suppliers can be found by asking in your local health food shop or by searching on-line. Try searching with 'Google', inserting, e.g. 'organic vegetable box-scheme south Devon'. We buy our fruit and vegetables from Riverford Farm Shop.

### **Riverford Farm Shop**

Suppliers of local, organic: fruit, vegetables, meat, cheese, dairy produce, herbs, plants and flowers. Based in Staverton, near Totnes, Devon, they have a farm and 2 farm shops. They also sell a wide range of dry products, wines, cleaning products. They also run a weekly, fresh organic 'fruit and vegetable box scheme', and a 'meat box scheme', with free delivery to many areas in Devon, and delivery available to many UK mainland addresses.

**Tel:** 01803 762523

**Website:** [www.riverfordorganic.co.uk](http://www.riverfordorganic.co.uk)

**Email:** [office@riverfordfarmshop.co.uk](mailto:office@riverfordfarmshop.co.uk)

### **The Pampered Chef**

I have replaced my non-stick bake-ware with stoneware from The Pampered Chef. They sell a wide range of stoneware, including muffin trays, 'round stones' for pizzas and 'loaf pans' for bread. They are expensive but 100% natural and will last a lifetime, if you don't drop them!

**Tel:** 01344 823600

**Website:** [www.pamperedchef.co.uk](http://www.pamperedchef.co.uk)

**Email:** [uksupport\\_service@pamperedchef.com](mailto:uksupport_service@pamperedchef.com)

# BRITISH SEASONAL FRUITS AND VEGETABLES

## JANUARY

**Vegetables:** Beetroot, Broccoli (purple sprouting), Brussels sprouts, Cabbages (Red, white, green), Carrots, Celeriac, Celery, Chard, Chicory, Endive, Leeks, Lettuce, Onions, Parsnips, Potatoes, Radishes, Rocket, Spinach, Swedes, Turnips, Watercress.

**Fruit:** Apples (Cox's, Brambly), Pears – late (Conference, Concorde, Winter Nellis).

## FEBRUARY

**Vegetables:** Beetroot, Broccoli (purple sprouting), Brussels sprouts, Cabbages (Red, white, green), Carrots, Celeriac, Chard, Endive, Leeks, Lettuce, Onions, Parsnips, Potatoes, Radishes, Rocket, Spinach, Swedes, Turnips, Watercress.

**Fruit:** Apples (Cox's, Brambly), Rhubarb

## MARCH

**Vegetables:** Broccoli (purple sprouting), Brussels Sprouts, Cabbages (red, white green), Carrots, Cauliflower, Celeriac, Chard, Chicory, Endive, Leeks, Lettuce, Onions, Parsnips, Potatoes, Rocket, Spinach, Swedes, Watercress.

**Fruit:** Apples (Cox's, Brambly), Rhubarb

## APRIL

**Vegetables:** Asparagus, Broccoli (purple sprouting), Carrots, Cauliflower, Endive, Leeks, Lettuce, Onions, Potatoes, Radishes, Rocket, Spinach, Watercress.

**Fruit:** Rhubarb.

## MAY

**Vegetables:** Asparagus, Broccoli (purple sprouting), Cabbages (green), Carrots, Cauliflower, Chard, Lamb's Lettuce, Lettuce, Onions, Peas (& sugar snap), Potatoes, Radishes, Rocket, Spinach, Watercress

**Fruit:** Rhubarb

## JUNE

**Vegetables:** Asparagus, Beetroot, Broad Beans, Broccoli (calabrese), Cabbages (green), Carrots, Cauliflower, Chard, Cucumber, Garlic, Lamb's Lettuce, Lettuce, Peas (including sugar snap), Potatoes, Radishes, Rocket, Spinach, Watercress.

**Fruit:** Blackcurrants, Cherries, Gooseberries, Rhubarb, Strawberries, Worcester berries.

## JULY

**Vegetables:** Aubergines, Beetroot, Broad Beans, Broccoli (calabrese), Cabbages (green), Carrots, Cauliflower, Chard, Courgettes, Cucumber, Fennel, French Beans (whole pod), Garlic, Lamb's Lettuce, Lettuce, Onions, Peas (& Sugar Snap), Potatoes, Radishes, Rocket, Runner Beans, Spinach, Sweet corn, Tomatoes, Turnips, Watercress.

**Fruit:** Blackberries, Blackcurrants, Blueberries, Cherries (home grown), Gooseberries, Loganberries, Raspberries, Redcurrants, Rhubarb, Strawberries, White currants, Worcester berries.

## AUGUST

**Vegetables:** Aubergines, Beetroot, Borlotti, Beans, Broad Beans, Broccoli (calabrese), Cabbages (green), Carrots, Cauliflower, Chard, Courgettes, Cucumber, Fennel, French Beans (whole pod), Garlic, Lamb's Lettuce, Leeks, Lettuce, Onions, Peas (including Sugar Snap), Peppers & Chillies, Potatoes, Pumpkins, Radishes, Rocket, Runner Beans, Spinach, Sweet corn, Tomatoes, Turnips, Watercress.

**Fruit:** Apples – early (discovery, George Cave, Red Sleeves), Blackberries, Blackcurrants, Blueberries, Cherries (home grown), Gooseberries, Loganberries, Pears – early-mid (Beth, Williams, Merton, Pride) Plums, Raspberries, Redcurrants, Rhubarb, Strawberries, White currants, Worcester berries.

## SEPTEMBER

**Vegetables:** Aubergines, Beetroot, Borlotti, Beans, Broad Beans, Broccoli (calabrese), Cabbages (green), Carrots, Cauliflower, Celery, Chard, Courgettes, Cucumber, Endive, Fennel, French Beans (whole pod), Garlic, Lamb's Lettuce, Leeks, Lettuce, Onions, Parsnips, Peas (including Sugar Snap), Peppers & Chillies, Potatoes, Pumpkins (and squashes), Radishes, Rocket, Runner Beans, Spinach, Sweet corn, Swedes, Tomatoes, Turnips, Watercress.

**Fruit:** Apples – early & late, Blackberries, Blackcurrants, Blueberries, Damsons, Loganberries, Pears – early-mid (Beth, Williams, Merton, Pride) Plums, Raspberries, Redcurrants, Rhubarb, Strawberries, Worcester berries.

## OCTOBER

**Vegetables:** Aubergines, Beetroot, Borlotti, Beans, Broad Beans, Broccoli (calabrese), Brussels Sprouts, Cabbages (red, white, green), Carrots, Cauliflower, Celery, Chard, Chicory, Courgettes, Cucumber, Endive, Fennel, French Beans (whole pod), Garlic, Lamb's Lettuce, Leeks, Lettuce, Onions, Parsnips, Peas (including Sugar Snap), Peppers & Chillies, Potatoes, Pumpkins (and squashes), Radishes, Rocket, Runner Beans, Spinach, Swedes, Sweet corn, Swedes, Tomatoes, Turnips, Watercress.

**Fruit:** Apples – early & late, Blackberries, Damsons, Grapes (English hothouse), Pears – (early to mid & late), Quince, Raspberries, Rhubarb.

## NOVEMBER

**Vegetables** – Beetroot, Borlotti Beans, Broccoli (calabrese), Brussels Sprouts, Cabbages (red, green, white), Carrots, Cauliflower, Celeriac, Celery, Chard, Lettuce, Onions, Parsnips, Peppers & Chillies, Potatoes, Pumpkins and Squashes, Radishes, Rocket, Spinach, Swedes, Sweet corn, Tomatoes, Turnips, Watercress.

**Fruit** – Apples (late), Pears (late), Quince, Raspberries.

## DECEMBER

**Vegetables** – Beetroot, Broccoli (purple Sprouting), Brussels Sprouts, Cabbages (red, green, white), Carrots, Cauliflower, Celeriac, Celery, Chard, Chicory, Fennel, Greens (Spring and Winter), Leeks, Lettuce, Onions, Parsnips, Potatoes, Pumpkins and Squashes, Radishes, Rocket, Spinach, Swedes, Turnips, Watercress

**Fruit** – Apples (late), Pears (late), Quince,



