

A MANS MEAL

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CONTENTS

Powerful Ways Of Boosting Natural Testosterone Levels 3

Breakfast 5

Sausages with Parsley Mushrooms & Fried Eggs	6
Breakfast Hash with Sweet Potato, Peas & Bacon	7
Chia & Kaffir Lime Pudding	8
Fig & Yoghurt Breakfast Tart	8
Fried Banana with Coconut Chia	9
Apricots with Almond Chia & Granola	10
Chocolate & Banana Protein Shake	11
Espresso & Chocolate Protein Smoothie	11
Mint Chocolate Protein Smoothie	12
Vanilla & Raspberry Protein Smoothie	12
Mushroom Omelette with Chili Onion Relish	13
Parsley Mushrooms with Crispy Bacon	14

Beef Cuts 101 15

Quick Reference Cooking Guides 19

Beef	19
Sheep / Lamb	19
Pig	20

Mains 22

Bolognese with Fresh Salad	23
Beef Bourguignon	24
Pull Apart Lamb with Roast Turnips	25
Slow Cooked Beef Cheeks with Brussels Sprout	26
Diy Spice Rubs	27
DIY Spice Pastes	28
Slow-Roasted Ras El Hanout Lamb Shoulder	29

Chicken Curry	30
Roasted Chicken with Cinnamon & Apples	30
Buffalo Chicken Wings	31
Chicken with Macadamia Mash & Broccolini	32
Beef Carpaccio	33
Baked Salmon with Fennel & Tomatoes	33
Chicken Chili Con Carne with Picked Guacamole	34
Grilled Chili Mackerel with Broccolini	35
Crispy Pork Belly	35
Poached Chicken with Mint Peas	36
Flaked Salmon Salad with Kale & Olives	37
Baked Salmon with Spicy Cauliflower & Almonds	38
Rolled Beef Brisket with Veggies	39
Asian Lamb Salad	39
Poached Chicken & Asparagus Salad	40
Sirloin Steak with Chunky Peas	41

How To Cook The Perfect Steak 42

Desserts 44

Macadamia & Coffee Custards	45
Green Tea Ice-Cream	45
Macadamia, Chili Chocolate Slice	46
No-Bake Chocolate Mousse Cake	47
Chocolate Protein Bars	47
Orange Chocolate Mousse with Pistachios	48
Chia & Passionfruit 'Panna Cotta'	49
Coffee & Almond Ice-Cream	49
Honey & Walnut Chocolate	50

POWERFUL WAYS OF BOOSTING NATURAL TESTOSTERONE LEVELS

When it comes to beneficial hormones within our own bodies, we simply cannot deny the fact that testosterone is one of the most beneficial, especially when it comes down to general aesthetics.

Testosterone is the dominant male sexual hormone that plays a vital role in muscle growth, muscle size, muscle strength, definition, athletic ability, aggression, fertility, libido, metabolic rates, and much more besides. As you may have guessed then, a lot of men find themselves looking for ways to boost testosterone levels within their own bodies, mainly due to the fact that increases in testosterone can yield some fairly astonishing results when it comes to muscle growth.

Sadly, in one of life's cruel twists, testosterone levels peak when in late teens/early twenties and they then begin to gradually decline with each passing year. Some people find that their natural testosterone levels have diminished far quicker than others, leaving their bodies in a state of testosterone deficiency. This in turn means that they find they gain weight easier, will struggle to lose it, will lose muscle mass and strength and will find it harder to increase muscle mass and strength, along with finding themselves with a low libido and possible fertility/sexual health issues as well.

The good news however is that there are natural ways of increasing testosterone levels and some of the easiest ways to do so is through the foods you choose to eat.

Button mushrooms – When we think of foods and testosterone production, and as testosterone plays such a key role in muscle growth, you'd think that typical bodybuilding foods would be your best bet. But whilst some bodybuilding staples are indeed beneficial, a number of studies have found that button mushrooms could significantly increase natural testosterone production within the body. Button mushrooms, scientifically known as *Agaricus Bisporus*, contain ingredients which have been proven to inhibit aromatase, a type of enzyme found to convert androgens (male hormones such as testosterone and HGH) into Estrogens, which are basically the dominant female hormone. Put simply, button mushrooms contain compounds which prevent male sexual health hormones such as testosterone from being converted into Estrogen. Estrogen promotes weight gain, it slows the metabolism and contributes towards gynecomastia, which can physically be seen on men when they develop breasts (aka, man boobs) by storing excess body fat in their chests, particularly around their nipples.

Grass-fed butter – Grass-fed butter refers to butter which is made from the milk of a cow which has been grass-fed. The main reasons why butter from grass-fed cows is considered so beneficial, especially compared with grain-fed butter, is the fact that it is a rich source of Conjugated Linoleic Acid, or CLA for short. This is a natural fat that has been found to be incredibly healthy and beneficial.

CLA provides numerous health benefits, including being able to promote joint health, improve brain health, aid in digestion and boost the metabolism. In regards to testosterone production, grass-fed butter is beneficial because the CLA that it contains can also help to balance out levels of insulin and Estrogens, both of which can reduce testosterone levels if they are too high and too unstable. Additionally, it is also

rich in Vitamin A that has been proven to assist with natural testosterone production. Not only does grass-fed butter contain ingredients which help to prevent unstable hormone levels that can reduce testosterone levels, it also contains ingredients which help to boost testosterone levels in the process.

Grass-fed red meat – Red meat, especially grass-fed red meat, is another food that is perfect for natural testosterone production for a number of reasons. It too contains CLA and is also naturally rich in vitamins and minerals, including zinc and iron. A number of studies conducted over the years have found a direct link between certain minerals, including both iron and zinc, in helping increase testosterone levels within the human body. If trying to boost testosterone levels, it's important that you opt for grass-fed red meat, because grain fed animals aren't consuming a natural diet which allows for the meat to be rich in valuable nutrition.

Low carb diet – A low carbohydrate diet, particularly the ketogenic diet, have been found to favorably impact testosterone levels within the human body. Fat has been found to play an important role in testosterone production. When you follow a low carb diet, you restrict carbohydrates and consume a diet rich in protein and fats. Fats are the body's preferred energy source and as such, after a while of consuming high amounts of healthy fats and proteins, diet-induced hormonal alterations set in, which again restricts aromatase, which in turn restricts the production of Estrogens. Add to this the many benefits of healthy fats such as CLA and the fact that many meats contain minerals and vitamins responsible for helping to naturally boost testosterone production, and you have all the makings of the perfect anabolic, testosterone boosting diet.



SAUSAGES WITH PARSLEY MUSHROOMS & FRIED EGGS

BREAKFAST

Serves 2

8 **sausages**

1 tablespoon **olive oil**

2 **eggs**

small handful **rocket / arugula leaves**

Parsley Mushrooms

1 tablespoon **grass-fed butter**

6 button **mushrooms**, sliced

3 tablespoons **parsley**, finely chopped

freshly ground **black pepper**

Heat a frying pan over medium heat and add the olive oil and sausages, cook, turning occasionally for 5 minutes or until golden brown and cooked.

Place a second frying pan on low-medium heat and melt half of the butter. Add the mushrooms and cook, tossing regularly, until slightly wilted and golden. Add the parsley and cook until the parsley has wilted. Season with pepper then transfer the mushrooms to a plate.

Wipe the frying pan clean then return to the heat along with the remaining butter. Crack in the eggs then fry until cooked to your desired liking. Remove the eggs from the pan and place onto the serving plate.

Place the sausages, eggs, mushrooms and rocket onto a plate to serve.



BREAKFAST HASH WITH SWEET POTATO, PEAS & BACON

BREAKFAST

Serves 2

1 small **sweet potato**, peeled and diced

1 cup **green peas**

2 tablespoons **grass-fed butter**

4 rashers of **bacon**, sliced

1 **green apple**, peeled, cored and diced

2 **eggs**

Place the sweet potato in a pot of boiling water and cook for 10 minutes or until tender. Add the green peas and leave covered to cook for 1-2 minutes. Drain the water then add the apple and stir to combine.

Melt the butter in a skillet on medium heat then crack in the eggs and fry until cooked to your desired liking. Remove the eggs from the skillet and place to the side.

Leaving the excess oil in the skillet return to the heat and add the bacon. Fry until the bacon has started to turn crispy then remove from the heat and add in the sweet potato, peas and apple. Combine well then top with the fried eggs to serve.



CHIA & KAFFIR LIME PUDDING

BREAKFAST

Serves 2

2 cups **coconut milk**

6 **kaffir lime leaves**, crushed

1 tablespoon **xylitol**

⅓ cup **chia seeds**

Place a small pot on low-medium heat and add the coconut milk, kaffir lime leaves and xylitol. Allow to simmer for 5 minutes then allow to cool. Remove the kaffir lime leaves then add the chia seeds and combine well. Let stand for 10 minutes then stir to break up any lumps. Repeat after resting for a further 10 minutes then place in the refrigerator for 6 hours or overnight.

Serve.

FIG & YOGHURT BREAKFAST TART

BREAKFAST

Serves 4

Base

1 cup **sesame seed flour**

⅔ cup **almond butter**

¼ cup **coconut oil**, melted

2 tablespoons **honey**

Filling

2 cups **organic yoghurt or coconut kefir**

seeds from 1 **vanilla bean**

1 tablespoon **honey**

½ teaspoon **ground cinnamon**

8 **figs**, quartered

Preheat a fan-forced oven to 160° degrees Celsius / 325° degrees Fahrenheit and line a tart pan roughly 16cm in diameter with baking paper.

Place the base ingredients in a large bowl and combine well then press into the base of the tart pan. Transfer into the oven for 15-20 minutes or until lightly golden. Allow to cool slightly before placing in the refrigerator.

When ready to serve, place the yoghurt, vanilla seeds, honey and cinnamon in a bowl and combine well. Scoop out into the chilled tart base then top with the figs.

FRIED BANANA WITH COCONUT CHIA

BREAKFAST

Serves 2

½ cup **chia seeds**

1½ cups **coconut milk**

pinch of **ground cinnamon**

2 tablespoons **maple syrup**

2 tablespoons **almond butter**

Fried Banana

1 tablespoon **grass-fed butter**

2 **bananas**, mashed

Prepare the chia porridge in advance. In a large bowl combine the chia seeds, coconut milk and cinnamon. Let stand for 10 minutes then stir to break up any lumps. Repeat after resting for a further 10 minutes then place in the refrigerator for 6 hours or overnight.

Place a frying pan on low-medium heat and melt the butter. Add the mashed banana and spread out across the base of the pan. Fry for 2-3 minutes or until the bottom has browned, scramble while flipping over and continue to fry for a further minute.

Place the fried bananas into a serving bowl with an even portion of coconut chia. Drizzle with maple syrup and serve with a dollop of almond butter.



APRICOTS WITH ALMOND CHIA & GRANOLA

BREAKFAST

Serves 2

¼ cup **chia seeds**

1½ cups **almond milk**

6 fresh **apricots**, halved

½ cup **Paleo-friendly Granola**

Prepare the chia porridge in advance. In a large bowl combine the chia seeds and almond milk. Let stand for 10 minutes then stir to break up any lumps. Repeat after resting for a further 10 minutes then place in the refrigerator for 6 hours or overnight.

Place the apricot halves in the bottom of a serving cup or bowl and top with the chia porridge. Sprinkle with granola to serve.



CHOCOLATE & BANANA PROTEIN SHAKE

BREAKFAST

Serves 1

1 small **banana**

1 scoop **chocolate protein powder**

1 cup **macadamia milk**

pinch of **ground cinnamon**

pinch of **ground nutmeg**

Place all of the ingredients into a blender and blend until smooth.

Serve.

ESPRESSO & CHOCOLATE PROTEIN SMOOTHIE

BREAKFAST

Serves 1

1½ cups **macadamia milk or other nut milk**

1 scoop **chocolate protein powder**

1 small **banana**

1 shot **espresso**

Place all of the ingredients into a blender and process for 20-30 seconds to combine.

Serve.

MINT CHOCOLATE PROTEIN SMOOTHIE

BREAKFAST

Serves 1

1½ cups **macadamia milk or other nut milk**

1 scoop **chocolate protein powder**

1-2 drops food-grade **natural peppermint oil**

1 small **banana**

Place all of the ingredients into a blender and process for 20-30 seconds to combine.

Serve.

VANILLA & RASPBERRY PROTEIN SMOOTHIE

BREAKFAST

Serves 1

1 cup **macadamia milk or other nut milk**

1 scoop **vanilla protein powder**

½ cup **raspberries**

Place all of the ingredients into a blender and process for 20-30 seconds to combine.

Serve.

MUSHROOM OMELETTE WITH CHILI ONION RELISH

BREAKFAST

Serves 2

Chili Onion Relish

1 small **red onion**, thinly sliced

1 tablespoon **grass-fed butter**

2 teaspoons **maple syrup**

pinch of **cayenne pepper**

Mushroom Omelette

2 teaspoons **grass-fed butter**

8 **button mushrooms**, chopped

1 large handful **kale**, stems removed and leaves chopped

6 **eggs**

freshly ground **salt and pepper**

Make the relish by placing a frying pan on medium heat and melting the butter. Add the onion and cook until caramelized. Add the maple syrup and cayenne pepper then place the relish to the side and wipe the frying pan clean.

Return the frying pan to heat and melt 1 teaspoon of the butter. Add half of the mushrooms and kale and stir until the mushrooms are tender and kale wilted.

Place the eggs in a bowl and whisk well with a fork then pour half into the frying pan, swirling the pan if necessary to cover the base. Cook for 3-4 minutes or until the eggs are just cooked on top. Flip the omelette out onto a serving plate and top with relish. Repeat the process to create the second omelette.

Season with salt and pepper to serve.

PARSLEY MUSHROOMS WITH CRISPY BACON

BREAKFAST

Serves 2

6 rashers of **bacon**, sliced

2 tablespoons **olive oil**

4 small **portobello mushrooms**, stems removed

2 handfuls **parsley**, roughly chopped

1 small **sweet potato**, peeled and chopped

2 teaspoons **grass-fed butter**

freshly ground **black pepper**

Heat the olive oil in a skillet on medium heat and add the bacon. Fry until the bacon has started to turn crispy then remove from the skillet. Return the skillet to the heat and turn down to low-medium. Add the mushrooms and fry for 2 minutes then turn over and cook on the other side for a further 2 minutes, add the parsley to the skillet and stir for 30 seconds or until slightly wilted.

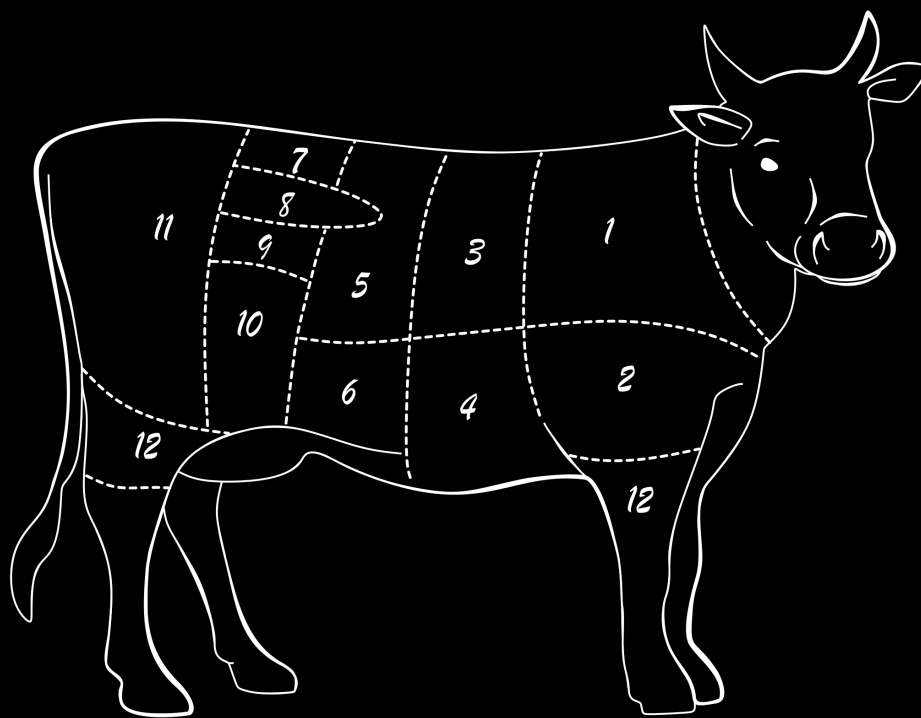
Meanwhile, place the sweet potato in a pot of boiling water and cook for 10-15 minutes or until tender, drain then add the butter and mash with a potato masher until smooth.

Place the sweet potato mash onto a plate and top with the mushrooms, parsley and bacon. Serve with freshly cracked black pepper.





BEEF CUTS 101



1. Blade/Chuck

Flat Iron steaks have all connective tissue and silver skin removed from the meat and is pre-cut into portions that are easy to cook, delivering a juicy, tender and full flavored meat.

Oyster Blade steaks are the same cut as the flat iron steak, but with the connective tissue and silver skin still attached to the meat. A tender cut of meat that has a thin line of gristle attached which runs through the middle of the steak which is best scored prior to cooking to prevent curling.

Blade Bolar is a versatile cut of meat that is taken from the beef shoulder. It can sometimes have a slight crunch due to small amounts of cartilage being in the meat. Perfect for the BBQ'ing, grilling, frying or slow cooking.

Blade Steak comes from the shoulder blade and is versatile in cooking. Perfect when diced or sliced into strips for braising, slow cooking, BBQ'ing or stir-fries.

Blade/Shoulder Roast also comes from the shoulder blade and can be cooked whole as a roast or pre-sliced into steaks or cubed for slow-cooking.

Chuck Steak consists of connective tissue as a result of coming from the neck muscles which are heavily used in the animal. Chuck steak is best used for slow-cooking techniques which allow for the connective tissue to break down.

2. Brisket

Brisket/Point End Brisket comes from the pectoral muscles of the animal. With a good amount of connective tissue within the meat due to it being a well exercised muscle, it is best used within slow cooking techniques. Perfect for a fall-off-the-bone result.

3. Rib

Scotch Fillet Steaks are not a heavily used muscle of the animal and is more correctly termed as a support muscle found between the rib bones. As a result the meat is lovely tender and moist when fast cooked methods such as BBQ'ing, stir-frying or pan-frying are used, making it one of the most popular cuts of beef.

Rolled Rib Beef Roast comes from the back of the shoulder blades and has all bones removed, rolled then tied. Best suited for roasting or placed in a large casserole dish with slow-cooking methods.

Standing Rib Roast is the same cut as the Rolled Rib Beef Roast, but has the rib bones attached. The meat is a tender cut and is best roasted in a hot oven until a medium doneness has been reached.

Rib Cutlets are cut from the full rack of ribs. Commonly cooked on the BBQ, Rib Cutlets are full of flavor and tender.

4. Plate

Skirt Steak is a tough cut of meat but has rich flavors. It is a cut well suited for marinades and cooking methods ranging from stir-frying to braising.

5. Rump

Rump Cap has a wonderful flavor that has made itself a favorite in many countries. It is commonly roasted in a hot oven or BBQ'd whole or in steaks that are cut across the grain.

Rump Roast is a boneless piece of beef which covers the hip bone area. The Rump Roast is another cut which is versatile in cooking methods, ranging from roasting to BBQ'ing, braising and slow cooking.

Rump Steak is best cooked quickly under hot temperatures due to the meat being lean. It is generally considered best when cooked with no more than 1.5cm in thickness and not cooked above medium-rare. With its firmer texture and its rich beefy flavor, this cut is also commonly used in stir-fries when thinly sliced and when BBQ'ing.

6. Flank

Flank Steaks come from under the abdominal area of the animal and is generally purchased in a long, flat shape that has a coarse grain along its length. A versatile cut of beef that is suited for stir-frying or slow cooking methods.

7. Sirloin

9. Top Sirloin

10. Bottom Sirloin

Sirloin Steaks are taken from the rump end of the striploin, which is located along the spine of the hindquarter. They are tender and best cooked in high temperatures such as BBQ'ing and pan frying.

Sirloin Roast comes from between the ribs and the rump. A tender and flavorsome cut of beef best suited for roasting, or thinly sliced for stir frying.

T-Bone Steaks consists of little to no connective tissue and fat and is perfect for BBQ'ing. The T-Bone is t-shaped and comes from the rib end of the striploin where the large cut of meat becomes the beef on the steak.

8. Tenderloin

Eye Fillets are known as a premium cut of beef as out of all the muscles on the animal, it does the least amount of exercise. It is a very tender cut of meat with very little to no fat or connective tissue, making it a versatile cut that is commonly roasted and served medium-rare or sliced into steaks and BBQ'd.

11. Silverside

Corned Silverside is an exercised muscle that comes from the outer side of the leg, between the knuckle and the topside. Slow cooking methods with moisture or corning are the best for this cut to produce a tender dish.

Eye Round is part of the silverside muscles, coming from the outer-side of the thigh on the hind leg. Most commonly cooked with slow cooking methods or braised after dicing.

Topside is a lovely lean cut of beef that is best suited for slow cooking methods. This cut comes from the inside of the hind leg.

12. Shin/Shanks

Gravy Beef comes from the well used muscles of either the shin area or heel muscle in the silverside. As a result there is a lot of connective tissue within the meat and therefor is best used for slow cooking in order for the connective tissue to break down with an end result being a lovely rich, full flavored and gelatinous meat.

Beef Shank/Osso Buco comes from the bottom portion of the front or rear leg. It is a tough cut of meat and is best used for slow cooking to create a tender fall-off-the-bone meat.

Knuckle

Knuckle Medallions are a lean cut of beef and are versatile in cooking but best suited in low temperature slow cooked methods.

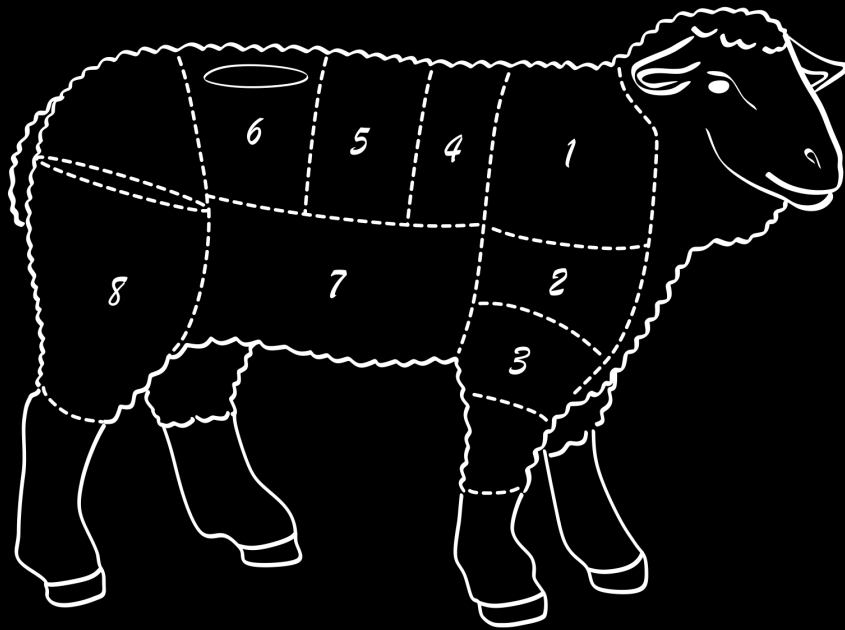
QUICK REFERENCE COOKING GUIDES

BEEF

Slow Cooking	Grilling
Cheeks	Rib-Eye
Neck	Porterhouse
Tongue	Fillet
Brisket	Sirloin
Neck	Heart
Tail	Skirt
Oxtail	T-Bone
Shins	Flat Iron
Flank	
Short Ribs	
Chuck	

SHEEP / LAMB

Slow Cooking	Grilling
Neck	Shoulder
Shank	Ribs
Leg	Saddle
Breast	Loin
Shoulder	Rack
Head	Belly



1. Neck (Scrag)

2. Shoulder

3. Shanks

4. Best End

5. Loin /Rack

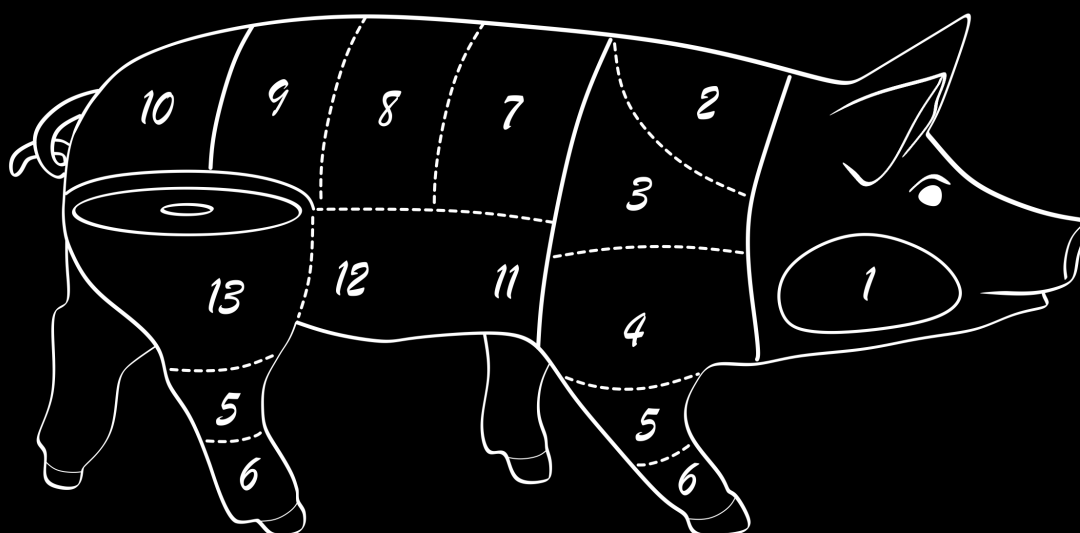
6. Saddle

7. Breast, Belly & Ribs

8. Legs

PIG

Slow Cooking	Grilling
Jowl	Loin
Collar	Rump
Head	Chuck Joint / Shoulder Chops
Shoulder	Butterflied Shoulder
Hocks	T-Bone
Hand	Loin Chops
Belly	Rump
Ribs	Leg Steaks
	Heart, Liver, Kidney



1. Jowl

2. Blade / Shoulder

3. Shoulder Chops / Chuck Joint

4. Hand

5. Hock

6. Trotters

7. Best End

8. Loin

9. T-Bone

10. Rump

11. Thick End of Belly & Ribs

12. Thin End of Belly

13. Leg (Ham)



BOLOGNESE WITH FRESH SALAD

MAINS

Serves 4

500g **minced beef**

1 tablespoon **grass-fed butter**

1 **onion**, finely chopped

2 **garlic cloves**, minced

550g **Paleo friendly tomato pasta sauce**

1 small **sweet potato**, peeled and chopped

1 sprig of **rosemary**

3 **bay leaves**

freshly ground **salt and pepper**

Salad

2 large handfuls **fresh salad leaves**

1 tablespoon **olive oil**

2 teaspoons **balsamic vinegar**

Place the butter, onion and garlic in a pot on medium heat, stir regularly until the onions have browned then add the minced beef, continue stirring to break up the beef until it has browned. Add the remaining ingredients then cover and allow to simmer for 60-90 minutes, or until the meat is tender. Remove the bay leaves and rosemary stalk.

Use a potato masher to break up the sweet potato until it is no longer visible. Season with salt and pepper if desired.

Place the olive oil and balsamic vinegar in a salad bowl and combine. Add the lettuce leaves and toss to coat in the dressing. Serve the bolognese with a side of fresh salad.



BEEF BOURGUIGNON

MAINS

Serves 4

500g **beef chuck**, diced

2 tablespoons **grass-fed butter**

2 **onions**, finely chopped

1 **leek**, thinly sliced

3 **celery stalks**, chopped

4 **carrots**, peeled and diced

6 rashers of **bacon**

½ bunch **fresh thyme**

4 **bay leaves**

2 cups **beef stock**

250ml **red wine**

250g **button mushrooms**, sliced

freshly ground **salt and pepper**

Turnip Mash

4 **turnips**, peeled and chopped

2 tablespoons **grass-fed butter**

Heat the butter in a large pot on medium heat and add the beef, working in batches if needed fry until the beef has browned then remove from the pot and place to the side.

Place the onions, leek, celery and carrots to the pot and fry for 5-6 minutes to warm then add the bacon, thyme, bay leaves, stock and red wine. Cook for 5 minutes to remove the acidity in the wine then add the beef to the pot. Cover and leave to cook for 3 hours then add the mushrooms and cook for a further 30-60 minutes or until the beef is very tender. Season with salt and pepper.

Meanwhile, place the turnips in a pan of boiling water and cook for 10-15 minutes or until tender, drain then add the butter and mash with a fork.

Serve the beef on a bed of turnip mash.

PULL APART LAMB WITH ROAST TURNIPS

MAINS

Serves 4-6

1 **leg of lamb**

Roast Turnips

6 **garlic cloves**

4-6 small **turnips**

6 **rosemary** sprigs

3 tablespoons **olive oil**

freshly ground **salt and pepper**

2 tablespoons **grass-fed butter**

2 **onions**, thinly sliced

1 **small leek**, thinly sliced

½ bunch **fresh thyme**

2 **bay leaves**

½ bunch **fresh parsley**

250ml **chicken stock**

Preheat a fan-forced oven to 140° degrees Celsius / 285° degrees Fahrenheit.

Stab the lamb 12 times with a sharp knife then press into each hole either a clove of garlic or rosemary sprig. Rub the lamb with olive oil, salt and pepper then place the lamb on a roasting rack with tray underneath to catch the juices. Cover the tray with foil then transfer the lamb into the oven for 6-8 hours or until the lamb pulls away from the bone. Leave covered and place to the side.

Wrap the turnips individually into a sheet of aluminium foil then place onto a baking tray. Transfer into the oven for 30-40 minutes or until a knife easily pieces through the turnip.

During the last hour of the lamb cooking, place a pot on medium heat and melt the butter. Add the onions and leek and fry until lightly browned then add the bay leaves, thyme, parsley, chicken stock and roughly 100ml of lamb juices, allow to simmer for 30-40 minutes for the sauce to reduce.

Serve the lamb with the onion and leek sauce and roast turnips.

SLOW COOKED BEEF CHEEKS WITH BRUSSELS SPROUT

MAINS

Serves 4

4 beef cheeks	1 cup tomato passata
1 tablespoon grass-fed butter	3 cups beef or chicken stock
1 onion , diced	2 bay leaves
2 garlic cloves , minced	1 tablespoon oregano
2 carrots , diced	12 Brussels sprouts

Place a large cast iron pot on medium heat and melt the butter. Add the beef cheeks and brown on both sides then remove from the pot and place the side.

Add the onion and garlic to the pot and fry until golden brown then add the carrots, tomato passata, stock, bay leaves and oregano. Return the beef cheeks to the pot then cover and leave to cook for 2-3 hours or until the beef cheeks are tender. During the last 20 minutes of cooking, add the Brussels sprouts and additional stock if more liquid is needed. Serve.



DIY SPICE RUBS

Ras El Hanout

- 1 teaspoon ground **coriander**
- 2 teaspoons ground **ginger**
- 1 teaspoon **cinnamon**
- 1 teaspoon **allspice**
- 1 teaspoon **turmeric**
- ½ teaspoon ground **cardamon**
- ½ teaspoon ground **black pepper**
- ½ teaspoon ground **white pepper**
- ¼ teaspoon **cayenne pepper**
- ¼ teaspoon **ground cloves**

Dry-fry the spices in a pan until aromatic. Cool then store in an airtight container.

Moroccan Spices

- 4 tablespoons ground **cumin**
- 4 tablespoons ground **coriander**
- 2 teaspoons **allspice**
- 2 teaspoons ground **ginger**
- 1 teaspoon ground **cinnamon**
- ½ teaspoon ground **nutmeg**
- ¼ teaspoon **cayenne pepper**

Dry-fry the spices in a pan until aromatic. Cool then store in an airtight container.

Taco Spices

- 2 teaspoons ground **cumin**
- 1 teaspoon **paprika**
- 1 teaspoon dried **oregano**
- ½ teaspoon **cayenne pepper**
- ½ teaspoon **garlic powder**
- ½ teaspoon **onion powder**
- ½ teaspoon ground **sea salt**

Dry-fry the spices in a pan until aromatic. Cool then store in an airtight container.

Garam Masala

- 3 **bay leaves**
- 1 tablespoon **coriander seeds**
- 1 teaspoon ground **cumin**
- 1 teaspoon ground **black pepper**
- 1 teaspoon ground **fenugreek seeds**
- ¼ teaspoon ground **cloves**
- ¼ teaspoon ground **cardamon**
- ¼ teaspoon ground **cinnamon**
- ¼ teaspoon **cayenne pepper**

Dry-fry the spices in a pan until aromatic. Cool then store in an airtight container.

Mole

- 1 tablespoon **paprika**
- 2 teaspoons ground **cumin**
- 1 teaspoon ground **oregano**
- 1½ teaspoons **cocoa powder**
- 1 teaspoon **coconut sugar**
- ½ teaspoon ground **sea salt**
- ¼ teaspoon ground **black pepper**
- ¼ teaspoon **cayenne pepper**

Dry-fry the spices in a pan until aromatic. Cool then store in an airtight container.

DIY SPICE PASTES

Harissa Paste

- 10 **red chillies**, soaked and drained
- 4 **garlic cloves**, minced
- ¼ cup **olive oil**
- 1 teaspoon **cumin seeds**
- 1 teaspoon **coriander seeds**
- ¼ teaspoon ground **turmeric**
- ¼ teaspoon ground **sea salt**

Dry-fry the spices in a pan until aromatic. Cool then place into a small food processor and blend to create a paste. Store in a jar and keep in the refrigerator.

Green Curry Paste

- 1 **lemon grass stalk**, chopped
- 1 small **brown onion**, chopped
- 2 **garlic cloves**, chopped
- 1 inch piece of **fresh ginger**
- 2-3 **hot green chillies**, chopped
- ¼ cup **coriander leaves**
- 1½ tablespoons wheat-free **soy sauce** or **coconut aminos**
- 3 tablespoons **olive oil**
- 1 teaspoon ground **black pepper**
- 1 teaspoon **coriander seeds**

Place the ingredients into a small food processor and blend to create a paste. Store in a jar and keep in the refrigerator.

SLOW-ROASTED RAS EL HANOUT LAMB SHOULDER

MAINS

Serves 4

1.5kg **lamb shoulder** on the bone

2 tablespoons **ras hel hanout**

1 tablespoon ground **sea salt**

2 tablespoons **olive oil**

250ml **white wine**

150ml **red wine vinegar**

3 **red onions**, thinly sliced

1 **garlic bulb**, peeled and cloves separated

½ bunch **fresh thyme**

2 **lemons**, halved

freshly ground **black pepper**

½ cup **toasted almond slivers**

1 handful fresh **mint leaves**, torn

Roast Carrots

12-16 small **carrots**

2 tablespoons **olive oil**

Combine the ras hel hanout, salt and olive oil in a bowl then rub the mixture into the lamb shoulder, cover then place into the refrigerator for 6 hours or overnight. Remove the lamb from the refrigerator and leave in room temperature for at least 1 hour before cooking.

Preheat a fan-forced oven to 140° degrees Celsius / 285° degrees Fahrenheit.

Pour the wine and vinegar into a roasting tray then add the onions, garlic cloves, thyme and lemon. Place the lamb shoulder into the baking tray then cover the tray with aluminium foil or a lid then place into the middle shelf of the oven for 5-6 hours.

Remove the foil from the tray then return the lamb to the oven to cook for a further 30-40 minutes or until the lamb is tender and falling off the bone.

At the same time, place the carrots onto a separate baking tray and lightly coat in olive oil. Place into the oven for 30-40 minutes or until tender.

Serve the lamb with toasted almond slivers, fresh mint leaves and black pepper with a side of roasted carrots.

CHICKEN CURRY

MAINS

Serves 2

2 chicken breasts , sliced	1½ cups chicken stock
1 tablespoon macadamia oil	1 bunch asparagus , ends trimmed, sliced in half lengthwise
1 tablespoon red curry paste	1½ cups coconut milk
2 shallots , sliced	handful green beans , top and tailed
1 tablespoon lemon juice	handful snow peas , top and tailed
1 tablespoon coconut aminos	½ teaspoon ground nutmeg

Place a skillet on high heat and add the macadamia oil. Add the chicken and stir-fry for 2-3 minutes or until browned but not cooked, then remove from the skillet and place to the side.

Return the skillet to the heat and add the red curry paste and shallots and fry for 60 seconds then add the lemon juice, coconut aminos, chicken stock and asparagus. Bring to boiling point then return the chicken to the skillet, cover and leave to cook for 10 minutes then add the coconut milk, green beans, snow peas and nutmeg, stir to combine then cover and leave to cook for a further 5 minutes.

Serve.

ROASTED CHICKEN WITH CINNAMON & APPLES

MAINS

Serves 4-6

1.5kg whole chicken
1 teaspoon ginger
1 teaspoon ground cinnamon
1 tablespoon honey
2 tablespoons grass-fed butter , softened
6 apples , cored and sliced

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit.

Place the ginger, cinnamon and honey in a bowl and combine well, then rub onto the top of the chicken. Separate the skin from the breast by using your fingers then rub with the butter.

Place the sliced apples onto the bottom of a deep baking tray and place the chicken on top. Transfer into the oven and cook for 1.5-2 hours or until the chicken is cooked through. Remove the chicken from the oven every 20 minutes to base in the juices.

Serve.

BUFFALO CHICKEN WINGS



MAINS

Serves 2-4

8 **chicken wings**, cut at the joints, tips removed

2 tablespoons **harissa paste**

2 tablespoons **honey**

1 tablespoon **lemon juice**

2 tablespoons **olive oil**

1 tablespoon **balsamic vinegar**

2 large handfuls **rocket leaves / arugula**

Place the harissa paste, honey and lemon juice into a large bowl and combine well. Add the chicken wings and toss to coat well in the marinade. Cover and place into the refrigerator for 60 minutes.

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit.

Spread the chicken wings onto a baking tray then place into the oven for 20-25 minutes or until the chicken has cooked. Baste the wings in the juices a few times then change the oven setting to grill and return the chicken to the top layer of the oven and cook for a further 3-5 minutes or until the skin has turned crispy.

Place the olive oil and balsamic vinegar in a large salad bowl and combine well. Add the rocket and toss to coat in the dressing.

Serve the buffalo chicken wings with a side of salad.

CHICKEN WITH MACADAMIA MASH & BROCCOLINI

MAINS

Serves 4

4 **chicken breasts**

500ml **chicken stock**

freshly ground **salt and pepper**

2 bunches **broccolini**

2 tablespoons **olive oil**

$\frac{2}{3}$ cup **macadamia nuts**

freshly ground **black pepper**

Macadamia Mash

1 large **sweet potato**, peeled and chopped

$\frac{1}{3}$ cup **macadamia butter**

pinch of ground **sea salt**

Place a medium pot on medium heat and the stock. Bring to simmering point then slowly add the chicken breasts. Cover and cook for 8-10 minutes or until the chicken has cooked through. Remove from the pot and allow to cool slightly before slicing.

Meanwhile, place the sweet potato in a pot of boiling water and cook for 10-15 minutes or until tender, drain then add the macadamia butter and salt. Use an electric hand blender to create a smooth consistency.

Place the broccolini in a pot of boiling water and cook for 5-10 minutes or until tender.

Place the sliced chicken on a plate with a side of macadamia mash and broccolini. Drizzle with olive oil and top with macadamia nuts and pepper to serve.



BEEF CARPACCIO

MAINS

Serves 2

400g bavette steak or beef eye fillet	3 tablespoons home-made mayonnaise
freshly ground salt and pepper	2 tablespoons lemon juice
1 tablespoon grass-fed butter	4 cherry tomatoes , finely chopped
1 tablespoon olive oil	¼ cup parsley , finely chopped
2 tablespoons capers	2 tablespoons pine nuts
1 tablespoon Dijon mustard	

Heat a frying pan on medium-high heat and melt the butter. Rub both sides of the steak with salt and pepper then place into the hot frying pan, cook on both sides for 3-5 minutes or until medium-rare. Allow the steak to cool then place into the refrigerator for 60-90 minutes to cool.

Clean the frying pan then return to medium heat along with the olive oil and capers. Fry for 3-5 minutes or until crispy.

Place the Dijon mustard, mayonnaise and lemon juice in a small bowl and combine well.

Slice the steak into very thin slices against the grain. Place onto a large plate then drizzle with the mustard and mayonnaise dressing and sprinkle with the capers, tomatoes, parsley and pine-nuts to serve.

BAKED SALMON WITH FENNEL & TOMATOES

MAINS

Serves 4

4 salmon fillets , skin removed
1 small fennel , thinly sliced
1 punnet cherry tomatoes , halved
1 cup pitted Kalamata olives , chopped
2 tablespoons olive oil
freshly ground salt and pepper
1 lemon , quartered

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line a baking tray with baking paper.

Place the fennel, tomatoes and olives onto the baking tray and place the salmon fillets on top, drizzle the olive oil over the salmon and season with salt and pepper. Place into the oven for 15-20 minutes or until the salmon has cooked.

Serve with a slice of lemon.

CHICKEN CHILI CON CARNE WITH PICKED GUACAMOLE

MAINS

Serves 4-6

1 BBQ chicken (approximately 1-1.2kg), meat shredded	Pickled Jalapeno Guacamole
1 tablespoon grass-fed butter	2 avocados
1 onion , diced	1 small garlic clove , finely chopped
1 red capsicum / bell pepper , diced	200g pickled jalapenos , finely chopped
¼ cup tomato passata	3 tablespoons lime juice
2 tablespoons paprika	¼ cup fresh coriander / cilantro , finely chopped
1 teaspoon ground turmeric	
1 teaspoon ground cumin	
¼ teaspoon cayenne pepper	
3 cups chicken or vegetable stock	

Place a medium sized pot on medium heat and melt the butter. Add the onion and fry until lightly browned then add the shredded chicken, capsicum, tomato passata, paprika, turmeric, cumin and cayenne pepper. Combine well and warm through then add the stock. Cover and leave to simmer for 5-8 minutes or until the capsicum is tender.

Meanwhile, mash the avocado in a medium sized bowl with a fork. Add the remaining guacamole ingredients and combine well. Serve the chicken chili cone carne with a generous dollop of guacamole.



GRILLED CHILI MACKEREL WITH BROCCOLINI

MAINS

Serves 4

4 x 160-180g **mackerels**

freshly ground **salt and pepper**

2 **red chillies**, finely chopped

½ cup fresh **coriander / cilantro**, chopped

2 tablespoons **olive oil**

2 bunches **broccolini**

2 tablespoons **lemon juice**

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line a deep baking tray with baking paper.

Rub the mackerels with salt and pepper then place then place onto the baking tray and transfer into the oven for 10 minutes. Remove from the oven and sprinkle with the chopped chilli and coriander, cook for a further 4-6 minutes or until the fish has cooked.

Meanwhile, place the broccolini in a pot of boiling water and cook for 10-15 minutes or until tender.

Serve the mackerel with a side of broccolini and a drizzle of lemon juice.

CRISPY PORK BELLY

MAINS

Serves 4

1kg **pork belly**, skin scored along the diagonal every 1cm

1 tablespoon ground **coriander seeds**

1 tablespoon ground **fennel seeds**

2 teaspoons ground **sea salt**

2 tablespoons **olive oil**

fresh salad to serve

Preheat a fan-forced oven to 220° degrees Celsius / 430° degrees Fahrenheit and lightly grease a roasting pan.

In a small bowl combine the coriander, fennel, salt and olive oil. Rub the mixture into the pork belly and into the scores then place into the roasting pan. Place into the oven for 10 minutes then reduce the oven to 160 degrees Celsius / 325 ° degrees Fahrenheit and cook for a further 60-90 minutes, checking regularly to ensure the skin isn't burning.

Remove from the oven when the pork is crispy then allow to rest for 5-10 minutes before serving with a side of fresh salad.

POACHED CHICKEN WITH MINT PEAS

MAINS

Serves 4

4 chicken breasts	2 tablespoons grass-fed butter
1 litre vegetable or chicken stock	1 onion , diced
2 bay leaves	4 cups defrosted frozen or fresh green peas
½ lemon , cut in half	¼ cup mint leaves , chopped
1 tablespoon peppercorns	freshly ground salt and pepper

Place a medium pot on medium heat and the stock, bay leaves, lemon and peppercorns. Bring to simmering point then slowly add the chicken breasts. Cover and cook for 8-10 minutes or until the chicken has cooked through.

Meanwhile, melt the butter in a frying pan on medium heat then add the onion. Stir regularly until the onion has browned then add the peas and toss until warmed through and slightly tender. Stir in the mint leaves and season with salt and pepper.

Slice the chicken breasts and place on top of an even portion of the mint peas to serve.



FLAKED SALMON SALAD WITH KALE & OLIVES

MAINS

Serves 2

1 **salmon fillet**, skin removed

1 tablespoon **grass-fed butter**

6 **kale leaves**, stems removed, thinly sliced

¼ cup pitted **Kalamata olives**

12 **cherry tomatoes**, halved

¼ cup **pistachios**

1 tablespoon **olive oil**

2 teaspoons **white wine vinegar**

Melt the butter in a frying pan on medium heat and add the salmon fillet. Cook for 2-3 minutes or until the skin is golden, then turn and cook for a further 1-2 minutes or until the salmon has cooked. Allow the salmon to cool.

Flake the salmon into a salad bowl then add the kale, olives, tomatoes and pistachios. Drizzle over the olive oil and vinegar and gently toss to combine. Serve.



BAKED SALMON WITH SPICY CAULIFLOWER & ALMONDS

MAINS

Serves 4

4 **salmon fillets**

1 tablespoon **grass-fed butter**

4 tablespoons **toasted almond slivers**

½ **cup parsley**, roughly chopped

Spicy Cauliflower

½ **cauliflower**, cut into florets

2 **red onions**, thinly sliced

1 tablespoon **ground cumin**

1 tablespoon **paprika**

1 teaspoon ground **coriander**

2 tablespoons **olive oil**

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line a deep baking tray with baking paper.

Place the cauliflower florets, red onions, cumin, paprika, coriander and olive oil into the baking tray, use your hands to coat the cauliflower in the spices then spread out to cover the base of the tray. Place into the oven for 25-30 minutes or until the cauliflower is slightly tender and golden brown.

Meanwhile, melt the butter in a frying pan on medium heat and add the salmon fillets, skin side down. Cook for 2-3 minutes or until the skin is golden, then turn and cook for a further 1-2 minutes or until the salmon has cooked.

Serve the salmon on a bed of cauliflower florets and a sprinkle of almond slivers and parsley.

ROLLED BEEF BRISKET WITH VEGGIES

MAINS

Serves 4

2kg boned, rolled **beef brisket** (trussed with string)

4 sprigs of **thyme**

2 sprigs of **rosemary**

freshly ground **salt and pepper**

3 tablespoons **grass-fed butter**

4 **garlic cloves**

2 small **sweet potatoes**, diced

½ small **pumpkin**, diced

3 **red onions**, quartered

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit.

Place the beef brisket in a baking tray and rub with the thyme, rosemary, salt and pepper. Place the butter into the bottom of the tray then transfer into the oven for 30 minutes. Remove from the oven and cover the tray with foil then return to the oven at 160° degrees Celsius / 325° degrees Fahrenheit for 4 hours.

Remove from the oven and remove the foil, layer the garlic and vegetables along the sides of the brisket and return to the oven one final time for 60-80 minutes, turning the beef occasionally to brown all sides, until the vegetables are tender.

Rest for 10 minutes before serving.

ASIAN LAMB SALAD

MAINS

Serves 2

300g **lamb backstrap**, trimmed

2 tablespoons **olive oil**

2 tablespoons **lime juice**

2 tablespoons **coconut aminos**

2 **red thai chillies**, finely chopped

1 **garlic clove**, finely chopped

1 **cucumber**, sliced into ribbons

⅓ cup **fresh coriander**, chopped

¼ cup **fresh mint**, chopped

Place a grill plate on medium heat with the olive oil. Add the lamb and cook for 3-6 minutes on each side or until cooked until desired doneness has been reached. Allow to cool then thinly slice.

Place the lime juice, coconut aminos, chillies and garlic in a bowl and combine well. Add the sliced lamb and coat well.

Place the cucumber, coriander and mint on a plate and top with the lamb and dressing to serve.

POACHED CHICKEN & ASPARAGUS SALAD

MAINS

Serves 2

1 **chicken breast**

2 tablespoons **apple cider vinegar**

1 tablespoon **olive oil**

1 teaspoon **Dijon mustard**

1 teaspoon **honey**

1 bunch **asparagus**, thinly sliced lengthways

2 handfuls **rocket / arugula**

Place a pot on medium-high heat filled half way with water. Bring the water to a simmer then add the chicken breast and cover. Cover and cook for 8-10 minutes or until the chicken has cooked through. Remove from the pot and allow to cool slightly then dice.

Place the apple cider vinegar, olive oil, Dijon mustard and honey in a bowl and combine well then add the chicken, asparagus and rocket and toss to coat in the dressing.

Serve.



SIRLOIN STEAK WITH CHUNKY PEAS

MAINS

Serves 4

1/3 cup **Worcestershire sauce**

1 tablespoon **Dijon mustard**

1/3 cup **wheat-free soy sauce**

1/3 cup **white wine vinegar**

2 tablespoons **olive oil**

4 **sirloin steaks**

2 tablespoons **grass-fed butter**

Chunky Peas

3 cups **frozen peas**

2 teaspoons **chives**, finely chopped

2 tablespoons **grass-fed butter**

freshly ground **salt**

Place the Worcestershire sauce, Dijon mustard, soy sauce and vinegar in a deep tray and combine well. Add the steaks and move around the bottom of the tray to coat well in the marinade. Cover and place into the refrigerator overnight or a minimum of 60 minutes. When ready to cook, leave in room temperature for 30 minutes.

Heat the olive oil in a frying pan on high heat until the oil begins to smoke. Add the steaks and cook for 2-3 minutes each side or until cooked to your liking. Remove from the pan and rest for 5 minutes before serving. Add the butter to the pan and combine with the steak juices to create a sauce.

Meanwhile, place the peas in a pot of boiling water and cook for 5-8 minutes or until tender, drain then add the butter and chives and use a potato masher to mash the peas into a chunky texture. Season with salt.

Serve the steaks with a side of peas and sauce.



HOW TO COOK THE PERFECT STEAK

By following a few simple rules you can ensure that you create an excellent, perfectly cooked steak every time.

The first thing that is absolutely essential is to ensure that you buy well. You need to ensure that you're not buying a cheap, gristly piece of steak that is best suited for slow cooking methods. Always buy the best you can, and if you're unsure then going to your local butcher would be your best bet that you'll be buying the perfect steak.

If you like your steaks a little pink, make sure to buy a thick steak and not a thin one which will cook very quickly and by the time it has browned on the outside, it will be cooked through.

Just like ducks need water, your steaks need a hot pan! If you're looking to impress your woman definitely make sure that you are cooking outside as having a house full of smoke and a meaty smell is not the most optimal environment for a romantic evening.

If you don't have a hot pan ready to put your steak into then you're ultimately going to be placing a steak into a cold or warm pan that will have your steak stewing in its own juices until it turns into an unappealing grey colored steak that is nothing short of boiled and tough like leather.

Get that pan really hot until it is smoking. Season your steaks well with salt and pepper by rubbing it into both sides. Place a good drizzle of oil into the hot pan then gently add your steaks to be welcomed by the delightful sizzling sounds. Step back, leave it alone, don't shake the pan, don't flip the steak, don't move the pan.. by moving it, all you're doing is cooling down the pan.

After around 2-3 minutes have passed, turn the steaks over and leave to cook for a further 2-3 minutes until it is cooked to your desired doneness. At this stage, place a heaped tablespoon of butter onto the steak allowing it to melt. This will provide more depth of flavor and will give the steaks a lovely rich shine which is perfect for serving up. Remove the steaks from the pan and allow them to rest before serving.

Resting your steaks is extremely important, it allows the meat to settle and become tender. It'll ensure that your steak is a lot tastier than if you placed the steaks straight from the frying pan onto the serving plate and getting straight into it. By resting your steaks for no more than 5 minutes you will allow them to go from being chewy and losing all their juices, to being lovely and tender by allowing the juices to stay within the meat.

If cooking your steaks outside on a barbecue the instructions above can be followed but you must be aware that when cooking on a barbecue you have less control of the heat. The benefit however is a lot more flavor comes from cooking on a barbecue, just make sure that the barbecue is smoking hot!

To know when your steaks are cooked to perfection there is a very simple method that you can use that won't cost you a cent. Of course, you can buy a temperature probe which will give you the most accurate result, however, the free way is to use your hands as a guide.

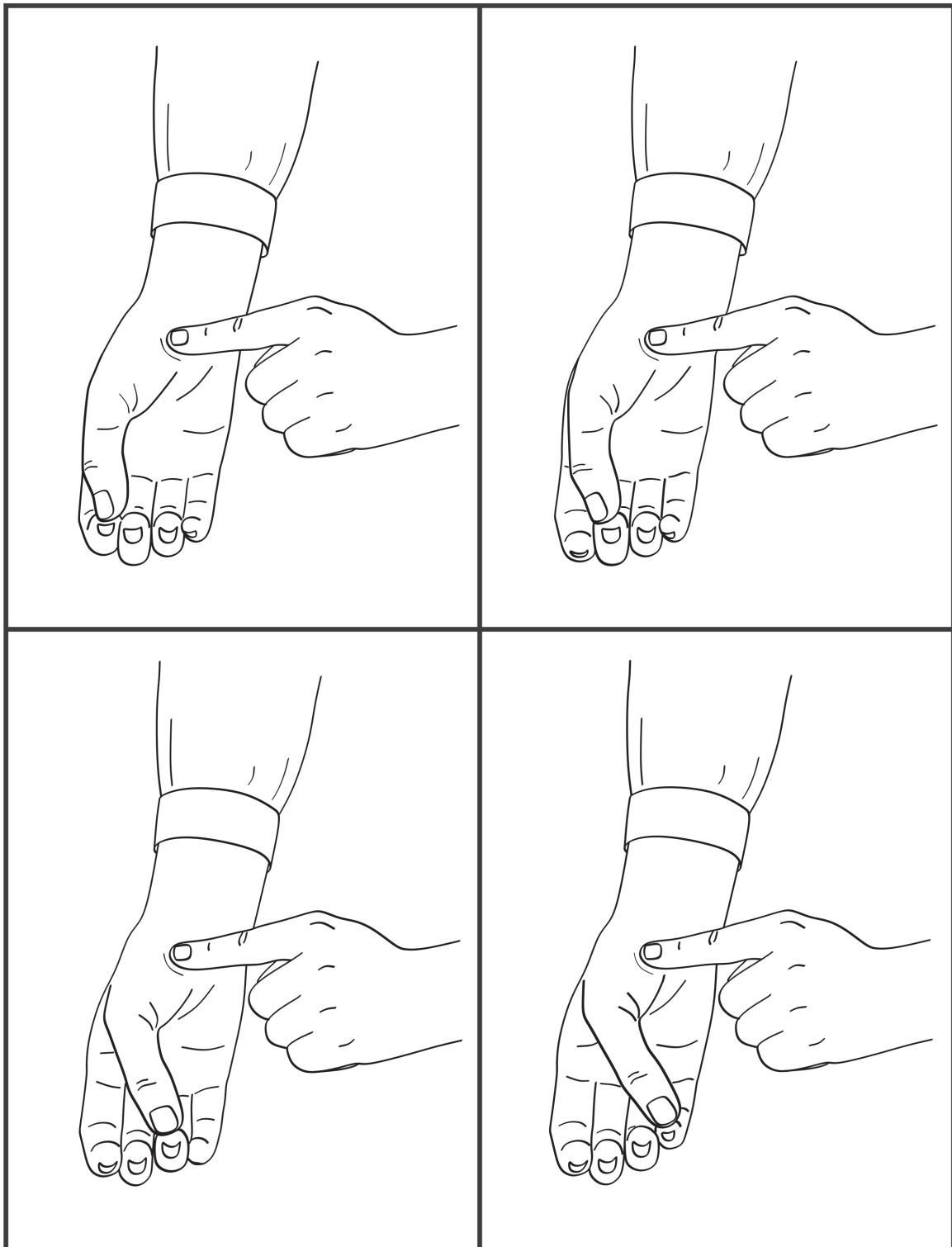
Below your thumb on the palm of your hand is a nice big fleshy section, this would be the drumstick if your thumb was a chicken leg! Press a finger from your other hand into this section while placing your thumb against one of the other four fingers on your hand. You will notice that as you move fingers, the flesh on your hand has a different firmness, which inevitably is a great way to test the doneness of your steak.

rare 50°C = Index finger to thumb

medium rare 56°C = Middle finger to thumb

medium 62°C = Ring finger to thumb

well done 70°C = Little finger to thumb





DESSERTS

MACADAMIA & COFFEE CUSTARDS

DESSERTS

Serves 4

500ml **macadamia milk**

2 shots **espresso coffee**, chilled

1 tablespoons **xylitol**

5 **egg yolks**, beaten

Additional

2 teaspoons **grass-fed butter** for greasing

Preheat a fan-forced oven to 160° degrees Celsius / 325° degrees Fahrenheit and grease 4 ramekins with grass-fed butter. Prepare a deep dish tray by placing a folded tea towel on the base then filling half way with water to create a water bath.

Place a pot on low-medium heat and add the macadamia milk, espresso and xylitol, bring to simmering point then remove from the heat and stir in the beaten egg yolks. Pour the mixture into the ramekins then place them onto the tea town in the water bath, ensuring the water covers two thirds of the height of the ramekins.

Transfer into the oven for 20-35 minutes or until a knife comes out clean from the centre when testing. Remove the ramekins from the water and allow to cool before placing into the refrigerator for 3 hours or overnight to chill.

Serve.

GREEN TEA ICE-CREAM

Serves 2-4

1 tablespoon **matcha green tea powder**

2 tablespoons **hot water**

400ml can of **coconut cream**

4 **egg yolks**, beaten

2 tablespoons **maple syrup**

In a small bowl combine the matcha powder with the hot water.

Place a small pot on low-medium heat and add the coconut cream. Bring to simmering point then add the beaten egg yolks and continually stir for 8-12 minutes or until slightly thickened. Stir in the maple syrup and the matcha liquid then allow to cool before placing into the refrigerator to chill.

Place the ice-cream liquid into an ice-cream maker and follow the machines instructions to complete the ice-cream making process.

Serve.

MACADAMIA, CHILI CHOCOLATE SLICE

DESSERTS

Serves 8-10

Macadamia Base	Chocolate Filling
1 cup macadamias	180g dark chocolate
¾ cup walnuts	½ cup coconut cream
1 cup dates	6 egg yolks, beaten
pinch of ground cinnamon	3 tablespoons honey
	¼ teaspoon cayenne pepper
	½ cup macadamia nuts, roughly chopped (optional)

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line a square baking pan roughly 20cm x 20cm with baking paper.

Place the base ingredients into the bowl of a food processor and blend until a smooth consistency has formed. Press firmly into the base and sides of the baking pan.

Place a pot on low-medium heat and melt the chocolate. Remove the pot from the heat then stir in the coconut cream, egg yolks, honey, cayenne pepper and macadamia nuts. Pour the chocolate mixture onto the macadamia base then transfer into the oven for 15-20 minutes. Allow to cool before placing into the refrigerator to cool.

Serve.



NO-BAKE CHOCOLATE MOUSSE CAKE

DESSERTS

Serves 8-12

Almond Base	Chocolate Mousse
1 cup almonds	1½ cups activated cashews
½ cup soft dates , pitted	1 avocado
½ teaspoon cinnamon	1 banana
	seeds from 1 vanilla bean
	⅓ cup coconut oil , melted
	½ cup maple syrup
	⅔ cup cocoa powder
	pinch of ground sea salt

Line a spring form cake tin with baking paper.

Place the almonds, dates and cinnamon into the bowl of a food processor and blend until a smooth consistency has formed. Press into the base of the prepared tin then place into the freezer.

Place the remaining ingredients into the bowl of a food processor and blend until a smooth consistency has formed. Add water if needed to soften the consistency while keeping it thick.

Scoop the mixture onto the base of the almond base then return to the freezer for 4-5 hours to set. Remove from the freezer 30 minutes to thaw before serving.

CHOCOLATE PROTEIN BARS

Makes 8-10

½ cup cocoa powder	½ cup almond meal
½ cup grass-fed butter or coconut oil , softened	1 egg
½ cup coconut milk	pinch of ground cinnamon
1 tablespoon honey	½ cup macadamias , chopped
½ cup grass-fed whey protein powder	

Preheat a fan-forced oven to 180° degrees Celsius / 350° degrees Fahrenheit and line a baking tin roughly 9 inches square with baking paper.

Place the cocoa powder and butter in a bowl and combine well using the back of a spoon. Add the remaining ingredients except for the macadamia nuts and combine well then stir in the macadamia nuts.

Spoon the mixture into the prepared tin and smooth the top with a spatula. Place into the oven for 16-18 minutes or until a knife comes out clean from the centre on testing. Allow to cool before placing into the refrigerator for 60-90 minutes to chill.

Slice into bars to serve.

ORANGE CHOCOLATE MOUSSE WITH PISTACHIOS

DESSERTS

Serves 2

2 **avocados**

4 tablespoons **cocoa powder**

2 tablespoons **maple syrup**

2 teaspoons **orange zest**

pinch of ground **cinnamon**

2 tablespoons **pistachios**, chopped

½ **orange**, skin removed and sliced

Place the avocado meat, cocoa powder, maple syrup, orange zest and cinnamon into the bowl of a food processor and blend until smooth. Scoop the mousse into 2 serving bowls then place into the refrigerator for 2-3 hours or until chilled.

Top the mousse with pistachios and a few strands of orange zest. Serve with a side of sliced orange.



CHIA & PASSIONFRUIT 'PANNA COTTA'

DESSERTS

Serves 2

½ cup **chia seeds**

2 cups **coconut milk**

2 tablespoons **maple syrup**

1 teaspoon natural **vanilla essence**

2 **passionfruit**, pulp scraped

Prepare the chia porridge in advance. In a large bowl combine the chia seeds, coconut milk, maple syrup and vanilla essence. Let stand for 10 minutes then stir to break up any lumps. Repeat after resting for a further 10 minutes then pour into two serving glasses and place in the refrigerator for 6 hours or overnight.

Spoon the passionfruit pulp on top of the chia to serve.

COFFEE & ALMOND ICE-CREAM

Serves 4

2 x 400ml cans **coconut milk**

1/3 cup **espresso coffee**

½ cup **almond butter**

2 tablespoons **maple syrup**

pinch of ground **cinnamon**

seeds from 1 **vanilla bean**

Place all of the ingredients into a blender and process until combined and smooth. Pour the mixture into a tray and place into the freezer for 3-4 hours or until frozen.

Leave in room temperature for 5-10 minutes to soften slightly then place into a food processor and blend for 30-60 seconds or until smooth.

Serve.

HONEY & WALNUT CHOCOLATE

DESSERTS

Serves 8-10

1 cup **cocoa butter**

1 cup **cocoa powder**

3 tablespoons **honey**

¼ teaspoon **cinnamon**

¼ teaspoon **nutmeg**

¼ teaspoon **cayenne pepper**

1 cup **toasted walnuts**, chopped

1 teaspoon **maca powder**

Melt the cocoa butter in a small pot over low heat. Remove from the heat and allow to cool slightly then add the cocoa powder, honey, cinnamon, nutmeg and cayenne pepper. Use a hand blender to combine well then stir in the walnuts to coat in the chocolate.

Pour the chocolate into a tray or tupperware container then place in the refrigerator for 2-4 hours or until set.

Use a sharp knife to break the chocolate into chunks then dust with maca powder to serve.

