

Contents

Introduction	7
My Story	9
About This Book	15
Gut Health for Beginners by Elyse Comerford	17
The Healthy Kitchen	24

Basics

Meat Stock	32
Rendered Animal Fat	33
Ghee	34
Garlic-Infused Olive Oil	34
Sauerkraut	38
Kraut Juice	38
Fermented Vegetables	41
Fermented Garlic in Honey	42
Fermented Fire Cider	43
Milk Kefir	44
24-Hour Yoghurt	46
Nut & Seed Meals	51
Nut & Seeds Milks	52
Dairy-Free Sour Cream	52
Coconut Yoghurt	54
Coconut Milk	55
Coconut Cream	55
Coconut Flour	55
Mayonnaise	56
Egg-Free Aioli	57
Tomato Sauce	58
Nomato Sauce	59

Vegetables

Veggie ‘Rice’	62
Veggie ‘Noodles’	63
Veggie Mash	63
White Bean & Leek Mash	64
Pumpkin & Leek Soup	65
Carrot & Ginger Soup	67
Healing Veggie Soup	68
Minestrone	71
Braised Vegetables	72
Braised Broccoli Salad	72
Swede, Cabbage & Kraut Hash ...	75
Roasted Brussels Sprouts with Tahini Sauce & Almonds	76
Stuffed Mushrooms	78
Broccoli & Cauliflower Gratin ...	80
Cabbage & Red Onion Slaw	83
Roast Veggie Salad	84
Eggs	
Eggs Poached in Stock	88
Soft-Boiled Eggs with Asparagus .	91
Spinach Wraps	91
Herbed Scrambled Eggs with Crispy Mushrooms	92
Frittata	94
Breakfast Casserole	97
Spicy Pumpkin Mash with Baked Eggs	98
Silverbeet & Leek Quiche	100

Chicken

Chicken & Kale Soup	105
Chicken & Fresh Turmeric Soup .	106
Best Ever Roast Chicken	108
Paprika Chicken with Creamy Paprika Sauce	111
Chicken with 40 Cloves of Garlic	113
Sweet ‘n’ Sour Chicken Stir-Fry..	114
Fried Chicken Strips with Buttermilk Gravy	116
Baked Chicken Provençal	119

Beef

Meatball Soup	122
Nightshade-Free Osso Buco	125
Hearty Beef Stew	126
Beef Burgers & Veggies	128
Braised Steak & Gravy	130
Steak & Kidney Pie	132
Beef & Cabbage Soup with Mash	135
Savoury Mince	136
Meatloaf with Roast Veggies ...	139
Beef & Vegetable Stir-Fry	140
Spicy Beef, Egg & Avo Bowls ...	142
Ragu Bolognese with Pumpkin Gnocchi	144
Beef Massaman Curry	148

Lamb

Lamb Chop Hotpot	153
Lamb Shank Soup	154
Stovetop ‘Roast’ Lamb with Veggies	156
Lamb, Leek, Lentil & Lemon Soup	159
Simple Shepherd’s Pie	160
Paprika Lamb Shanks	162
Oven-Baked Lamb Stew	165

Pork

Pork Belly, Beans & Pumpkin ...	168
Herbed Meatballs in Stock with Veggies	171
Pork Sausage Patties with Cabbage ‘Noodles’	172
Pork Chops in Sour Cream Pepper Sauce	174
Pulled Pork	177
Bacon-Wrapped Chicken Hearts	178
Toad in the Hole	181

Seafood

Prawn & Mushroom Soup	184
Fish Tacos	187
Baked Fish with Crispy Almonds & Parsley Sauce	188
Salmon & ‘Rice’ Casserole	191
Oven-Baked ‘Crumbed’ Fish ...	192
Oysters	194

Snacks

Chicken Liver Pâté	199
Seedy Crackers	200
Macadamia Pesto	200
Spicy Nut & Seed Mix	203
Pimento Cheese Spread	203
Herbed Meatballs	204
Devilled Eggs	204
Nut Butter	206
Salted Caramel Fat Bombs	209
Nut Butter Chocolate Fudge	209
Salted Caramel Chocolates	211
Lemon Cookie Dough Balls	211
Basic Jelly Formula	213
Coconut Raspberry Jellies	213
Honey-Sweetened Marshmallows	214
Rocky Road	217
Pumpkin Pancakes	218
Nut Butter Pancakes	218

Baking

Almond Meal Pastry	222
Grain-Free Bread	224
Zucchini & Pepita Muffins	227
Becky’s Cheesy Pizza Bases	229
Blueberry Muffins	231
Lemon & Currant Bars	232
Banana & Pecan Spiced Bread ...	235
Lemon Yoghurt Cake	236
Chocolate Gingerbread Slice ...	239
Vanilla Cupcakes with Chocolate Ganache	240
Anzac Slice	242
Hot Cross Muffins	245
Christmas Fruit Cake	246
Chocolate Celebration Cake ...	248

Desserts

Rustic Roasted Berry Tart	252
Buttered Apples	255
Coconut Caramel Custard	256
Egg-Free Cashew Milk Custard ..	256
Russian Custard & Ice Cream ...	258
Peanut Butter & Banana Ice Cream	259
Salted Caramel & Macadamia Ice Cream	259
Fruit Sorbet	259
Wal’s Cultured Ice Cream with Roasted Apricots	259
Pumpkin Pie	260
Baked Pears with Choc-Orange Pecan Crumble	263
Passionfruit Butter Tartlets	264
Pumpkin Brownie Pudding with Peanut Butter Caramel Sauce ...	266
Raspberry Jelly Cheesecake Slice	269

Drinks

Fruit Shrub	272
Honey Kombucha	274
Fermented Coconut Water	275
Cold-Pressed Juices	276
GAPS™ Shake	277
Chocolate Raspberry Smoothie ..	277
Green Smoothie	279
Kefir & Blueberry Smoothie	279

References	280
Acknowledgements	282
Index	283