



Recipes from the Diabetes-Support Forum

FOREWARD

The first question must be “Why did we write this cookery book?” Surely there are many cookery books for diabetics already published. The second question is “What could we possibly write that would be different?”

To answer these questions I need to take you on a short journey back in time. When we are all diagnosed initially it's a pretty frightening time and it is quickly impressed upon us that food is inextricably linked with our blood sugar levels. We are told that in order to control our blood sugar levels and avoid future complications we must adopt a healthy diet. I'm sure many of you reading this will have had the same advice that I got on my first visit to the dietitian “eat carbohydrate with every meal and keep fats to a minimum. Above all, nothing is really forbidden you can eat like everyone else but try to avoid sugar”. Naturally we are all concerned for our health at this time and so many of us will have religiously followed the diet, only to arrive at the diabetes clinic three months down the line, to find out that our A1c is too high, despite complying with the recommended diet. Hmmm this is indeed a conundrum.

At this point some of us turned to the internet for answers and discovered that many diabetics online were achieving excellent results by being careful about the carbohydrates they were eating. It's a simple fact that starchy carbohydrate turns to sugar in the bloodstream just as quickly as pure sugar or, in some cases, quicker. Most of us were advised by fellow diabetics to take “Jennifer's advice” (<http://www.diabetes-support.org.uk/joomla/jennifers-advice>), which is a simple and easy method of testing blood sugar before we eat, at one hour after and at two hours after in order to see what particular foods raise our blood sugars. In other words “eating to our meters” because we are all individual and each person reacts differently to different foods. There is no “one size fits all” diet.

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FORWARD CONTD.....

Daily discussions regarding what foods we like eating, what foods we can eat without spiking our blood sugar levels and the search for interesting recipes are very much a feature in Diabetes-Support.org.uk. Members began sharing recipes that they had found that were less likely to raise blood sugar and before long we had a thriving "Recipe Section" in the forum. It is from this section that this book has been derived. The recipes are all tried and tested by diabetics themselves rather than the commercial cookbooks which have been compiled with the assistance of dietitians who insist that "starchy carbohydrate and low fat" are essential to our existence as diabetics. Many of the recipes are the result of experimentation and adaptation of standard recipes to make them more "diabetically friendly". The contributors to this book have all achieved excellent diabetic control and in the forum we constantly have remarks such as "I feel so full of energy", "I'm no longer falling asleep after meals" and "My doctor cannot believe the difference".

An unexpected side effect has manifested itself too. Whilst the recipes are not especially low fat, many forum members find that their cholesterol results have improved because lowering the carbohydrate intake has lowered their triglyceride levels too.

A word of caution, some of the recipes will be higher in carbohydrates than others, because those Type 1s on insulin do have the ability to match their insulin to their carbohydrate intake, but even so, none are very high carb because keeping it to a minimum reduces the likelihood of mistakes in calculation and subsequent unexpected highs. Also some of the recipes are "treats" for special occasions so that we do not have to feel deprived at Christmas, birthdays and other celebrations.

Last, but very definitely not least, the recipes are delicious and can be enjoyed equally by non-diabetic family members. So.... Enjoy!

Patti Evans.

I'd like to thank the following for their contributions:-

Maturetype1	*	Tiger Lily
Ziggy	*	Lady J
Lib	*	Sami
Misterchris	*	Sally
TerryG	*	VBH
Wacky12	*	Devon Girl * Dave_D

CONVERSION CHARTS

Volume Conversions

<i>Imperial</i>	<i>Metric</i>
1/4 teaspoon (tsp)	1.25 ml (mililiter)
1/2 tsp	2.5 ml
1 tsp	5 ml
1 tablespoon (tbsp)	15 ml
1/4 cup	60 ml
1/3 cup	75 ml
1/2 cup	125 ml
2/3 cup	150 ml
3/4 cup	175 ml
1 cup	250 ml
1 1/8 cups	275 ml
1 1/4 cups	300 ml
1 1/2 cups	350 ml
1 2/3 cups	400 ml
1 3/4 cups	450 ml
2 cups	500 ml
2 1/2 cups	600 ml
3 cups	750 ml
3 2/3 cups	900 ml
4 cups	1 liter

Weights Measurements

<i>Imperial</i>	<i>Metric</i>
1/2 ounce (oz)	15 g (grams)
1 oz	25 g
2 oz	50 g
3 oz	75 g
4 oz	100 g
6 oz	175 g
7 oz	200 g
8 oz	250 g
9 oz	275 g
10 oz	300 g
12 oz	350 g
1 lb (pound)	500 g
1 1/2	750 g
2 lb	1 kg (kilogram)

Oven Heat Conversions

<i>Fahrenheit</i>	<i>Celsius</i>	<i>Oven Heat</i>
225	110	very cool
250	120	very cool
275	140	cool
300	150	cool
325	160	moderate
350	180	moderate
375	190	moderately hot
400	200	moderately hot
425	220	hot
450	230	very hot

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MAIN MEALS

Aubergine Curry

Aubergine, Chick Pea, Sweet Potato curry

Baked Spaghetti Frittata

Beef and Broccoli One -pot

Beef Goulash

Beef Stir fry with Bean Sprouts

Beef Stroganoff

Bolognaise

Bolognaise/Lasagna/Chilli for busy people

Chicken Cacciatore

Chicken Curry

Chicken Goat's Cheese and Cheery Tomato Bake

Chicken Florentine

Chicken Korma

Chicken Risotto

Chicory and Chorizo salad

Chilli Bake

Chorizo, Gruyere and Butternut Squash Frittata

Cod Portugaise with Brown Rice

Cottage Pie

Creamy chicken casserole

Farmhouse pie

Ham Leek and Blue Cheese Pie - p.24

Indian Sausage Patties

Lamb Tagine with preserved Lemons

Leek and Asparagus Frittata

MAIN MEALS Contd.....

Leek and Mushroom Barley Risotto

Lo carb luxury fish pie

Meatball Stroganoff - p.25

Mediterranean Beef Stew

Mediterranean Sausage Bake

Mixed Vegetable Curry

Moussaka

Pan Fried Salmon and Almonds

Parmesan Chicken

Pork and Pepper Goulash

Posh Scotch Egg with Salad

Provençal Chicken casserole with new potatoes

Quick Chilli

Ratatouille Tarte Tartin

Reduced carb Lancashire Hot pot

Roast Cauliflower

Roast vegetable Pasta

Roasted Butternut Squash with Feta

Simple Green Salad

Smoked Mackerel Fishcakes

Spanish Chicken

Spiced Liver Curry

Spicy Chicken Gumbo

Spicy Chicken Patties

Spicy Sausage Casserole

Spicy tuna with peppers & pasta

Stuffed Peppers

Sweet & Sour Pork with Brown Rice

Thai Chicken Cakes

Tuna Avocado And Mushroom Bake

Two-Potato Herb Frittata

Vegetable Lasagne

SNACKS

Almond biscuits

Almond Crackers

Experimental Choconut Buns

Low carb chocolate brownies

Savoury Cheese Cakes

Wacky's Date Bran Muffins

DESSERTS

Basic Sponge Recipe

Creme Anglais - diabetic friendly custard

Igloo Pudding

Lemon and Lime Cheesecake

Lemon sponge pudding

Low Carb Buttery Almond & Coconut Cake

Low Carb Cheesecake

Low Carb Chocolate Brownies

Not too terribly carby chocolate cake

One minute ish chocolate sponge

Pear and almond "cake"

Pear and Blackberry pudding

Pear and ginger frangipani cake

Pumpkin Mousse Recipe

Raspberry Mousse

Tiramisu

White Chocolate Torte

OTHER

Butter bean mash

Easy Basic Pepper Sauce

Fresh and Sun Dried Tomato Chutney

Green Tomato Chutney

Guacamole

Home Made Baked Beans

Lemon-dill potato salad

Lentils with ginger

Low carb bread

Nutella

Tomato Salsa

BREAKFASTS

LOW CARB PANCAKES

Author: Dave.D.
Makes 8 pancakes

INGREDIENTS:

1/4 cup soy flour
3 tbsp whole wheat flour
2 tbsp ground almonds
1 tsp low sodium baking powder
1 pinch salt
1/2 tbsp walnut oil
1 eggs
1/2 cup lowfat milk
1 1/2 tsp vanilla extract
1 cooking spray

PREPARATION:

- Using a blender, put in the egg, milk, and extracts. Mix to combine. Add the dry ingredients. Blend 1-2 minutes.
- Scrape down with a spatula and blend for 1 more minute.
- Refrigerate 15-20 minutes.
- Spray non-stick skillet or griddle with non-stick cooking spray. Leave on high heat for a few minutes with non-stick cooking spray. Drop batter, 1 heaping tablespoon per pancake. Lower heat. After they puff up (about 2-3 minutes), flip over and cook for another 2 minutes until the bottom is brown. Spray skillet between batches.

NOTES:

Nutrition Facts

Amount Per Serving

Calories 57.4

Total Carbs 4.8g

Dietary Fiber 1g

Sugars 1g

Total Fat 3g

Saturated Fat 0.6g

Unsaturated Fat 2.5g

Potassium 142.4mg

Protein 2.9g

Sodium 30.9mg

adapted from dlife recipe

STARTERS

Spicy Tomato Soup

Author: Moby

Description: spicy tomato soup

INGREDIENTS:

1 large onion
1/2 cauliflower
1 clove garlic
1 tin chopped tomatoes
2 tablespoons tomato puree
2 vegetable stock cubes
1 tablespoon dried mixed herbs
rock salt
ground black pepper
1 tablespoon of olive oil
big knob of butter
dried chilli flakes (according to taste)

PREPARATION:

- . Heat the oil and the butter in a large saucepan.
- . Finely chop the onion and garlic and cauliflower. Gently fry until soft.
- . Add salt and ground black pepper to taste.
- . Make up a stock with the two vegetable cubes using 1 litre of boiling water.
- . Add the puree and tinned tomatoes (strain the pips if you want) and the mixed herbs
- . Stir well and leave to simmer for 5 mins
- . Add the chilli flakes
- . Add the stock and bring back to the boil turn the heat down to a simmer and leave uncovered for 5 mins.

NOTES:

If you prefer a smooth soup blitz it with a hand blender or in a food processor. If you prefer a thinner soup with 'chunks' cut the onion and cauliflower into chunks and simmer for an extra 10 minutes uncovered. This soup is at its best if left covered overnight and reheated. Total carbs - approx 14g.

LEEK AND CELERIAC SOUP

Author: Wendy

INGREDIENTS:

500g Chopped Leeks

1 head of Celeriac

2 pints of Chicken or Veg Stock (2/3 cubes if not home made)

PREPARATION:

- Chop up leeks and one celeriac and sweat in a little olive oil.
- Add two pints of chicken stock and simmer for about 30 minutes.
- Blend and add a dash of cream (Swirl) and salt to taste. Lovely with crumbled crispy bacon. (Yes Nige streaky well grilled)

NOTES:

This can be frozen prior to the cream stage

Total carbs - approx 18g.

TOMATO AND LENTIL SOUP

Author: Wendy

INGREDIENTS:

60g of onion
1 tsp of olive oil
1 crushed clove of garlic
60g of diced carrot
60g of lentils
200g of tinned tomatoes
250ml of vegetable stock

PREPARATION:

- Heat olive oil in a non-stick pan; add chopped onion and crushed garlic. Cook until the onion is golden and add the diced carrot.
- Cover and cook gently over a heat for 10 minutes, stirring occasionally.
- Add the red lentils, a pinch of oregano and basil, tomatoes and the stock.
- Bring the mixture to the boil. Simmer for about 20 minutes or until lentils are tender.
- Blend the soup either with a blender (or just chop the tomatoes) before serving.

Total carbs - approx 53g.



CELERY SOUP

Author: Wendy

INGREDIENTS:

1 Head of celery
1 onion
1 pint chicken stock
3 egg yolks
4 oz. Stilton
200 ml double cream

PREPARATION:

- In a Saucepan fry the onion and chopped celery in butter for 5 mins until soft.
- Add stock and simmer for 30 mins
- Blitz with liquidiser,
- Mix egg yolks, cream and Stilton in bowl and then add to pan.
- Slowly heat stirring all the time.
- BEWARE DO NOT LET IT BOIL OR IT WILL CURDLE.

NOTES:

This soup will freeze, but when reheating again do not boil

Total carbs - approx 13g.

GARLIC AND STILTON MUSHROOMS

Author: Patti

Description: Serves 2 as a starter - could double it and have a nice lunch... It's quite festive as a Christmassy starter.

INGREDIENTS:

350g carton of mushrooms (quarter large ones or halve smaller ones)

Approx. 100 - 150g double cream

2 cloves of garlic crushed or finely chopped

50g butter

100g Stilton cheese with rind on - if it's going "off a bit" it gets yummiier (you could use Gorgonzola - but Stilton is preferred)

PREPARATION:

- Fry the mushrooms and garlic in the butter until beginning to soften, add the cream gradually, until it's a nice sauce texture (you don't want mushroom soup!) and boil for a minute or two to thicken.
- Spoon the mushrooms and cream into individual oven proof dishes, top with the crumbled Stilton - use the rind too as this is especially tasty.
- Place in oven pre-heated to Gas 5, 375°F, 190°C and cook for approx. 10 - 15 mins until bubbling and the Stilton has melted.
- Serve with crusty bread, or simply eat with a spoon.

Total carbs - approx 5g.

CELERIAC SOUP

Author: Wendy

INGREDIENTS:

50g butter
1 large celeriac (about 1kg), peeled and roughly chopped
About 350g sliced leek
100g peeled, diced potato
2 cloves of garlic, peeled and chopped
1 medium/large onion, peeled and chopped
750 ml good chicken or vegetable stock
100 ml double cream
Salt and pepper

PREPARATION:

- Melt the butter in a large, heavy-based pan over a medium-low heat. Add the celeriac, leek, potato, garlic and onion, season well, and sweat the vegetables gently until they're all starting to soften (about 10 minutes).
- Add the stock, bring the soup to the boil, turn down the heat and simmer for about 20 minutes or until the celeriac is completely tender.
- Liquidise the soup until smooth. Return to the pan and place back over a medium heat. Season well and stir in the cream.

NOTES:

Great garnishes:

Bacon – if you want to keep it really simple, just scatter a few crisp shreds of fried smoked bacon on to your soup.

Diced fried apple - Cut an eating apple into little dice, about 1 cm square. Fry these in butter until golden, and spoon on to the soup, buttery juices and all.

Total carbs - approx 43g.

MUSHROOM BISQUE

Author: Wendy

INGREDIENTS:

75 grams butter
1 large onion peeled and finely chopped
Half teaspoon salt
350 grams mushrooms (You can always add more if you like your soup thick)
1 teaspoon dried dill
1 teaspoon fresh Thyme or half teaspoon dried
1 tablespoon paprika
Half teaspoon of cayenne - more or less to taste
1 pint of stock
Quarter pint (150 ml) soured cream - Or you can use natural yoghurt
Salt and pepper
3 teaspoons (or thereabout) fresh lemon juice

PREPARATION:

- Heat butter, fry onions for 10 mins adding salt. Quarter the mushrooms and add to pan.
- Add herbs and spices. Cover with buttered paper and lid and cook for additional 7-10 mins.
- I do use the paper; it seems to draw out the flavour and juices.
- Pour in stock, bring to boil and simmer for approx. 3 mins. Cool a bit and then liquidise.
- Season to taste, add soured cream, and lemon juice, reheat and serve - but don't boil as it curdles.
- You can always add additional cream or yoghurt in a swirl if you wish

Total carbs - approx 13g.



BUTTERNUT SQUASH AND PEAR SOUP

Author: Wendy

INGREDIENTS:

2 tbsp Olive Oil
1 Spanish Onion, chopped
1 Butternut Squash, peeled chopped and de-seeded
1 Large Pear, peeled quartered cored and sliced
1 tsp dried rosemary or fresh
500mls good quality chicken stock
200mls Orange Juice
2 tsp zest from an orange
Salt and fresh ground black pepper

PREPARATION:

- Put oil in a pan and gentle heat cooking the onions for 5-10 mins until soft and golden
- Then add all the other ingredients turn up the heat and bring to the boil
- Reduce the heat, cover and simmer for 25 mins or until squash is tender. Remove from the heat and allow to cool for a while
- Blitz the soup with a blender until smooth and season to taste

NOTES:

By request from the Chat Room. Total carbs - approx 44g.



CURRIED CAULIFLOWER AND SMOKED HADDOCK SOUP

Author: Wendy

INGREDIENTS:

300g Smoked Haddock
500 ml full-fat milk
1 onion, peeled
10 cloves
2 bay leaves
1 tbsp olive oil
1 large head of cauliflower, cut into small florets
1 tbsp mild curry powder
500 ml vegetable stock
50 ml double cream
2 tbsp freshly chopped chives



PREPARATION:

- Lay the haddock fillet skin-side up in a large pan and pour in the milk. Halve the onion and cut one half into wedges. Press the cloves into the wedges and add them to the pan with the bay leaves. Bring the milk to a gentle simmer and poach the fish for 3-4 minutes. Remove the pan from the heat and leave to infuse for 5 minutes.
- Roughly chop the other onion half and sauté in the oil until soft. Add the cauliflower and curry powder and cook for 2 minutes. Remove the haddock from the milk and set aside. Strain the milk, discarding the onion and bay leaves, then pour the milk over the cauliflower.
- Add enough stock to just cover the cauliflower, then bring to a gentle boil. Simmer until the cauliflower is tender, then strain through a sieve into a large heat-proof bowl. Purée the cauliflower florets with half of the poaching liquid until really smooth.
- Pass the cauliflower purée through a sieve into a clean pan and stir in the cream. Add more of the poaching liquid until you have a soup-like consistency, then reheat and check for seasoning.
- Remove the skin and any bones from the fish. Flake the fish into bite-sized pieces and add to the soup with half of the chives. Ladle the soup into warmed bowls and sprinkle with the remaining chives.

Total carbs - approx 38g.

BROCCOLI AND STILTON SOUP

Author: Wendy

Description: Broccoli & Stilton Soup

Serves 4-6

INGREDIENTS:

1lb fresh broccoli, finely chopped or you can do half cauli

2oz Stilton

1oz butter

2 sticks of celery chopped

1 large leek, chopped

2 garlic cloves

2 ½ pints of vegetable stock

2 tablespoons of double cream

PREPARATION:

- Fry the leeks, garlic and celery in a little oil and butter until softened
- Add broccoli and cook for 2 minutes
- Pour in stock and simmer for 20 minutes
- Use stick blender to puree
- Drop cheese in and allow it to melt into the soup
- Add cream and stir
- Check for seasoning

Total carbs - approx 18g.



BUTTERNUT SQUASH SOUP (NOT SPICY)

Author:

INGREDIENTS:

Butternut squash: 4 Baby Butternut squash or 1 large (about 6 cups)

Chicken bouillon : 5 cubes or single packages

Onion: 1 medium

Olive Oil: 1 tbsp

Cream: 1/2 cup*

Water: 4 cups**

Salt

Pepper

Nutmeg: (optional)

Parsley: to garnish (optional)

Garlic toast : (optional)

* : The amount of cream in this recipe depends on how rich you prefer your soup. Taste the soup before adding the whole amount. Cream can also be substituted with milk for a healthier recipe.

** : This portion can also be easily changed depending on how thick or runny you prefer your soup.

PREPARATION:

- . Wash and cut the butternut squash(s) in half
- . Roast the butternut squash(s) cut side down on a sheet in the oven for about 45 minutes. Then scoop out the prepared squash.
- . In a large saucepan, Slice and saute the onion in olive until tender. Add squash, water, bouillon, nutmeg, salt and pepper.
- . Bring to boil and cook for 30 minutes or until squash is tender.
- . Puree squash mixture in a blender batches until smooth and then return to saucepan.
- . Before serving, add cream and heat through. Do not allow to boil.
- . Garnish with parsley and serve with garlic toast.

Total carbs - approx 60g.

SMOKED MACKEREL PATE WITH HORSERADISH

Author: Wendy

Description: Serves 6-8

A truly effortless starter, this can be put together in a matter of minutes. The most important thing to remember when making the pâté is not to overwork the fish or it'll turn to mush. Keep the texture rustic and fold through the mackerel flakes as a last step.

INGREDIENTS;

400g smoked mackerel fillets

250 ml crème fraîche

Horseradish sauce depends on your taste 1-2 tbsps

Zest and juice of half a lemon

Freshly ground black pepper

1 tbsp chopped dill

PREPARATION:

- Peel off the skin from the smoked mackerel and break the flesh into flakes, discarding any large bones.
- In a bowl, combine the crème fraîche, grated horseradish, lemon juice and black pepper according to taste. Carefully fold in the mackerel flakes and dill, then spoon into individual serving bowls or ramekins. Cover with clingfilm and chill for 2 hours before serving.

NOTES:

See Almond crackers recipe in the snacks section too or you can serve with oat-cakes, ryvitas, toasted Burgen Bread with a good salad with also makes a nice lunch dish. Total carbs - approx 8g.



MAIN MEALS

HAM LEEK AND BLUE CHEESE PIE

Author: Wendy

INGREDIENTS:

Two large leeks, trimmed, cleaned and finely sliced
About 8oz cooked ham, diced
About 4oz crumbled Stilton
1/4 pint double cream
4 fl oz white wine
Butter and oil for frying
Mashed celeriac to cover
Flaked almonds
Melted butter for brushing

PREPARATION:

- Fry the leeks in the oil and butter until softened and turning golden.
- Pour over the white wine and allow to bubble until reduced to a syrupy consistency.
- Add the cream, ham and Stilton and turn off the heat. Allow the cheese to slump into the sauce.
- Put mixture into the dish.
- Top with celeriac mash, sprinkle with flaked almonds and brush with melted butter.
- Bake in a medium oven (gas 4) until golden.
- Absolutely lovely with some buttered savoy cabbage.

Total carbs - approx 18g.

MEATBALL STROGANOFF

Author: Wendy

INGREDIENTS:

500g beef mince
250g ricotta
1 onion cut in half and finely sliced
250g button mushrooms
2 tbs finely chopped parsley
1 egg
Small carton of double cream, soured cream or creme fraiche
wineglass of white wine or dry cider
half a pint of beef stock
salt and pepper
extra chopped parsley for garnishing
oil for frying



PREPARATION:

- . Mix together the beef mince, ricotta, egg, salt and pepper and parsley. This is best done with your hands... There's something quite pleasing about squishing it all together
- . Put the oil in a large frying pan and when hot fry the onion gently until golden.
- . While the onion is frying wet your hands and form the meat mixture into small balls - approximately the same size as the mushrooms - and have ready on a plate (with practice you can roll enough for the first lot then make up the next batch whilst the first is frying)
- . Remove the onion, add a little more oil and fry the mushrooms quickly until just changing colour and then remove from the pan. Add the meatballs a few at a time and fry briskly until they are well browned on all sides - this is important for the finished flavour of the dish. You may need to lower the heat slightly to prevent any burning.
- . Return the onion, the mushrooms and all the meatballs to the pan, pour over the wine or cider and allow to bubble furiously for a minute. Add the stock, lower the heat, and simmer for 15 minutes.
- . Add the cream, stir gently to mix and allow to heat through for a couple of minutes.
- . Sprinkle with chopped parsley before serving.
- . I'd serve these with anything really - leafy veg, veg mash etc.

Total carbs - approx 20g.

MEDITERRANEAN BEEF STEW

Author: Wendy

INGREDIENTS:

2 large onions (chopped into big chunks)
1 to 2 courgettes (chopped up into cubes)
a generous handful of green beans (I used frozen)
1-2 cloves of garlic (chopped up finely)
1 generous tablespoon of dried mixed herbs
2 tins of chopped tomatoes
2 tablespoons of olive oil
500g Braising steak (chopped up into cubed chunks)
and vegetable stock - 600 ml

PREPARATION:

- Prepare the vegetables and set aside.
- Heat oil in a large pan and brown meat, once browned remove from pan and set aside.
- Add the onions and garlic to the pan and fry in the meat juices, allowing them to colour slightly. Return the meat to the pan, adding the stock to cover.
- Ensure that the mixture is well stirred and leave to boil on a gentle heat for about an hour and a half (it may need longer) with the lid off - the meat needs to soften and the stock should almost be evaporated, at which point the onions should resemble a mushy mixture. Remember to give this a good stir every now and then.
- Add all the vegetables and the two tins of chopped tomatoes and the mixed herbs and cook for a further 20 minutes or so (until veg is slightly softened) with the lid on. Again, keep stirring every now and then. Serve with loads of Veg.

Total carbs - approx 57g.

CHILLI BAKE

Author: Wendy

INGREDIENTS:

Filling

1 onion sliced or diced
2 cloves of garlic, smashed
500g minced beef
1 tin chopped toms
squirt of tomato puree
4 fl oz stock or water
2 fat red chillies (seeds removed if you prefer) finely chopped or 1 tsp dried chilli power
1 tbsp ground coriander
1 tbsp ground cumin
1 tbsp oregano
Oil
Handful chopped fresh coriander

Topping

4 large eggs, separated
80ml double cream
125 g ricotta
Large pinch of sea salt
200g ground almonds
1 tsp baking powder
100g grated cheddar - choose a well-flavoured one
melted butter

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CHILLI BAKE CONTD

PREPARATION:

Filling

- . Fry the onion in the oil until soft.
- . Add the garlic and chilli then the mince and stir around, breaking up any lumps, until there are no red bits left in the mince.
- . Add the tin of toms, ground spices, stock, tomato puree and the oregano. Stir well, bring to the boil, cover and simmer over a very low heat for approximately 45 mins. Remove lid, turn up the heat and simmer briskly until most of the liquid has gone.
- . Stir in the fresh coriander and put in the bottom of an ovenproof dish.
- . Allow to cool.

Topping

- . Put the egg yolks, double cream and ricotta in a bowl and whisk until combined.
- . In another bowl put the ground almonds, grated cheddar, baking powder and salt. Mix together thoroughly.
- . In a scrupulously clean bowl and with scrupulously clean whisks beat the egg whites until they form soft peaks.
- . Mix the egg mixture into the ground almond mixture then fold in the egg whites.
- . Spoon the topping over the mince in the ovenproof dish. Brush the top with melted butter. Bake at Gas 4-5 for approximately 30 mins until the topping has risen, is firm and golden brown. Serve with buttered leafy green veg or salad.

Total carbs - approx 38g.



AUBERGINE CURRY

Author: Wendy

INGREDIENTS:

4 large aubergines
1 large onion
1 large bag of spinach
3 tins of chopped plum tomatoes
1 bunch of coriander
groundnut oil
4 cloves of garlic
For the spices
2 tsp of ginger powder
2 tsp of cumin powder
2 tsp of garam masala powder
1 tsp of tumeric powder
1 tsp of chilli power
1 tsp of mustard seeds



PREPARATION:

- . Preheat oven to 200°C
- . Gently fry the chopped onions in four tablespoons of oil, add the spices and stir well. Once the onions have softened, set the pan to one side.
- . Put some oil on a piece of kitchen paper and rub the aubergines all over, then prick them about three times with a fork, place on a baking tray and put in the oven on a high heat for about 30 mins. Check them after about 10 mins and turn them over until they're slightly charred on the outside.
- . Take the aubergines from the oven and cut them down one side and take the tops off. Open them up and carefully scoop the flesh out and place in a bowl. Mash the flesh with a fork.
- . Now put the spice and onion mixture back on the hob and heat gently, add the mashed aubergine and stir well.
- . Wash the spinach, break it up into small pieces and add to the pan. Stir well then add your chopped tomatoes.
- . Leave for about 10 mins on a low heat then add your crushed garlic and coriander, stir well and gently heat for another 15 mins.
- . If possible leave the curry for a couple of hours to stand and reheat just before serving.

Total carbs - approx 44g.

MOUSSAKA

Author: Wendy

INGREDIENTS:

500g beef mince
400g can chopped toms
1 Large courgette
1 aubergine
1 tsp Cinnamon
200ml pot full-fat creme fraiche or Natural yoghurt
2 eggs

PREPARATION:

- Preheat oven to 200C/400F/gas 6
- Dice onion and place in saucepan with mince. Allow to brown while stirring.
- Add the chopped tomatoes. Cinnamon Continue to cook for 15 minutes.
- Place the mince in a large ovenproof dish.
- Thinly slice the aubergine and courgette and layer over the mince.
- Mix together the creme fraiche and eggs. Season with freshly-ground black pepper.
- Pour over the moussaka and cook for 25-30 minutes until golden.

Total carbs - approx 28g.

BEEF GOULASH

Author: Wendy

INGREDIENTS:

500g/1lb Braising steak, trimmed and cut in strips
1 medium onion, peeled and sliced thinly
1 green chilli, de-seeded and sliced
1 green pepper, de-seeded and sliced
25g/1oz butter
sea salt and black pepper
2 tbsp tomato purée
200ml/7fl oz beef stock
3 tbsp paprika
small bunch flatleaf parsley
100ml/3½fl oz soured cream

PREPARATION:

- I use the slow cooker . Just covered the meat with water and left it for 3 hours and it was fine. But can also be done on the hob with a low heat
- Colour the onions and peppers in the butter and season. Place in one large pan, together with the browned steak. Pour in the tomato purée, stock and paprika, season and bring to the boil.
- Cook for between 20 and 40 minutes. (Watch the liquid, I ended up topping it up from the slow cooker and reckon I put in another 200ml but it was well worth it - the sauce ended up quite thick.)

NOTES:

Garnish with sour cream and the flatleaf parsley. Great with buttered Cabbage.
Total carbs - approx 16g.



HAM LEEK AND BLUE CHEESE PIE

Author: Wendy

INGREDIENTS:

Two large leeks, trimmed, cleaned and finely sliced
About 8oz cooked ham, diced
About 4oz crumbled Stilton
1/4 pint double cream
4 fl oz white wine
Butter and oil for frying
Mashed celeriac to cover
Flaked almonds
Melted butter for brushing

PREPARATION:

- Fry the leeks in the oil and butter until softened and turning golden.
- Pour over the white wine and allow to bubble until reduced to a syrupy consistency.
- Add the cream, ham and Stilton and turn off the heat. Allow the cheese to slump into the sauce.
- Put mixture into the dish.
- Top with celeriac mash, sprinkle with flaked almonds and brush with melted butter.
- Bake in a medium oven (gas 4) until golden.
- Absolutely lovely with some buttered savoy cabbage

Total carbs - approx 15g.

SPANISH CHICKEN

Author: Wendy

INGREDIENTS:

1 tray of boneless, skinless chicken thighs
8oz Chorizo sausage
6 best quality pork sausages
1 tin of chopped tomatoes
1 tinned pimento (or 1 red pepper), sliced
1 small onion sliced
1 tablespoon of paprika
Olive oil for frying
Large handful of parsley, chopped

PREPARATION:

- Heat the oil in a large saute pan or Le Creuset type casserole dish and fry the onion until golden, then add the sausages and brown on all sides, then the chicken thighs.
- Chop the Chorizo into bite-sized chunks and add to the pan along with the pimento or pepper, the paprika and the tin of tomatoes and put into a covered oven-proof casserole if not using a Le Creuset dish.
- Bung it all in a low to medium oven (gas 3-4) for about 2 hours or until the chicken is tender.
- Check halfway through and if it looks a bit dry add a very little chicken stock or water, just remember that there aren't any potatoes to thicken the juices. Stir in the parsley before serving.

Total carbs - approx 48g.



ROASTED BUTTERNUT SQUASH WITH FETA

Author: Wendy

INGREDIENTS:

Butternut Squash

PREPARATION:

- Cook halves of butternut squash . (Cover in oil, roast until very very soft).
- While they are roasting, cut up some onions, and a bit of red pepper (or any roastable veg you want) into smallish pieces. Toss in olive oil with some optional garlic and lemon juice.
- Scoop out the flesh from the Squash, and mash. Mix with the chopped up veg, some cubes of feta, and some torn up basil leaves (or whatever fresh herb you want). Season with salt and pepper, and pile the mixture back into the Squash skins.
- Return to the oven for about 15 minutes, until the mixture inside is roasted and a bit browned. Serve one large half per person, with a large green salad.

Total carbs - approx 14g per serving.



CHICKEN, GOAT'S CHEESE AND CHERRY TOMATO BAKE

Author: Wendy

INGREDIENTS:

- 4 chicken breasts
- 150g firm goat's cheese or any strong mature white cheese
- bunch thyme
- 500g cherry tomatoes
- olive oil
- splash white wine

PREPARATION:

- Heat oven to 190C/fan 170C/gas 5. Loosen the skin from the chicken breasts and stuff each with a slice of the goat's cheese and a sprig of thyme. Put in a shallow ovenproof dish.
- Halve the cherry tomatoes and scatter around the chicken with a few more sprigs of thyme, a drizzle of olive oil and splash of white wine. Season with pepper, and salt if you wish.
- Bake for 25-30 mins until the chicken is tender and golden. Serves 4

NOTES:

Serve with Salad or it goes nice with Roasted Veg. Total carbs - approx 15g.



BEEF AND BROCCOLI ONE-POT

Author: Wendy

INGREDIENTS:

1 tbsp olive oil
50g unsalted cashews nuts
400g frying beef steak, cut into strips
1 large head broccoli, broken into florets
4 sticks celery, sliced
150ml beef stock (from a cube is fine)
2 tbsp horseradish sauce
2 tbsp fromage frais

PREPARATION:

- Heat the oil in a frying pan, add the nuts and toss for a few secs until lightly toasted. Set aside
- Season the steak strips with plenty of pepper and stir-fry over a high heat for 1-2 mins to brown. Set aside with the nuts.
- Tip the broccoli and celery into the pan and stir-fry for 2 mins. Pour the stock over, cover and simmer for 2 mins.
- Meanwhile, mix the horseradish and fromage frais together.
- Return the steak to the pan and toss with the veg, then sprinkle over the nuts and serve with the creamy horseradish. Serve, it's nice with Veg Mash.

Total carbs - approx 20g.



AUBERGINE, CHICK PEA, SWEET POTATO CURRY

Author: Patti

INGREDIENTS:

Hands-on time: 15min; cooking time: 30-35min; serves 4

5-6 tbsp olive oil

1 medium aubergine, cut into chunks a bit bigger than bite-sized

1 medium onion, chopped

A generous thumb-sized piece of fresh root ginger, peeled

2 tbsp garam masala or mild curry paste

400g can chickpeas, drained and rinsed

1 large sweet potato, peeled and cut into bite-sized chunks

400g can chopped tomatoes

400 ml can coconut milk

Small bunch of fresh coriander Small handful of fresh spinach leaves - around

125g (4oz)

150g tub Greek-style natural yogurt (optional)

PREPARATION:

- Heat about 4 tbsp of the olive oil in a large non-stick pan and fry the aubergine until golden brown and beginning to soften. Lift out on to a plate with a draining spoon, then add another 1-2 tbsp olive oil to the pan and fry the onion over a medium heat for at least 10 min until soft and deep golden.
- Coarsely grate the ginger into the onion, stir for 2 min, then add the garam masala. Reduce the heat a little and cook for 1-2 min.
- Add the aubergine, chickpeas, sweet potato, tomatoes and coconut milk to the pan. Bring to the boil, then simmer gently until the sweet potato is just tender - about 10-12 min.
- Taste and add seasoning. Just before eating, tear the coriander into rough pieces and stir into the curry with the spinach leaves - they'll wilt in the heat of the pan. If you want to, top with generous spoonfuls of Greek-style yogurt.

NOTES:

570 cals, 43g fat (of which 22g saturates),

34g carbohydrate per serving, no added

sugar per serving

Freezes well so you can make it ahead of time.



MEDITERRANEAN SAUSAGE BAKE

Author: Wendy

INGREDIENTS:

1 packet of Mediterranean sausages (I used Tesco Finest Roasted Pepper & Smoked Mozzarella)
1 large leek
1.5 peppers (I used mixed colours)
1 courgette
half a tub of creme fraiche
half a ball of Mozzarella
half a butternut squash
knob of butter
splash of olive oil

PREPARATION:

- Peel and chop up the butternut squash. Steam for approx 15 minutes or until soft.
- Meanwhile grill the sausages.
- Also meanwhile (!) chop up all the other veggies into small bite sized pieces and fry gently in the olive oil.
- Stir in the creme fraiche and chopped up sausages.
- Mash the butternut squash with the butter and season.
- Put the sausage & veg mixture into an oven proof dish, top with the mozzarella, sliced or grated and finally top with the mash.
- Cook in the oven for approx 20 minutes or until golden on top.

Total carbs - approx 43g.

LO CARB LUXURY FISH PIE

Author: Patti

INGREDIENTS:

2 medium fillets Pollock
200g Smoked (or fresh) Salmon
200g shelled prawns
2 x tbs finely chopped Dill or Parsley
3/4 medium Cauliflower
1 large glass white wine
1 cup skimmed milk + 3 or 4 tbs double cream
2 heaped teaspoons Cornflour (Cornstarch).
1 knob butter - approx 2 tbs
Black Pepper (freshly ground)
1 - 2 tbs freshly grated Parmesan



PREPARATION:

- Preheat oven to medium (Gas 5, 375oF, 190oC)
- Cut up the Cauliflower discarding the green leaves and place in an oven proof dish with a small amount of water, cover and microwave on full heat until soft (approx 10 - 15 mins), or steam the Cauli until soft.
- Cut the fish into bite size pieces and place into an oven-proof pie dish (or similar) with the prawns. Heat the wine, milk and cream in a small saucepan until almost boiling. Blend the Cornflour in a small bowl with around 2 - 3 tbs cold water. Add some of the hot liquid to the cornflour mixture and then tip the whole thing into the pan and stir. Heat until boiling and thickened. If not thick enough (should generously coat the back of a spoon - don't forget there will likely be water in the fish which will thin it down some) repeat the process with a small amount of Cornflour. When at the desired thickness, add the chopped herbs to the pan and grind in a generous amount of black pepper. Pour the sauce over the fish in the oven proof dish.

CONTD.....

LO CARB LUXURY FISH PIE CONTD.....

Mash the Cauliflower with the knob of butter until a smooth texture is achieved (I use the food processor) and dollop spoonfuls on top of the fish and sauce mixture... do this carefully so that it doesn't disappear into the sauce. Smooth out with a fork. Dust the top with the Parmesan. The dish can be prepared ahead up to this point and left to cool if you wish - remember it will take slightly longer in the oven if it's put in cold.

Heat in the oven (approx 20 mins) until the top is nicely browned - and Jenny, it doesn't detract if it boils over a bit but it's a good idea to put a baking tray under it unless you want your oven smelling of fish!

NOTES:

Serves 2, but they are big portions (the plate in the photo is 12" diameter) and you could make it do 3 easily with a few more veggies on the side. You could also add a few peas, some small broccoli florets or some sweetcorn to the fish if you wanted to make it go further. Total carbs - approx 20g.

INDIAN SAUSAGE PATTIES

Author: Wendy

INGREDIENTS:

1 lb [450g] extra-lean minced lamb
8 spring onions, finely chopped
4 garlic cloves, crushed
1 inch [2.5cm] piece of fresh root ginger, peeled and crushed
1 tsp ground cumin
1/2 tsp ground cardamon
1/4 tsp cayenne pepper [or to taste]
6 tbsp shredded fresh mint leaves
6 tbsp chopped fresh coriander
chopped pulp from the one or two 8-12 oz roasted aubergines
Salt and Pepper

PREPARATION:

- Mix all the ingredients together, form into sausages, and grill for approx 3-4 minutes, turning occasionally .

NOTES:

Fabulous served with a Large Salad. Total carbs - approx 26g.

QUICK CHILLI

Author: Lady J

INGREDIENTS:

150g chorizo sausage, halved lengthways and cut into 5mm half moons
500g minced beef
(LJ optional - 3 large garlic cloves finely chopped)
(LJ optional - 2 onions finely chopped)
(LJ optional - 2 red chillies finely chopped)
1/2 teaspoon cumin
1/2 teaspoon coriander
1/2 teaspoon cinnamon
3 cardamom pods, bruised
1 x 500g jar good tomato and chunky veg pasta sauce (I've used Lloyd Grosman or Bertorelli's)
1 x 400g can kidney beans in chilli sauce (can use them in water if you can't find the chilli sauce)
1/4 teaspoon chilli flakes (LJ uses more, esp. if using kidney beans in water)
[if my kidney beans are in water, not chilli sauce, I usually also add Worcester sauce and/or a slug of red wine for richness and sometimes do it anyway]

PREPARATION:

- . Put the sliced chorizo in a hot, frying pan (no oil needed) and cook over a medium heat until it crisps a little and releases its lovely orange oil
- . Add the onion, 2 of the garlic cloves and 1 of the chillies and fry for a few minutes (don't let the garlic burn)
- . Add the mince, fry for a few mins, breaking up with a spoon as you go and get it browned
- . Stir in the spices, add the tomato pasta sauce, spicy beans and chilli flakes (and add the Worcester sauce and red wine if you're doing that)
- . Bring up to the boil, turn down the heat, partially cover and simmer for 20 mins
- . In the last 5 mins, add the final clove of garlic and depending on taste, the extra chilli, season to taste.

CONTD.....

QUICK CHILLI CONTD.....

NOTES:

This recipe is adapted from a Nigella recipe, but I think I've improved it. It was originally in the "express" book, so is designed to be a short hand version of the real deal. My extra bits involve a tiny bit more chopping than her version, but I think they're worth it, esp. since I eat it without rice. It's also great to double up the recipe and freeze some. It reheats well in the microwave:

Serves 4

This chilli is so chunky and rich, it really doesn't need rice, or only a tiny bit. It is also lovely with a dollop of sour cream and/or cheddar cheese - all pretty low carb! In a bowl, with a spoon and a glass of red, I love it! Total carbs - approx 97g.

STUFFED PEPPERS

Author: Wendy

INGREDIENTS:

4 green peppers, tops and seeds removed
2 courgettes, diced
1 onion, finely diced
2 boneless chicken breasts, cut into chunks
finely grated zest of a lemon
4 fresh sage leaves (or dried)
150ml double cream
Splash of white wine
75g grated cheese (I used strong cheddar but any would do)
Oil for frying

PREPARATION:

- Shallow oven-proof dish to fit the peppers snugly
- Put the peppers in a microwaveable dish, add a tablespoon of water and cover with clingfilm. Zap on full power for 2 minutes then drain and allow to cool.
- Heat the oil in a non-stick frying pan and fry the chicken until just opaque.
- Add the courgettes and onions. Stir and fry until softened.
- Stir in the sage then add the wine and allow to bubble for a few seconds.
- Pour over the cream, stir in the lemon zest and allow to bubble briefly until the cream thickens.
- Pile into the peppers and stand upright in the oven-proof dish. Spoon any leftover filling around the peppers.-
- Scatter over the grated cheese and bake at gas 5 for 30 mins.

NOTES:

Serve with salad this is a generous portion if serving 2 people
For a veggie version use sliced chestnut mushrooms and spinach instead of the chicken. Total carbs - approx 28g.



CHICKEN KORMA

Author: Patti

INGREDIENTS:

1 onion finely sliced
1 knob of ginger (I used approx 1" sq)
1 garlic clove
1 tbs olive oil
2 skinless chicken breasts
2 tsp Garam Masala
200ml chicken stock made with one stock cube and topped up with boiling water
3 tbs fromage fraise (I used Tesco Finest which is quite thick)
2 tbs ground almonds
handful toasted almonds
coriander chopped (fresh)

PREPARATION:

- Slowly fry the onion in the oil, then add the diced chicken and brown, add the ginger and garlic, fry a minute... add the garam masala and fry another min
- Top up with the chicken stock and boil for a while until reduced and the chicken is tender.
- Mix the fromage fraise with the ground almonds and add to the pan stirring.
- When tender, serve topped with the toasted almonds and fresh coriander on a bed of rice or cauli rice.

Total carbs - approx 17g.



SPICED LIVER CURRY

Author: Wendy

INGREDIENTS:

3 tbsp dark soy sauce
3 cloves garlic, crushed
1 tbsp sesame seeds, toasted
1 tsp sesame oil
500g chicken/lamb liver, trimmed and sliced
2 tbsp olive oil
1 med onion sliced
1 red pepper, sliced
1 tsp ground coriander
1 tsp ground cumin
2 tbsps peanut oil
125ml chicken stock
100g snow peas trimmed

PREPARATION:

- Combine the soy sauce, garlic, sesame seeds and sesame oil with 2 tbsp water. Place the livers in a dish and pour over the marinade. Cover and refrigerate for 2 hrs.
- Heat half the olive oil in a large, heavy-based pan and cook the onion and capsicum over medium-low heat for 5-10 mins, or until softened. Remove from the pan and set aside.
- Sprinkle the liver with coriander and cumin and season well with freshly ground black pepper. Remove from the dish, reserving the marinade.
- Heat the remaining olive oil and the peanut oil in a pan and add the liver. Cook over high heat, turning often, for about 3-5 mins, until firm but still slightly pink inside. Return the onion, red pepper and reserved marinade to the pan. Add the stock and snow peas simmer gently for 2-3 minutes. Serve immediately garnish with toasted sesame seeds.

NOTES:

Serves 3 each portion 485 cal 5g carbs

MIXED VEGETABLE CURRY

Author: Wendy

INGREDIENTS:

1 tbsp oil
1 medium onion sliced
200g baby new potatoes, quartered
350g broccoli florets or (you do half n half with cauli)
2 large carrots, sliced
425g chopped tomatoes
3 tsps curry paste
400g tin coconut milk
250g small button mushrooms, halved

PREPARATION:

- Heat the oil in a large pan and add the onions, stir for 3-5 mins or until golden brown.
- Add potatoes, broccoli, carrot, tin of tomatoes and curry paste, stir to combine.
- Add the coconut milk and bring to the boil.
- Reduce the heat and simmer uncovered for approx 15 mins or until the veg is almost tender.
- Add the mushrooms and cook for a further 5 mins or until all the veg is tender.

NOTES:

Serves 4carbs depends on which tins you use, so you will have to work this out for yourself..... Can be frozen if there's only 2 of you.... Best when reheated the next day and served with cauli rice. Calculated from ingrediants above approx 84g.

RATATOUILLE TARTE TARTIN

Author: Wendy

INGREDIENTS:

185g plain Flour
90g Butter
1 egg, beaten
1 tbsp oil
20g Butter, extra
2 large courgettes, halved length wise, then sliced
250g Aubergine, cubed
1 large red pepper, cubed
1 large green pepper, cubed
1 Large red onion, cubed
250g cherry tomatoes, halved
2 tbsps balsamic vinegar
60g grated white cheddar cheese
300g sour cream
60g pesto

PREPARATION:

- Preheat the oven 300c Gas 4 and grease a 25cm flan ring (bottomless) and baking tray
- Sift the flour into a bowl and add the 90g butter, rub together until looks like breadcrumbs, make a well in the middle and add the beaten egg (if it looks dry you can also add up to 2 tbsp cold water) mix together with a knife using a cutting action, until the mixture comes together. Then gather the dough together and place onto a floured surface, press into a disc shape, then wrap and place in the fridge for 20 mins
- Heat the tbsp oil and 20g butter in a large frying pan add the courgettes, peppers, aubergine and onion and cook over a high heat for 8 mins. Add the tomatoes and vinegar and cook for a further 3-4 mins.

CONTD.....

RATATOUILLE TARTE TARTIN CONTD.....

- Now roll out our pastry until it 28cm the approx size of your flan ring, Place the flan ring onto a baking tray. Neatly place all the cooked veg into the ring and sprinkle over the grated cheese. Place the pastry into the flan ring using a spoon handle tuck all the pastry down into the ring. Bake for 30-35 mins (some liquid will leak out) allow to stand for 1-2 mins before serving. Place a serving plate over the flan ring and turn over so the pastry is on the bottom of the plate. Remove the baking tray and flan ring.
- Mix the sour cream and pesto together in a small bowl. Serve with the tarte tartin.

NOTES:

Serves 6 each portion 544 cal 29g carbs

Serve with salad and a couple of buttered new potatoes if you wish

This is also nice just as a Ratatouille without making the pastry and is then Less carbs so you can eat more just an idea

Vegetarian if the pesto uses non-animal rennet cheese

LEEK AND ASPARAGUS FRITTATA

Author: Wendy

INGREDIENTS:

30g butter
1 large leek, finely sliced
340g tin asparagus cut and drained
2 tbsp chopped sun-dried tomatoes
5 eggs
125 mls Single cream
salt and black pepper

PREPARATION:

- Preheat the oven 180c Gas 4. Grease a 23cm flan dish
- Melt the butter in a pan and add the sliced leek. Stir over a medium heat for 2 mins or until softened. Drain on kitchen roll.
- Combine leeks, asparagus and sun-dried tomatoes in the flan dish, Whisk the eggs and cream together in a bowl and season, pour over the veg in the flan dish.
- Bake for 30 mins or until golden brown. Serves 4. Total carbs - approx 10g.



CHICKEN CACCIATORE

Author: Lib

INGREDIENTS:

1 onion, finely chopped
2 garlic cloves, crushed
olive oil
2 x 400g tins cherry tomatoes
4 tbsp mascarpone
a handful basil
6 chicken breasts, skin on

PREPARATION:

- Heat the oven to 190C/fan 170C/gas 5. Fry the onion and garlic in 3 tbsp oil until softened but not coloured. Add the tomatoes, season, then simmer for 10-15 minutes or until thick and glossy. Take off the heat and stir in the mascarpone and half the basil, roughly torn.
- Heat a little oil in a pan and fry the chicken on both sides until golden. Transfer to a baking dish and pour over the sauce. Cook for 25-30 minutes or until the chicken is cooked through. Scatter over the rest of the basil.

NOTES:

Apparently it has about 6.9g carbs, 2g fibre per portion.



SPICY CHICKEN PATTIES

Author: Wendy

INGREDIENTS:

500g chicken/turkey mince
4 spring onions, finely chopped
20g finely chopped fresh coriander leaves
2 cloves garlic, crushed
3/4 tsp ceyanne pepper
1 egg white, lightly beaten
2 tbsp oil
1 lemon, halved

PREPARATION:

- Mix together all the ingredients except the oil and lemon, season with salt and freshly ground black pepper and shape the mixture into four patties. Refrigerate the patties for 20 mins (could be made a day in advance)
- Heat the oil in a large frying pan over a medium heat, add the patties and cook for about 5 mins on each side or until browned and cooked through.
- Squeeze the lemon on the cooked patties and serve with a salad

NOTES:

Each Pattie = 215cal 1g Carb

TWO-POTATO HERB FRITTATA

Author:

INGREDIENTS:

2 small potatoes, washed unpeeled and diced
300g sweet potatoes, peeled and diced
30g butter
1 tbsp olive oil
300g sour cream
4 eggs
2 tsps of thyme, oregano, parsley, rosemary

PREPARATION:

- Preheat oven 180C/Gas 4 and Grease 23cm flan dish
- Boil or steam the 2 kinds of potato until just tender. Drain and allow to cool and dry out (can be prepared the day before)
- Melt the butter and olive oil in a heavy based pan. Add the veg and cook, turning often until crisp and golden. Transfer to the flan dish.
- In a bowl whisk together the eggs and cream add the herbs and season with salt and pepper. Pour the mixture over the potatoes in the flan dish and cook for 40 mins or until set.

NOTES:

Serves 4 502cal 15g carbs serve with a salad

FARMHOUSE PIE

Author: Patti

Description: Farmhouse pie... serves 4 -6 depending on appetite.

INGREDIENTS:

500g lean minced steak
2 very large or 3 smaller onions
1 generous tbs Paprika
generous half a teaspoon Cayenne
Approx 3/4 tube of tomato puree
2 x packets of Colman's (or similar) cheese sauce mix
Freshly grated parmesan cheese
4 eggs
1 pint milk

PREPARATION:

- . Heat oven to gas mark 5, 375oF, 190oC
- . Make up the cheese sauce according to the packet instructions with 1 pint milk (you could make your own cheese sauce, but the packet stuff is only approx 10g carb per packet, so multiplied by 2 packets and divided by 4 portions it's 5g carb per portion + the carb in the milk) and allow to cool.
- . Dry fry the mince in a large wok or frying pan. When separated and browned add the Paprika, Cayenne and tomato puree and stir through. Transfer the meat to an oven proof dish.
- . Fry the onion (use a tbs olive oil if necessary) until soft and golden. Arrange in a layer on top of the meat
- . Beat the eggs and then beat them into the cooled cheese sauce (if the sauce is too hot it will start scrambling the eggs right away). Pour on top of the pie and sprinkle generously with freshly grated Parmesan cheese.
- . Put into the oven and cook for approx 25 minutes until piping hot and the topping has gone puffy and golden.

NOTES:

FWIW it freezes well if you make it up to the end of stage 5, cover with cling film and freeze when completely cold. Then defrost and bake. I actually divide it up between two ovenproof dishes, cook one for that night and freeze the other for a trouble free meal on a work night.
Serve with a selection of green veggies. Total carbs - approx 77g.

BAKED SPAGHETTI FRITTATA

Author: Wendy

INGREDIENTS:

30g butter
125g mushrooms sliced
1 red pepper seeded and chopped
125g ham sliced
125g frozen peas
6 eggs
125ml single cream/milk
100g cooked weight spaghetti chopped
2 tbsp fresh chopped parsley/coriander
75g strong cheese

PREPARATION:

- Preheat oven to moderate 180c/Gas 3. Grease a 23cm flan dish
- Melt butter in a frying pan. Add mushrooms, cook over a low heat for 2-3 mins.
- Add red pepper, cook for 1 min, sit in the ham and peas; allow mixture to cool a little.
- In a medium bowl, whisk eggs and cream, salt and pepper.
- Add spaghetti, parsley and the mushroom mixture to the bowl and stir.
- Pour into the prepared dish and sprinkle with the cheese. Bake for 25-30 mins

NOTES:

Nice with roasted veg or a salad serves 4. Total carbs - approx 37g.



CHICKEN CURRY

Author: Wendy

INGREDIENTS:

part 1:

4 chicken legs cut to make 4 drumsticks & 4 thighs skin on or off (i prefer on)
1 onion chopped
1 inch root ginger grated
7 cardamon pods
1 small stick of cinnamon
pinch cumin seeds
7 cloves
1 red chilli/tea spoon of chilli powder
4 cloves of garlic chopped

part 2:

tsp salt
2.5 tsps curry powder
0.5 tsp of chilli flakes
2.5 tsp of tumeric
flat tsp of cumin powder
flat tsp of dhania (coriander) powder
0.5 tsp of paprika
1 bay leaf
tin of tomatoes or passata
4oz of water or enough to almost cover chicken

PREPARATION:

- Mix the Part 1 ingredients in a pan with some ghee or groundnut oil for a few minutes till onions are soft then add the chicken and mix well then add the Part 2 ingredients.
- Mix well and then cover and let it simmer till chicken is cooked through, about 30-40 minutes.

NOTES:

You can add anything else really, I have added butternut squash, spinach, mushrooms, cauli.

Beware of cloves and cardamon pods when dishing up and remove bay leaf and cinnamon stick as these don't taste too good whole, I sometimes take the chicken out and then sieve the sauce pushing it through with a spoon to remove them but it also means you lose the onions and any chunks of tomatoes left in. Total carbs - approx 20g.

ROAST CAULIFLOWER

Author: Wendy

INGREDIENTS:

1 head of cauliflower
2-3 cloves of garlic, peeled and coarsely minced
1 lemon
Olive oil
Salt and Pepper
Parmesan cheese

PREPARATION:

- Preheat oven to 400°F.
- Cut cauliflower into florets and put in a single layer in an oven-proof baking dish. Add garlic.
- Squeeze a lemon over cauliflower and drizzle each piece with olive oil. Sprinkle with salt and pepper.
- If the oven hasn't reached 400°F yet, set aside until it has.
- Place casserole in the hot oven, uncovered, for 15-25 minutes, until the top is lightly brown. Test with a fork for desired texture.
- Remove from oven and sprinkle generously with Parmesan cheese

NOTES:

For a vegetarian version substitute Twineham Grange hard cheese (or similar) for the parmesan (which is never vegetarian). Total carbs - approx 14g.



TUNA AVOCADO AND MUSHROOM BAKE

Author: Wendy

INGREDIENTS:

Tin of tuna in brine, drained
2 tbsp of mayonnaise
1 medium avocado, chopped
1/4 green pepper, chopped small
5 button mushrooms chopped small
2 tbsp of double cream
Salt, pepper and a dash of Tabasco
grated cheddar cheese

PREPARATION:

- Mix everything together, put in an ovenproof dish and top with grated cheese.
- Cook at 200 for 15 to 20 mins or until cheese is browned.

NOTES:

It was delicious but has 20g of carbs cos of the avocado, Serve with a large salad and only have half which makes a nice meal for approx 10 carbs
It's also with nice if you use broccoli instead of the Avocado

COTTAGE PIE

Author: Wendy

Description: Serves 4-6

INGREDIENTS:

For the filling:

1.5kg extra lean minced beef
2 medium onions, finely sliced
2 sticks of celery, finely chopped
1 tsp fresh thyme leaves
1 tbsp tomato purée
salt and freshly ground black pepper
230g mushrooms, chopped
2 tbsp butter

For the topping:

900g trimmed cauliflower
60 ml soured cream
230g grated cheddar cheese
2 tbsp butter
1 egg
8 rashers of bacon, cooked & crumbled

PREPARATION:

- Preheat oven to 180C/gas 4
- Put the beef into a large pan and cook over high heat until it stops looking red and raw (Dry fry). Add the onions, celery, thyme, tomato purée, salt and pepper.
- Cover the pan, turn the heat right down and cook for 30 mins, stirring from time to time. Add some water if it looks too dry.
- Fry the mushrooms in the butter and add to the beef. Cook for 15 minutes more.
- Meanwhile make the topping - steam the cauliflower until almost mushy, about 15 mins. Blend in a food processor, adding the soured cream, cheese and butter. Add the egg and whizz again. Mix in the bacon.
- Assemble the shepherd's pie and bake in the oven for 45-50 mins.

Total carbs - approx 36g.

COD PORTUGAISE WITH BROWN RICE

Author: Wendy

INGREDIENTS:

1 tbs of lemon juice
2 tsp of olive oil
1 clove of garlic
Bay leaf
100g of cod fillet
Small tin of tomatoes (200g)
1 tsp of tomato puree
1 tbs of chopped parsley
60g of brown rice, uncooked (19.2carbs)

PREPARATION:

- Preheat oven to 180 degrees.
- Make a marinade by mixing together lemon juice, olive oil, crushed garlic and the bay leaf in a ceramic dish.
- Place the cod fillet in the marinade and turn to coat. Set aside to marinate for about 30 minutes.
- Bake for about 20-25 minutes, depending on the thickness.
- Meanwhile heat the tomatoes and puree with a pinch of oregano. When the fish is almost cooked, pour the tomato mixture over the fish and return to the oven for 5 minutes.
- Sprinkle with chopped parsley and serve with boiled brown rice.
- 100ml low fat yogurt sprinkled with 1 tbs sunflower seeds. Serves 1

SPICY TUNA WITH PEPPERS & PASTA

Author: Wendy

INGREDIENTS:

1 tsp olive oil
½ red pepper
¼ onion, finely chopped
1 tsp sesame seeds
½ tsp oregano
1 tsp curry powder
3 tbs salsa
100g of tinned tuna, drained
60g of pasta, uncooked will give you 120g cooked weight (Low carb wholemeal 28carbs)

PREPARATION:

- Prepare the pasta and leave to the side.
- Heat olive oil in a non-stick pan and add sliced onion and peppers to the pan. Fry for 2-3 minutes.
- Mix the salsa with the herbs, seeds and spices.
- Stir the tuna and spicy sauce into the pan and simmer gently for a few minutes.
- Add in the pasta and stir over a low-medium high heat. Serves 1

PROVENÇAL CHICKEN CASSEROLE WITH NEW POTATOES

Author: Wendy

INGREDIENTS:

1 teaspoon of olive oil
½ onion
2 chicken thighs, skin removed
2 cloves of garlic
1 pepper
2 tomatoes
1 pinch of oregano
1 pinch of mixed herbs
4 olives

PREPARATION:

- Heat the oil in a non-stick pan and cook the sliced onion gently until softened.
- Add the chicken and cook for a few minutes to brown, then add the garlic (whole, with skins still on), sliced peppers (use a mix of red and yellow, if preferred), chopped tomatoes and herbs.
- Cook over a low heat for 30-35 minutes or until the chicken is cooked through.
- Add the sliced olives before serving. Serve with 4 small new potatoes and a serving of mixed salad leaves. Serves 1.

Total carbs - approx 13g.

ROAST VEGETABLE PASTA

Author: Wendy

INGREDIENTS:

1 large sweet potato
90 g. of butternut or other squash
2 tsp of olive oil
1/2 pepper
2 plum tomatoes
1/2 red onion
75 g of pasta, uncooked weight (150g when cooked)
1 tsp of balsamic vinegar
1 tbs of fresh parsley, chopped

PREPARATION:

- Preheat the oven to 190 degrees C.
- Peel the sweet potato and butternut squash and cut into chunks. Place on a baking tray, drizzle with half the oil and place high in the oven for 15 minutes.
- After this time, add the pepper, cut into strips, tomato, and chunks of onion, drizzle with the remaining oil and return to the oven for 15-20 minutes, until all the vegetables are tender.
- Place the roast vegetables in a bowl and cut into bite-sized pieces. Stir in the pasta, vinegar and chopped herbs before serving. Serves 1. Total carbs - approx 79g.



BEEF STIR FRY WITH BEAN SPROUTS

Author: Wendy

INGREDIENTS:

1 tsp of olive oil
125g of lean beef
half a onion
1 pepper
1 tbs of oyster sauce
1 tsp chilli powder
1 tbs of parmesan cheese

PREPARATION:

Heat oil in a non-stick pan. Fry beef for 8-10 minutes over a medium heat. Add diced onions, sliced peppers; continue frying until the onion is golden. Add oyster sauce, chilli powder. Bring the mixture to the boil. Add the sliced mushrooms, and garnish with parmesan cheese. Serve on 300g lightly steamed Bean Sprouts. Serves 1. Total carbs - approx 5g.

SWEET & SOUR PORK WITH BROWN RICE

Author: Wendy

INGREDIENTS:

60g of brown rice, uncooked weight (19.2carbs)
60g of diced carrot
1 diced apple (Fun size) (approx 10 carbs)
125g of pork
1 tbs of soy or tamari sauce
½ tbs of rice vinegar
1 tsp of tomato purée
½ tsp of sugar
1 tsp of cornflour
tsp olive oil
1 clove of garlic
1 piece of fresh ginger (1cm or 0.5 inch)
2 slices of pineapple (you will have to weigh, if you do not have fresh use tinned)

PREPARATION:

- Cut the pork into cubes and place in a bowl. Pour over the soy sauce, toss together and set aside to marinade.
- Meantime, make the sauce by mixing together the vinegar, tomato puree and sugar and set aside.
- Mix the cornflour into the pork and soy sauce.
- Heat half of the oil in a non-stick pan and brown the pork all over. Set aside on a plate. Heat the remaining oil and cook the crushed garlic and grated ginger for 30 seconds.
- Add a little water, bring to the boil and return the pork to the pan.
- Stir in the sauce mixture and pineapple cut into chunks add carrot and apple and cook over a low heat for 15 minutes or until the pork is cooked through. Serves 1. Total carbs - approx 44g.

CHICKEN RISOTTO

Author: Wendy

INGREDIENTS:

1 tsp of olive oil
 ½ onion, finely chopped
 1 clove of garlic
 1 medium chicken fillet (around 140g)
 60g of risotto rice, such as arborio (uncooked weight) (45.5carbs)
 1 pinch of dried thyme
 Approx 200ml of chicken stock
 2 tbsp of peas
 4 tsp of grated parmesan cheese



PREPARATION:

- Heat the oil in a large non-stick frying pan. Add the finely chopped onion and garlic and cook for a few minutes to soften, until the onion becomes translucent.
- Cut the chicken fillet into strips and add to the onion. Turn the heat up slightly and brown the chicken pieces all over.
- Once the chicken is browned, stir in the rice and mix in well. Reduce the heat and cook, stirring, for just a couple more minutes. Add the thyme.
- Keeping a jug of hot stock beside you, pour this in, a little at a time, stirring gently all the time. Wait until each addition of stock has been absorbed before adding more. This will take around 15 minutes.
- After this time, add the peas and allow to simmer for 2-3 more minutes. Stir in the grated Parmesan cheese just before serving. Serves 1. Total carbs - approx 53g.

REDUCED CARB LANCASHIRE HOT POT

Author: Patti

INGREDIENTS:

2 x lamb steaks trimmed of excess fat
1 large onion
1 large or 2 small carrots (My carrot weighed 153g)
1 lamb stock cube
1 tbs chopped fresh Rosemary
1 heaped tsp chopped fresh Thyme (Optional)
4 x egg sized new potatoes (mine weighed between 53 and 55g each).
One Cal spray or a about an egg-cup full of melted butter

PREPARATION:

- . Heat the oven to gas mark 3, 325°F, 160°C
- . Find an oven proof dish which is deep with less "surface area" rather than shallow and wide.
- . Place the lamb steaks in the dish, slice the onion and carrot thinly and scatter over the meat.
- . Sprinkle over the chopped herb(s) Make up the lamb stock cube into 300ml (half a pint) with boiling water and pour over.
- . Slice the potatoes as thinly as you can (you don't have to see through them!), no need to peel.
- . Arrange the potato slices over the top in slightly overlapping lines.
- . Spray with the one cal oil spray or brush with the melted butter.
- . Cover tightly with foil and put in the middle shelf of the oven for 2 and a half hours.
- . Remove the foil for the last 40 minutes to allow the potatoes to brown.

NOTES:

Although this is a very simple recipe it's surprisingly tasty and the stock (sauce) does thicken up during cooking. It's an adaptation of a WeightWatchers recipe.. don't know the calories but carbs are approx 16.5 per serving.



PORK AND PEPPER GOULASH

Author: Patti

INGREDIENTS:

2 tbs olive oil
1 red onion, sliced
1 tbs sweet smoked paprika
1 tsp caraway seeds (optional)
700g pork chops, trimmed of fat and cut into pieces
400g can tomatoes
300g jar of roasted red peppers sliced
Handful chopped fresh parsley

PREPARATION:

- Heat the olive oil and gently fry the onion for 5 mins.
- Add the Paprika and Caraway (if using) and stir for 1 min.
- Add the pork and cook for 5 mins until browned all over.
- Add the tomatoes and simmer for 5 mins.
- Add the peppers and cook another 5 mins until the pork is tender and cooked.
- Stir through the parsley.
- Serve with a dollop of sour cream if you like (that will add a few cals)

NOTES:

366 cals, 9.7g carbs



BOLOGNAISE/LASAGNA/CHILLI FOR BUSY PEOPLE

Author: Patti

INGREDIENTS:

1 kilo lean minced beef
2 large onions
2 large carrots
2 sticks celery
400g pack of mushrooms
2 x 400g cans chopped tomatoes
1/2 tube tomato puree
2 cloves garlic
300 ml (half a pint) beef stock made with a beef stock cube (or use half beef stock half red wine for a richer sauce)
3 rashers finely chopped bacon or approx 200g Chorizo sausage similarly chopped up (both optional but add lots of flavour).

PREPARATION:

- Heat a deep non-stick pan until quite hot and then dry fry the mince, breaking it up until it's browned. If using the bacon/or chorizo add it to the pan at this point.
- Chop the onions into quarters and place in a food processor, give a good zhoosh until the onion is finely minced. Put into the pan with the mince and stir fry along with the mince for a couple of minutes.
- Peel the carrots and cut into quarters, wash the celery and cut into 1.5 inch lengths, add to the food processor and zhoosh both together until minced... add to the pan.
- Add the tinned tomatoes, the tomato puree and the stock.
- Wipe the mushrooms with a damp cloth, cut in half and mince in the food processor.
- Add to the pan.... and simmer everything for half an hour. The sauce should be rich and tomatoey, but not too dry.
- Allow to cool and divide the sauce up into convenient portions for freezing depending on the number of portions you usually cook in - for me it would be portions for 2 (I usually hold 2 portions back to make dinner for that night).

CONTD

BOLOGNAISE/LASAGNA/CHILLI FOR BUSY PEOPLE CONTD.....

NOTES:

If you don't have a food processor then this recipe will take a bit longer because you'll need to finely chop by hand. It's worth investing in one of those "Mezzaluna" knives with a curved blade and handles on both ends for doing this. You can also buy food processors relatively cheaply in Argos (starting at around £28 <http://www.argos.co.uk/static/Product/partNumber/4200442/Trail/searchtext%3EFOOD+PROCESSORS.htm>) and I use mine for endless things and it's still going strong after 30 years so it's a very good investment. Sauce x 8 portions under 40g carb (for the whole lot). On the morning you need the sauce remove it from the freezer to defrost at room temp.

Lasagna

INGREDIENTS:

In addition to the ragu sauce you will need:-

1/2 jar lasagna white sauce or a jar of 4 cheese pasta sauce (I get mine from Lidl and it's delicious - OK it's cheating but even Delia cheats!)

2 generous sprigs fresh basil

5 sheets Lasagna (of the no pre-cook variety) - for 2 people

2 tbs freshly grated or shaved Parmesan

A dish approx 8" x 8" x 2" deep (or if you can't find a square one then you'll have to break the lasagna sheets a bit to fit)

PREPARATION:

- Tear up the basil leaves and mix with the ragu. Put a layer of the ragu into the dish.
- Top with two sheets Lasagna then another layer of ragu and another layer of lasagna.
- Top with the cheese sauce and sprinkle with the Parmesan.
- Place in a hot oven - gas mark 5, 350F, 190C for about 25 minutes or until golden on top and bubbling.
- Should take you all of 5 mins to assemble this.

NOTES:

Carbs approx 55g per serving.

CONTD

BOLOGNAISE/LASAGNA/CHILLI FOR BUSY PEOPLE CONTD.....

Bolognaise:

INGREDIENTS:

2 tbs freshly grated Parmesan + 2 generous sprigs basil

PREPARATION:

- As above, mix the basil leaves with the ragu and heat through, serve on top of courgette tagliatelli and top with parmesan.
- This is very low carb since the only carbs are in the sauce and are minimal i.e. approx 5g.

Chilli con Carne

INGREDIENTS:

1 tsp (or to taste) hot Chilli Powder
1 can red kidney beans drained and rinsed.

PREPARATION:

- Mix all ingredients together and reheat, simmer for about 20 - 39 mins to absorb the chilli powder. Approx 35g carb per serving.

BOLOGNAISE

Author: Sami

INGREDIENTS:

400g of lean minced beef
3 slices of lean back bacon
1/4 pint dry white wine
tomato puree (as much as you like to taste for me a whole tube)
2-3 carrots
1 onion
pinch of salt
pinch of pepper
pinch of nutmeg
oxo cub
water 1/2 pint

PREPARATION:

- . Cut the bacon up into very small bits and dice the carrots and onion finely , add to the mince and dry fry until brown the drain the fat from it .
- . Add the wine and tomato puree and bring to the boil
- . Add water to the oxo cub and add to the pan bring it back to the boil then turn it down to simmer
- . Add salt , pepper and nutmeg to taste
- . Add more water (I fill the pan) and simmer until all the carrots are cooked and its a thick sauce (about 45 mins)

NOTES:

You can make this without the wine but it does not taste as nice this is an old recipe from a M&S cook book my mum had in the early 80's I think it works out at 45g of carbs and I get 4 portions out of it so I think its about 15g carbs each plus whatever you put with it



POSH SCOTCH EGG WITH SALAD

Author: Wendy

INGREDIENTS:

Sainsbury's Sicilian Style sausages with fennel, basil and red wine, only 0.7g carbs per 100g

Hard boiled Eggs (shell removed)

Half a packet (150g) of mixed leafs and any other salad items that you like

PREPARATION:

• Skin the sausages and mould around the egg I use 3 sausages to 2 eggs cook in a hot oven for approx 20 mins or until sausage meat is cooked.



SMOKED MACKEREL FISHCAKES

Author: Wendy

INGREDIENTS:

Half a medium butternut squash, peeled and cubed
2 smoked mackerel fillets
1 small egg beaten
1 tbsp chopped parsley
Splash of olive oil
Knob of butter
Lemon wedges

PREPARATION:

- Steam the squash until just tender then mash roughly and mix in the egg.
- Flake the mackerel and fork through along with the parsley.
- Line a baking tray with silicon paper
- Form into cakes and place on the baking tray, then refrigerate for an hour.
- Heat oil in a shallow frying pan and add a knob of butter. When the butter stops foaming use a fish slice to carefully place the fishcakes in the pan.
- Leave them alone for at least three minutes (to allow a crust to form) then turn carefully and brown the other side.
- Serve with a squeeze of lemon and plenty of salad

Total carbs - approx 26g.



CHICKEN FLORENTINE

Author: Lib

Description:

You know I'm rubbish at measurements so just do what we all do and take a rough guess based what we like. Right. Here goes

INGREDIENTS

Chicken Breasts

Frozen Spinach - thawed. I used about 200g though you can use more or less

Double cream (just poured it, don't know amounts -sorry!

Garlic- i use about teaspoon of the lazy stuff

Parmesan Cheese - bout 30g

PREPARATION:

- . Brown the chicken breasts until golden brown, then set aside
- . Put the spinach, garlic in a frying pan and give a stir to mix
- . Then add double cream and the grated parmesan.
- . Then add chicken to the frying pan again, coat in mixture and cook on low heat for about 15 mins.

NOTES:

Think only about 5g carbs by my reckoning. AND.TO.DIE.FOR.

You could try adding pine nuts for extra flavour. I just had it with a leafy salad and it was YUMMY!



VEGETABLE LASAGNE

Author: Lady J

Description: (serves 6-8 in a large lasagne dish)

INGREDIENTS:

Punnet mushrooms - quartered
 2 red peppers - cut into large chunks
 3 or 4 courgettes - cut into thick slices
 2 red onions - cut each half into quarters
 2 cloves garlic
 1 red chilli
 olive oil
 sun dried tomato paste *
 splash red wine
 Worcestershire sauce
 fresh basil
 dried mixed herbs
 1 or 2 tins lentils
 2 large tins of plum tomatoes (my tins are 800g each - you may need 3 or 4 standard tins)
 lasagne sheets (the ones that don't need to be cooked in advance)
 At least 200g cheddar
 500g grated mozzarella (I usually buy the mozzarella pre-grated!)
 milk for cheese sauce
 flour for cheese sauce

PREPARATION

Gently heat some oil in a LARGE frying pan (everything goes into this pot so it needs to be big). Add the finely chopped chilli and garlic and gently fry for a couple of minutes. Next, add the onion chunks and allow them to fry gently and soften (try not to break them up - keep them as big chunks). Next add the peppers and allow to fry, then the courgettes and the mushrooms. Get some colour on all the veg before adding anything else. Add the tins of tomatoes. I prefer to use the whole plum tomatoes and have a bit of a chop at them with the knife when they are in the pan (the pre-chopped tinned tomatoes are too finely chopped). Next, add the tins of drained lentils. Take a handful of basil, finely chop and add and also add a couple of shakes of dried herbs. Also add a table spoon or so of sun dried tomato paste. Season with salt and lots of pepper. Bring this up to a gentle simmer and allow to bubble away for about 30 minutes.

CONTD....

VEGETABLE LASAGNE CONTD.....

- . After 30 minutes, add some red wine - however much you have/fancy (can be quite a lot) and some Worcestershire sauce for richness. Check the seasoning and add more salt if needed. Leave it to continue simmering, possibly with the lid off if the sauce is quite liquid and you want it to reduce down a bit.
- . Make a white sauce, using butter, plain flour and milk in the normal way. You need quite a lot of sauce because it has to cover two whole layers of the lasagne (I would start with maybe a third of a block of butter). When the sauce is smooth and glossy, add all the cheddar to the white sauce and let it melt in. The sauce should be REALLY cheesy and not too runny
- . Provided the veg has now reduced down and tastes good (if not, add more wine, Worcester sauce, salt/pepper, garlic or whatever) you can start layering up.
- . Put half the veg mixture in the bottom of the dish. Add sheets of lasagne, insuring not too much overlap, but good coverage. Then pour half the cheese sauce on top and spread out. Repeat that process once more, using up the last of the veg and cheese sauce. Then, cover the entire thing with lots and lots of mozzarella (I use nearly the whole 500g packet). You could also use mozzarella balls torn up, but you might need some more cheddar or parmesan in that case to fill in the gaps.
- . Bake in the oven for about 30-40 minutes at 180-ish, ensuring that the surface is golden and bubbly. You can also put in fridge and bake the next day - perhaps cook lower and longer to make sure the middle heats through in that case, but give a blast at the end to get the surface bubbly.

Total carbs - approx 216g.



PARMESAN CHICKEN

Author Lib:

Description:

Current fave too- am a GIGANTIC parmesan fan. Helps me get over the fact i no longer have spaghetti to put it on

INGREDIENTS:

1 egg white

5 tbsp finely grated parmesan (have to admit to using a bit more than this at times though)

4 boneless, skinless chicken breasts

new potatoes , cut into small cubes (obv preference varies re amounts)

frozen peas

good handful baby spinach leaves

1 tbsp white wine vinegar

2 tsp olive oil

PREPARATION:

- . Heat grill to medium and line the grill pan with foil.
- . Beat the egg white on a plate with a little salt and pepper. Tip the Parmesan onto another plate. Dip the chicken first in egg white, then the cheese. Grill the coated chicken for 10-12 mins, turning once until browned and crisp.
- . Meanwhile, boil the potatoes , adding the peas for the final 3 mins, then drain.
- . Toss the vegetables with the spinach leaves, vinegar, oil and seasoning to taste.
- . Divide then serve with the chicken.

NOTES:

Not sure re the carbs because it depends on the potatoes but of course the chicken/egg/cheese bit is minimal.

Peas and potatoes are what swings it but you can of course not have them and just serve the chicken with lower carby veg. Total carbs - approx from 15g. +



THAI CHICKEN CAKES

Author: Lib

INGREDIENTS:

2 large boneless, skinless chicken breasts cubed
 1 garlic clove , roughly chopped
 small piece fresh root ginger , peeled and roughly chopped (I used lazy ginger, cause am lazy but still experimenting with what 'small piece' means)
 1 small onion , roughly chopped
 4 tbsp fresh coriander , plus a few sprigs to garnish
 1 green chilli , seeded and roughly chopped
 2 tbsp olive oil

(sweet chilli sauce can be used with it but I haven't used the sweet chilli just made a salsa with tomatoes, coriander, lime and chilli and onion instead)

PREPARATION:

- Toss the chicken, garlic, ginger, onion, coriander and chilli into a food processor and season. Blitz until the chicken is finely ground and everything is well mixed. Use your hands to shape six small cakes.
- Heat the oil in a frying pan, then fry the cakes over a medium heat for about 6-8 minutes, turning once.

NOTES:

Serve hot, with whatever you choose (sweet chilli sauce, salsa etc.) I like Asdas Jalapeno Guacamole (2.2g carbs per 100g) YUM

Good with a side salad though I need to watch the carbs in this cause there is hardly any! Bad for the premix. So a couple new potatoes in the salad does me fine

Per serving I think the carbs are 4g ish



PAN FRIED SALMON WITH ALMONDS

Author: Lady J

Description:

I have made this a few times recently and have used trout. However, the other night we had visitors and, having been despatched to the shops Mr LJ came back with lightly smoked salmon fillets (most supermarkets have them) rather than unsmoked trout. I was a bit apprehensive, but they were delicious, served with a lovely dressed salad and some lentils:

INGREDIENTS:

(for 2)

2 lightly smoked salmon fillets (or unsmoked salmon/trout)

butter - tablespoon full

finely chopped garlic clove

finely chopped onion

sliced almonds

dash of white wine

PREPARATION:

- Heat the butter in a frying pan at a low heat. Add the onion and garlic and fry very gently until they are translucent. Add the salmon fillets and fry very gently on both sides until just cooked through. Remove them to a plate and cover with foil to keep warm.
- Turn the heat up under the pan to a medium heat, add a little more butter and throw in the almonds. Fry until they are golden and a little crispy round the edges.
- Near the end, add a splash of white wine, let the alcohol burn off (it is smelling YUMMY by this point) and simmer for a minute more.
- Put the fish on the plates and smother with the buttery almonds.



SIMPLE GREEN SALAD (FOR A NOVICE)

Author: Lady J

Description:

For those of you not big fans of dressing salad, all I can say is do it!! This is my favourite salad recipe that I've been making for years and years and literally goes with everything. Now I'm growing my own salad leaves to go into it, it tastes even better!

INGREDIENTS:

Salad leaves (if you use a head of lettuce, buy round not iceberg)

A chunk of cucumber

1 small onion

1 clove garlic

Balsamic vinegar

Red wine vinegar

Olive oil (extra virgin if you can)

Salt and Pepper

Paprika

(Avocado - optional, is delicious, but makes it a slightly heavier salad)



PREPARATION:

- . Very finely slice the onion and garlic and put in the salad bowl. Peel the cucumber (yes, I know it's a faff, but do it), halve it lengthways and then very finely slice it. Put in bowl. Peel, de-stone and finely slice the avocado if using. **DO NOT PUT IN THE LETTUCE YET.**
- . Stick in a good glug of the olive oil. Mix everything round. Add a splash of red wine vinegar and the same amount of balsamic (I love vinegar, so don't put in too much to start with but build up to taste). Season with plenty salt and peppers and a pinch of paprika. Mix round again.
- . If possible (and this is good if you are doing other things), leave this stuff to sit there and absorb the flavour. At the last possible minute before you serve, add the salad leaves themselves to the other ingredients and mix.

Total carbs - approx 10g.

CHORIZO, GRUYERE AND BUTTERNUT SQUASH FRITATTA

Author: Lady J

INGREDIENTS:

6 large eggs

100g finely grated Gruyere

About half a chorizo sausage (one of the ones that doubles over itself), halved length ways and sliced

1 clove garlic finely chopped

1 onion finely chopped

Butternut squash peeled and chopped into small-ish cubes (I used about half a large squash which was even a bit too much).

Dash single cream

PREPARATION:

- Gently fry the garlic and onion in some olive oil. Add the squash and chorizo, season with salt and pepper, and then fry for maybe 10-15 mins until the pieces of squash are cooked through.
- In a separate bowl, lightly whisk the eggs, stir in the cheese and the cream.
- Either use the pan you've been using. Alternatively, I put an oven proof (non-stick) little quiche dish thingie on the ring. Anyway, put the squash, onion, chorizo etc in the base of the dish then spoon over the egg + cheese mix. Leave it on a low heat and gently move it round as it starts to set.
- When it is nearly set but the top is still slightly liquid, stick it under the grill for a few minutes to set the top and get it golden. Slice and serve with a green salad.

NOTES:

Depending on how much squash, very low carb - I reckoned about 10-20g for a large slice.

LAMB TAGINE WITH PRESERVED LEMONS

Author: Patti

Description:

We had this last night for the 3rd time and I enjoy it more each time! Hubby also thinks it's really yummy. It's a very unusual flavour for a lamb dish but the sour element that the lemons add is really divine.

Serves 2.

INGREDIENTS:

2 Lamb steaks, trimmed of most of the fat,
or a large lamb fillet

8 x whole shallots or 1 large chopped onion

3 tbs olive oil

1 Lamb stock cube

2 garlic cloves crushed

1 teaspoon ground ginger

1/2 teaspoon saffron threads

Black Pepper

4x2" long new potatoes cut into 1" size chunks

Approx 200/300g broad beans (hard to say really about quantity, I bought a 500g bag of bean pods and used the shelled contents)

1 large preserved lemon cut into small chunks (Tesco and most supermarkets sell these in jars now)

2 tbs chopped fresh coriander.



CONTD

LAMB TAGINE WITH PRESERVED LEMONS CONTD

PREPARATION:

- . Heat the oil in a flameproof casserole. Put in the onion, garlic, ginger and saffron and the meat. Cook over a low heat for 5 minutes turning the meat.
- . Cover with water and throw the stock cube in.
- . Season with black pepper, cover and cook over a low heat for 1 to 1.5 hours or until the meat is very tender, turning the meat over from time to time.
- . Add the potatoes, top up with water if necessary and cook for 20 mins until the potatoes are tender.
- . Add the beans, the chopped preserved lemon, the coriander and parsley.
- . Cook for about 10 minutes, remove the cover from the pan and boil a little hotter until the sauce thickens up and the beans are tender.

NOTES:

Peas can be substituted for the beans, but add closer to the end of cooking time. I served this with some fresh Asparagus last night, previously I've served it with fresh Spinach which I sauteed lightly with some pine kernels. Total carbs - approx 55g.



LEEK AND MUSHROOM BARLEY RISOTTO

Author: Ziggy

Description:

Cooking the leeks over moderately low heat results in buttery-soft texture and sweet flavour. As with any risotto, serve immediately for the creamiest texture.

Serves:- 6 servings (serving size: about 2/3 cup)

INGREDIENTS:

2 tablespoons olive oil
3 medium leeks
250 g sliced chestnut mushrooms
250 g uncooked pearl barley
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
850 ml boiling water with 2 tsps of vegetable bouillon
2 tablespoons chopped fresh flat-leaf parsley
60 g butter
Parmesan cheese (grated or shavings)

PREPARATION:

- . Heat the oil in a large saucepan over medium heat.
- . Add leek; cook 20 minutes or until tender and golden, stirring occasionally.
- . Add mushrooms; cook 5 minutes or until tender, stirring occasionally.
- . Add barley, salt, and pepper; cook 1 minute, stirring constantly.
- . Add bouillon water; bring to a boil.
- . Cover, reduce heat, and simmer 30 - 35 minutes, stirring occasionally.
- . Uncover and cook 5 minutes or until liquid is absorbed.
- . Stir in parsley and butter (if using).
- . Cover and leave to stand for 10 minutes
- . Sprinkle with Parmesan cheese if required.

NOTES:

Nutritional Information (per person)

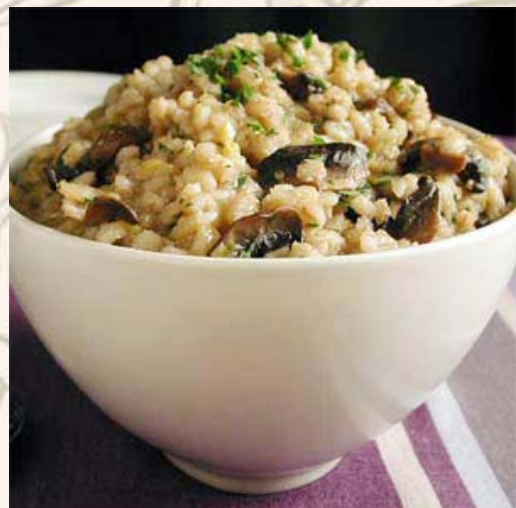
Calories: 208 (22% from fat)

Fat: 5g (sat 0.7g, mono 3.4g, poly 0.6g)

Protein: 7.3g

Carbohydrate: 34.1g

Fibre: 6.9g



SNACKS

ALMOND BISCUITS

Author: Wendy

INGREDIENTS:

100g of ground almonds
1 medium egg
50g butter
1/4 tsp baking powder
1 tsp vanilla

PREPARATION:

- Mix it all together and drop onto a non-stick sheet (teaspoon size) and bake for 8 minutes at 175 deg °C.
- They go all brown and crunchy - I would recommend adding either other nuts or chocolate.... But there is only about 7g of carbs in 100g of ground almonds and the rest of the ingredients are carb free... so a good little biscuit
- Makes 16 or you may wish to make then larger

NOTES:

Various suggestions have been made for optional additions to this recipe including:

Desiccated Coconut
Dark Chocolate
Splenda (to taste)
Nuts
Cinnamon
Coffee Bean as a topping
An Almond as a topping
Peanut Butter
Orange Zest/Orange Juice
Dark Cocoa Powder



ALMOND CRACKERS

Author:

INGREDIENTS:

100 g (3 1/2 oz.) finely ground almonds
1/2 tsp. garlic salt
1/2 tsp. 'Italian' herb mix
1/4 tsp. chilli powder
freshly ground black pepper
4 - 6 tsp. cold water (I used 5 tsp.)



PREPARATION:

- . Preheat the oven to 180 deg C (350 deg. F) Gas Mark 4.
- . Cut a piece of non-stick paper to line a large baking sheet and then cut another piece exactly the same size. (I used 1 piece non-stick paper and 1 silicone mat -- for the bottom.) Remove the papers and set aside for the moment. Put the baking sheet in the oven to heat up.
- . Put the ground almonds into a bowl with garlic salt, herbs, chilli powder and a grinding of pepper, and mix. Then add 4 tsp. of cold water, and mix to a dough -- you could add a tiny bit more water if necessary but be careful not to make it too wet.
- . Roll the dough into a rectangle shape and place in the centre of one of the sheets of paper (or silicone mat). Put the second piece of paper on top and roll the dough through the paper. Make it as thin as you can, and keep the edges as even as possible, though it doesn't matter if the edges are a bit curved and wobbly.
- . Remove the top piece of paper, and score the dough with a knife to make about 24 crackers. Put the paper of scored crackers onto the preheated baking sheet and bake for 7-9 minutes until they are golden-brown and crisp. Look at them after 5-7 minutes. If the crackers at the edges are browning, lift them off with a spatula (they will come off easily) and transfer to a wire rack. Put the rest back in the oven for a few more minutes -- but watch them carefully, as they burn easily.
- . You can cool them on the tray or lift them off onto a wire rack. When they are completely cooked, store in an airtight container to keep crisp.

NOTES:

Makes about 24 crackers.

8.5 g carbs and 21 g protein for the whole quantity

EXPERIMENTAL CHOCONUT BUNS

Author: VBH

Description: Still playing with this, but if anyone wants to give it a try and tweak it a bit, let me know how you get on. Got a slight sweetener aftertaste with this, but going to get some flavoured polyol syrup to see if I can get rid of the after-taste.

INGREDIENTS:

50g Ground Almonds
25g Chopped Hazelnuts
25g Chopped mixed nuts
30g Desiccated coconut
20g Cocoa (2 slightly heaped dessertspoons)
3 slightly heaped dessertspoons splenda
2 eggs
60g melted butter
1 slightly heaped tsp baking powder
1 tsp Vanilla Extract

PREPARATION:

- Grind the chopped nuts to get a mix of powder and paste. Put into a mixing bowl with all the other ingredients.
- Mix and put into a microwaveable bun tray. Mine makes 7 and is about right for size.
- Nuke on high for 3 mins or until dry. Allow to cool. Preferably serve with whipped cream.

NOTES:

For 7 buns, about 2.1 carbs each.

Could also be done in a microwavable loaf tin as a cake.

I started out with a recipe from the web without any of the nuts but double the ground almonds, which tastes bland and isn't very good. I borrowed some ideas from the side of a carbophobia cake packet and played a bit.

Still working on buttercream as well made with splenda, a bit of butter and cocoa (quantities by eye). Again got the aftertaste problem and its terribly sweet. I've also done the loaf cake version with a pair of cakes, a thin layer of diabetic jam in the middle and whipped cream topping.

All suggestions for improvement gratefully received.

WACKY'S DATE BRAN MUFFINS

Author: Wacky

INGREDIENTS:

1 1/2 cups wheat bran
1 cup plain flour
1 3/4 cups wholemeal flour
1/2 tsp salt
1 1/2 tsp cinnamon
2 tbsp brown sugar
4 tsp baking powder
2 tsp baking soda
250g package chopped dates
1/3 cup coconut
1/4 cup pumpkin seeds/flax seeds
2 eggs
1 1/3 cups milk
1/2 cup oil
1 tsp vanilla extract



PREPARATION:

- . Preheat oven to 170'C . Break apart the dates and simmer in boiling water to cover for 10 minutes and let cool. Mix all the dry ingredients together in a large bowl and then all the wet ingredients together except for the dates in a separate bowl. Make a well in the middle of the dry ingredients and put the dates in, then add the wet ingredients. Stir together only until they are mixed together - don't overmix, lumpy is good!
- . Spoon into muffin tins/bun pans using paper cases if you like, or grease the tins well. Bake for 15-18 minutes or until muffins are cooked and brown on top. The baking time will vary depending on your oven and how big you make the muffins - mine barely fill the muffin cases when cooked and are filled about 2/3 full of batter. Makes about 26 muffins that size.

** See conversion Charts at front of this book to convert cups to metric or imperial measures.*

NOTES:

I alter this recipe all the time, varying the fruit + seeds - raisins, currants, nuts, sesame seeds, apricots, crystalized ginger, dried pears, used applesauce or ripe banana (about 3 mashed up) instead of the dates, left out the coconut, added in other spices, or just used wholemeal flour. You could leave out the brown sugar all together and you wouldn't notice - these aren't a really cakey, sweet muffin - the original recipe was - it called for 3/4 cup of treacle and 1/2 cup of brown sugar! I don't use fake sugar so have no idea what the texture of the muffins would be.... Total carbs - approx 298g.

SAVOURY CHEESE CAKES

Author: Sally

Description:

Cheese cakes (savoury) for breakfast with a coffee, with soup instead of bread and with chilli con carne to dip in instead of rice, so versatile, tasty and easy peasy. Keep really well in the fridge for 4 or 5 days too.

INGREDIENTS:

200 g of ground almonds

half teaspoon salt

250ml cream (we get a tetra pack one here 35% fat especially for cooking that's not too dear.

2 large eggs

1 tablespoon of melted butter or flora or whatever

50 g of grated tasty cheddar

PREPARATION:

- Mix it all together except the cheese. Once it is nicely blended fold in the cheese.
- Spoon the mixture into paper cake cups. AT NO TIME USE A WHISK, THE CREAM WILL CURDLE WITH THE CHEESE!!
- Bake in pre-heated oven 220 for 10 mins and then at 180 for around 20 to 25 mins until lovely and brown on top.
- Serve straight away, they are like little souffles, or cool on a wire rack and use as needed.
- They don't last very long.

NOTES:

Courtesy of 500 low carb recipes. Total carbs - approx 22g.

LOW CARB CHOCOLATE BROWNIES

Author: Devon Girl

Description: Chocolate Brownies

[adapted from Linda's low carb recipes on Dr B site]

INGREDIENTS:

90g butter, softened

225g cream cheese, softened [I used half Ricotta cheese and half Philly cheese]

20g granular Splenda

15g of silver spoon, Sweetness & Light, brown sweetener.

2 tsp vanilla extract

1 tsp black strap molasses

2 tbs Da Vinci syrup, chocolate flavour

2 eggs

120g chocolate - melted, for fine desserts [over 74% minimum Cocoa solids] I used Menier Chocolat patissier.

90g ground almonds

7g baking powder

10g drinking chocolate powder

PREPARATION:

- Cream butter and cream cheese in large bowl. Add Splenda, brown sugar, vanilla extract, black strap molasses, drinking chocolate powder, Da Vinci syrup and eggs, and beat well.
- Add chocolate, and mix in the ground almonds and baking powder.
- Add all this to the batter and beat well.
- Spread in a greased 8"x8" baking dish.
- Cook at 180°C for 20-25 minutes, until a toothpick comes out clean.
- Brownies will still be a little soft to the touch and may not seem quite set. Don't over bake them.

NOTES:

Makes 16 decent sized pieces.

Around 4 to 5 net carbs a piece.

DESSERTS

IGLOO PUDDING

Author: Patti

Description: A mocha flavoured home made ice cream dessert

INGREDIENTS:

100g (4oz) sultanas or mixed fruit
50g (2oz) Marashchino Cherries chopped in half (or 50g ready to eat dried Apricots chopped into 1 cm cubes- using apricots deduct 30g carb from the total of 240g)
50g (2oz) Toasted flaked almonds
2 tbs medium sherry (or brandy)
125g (4.5oz) Marshmallows
150 ml (1/4 pint) milk
1 tablespoon instant coffee
1 tablespoon cocoa powder
300ml (10 fl oz) double cream

PREPARATION:

- Place the Sultanas (or mixed fruit if using) in a bowl with the almonds and the cherries (or apricots) and the sherry (or brandy) in a bowl and leave to soak for 1 hour.
- Put the marshmallows, milk, coffee and cocoa in a pan and heat very gently, stirring from time to time. When the marshmallows are about half melted, turn off the heat and stir until they are completely melted. Leave to cool.
- Whip the cream until stiff, whisk in the marshmallow mixture and gently fold in the soaked fruit mixture with the liquor.
- Line a 2 and a quarter pint pudding basin or loaf tin with cling film, pressing it firmly into the corners and then pour in the mixture and freeze. Unmould when frozen and wrap in cling film. Will keep up to 3 months in the freezer (if it lasts anywhere near that long!)

NOTES:

Serves 10 very generous portions (total carbs 240g - carbs per portion 24g). It's very rich and a half portion is enough for me... so very reasonable carbs (12g) there!

NOT TOO TERRIBLY CARBY CHOCOLATE CAKE

Author: Patti

INGREDIENTS:

9 oz dark chocolate (70% cocoa solids)
broken into small pieces
8 oz Butter chopped into small pieces
4 oz sugar
2 tbs brandy or orange flavoured liqueur
1 tbs plain flour
5 eggs



PREPARATION:

- Pre-heat oven to 350 degrees/Gas mark 4
- Grease a 9" x 2" springform cake tin. Line the base with baking parchment and grease again. Wrap the bottom and sides of the tin with foil to prevent water from seeping into the cake.
- Place a heatproof bowl over a pan of barely simmering water and melt the chocolate, butter and sugar, stirring frequently until smooth. Remove from the heat, cool slightly and stir in the brandy or liqueur.
- Beat the eggs lightly in a separate bowl for 1 minute (by hand). Beat in the flour then slowly beat in the chocolate mixture until well blended. Pour into the cake tin.
- Place the cake tin (and foil) into a roasting dish and pour in enough boiling water to come a quarter of an inch up the side of the cake tin, Bake for 25 - 30 mins until the cake is set but the centre is still soft.
- Remove from the oven, remove the foil and cool on a wire rack. The cake will sink in the centre and become quite slim. Don't worry if the surface cracks a bit.
- When cool enough to handle, remove the sides of the cake tin, and turn the cake upside down onto the wire rack. Remove the cake tin base and the baking paper. This is now the top of your cake. Decorate with grated dark chocolate (and some white for contrast if you wish) and/or decorate with chocolate dipped strawberries. Serves 10 normal folk - 20 diabetic folk! LOL! It's so rich you don't need very much - and it's absolutely divine!

Total carbs - approx 184g.

TIRAMISU

Author: Lady J

INGREDIENTS:

5 large eggs, separated
8 tbsp Splenda
570ml mascarpone
Basic Almond Sponge Cake, cooled
120ml strong brewed coffee or espresso
3 tbsp rum
60g Dutch processed cocoa
(this is apparently differed from natural unsweetened cocoa - try googling?)



PREPARATION:

- . Place the egg yolks and sweetener in a large bowl and beat with an electric mixer until thick and lemon-coloured. Add the mascarpone and beat on low speed, scraping down the bowl as needed, until incorporated. Do not overbeat or the mixture will curdle.
- . In a clean bowl with clean beaters, beat the egg whites until soft peaks form. Stir one quarter of the whites into the mascarpone mixture, then fold in the remaining whites.
- . Cut the cake into 16 fingers (cut it in half crosswise, then lengthwise into 8 slices per half). Combine the coffee and rum in a shallow dish. Place the cocoa in a sieve over a straight-sided serving dish.
- . Sprinkle the bottom of the serving dish with some cocoa. Quickly dip a few of the cake fingers into the coffee mixture and line the bottom of the dish. Do not get them too wet or your tiramisu will be runny. Spread on one quarter of the mascarpone mixture and dust the top with cocoa.
- . Repeat the process two or three times so you have three or four layers. End with a sprinkling of cocoa. Cover and refrigerate over night.

NOTES:

Per serving: Carbohydrates: 5.7g, Protein 13.8g, Fat 40.8g

BASIC SPONGE RECIPE

Author: Lady J

INGREDIENTS:

115g finely ground almonds
1 tsp baking powder
1/4 sea salt
6 large eggs (at room temperature)
8 tbsp splenda
1 tsp pure vanilla extract

PREPARATION:

- Preheat oven to 180C/350c/gas 4. Butter a 37.5 x 25 cm (15x10 in) Swiss Roll tin. Line with parchment and butter again.
- In a small bowl, mix the ground almonds, baking powder and salt.
- Place the eggs and sweetener in a large bowl. With an electric mixer, beat until thick, light and tripled in volume, 8-10 minutes. Beat in the vanilla. Fold in the almond mixture. Spread evenly in the prepared tin.
- Bake for 20-25 minutes until the top springs back when pressed lightly. Cool in the tin on a wire rack.

NOTES:

Per cake: Carbs 27.2g, Protein 62.6g, Fat 93.4g (WOW, check the fat content!)



CREME ANGLAIS - DIABETIC FRIENDLY CUSTARD

Author: Katherine

Description: Recipe By :Master Chefs

Serving Size : 6 Preparation Time :2:20

Categories : 5-10g Low Carb

INGREDIENTS:

1 1/2 cups water

2 1/2 cups whipping cream

10 lrg Egg yolks -- room temperature

1 cup splenda

PREPARATION:

- Mix well the water and cream and bring to boil in heavy saucepan.
- Meanwhile, beat egg yolks and splenda in mixer, until pale yellow and forms a ribbon when beaters are lifted, about 7 minutes. Slowly pour 1 cup of hot liquid into yolks, beating constantly.
- Transfer egg mixture to cream mixture in saucepan and stir constantly over medium-low heat until it thickens enough to coat the back of a spoon. DO NOT BOIL.
- Strain into a large bowl set into a larger bowl of ice water and cool to room temperature, stirring occasionally.
- Cover and refrigerate for at least two hours.



PEAR AND ALMOND "CAKE"

Author: Patti

Description: I love the taste of ground almonds and I think ground almonds and pears are "a marriage made in heaven". I used to adore those pear and almond flans found in Patisseries but they're such a no no now... so here's a dessert I made up,

INGREDIENTS:

2 large pears - doesn't matter if they're ripe or not
6oz ground almonds
6oz butter (at room temperature)
3 eggs beaten
6oz caster sugar

PREPARATION:

- . Heat oven to gas mark 4, 350 deg F, 180 deg C
- . Line the bottom of a springform cake tin with baking parchment (I think mine's a 9" diam one). Cream the butter and sugar together until light and fluffy. Add the beaten eggs a little at a time until the mixture is well combined (don't worry if it looks a bit "curdled" at this stage), carefully fold in the ground almonds.
- . Peel the pears and cut in half. Remove the core and the stem. Slice lengthwise into thin slices from the base to nearly the stem without completely going through the pear and lay each half on the baking parchment in the cake tin, press down slightly so they "fan out". Or cut into slices and arrange in a fan shape. Spoon the "cake" mixture over the pears and level off with the back of a spoon - leaving a bit of each pear showing.
- . Put onto a highish shelf in the oven and bake for 1 hour - you may have to put a bit of foil loosely over the top to stop it going too brown.

NOTES:

I served this last night with some "Finest" Creme Fraiche and a few raspberries... 5 of us ate it and there's half left over. Total carbs (depending on the size of your pears) approx 200 for the whole cake.... it's not toooo bad for T1s and at least you don't have the pastry as well. I suppose you could also cut some sugar out....

PUMPKIN MOUSSE RECIPE

Author: TigerLily

INGREDIENTS:

- 1 can pumpkin
- 2 pkgs of instant sugar free vanilla instant pudding
- 3 cups of milk
- 2 tsp or more of pumpkin spice

PREPARATION:

- Whisk all together
- Fold in 1 cup of cool whip
- Chill
- Serve

Total carbs - approx 14g.



LEMON AND LIME CHEESECAKE

Author: Wendy

INGREDIENTS:

100g hazelnuts
150g ground almonds
125g butter

600g Philly
1/2 pint double cream
1 sachet of lemon and lime
sugar-free jelly or any flavour you wish



PREPARATION:

- Base line a 24cm springform tin with baking parchment. Put the hazelnuts in a dry frying pan and heat gently until they change colour and go a slightly darker brown. You might hear a faint sizzling too. Put them straight into a food processor and whizz to the size of digestive crumbs. Pour them into a bowl, add the ground almonds and a pinch of salt. Melt the butter then pour over the nuts and mix thoroughly to combine. Tip into the base-lined tin and spread out gently with the back of a spoon trying to get it evenly covered. Once spread out press firmly with the back of the spoon to pack down as evenly as possible. Put into the fridge for about half an hour to set.
- Put the jelly crystals into a bowl and pour over approx 1/3 of a pint of boiling water. Whisk vigorously until the crystals have dissolved. Allow to cool until tepid whisking occasionally.
- Put the cheese and cream into a mixing bowl and whisk together until all the lumps have gone and it is smooth and creamy. Beat in the jelly a little at a time. Pour the mixture onto the cooled base and refrigerate until set.

NOTES:

25 carbs the whole lot - but it's got a lot of calories
Vegetarian if jelly is vegetarian.

RASPBERRY MOUSSE

Author: Wendy

INGREDIENTS:

1 sachet of sugar-free raspberry jelly (or any flavour you want) 64 cals 4 carbs
1/2 pint of double cream (Elmlea double 33% less fat) 988cals 11carbs
1/4 pint each boiling water and cold water
Food mixer

PREPARATION:

- Large capacity mixing bowl (it splashes a bit)
- Put the jelly crystals in the mixing bowl and pour over the boiling water. Immediately start whisking to dissolve the jelly.
- When it looks like most of the crystals have gone add the cold water and continue whisking. It will froth up a bit.
- Add the double cream and continue to whisk until the mixture is cold - somewhere between 5 and 10 mins.
- Put in the fridge for about half an hour until set.



PEAR AND GINGER FRANGIPANI CAKE

Author: Patti

INGREDIENTS:

4 ripe(ish) large Conference pears
(or 5 small ones)
165g (6oz) butter at room temperature
8 tbs Splenda
27g (1oz) Caster Sugar
4 large eggs, beaten
165g (6oz) ground almonds
3 balls Stem ginger in syrup chopped
up into little bits
1 - 2 tbs syrup from the ginger



PREPARATION:

Grease and bottom line a 9" springform cake tin. Cream the sugar and butter together until pale and fluffy and then cream in the Splenda (there's no need to use any sugar, you could just substitute Splenda, but I think it does give a lighter result if you cream the sugar with the butter). Add the eggs and whisk into the butter mix a little at a time. Fold in the ground almonds, the chopped ginger and the syrup.

Peel halve and core the pears and then slice lengthways not quite all the way through to the core end and then lay into the cake tin, pushing down gently so they fan out. Distribute them evenly round the cake tin. Spoon in the cake mix and spread out with the back of a dessert spoon. Place in the oven and check after 45 minutes. The cake is ready when it's firm but still springy in the middle and golden brown all over (if it starts to brown too much lay a bit of foil loosely over the tin).

Serve warm with cream.

NOTES:

I make this 125g carb for the whole cake (assuming a pear to be 20g carb - sorry didn't weigh the pears but they're 10g carb per 100g) and it serves 10. It did occur to me that it would be nice with a few raspberries thrown in too, adjust carbs accordingly.

LOW CARB CHOCOLATE BROWNIES

Author: Lib

INGREDIENTS:

1 cup ground almonds, well sifted
1/2 teaspoon baking powder
1/2 teaspoon salt
1-3/4 cups Splenda or granulated Maltitol etc. I personally would use less though
1 cup unsalted butter
4 ounces unsweetened baking chocolate (or good quality dark choc), chopped
2 teaspoons vanilla essence
4 extra large eggs, beaten
1 cup chopped pecans

PREPARATION:

- Preheat oven to 350 F. Butter a 9" x 13" cake pan.
- Stir together almonds, baking powder, salt and Splenda; set aside.
- In a microwave bowl, on high, melt the butter and the chocolate, stirring frequently.
- Add the Splenda, the beaten eggs and vanilla; beat until well blended.
- Stir in the dry mixture, mix well, then stir in the pecans. Pour into the prepared pan, spread evenly.
- Bake for about 20 minutes or until a toothpick inserted in the centre comes out clean. Check at 15 minutes. Do not overbake.
- Cool on wire rack, cut into 48 squares.

NOTES:

1.8 net carbs per square

LOW CARB CHEESECAKE

Author: Lib

INGREDIENTS:

1 and 1/2lbs cream cheese (room temperature)
4 eggs (preferably room temperature)
1 and 1/2 teaspoon (1/2 Tablespoon) vanilla
1 and 1/2 teaspoon (1/2 Tablespoon) lemon juice
1 and 1/3 cups sugar equivalent of artificial sweetener
1/4 cup sour cream

Crust:

1 cup almond meal
2 Tablespoon melted butter
2 Tablespoon artificial sweetener



PREPARATION:

- . Heat oven to 375 F.
- . Combine ingredients for crust, and press into the bottom of a springform pan. Bake for 8 to 10 minutes, until fragrant and beginning to brown.
- . Raise oven heat to 400 F, or lower to 350 F if you're using a water bath (see below).
- . Put cream cheese in mixing bowl, and beat until fluffy. Add other ingredients, scraping the bowl and beaters each time (this is very important), fully incorporating each ingredient. When all ingredients are combined, scrape one more time, beat one more minute, and pour mixture into pan over crust.
- . In oven, start the cake at a high temperature, and it slowly drops. Put the cheesecake on a sheet pan in case of drippage. After putting the cheesecake in the oven at 400 F, turn the oven down to 200 F. Bake for 60 to 90 minutes, checking often after an hour. When the cake is firm to touch but slightly soft in the centre, or the centre reaches 155 F, remove from oven.

NOTES:

Makes 16 servings. Apparently

Nutritional Information: Each serving has 2 grams effective carbohydrate plus 1 gram fiber, 6 grams protein, and 221 calories. Best not to mention the fat content

Toppings can vary to taste (and expertise), I will be using strawberries, pureed with a bit of Splenda and I suppose you could grate plain chocolate on the top.

WHITE CHOCOLATE TORTE

Author: Patti

INGREDIENTS:

For the base....

100g hazelnuts

150g ground almonds

125g butter



For the Torte

750g white chocolate such as Green & Black's or Tesco White cooking chocolate

569ml carton double cream

PREPARATION:

- Base line a 24cm springform tin* with baking parchment. Put the hazelnuts in a dry frying pan and heat gently until they change colour and go a slightly darker brown. You might hear a faint sizzling too. Put them straight into a food processor and whizz to the size of digestive crumbs. Pour them into a bowl, add the ground almonds and a pinch of salt. Melt the butter then pour over the nuts and mix thoroughly to combine. Tip into the base-lined tin and spread out gently with the back of a spoon trying to get it evenly covered. Once spread out press firmly with the back of the spoon to pack down as evenly as possible. Put into the fridge for about half an hour to set.
- Chop 700g of the chocolate and put with half the cream into a bowl over a pan of barely simmering water, making sure the base doesn't touch the water. Leave the chocolate to melt but don't stir it - this may take as long as 30 minutes. Once melted remove from the heat, stir until smooth and then cool for 15 minutes or until just beginning to thicken (It should be barely warm but still liquid - if it's too cold it won't mix evenly) stirring occasionally.

CONTD

WHITE CHOCOLATE TORTE CONTD.....

- In a separate bowl, whip the remaining cream until soft peaks form, then fold into the chocolate mixture. Pour over the base and chill for 3 hours.
- Using a vegetable peeler, make flakes of the remaining white chocolate and scatter over the torte so the chocolate looks spiky. I have sometimes used dark and white chocolate on top which looks absolutely spectacular!

NOTES:

OK folks, this is not for everyday, but Christmas is coming up and members want "a treat" so for those of you who can incorporate a few extra carbs into their regime from time to time I am posting it. I have made this several times, but used the usual ginger biscuit/digestive biscuit base... here I am substituting Wendy's cheesecake base and thus making it more carb-friendly. I work out that it's 25g per portion and do remember that the Torte serves 16!

If you'd like to serve the Torte on the day you make it, freeze it for 15 min before serving then remove it from the tin. This recipe freezes well too, so you could cut it into portions for rationing purposes!

* My recipe says 20.5cm (8") tin... which will make the topping deeper but you can cut narrower slices

LOW CARB BUTTERY ALMOND & COCONUT CAKE

Author: Patti

INGREDIENTS:

180g Blanched Almonds, ground (6.3 ounces) I used 180g ground almonds
1 cup of splenda or equivalent
2/3 cup of desiccated coconut/finely shredded coconut (I was a bit heavy handed and probably used around 3/4 cup)
2 TBL Flaked Almonds (2 American tablespoons and 2 teaspoons)
1/4 tsp salt
200g butter (7oz)
4 eggs
1.5 tsp vanilla extract
1/4 tsp almond essence

PREPARATION:

- . Melt butter and allow to cool
- . Blanch and grind almonds, this is a good opportunity to make a big batch so you have extra for other recipes.
- . Preheat oven to 180 C (350F)
- . Whisk the dry ingredients in a medium to large bowl. In a smaller bowl whisk the eggs, vanilla and almond essence then add the butter mixture and whisk well. Add wet mixture to dry mixture and stir, this will be a sloppy batter.
- . Next either grease or line a metal springform pan or use silicon. I used the silicon and it worked fine for this. Pour mixture in and spread evenly then sprinkle almond flakes over the top of the cake. (9" cake tin worked fine for me - says Patti)
- . Chuck in oven for about 40 minutes or until cake springs back slowly. Let cool in pan.

CONTD

LOW CARB BUTTERY ALMOND & COCONUT CAKE CONTD.....

NOTES:

Ohhhh... I was surfing and came across this link posted by Nicky on the NHS website!

This cake looks to die for (2 of my favourite ingredients and only 2.8g carb per slice) and check out the muffin thingies too!

<http://pinchof.blogspot.com/>

6.09.08 amendment!

The cake recipe has moved a bit from that link - though the link has lots of great recipes so I've pasted it here

Notes: Belinda recommends that you eat this at room temperature or slightly warmed, though it still tastes good cold just chewy like candy. Keeps in the fridge for up to a week (won't last that long!) and freezes well for 3 weeks.

Nutritional Information:

Total: 101g protein 307g fat 39g carb 3442 cal

Per serve (8 serves): 12.6g protein 38.3g fat 4.8g carb 430 cal

ONE MINUTE ISH CHOCOLATE SPONGE

Author: Wendy

INGREDIENTS:

2 oz ground almonds,
1 tablespoon cocoa
1/4 teaspoon baking powder
3 tablespoons plus 1 teaspoon granulated Splenda or equivalent liquid Splenda
2 tablespoons butter, melted
1 tablespoon water
1 egg

PREPARATION:

- Mix the ground almonds, cocoa, baking powder and granulated Splenda, if using, in a small bowl.
- Stir in the liquid Splenda, if using, butter, water and egg. Mix well with a spoon or fork. Scrape batter down evenly with a rubber spatula.
- Cover with plastic wrap (clingfilm) and vent by cutting a small slit in centre.
- Microwave on 800w HIGH 1 minute until set but still a little moist on top. I had to do mine for 1 minute 20 seconds.
- Cool slightly and serve warm topped with whipped cream or cool completely and frost as desired. Or you can place a couple of squares of Black n Greens in the centre prior to cooking

NOTES:

Makes 2 servings (about 5g carb per serving un-modified version)

OR YOU CAN

PREPARATION:

- Grease 2 individual pudding bowls or ramekins, greased and bottom lined with non-stick baking paper
- Mix all the ingredients except the squares of chocolate together until combined.
- Put 1 heaped tbsp of mixture into each pudding bowl and place a square of chocolate on top of the mixture in each bowl.
- Top up the bowls with the remains of the mixture.
- Cover the bowls with foil and steam for 20 minutes.
- Run a knife around the edge of the puddings and turn out onto a plate.
- Serve with a dollop of creme fraiche

LEMON SPONGE PUDDING

Author: Wendy

INGREDIENTS:

2 large eggs, separated

60 ml double cream

1 tbsp Splenda (if using)

Pinch of salt

120 g ground almonds

1 tsp baking powder

Grated zest and juice of a lemon (if you want extra lemon flavour use zest of 2 lemons but only the juice of 1)

PREPARATION:

- In a large pyrex bowl, mix the egg yolks, cream, sweetener (if using), salt and lemon zest until smooth. Whisk in the ground almonds and baking powder until smooth.
- Place the egg whites in a separate bowl and beat with an electric mixer or hand whisk until soft peaks form. Into the almond mixture quickly stir in the lemon juice before a large spoonful of the whites to loosen it up and then fold in the remaining whites.
- Cook on full power in a microwave for four minutes or at gas mark 4 for 20-30 mins until just springy to the touch.
- Serve with cream

NOTES:

10 carbs in total (with out the cream) you can also replace the lemon with an Orange but then would only need half the juice



PEAR AND BLACKBERRY PUDDING

Author: Patti

INGREDIENTS:

4/5 large pears
half a pound(ish) of Blackberries
6 oz/165g unsalted butter at room temp
2oz/55g caster sugar
3oz/83g + 2 tbs Splenda
3 large eggs
6oz/165g ground almonds

PREPARATION:

- Pre-heat oven to Gas mark 4, 350F, 180C
- Peel, core and slice the pears and put into an ovenproof dish. Wash the blackberries and put on top of the pears. Spoon 2 tbs Splenda onto the fruit and stir it round a bit to distribute it.
- Cream the butter and caster sugar in a separate bowl until light and fluffy, add the Splenda and stir well in. Beat the eggs and then beat them into the butter mixture a little at a time (may look a bit curdled at this stage). Carefully blend in the ground almonds. Spoon the mixture onto the fruit and even it out with the back of a spoon.
- Bake for 1 hour - can serve hot or cold - lovely with some double cream or creme fraiche.

NOTES:

You could substitute apples for the pears and you could leave the blackberries out and just use more pear/apple. I wasn't brave enough to use Splenda in place of ALL the sugar but as this served 6 and there are 2 portions left then it's actually not that bad carb wise. Total carbs - approx 176g.

OTHER

LOW CARB BREAD

Author: Devon Girl

Description: This recipe came via Katharine, a member on this forum, from a chap who made up this recipe.

INGREDIENTS:

- 1 pkt dried yeast (Rapid rise / highly Active)
- 1 tsp sugar
- 1 tsp salt
- 1 ½ tsp baking powder
- 50 gms ground linseed (flaxseed)*
- 25 gms ground almonds*
- 25 gms ground hazelnuts*
- 275 gms wheat gluten powder* (as apposed to low gluten flour)
- 3 tablespoons olive oil
- 320ml 'baby bottle' warm water

PREPARATION:

- Mix all the dry ingredients in a bowl then rub in the olive oil. Mix in the water and knead for five minutes. Place in an oiled loaf tin and cover loosely with lightly oiled cling film. Allow to prove in a warm place for 40 mins to an hour or until at least doubled in size. Bake in a pre-heated oven at 180C for 35-40 mins then allow to cool on a wire tray.
- Alternatively (preferred) place the premixed dry ingredients in a bread maker then add the olive oil and water. Set the machine to its 'basic' mode, and use the 'bake rapid' programme, usually just under two hours, depending on the machine. Different makes of bread maker have different characteristics and some adjustments in the recipe may be required for perfect results every time.
- Using either method, the bread should look like a normal loaf, taste like normal loaf and toast like a normal loaf – enjoy!

Total carbs - approx 33g.

GREEN TOMATO CHUTNEY

Author: Patti

Description:

I'm not sure this is too diabetically friendly... but as it was requested... and bear in mind that you only have about 1 tbs on a burger....

In advance sterilise some jars... you can wash them in a dishwasher and allow to dry then heat in a low oven for a short while before filling, or you can scrub them well and then immerse in near-boiling water, allow to dry naturally and then re-heat in the oven as per the dishwasher done ones just before filling. Scrub the lids well. You will also need some of those little waxed circle thingies you can buy in kitchen shops for jam.

INGREDIENTS:

2.5 lbs (1.25 kg) green tomatoes

2lbs (900g) onions

2.5 lbs (1.25 kg) cooking apples

1 lb (450g) seedless raisins

6 large garlic cloves crushed

.5 tbs cayenne pepper

.5 tbs salt (I don't use the salt)

2 level dessertspoons ground ginger

1lb 6 oz (625g) soft brown or Demerara sugar (I reduced this a bit - probably used 1 lb which made it a very sour chutney that went beautifully with curries - you can taste it and add a bit more sugar later whilst simmering if necessary)

1oz (25g) pickling spice

3 pints (1.75 litres) malt vinegar



PREPARATION:

- . Quarter everything and core the apples.
- . Mince the tomatoes (in the food processor) and put them in the pan, next mince the onions and raisins, followed by the cored apples (don't worry if they've gone a bit brown) and the garlic.
- . Bung everything into the pan as you finish mincing it.
- . Add the ginger, cayenne, salt and sugar. Give it all a good stir.
- . Tie the pickling spice into a piece of gauze and tie the top with a long piece of string, drop it into the pan and attach the string to the handle of the pan.
- . Pour in the vinegar and stir until at simmering point.
- . Remove any scum from the surface and let it simmer gently uncovered for 3.5 hours until it's ready (as above).
- . Put into the hot jars as above, with the waxed circle and put the lids on tightly.
- . Leave to cool, then label and store for 6 - 8 weeks. Total carbs - approx 1037g.

FRESH AND SUN DRIED TOMATO CHUTNEY

Author: Patti

Description:

I'm not sure this is too diabetically friendly... but as it was requested... and bear in mind that you only have about 1 tbs on a burger....

Makes approx 2 kilos. In advance sterilise some jars... you can wash them in a dishwasher and allow to dry then heat in a low oven for a short while before filling, or you can scrub them well and then immerse in near-boiling water, allow to dry naturally and then re-heat in the oven as per the dishwasher done ones just before filling. Scrub the lids well. You will also need some of those little waxed circle thingies you can buy in kitchen shops for jam.

INGREDIENTS:

8 oz (225g) sun dried tomatoes (the dry ones, not the ones in oil)
4 lb (1.8kg) fresh tomatoes halved, but no need to skin or de-seed
1 rounded dessertspoon whole coriander seeds
1 dessertspoon whole mustard seeds
4 fat garlic cloves, peeled
4 fresh red chillies, halved lengthways with seeds left in
4 large onions quartered
2 large red peppers, deseeded
8 oz (225g) soft dark brown sugar (If I'm making this one I use this amount and don't reduce it - dunno if you could substitute Splenda but I'm inclined to think not since the sugar is what gives it the right texture)
1 pint cider vinegar
1 rounded dessertspoon salt (I leave this out)

CONTD



FRESH AND SUN DRIED TOMATO CHUTNEY CONTD

PREPARATION:

- . Rinse the dried tomatoes in case they're dusty and put them in a bowl and cover with hot, not boiling, water and leave to soak for 20 mins. Heat a small heavy based frying pan and dry roast the coriander and mustard seeds over medium heat, turning and stirring for 2 mins. Then crush them up a bit with a pestle and mortar - don't crush too much.
- . Drain the dried tomatoes, add these to a food processor (if you haven't got a food processor you can mince everything or chop everything up by hand making it all even sized - but that's very labour intensive). Wizz till about 1/4" in size. Add fresh tomatoes and process briefly. Now put the whole lot into a large pan. Put the garlic, onions, chillies and red peppers into the food processor and whizz until approx the same size. Put into the pan with the spices, sugar, cider vinegar and salt (if using).
- . Bring everything to simmering point stirring all the time, then when it's simmering gently, turn the heat low and allow it to simmer uncovered very gently for about 3 - 3.5 hours stirring now and again to prevent it sticking.
- . Chutney is ready when all the liquid has been absorbed and the mixture has thickened to a soft consistency. Draw a wooden spoon through the mixture, the chutney will be at the right consistency when you can do this and leave a trail right across the top. If the trail fills with juice it's not ready.... You do need to watch it a bit at the end as it can quite quickly go "over the top" and burn at the bottom. Using a small ladle, fill the hot jars, top with a waxed disk and put the lids on. If they're those lids with a sort of pop up lid, you'll hear them making banging noises as a seal is made... not right away, but as they're standing cooling.
- . Label when cold and keep for 6 - 8 weeks before using. Total carbs - approx 296g.



BUTTER BEAN MASH

Author:

Description: Serves 6

INGREDIENTS:

3 cans butter beans in water (I'm presuming the cans are 400g and the carb count is 12.1g per 100g, but I stand to be corrected here since I don't have any to hand right now - will check later)

2 cloves garlic, peeled.

Chopped fresh herbs

1 large onion

PREPARATION:

- Fry the onion in a little olive oil until nicely browned but not crispy. Drain the cans of beans, rinse them to remove any excess salt and put into a large pan with the garlic cloves and enough water to barely cover them. Heat until hot but not boiling.
- Using a slotted spoon, drain the beans and garlic (reserving the liquid), into a food processor with a handful of fresh herbs - I use anything to hand, I usually have fresh basil in a pot on the windowsill and some Rosemary from the garden at a minimum, but Thyme and Parsley, Sage etc go equally as well, or instead of - add the onions with any leftover olive oil and whizz... add enough of the cooking liquid to moisten the mix without making it sloppy.
- Can be kept in the fridge and re-heated, or frozen and reheated.

Total carbs - approx 112g.



GUACAMOLE

Author: Wendy

INGREDIENTS:

Ripe avocado pear
1 wedge of onion
1 ripe tomato
Squeeze of lemon or lime juice
1 fresh green chilli, finely chopped or a pinch of dried chilli flakes
Salt and black pepper

PREPARATION:

- Halve, stone and peel the avocado pear.
- Grate or finely chop the onion.
- Peel the tomato by covering in boiling water for 10 seconds and then in cold water. Remove the skin and chop.
- Put the avocado and lemon or lime juice into a bowl and mash with a fork. Mix with the onion, tomato and chilli.
- Season with salt and ground black pepper. Alternatively combine in a food processor.

Total carbs - approx 8g.



TOMATO SALSA

Author: Wendy

INGREDIENTS:

Ripe beefsteak tomato (large)
¼ of a medium onion, very finely chopped
Juice of ½ lime
1 fresh green chilli, finely chopped, or a large pinch of ground chilli flakes
1 tablespoon fresh, chopped coriander
Black pepper
A pinch of ground cumin

PREPARATION:

- To make the tomato salsa: chop the tomato.
- Carefully de seed and finely chop the chilli. (the seeds and juice are very hot. Be very careful not to get any in you eyes).
- Mix the tomato and chilli together with the raw onion, lime juice and coriander. Season with pepper and cumin and leave to stand for 10 minutes before serving.

Total carbs - approx 12g.



LENTILS WITH GINGER

Author:

Description: Serves 2. Makes a nice accompaniment to grilled meats or sausages.

INGREDIENTS:

1 Onion sliced
2 sticks celery, sliced
4 carrots, peeled and sliced
110g green Lentils such as Puy Lentils
A knob of ginger approx 1.5" x 1" diam grated or finely chopped
2 garlic cloves crushed or finely chopped
Vegetable stock made with a veggie stock cube
Good grinding of black pepper.

PREPARATION:

- . Wash the lentils in several changes of water.
- . Fry the sliced onion, Celery and Carrots in 1 tbs oil in a saucepan until lightly glazed and browned.
- . Add the ginger and garlic and fry a minute longer. Add the Lentils and stir around for a few seconds.
- . Add enough stock to the pan to cover the Lentils (you may need to top this up later - I just know by looking how much is enough, but I've never measured it).
- . Bring to the boil and simmer slowly for approx half an hour, taste the lentils to see if they are done and if so, turn the heat up and boil quickly to reduce the stock until it's all absorbed by the lentils.
- . If the Lentils are still hard after 30 mins and the stock is almost gone you may need to top it up at this point. The Lentil mixture should resemble a rather loose mash by this time.

NOTES:

36g carb per serving including the carbs in the vegetables (which I don't normally count), the carb in the Lentils is 24.4g per serving. You can add other vegs such as quartered mushrooms, peas etc. I say this portion serves 2, 55g lentils per head being the recommended serving size, but in fact it serves us 4 portions and it freezes well too.

LEMON-DILL POTATO SALAD

Author: Wacky

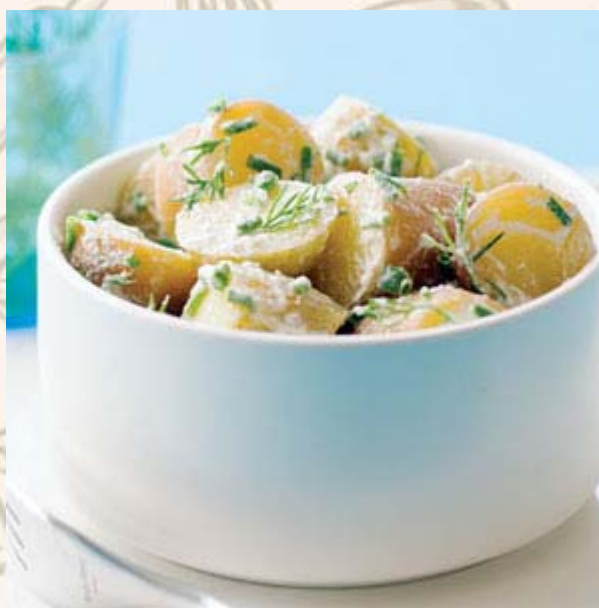
INGREDIENTS:

1/2 tsp fresh dill, chopped
1/2 lemon, zested + juiced
1/4 c olive oil
2 tbsp capers (sliced if large)
1 red onion, finely sliced
2 stalks celery, finely sliced
1 dash black pepper
1 tsp salt
2 lbs waxy potatoes

PREPARATION:

- Boil potatoes, then cool and slice or quarter. Leave skins on.
- Add in the celery and onion, then mix the remaining ingredients together and pour over top, mixing gently.
- Let sit in fridge overnight to marinade, or at least 2 hours.
- Can add in thinly sliced carrots, or sugar snap peas, or add in freshly picked and steamed peas when ready to serve (frozen aren't as nice).

Total carbs - approx 174g.



EASY BASIC PEPPER SAUCE

Author: Lib

Description: Basic sauce which can be adapted for lots of things (sausages, meatballs, pasta, etc etc)

INGREDIENTS:

4 peppers

1 Onion

Tin of tomatoes

Basil

Splenda (adjust to taste, I find two teaspoons more than enough)

Salt

Garlic - fresh or 'lazy' version

PREPARATION:

- . The peppers need to be halved, de seeded and roasted under the grill.
- . When roasted, cover and leave to cool to make peeling easier (or place in a plastic bag for same reason)
- . Roast the onion or if preferred just fry it
- . When all cooked ingredients are ready, thrown the whole lot in a blender and whizz away. Delicious and will help with the 5 a day.
- . Not sure about carbs though but think only prob would be the tin tomatoes. Sometimes for extra yumminess I will add single cream to it.

Total carbs - approx 24g.



HOME MADE BAKED BEANS

Author: Patti

INGREDIENTS:

4 rashers of smoked bacon, chopped
1 tin chopped tomatoes
1 tin cannellini beans
1 tin black eyed beans
1 tbsp wholegrain mustard
1 large red onion, peeled and chopped
1 clove garlic, peeled and crushed
1 tbsp Worcester sauce

PREPARATION:

- Cook the onion in a little oil until soft. Add the bacon and cook for a further 3 minutes. Add the tomatoes, beans, mustard and garlic and simmer for about 15 minutes.
- Add the Worcester sauce and season just before serving.

NOTES:

I've used all types of beans, just what I've got in really. Whole recipe round about 100g carb which is why I haven't made it for ages and ages. Used to do it to go with Sausages.

CONTD



HOME MADE BAKED BEANS CONTD

Alternative recipe (Jamie Olivers) not tried it and it doesn't give quantities so you'd have to work out the carbs by weighing them

INGREDIENTS:

dried borlotti or cannellini beans - soaked for 12 hours
1 celery stick
1 small potato - cut in half
2 cherry tomatoes
3 cloves of garlic - whole
3 bay leaves
a few sprigs of thyme
red wine vinegar
olive oil
parsley
s & p

PREPARATION:

- . Drain and wash the beans, place in a pan and cover with cold water. Add the potato, celery, garlic, tomatoes and herbs.
- . Bring to the boil, cover and simmer for 45 - 60 minutes, until the beans are tender. During cooking top up with water is needed.
- . Drain the beans keeping half of the cooking water and return to the pot.
- . Remove all the added ingredients from the beans.
- . Mash together the potato, tomato and garlic and add to the beans along with the retained cooking water. Add a generous glug of olive oil and a splash of vinegar and season. Stir in some chopped parsley.

NOTES:

Might try that one though. Incidentally lots of home made baked bean recipes call for sugar or maple syrup or similar.

NUTELLA

Author: Sally

DESCRIPTION: Oooo, stand back, just made "nutella", and it's not bad, I am guessing that because you spread it so thin then a portion can only be a couple of grammes. Great breakfast idea, which is where we all struggle the most me thinks:

(CONTAINS RAW EGG!! so don't read on if it's not for you)

INGREDIENTS:

75g of high cocoa chocolate I got 80% (higher the cocoa the lower the carbs, don't ask me why)
25g butter
2 eggs
200g ground toasted hazelnuts or hazelnut meal if you can buy it (I can't)
1 tablespoon of sunflower oil
dessert spoon of drinking chocolate to take the edge off the bitter chocolate
Drop of vanilla essence
sweeten to taste

PREPARATIONS:

- . So, melt choc and butter in a bowl over a pan of water, add a drop of vanilla and allow to cool for a minute or 2 keep stirring
- . Grind/pulse hazelnuts with drinking chocolate (this helps to keep it dry or it turns into hazelnut butter, also nice by the way)
- . Add nuts to melted chocolate taste, and throw in some sweetener if it's too bitter
- . Now it gets a bit stiff (ooer missus), so work it with a wooden spoon and slowly drizzle in the oil
- . Put it all back in the blender. IT MUST NOT BE HOT NOW, JUST WARM.
- . Throw in 2 raw eggs and pulse it.
- . It will double in volume and go nice and fluffy
- . Put in a jar, allow to cool with the lid off (dangerous not having the lid on, best go out of the house for an hour).
- . When cold, put a padlock on it so that you don't have a spoonful every time you walk past the fridge.
- . Keep in the fridge, should keep well despite the raw egg, I would guesstimate 2 weeks, but it won't last that long!!!

NOTES:

This is a trial and error recipe, so you have to do it by feel. If its too stiff after adding the nuts and oil, then add a teeny bit more oil. You are looking for a paste, a bit wetter than pastry dough. The blender doesn't like it much, but if you pulse it, add the eggs and pulse it again, and persevere it is worth it. Total carbs - approx 40g.