
ETHAN'S "FAILSAFE" RECIPES

Free of Additives, Including Low
Salicylates, Amines and Flavour
Enhancers

*Also Gluten-Free and Dairy-Free

Based on the Royal Prince Alfred Hospital
Elimination Diet

ETHAN'S NUTRITION

When three year old Ethan went on his elimination diet, a nutritional analysis of his diet showed that Ethan's daily intakes of calcium, iron, A, B and C vitamins and other nutrients were all above the recommended intake, especially folate which was more than four times the recommended level. In particular, the hearty chicken noodle soup/stew on page 16 that was a mainstay of his diet - he ate a serve nearly every day - was found to be highly nutritious.

Before Ethan started on his elimination diet, he was such a fussy eater that his mother had worried about his nutrition. At the age of three, Ethan was diagnosed with autism and severe communication disorder ('basically just a few words'). After five months on his new diet, Ethan's language was age appropriate, he made good eye contact and his frequent tantrums had disappeared. 'It was much easier than I expected,' said his mother, 'and the improvements in Ethan have been huge. He's a completely different child'.

The following recipes are what Ethan ate.

*Many thanks to Darani for putting together this recipe booklet.
Updated 2013 by Sue Dengate*

BREAKFAST MENU SUGGESTIONS

Pear/Carob Smoothie

Rice flake/Mixed Grain Porridge

Gluten-Free Pancakes with pure Maple Syrup

Gluten-Free toast or plain rice cakes with hommus, “Magic” lemon spread, golden syrup, home-made “Nutella” or raw cashew nut butter.

Scrambled Egg on Toast / “Toad in the Hole”

Gluten-Free French Toast

LUNCH MENU SUGGESTIONS

Gluten-free sandwich, wraps or plain rice cakes with:

hommus

boiled egg/lettuce

“Lemon” Butter

failsafe sausages/rissoles

golden syrup

home-made “Nutella”

Raw cashew nut butter

Home-made pear jam

Failsafe sausages or rissoles

Rice-crumbed veal or chicken schnitzel (or nuggets)

Rice-crumbed chicken fritters/ rice burgers / gluten-free spring rolls

Gluten-free pancakes / pikelets

Fried rice

Chicken and Leek puffs

DINNER MENU SUGGESTIONS

Failsafe Spaghetti Bolognaise

Failsafe Chicken Soup

Roast Dinner (lamb, beef or chicken) and allowed vegetables (**no gravy because it is high in amines**)

Veal or chicken rice-crumbed schnitzel and failsafe potato salad

Failsafe chicken fritters and mashed potato

Failsafe sausages/rissoles/nuggets/golden marinated chicken and home-made chips or wedges

Mince and potato casserole

Chicken and leek risotto

Failsafe Shepherd's pie

Failsafe lasagne

Failsafe Fried Rice

Omelette with Failsafe Mince or Chicken and Leek filling

SNACKS AND TREATS

Soy yoghurt (**Vanilla or plain ONLY - limited**)

So Good Vanilla Bliss ice cream

Celery sticks

Raw cashew nuts (max. 10/day)

Plain Kettle chips / Gluten-free pretzels ("Eskal" brand from Woolworths)

Plain Rice cakes and home-made hommus

Gluten-free home-made muesli bars

Gluten-free carob-chip muffins

Gluten-free carob cake

Gluten-free pear custard puffs

Candied "Popcorn" (rice cakes)

Home-made gluten-free biscuits (e.g. Vanilla Cookies, Butterscotch Biscuits, Lemon Shortbread)

Carob truffles / "Chocolates"

Home-made gluten-free marshmallows

Home made iceblocks – frozen "magic" cordial, frozen pureed pears in syrup or in soy ice cream

BREAKFAST

SMOOTHIE

1/2 pear canned in syrup
1 raw free-range egg
1 cup soy or rice milk
1/2 tsp carob powder (optional)

Otions. For your strict elimination diet, you can add pear. Afterwards, if you are not sensitive to amines, you could use banana +/- cocoa powder instead, or try just mango (sals and amines), egg and milk - if you freeze the mango flesh it's extra thick, cold, creamy and delicious.

RICE FLAKE/MIXED GRAIN PORRIDGE

1/4 cup rolled rice)
1/4 cup amaranth)Can use just rice flakes or millet meal or any combo
1/4 cup quinoa flakes)
1/4 cup millet)
1/2 cup pureed pears in syrup
3/4 cup soy or rice milk

Mix all ingredients well and cook in microwave on HIGH 1 1/2 to 2 minutes. Stir again and allow to cool a little. Add a little extra milk if desired.

GLUTEN-FREE PANCAKES

1/2 cup brown rice flour
1/2 cup buckwheat flour
1 egg
3/4 cup soy or rice milk
1 tsp gluten-free baking powder
sunflower or canola oil for greasing (check for antioxidants)

Mix all ingredients and beat until well combined.

Heat a little oil in frying pan on medium. Pour in enough batter to make 10cm pancake. When top of pancake starts to set, turn over with a spatula and brown other side. Repeat with remaining batter. Serve with a drizzle of maple syrup.

GLUTEN-FREE FRENCH TOAST

Dip both sides of slices of gluten-free bread into beaten egg and lightly fry in sunflower/canola oil. Serve with a drizzle of pure Maple syrup or "lemon" spread.

TOAD IN THE HOLE

Spread both sides of gluten-free bread with Nuttelex. Cut 2cm square in centre of bread. Place in hot frypan, crack egg into centre hole and fry both sides lightly.

BAKING & SWEET TREATS

GLUTEN-FREE FLOUR MIX

Make up a large batch of flour mixture and store in the freezer (I read somewhere it keeps better that way). This mixture performs almost like regular white flour and is extra nutritious:

3 cups white rice flour)	
1 cup brown rice flour	}	
1 cup potato starch	}	This basic mix works okay too, but add
1 cup tapioca starch (arrowroot)	}	½ tsp xanthan or guar gum/cup flour.

PLUS ANY OR ALL OF THESE BELOW:

1 cup buckwheat flour
½ cup besan (chickpea) flour
½ cup soy flour (you can leave this out if you think soy may be a problem)
½ cup rice bran

*You don't need to add xanthan or guar gum to G/F cake recipes with this mix.

EASY GLUTEN-FREE BREAD

2 cups rice flour (or mixture)
2 tbsp instant yeast
1 tbsp sugar
1 tsp salt ¼ tsp citric acid (optional)
300ml warm water made of 100ml boiling water and 200ml tap water (or soy milk)
2 medium eggs, beaten
2 tbsp sunflower or canola oil (check for anti-oxidants)
½ to 1 tsp xanthan gum (optional)
Poppy seeds (optional)

Put the flour, yeast, sugar, salt and citric acid in a mixing bowl, add the water/milk and mix well. Add the egg and oil and mix again. Add xanthan gum (if using) and mix until mixture starts to thicken.

Pour the mixture into well-oiled 1.15 litre microwave-safe container. Cover well with oiled foil and leave to rise for 20 minutes in a very warm place.

Uncover the bread, sprinkle top with poppy seeds if desired and cook in microwave on HIGH for 5 ½ to 6 min. Meanwhile heat oven to 220 degrees C.

Remove the bread from microwave, allow to cool for a few minutes then turn out onto baking tray. Bake, uncovered for 8-10 -min to give it a crust.

Remove onto a baking rack, cover with a cloth and allow to cool.

GLUTEN-FREE WRAPS

2 eggs
1/4 cup oil
1 cup white rice flour
1/2 cup or more of rice milk
1 teaspoon sea salt
1/2 teaspoon garlic powder (or to taste)
1 teaspoon dried chives (you could add fresh...1 tablespoon?)

Beat eggs, oil, salt, garlic powder and chives. Add flour and milk and mix til smooth. Keep adding milk til you have a thin batter that is usually needed for crepes

Heat a non-stick pan on medium. Pour some of the batter in the pan and swirl the pan to spread the batter. Cook over low heat til top nearly cooked and then flip.(don't brown too much) Remove and roll up gently and leave rolled up to cool. I freeze them this way in a large snap-lock bag. I served mine with Nuttlelex and lettuce. You can add chicken or egg as well.

I defrosted them in the microwave til hot and then add the fillings. It was very pliable.

You can just alter the flavours of the wraps. Just salt for plain or add shallots, leeks etc.

CAROB-CHIP MUFFINS

1½ cups gluten-free flour mix
1½ tsp gluten-free baking powder
½ cup sugar
½ cup chopped soy carob buttons (check no dairy)
1 egg, lightly beaten
¼ cup pureed pears in syrup
¾ cup soy or rice milk
¼ cup sunflower or canola oil (check for antioxidants)

Sift flour and baking powder into a bowl and add remaining ingredients, stirring with a fork until mixed. Spoon mixture into lightly greased muffin pans. Bake at 180 degrees for 15-20 minutes.

“CHOCOLATE” CAKE

175g softened Nuttlelex
1 ¾ cups sugar
3 eggs
¼ cup carob powder
2 cups gluten-free flour mix

2 tsp gluten-free baking powder

1 cup soy or rice milk

*Add 1 tsp xanthan gum to make a moist, dense mudcake (optional)

Cream Nuttelex and sugar until light and fluffy. Add eggs, one at a time, beating well after each. Sift dry ingredients and add to creamed mixture. Pour into two well-greased round cake tins or loaf pans and bake at 180 degrees for 30 minutes or until cake springs back when touched. Leave in tin for 10 minutes before turning out. Ice with carob icing.

CAROB ICING

1 cup **PURE** icing sugar (not icing sugar mixture – contains gluten)

1 tbsp carob powder

2 tsp melted Nuttelex

1 tbsp boiling water (approx)

Process icing sugar until lump-free then slowly add Nuttelex and water until required consistency is reached. Leftover icing keeps well in fridge.

GLUTEN FREE CARAMEL AND COFFEE CAKE

125g butter, chopped

2 teaspoons vanilla essence (optional or reduce)

3/4 cup firmly packed brown sugar

2 eggs

1 1/4 cup white rice flour

1/2 teaspoon cream of tartar

1/4 teaspoon bicarbonate of soda

2 teaspoon decaf instant coffee powder

1/2 cup rice milk

Combine all ingredients in a mixing bowl and beat on medium speed til mixture is smooth and changed in colour.

Greased a 25 by 15 by 5 cm loaf pan. Line bottom with baking paper. Pour mixture in the pan and cook in moderate oven 180 c for 40-50 minutes. Stand for a few minutes before turning out.

MAPLE ICING:

60g Nuttelex

1 cup of pure icing sugar

up to one tablespoon of maple syrup

Beat the Nuttelex and icing sugar together with the maple syrup. Nuke in the microwave to get it runny and then refrigerate til cool (about 15min)
Beat again and spread over cooled cake.

PEAR CUSTARD PUFFS (profiteroles)

½ cup sunflower or canola oil (check for anti-oxidants)
1 ½ cups cold water (plus a little extra)
1 ¼ cups gluten-free flour mix
¼ tsp bicarbonate of soda
1 tsp gluten-free baking powder
4 eggs
pure icing sugar (to serve)

Preheat oven to 210 degrees C. and cover 2 trays with baking paper.

Pour oil and water into a saucepan and bring to the boil. Remove from heat, add sifted dry ingredients, then return to heat and stir constantly until mixture leaves the side of the saucepan (it may look a little oily). Transfer to small bowl of electric mixer and allow to cool slightly.

Beat the mixture. Add eggs one at a time beating well between each addition until mixture is thick and shiny.

Place tablespoons of mixture onto trays, then sprinkle or spray lightly all over with the extra cold water.

Bake for about 10 minutes until they rise and start to brown, then reduce heat to 190 degrees C. and bake for 10-15 minutes.'

Allow to cool completely, then split and fill with custard. Dust with icing sugar.

DAIRY-FREE CUSTARD

4 egg yolks
1/3 cup sugar
2 ½ tbsp maize (corn) cornflour (not wheaten cornflour)
¾ cup pureed canned pears in syrup
¾ cup soy or rice milk

Beat egg yolks and sugar until thick and pale in colour. Blend cornflour, pear puree and milk until smooth. Stir in egg mixture and microwave on HIGH for approx. 3 minutes. Stir again and cook on HIGH for 1 minute at a time until mixture boils and thickens.

Pour into a bowl and cover with plastic wrap (to prevent skin forming). Allow to cool.

*** Puffs can also be made with savoury fillings like mashed egg, chicken and leek.**

EASY GLUTEN-FREE MUESLI BARS

½ cup rolled rice (rice flakes)
½ cup amaranth
½ cup rice bran
½ cup puffed rice
½ cup chopped raw cashews or roasted chickpeas
¼ cup rice syrup (health food section of supermarket)
¼ cup golden syrup

Combine rice syrup and golden syrup in large microwave-safe jug or bowl. Microwave on HIGH 1 minute, stir and then cook on HIGH for a further 2 minutes. Add dry ingredients and mix well to combine. Cook for a further 2 minutes then press into greased slice tray with well-greased spatula. Cut into bars while still warm.

*If gluten is not a problem you can use any mixture of grains eg wheat flakes, rolled oats, rice bubbles.

*If salicylates are not a problem you can use corn flakes, sesame seeds, sunflower seeds or other nuts.

CANDIED “POPCORN”

2 cups water
1/2 cup regular white sugar
1 to 2 teaspoons Nuttelex
1 packet of Sunrice Plain Rice Cakes, crumbled

On low heat, put the first three ingredients into a saucepan in the order listed above. DO NOT STIR. Allow to come to a slow rolling boil. At first, there will be lots of bubbles as the mixture boils, but after 5 to 10 minutes the bubbles will slow down or diminish - the butterscotch is now starting to go through its final stages - watch it carefully from here.

While it is cooking, crush the rice cakes. You don't have to make these too small, as they will get smaller when being stirred or shaken in the airtight container later.

Allow the butterscotch mixture to become golden. Turn off the heat but do not remove the pan from the hotplate. Using a clean wooden spoon stir the crushed rice cakes into the butterscotch. Mix well until all the rice cake crumbs are covered - leaving the pan on the hotplate allows you the time to mix everything without it starting to go hard too quickly.

When thoroughly mixed, pour the pop-rock mixture into a baking-paper lined slab tin and spread out. When cool, break into pieces and store in an airtight container.

CAROB TRUFFLES / "CHOCOLATES"

200g (1 1/4 cups) soy carob buttons (check no dairy)
60g Nuttelex
40g (1/3 cup) pure icing sugar, sifted
1 egg yolk (optional)
1 tblsp pure Maple Syrup
1/3 cup crushed raw cashew nuts (optional)

Melt carob buttons in microwave on HIGH approx. 1 minute. Beat Nuttelex, icing sugar and egg yolk until thick and creamy. Add melted carob and maple syrup. Allow to firm in fridge a little then roll into small balls and coat in crushed cashews. Store in fridge.

*This mixture also works well in chocolate moulds for making Easter eggs and Christmas treats.

MARSHMALLOWS

1/3 cup gelatine
1cup cold water
4 cups sugar
2 cups boiling water
1 cup pure icing sugar (not mixture)
1/2 cup maize (corn) cornflour (not wheaten cornflour)

Put sugar and boiling water in saucepan. Stir over low heat until dissolved. Add gelatine mixture. Stir until well combined and dissolved. Boil steadily without a lid for 15 minutes. Remove from heat and cool to lukewarm.

Pour mixture into large bowl of electric mixer and beat on high until thick and white. Pour into two wet, deep, 20cm square cake tins. Refrigerate 1-2 hours or overnight until set.

Sift icing sugar and cornflour together. Cut marshmallows into squares using a large wet knife. Toss in combined sugar and cornflour.

"MAGIC" LEMON CORDIAL

1/4 - 1/2 cup sugar
1/4 - 1/2 tsp citric acid
2 litres water
1/4 tsp calcium ascorbate powder (plain Vitamin C) (optional)

Place sugar and citric acid in 2l jug. Add small amount of boiling water to dissolve. Make up to 2l with tap water, then add calcium ascorbate and stir to dissolve.

*Start with 1/2 cup sugar and then gradually cut down as child gets used to it.

*Use 1/2 cup sugar and 1/2 tsp citric acid for lemonade ice-blocks.

VANILLA COOKIES

125g Nuttelex
1/3 cup caster sugar
1 tsp pure Vanilla essence
1 ½ cups gluten-free flour mix
½ tsp gluten-free baking powder

Beat Nuttelex, sugar and vanilla in small bowl of electric mixer until creamy. Sift in flour and use wooden spoon to combine. Mix into a soft dough using hands.

Shape tablespoons of mixture into balls and place on lined baking trays. Use a fork to flatten slightly and bake for 12-5 minutes at 170 degrees C. Transfer to wire rack to cool.

VARIATIONS

Brown sugar cookies – replace caster sugar with 1/3 cup firmly packed soft brown sugar

Carob chip – Add 100g chopped soy carob buttons to basic recipe.

BUTTERSCOTCH BISCUITS

125g Nuttelex
½ tsp pure vanilla essence (optional)
½ cup brown sugar (firmly packed)
1 tbsp golden syrup
1/4 cups gluten-free flour mix
1 tsp gluten-free baking powder

Beat Nuttelex, vanilla, sugar and golden syrup in small bowl. Stir in sifted flour. Roll into balls, place about 5cm apart on lined baking trays and flatten slightly with a fork. Bake at 180 degrees C for 15 minutes (soft) to 20 minutes (very crunchy).

“LEMON” SHORTBREAD BISCUITS

½ cup pure icing sugar (not mixture)
½ cup maize (corn) cornflour (not wheaten cornflour)
½ cup finely ground raw cashew nuts
1½ cups gluten-free flour mix
250g Nuttelex

Dice Nuttelex and mix into dry ingredients then process in food processor until well combined. Roll into small balls and flatten slightly. Bake at 180 degrees C for approx 15 minutes.

After removing from oven, indent biscuit centres with tip of wooden spoon. Place a small dollop of “lemon” spread (see recipe) in each. Dust with icing sugar when cool.

SOY ICE-CREAM (or buy So Good Vanilla Soy Bliss)

½ cup white sugar
4 tbsp water
2 egg yolks
2 tsp gelatine
2 tbsp warm water
2 cups soy or rice milk
1 tsp vanilla.

Heat sugar and water in saucepan until dissolved.

Whisk egg yolks until pale and frothy. Gradually add syrup and continue to beat until mixture cools slightly.

Sprinkle gelatine over warm water and microwave for 20 seconds to drive off preservative. Stir gelatine mixture into egg mixture. Add milk and vanilla and beat well.

Place in freezer until partially frozen, then re-beat and re-freeze until solid.

*If using an ice-cream maker, refrigerate mixture for at least 1 hour before processing.

CASHEW ICE CREAM

2 tsp gelatine
2 tbsp cold water
1 cup raw cashews
2 cups soy or rice milk
¼ cup pure icing sugar (not mixture)
¼ cup sunflower or canola oil
1 tsp pure vanilla extract
1 x 825g can pears in syrup, drained and pureed.

Sprinkle gelatine over cold water in a small heatproof bowl. Stand bowl in a small saucepan of simmering water and stir until gelatine has dissolved. Cool.

Process cashews until they form a paste, add milk and blend to form a creamy consistency. Add sugar, oil and vanilla and pear puree, blend again then add cooled gelatine

Pour into a metal dish and place in freezer until large ice crystals form. Remove and beat for 2-3 minutes. Freeze again until almost completely frozen. Remove and beat again. Return to freezer until completely frozen.

QUICK AND EASY DAIRY FREE ICE CREAM

1 cup liquid (Rice Milk)
3/4 cup oil
3/4 cup sugar

add 4TBS carob for chocolate, or 1 TBS Vanilla Essence for Vanilla
or use canned Mango Juice for the liquid and some of the pulp for Mango
or substitute half the sugar with Maple Syrup for Maple Ice-cream

Mix in blender till it gets a bit thick and creamy and freeze.

PEAR MAPLE RICE PUDDING

1 cup cooked white rice
2-3 pears sliced (fresh/tinned)
1/4 cup maple syrup
1/2 tsp vanilla
a pinch of citric acid
3 large eggs
1 1/2 cup milk(I use rice milk)
1/3 cup sugar
1/4 tsp salt.

Mix together rice, pears and place in a large baking dish (I use a lasagne dish) and drizzle over maple syrup. Whip egg, citric acid, vanilla, milk, sugar and salt. Pour over the pears and stir lightly.

Bake in a moderate oven 180.c 40 minutes or until set.

I found it is the nicest when the egg just sets so it still wobbly when you move it.
Serve with cream/ice-cream/custard.

SPREADS AND FILLINGS

HOMMUS

125g canned chickpeas, rinsed and drained
¼ cup raw cashew nuts
¼ tsp citric acid
¼ cup pureed pears in syrup
2 garlic cloves, crushed
2 tablespoons canola oil
½ tsp salt

Combine all ingredients in food processor and process until smooth.

CASHEW NUT BUTTER

1 cup raw cashew nuts
1-2 tsp sunflower or canola oil
½ tsp salt (optional)

Combine all ingredients in food processor and process until smooth.

If sensitive to salicylates, try making with ½ cup cashews and ½ cup roasted chickpeas.

HOME=MADE “NUTELLA”

As for cashew butter above, but add 1 tbsp carob powder and omit the salt. When well processed, add 1 tbsp pure maple syrup and briefly process again. If this mixture is too gooey, you can add a small amount of water to make it more spreadable and creamy, but it will not keep as long in the fridge this way.

“LEMON” BUTTER

30g Nuttelex
½ cup sugar
1 egg
1 tsp citric acid in 2 tbsp warm water

Melt Nuttelex in microwave on high for approx 30 seconds.

Beat together sugar, egg and citric acid in water and then stir into melted butter, mixing well. Cook on HIGH, stirring every 30 seconds, until mixture thickens. Pour into airtight jar and store in fridge – mixture will thicken further on cooling.

*Can be further thickened with pure icing sugar for a biscuit filling or thicker spread.

*Can be used as a topping for yoghurt, ice cream, pancakes and cheesecake.

DINNER TIME

SPAGHETTI SAUCE

1kg veal mince (veal is lower in amines as it is young meat)
2tbsp sunflower or canola oil (check label for added antioxidants)
1 leek
3-4 sticks celery
4-6 shallots
2 cloves fresh garlic
1 cup dried red lentils
Approx 4 cups water
1/4 cabbage or 12 brussel sprouts
1 swede
1 cup frozen or fresh green beans
1 can red kidney beans, drained and rinsed.
1 x 825g tin pears in light syrup

Lightly fry garlic, chopped celery, shallots and leek in oil for a few minutes and then add mince. Lightly brown mince and then add red lentils and water. Add remaining finely processed vegetables and pureed kidney beans and pears in syrup and slowly simmer for about an hour. I then re-process to remove any green lumps (Ethan won't eat otherwise). Looks disgusting, but both of my kids love it!

CHICKEN SOUP

1 x whole free-range chicken
1 x leek (halved lengthways)
1 tsp salt
1 cup dried red lentils
12 x brussel sprouts or approx 1/2 cabbage
1 x swede
4-6 sticks celery
4-6 shallots
1 cup frozen green beans
375g pkt Orgran rice and corn spaghetti noodles (or 2 cups white rice)

Place chicken in pot with leek and enough water to cover, add salt, bring to boil and simmer until cooked through (about 45 min). Remove chicken and allow to cool a little.

Strain stock, return to pot and add red lentils, then washed and finely chopped vegetables. Gently simmer until well cooked (about 1hr).

Meanwhile, remove skin and bones from chicken, finely chop or process and return to pot with veggies. Add noodles or rice and cook for a further 10-15 min.

*This usually makes enough to fill about 8 rectangular Chinese take-away containers (2 serves in each for Ethan), which I then freeze and use as needed. Soup is very thick, more like stew really, and can be watered down a little if preferred.

VEAL OR CHICKEN SCHNITZEL

500g veal or chicken breast fillets
½ cup rice flour
1 tsp salt
1 egg
1 tbsp soy or rice milk
¼ tsp citric acid (optional)
¾ cup puffed rice, processed
¼ cup amaranth, processed (optional)

Pound fillets until 1/2cm thick. Coat in rice flour seasoned with salt. Dip in combined egg, milk and citric acid (optional, but gives a nice lemon flavour) then dip in combined processed puffed rice and amaranth.

Spray with sunflower or canola oil and bake in oven 20-25 mins or shallow fry in sunflower or canola oil in frypan.

VARIATIONS

*Cut chicken fillets into small chunks to make nuggets.

*Can also be used for crumbed fish, but make sure fish is really **fresh** and definitely has not been frozen. (Cook within 12 hours of being caught if amine sensitive).

CHICKEN FRITTERS

1kg fresh chicken mince (no skin in mince)
1 leek
1 can butter beans (mashed)
4 large brussel sprouts
2 celery sticks
½ carrot (if not too salicylate sensitive)
1 tsp salt
1 egg
1tbsp soy or rice milk
1 cup processed puffed rice +/- amaranth

Finely chop, grate or process vegetables and add to mince with butter beans and salt. Form into patties with wet hands, dip in egg and crumb with rice crumbs or combined puffed rice and amaranth.

Shallow fry in sunflower or canola oil or cook on oiled BBQ plate, using spatula to flatten.

FAILSAFE RISsoles

600g preservative-free minced beef, lamb or veal
3 shallots or leeks, finely chopped
1 clove garlic, crushed (optional)
3 stalks celery, finely chopped
½ cup amaranth or rice crumbs (optional)
¼ cup pureed pears in syrup (optional)
1 egg, beaten
½ tsp salt

Mix all ingredients in a large bowl and shape into patties with wet hands. Grill, fry or BBQ,

MINCE AND POTATO CASSEROLE

2 tbsp sunflower or canola oil (check no anti-oxidants)
500g lean beef mince
1 leek, sliced
1 cup finely chopped cabbage
1 clove garlic, crushed (optional)
½ tsp salt
4 medium potatoes, peeled and sliced
Nuttelex

Fry mince in oil until browned. Add leek, cabbage, garlic and salt. Spread 1/3 mixture over base of casserole, cover with ½ of the potato slices. Add remaining mince and cover with remaining potatoes. Dot with Nuttelex and bake in oven at 180 degrees C. for approx. 1 hour.

FAILSAFE MINCE

***Use for shepherd's pie, lasagne, over pasta, rice, mashed potato, toast, pizza and in jaffles, omelettes and pies.**

1 leek, finely chopped
1 clove or more garlic, crushed
3-4 stalks celery, finely chopped
1 tbsp sunflower or canola oil (check no anti-oxidants)
500g preservative-free veal, beef or lamb mince
¼ cabbage, finely chopped
1 swede, finely chopped
½ tsp salt
2 tbsp maize (corn) cornflour (not wheaten) dissolved in 2 cups water or home-made chicken stock.

In a heavy-based frypan or saucepan, stir-fry leek, celery and garlic until soft. Add mince, stir until lightly browned. Add salt, cabbage, swede and cornflour mixture and stir until thickened.

FAILSAFE SAUSAGES (a Recipe For your Butcher)

650g brown rice flour

3 leeks

3 cloves garlic (or less to taste)

½ cup salt

Make up to 10kg with fresh unpreserved minced beef, veal or chicken.

GOLDEN CHICKEN

600g chicken breasts (without skin) or tenderloins

2 tbsp sunflower or canola oil (check no anti-oxidants)

3 tbsp golden syrup

2 shallots, finely chopped

1 clove garlic, crushed (optional)

1 pinch citric acid (optional)

Cut chicken into strips or nugget shapes. Mix all other ingredients, add chicken and coat well. Cover and marinate for 30 minutes. Grill, fry or BBQ.

CHICKEN AND LEEK SAUCE

***Use as a filling for puffs, jaffles, omelettes and pies, mixed with boiled rice for “risotto” or served over gluten-free pasta or mashed potato.**

2 tablespoons Nuttelex

150g chicken breast fillet

½ leek, washed and thinly sliced

2 stalks celery, finely chopped

1 tbsp gluten-free flour mix

¼ cup soy or rice milk

¼ cup home-made chicken stock

½ teaspoon salt

1 tbsp chopped parsley

Pan fry chicken in 1 tbsp Nuttelex for approx. 3 minutes each side. Remove from pan and chop into small pieces.

Melt remaining Nuttelex in a saucepan, add leek and celery and cook, stirring often for about 5 minutes until soft. Sprinkle over flour and cook, stirring for 20 seconds. Add combined milk and stock, stirring until mixture boils and thickens. Season with salt. Add chicken and parsley and gently heat until warmed through.

INDONESIAN-STYLE FRIED RICE

2 tbsp Nuttalex or sunflower/canola oil (check no anti-oxidants)
2 eggs
salt to taste
1 clove garlic, crushed
½ cup finely chopped celery
½ cup finely shredded cabbage
2 cups cooked rice
1 cup cooked chopped meat (chicken, beef, lamb, sausages)
1 shallot, finely chopped
1 tsp parsley
1 tsp golden syrup mixed in 2 tbsp water

Preheat frypan to medium. Add Nuttalex or oil. Beat eggs with salt and add to pan. Stir until cooked like very dry scrambled egg, add garlic and fry briefly. Add vegetables and stir-fry 1-2 minutes. Then add rice and stir-fry until ingredients are well-mixed. Add cooked meat, chopped shallots and parsley. Push to one side of pan and pour in golden syrup mixture. Allow to heat until bubbling then mix through rice mixture and serve.

FRENCH-STYLE POTATO SALAD

1kg white-skinned potatoes, peeled thickly
2 tbsp finely chopped chives
2 stalks finely chopped celery

DRESSING

1 tsp citric acid
2 tsp hot water
½ cup canola oil
½ cup pureed pears in syrup
½ tsp salt

Boil or steam potatoes until just tender, approx 15 min. Drain, dice and allow to cool.

Dissolve citric acid in hot water. Combine with oil, puree and salt. Mix well

Place potato, chives and celery in bowl and pour over dressing. Mix well.

'RICE BURGERS'

3 cups cooked rice
1kg chicken mince (no skin)
4 shallots
3 sticks celery
2-3 cloves garlic
1 can (420g) chickpeas
1 egg, beaten
2 tbsp gluten-free flour mix
1-2 tsp salt
Sunflower/canola oil for frying

Finely chop shallots, celery, garlic and chickpeas in food processor. Combine with all other ingredients in a large mixing bowl and shape into balls or patties with wet hands. Shallow-fry in oil.
