



# Salads/Vegetables

Pomelo-Mango Salad

Red Beet Salad

Shrimp and Mushroom Salad with Nori Pesto

Squid and Mango Ensalata

Smoked Fish Salad

Baked Eggplant Frittata





### Ingredients

1 cup green oak leaf lettuce  
1 cup red oak leaf lettuce  
2 cups rocket  
4 teaspoons of sesame seeds, toasted  
1 cup pomelo segments, peeled and cut into pieces  
3 ripe mangoes, meat cut into slices

### For the dressing

1 cup olive oil  
½ cup honey  
½ lemon, juiced  
1 teaspoon wasabi paste  
salt and pepper to taste

# Pomelo-Mango Salad

### Instructions

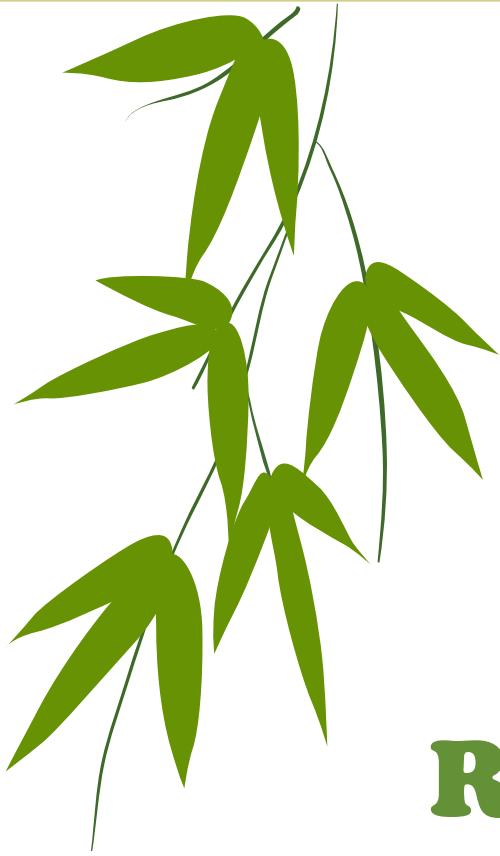
In a small bowl, combine the olive oil, honey, lemon juice and wasabi paste using a beater. Then season the mixture with salt and pepper to taste and transfer the mixed dressing in a sanitized bottle. Cover the cap tightly and set aside to let the flavours infuse.

In a medium sized bowl, toss together the green oak leaf lettuce, the red oak leaf lettuce and the rocket lettuce. In another medium sized bowl, toss together the mangoes and pomelo.

Serves

4





### Ingredients

1 pound red beets  
1 bowl of ice  
1 litre of water  
½ cup green peas  
1 cup carrots, cut into medium dice

#### For the dressing

1 clove of garlic, minced  
1 teaspoon Dijon mustard (optional)  
½ lemon, juiced  
½ teaspoon honey  
1 cup mayonnaise

#### For the poaching liquid

Celery leaves, gathered from the stalk of celery for the salad  
1 shallot, peeled  
¼ pound (113 grams) tuna, skinless fillet  
1 small bowl of ice and water (or ice bath)  
1 stalk of celery, cut into medium dice  
2 cups rocket  
4 teaspoon walnuts, chopped

## Red Beet Salad

### Instructions

In a small bowl, combine the garlic, Dijon mustard (optional), lemon juice, honey and mayonnaise using a beater. Once incorporated, cover the bowl and set aside.

Put the beets in a medium sized pot and cover it with water. Put the pot over high heat and wait until the water boils, about 5 minutes. Lower the heat to a simmer and let the beets cook for 20 minutes or until the beets are fork tender. Remove the pot from the heat and drain all the water. Put cold water into the pot and 1 bowl of ice. Once the beets are cool, peel off the skin, and then cut the beets into medium dice and set aside.

In another sauce pot, put 1 litre of water. Bring the water to a boil, put the peas and let it cook for 5 minutes. Immediately remove the peas from the water and put it in the ice bath. Once the peas are cold, remove them from the ice bath and set aside. Do the same procedure with the diced carrots. After blanching the peas and carrots, use the blanching liquid to poach the tuna.

Prepare the poaching liquid by putting the celery leaves and shallots into the pot of hot water. Bring the water to a boil over high heat and lower the heat to a simmer. Put the tuna in the pot and let it poach for 5 minutes or until the tuna is flaky but not falling apart. Put the tuna in the ice water bath immediately and let it cool. Remove from the ice bath once cool. Cut the tuna into medium dice and set aside.

In a large bowl, mix together the boiled red beets, peas, carrots, tuna and the diced celery. Put the dressing into the bowl and mix well. Put about ½ cup of the rocket leaves onto each plate and top it up with about ½ cup or more, of the beet salad. Garnish each plate with 1 teaspoon of chopped walnuts per plate.

Serves

4

## Ingredients

1 shallot, chopped  
1 clove garlic, crushed  
1 teaspoon ginger, chopped  
1 litre water  
½ pound (227 grams) fresh water shrimps  
1 medium sized bowl of ice with water (or an ice bath)  
2 cups enoki mushrooms  
1 litre of water  
1 small bowl of ice with water (or an ice bath)  
1 cup green oak leaf lettuce  
1 cup red oak leaf lettuce  
2 cups rocket  
4 teaspoons shallots, chopped  
4 teaspoons pine nuts, chopped

## For the dressing

1 cup olive oil  
1½ tablespoons nori (Japanese seaweed), ground  
1 teaspoon wasabi paste  
salt and pepper to taste

## Instructions

In a small bowl, combine the olive oil, ground nori, and wasabi paste using a beater. Then season the mixture with salt and pepper to taste and transfer the mixed dressing in a sanitized bottle. Cover the cap tightly and set aside to let the flavours infuse.

In a medium sized sauce pot, put the water, shallot, garlic and ginger. Bring the water to a boil over high heat and put the shrimps in the pot. Let the shrimps cook for 5 minutes or once the shrimps are bright orange in colour and are curled up, remove them from the hot water and put them immediately in the ice water bath. Reserve the shrimp's boiling liquid for future use. Peel the skin off the shrimps and set aside the meat in a medium sized bowl. The heads of the boiled shrimp can be reserved for future use as well.

In another medium sized sauce pot, put the 1 litre of water. Bring the water to a boil over high heat and put the enoki mushrooms into the pot. Let it cook for 1 minute and remove the mushrooms, immediately putting them into the ice water bath. Remove from the ice water bath once the mushrooms are cool. Put the mushrooms together with the boiled shrimps and mix them well.

In a medium sized bowl, toss together the green oak leaf lettuce, the red oak leaf lettuce and the rocket lettuce. Put about 1 cup of tossed lettuce on a plate, top it with about 4 to 5 tablespoons of the shrimps and mushrooms. Garnish with 1 teaspoon of chopped shallots and 1 teaspoon of pine nuts per plate. Drizzle the dressing onto the salad or serve the dressing on the side.

# Shrimp and Mushroom Salad with Nori Pesto



Serves

4



### Ingredients

- 1 pound (450 grams) squid
- 1½ litres of water
- 1 large onion, chopped
- 1 piece ginger, sliced
- 3 black peppercorns, crushed
- 1 large bowl of ice with water (or an ice bath)
- 1 large red onion, sliced thin
- 2 finger chillies, seeds removed and sliced into thin strips
- 4 large tomatoes, seeds removed and sliced into thin strips
- 2 green mangoes, seed removed and sliced into thin strips
- 2 cups mustard leaves, chiffonade
- 4 teaspoons black sesame seeds, toasted
- 4 teaspoons cilantro leaves, chopped
- 4 teaspoons Fish sauce (optional)

# Squid and Mango Ensalata

### Instructions

Wash the squid and separate the heads. Remove the skin and innards of the squid as well as the beak and the eyes from the heads. Wash the cleaned squid thoroughly. Cut the meat open to make a sheet of squid.

Prepare the blanching liquid. Put the water, large onion, ginger and peppercorns in a medium sized sauce pot. Bring the water to a boil over high heat and lower the heat to a simmer. Put the squid into the pot and return the heat to a boil. Cook the squid while stirring regularly for 2 to 3 minutes. Remove the squid and immediately put in the ice water bath. Remove and drain from the ice bath once cool. Slice the squid meat into thin strips and set them aside.

In a large bowl, mix together the onions, chillies, tomatoes, and the mustard leaves. In another bowl, mix together the mangoes, and the squid. Put about 1 cup of the mustard leaves mixture onto a plate and top it up with about ½ cup or more, of the mango and squid mixture. Garnish each plate with 1 teaspoon of black sesame seeds and 1 teaspoon of cilantro leaves per plate.

Optional: Drizzle 1 teaspoon of fish sauce on the salad per plate if desired.

Serves

4

## Ingredients

### For the dressing

½ cup olive oil  
1 clove garlic, crushed  
2 tablespoons balsamic vinegar  
½ teaspoon mustard  
salt and pepper to taste

### For the salad

2 cups mustard leaves, chopped  
2 cups rocket  
12 cherry tomatoes, sliced in half  
1 small red onion, sliced  
1 medium sized cucumber, sliced  
½ pound (227 grams) smoked white fish, flaked

# Smoked Fish Salad

## Instructions

Prepare the dressing first. Have a sterilized bottle ready. In a small bowl, mix the olive oil, garlic, balsamic vinegar and mustard. Mix it well using a beater and season with salt and pepper to taste. Transfer the mixed dressing into the bottle and seal with the cap tightly. Set aside to infuse the flavours together.

In a large bowl, mix together the mustard leaves, rocket, red onions and cucumber. Place mixture on plates and top with cherry tomatoes and the flaked smoked fish. Drizzle the dressing on top or serve on the side.

Serves

4



## Ingredients

1 tablespoon coconut oil  
1 large onion, minced  
½ pound (227 grams) ground lean pork  
2 tablespoons balsamic vinegar  
2 litres of water  
12 small round eggplants  
1 bowl of ice water bath  
2 tablespoons olive oil  
6 eggs, beaten  
teaspoon paprika  
1 cup scallions, chopped

### For the glaze

1 cup balsamic vinegar  
¼ cup light tamari soy sauce  
¼ cup honey



# Baked Eggplant Frittata

## Instructions

Prepare the glaze: Put the balsamic vinegar, light tamari soy sauce and honey in a small sauce pot. Put the pot over high heat. Once the mixture boils, lower the heat to a simmer and let the mixture reduce to half or until it is thick enough to cover the back of the spoon. Set the glaze aside to cool.

In a medium sized sauté pan, heat the coconut oil over medium high heat. Sauté the onion until it turns translucent then add the ground pork. Add the balsamic vinegar and cook the pork until well browned. Drain the excess oil from the pork and let it cool.

In a large sauce pot, put 2 litres of water. Put the pot over high heat and let it boil. While waiting for the water to boil, slice x marks at the bottom of the eggplant. Put the eggplants into the boiling water and let it blanch for 5 minutes. Remove the eggplants from the boiling water and put them in an ice bath. Peel the skin off the eggplants and run a fork on each of the eggplants to flatten and set the eggplants aside.

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

In a medium sized bowl, combine the beaten eggs, cooked ground pork and ½ teaspoon paprika. Mix well to incorporate the flavours and set aside.

Brush a 9 inch round baking dish with olive oil. Dip the eggplant into the egg mixture and arrange the eggplant around the dish then cover the eggplant with the remaining beaten egg and ground pork mixture. Using a fork, poke the eggplants to allow the egg mixture penetrate. Cover the baking dish with aluminium foil and put it inside the oven. Bake the frittata covered for 20 minutes then remove the cover and let it bake for 10 more minutes or until the frittata has browned. Cut the frittata into 4, 6 or 8 and serve while hot, garnished with sliced scallions and drizzled with the glaze on top or placed at the side.

Serves

4



# Meats

Slow Cooked Beef Shank Soup with Sweet Potatoes and Plantains

Mutton Stew

Steamed Cabbage Rolls

Stuffed Cabbage Buns

Chili Pork Coconut Stew

Deli Meats, Wild Mushrooms and Peppers Medley



### Ingredients

4 pounds (1.8 kilos) beef shank, sliced into 1½ inch steaks  
1 piece bay leaf  
2 large onions, chopped  
3 cloves garlic, crushed  
2 stalks of leeks, tied into a knot  
sea salt to taste  
12 ripe plantains, peeled and sliced in half  
1 pound sweet potatoes, peeled and cut in half  
1 cup scallions, sliced

# Slow Cooked Beef Shank Soup with Sweet Potatoes and Plantains



### Instructions

Put the beef shank, bay leaf, onions, garlic and leeks in a large braising pot. Add enough amount of water to cover the contents of the pot, about 2 litres of water and put the pot over high heat. Bring the water to a boil and lower the heat to a simmer, skimming the scum and excess oils that float to the surface of the water. Let it simmer for 1½ to 2 hours or even up to 3 hours if you happen to get really tough meat to cook with.

Once the meat is fork tender, remove the leek knots and add the sweet potatoes and plantains. Let it cook for another 10 to 15 minutes. Season the soup with sea salt to taste.

Once the plantains and the sweet potatoes are cooked, turn off the heat and put the 1 cup of scallions into the pot. Serve while hot.

Serves

4

## Ingredients

2 pounds (900 grams) mutton, chopped	2 cups veal stock – for allowance
¾ cup cane vinegar	2 carrots, diced
5 cloves garlic, crushed	1 cup squash, diced
5 black peppercorns, crushed	½ cup green olives
1 bay leaf	1 large green capsicum, diced
sea salt to taste	2 teaspoon paprika
½ cup olive oil	
2 large onions, chopped	
5 cloves garlic, crushed	
1 pound tomatoes, cut into wedges	
3 cups veal stock	



# Mutton Stew

## Instructions

In a medium sized bowl, combine the mutton, cane vinegar, bay leaf, pepper and season with salt to taste. Marinate the mutton overnight for better flavour.

Place a medium sized braising pan over high heat. Heat the olive oil and sauté the onions and garlic for about 2 minutes. Drain the mutton from the marinade and sear the mutton in the pan. Cook until all sides have browned, about 10 minutes. Deglaze the pan with the marinade and cook until the marinade is reduced to half, about 5 minutes.

Then add the tomatoes, let it cook for 2 minutes then add the veal stock. Bring the stock to a boil and lower the heat to low and let it simmer slowly for 1½ to 2 hours, or just until the mutton is fork tender, stirring occasionally to keep the mutton from sticking to the bottom of the pot. Add more stock when the amount of the sauce of the stew has diminished to more than half and the mutton are still tough.

Add the carrots, squash and olives and let it cook for 8 minutes. Add the diced green capsicum and season the stew with paprika. Bring the heat to medium high and let the stew boil for 1 minute then turn off the heat. Serve while hot.

Serves

4

# Steamed Cabbage Rolls

## Ingredients

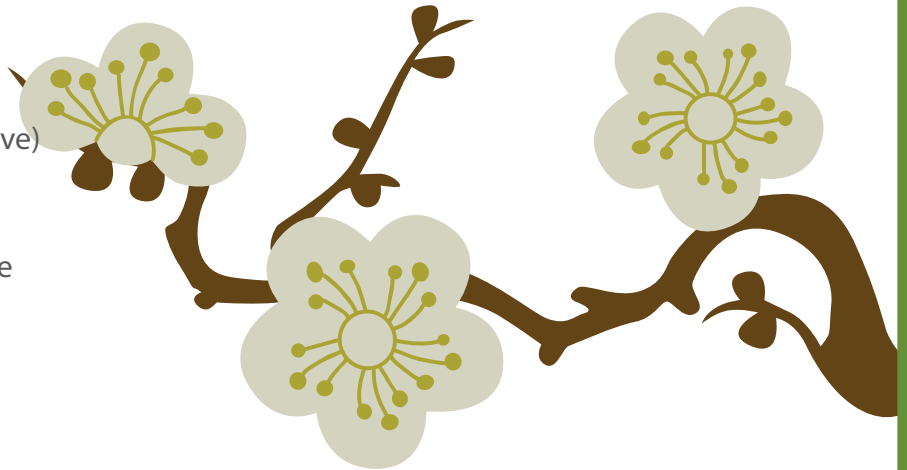
### For the mince

2 onions, minced  
8 cloves garlic, minced  
1 pound (450 grams) of ground lean pork  
½ cup vinegar  
salt and ground pepper to taste  
12 large cabbage leaves

### For the filing

1 pound of marinated mince (above)  
1 cup carrots, julienne  
1 cup sweet potatoes, julienne  
1 cup fresh coconut meat, julienne  
1 cup cabbage, shredded

12 to 24 toothpicks



## Instructions

Marinate the mince: put the mince ingredients all together in a medium sized bowl and mix them well to combine the flavours. Cover the bowl and marinate the mince overnight.

Boil a pot of water for blanching the cabbage leaves. Once the water in the pot begins to boil, blanch the cabbage leaves just until the colour becomes darker and the leaf is pliable enough to be folded without breaking apart. Soak the blanched leaves immediately in an ice bath to prevent further cooking. Drain and set the leaves aside.

Make the filling: in the same bowl of the marinated mince, add the carrots, sweet potatoes, coconut meat and the cabbage together with the marinated mince. Mix it well to combine all the ingredients together.

Place a piece of blanched cabbage on a plate and put 3 spoonful of the filling lengthwise along the bottom side of the leaf. Fold the bottom edge of the leaf over the filling, and then roll once to secure the filling. Then fold over the left end, then the right end of the leaf, the form of the folds should resemble an elongated envelope. Roll the filled part of the leaf up to the end and secure the edge of the leaf with a toothpick or two. Do the same process with the rest of the ingredients.

Prepare the steamer. Put about 2 litres of water in the bottom pan of the steamer and cover. Bring to a boil and lower the heat to a simmer. Now place the cabbage rolls in the steamer pan or basket, with spaces in between. Steam the rolls for 1 hour or until the meat is cooked and tender.

Serve while hot together with a garlic vinegar dip.

Serves

4

## Ingredients

12 quail eggs, boiled and shelled  
12 large cabbage leaves

### For the filing

2 tablespoons coconut oil  
2 onions, minced  
4 cloves garlic, minced  
1 pound (450 grams) of ground lean pork  
1 cup carrots, minced  
1 cup water chestnuts, minced  
2 tablespoons green onions, minced  
1 tablespoon sesame oil

12 to 24 toothpicks



# Stuffed Cabbage Buns

## Instructions

Boil a pot of water for blanching the cabbage leaves. Once the water in the pot begins to boil, blanch the cabbage leaves just until the colour becomes darker and the leaf is pliable enough to be folded without breaking apart. Soak the blanched leaves immediately in an ice bath to prevent further cooking. Drain and set the leaves aside.

In a medium sized bowl, combine the onions, garlic, ground lean pork, carrots, water chestnuts, green onions, and the sesame oil and mix well.

Make the buns: place a blanched cabbage leaf on a plate and put 3 spoonful of the mince in the centre. Place a boiled quail egg in the centre of the mince. Fold the bottom edge of the leaf over the mince, then fold over the left end, then the right end of the leaf, the form of the folds should resemble an envelope. Fold over the top end of the leaf and roll until it resembles a bun. Secure the edge of the leaf with a toothpick or two. Do the same process with the rest of the ingredients.

Prepare the steamer. Put about 2 litres of water in the bottom pan of the steamer and cover. Bring to a boil and lower the heat to a simmer. Now place the cabbage buns in the steamer pan or basket, with spaces in between. Steam the buns for 1 hour or until the meat is cooked and tender.

Serve while hot together with your favourite Paleo mayonnaise or meat gravy.

Serves

4



## Ingredients

2 tablespoons coconut oil  
1 large onion, chopped  
3 cloves of garlic, minced  
1 piece ginger, sliced  
1 pound (450 grams) ground lean pork  
1 pound finger chillies, cut in half  
¼ pound (113 grams) fresh water shrimp,  
peeled and chopped  
1 cup shrimp stock  
1 cup coconut cream  
2 cups coconut milk

# Chilli Pork Coconut Stew

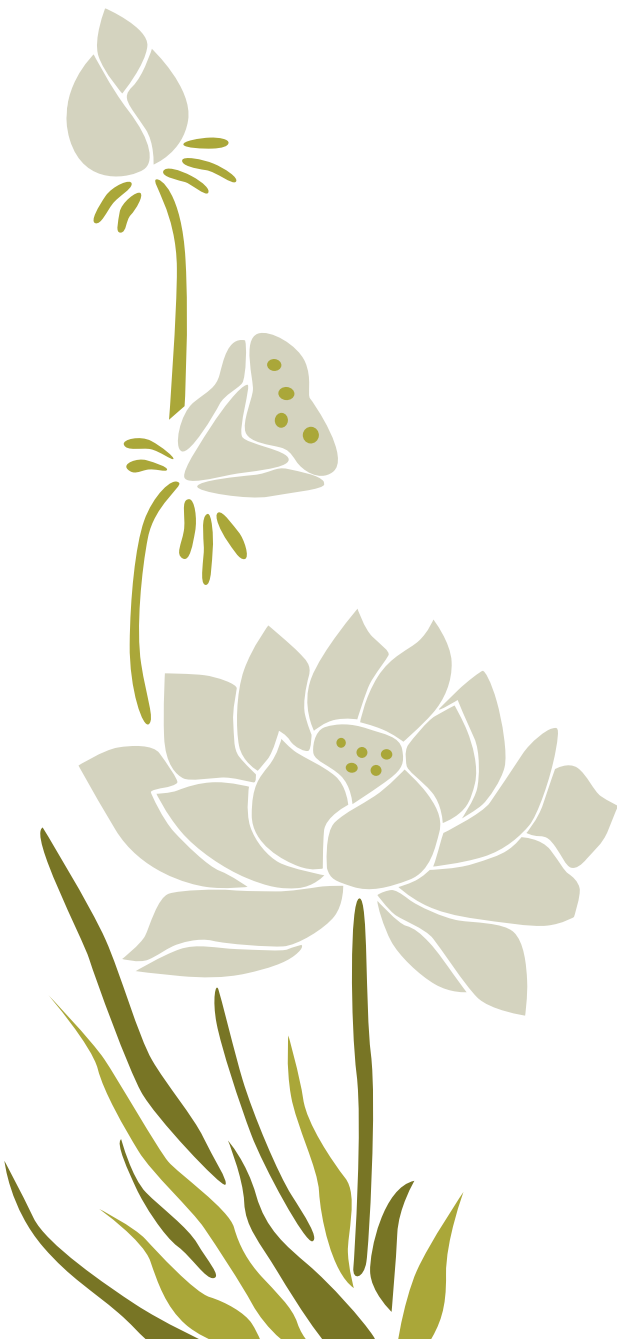
## Instructions

Put a large sauce pan over high heat. Heat the coconut oil and sauté the onions, garlic and ginger until lightly browned. Add the ground pork and cook until most of the oils have sweated out, about 8 to 10 minutes. Remove excess oils. Add the chillies and the chopped shrimp and cook until the shrimp has changed its colour to orange while stirring regularly. Add the shrimp stock. Bring the stock to a boil and lower the heat to a simmer and let it cook for 5 minutes.

Add the coconut cream and milk and let it cook over simmering heat, stirring regularly until the sauce is thick. Serve while hot.

Serves

4





### Ingredients

¼ cup olive oil	1 large red capsicum, sliced
½ pound (227 grams) bacon, chopped	3 finger chillies, sliced
4 grass fed sausages, ends removed	½ tablespoon dried thyme
2 cups wild mushrooms, sliced	¼ tablespoon anise seeds
1 large green capsicum, sliced	5 black peppercorns, crushed

# Deli Meats

## Wild Mushrooms and Peppers Medley

### Instructions

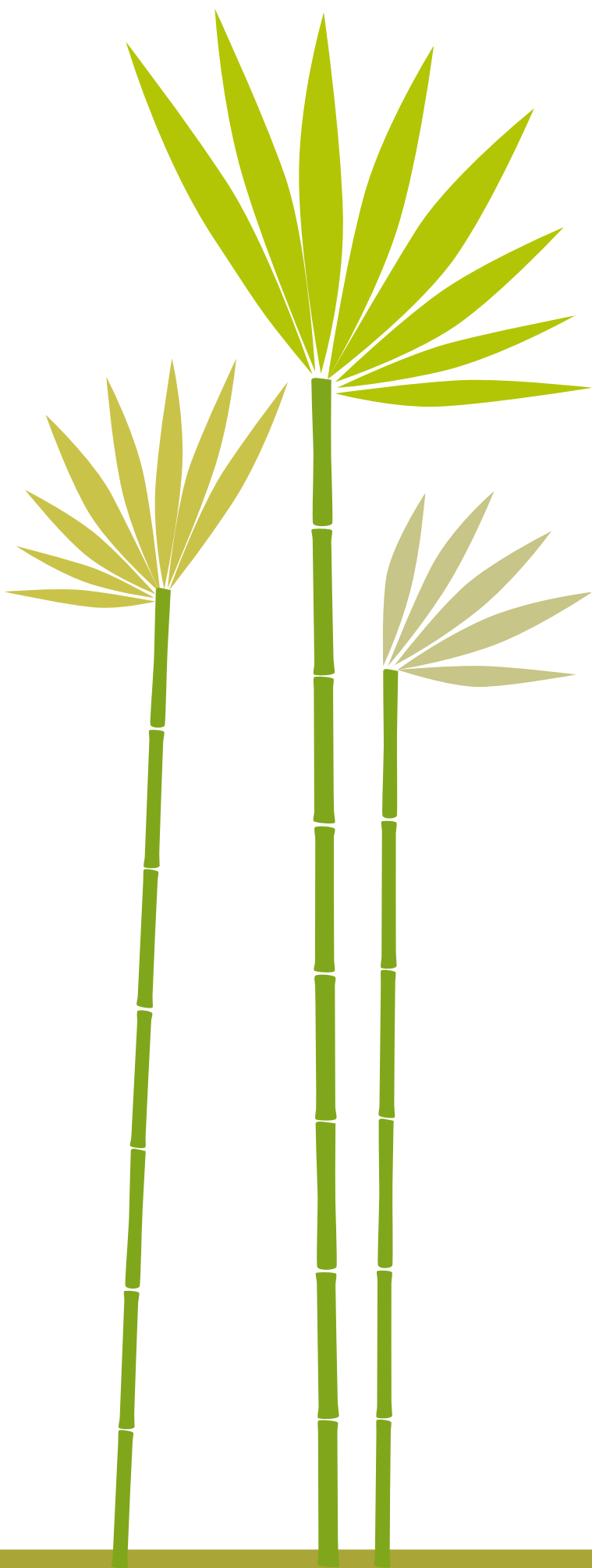
Preheat a fan-forced oven to 190° degrees Celsius / 375° degrees Fahrenheit.

In a medium sized bowl, combine the bacon, sausages, olive oil, wild mushrooms, capsicums and chillies. Mix them well and season with the dried thyme, anise seeds and black peppercorns. Transfer the mixture in a baking dish and cover with aluminium foil. Put the dish inside the oven and bake for 15 minutes.

After 15 minutes, remove the foil and mix the contents of the dish. Continue to bake for another 10 to 15 minutes or until the colours of the sausages are quite golden. Serve while hot.

Serves

**2-3**



# Sauces

Garlic Vinegar Dip

Spicy Vinegar Dip

Tamarind Ketchup

Mango-tamarind Sauce

# Garlic Vinegar Dip

## Ingredients

8 cloves of garlic, minced  
1 cup of cane vinegar  
½ teaspoon honey  
salt and pepper

## Instructions

In a small, sanitized bottle put all of the ingredients inside and put the cap on. Tighten the cap to keep the contents from leaking out. Shake the bottle well to combine all the flavours together. Use the dip at least 6 hours later to let the flavours infuse into the vinegar.



# Spicy Vinegar Dip

## Ingredients

8 cloves of garlic, minced  
1 piece ginger, chopped  
1 red onion, chopped  
¼ cup bird's eye chilies, stems removed  
2 cups of cane vinegar  
½ teaspoon honey  
salt and pepper

## Instructions

Put all of the ingredients in a blender or in a food processor. Blend the ingredients until smooth.

Transfer the mixture into a small, sanitized bottle and put the cap on. Tighten the cap to keep the contents from leaking out. Use the dip at least 6 hours later to let the flavours infuse into the vinegar.

## Ingredients

1 piece ginger, sliced	2 tablespoons tomato paste
1 onion, chopped	1 teaspoon apple cider vinegar
2 cloves garlic, crushed	1 tablespoon honey
1 cup water	salt and pepper to taste
2 cups tamarind paste	

# Tamarind Ketchup

## Instructions

In a small sauce pot, place the ginger, onion, garlic and 1 cup of water. Put the pot over high heat and bring the water to a boil. Lower the heat to medium and let it simmer for 5 minutes. Add the tamarind paste, tomato paste, apple cider vinegar and honey, turn the heat up to a high and bring the mixture to a boil, stirring regularly. Let it cook boiling for 2 minutes then lower the heat to medium and simmer for 5 to 10 minutes or until the mixture is thick, stirring regularly. Remove the pot from the heat and strain the sauce using a fine sieve. The sauce can be kept for 5 days up to a week inside a container with a tight lid if cooled down immediately then stored inside a refrigerator. This sauce is best served when heated.



## Ingredients

3 ripe mangoes, meat chopped and seed squeezed for its juice  
½ cup tamarind paste  
¼ cup honey  
1 bird's eye chili, chopped  
1 teaspoon coriander leaves, chopped

# Mango-Tamarind Ketchup

## Instructions

In a small sauce pot, put together the chopped mangoes and its juices, the tamarind paste, honey and the bird's eye chilli. Cook the mixture over low heat until it simmers, stirring regularly to blend the flavours together. Cook for 3 minutes and then turn off the heat. Add the coriander leaves last before serving.



# Poultry

Smoky Roasted Chicken and Pork in a Hearty Broth

Roasted Free Range Chicken

Free Range Chicken in Fresh Coconut Soup

Chicken and Quail Eggs Chop Suey

Glazed Baked Quail on a Bed of Greens

Coconut Crusted Chicken Strips

Crusted Chicken Stuffed with Basil and Spinach Pesto  
with Warm Tomato Salsa and Vegetable Medley

Chicken Gallantine



## Ingredients

2.2 pounds (1 kilogram) whole chicken, washed and cut in half  
1 pound (450 grams) whole lean pork loin, skin removed  
salt and freshly ground black pepper to taste

### For the broth

2 litres chicken stock  
2 large onions, chopped  
2 cloves garlic, minced  
2 cups watercress  
2 cups bok choy or Chinese cabbage  
salt and pepper to taste



# Smoky Roasted Chicken and Pork in a Hearty Broth

## Instructions

Pre-heat a grill to medium heat.

Preheat a fan-forced oven to 190° degrees Celsius / 375° degrees Fahrenheit.

Season the chicken with salt and freshly ground black pepper all over. Set the chicken aside and season the whole lean pork loin with salt and freshly ground black pepper as well.

Grill the chicken, bone side first, for 5 minutes, then flip the chicken over and grill for another 5 minutes. Wrap the chicken pieces in aluminium foil and place the chicken pieces on a roasting pan and place it in the oven. Roast the chicken for 35 to 40 minutes or until the chicken is no longer bloody when checked. Let the chicken rest uncovered.

While the chicken is roasting, grill the prepared pork tenderloin, 5 minutes on each side. Wrap the pork loin in foil and place it on a roasting pan. Roast the pork for 35 to 40 minutes or until the internal temperature reads 66° to 69° degrees Celsius / 150° to 155° degrees Fahrenheit. Let the pork loin rest uncovered.

In a large sauce pot, combine the chicken stock, onions and garlic. Place the pot over high heat and bring the stock to a boil, then lower the heat to medium and simmer for 5 minutes. While the stock is simmering, chop the roasted chicken pieces, 5 pieces per ½ side of the chicken, making a total of 10 chicken pieces. Cut the roasted pork loin into large dices. Place the diced pork loin first into the simmering stock and cook for 10 minutes. Place the chicken pieces next and let the soup cook for another 10 minutes. Place the bok choy into the soup and cook for 3 minutes. Add the watercress and let it cook for 1 minute then turn off the heat. Serve while hot.

Serves **8-10**

## Ingredients

2.2 pounds (1 kilogram) whole organic free range chicken, washed

### For the stuffing

2 stalks of lemongrass, tied to a knot

2 whole large onions

3 cloves of garlic, crushed

5 black peppercorns, cracked

½ piece of ginger, sliced

1 bay leaf

### For the rub

1 stalk of lemongrass, tender part only, chopped

3 cloves garlic, minced

½ teaspoon sea salt

1 tablespoon black peppercorns, cracked

2 tablespoons olive oil

# Roasted Free Range Chicken

## Instructions

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

In a small bowl, mix together the chopped lemongrass, garlic, salt, pepper and olive oil. Set aside to let the flavours infuse into the oil.

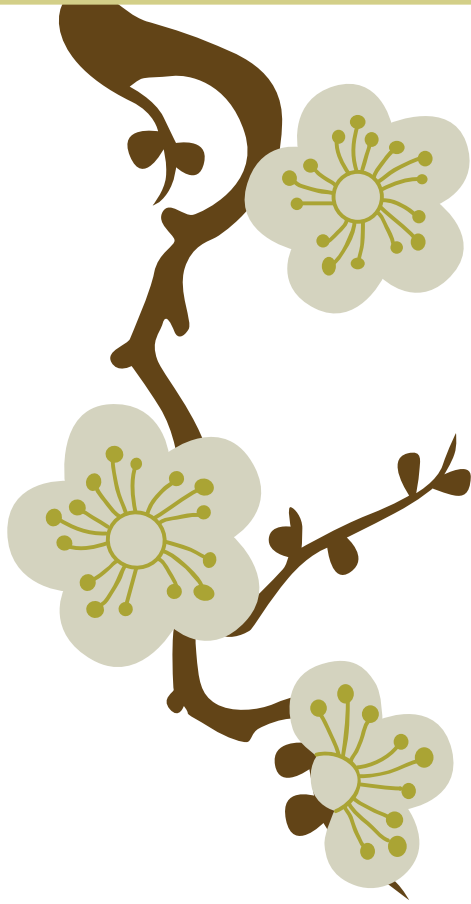
Rub the cavity of the chicken with cracked pepper. Stuff the chicken's cavity with the knotted lemongrass, whole onions, garlic, ginger and bay leaf. Rub the rub mixture all over the chicken, including underneath the skin for better flavour. Place the chicken on a roasting pan and roast in the oven for 1 hour to 1½ hours or until the chicken's internal temperature reads 82° degrees Celsius / 180° degrees Fahrenheit. Remove from the oven and let it rest before serving.

This is served best with tamarind ketchup and your favourite vegetable sides.



Serves

6-8



### Ingredients

1 litre chicken stock  
2.2pounds(1kilogram)wholeorganicfreerange  
chicken, washed and cut into 8 to 10 pieces  
1 stalk of lemongrass, tied into a knot  
1 piece ginger, sliced  
2 cloves garlic, crushed  
1 finger chili  
2 fresh young coconuts – set aside the water  
and remove the meat from the shell  
2 chayotes, chopped  
salt and pepper to taste

# Free Range Chicken in Fresh Coconut Soup

### Instructions

In a large sauce pot, put the chicken stock, chicken, lemongrass, ginger, garlic and finger chili. Cook over high heat until the soup boils. Remove the scum that floats on the surface of the soup. Lower the heat to a simmer and let it cook for 30 minutes, stirring occasionally.

Add the coconut meat and the coconut water into the soup and bring the soup back to a boil for 1 minute. Reduce the heat to a simmer and put the chayotes into the soup. Let it cook for 5 minutes or until the chayotes are fork tender. Season the soup with salt and pepper to taste. Serve while hot.

Serves

**6-8**

# Chicken and Quail Eggs

## Chop Suey

### Ingredients

2 tablespoon coconut oil  
1 large onion, chopped  
3 cloves garlic, minced  
1 pound (450 grams) chicken breast fillet, diced  
1 cup broccoli florets  
1 cup cauliflower florets  
1 carrot, sliced  
½ cup water chestnuts, chopped  
½ medium sized cabbage, chopped  
1 small green capsicum, diced  
1 small red capsicum, diced  
½ cup chicken stock  
12 quail eggs, boiled and peeled  
2 egg whites, beaten



### Instructions

In a medium sized wok, heat the coconut oil over medium high heat. Sauté the onion and garlic until lightly browned. Add the chicken and cook for 5 minutes. Add the broccoli, cauliflower, carrots and water chestnuts. Let it cook, stirring regularly, for 2 minutes.

Add the cabbage and both capsicums. Add the chicken stock and let it cook for 5 minutes. Add the boiled quail eggs and let it cook for 1 minute and then turn off the heat.

Mix in the egg whites to thicken the sauce and serve immediately.

Serve while hot together with a garlic vinegar dip.

Serves

4



## Ingredients

### For the marinade

½ cup light tamari soy sauce  
¼ cup cane vinegar  
6 cloves garlic, crushed  
6 whole black peppercorns, cracked  
1 bay leaf  
1 sprig of rosemary  
8 whole quail, dressed

### For the glaze

1 tablespoon olive oil  
½ cup honey  
1 orange, juiced  
1 orange, peeled and pith removed,  
meat cut into pieces  
½ teaspoon orange zest  
1 cup chicken stock  
salt and pepper to taste

### For the salad bed

2 cups arugula  
2 cups coss lettuce, chopped



# Glaze Baked Quail

## on a Bed of Green

## Instructions

In a medium sized glass bowl, mix the light soy sauce, cane vinegar, garlic, peppercorns, bay leaf and rosemary. Add the quails, turning them all around the marinade. Marinate the quails overnight.

Preheat a fan-forced oven to 245° degrees Celsius / 475° degrees Fahrenheit. Place the quails on a roasting rack and roast for 20 minutes, basting with the marinade after 10 minutes of roasting. Remove from the oven after 20 minutes and let it rest.

While the quails are being roasted, prepare the glaze. Heat a medium sized sauce pan over medium heat. Heat the olive oil and sauté the orange meat. Add the orange juice and zest. Add the honey and gradually add the chicken stock, stirring regularly. Let the sauce cook over medium high heat until the sauce thickens. Remove from the heat once done.

In a medium sized bowl, mix together the arugula and coss lettuce. Prepare 4 plates and place about 1 cup of the mixed greens on each plate.

When the quails have finished roasting, roll each quail on the glaze and let the glaze coat the quails evenly. Set 2 glazed quails on a plate with a bed of mixed salad greens.

Serves

4



### Ingredients

2 pounds (900 grams) skinless chicken breast fillet, cut into strips

½ lemon, juice

salt and pepper to taste

### For the Crust

2 cups almond flour

2 eggs, beaten

3 cups grated coconut

2 tablespoons sesame seeds

# Coconut Crusted Chicken Strips

### Instructions

Preheat a fan-forced oven to 190° degrees Celsius / 375° degrees Fahrenheit.

Prepare the assembly line. Using 3 small baking pans, place the almond flour and beaten eggs in a separate pan. Then combine the grated coconut and sesame seeds together in another pan. Line the pans in this order: the almond flour first, then the eggs and the mixture of coconut and sesame seeds last. Then have a baking sheet – sprayed with non-stick cooking spray - ready for the crusted chicken strips.

In a large bowl, season the strips of chicken breast with lemon juice, salt and pepper. Dredge the strips of chicken on the almond flour, then the beaten eggs, then coat with the mixture of coconut and sesame seeds. Line the coated strips of chicken on the baking sheet and place it in the oven. Let it bake for 15 minutes or until the coating has turned golden brown.

This goes well with salads and served together with mango-tamarind sauce.

Serves

4

## Ingredients

### For the pesto

½ cup basil leaves  
½ cup spinach leaves  
1 cup almonds  
pinch of salt to taste

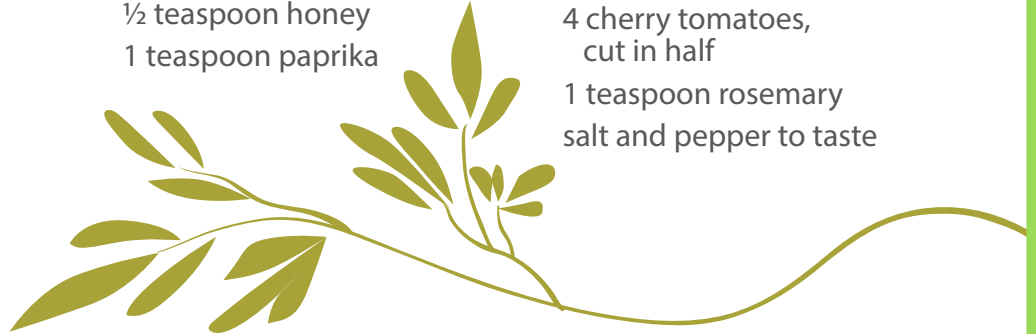
4 chicken breast fillet  
1 cup almond flour  
1 egg, beaten  
1 cup pecans, crushed  
1 lemon, sliced

### For the warm tomato salsa

2 tablespoon olive oil  
1 pound tomatoes, peeled,  
seeds removed and diced  
1 large onion, minced  
½ teaspoon honey  
1 teaspoon paprika

### For the vegetable medley

2 tablespoons olive oil  
1 carrots, diced  
1 cup squash, diced  
8 asparagus  
4 cherry tomatoes,  
cut in half  
1 teaspoon rosemary  
salt and pepper to taste



# Crusted Chicken

Stuffed with Basil and Spinach Pesto with  
Warm Tomato Salsa and Vegetable Medley

## Instructions

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

To make the pesto, put the basil, spinach leaves and almonds in a food processor. Blend until they turn into a paste and set aside.

Cut open one side of the chicken breast to make a pocket. Stuff the chicken breast with the pesto, then roll the chicken breast on the almond flour, then into the beaten egg, then onto the pecans. Place the chicken breast on a non-stick baking dish. Cover with aluminium foil and bake for 30 minutes. Remove the foil then return in the oven and bake for 10 minutes or until the chicken turns golden brown and the chicken is fork tender. Rest the chicken breasts before serving.

While the chicken is baking, put a small sauce pan over high heat. Heat the olive oil and sauté the onions, tomatoes and honey. Cook until the tomatoes are soft and wilted, about 5 minutes. Season the tomatoes with paprika and cook for 2 minutes. Remove the pan from the heat and set the tomatoes aside.

Put a medium sized sauté pan over high heat. Heat the olive oil and sauté the carrots and squash then cook for 5 minutes. Add the asparagus and cherry tomatoes and cook for 2 minutes. Season the vegetables with rosemary, salt and pepper then cook for 1 minute. Remove the pan from the heat and put about ½ cup of the vegetables on each plate.

Put the baked chicken breast beside the vegetable medley and top the chicken with the warm tomato salsa. Serve while hot.

Serves

4



## Ingredients

### For the marinade

1 tablespoon cumin powder  
1 tablespoon anise seeds  
1 teaspoon rosemary, ground  
1 lemon, juiced  
sea salt to taste  
4 chicken leg and thigh parts, washed  
¼ cup olive oil

4 large pineapple rings

### For the Peach-Mango salsa

1 tablespoon olive oil  
4 fresh peaches, seeds removed, peeled, meat diced  
3 ripe mangoes, seed removed, meat diced  
1 tablespoon cilantro leaves, chopped  
2 shallots, sliced  
1 teaspoon black peppercorns, cracked

# Barbecued Chicken Legs

## with Grilled Pineapples and Peach-Mango Salsa

### Instructions

In a large bowl, combine the cumin powder, anise seeds, ground rosemary and lemon juice. Season the chicken with salt, including underneath the skin and rub the marinade all over the chicken. Add the olive oil last, and then marinate the chicken for at least 4 hours.

Preheat a barbeque grill.

Put small slices on both sides of the chicken. Grill the chicken at 8 to 10 minutes on each side. Baste the chicken with the remaining marinade while grilling. Remove the chicken from the grill only when blood does not ooze out once the meat is poked.

Grill the pineapples at least 2 to 4 minutes per side. Set the pineapples aside once done.

In a medium sized bowl, combine the olive oil, peaches, mangoes, cilantro leaves, shallots and peppercorns. Serve about 4 tablespoons of salsa per serving of the barbecued chicken and 1 of grilled pineapple.

**Serves**

**4**



## Ingredients

2.2 pounds (1 kilo) whole, deboned  
1 lemon, juiced  
1 bayleaf  
salt and pepper to taste

## For the filling

3 grass fed sausages, chopped  
½ pound (227 grams) ground chicken  
2 cloves garlic, chopped  
1 large onion, chopped  
1 pimienta, chopped  
2 tablespoons raisins  
salt and pepper to taste

¼ cup olive oil

# Chicken Galantine

## Instructions

In a medium sized bowl, marinate the whole chicken with lemon juice, bayleaf and season with salt and pepper to taste. Let the chicken marinate for at least two hours.

In a medium sized bowl, mix the sausages, ground chicken, garlic, onion, pimienta and raisins. Process the mixture in a food processor by batch. Return the mince to the bowl and season with salt and pepper to taste and mix it well.

Preheat a fan-forced oven to 180° degrees Celsius / 356° degrees Fahrenheit.

If you have managed to debone the chicken without breaking it open, stuffing would be easy. Just put all the stuffing inside the chicken and close the opening using toothpicks or a butcher's twine.

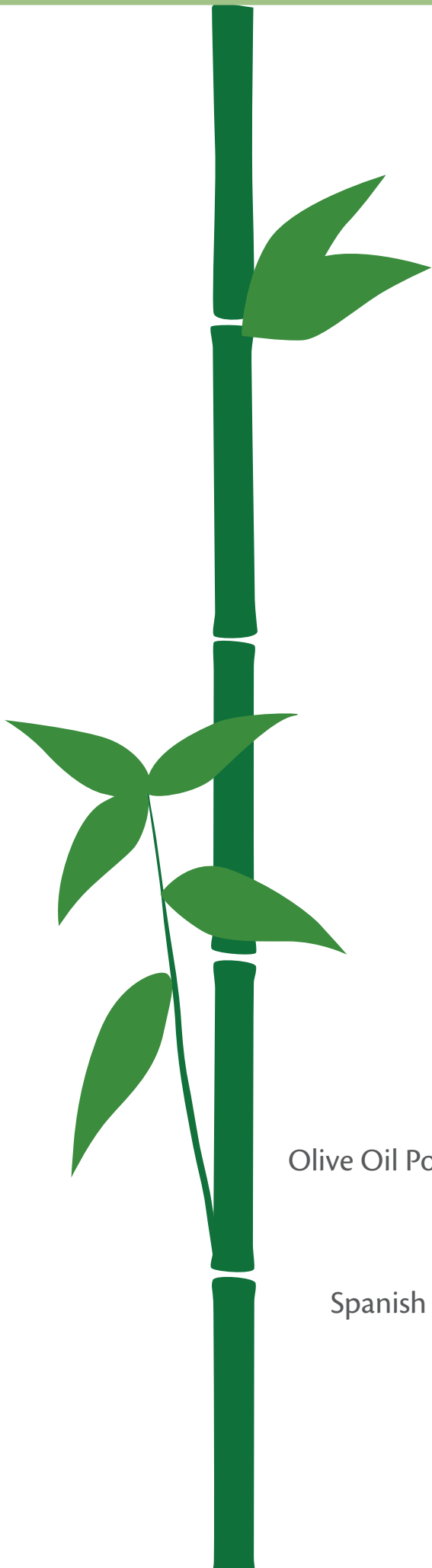
If however, the chicken is deboned and wide open, spread the stuffing onto the center of the deboned chicken from one end to the other. Close the opening by raising both sides of the chicken to the center, and secure the chicken by trussing, using a butcher's twine. The end product may resemble a trussed meatloaf.

Prepare the basting liquid by mixing the chicken marinade with ¼ cup olive oil. Brush the skin of the galantine with the basting liquid. Wrap the chicken in aluminium foil and place the galantine on a roasting pan and then roast for 20 minutes. After 20 minutes, remove the galantine from the aluminium foil. Brush the basting liquid again on the galantine and let it roast for another 40 minutes, basting at least 2 more times during roasting. Once the skin has perfectly browned, remove the galantine from the oven and let it rest for 2 minutes before removing the twine. Serve while hot as a carving centrepiece at the table.

Serves

6-8





# Seafood

Baked Mussel Casserole

Baked Clam Fritters

Coconut Stewed Crabs

Seafood Stew

Red Snapper with Bamboo Shoots

Olive Oil Poached Salmon Fillet with Vegetable Sides

Sizzling Tuna Belly

Spanish Mackerel Steak with Caramelized Onions  
and Simple Vegetable Salad

## Ingredients

1½ pound (680 grams) mussels  
1 piece ginger, sliced  
1 onion, chopped  
1 teaspoon black peppercorns  
1 bowl of ice  
1 large onion, chopped  
3 cloves garlic, minced  
2 carrots, sliced  
4 tomatoes cut into wedges  
2 cups cauliflower  
2 stalks celery, sliced  
1 lemon, juiced  
salt and pepper to taste  
2 tablespoons olive oil  
1 tablespoon parsley, chopped

# Baked Mussel Casserole

## Instructions

Prepare the mussels. Discard the mussels with open shells. Wash the mussels and using a knife, remove the beards.

Put the mussels, ginger, chopped onions and peppercorns in a medium sized pot and cover it with water. Put the pot over high heat and wait until the water boils, about 5 minutes. Wait for the mussels to open up. Discard the shells that floated in the water and did not open. Remove the pot from the heat and drain the hot water. Wash the mussels and cover with water and 1 bowl of ice. Once the mussels are cold, remove the meat from the shell and set aside.

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

In a medium sized bowl, combine the mussels, onions, garlic, carrots, tomatoes, cauliflower and celery. Add the lemon juice and season with salt and pepper. Add the olive oil last and put the mixture in a round baking dish. Cover the dish with aluminium foil and put the dish in the oven and bake the casserole for 15 to 20 minutes. Uncover the dish and garnish with parsley. Serve while hot.



Serves

**2-3**

## Ingredients

2 pounds (900 grams) fresh Manila clams  
1 piece ginger, sliced  
1 onion, chopped  
1 teaspoon black peppercorns  
1 bowl of ice  
1 large onion, chopped  
3 cloves garlic, minced  
2 carrots, sliced  
1 cup grated coconut  
1 cup almond flour  
1 lemon, juiced  
2 eggs, beaten  
salt and pepper to taste



# Baked Calm Frites

## Instructions

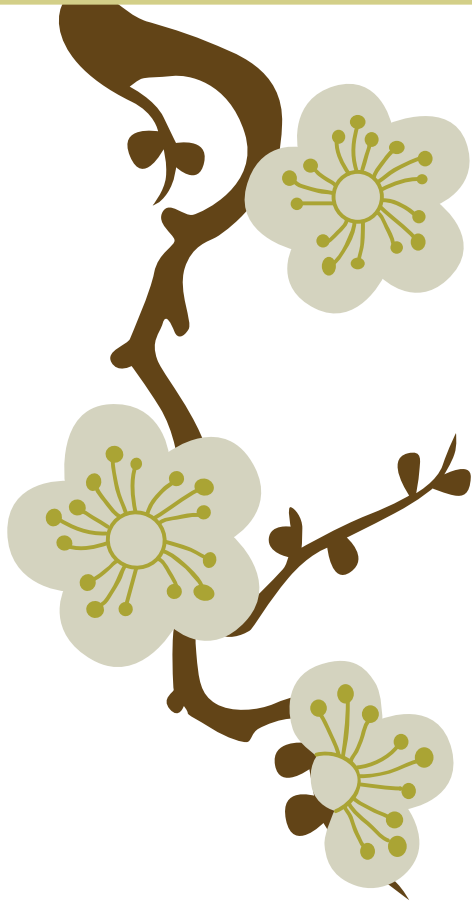
Prepare the clams. Soak the clams in a large bowl of water with ½ cup of salt. The clams will spit out dirt in the process. After soaking the clams for 30 minutes to 1 hour or until much of the dirt has been spat out by the clams, drain the water and wash the clams thoroughly. Discard the clams with open shells and those which floated during soaking.

Put the mussels, ginger, onions and peppercorns in a medium sized pot and cover it with water. Put the pot over high heat and wait until the water boils, about 5 minutes. Wait for the mussels to open up. Discard the shells that floated in the water and did not open. Remove the pot from the heat and drain the hot water. Wash the mussels and cover with water and 1 bowl of ice. Once the mussels are cold, remove the meat from the shell and set aside.

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

In a medium sized bowl, combine the mussels, onions, garlic, carrots, tomatoes, cauliflower and celery. Add the lemon juice and season with salt and pepper. Add the olive oil last and put the mixture in a round baking dish. Cover the dish with aluminium foil and put the dish in the oven and bake the casserole for 15 to 20 minutes. Uncover the dish and garnish with parsley. Serve while hot.

Serves **2-3**



### Ingredients

4 pounds (1.8 kilos) fresh crabs  
(about ½ pound or 227 grams per crab)  
2 tablespoons coconut oil  
2 large red onions, sliced  
5 cloves garlic, minced  
1 piece ginger, sliced  
1 piece fresh turmeric, sliced  
4 finger chillies, sliced  
1 tablespoon tamarind paste  
2 cups coconut cream  
2 cups coconut milk  
1 teaspoon black peppercorns, cracked  
½ cup leeks, chopped

## Coconut Stewed Crabs

### Instructions

Prepare the crabs. Put the crabs in a large pot and cover them with water. Put on the lid and place the pot over high heat. Wait for the water to boil and let the crabs cook for 5 to 10 minutes or until their colour has changed to bright orange. Remove the pot from the heat, drain the water and wash the crabs. Remove the tail or the flap under the belly of the crabs. Cut all the crabs in half and set aside.

In a large wok or sauté pan, heat the coconut oil over high heat. Sauté the onions, garlic, ginger, turmeric and chillies for 3 minutes then add the tamarind paste and the crabs. Mix the crabs around then add the coconut cream and the coconut milk. Bring the sauce to a boil then quickly lower the heat to a simmer, stirring the sauce regularly. Season with cracked peppercorns and let it cook for 10 minutes or until the sauce is thick. Add the leeks then turn off the heat. Serve while hot.

Serves

4

## Ingredients

2 tablespoons coconut oil  
2 large red onions, sliced  
5 cloves garlic, minced  
1 piece ginger, sliced  
1 piece fresh turmeric, sliced  
4 finger chillies, sliced  
1 pound (450 grams) squid, heads removed and cleaned, bodies – innards and skin removed, cut into rings  
1 pound (450 grams) fresh water shrimps, heads, shell and veins removed  
½ pound (227 grams) scallops  
2 cups coconut cream  
1 teaspoon black peppercorns, cracked  
1 green capsicum, sliced  
1 red capsicum, sliced  
2 tablespoons cilantro leaves, chopped

# Seafood Stew

## Instructions

In a large wok or sauté pan, heat the coconut oil over high heat. Sauté the onions, garlic, ginger, turmeric and chillies for 3 minutes then add the squid – heads and rings, shrimp and scallops. Cook for 1 minute stirring regularly. Then add the coconut cream and bring the sauce to a boil then quickly lower the heat to a simmer, stirring the sauce regularly. Season with cracked peppercorns and let it cook for 10 minutes or until the sauce is thick. And then add the green and red capsicums, stir them around the stew and then turn off the heat. Serve hot, garnished with chopped cilantro leaves on top.

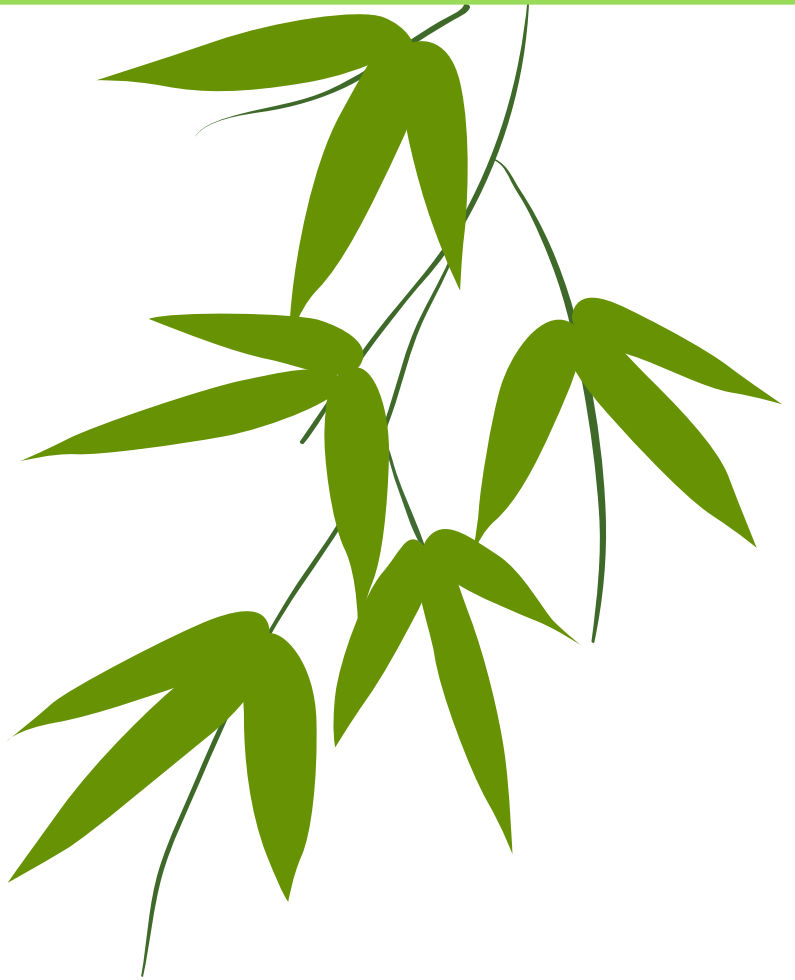
Serves

2-3



## Ingredients

2 tablespoons coconut oil  
2 large red onions, sliced  
5 cloves garlic, minced  
1 piece ginger, sliced  
1 piece fresh turmeric, sliced  
3 finger chillies, sliced  
1 cup bamboo shoots, sliced  
¼ cup light tamari soy sauce  
¼ cup fish stock  
2 ( ½ pound or 150 grams per piece)  
red snapper fillets, with skin  
1 teaspoon black peppercorns, cracked  
1 tablespoon sesame oil  
½ cup scallions, chopped



# Red Snapper

## with Bamboo Shoots

## Instructions

In a large wok or sauté pan, heat the coconut oil over high heat. Sauté the onions, garlic, ginger, turmeric, chillies and bamboo shoots. Let it cook for 5 minutes, stirring regularly. Then add the light tamari soy sauce and the fish stock.

Add the fish into the sauce and season with peppercorns. Bring the sauce to a boil then quickly lower the heat to a simmer. Let the fish cook for 3 to 4 minutes on each side or until the meat is tender yet still firm and not flaking apart. Add the sesame oil and the scallions and let it cook for 1 minute and then turn off the heat. Serve while hot.

Serves

2



# Olive Oil Poached **Salmon Fillet** with Vegetable Sides

## Ingredients

- 3 cups olive oil
- 1 bay leaf
- 1 tablespoon of dill
- 1 small piece of ginger, sliced
- 3 black peppercorns
- 4 pieces of pound (150 grams)  
salmon steak fillets
- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 cup cherry tomatoes, cut in half
- 1 cup squash, chopped
- 1 cup okra, sliced
- 1 cup fish stock
- 1 tablespoon dill, chopped



## Instructions

Prepare a double boiler. Put about 1 litre of water in the bottom pot of the double boiler and put the pot over high heat. Cover the pot and let the water boil. Reduce the heat to a simmer. In the top pot of the boiler, put the 3 cups of olive oil, the bay leaf, ginger and peppercorns. Place the pot on the boiler and let the oil heat up to a low simmer. Place the salmon fillets into the pot. Cover and let it simmer for 20 minutes or just until the salmon is fork tender and not flaking apart. Remove the poached salmon from the oil and set each fillet on a plate.

While the salmon are poaching, heat 1 tablespoon olive oil in a medium sized sauté pan over medium heat. Sauté the onions until translucent, then add the cherry tomatoes. Let the tomatoes cook for 2 minutes then add the okra. Sauté for another 3 minutes and add the fish stock. Bring the stock to a boil and add the okra. Season the vegetables with dill, lower the heat to a simmer and cook the vegetables for 3 to 4 minutes. Serve while hot, about 3 spoonfuls of the vegetables together with the salmon.

Serves

4

## Ingredients

4 teaspoons olive oil  
2 pounds (900 grams) fresh tuna belly,  
skins removed and diced  
2 large onions, chopped  
4 finger chillies, chopped  
3 cloves garlic, minced  
1 tablespoon black peppercorns, cracked  
2 tablespoons balsamic vinegar  
1 lemon, juiced  
¼ cup light tamari soy sauce

4 pieces whole eggs (optional)



# Sizzling Tuna Belly

## Instructions

Preheat 4 sizzling plates over high heat.

In a medium sized bowl, combine the tuna, onions, chillies, garlic, peppercorns, balsamic vinegar, lemon juice and soy sauce. Mix them well to incorporate the flavours.

Set the hot plates on its wooden bases. Put 1 teaspoon of olive oil on each hot plate. Put about 1 cup of the mixture onto the hot plate and serve immediately.

Optional: For a more protein packed meal, drop 1 egg on each of the plated sizzling tunas before serving.

Serves

4

## Ingredients

4 pieces of ½ pound (4 pieces of 227 grams), 1 inch thick Spanish Mackerel steaks

1 lemon, juiced

sea salt to taste

¼ cup olive oil

½ cup olive oil

6 large onions, sliced

1 tablespoon balsamic vinegar

2 medium sized cucumber, sliced

2 carrots, julienne

2 cups celery, sliced



# Spanish Mackerel Steak

## with Caramelized Onions and Simple Vegetable Salad

## Instructions

In a medium sized bowl, marinate the mackerel steaks in lemon juice and sea salt. Marinate the steaks for 10 minutes.

Put a medium sized sauté pan over medium high heat. Heat the olive oil, sauté the onions and add the balsamic vinegar. Continue to cook the onions over medium high heat until brown or well caramelized. Remove the pan from the heat and set the caramelized onions aside.

In a medium sized bowl, combine the cucumber, carrots and celery. Put about ½ cup of the mixture on each plate.

Put a medium sized sauté pan over medium high heat. Heat the olive oil and sear the mackerel steak, 5 minutes on each side or just until the fish is flaky but not falling apart. Place each steak on a plate with a bed of vegetables. Top the steaks with the caramelized onions and serve while hot.

Serves

4

# Dessert

Squash Pastilles

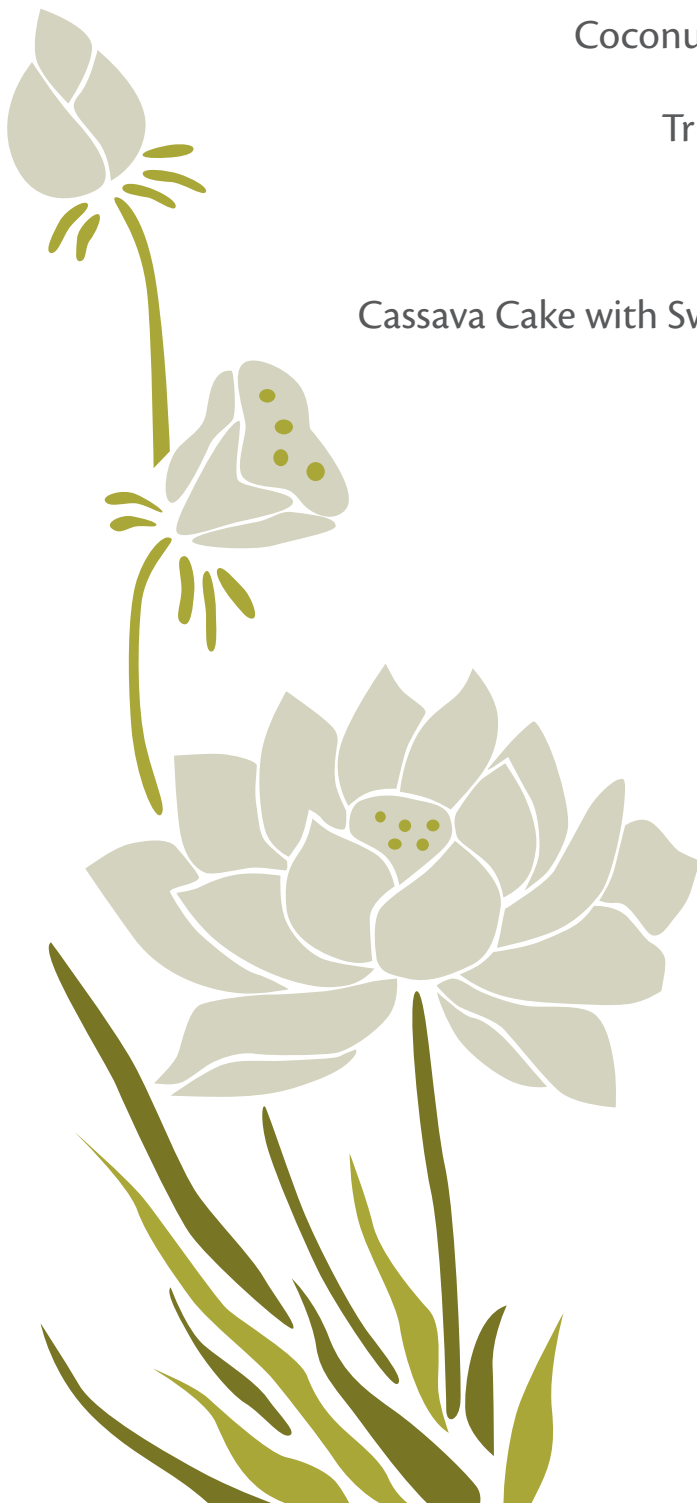
Durian Pastilles

Coconut-Tamarind-Mango Truffles

Trio Crunch Banana Popsicles

Coconut Pralines

Cassava Cake with Sweetened Coconut Topping





### Ingredients

1 pound squash, chopped  
1 cup almond milk  
cup coconut sugar  
2 cups grated coconut

# Squash Pastilles

### Instructions

Preheat a fan-forced oven to 205° degrees Celsius / 400° degrees Fahrenheit.

Put the squash in a non-stick baking pan and roast in the oven for 30 minutes. After baking, transfer the roasted squash in a medium sized sauce pot. Mash the squash using a fork or a masher and then add the almond milk and the coconut sugar. Place the pot over medium high heat and mix the squash constantly until the mixture is thick, sticky and dry like a paste. Remove the pot from the heat and transfer all of the cooked squash on a non-stick baking sheet. Spread out the squash to help it cool faster.

Once the squash has cooled, get about 2 tablespoons of the squash and roll into logs, as thick as a finger. Cut the logs into 1 inch long and roll them in grated coconut. Serve.

Serves

4

## Ingredients

1 pound durian pulp  
½ cup almond flour  
1 cup almond milk  
cup coconut sugar  
2 cups almonds, ground

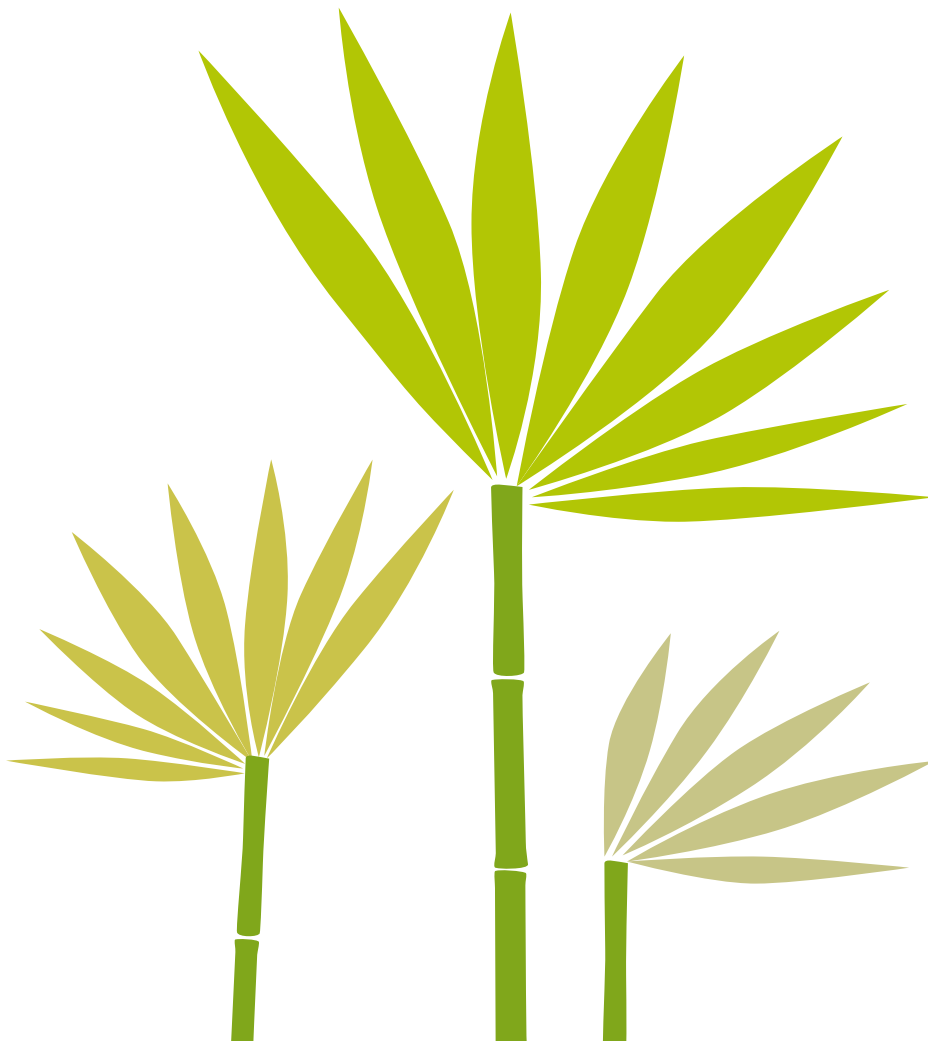
# Durian Pastilles

## Instructions

In a medium sized pot, put the durian pulp, almond flour, almond milk and coconut sugar, and mix them well.

Place the pot over medium high heat and mix constantly until the mixture is thick, sticky and dry like a paste. Remove the pot from the heat and transfer all of the cooked durian on a non-stick baking sheet. Spread out the durian to help it cool faster.

Once the durian has cooled, get about 2 tablespoons of the durian and roll into logs, as thick as a finger. Cut the logs into 1 inch long and roll them in ground almonds. Serve or wrap individually in candy wrapper and store in an air tight container.



Serves

4



### Ingredients

- ¼ cup ripe mangoes, mashed
- ¼ cup tamarind paste
- 1 tablespoon honey
- ¼ cup coconut milk
- 1 cup 80–90% dark chocolate, chopped
- ½ cup grated coconut

# Coconut Tamarind Mango Truffles

### Instructions

Prepare a double boiler. Fill the bottom pot of the boiler with 1 litre of water. Put the pot over medium high heat and let the water boil, and then lower the heat to a simmer. Put the mangoes, tamarind paste, honey and coconut milk in the upper pot of the double boiler.

Put the pot on the boiler. Cook the mixture over the boiler for 5 minutes or until it simmers, stirring regularly using a silicone spatula. Add the chopped chocolate gradually, stirring gently to keep the chocolate from getting grainy. Mix just until the ingredients are incorporated. Remove the pot from the boiler and turn off the heat. Leave the chocolate to cool under room temperature.

Once the chocolate is cool, get a spoonful of chocolate and form it into a ball. Roll the truffle in grated coconut and put the finished truffle in a mini muffin cup liner. Repeat the process until you finish forming the chocolate. Serve as dessert or as a gift.

Serves **12**

## Ingredients

### For the ganache

1 cup almond milk

2 drops vanilla essence

1 cup 80-90% dark chocolate, chopped

4 bamboo skewers

4 banana, peeled

2 tablespoons almonds, chopped

2 tablespoons grated coconut, toasted

2 tablespoons pecan nuts, ground

# Trio Crunch Banana Popsicles



## Instructions

Prepare a stand for the banana popsicles. You can use a brick sized floral foam, Styrofoam or a mesh stand.

Make room inside your refrigerator to accommodate the skewered bananas.

On a baking sheet, spread the almonds on the surface forming a line, about 1/3 of the length of the banana. Spread the grated coconut next, following the almonds, in the same fashion and then do the same with the pecan nuts, Set aside.

Skewer the bananas individually using bamboo skewers and set aside.

Prepare a double boiler. Fill the bottom pot of the boiler with 1 litre of water. Put the pot over medium high heat and let the water boil, and then lower the heat to a simmer. Put the almond milk and the vanilla essence in the upper pot of the double boiler. Put the pot on the boiler. Cook the milk until simmering hot, about 3 minutes. Add the chopped chocolate gradually, stirring gently using a silicone spatula to keep the chocolate from getting grainy. Mix just until the ingredients are incorporated. Remove the pot from the boiler and turn off the heat. Cover each banana with the ganache and roll the banana on the layered sheet of nuts and coconut. Stick the banana skewer on the prepared stand and let the chocolate set inside the refrigerator, for about 5 to 10 minutes. Transfer the bananas in a container with a lid. Place the bananas in the freezer and leave inside to freeze for at least 4 hours before serving.

Serves

4



# Coconut Pralines

## Ingredients

½ cup coconut sugar

½ cup water

2 cups fresh coconut meat, strips

½ cup sesame seeds



## Instructions

Prepare a wax paper lined baking sheet.

In a small sauce pot, put the coconut sugar and water, and then cook it over medium high heat. Reduce the heat to a simmer and let the sugar cook until slow big bubbles appear. Add the coconut meat and sesame seeds and let it cook until the mixture is very sticky. Turn off the heat and immediately portion spoonful of the mixture onto the baking sheet. Mound the mixture up or flatten into disks if desired. Leave the mixture to cool in room temperature then store the coconut pralines in an air tight container or serve with hot beverage to match.

Serves **12**



## Ingredients

### For the cake

2 pounds fresh cassava root, grated  
3 large eggs  
½ cup coconut sugar  
1 teaspoon salt (optional)  
2 tablespoons coconut oil  
2 cups coconut milk

### For the topping

2 cups fresh coconut meat, strips  
½ cup coconut sugar  
½ cup water

# Cassava Cake

## with Sweetened Coconut Topping

### Instructions

Preheat a fan-forced oven to 190° degrees Celsius / 375° degrees Fahrenheit.

In a medium sized bowl, beat the eggs until foamy and then add the sugar, salt (optional) and the coconut oil. Add the grated cassava and the coconut milk and mix until the ingredients are well incorporated.

Spray a non-stick baking spray in a 23 x 32cm baking dish. Put the batter in the baking dish, cover with aluminium foil and put it in the oven. Bake the cassava cake for 20 minutes.

While the cassava cake is baking, prepare the coconut topping.

Put the fresh coconut, coconut sugar and water in a medium sized sauce pot. Cook the mixture over medium high heat for about 10 minutes or until the mixture is sticky. Remove from the heat and set aside.

After 20 minutes of baking, take out the cassava cake and remove the foil. Pour the cooked coconut on the cake and spread evenly on top. Return the cake in the oven and bake for another 5 to 10 minutes or until the topping has lightly browned. Remove the finished cake from the oven and let it rest. Serve while hot or let the cake cool in room temperature, cover with foil and chill overnight before serving.

Serves

4

# Beverages

Cold Coconut Milk Drink

Lemongrass Ale

Pandan Grass Tea

Summer Fruit Cooler



### Ingredients

½ cup coconut sugar  
½ cup water  
2 cups crushed ice  
1 cup coconut milk  
2 tablespoons tapioca pearls, cooked  
2 tablespoons fresh coconut meat,  
shredded or sliced



# Cold Coconut Milk Drink

### Instructions

Put the coconut sugar and water in a small sauce pan. Cook the sugar over medium heat until it dissolves and turns to syrup, about 8 to 10 minutes. Set the syrup aside to cool.

Prepare 2 glass tumblers. On each of the tumbler, put 1 cup of ice, ¼ cup coconut sugar syrup, ½ cup of the coconut milk, 1 tablespoon of tapioca pearls and 1 tablespoon of the fresh coconut meat. Serve immediately.

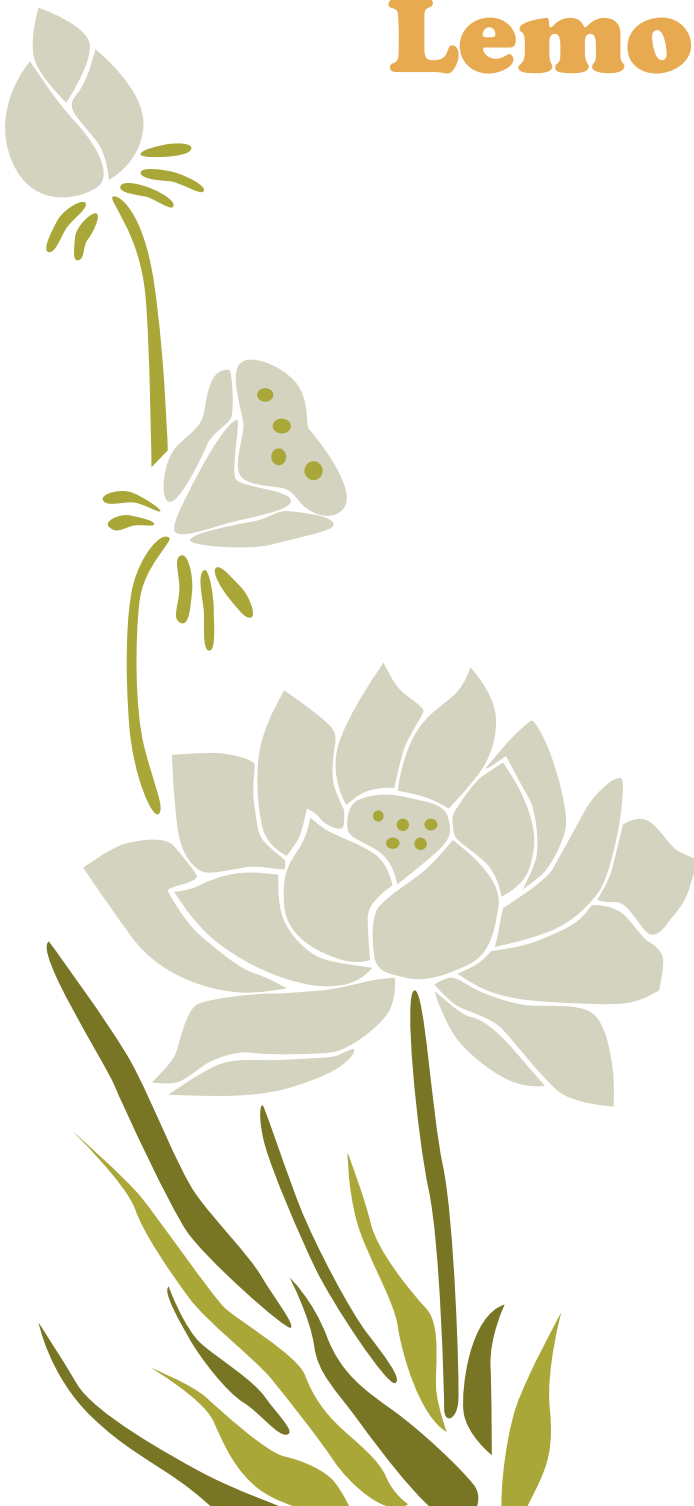
Serves

2

## Ingredients

1 litre water  
4 stalks of lemongrass, tender parts only  
2 pieces ginger, sliced  
1 cup coconut sugar

# Lemongrass Ale



## Instructions

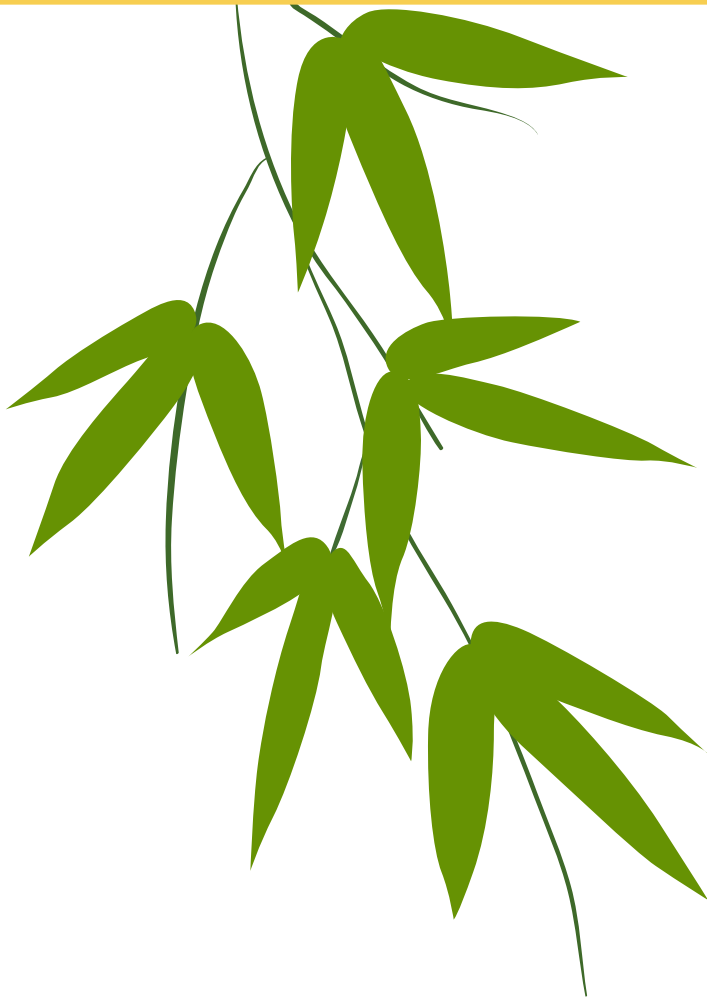
Put the water, lemongrass, ginger and the coconut sugar in a medium sized sauce pan. Put the pot over medium heat and wait for the water to boil, and then lower the heat to a simmer. Let it cook for 10 minutes, then turn off the heat and leave the mixture to steep until it cools down.

Spoon out the lemongrass and ginger and using a vegetable masher/squeezer, squeeze out the juices into the pot. Strain the ale through a fine sieve then put the ale in ice trays and freeze overnight.

Use about 3 to 4 ice cube ales per glass of water to make cold ale. Use 2 to 3 ice cube ales per tea cup for hot ale.

Serves

4



### Ingredients

1 pound pandan grass leaves, washed thoroughly and tied into knots  
10 English breakfast tea bags  
2 litres of water

# Pandan Grass Tea

### Instructions

Put the water and pandan leaves in a medium sized sauce pot. Put the pot over high heat and wait for the water to boil. Lower the heat to a simmer and let it cook for 30 minutes. Turn off the heat after 30 minutes and put all the tea bags into the pot. Cover the pot and leave the tea to steep until it cools down. Strain the tea using a fine sieve and transfer the tea into pitchers. Serve the tea cold with honey or coconut sugar as sweetener.

Serves

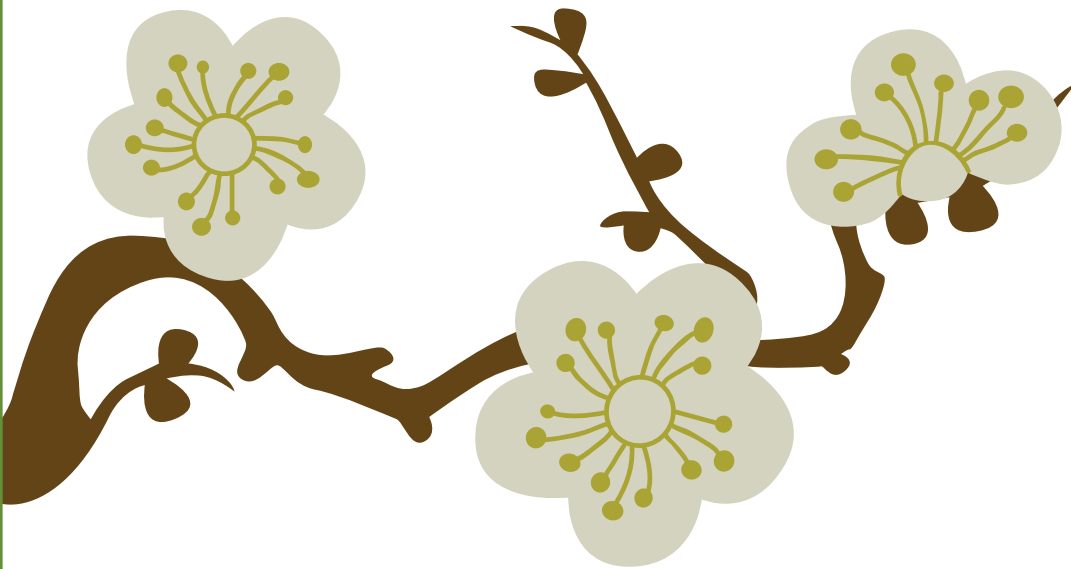
4

## Ingredients

1 cucumber, peeled, seeds removed and chopped  
1 cup pure pineapple juice  
4 mint leaves  
1 cup seedless watermelon, chopped  
1 cup crushed ice

4 pieces ½ inch thick watermelon triangles for garnish

# Summer Fruit Cooler



## Instructions

Prepare 4 glass tumblers.

Put the cucumber, pineapple juice, mint leaves, watermelon and crushed ice in a blender. Blend the mixture until smooth. Portion the smoothie in the tumblers and garnish each with a slice of watermelon.

Serves

**3-4**