

# BACK TO BASICS



## By Gusto

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## Roast of the Day

1. Meat for Roasting (whatever's on special)
2. Vegetables 5 including 2 greens to steam
3. GF Gravox/ GF Sauce of choice

(Left over meat for lunch)

Suggestions.

**Roast lamb** – try to purchase or ask your butcher to bone out a leg of lamb.

Cut garlic clove into slivers, with sharp knife make small cuts into lamb and insert the garlic.

Chop up fresh herbs thyme, coriander and rosemary, rub a little olive oil over the lamb add herbs to the centre of the lamb and rub the rest all over.

Wrap in gladwrap and marinate in refrigerator for 40 minutes.

Roast in hot oven approx 180 ° C

Serve with steamed Carrots, baby potatoes, broccoli and peas steamed.

**Mint Sauce** - 2 tsp caster sugar, 2 cups mint leaves finely chopped, 1/3 cup white wine vinegar. Place the sugar and one tablespoon of boiling water in a bowl. Stir to dissolve the sugar, add the mint leaves and vinegar, stir until combined.

**Roast Pork** – Leg or shoulder – mix up tbspn white vinegar tbspn honey and baste the crackling – do this 2 or 3 times while cooking. If the crackling is not crisp enough when pork is cooked cut it off and place under hot grill for 5 to 10 minutes; do not burn.

**Apple Sauce** – 2 or 3 granny smith apples sliced, place in a microwave dish and add squeeze fresh lemon juice. Cook in microwave until apples soften then mash with a fork.

**Roast Chicken** – Cut off excessive fat from cavity of the chicken. Dice 2 slices Gluten Free bread, chop finely one small onion, chop clove of garlic, chop fresh thyme, marjoram, oregano. Mix all ingredients together, add salt and pepper and add enough of 1 beaten egg to combine, place stuffing into cavity of chicken. Rub olive oil all over chicken, season with salt and pepper and roast in hot oven.



## **Chilli Chicken with Lime**

1. Whole Chicken
2. Vegetables 3 or 4 for baking
3. 1 Chilli , 2 cloves Garlic
4. 1 Lime, juiced

Heat oven to 180 ° C. Bake chicken in oven in a little olive oil, place vegetables in a separate baking tray and chop through chilli (seeds removed), garlic, season and bake in oven. Serve chicken portions with squeeze of lime juice.

Alternatively

Use a combinations of fresh herbs on vegetables eg thyme and rosemary , season with salt and pepper

(Left over meat for lunch or roast 2 chickens and serve one next night shredded with veggies and rice flavoured with fresh lime juice and natural yogurt and chives)

## **Rice Noodles with Chicken and Lime Juice**

1. Rice noodles
2. 1 Chicken Breast cut into pieces or 300 g Tenderloins
3. Vegetables - onion, zucchini, carrot, broccoli all chopped finely, clove garlic sliced
4. Dressing -Tbspn GF Soy Sauce, Lime - juice one half cut the other into wedges

Soften the Rice noodles in very hot water for about 20 minutes (or follow directions on packet) set aside.

Stir Fry chicken and vegetables ingredients in non stick frying pan in a little olive oil, when almost cooked add noodles, soy sauce and a little lime juice. Serve with lime wedges.

## **Tuna Mornay**

1. 450 gm Can Tuna
2. Vegetables – half onion, ½ cup peas, grated lemon rind, 3 large potatoes, corn cobs
3. GF White Sauce – Milk, Butter, GF Flour
4. Topping – grated cheese & Fresh Parsley

Make up white sauce - melt 1 tbspn butter add tbspn GF flour, stir to combine add 1 cup milk and stir until thickened season add parsley. Chop onion add to Tuna with peas and grated lemon rind stir through White Sauce

Cook potatoes, season and mash, cool then place on top of the Tuna mix and fluff up with a fork. Sprinkle grated cheese on top. Cook in casserole in oven at 180 ° C for about 30 minutes.

Meanwhile cook corn cobs (one small portion for each person) in boiling water until cooked approx 8 to 10 minutes and serve on the side with a little margarine on top.

(Left over's good for lunches, serve on Gluten Free Bread, topped with Gluten Free Chilli Sauce, lettuce and tomato)

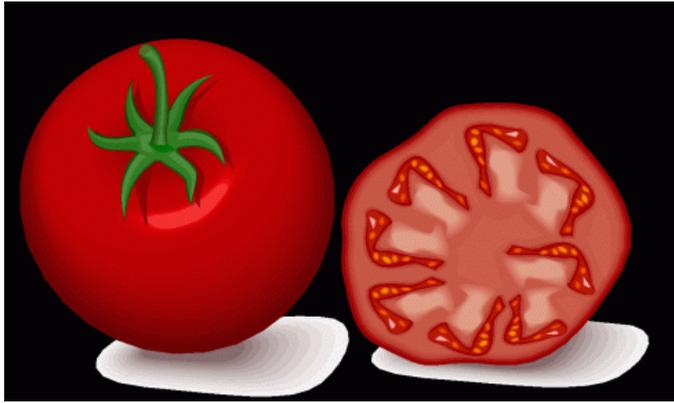
## **GF Pasta Bolognese**

1. ¼ kg Mince
2. 1 bottle GF Pasta Sauce, 6 med size fresh mushrooms
3. ½ pkt GF Pasta
4. Topping - Tbspn each Fresh Herbs thyme and coriander , freshly grated cheese

Fry the Mince in a pan in a little olive oil until browned all over add the pasta sauce and mushrooms. Cook in saucepan until heated through and the mushrooms are cooked approx 20 minutes. Serve topped with the fresh herbs and grated cheese.

Serves 2

(Double mixture and freeze or use for lunches)



## **Tomato and Onion Bake**

1. 4 Lge Tomatoes sliced
2. 1 Lge Onion Chopped
3. Tbspn cheese grated at home

Spray or rub little olive oil onto a casserole dish, place onion and tomatoes in casserole season with salt and pepper and top with grated cheese cook in hot oven 180 °C for about 20 minutes until vegetables are tender. Serve on side with grilled chops and boiled chat potatoes.

## **Beef Stew**

1. ½ kg Stewing Steak
2. Vegetables, Onion, Leek, 2 Carrots, Parsnip,.6 Baby Potatoes, ½ cup Peas (fresh or frozen)
3. 1 cup GF Beef or Vegetable Stock
4. 2 tbsps GF Tomato Sauce, tspn cinnamon, 2 tbsps GF Gravox

Brown cubed steak in frypan, remove and add onion and sauté until soft. Slice Leek, cut carrots into 1 inch pieces, same with parsnip. Place meat, onion and these other vegies in pot add GF Stock, GF Tomato Sauce, tspn cinnamon, Salt and Pepper simmer on stove top until cooked approx 2 hours. Add peas last 20 minutes of cooking. Thicken with GF Gravox being careful not to break up the vegetables I usually remove some of the vegetables while thickening and put back after thickened

(Double mix and freeze, or cook the day before and reheat the next night for dinner)

## Steak salad

1. 300 g thick Rump Steak
2. cloves (2) garlic crushed, green beans blanched, small red onion sliced, 100g cherry tomatoes, halved, 4 pink Pontiac (if available) chat potatoes
3. 2 tbspn Gluten Free Mayonnaise, 1tbspn Gluten Free horseradish Cream
4. 1/4 cup olive oil, 1tbspn red wine vinegar, 1tbspn parsley leaves

Preheat oven to 190°C. Wash potatoes and while still damp rub with salt, roast on a baking tray for 20-25 minutes until cooked.

Place the green beans, red onion and halved cherry tomatoes in a bowl. Mix mayonnaise, vinegar, horseradish, and olive oil and garlic. Set aside. Cook steak on char grill medium rare about 3 minutes either side. Remove and wrap in alfoil and sit for 5 to 7 minutes (keep warm). Then slice thinly and toss with salad ingredients and serve roast potatoes on side. Drizzle with the dressing, sprinkle with chopped parsley.

Serves 2 to 3

## Fried Rice

1. ½ cup roughly chopped rindless Bacon, ½ cup sliced chicken tenderloins, 2 large eggs, beaten
2. 1½ tbspn finely chopped ginger, 2 cloves garlic, diced, 1 brown onion diced, 1 cup sliced spring onions, ½ large red chilli finely sliced, zucchini finely sliced diagonally
3. olive oil, 1tbsp GF Soy Sauce and , lemon juice
4. Boiled rice

Bring pot of water to the boil and cook rice as per packet instructions. Drain and set aside. In Wok or large frypan fry bacon and chicken until cooked. Set aside. Fry remaining ingredients in Wok add a little water to stop vegetables sticking, return cooked bacon and chicken add boiled rice stirring constantly. Add Soy Sauce stir through. Serve with a squeeze of lemon juice

## Fish Cakes

1. Tin Tuna or Pink Salmon (not in sauce)
2. Vegetables Carrot, Potato
3. Egg
4. Lemon Wedges.
5. Coriander or Parsley (fresh)

Cook Potato and mash, add grated carrot, Fish, coriander and parsley and enough egg to bind together. Shape into balls (refrigerate for 30

minutes to set) and pan fry in small amount of oil. Serve with lemon wedges and Salad or Mash Sweet Potato

## **Pork Chops with Vegetable Medley**

1. Pork Chops cooked in a little olive oil in oven or frying pan
2. Vegetables – Cabbage, Carrots, Cauliflower steamed and mash Potato
3. Apple sauce – fresh green apples stewed and mashed

## **Potato Wedges**

1. Potatoes Home made wedges – seasoned and baked in oven with a little suitable oil
2. GF Bacon – cooked in microwave or oven
3. GF Sweet Chilli Sauce
4. Sour Cream – mix with Sweet Chilli Sauce

Serve wedges with bacon with Sweet Chilli and Sour Cream mix on side. Serve on own or with a nice fresh side salad.

## **Garlic Prawns**

1. Garlic Prawns green pan fried in butter with garlic
2. Fresh tomato and parsley
3. Rice boiled

Pan fry prawns in butter with garlic, add tomato to warm, top with parsley and serve on a bed of Rice

## **Garlic Prawns**

1. Green king prawns peeled and de-veined, tail intact cooked in crushed garlic and olive oil
2. Gluten Free Mayonnaise
3. Lettuce Leaves, Shallots chopped, Cherry Tomatoes halved and squeeze Lime juice,
4. Freshly chopped Parsley or Coriander

Heat oil in frypan add garlic then toss in prawns and sauté until tender and pink.

Serve prawns on top of Lettuce leaves in bowls mixed with Shallots, Cherry Tomatoes and Lime Juice. Top with herbs and Mayonnaise. Allow 4 -6 prawns per serving for entree.

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