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## Meat Recipes



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# Savoury Turkey Mince



## Ingredients

- 1 x onion - diced
- 1 x red or green pepper-diced
- 200g x mushrooms -sliced
- 400g x turkey mince
- 1 x can of tomatoes
- Sprinkle of pink Himalayan salt
- 1 x teaspoon mixed herbs
- 1 x chicken stockpot
- 1 x tablespoon gram flour
- 1 x tablespoon coconut oil



## Method

Dice the onion and pepper, slice the mushrooms. Fry onions and pepper.

Fry mince for 10 minutes. Add 3 cups of boiling water and stockpot, salt, herbs.

Bring to boil for 5 minutes. Add one can of tomatoes. Add it all to slow cooker, put lid on, simmer for several hours.

Half an hour before you want to eat, mix a little cold water into a table spoon of gram flour in a cup, add to hot mince and stir till thick.

You will see there are a few sweetcorn in this. They were added for a small visitor of ours. Generally though we would seek to avoid sweetcorn as they are grain based and carbohydrate.

# Chicken Casserole



## Ingredients

- 4 x large chicken breasts
- 1 x large onion
- 2 x carrots
- 2 x courgettes
- 4 x large mugs of boiling water
- 2 x cloves garlic
- 1 x tablespoon olive oil or coconut oil for frying everything
- 150g x mushrooms
- 1 x table spoon gram flour
- 2 x tablespoons coconut aminos
- 1 x chicken stock pot
- Himalayan pink salt to taste

## Method

Chop all the vegetables. Heat oil in large wok type pan. Fry the chicken in hot oil so it browns both sides. Grind pink salt over it, cook for 10 minutes.

Place in slow cooker with 4 cups boiling water. Fry all the chopped veg a little just for a few minutes, add to the slow cooker. Add stock pot and coconut aminos. Cover and leave to cook for several hours in slow cooker. I usually put my chicken casserole in the slow cooker first thing in the morning and then one hour before supper, I mix the gram flour in a little water and add it/whisk it into the casserole where it thickens to a nice rich sauce.

# Mediterranean Chicken



## Ingredients

- 1.8kg x chicken
- 5 x cloves of garlic
- 5 x sprigs of fresh rosemary
- 2 x sweet peppers
- 10 x cherry tomatoes
- Pink Himalayan salt to taste
- 1 x tablespoon coconut oil.

## Method

Preheat oven to 180C . Oil a baking tin with coconut oil. Chop and salt the chicken. Peel the garlic cloves. Slice the peppers. Quarter the tomatoes. Sprinkle the rosemary on top. Place in oven for 1 hr 15 mins or until cooked and crispy.

# Chicken A La King



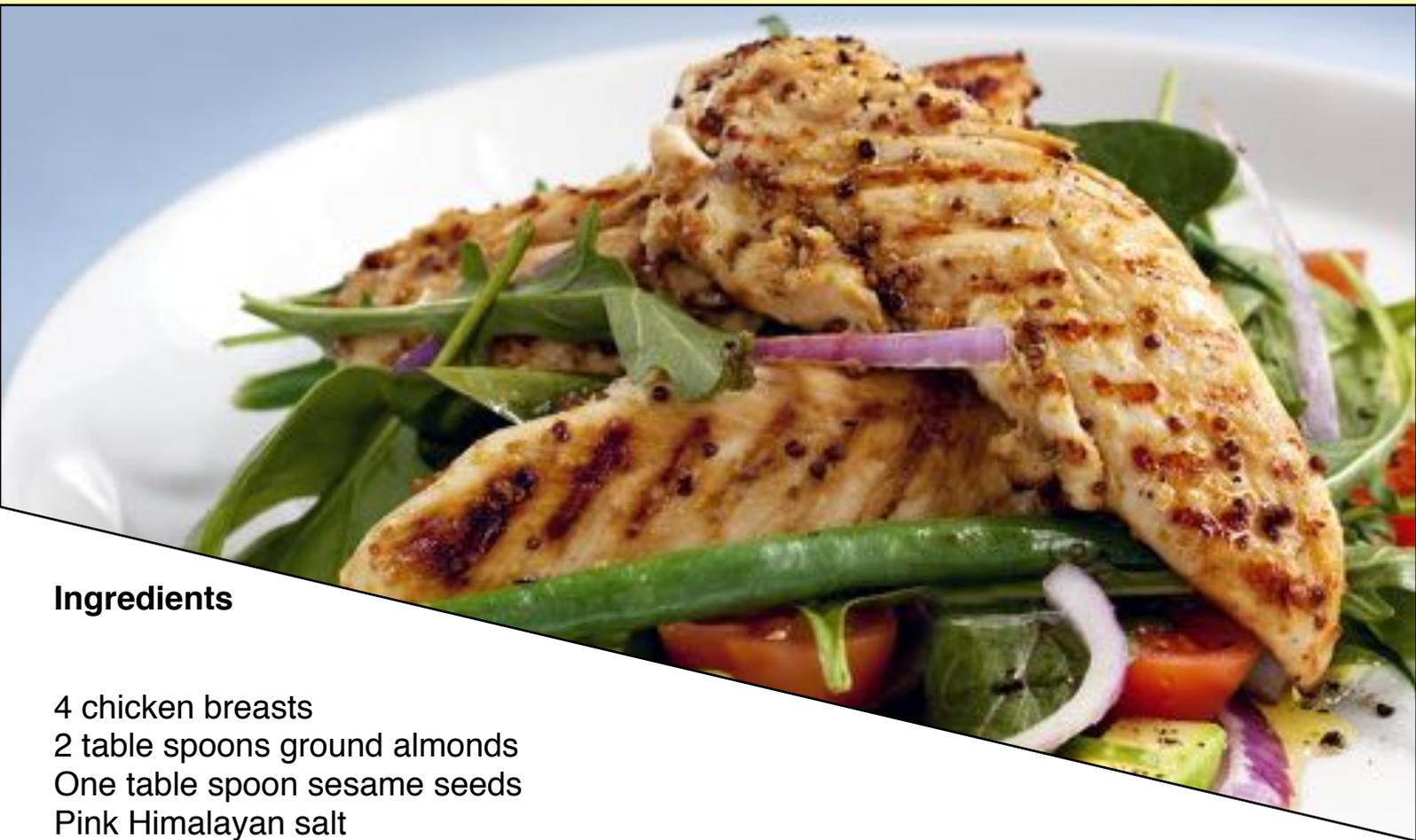
## Ingredients

- 1 chicken breast per person
- 2 x cloves of garlic
- Pinch mixed herbs
- One Onion diced
- 2 red /yellow peppers
- Small glass sherry
- Pink Himalayan salt to taste
- 1 x tablespoon coconut oil.
- 350 mls double cream
- Stock Pot
- 150 g Mushrooms

## Method

Chop and gently fry onions garlic peppers. Set aside when cooked. Oil another frying pan with coconut oil. Fry the mushrooms, Set aside also. Chop and salt the chicken fry chicken, add sherry. Add chicken stock pot to sherry stock. Let it reduce. Add cream. Sprinkle the herbs on top. Seve with buckwheat and vegetables.

# Sesame Chicken



## Ingredients

4 chicken breasts  
2 table spoons ground almonds  
One table spoon sesame seeds  
Pink Himalayan salt  
2/3 tablespoons of olive oil or coconut oil for frying chicken  
2 eggs

## For Marinade

3 fresh spring onions  
2 cloves fresh crushed garlic  
4 tablespoons Coconut Aminos

## Method

Slice chicken breasts in strips. Add to marinade in bowl and cover – to absorb flavours for an hour in fridge.

Gently start to heat fat on low heat in large wok type pan. (Don't allow it to get so hot that it smokes) Remove chicken from fridge. Whisk eggs in large bowl. Take another bowl and tip in the ground almonds and sesame and pink salt. Mix thoroughly. Take strips of chicken and drop individually first into egg mix and then coat in the ground almond/ sesame mix. Place on a large plate until all pieces are done. Once all chicken pieces have been coated and fat is now a good heat, drop them into hot frying pan. They will cook within about 7 -9 minutes.

Once done drain on kitchen towel and serve on a bed of mixed salad or with your preferred choice of stir fried vegetables.

\* If you like a little sauce on your chicken though, then whilst the fried chicken is draining off on the kitchen towel, I put all the remains of the marinade into the hot wok, I add a generous splash of port /sherry plus a half table spoon of honey and then stir the marinade around for 4 minutes until cooked through. Drizzle over the chicken when you serve it.

**Tip:** The more fresh raw food we eat, the more we top up our bodily enzyme bank. (We are born with loads of enzymes but this gradually diminishes as we age) Our hunter gatherer ancestors would have lived on a large amount of raw food and so would have consumed a large amount of enzymes and kept their enzyme bank topped up. Enzymes are the catalysts which enable all our bodily functions to take place. They are important little guys to us!



# Turkey Mince & Basil

## Ingredients

400g turkey mince  
one large onion  
olive oil for frying  
one green pepper  
one stock pot  
2 tablespoons coconut aminos  
small bunch fresh basil  
pink Himalayan salt for seasoning  
ground black pepper  
2 tablespoons gram flour to thicken sauce  
4 cups boiling water

## Method

Dice the onion, green pepper and basil finely. Fry in medium hot olive oil in a big wok. Add turkey mince and heat through on high heat for a few minutes. when its all changed colour add all the seasoning ingredients, plus 4 cups of boiling water and then cover to simmer for a couple of hours.

In final half hour of cooking mix gram flour with cold water, add to meat stock and stir till thickened. Prepare the carrots and broccoli. add them to a steamer to cook. Add buckwheat to a pan of boiling water, salt and cover with lid. Bring to a low simmer then leave for ten minutes till finished.

Buckwheat is a very useful food to us. I use it frequently instead of rice. It is not any kind of grain, but it is derived from a flower seed which is part of the rhubarb family. It's incredibly good for the cardio vascular system, because it's high levels of magnesium relax the blood vessels. Read about it's benefits here

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=11>



# Spicy Lamb Kebabs

## Ingredients

olive oil  
1kg diced fillet of lamb  
Pink Himalayan salt  
freshly ground black pepper  
1 large red pepper  
2 cloves of garlic  
3 cm piece of fresh ginger  
140 g natural yoghurt  
100 ml tomato passata  
1 teaspoon garam masala  
½ teaspoon organic powdered dried paprika  
½ teaspoon organic ground turmeric

## Method

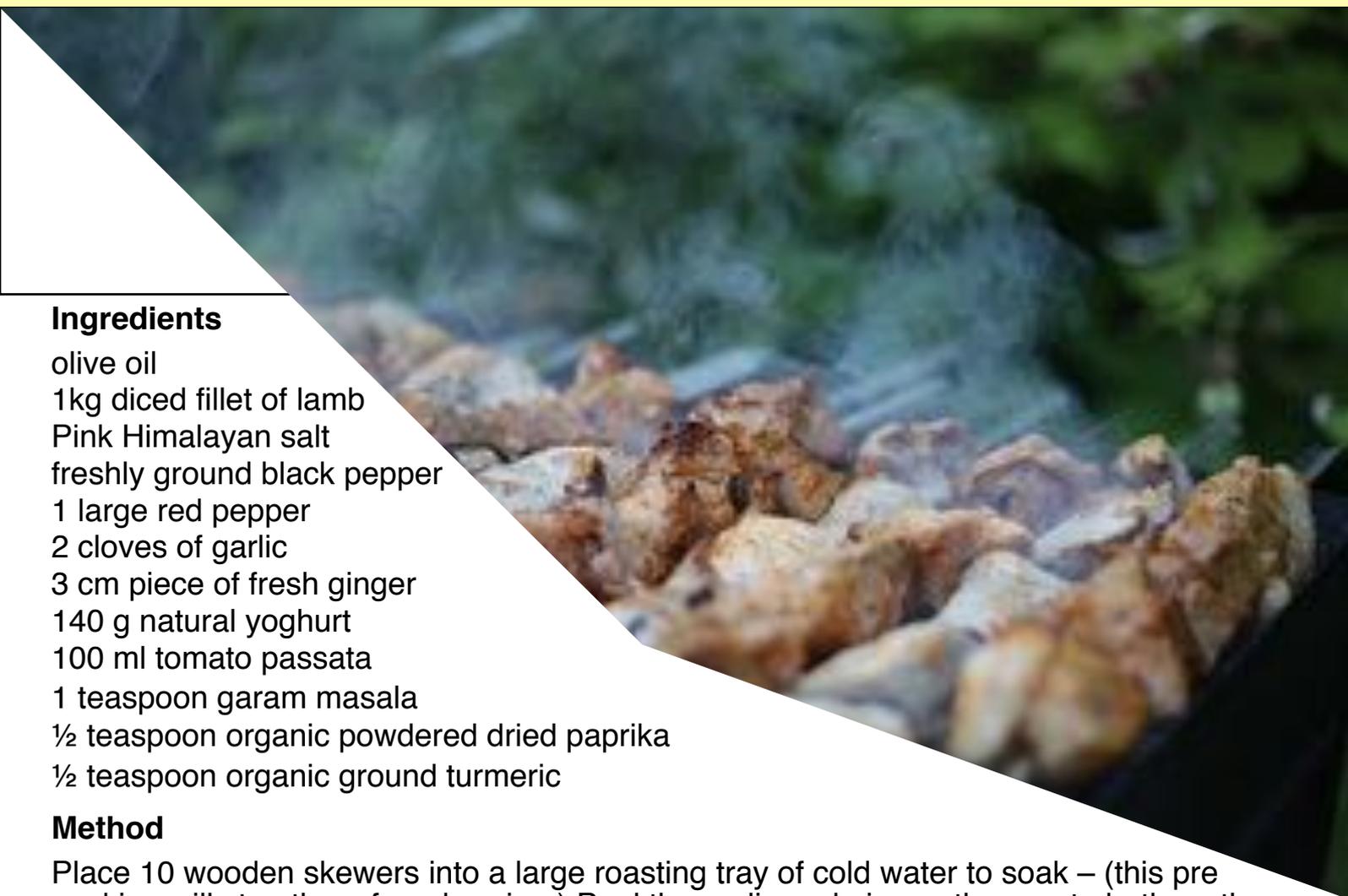
Place 10 wooden skewers into a large roasting tray of cold water to soak – (this pre soaking will stop them from burning.) Peel the garlic and ginger, then grate both on the side of a grater and place into a large mixing bowl.

Add the tomato passata , yoghurt, 1 tablespoon olive oil and the spices and mix them all in well together. Chop the lamb into small chunks and add to the bowl. Wash your hands, the board and the knife, then stir well and season with a little salt.

Cling film the bowl and place in the fridge to soak in the marinade for 2 or 3 hours. Whilst this is marinating – Deseed the pepper, then chop into chunks about the same size as the chicken. Take the skewers from the tray, discard the water and wipe the tray dry. Divide and thread the ingredients between your skewers – don't push them too close together otherwise they won't cook properly. Put each kebab onto the tray and drizzle with a little olive oil.

Put the griddle pan on a high heat to warm up (or you could cook them under the grill or on the barbecue).Put the skewers onto the griddle pan and cook for 10 to 15 minutes or until cooked through, turning every 2 minutes to get nice and golden on all sides – you may need to do this in batches.

Once cooked, transfer the kebabs to a serving platter and serve with a fresh crunchy salad.



# Lamb Curry

## Ingredients

2 tablespoons olive oil

1 Onion

small Chilli

3 or 4 Cardamoms, a few cloves, and 1 stick of Cinnamon

1 Kilo of lamb chopped into chunks or slices

1.5 tsp Salt, 0.75 tsp Black Pepper, pinch Turmeric, 1 tsp Geera (cumin powder), 1.5 tsp paprika, 1.5 tsp coriander powder

1/2 tablespoon tomato puree

7 garlic cloves

1 tomato

1 tablespoon yoghurt

## Method

Pour oil over the bottom of your pan, out hob on to high heat.

Fry your onion (1/2 a chopped onion) with small chilli, 3 or 4 cardamoms, a few cloves and a stick of cinnamon. Add chopped/sliced lamb. Add the spices in the quantities mentioned in the ingredients list, followed by the tomato puree and 1/4 cup water

Crush the 7 garlic cloves and add them on a slow heat. Optionally you can add some peeled and chopped sweet potatoes at this point. Or you can put anything of your choice instead eg carrots. Add another 1/2 chopped onion and your chopped tomato. Make sure this is all getting cooked nicely then lower the heat and add some plain yoghurt . Add your 1/4 cup of water, place on the lid and then leave it to slow cook

You can leave for a minimum of 1 hour – longer if you like but check and top up the water if needed. Later on in the cooking you can add some spinach leaves if you would like them as they will need less time to cook

At the very end, add some chopped coriander.



# Beef & Port Casserole



## Ingredients

- One tablespoon olive oil
- One large onion, diced
- One can of tomatoes
- Two peppers, sliced
- 2 sticks of celery, thinly sliced
- 800 g minced beef or stewing steak
- One stock pot
- 4 cups boiling water
- Himalayan Pink Salt, black pepper
- Mixed herbs
- 4 tablespoons Gram flour (to thicken sauce)
- Half a cup of port

## Method

Pour can of tomatoes into the slow cooker which has been turned on. Slice and dice all vegetables, fry them in olive oil in frying pan. When they are soft and translucent tip them into the slow cooker. Fry meat off for 5 minutes, add to slow cooker. Add 4 cups of boiling water and stock pot, plus salt, pepper and herbs.

Put lid on, leave to simmer all day. One hour before supper, put 4 table spoons of gram flour into a cup, add half a cup of port and mix it to a paste. If too stiff, add more port. Tip it into the casserole, stir well until evenly distributed and starting to thicken. Leave with lid on until supper time.

# Shepherds Pie



## Ingredients

Take half the Beef and Port casserole from the last recipe. Add a topping as follows.

2 sweet potatoes,

Half a celeriac

One swede

75g butter

Splash of milk

salt and pepper to season

150 g Red Leicester cheese for the topping

## Method

Put the pre cooked beef casserole in the pyrex dish. Peel and cook the sweet potatoes, swede and celeriac. When cooked in 15 minutes, drain well and mash. Pour the mash over the casserole and spread it evenly across the surface. Top with grated cheese and pop in the oven at 150c for 30 minutes.

# Steak a La Peru



## Ingredients

- 800 g steak (cut into four pieces).
- 1/2 cup tamari.
- 150 g mushrooms
- 1 lime (juice and zest lime juice).
- 1 teaspoon cumin.
- 3 teaspoons olive oil.
- 400 g cannellini beans.
- 1/2 cup mint leaves (loosely packed).
- 1 avocado (cubed).
- 1 orange (sliced).
- 1 courgette (shaved into ribbons).
- pink salt and pepper to season.

## Method

Zest and juice a lime, add the soy sauce, cumin and olive oil. Mix together and marinate the steak for 10 minutes or more.

Heat some oil in a pan and cook the mushrooms for 3 minutes. Set aside. Reheat oil then fry well seasoned steaks for a few minutes each side. Cook to required preference of the diners.

Toss the courgette, avocado, orange, mint and cannellini beans. Season with salt and pepper and top with courgette and cooked mushrooms to finish.

# Sweet & Sour Porkballs

## Meatballs ingredients

1 kilogram ground pork  
2 cloves garlic, minced  
1 red bell pepper, finely diced  
1 onion, finely diced  
2 tsp salt  
1 tsp cumin  
1 tablespoon red pepper flakes  
¼ cup coconut flour, sifted  
½ – ¾ cup unsweetened almond milk  
3 eggs  
Coconut oil for frying

## Sweet and sour sauce ingredients

1 clove garlic, minced  
1 tablespoon gluten free soy sauce  
½ cup honey  
½ cup tomato passata sauce  
1 tsp red pepper flakes  
2 tablespoons orange juice  
Coconut oil for frying

## Method

Add the ground meat, minced garlic, diced pepper and diced onion to a mixing bowl. Add the salt, cumin and red pepper flakes and mix well. In a small bowl, whisk eggs, add to the mixture with the sifted coconut flour. Add the almond milk, ¼ cup at a time until meat mixture is moist. Form mixture into golf sized meatballs and set aside.

Coat a big frying pan with coconut oil and once hot, add meatballs to cover the pan in an even layer. Cook for 2-3 minutes, flip, and cook again for another 2-3 minutes. Continue until all the meatballs are cooked. Set aside.

Take a big pan, add coconut oil and fry the garlic. Add the soy sauce, honey, tomato passata sauce, orange juice and red pepper flakes. Cook on low heat and allow to simmer for 10-15 minutes. Once sauce has thickened, remove from heat.

In a large bowl, add the meatballs then pour the sauce evenly over until the meatballs are fully coated. Serve immediately, or allow to cool



# Slow Cooked Pork

## Ingredients

1.5 kg pound pork joint  
4 tablespoons olive oil,  
1 pound carrots, in chunks  
1 onion, sliced in chunks  
Pink salt and black pepper

## Basil sauce ingredients

1 cup fresh basil finely sliced  
3 cloves garlic peeled and crushed  
3 tablespoons olive oil  
2 tablespoons lemon juice  
1 teaspoon pink salt  
¼ teaspoon black pepper

## Basil sauce method

Combine all the ingredients in a blender or food processor.

Blend until the basil pieces are small and even.

Drizzle over your joint when on plate

## Slow cooked pork method

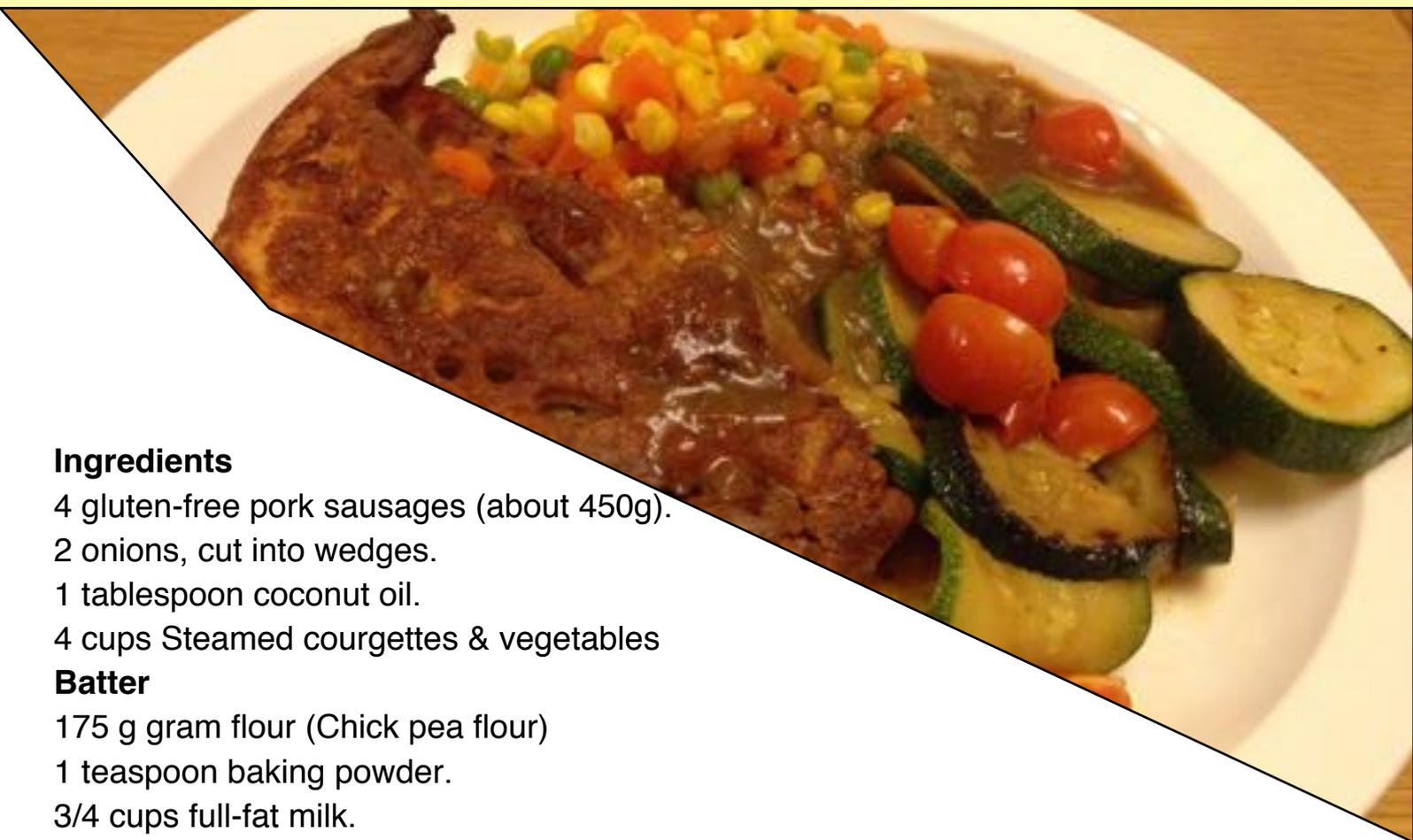
Place the pork roasting joint in slow cooker. Pour 2 tablespoons of the olive oil over the roast and sprinkle it with salt and pepper. Cover with the lid and cook it on high for 6 – 8 hours.

After the roast has been cooking for 4 hours, add the onions and carrots to the crock pot, placing around the roast or you can just fry the carrots and onions with the last 2 tablespoons of olive oil until they begin to caramelize. Add them to the crock pot after this.

Cook carrots, and onions for 2 more hours, or until the pork is pulls apart easily and carrots are soft. Put carrots, and onions on serving platter and drizzle with basil sauce. If the basil sauce is not your taste with a roast then after all that time cooking the joint will be cooked and there will be plenty of meat juices to make delicious traditional gravy. (Thicken this with a non gluten flour such as gram flour which is sometimes known as chick pea flour. You can buy it in any supermarket with a World Food Aisle)



# Toad In The Hole



## Ingredients

- 4 gluten-free pork sausages (about 450g).
- 2 onions, cut into wedges.
- 1 tablespoon coconut oil.
- 4 cups Steamed courgettes & vegetables

## Batter

- 175 g gram flour (Chick pea flour)
- 1 teaspoon baking powder.
- 3/4 cups full-fat milk.
- 1/2 cup water.
- 4 eggs.
- 2 teaspoons dried rosemary or 3 sprigs of fresh rosemary.
- Pink salt and freshly ground pepper.

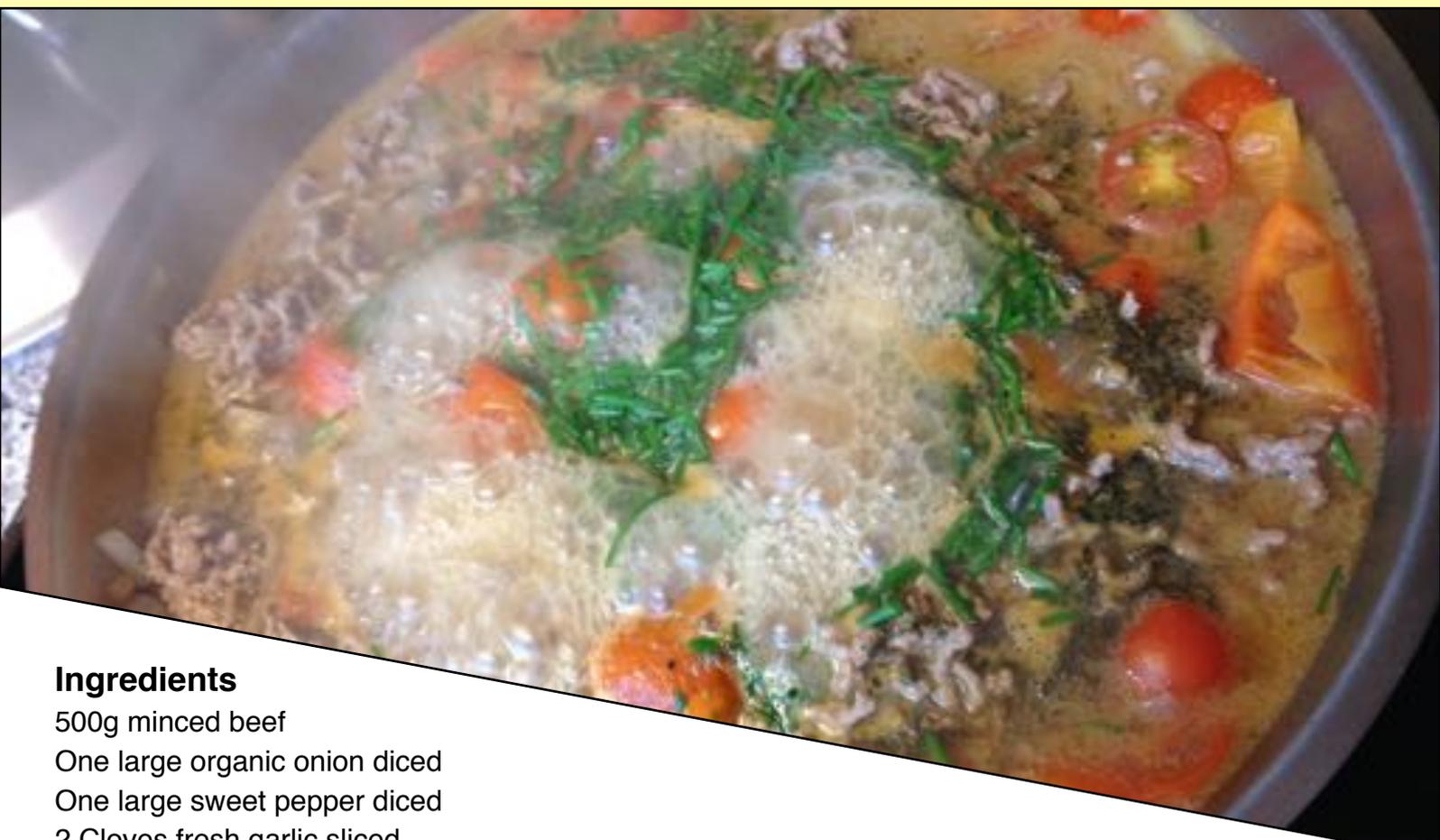
## Method

Preheat oven to 220°C / 425°F / Gas Mark 7. Place oil in the base of medium roasting dish. Pop onions and sausages in oil and roast them for about 30 minutes, or until lightly browned.

Make the batter. Place all the ingredients into a bowl or measuring jug and whisk them together thoroughly, trying to incorporate as much air as possible and until the mixture is smooth.

Once the sausages and onions are done, remove them from the dish and set aside. Add extra oil if the dish is dry and carefully pour in the batter. Place the sausages and onions on top. They should sink in slightly. Top with rosemary sprigs. Pop the dish back in the oven for about 35-40 minutes, or until the top is golden and an inserted skewer comes out clean. Serve with either a fresh green salad or a variety of cooked vegetables.

# Chilli Beef



## Ingredients

- 500g minced beef
- One large organic onion diced
- One large sweet pepper diced
- 2 Cloves fresh garlic sliced
- Sprig of fresh chives
- 200g cherry tomatoes halved
- Half tablespoon coconut oil
- Pink Himalayan salt
- One beef stock pot
- One tin red kidney beans
- Chilli powder (To suit own taste)
- Boiling water to cover
- One tablespoon gram flour to thicken the sauce.

## Method

Dice the onion, pepper, garlic, fry in coconut oil. Add the minced beef and cook it through. Add the tomatoes, stock pot and all the seasoning including the chilli powder. Cover with boiling water and add the lid. Leave to simmer on a moderate heat for a couple of hours. Half an hour before the end, add the tin of kidney beans and thicken the sauce with gram flour. Serve with buckwheat in lieu of rice, plus a variety of vegetables.