

**Please enjoy this free booklet of recipes**

**To celebrate the launch the publication of the Buttons and Fitzwinkle Trilogy  
By Kerrie Marshall  
Printed by Amazon 2022**

**Book one: Finding the Mortal World  
Book two: Artefacts and Codes  
Book Three: Magic meets I.T**

**Available on Amazon.com  
Or from the website [www.brainasize.com](http://www.brainasize.com)**

**Age group: young adult 9 – 99**

Pixie brothers Buttons and Fitzwinkle disobey their deranged witch mother, Maudia, and venture out into the storm. Dragged by flood waters they are swept down a landslide and through a magical portal into the world of mortals.

Follow their adventures as they are taken in by a mortal family, facing danger together, sharing laughter and sadness as they break codes and meet amazing characters along the way in their search for their father Peter and grandfather Shadbolt. The brothers must find Peter and Shadbolt before Maudia can find them and make them her slaves.

Buttons at 12 is becoming a talented and powerful pixie, while his 14-year-old brother Fitzwinkle discovers the art of cooking to alleviate stress and anxiety

Based in Australia, their adventures also take them to New Zealand, Ireland, Switzerland, and Cayman Islands.

***Enjoy some of the delicious food Fitzwinkle cooks and are mentioned in the book, all modified to become dairy and gluten free for my followers of Ma's Pantry, but many can be converted to wheat flours and cow's milk if desired***

# BREAKFASTS

*Sean's going to teach me how to make **SODA BREAD.** I will see you all in the morning" said Fitzwinkle*  
Book three

1 cup gluten free plain flour plus 2 tablespoons  
1 tablespoon freshly chopped herbs  
1 tablespoon finely chopped capsicum  
1 tablespoon vegan grated cheese  
1 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 cup coconut milk yoghurt

## Method

Mix all of the ingredients in a bowl to form a sticky dough. Transfer to a floured surface and sprinkle with some flour. Fold the dough in on itself a few times and then form into a ball. Divide the dough into 8 equal pieces.

Roll each piece into a ball on a floured surface and press down with your hands to form it into a disk.

Heat frying pan with enough oil to coat it and prevent sticking. Lower heat to medium or medium-low and Cook the flatbread for about 1 1/2 minutes on each side or until it begins to turn a nice golden brown.

## Pixie Rice and Quinoa Porridge

1/2 cup brown rice flakes  
1/3 cup Quinoa flakes  
1/4 teaspoon cinnamon  
1 tablespoon maple syrup  
Milk of choice  
1 tablespoon hemp protein powder

Method: Place brown rice flakes, quinoa and cinnamon in a small pot. Cover with water and cook about 3-4 minutes. Add protein powder. Mix well and serve.

Place a rainbow of fruit in two bowls. Divide the cooked porridge and add to fruit. Top with the maple syrup. Add 2 tablespoons yoghurt, a sprinkle of hemp seeds and walnuts. A perfect start to the day.

## Georges favourite breakfast.

2 slices of toast spread with Avocado not butter.  
three ripe tomatoes peeled and cored, sliced  
2 slices bacon  
1 baby capsicum chopped  
A knob of butter  
Salt and pepper  
1 teaspoon sugar  
1 teaspoon siracha sauce

## Method

Cut bacon into 4 pieces and pop into a hot butter pan, when almost cooked add tomatoes and capsicum.

Toss until almost cooked then add siracha, salt and pepper to taste.

Load onto toast and serve.

## **Susan's favourite breakfast. Oat (Quinoa) cake with Caramelised apple**

2 apples Caramelised.

Lightly pan fry for about 3-5 minutes in a knob of butter with a few currants, a sprinkle of cloves (*a dash of lemon juice opt*)

Heat oven 180

Top: place in the food processor

1/2 cup quinoa flakes, 1/4 cup rice porridge flakes and 1/4 cup almond meal. Process until fine.

Add 2 scant teaspoons baking powder, 2 teaspoons cinnamon, pinch salt, 1 tablespoon hemp seeds, 1/2 cup coyo natural yoghurt, 2 medium bananas, (*2 tablespoons maple syrup opt*). *Process quickly to mix, then pile over apple. Can sprinkle with slices of almond if you like.*

This will make 4 medium ramekins or can make in one oven proof dish. Serve with natural coyo yoghurt for a very satisfying breakfast alternative to porridge and fruit.

## **Birds Egg and Witchety Grub Omelette for two**

Book two

“Do not put grubs in my omelette ever again” Elle said sternly. Book two

3 eggs (any eggs but we use chook eggs)

1 handful cooked witchety grubs (can be substituted for pieces of cooked chicken)

Small handful of chopped herbs (be adventurous)

Salt and pepper

Teaspoon butter

Method

Whisk the egg lightly with a fork, don't over whisk. pepper.

Heat a non-stick pan until very hot. Run the butter around the pan until it is greasy all over.

Gently pour the egg mixture in, pulling it back with a spatula from the sides allowing more mis to hit the hot pan. Sprinkle with herbs, witchety grubs salt and pepper. Fold the omelette in half letting the mixture heat through and serve.

## **Pancakes/Pikelets**

*Buttons and Fitzwinkle decide bacon is their favourite food. Book One*

1 cup gluten free self-raising flour

1 good tablespoon potato flour

1/2 teaspoon baking powder

2 eggs

1 1/2 tablespoons raw sugar

1 can (165mls) coconut milk or butter milk

4 slices of bacon

Method: Mix all ingredients except the bacon in blender

Cook in small spoonful's on a hot plate or pan

Serve with crispy cooked bacon

## **Soups**

*Sean teaches Fitzwinkle to make soups when the family hide from Maudia in his pub. Book 3*

### **Tomato and Capsicum soup**

1 cup cooked quinoa, brown rice or noodles  
2 -3 large roasted capsicums skin off  
1-2 roast chillies (long ones not birds' eye)  
1-2 roasted garlic cloves  
2 finely chopped spring onion  
400gm tin tomatoes in juice or 500 grams cooked fresh tomatoes  
1 ½ litres of vegetable stock  
2 teaspoons sugar (opt)  
1 teaspoon siracha or sweet chilli sauce (opt)  
chopped mint, coriander, or parsley and paprika to garnish  
salt and pepper to taste

#### **Method**

Place peppers, chillies, garlic and tomatoes in a blender and puree until smooth.  
Place all the ingredients in a pot bring to a boil, lower the heat, and simmer for 20 minutes.  
Season with salt and pepper, ladle into bowls and garnish with the chopped herbs and a sprinkling of paprika.

### **Cream of Cauliflower Soup**

1 cup raw, unsalted cashews, soaked at least 4 hours, and drained  
1/1/2 litres filtered water  
1 tablespoon olive oil  
½ cup diced spring onion  
3 cups chopped cauliflower  
2 cups of broccoli chopped or you can use asparagus  
3 cloves garlic, grated  
Salt and pepper to taste

#### **Method**

Process cashews in 1 cup water to make a completely smooth cashew cream.  
Sauté onion, cauliflower, broccoli and garlic for about 3 -4 minutes. Add remaining water, cashew cream, and salt. Bring to a boil, then lower to medium heat, cover, and cook until vegetables are very soft—approximately 20 minutes.  
Puree soup base until completely smooth. Add salt and pepper to taste and serve hot.

### **Vegetable Noodle Soup**

½ cup mixed vegetables fresh chopped or frozen  
1 stick celery  
4-5 Mushrooms  
4 Spring Onion  
Grated ginger – 1 teaspoon  
Grated garlic – 1 teaspoon  
1 litre Vegetable or Chicken Stock  
6-8 chopped cherry tomatoes  
1 tablespoon Chilli sauce opt  
2 -3 teaspoons Soy sauce  
Juice of half a Lemon  
Coriander to garnish  
Salt and pepper  
100gms cooked Noodles

#### **Method**

Lightly fry all vegetables. Add all liquid ingredients, simmer about 15 mins. Add cooked noodles lemon juice, salt and pepper. Simmer 2-3 minutes. Serve with coriander to garnish.

## Leek and Potato Soup

3 medium purple sweet potatoes, chopped  
1 large leek, sliced  
2 cloves grated garlic  
1 Tablespoon of olive oil  
1 tablespoon vegetable or chicken stock powder  
4 cups of water  
1 sprig of rosemary  
1-2 lemon myrtle leaves  
1 cup of coconut milk  
juice from 1 lemon  
salt and pepper to taste

### Method

Heat olive oil on low heat in large pot. Add sliced leeks and garlic, sauté until soft, 3-4 minutes. Add water, rosemary and stock powder and bring to a gentle boil. Reduce to a simmer, cook for 20-30 minutes.

Add coconut milk, lemon juice, salt and pepper to taste, simmer few minutes longer. Remove Rosemary and lemon myrtle leaves and blend until creamy. Serve topped with chopped parsley!

*Returning for a third time a few hours later, Buttons pushed his grandfather's hand aside and stretch both his arms heavenward. Shadbolt pointed his wand at the appliance letting his grandson take the energy lead. Summoning all his power from deep in the core of his body Buttons pushed as much energy as he could into the sky. Huge rolls of thunder roared through the sky and massive bolts of lightning struck all around the facility, snow and sleet lashed into the ground, the lights went out with a boom and a flash of flame.*

*That was all Buttons remembered until he woke in his own bed with an anxious Susan hovering over him, Healer Finch by his side and a massive headache.*

## Button's Chicken and vegetable restorative soup

1 whole organic or free range chicken  
1 onion  
Knob of ginger  
2 celery sticks  
3 carrot  
1 ½ tablespoons chicken stock powder  
3 gloves garlic  
About 1 - ½ litres filtered water  
1 zucchini  
Handful Fresh beans  
Purple sweet potato  
1 scant tablespoon sesame oil  
½ bunch coriander or parsley  
Finely chopped chives  
Juice of half a lemon  
Salt and pepper to taste

Simmer together chicken, onion, Knob of ginger, 1 celery stick, 1 carrot, chicken stock and garlic, simmer for about 1 - 1 ½ hours until chicken falls from bones. Do not boil, just simmer or chicken will be rubbery. Remove chicken. Whizz the stock. Finely slice the other celery, carrots, zucchini, beans and sweet potato. Add to the stock and simmer another 20 minutes. While this is simmering break up half the chicken into bite size pieces discarding any bones. More can be added if you like.

After 20 minutes add the chicken sesame oil, parsley and chives and bring to boil. Season with salt and pepper if required. Turn off the heat and add lemon juice. Keep rest of chicken in a little stock for another meal.

## **Mushroom and Bacon soup**

2 tablespoons oil  
3 mini leeks diced finely  
1/2 kilo mushrooms diced  
3 slices bacon  
2 garlic cloves, grated  
2 teaspoons vege stock  
1 tablespoon soy sauce  
1/3 cup white wine  
1 litre water  
1/3 cup finely chopped coriander  
1 tablespoon potato flour made into a thin slurry with a little water

Lightly sauté leeks, mushrooms, bacon and cloves. Add all other ingredients except potato flour slurry and coriander. Simmer for about 20 minutes then add slurry. Cook another 2 minutes stirring until the soup thickens just slightly. (coriander can be substituted with parsley)

Serve

## **Pumpkin and Lentil soup**

½ a jap pumpkin, peeled and chopped into chunks  
2 sweet potato peeled and chopped  
3 medium sized carrots peeled and chopped  
½ large chargrilled red capsicum  
A knob of ginger sliced thin  
3 cloves garlic  
3 medium spring onions  
1 tablespoon Ajar  
1 tablespoon powdered vege stock  
2 teaspoons curry powder  
1 teaspoon smoky Paprika  
1 tablespoon white miso  
¾ cup orange lentils

### **Method**

Pour a little oil into soup pot and lightly brown onions. Ginger, garlic, paprika and curry powder. Add all other ingredients, cover with filtered water, Simmer for 3/4 hour and blend.

## **Chanko ginger and lime soup**

1 piece of ginger about 2 inches long, finely grated  
2 gloves garlic crushed  
2 spring onions chopped  
6-8 button mushrooms sliced  
1 cup finely sliced carrots  
1 zucchini finely sliced  
½ cup green beans sliced  
1 bunch of bok choy chopped  
1 litre of vegetable broth  
2 teaspoons vegan chilli sauce (opt)  
2 teaspoons miso or soy sauce  
2 teaspoons fish sauce (omit for vegan)  
Small handful of basil leaves chopped  
Juice of 1 lemon or lime

Heat a little oil in a stock pot, lightly fry garlic and ginger. Add all vegetables and stir them around with the garlic and ginger. Add all liquid and condiments. Cover and simmer around 20 mins.

## **Pea and Ham**

1 large gluten free ham hock  
1 packet green split peas well washed and drained (1 ½ if you like it very thick)  
1 large or 2 small parsnips chopped in small pieces  
2 medium zucchinis chopped in small pieces  
2 large carrots chopped in small pieces  
2 finely chopped spring onions  
2 finely chopped celery sticks  
Salt and pepper to taste

### **Method**

Throw everything in a very large pot. Cover with all with water. Simmer two- two and half hours. Stir often so the peas don't clump at the bottom of the pot. Remove hock and strip off the meat. Place it back in the soup. This makes a lot so invite your friends.

## **Watercress and Chicken Soup or noodles**

1 bunch watercress  
2 chicken Maryland or 4 legs  
A knob of ginger peeled and grated  
2 sticks of celery diced  
1 tablespoon miso  
2 tablespoons soy sauce  
2 teaspoons chicken stock  
Salt if needed  
Cooked noodles opt.

Cover Maryland's with water, add diced celery, ginger, miso, chicken stock. Simmer about 30 mins until able to pull chicken away from bones. Lift them out and strip. Place the watercress and soy sauce in the pot with chicken meat and simmer about 10 minutes. Add salt if needed. Add cooked noodles opt.  
Serve

### **Handy Hint:**

If you have children and they are not fond of soup, try blending the soup, tossing it over pasta with a little grated cheese.  
Easier to eat and most child like pasta. It will help them develop new tastes while holding onto the things they like most.

## **Meals**

### **Noodles**

*Fitzwinkle discovers Asian cuisine Book three*

1 packet of Konjak noodles  
3 tablespoons soy sauce  
2 Tbsp. toasted sesame oil  
1 tablespoon peanut butter  
2 Tbsp. rice vinegar  
1 Tbsp. maple syrup)  
1 Tbsp. teriyaki sauce  
1 tsp. garlic (grated)  
2 chopped small spring onions  
1/3 cup chopped coriander  
1-2 tablespoons Sriracha Sauce (if you like them hot)  
3/4 cup cooked mixed vegetables

Place all in a pot except noodles. Simmer two minutes add noodles and heat through

### **Pad Thai noodles**

Wok or pan fry vegetables of choice eg, julienne carrots and zucchini, knob of ginger, fresh beans, shredded cabbage, garlic. Add cooked rice noodles then quickly toss through the sauce and serve with crushed peanuts on top.

For a good Pad Thai Sauce:

1/3 cup good-quality chicken stock  
1 tablespoons rice vinegar  
2 tablespoon lime juice  
1-2 tablespoons brown sugar  
1 tablespoons fish sauce  
1 tablespoon soy sauce  
1/4 teaspoon cayenne pepper or chilli  
1 tablespoon sweet chilli sauce  
Sesame oil

### **Satay Sauce for noodles**

1/2 cup unsalted roasted peanuts, plus 1 tbsp. for garnish  
3 tbsp. sesame oil  
2tbsp. vegetable or canola oil  
2 cloves garlic, peeled  
1 tsp sweet chili sauce  
2 tbsp. soy sauce  
4 tsp balsamic vinegar  
2 tsp maple syrup

Blend all of the sauce ingredients until the sauce is smooth.

add 1 tbsp. sesame oil. mix well and serve.

Can add mixed veges, chopped cooked chicken, pork, beef, fish, tofu or witchety grubs if you dare



## **Honey Sriracha Mongolian Beef, lamb or chicken**

1 tablespoon oil  
½ kilo Beef, lamb or chicken, thinly sliced  
1/4 cup arrowroot  
1/2 cup Tamari sauce  
1/2 cup water  
1/4 cup honey  
2 garlic cloves, minced  
2 teaspoons fresh ginger, minced  
1 teaspoon sriracha  
Pad Thai rice noodles  
1/2 cup julienned fresh green beans  
1/2 cup julienned carrots  
½ cup sliced zucchini  
1/4 cup sliced spring onions

### **Method**

Add steak and arrowroot to a large ziplock bag, toss to coat the steak with arrow root. Set aside.

In a saucepan add soy sauce, water, honey, garlic cloves, fresh ginger, and sriracha. Bring to a boil and reduce to simmer for 10 minutes.

In the meantime, heat a wok or large skillet to medium high heat. Add oil and then meat. Saute for 3-4 minutes until browned. Add in Honey Sriracha Sauce, and sliced vegetables cover and cook for 2-3 minutes. Remove from heat.

Serve on a bed of rice noodles garnished with sprouts or other greens of choice

## **Sean's Irish Lamb shanks Stew**

2 - 3 lamb shanks,  
2 sticks celery,  
Bunch of chives,  
1 large carrot,  
1 zucchini,  
5-6 button mushrooms  
8 cherry tomatoes,  
3 mini capsicums  
1/2tablespoon whole grain mustard,  
1-2 tablespoons tamari or soy sauce,  
1 tablespoon oil  
1 tablespoon Vege stock

### **Method**

Rub the mustard and tamari sauce all over the lamb shanks, place into a medium sized saucepan, then brown slightly in the oil. Chop and add all vegetables. Simmer around 4 hours on a low heat. Lift out lamb shanks. Blitz the vegetables and water until broken down into soup consistency or leave as is if preferred. Pop the shanks back in the pot. Until ready to serve. Lift one shank each onto a plate and serve with Garlic potatoes and silver beet. The left-over soup can be eaten the next day adding any leftover chopped potatoes or with garlic bread.

## **Christmas Roast pork and roast apples stuffed with ginger.**

Dry pork before cooking and rub well with oil on skin, sprinkle with salt.

Place in the roasting dish, 2 tablespoons Buckwheat flour or coarse flour, 2 x carrots whole x 2 stick celery 3 large spring onions ½ onion. 1 cup white wine. Sit the roast on top. Cook 1 ½ hours -2 hrs. on 190 then uncover ½ hour at 250

Roast apples take about 30 mins. Peel halfway down, core without breaking through the bottom. Stuff with raw ginger. Pop in with roast for last 30 mins.

Blitz the well-cooked vegetables under the pork to make stock for gravy.

### **Buttons cooks cabbage to go with the pork**

*Buttons might be a powerful pixie but his best efforts at cooking are toast and cabbage*

½ a cabbage thinly sliced

2 wild apples or one large green apple peeled and grated

Knob of finely grated ginger

(finely chopped bacon or salami optional)

Tamari sauce

Pan fry lightly until just cooked. Sprinkle lightly with tamari sauce.

### **Chicken schnitzels**

Chicken breasts

Slice through to make schnitzels

Soak about 1 hour in 1 cup butter milk, (1 cup almond/coconut milk add 1 tablespoon white or cider vinegar and sit 10 minutes) ½ teaspoon dried thyme, 1 teaspoon curry powder and ½ teaspoon paprika.

Coating.

Psyllium

Nutritional yeast

Rice flour or potato flour

Salt and pepper

Pan fry quickly.

This coating works well for fish.

For the kids!

Crush their favourite potato chips. Dry fish or chicken pieces with paper towel then dip in egg and milk slurry before coating with the crushed chips. Or just dry coat them. Cook either in a little oil or in oven turning once.

### **Potato Crunchies**

1/2 a grated large purple sweet potato or two white potatoes

1/2 grated onion

1table spoons each plain flour, tablespoon psyllium, tablespoon flaxseed

2 tablespoon coconut yoghurt or 1 egg

3 tablespoons milk of choice

Salt, pepper and curry powder to taste.

Mix well. Stand for 10 mins to absorb liquid. Fry in table spoonful's, flattened, in a little olive oil. Drain on paper towel.

## **Zucchini and Corn fritters**

2 medium grated zucchini  
1 small grated purple sweet potato  
200gm creamed corn  
3 finely chopped shallots  
¼ chopped chives  
1 stick finely chopped celery  
2 tablespoons psyllium  
1 teaspoon baking powder  
3 tablespoons nutritional yeast  
½ cup millet flour  
Salt and pepper  
1 teaspoon sesame oil  
Chopped coriander (can substitute parsley)

Grate zucchini and sprinkle with a little salt. Let sit for 10 mins then drain and squeeze out juice. Place all ingredients into a bowl. Mix well and fry in patted down lots in a little oil. Serve with a rainbow slaw or cauliflower cheese.

### **Added option**

Fitzwinkle made these a lot in Ireland where they love their potatoes.

Using purple sweet potato and potato as a base with an egg, plain GF flour, psyllium and cheese, he added what ever was in the fridge. celery, spring onions, parsley, tuna or salmon were among the favourites.

## **Absolutely delicious Mayo**

1 large egg  
1 tablespoon Dijon or wholegrain mustard  
1 teaspoon dry mustard  
1 tablespoon cider vinegar  
1/2 teaspoon salt  
1 cup unflavoured neutral oil (grapeseed is good.)  
1 tablespoon fresh lemon juice,  
1 teaspoon dill  
1 ½ tablespoons maple syrup

Thoroughly beat egg, mustards vinegar and salt for about 2 minutes with electric beater or in food processor. Finely drizzle oil into the mix beating all the time. When all thick like mayonnaise add lemon juice, dill and maple syrup. Beat for about 1 minute.

## **Rainbow Coleslaw**

Cabbage ½ finely sliced  
2 Zucchini  
2 Carrots  
2 Celery  
3 Mini coloured capsicum  
2 tablespoons Coriander  
½ pomegranate  
2-3 slices Fresh pineapple  
½ cup Fresh grown sprouts/ micro herbs

Cover the sliced cabbage and grated zucchini with about ½ teaspoon salt and rub in well.  
Sit at least 10 mins. Drain water off.  
Add all other ingredients.  
Toss the mayo through

Makes a lot

## Elle's birthday ham, cheese and tomato scrolls

Finely chopped ham  
Grated cheese  
Tomato paste  
Fresh basil

Lay out a sheet of puff pastry and cut in half. Brush each half with tomato paste and sprinkle with basil. Sprinkle with ham and cheese. Roll up each slice and cut into pin wheels. Brush with egg wash and cook as directed on pastry.

## Toasties

Slices of bread toasted  
Vegan Cream cheese  
Vegan grated cheddar  
Salami  
thinly sliced fresh pineapple, the centre cut out and each ring cut into quarters  
Vegan parmesan  
Olives sliced

Spread cream cheese on the toast. Add the grated cheese. Add four rings of salami, one on each corner, place a quarter slice of pineapple on each piece of salami. Sprinkle with parmesan and sliced olives. Grill or place in toasted sandwich maker with a piece of baking paper on top. When cooked cut toasted in quarters. Delicious hot or cold. Great for school lunches.

## Crayfish or Prawn kebabs.

*"I love portals and I love crayfish" said George. Book three*

Marinade for crayfish chunks or green prawns.

olive oil, garlic, parsley, salt and pepper, thyme, brandy. Blend well marinade the seafood for at least 2 hours.

Thread onto kebab sticks with pineapple and capsicum  
Cook about 1 minute on each side

## Asian sauce for stir fry

400mls coconut milk  
1/3 cup coconut sugar  
1/4 cup red curry paste  
1/4 cup natural peanut butter, smooth  
2 tablespoons coconut oil  
4 large cloves garlic, peeled  
1 teaspoon grated lime zest  
1 teaspoon sea salt

## Method

Place all of the ingredients in a blender and process until smooth. Stir fry favourite vegetables, ginger and garlic, add cooked meat, fish or tofu. When cooked, add the sauce and toss for about 2 minutes.

## Salad Bowls

### Salad Bowl one

2 cups loosely packed, shredded lettuce, spinach and micro greens  
½ cup frozen shelled edamame, thawed  
½ cup cherry tomatoes, halved  
½ cup cooked quinoa  
10 Kalamata olives, pitted, whole  
1 small cucumber, sliced  
¼ cup sliced red onions  
2 tablespoons nut of choice

#### Mediterranean Vinaigrette

1 tablespoon flaxseed or olive oil  
1 ½ tablespoons rice wine vinegar  
1 small clove garlic, minced  
Pinch sea salt  
Pinch black pepper  
Pinch smoked red paprika  
½ teaspoon dried oregano

#### Directions

Fill a large, individual-sized bowl with greens.

Arrange the following on top of the greens: edamame, cherry tomatoes, cooked quinoa, olives, sliced cucumbers, sliced red onions, and pine nuts.

To make the vinaigrette, whisk together olive oil, red wine vinegar, garlic, sea salt, black pepper, red paprika, and oregano.

Drizzle the dressing over the salad bowl, evenly.

## Quinoa Pistachio Salad

### Salad bowl two

2 cups vegetable broth  
1 cup quinoa  
3 tablespoons olive oil  
½ cup coarsely chopped mint leaves  
½ cup pistachios  
½ cup dried cranberries  
1 spring onion thinly sliced  
½ cup cherry tomatoes cut in half  
Lemon Juice  
1/2 teaspoon lemon zest  
salt and ground black pepper to taste

Simmer the quinoa in the veg stock until the water is absorbed and the quinoa is cooked about 15 minutes. Stir in olive oil; fluff quinoa with a fork. Set aside to cool slightly.

Stir mint, pistachios, dried cranberries, scallion, grape tomatoes, lemon juice, and lemon zest. Season to taste with salt and ground black pepper.

## **Bacon and Egg Pie**

*A kiwi favourite*

2 sheets of Puff Pastry  
8 Eggs  
Finely chopped bacon or ham  
Sliced raw tomato rings  
Salt and pepper

Roll a sheet of pastry a little thinner and line the bottom and sides of an oven dish.

Sprinkle 1/2 the chopped bacon/ham on top of the pastry.

Break whole eggs onto the bacon. Then lightly prick each egg a couple of times so they spread out a little.

You want the eggs to remain slightly full. Sprinkle with a little salt and pepper. Sprinkle a little more chopped bacon/ham, and place tomato slices on top. When dish is full, roll out the second half of the pastry and place over the top of your pie. Pinch together the edges of the pie and cut off any extra pastry. With a sharp skewer make several air holes in the pastry, brush the pies with egg white and bake at 230 degrees C for about 30mins or until golden brown

## **Easy Smoked Salmon Curry**

1 piece of smoked salmon or smoked trout  
1/2 cup mixed vegetables  
1 tablespoon curry powder (or to taste)  
Small knob ginger grated  
2 cloves garlic grated  
1 tablespoon fish sauce  
1 cup milk of choice  
1 tablespoon lemon juice  
1 teaspoon sugar  
Finely chopped parsley or coriander  
Cornflour dissolved in a little milk to thicken

Flake the salmon or trout (can use cooked fresh salmon id desired.)

Fry the curry powder, vegetables ginger and garlic lightly in a little oil. Add the sugar, lemon juice, milk, fish sauce and parsley. Bring to boil and thicken. Add the fish, heat through and serve with rice.

## **Quick and easy Ginger/pineapple sweet and sour sauce to toss over fish, chicken, pork or ham leftovers.**

Panfry 1/2 a chopped pineapple in a little oil, about 1 tablespoon maple syrup and a knob of grated ginger. After about 3 minutes add 2 tablespoons ginger cordial, 2 tablespoons apple cider vinegar, 1/2 teaspoon salt and about 1 cup of coconut water.

Throw in some chopped chives and lightly thicken with cornflour. Ready to serve. Mmmmm.

**Cakes and Biscuits**  
**Afghans**  
*Another kiwi favourite*

200gms butter of choice  
75gms sugar  
175gms plain flour (not self-raising)  
25gms Cacao powder  
50gs (2 cups) GF corn flakes  
Pinch of xanthan gum

Icing  
1/2 cup pure icing sugar  
1 teaspoon butter of choice  
Few drops of vanilla  
1 tablespoon approx. of boiling water

Mix icing well to make a thick but spreadable paste. This is a delicious all-purpose icing for biscuits.

Pre heat oven 170 degrees  
Soften butter, add sugar and beat until creamy. Add the flour, xanthan gum and cacao powder. Mix well.  
Add cornflakes and mix them in.

Line a tray with baking paper. Drop in spoonful's onto the tray pushing the mixture together. Bake 15 mins

Spread a little chocolate icing on each biscuit when cool. Traditionally the biscuits have a walnut on top of the icing but for those who are nut free omit the walnut.

**Apple cake**

125g butter  
90g sugar  
1 cup self-raising flour sifted  
1 egg

**FILLING**

3 cooking apples peeled thinly sliced  
2 tbs sultanas  
1 tbs raw sugar  
1/2 tsp ground cinnamon  
1/4 tsp nutmeg  
1 lemon juiced

Melt butter in a large saucepan, then add sugar and stir until it begins to dissolve.  
Add flour and stir well, then beat in egg.  
Grease an 18cm cake tin and using fingers, spread a little more than half the cake mixture over the bottom.  
Place half of the apple slices in layers over cake mixture.  
Mix together sultanas, sugar and spices and sprinkle over apple.  
Cover with the remaining apple slices, then sprinkle with lemon juice.  
In spoonful's, spread the remaining cake mixture on top.  
Bake at 180C for 45 minutes, or until a knife comes out of the centre clean.

Serve warm with custard

## Golden Steamed Pudding (Vegan opt)

3 tablespoons butter  
3 tablespoons sugar  
1 flaxseed replacement egg (can use a chook egg)  
2 tablespoons ginger marmalade  
¾ cup Plain Flour  
¼ cup cornflour  
1 heaped teaspoon powdered ginger  
1 tspn Baking powder  
½ teaspoon baking soda dissolved in 6 tablespoons boiling plant milk  
75 mls ginger beer

Prepare flaxseed (1 level tablespoon flaxseed soaked for 5 mins in 3 tablespoons cold water). Prepare steam basin buttering well and placing 4 tablespoons of golden syrup in the bottom of basin. Place a pot big enough to take the bowl in the stove 1/3 filled with water and bring to boil: Water must not cover top of bowl but should be kept about ½ way up. Cream butter and sugar well. Add flaxseed and marmalade, mix well. add dry ingredients, then wet ingredients to a wet batter. Pour the batter over the syrup. Place lid or alfoil over top of basin. Place into pot of boiling water and boil lightly for 1 hour checking water level constantly. Tip sponge out onto a serving platter, so syrup is on the top. Serve with plant-based custard or ice cream.

## Lemon cake

250g butter  
1 tbs lemon rind grated  
1 cup caster sugar  
3 eggs separated  
2 cup self-raising flour  
1 cup buttermilk

### Lemon Syrup

1/3 cup lemon juice  
3/4 cup sugar  
1/4 cup water

Grease and lightly flour a 20 cm ring pan.  
Cream butter, lemon rind and sugar.  
Beat in egg yolks one at a time until combined.  
Stir in half the sifted flour and half the buttermilk.  
Add remaining flour and buttermilk.  
Beat egg whites until soft peaks form, then fold lightly into the cake mixture.  
Pour mixture into pan and bake at 180C for an hour.  
Pour hot lemon syrup over the hot cake.



**Blackstrap Banana Cake.**  
*Sam and Healer Finches favourite. Book one*

125g dairy free butter  
90g caster sugar  
1 beaten egg  
2 tspns bicarbonate of soda  
2 cups Gluten Free plain flour  
1 pinch salt  
160 mls coconut milk  
2 good tablespoons organic blackstrap molasses  
1 teaspoon vanilla  
2 large overripe bananas well mashed

**Method**

Preheat the oven to 180°C (fan forced). Cream the butter and sugar together, then add the beaten egg a little at a time until all the egg is incorporated.

Sieve together the salt, bicarbonate of soda and flour. Separately, mix together the milk, molasses and vanilla. Add half of the dry mixture and half of the wet mixture to the egg and butter mixture and fold until incorporated. Repeat with the remainder of the mixtures and then fold in the banana puree. Do not over-beat.

Pour the batter into a greased loaf tin and bake for 35 - 45 minutes or until an inserted skewer comes out clean. Allow to cool in the tin, then turn out and wrap in plastic. Leave overnight before icing. Fitzwinkle used liquorice essence, but you can use vanilla or fresh passionfruit. Also nice to serve split in half and filled with whipped coconut cream and sliced fresh bananas. This would also be nice made in a loaf tin and sliced and buttered to serve.

**Amelia's Dinner Rolls and Hot cross buns**

Take your time to make these the first time and you will be rewarded with nice fluffy rolls

Bowl one (small):

2 ½ teaspoons yeast (or one sachet)  
1 tablespoon sugar  
1/3 cup warm milk.

Bowl two small:

1 ½ tablespoons melted plant-based butter (full fat)  
1 beaten egg

Bowl three small:

2 tablespoons Psyllium  
1/2 cup warm water

Bowl four (Large)

1 1/3 cups tapioca flour  
1 cup millet flour  
3 tablespoons light buckwheat flour  
1 teaspoon xanthium gum  
2 teaspoons baking powder  
1 teaspoon salt

(for hot cross buns add ½ teaspoon all spice, 1 teaspoon cinnamon and ½ cup sultanas(opt))

First make the first two small bowls and set aside for 10 mins. Then the third bowl 5 minutes later.

In the large mixing bowl mix all the dry ingredients together, then one at a time pour the contents of all three small bowls into the centre of the flours. The Psyllium will be quite thick. Knead all ingredients until a ball is formed, then knead again for 5 – 10 mins until smooth and pliable. Form into 8 rolls. If making dinner rolls, I baste with egg wash, then sprinkle with vegan cheese and paprika and if they are hot cross buns, use a sharp knife to cut a cross on each one, baste with egg wash and sprinkle with sugar and cinnamon. Place the rolls in a baking tin lined with baking paper. Leave in a warm place for about 2 hours and they will double in size, Bake at 190 for about 20-25 mins. Eat straight away or freeze when cool.

**Crunchy choc chip cookies**  
*Button's school lunch favourite*

1 scant cup plain flour  
1/2 tsp baking soda  
1/4 tsp salt  
1/2 cup icing sugar  
¼ cup tbsp milk of choice  
2 tablespoons cashew butter (or peanut butter) (or non dairy butter)  
1 tbsp oil  
½ teaspoon xanthium gum  
1 tsp pure vanilla extract  
1/3 cup mini chocolate chips

**Instructions**

Preheat oven to 155 c.. Combine all ingredients except choc chips in food processor or large bowl. Keep mixing until a dough is formed. Try not to be tempted to add more liquid. Just before it reaches cookie dough consistency add the choc chips and continue to mix to dough. Roll into balls. Place on the greased tray, then press down to flatten with a fork. leave room between cookies to spread a little. Bake 15 -20 minutes, then let cool 10 minutes before removing from the tray.

**Choc muffins**

Heat oven to 190

**Ingredients**

2 cups plain flour  
2 heaped tablespoons almond meal or extra plain flour  
½ cup grated zucchini  
¾ cup sugar  
2 ½ tablespoons cacao powder  
2 tablespoons of grated dark chocolate  
1 ½ teaspoons baking soda  
1 ½ teaspoons Baking powder  
½ t salt  
2 eggs beaten  
1 tspn vanilla  
½ cup milk  
2/3 cup coco nut milk yoghurt  
½ cup or more Choc chips

Combine all dry ingredients except choc chips  
Separate bowl mix oil milk and sugar

Add beaten eggs and vanilla, stir well. Fold in yoghurt and slowly add dry ingredients. Lastly fold in Choc chips. Cook about 20 mins. Makes approx. 12

## Liquorice Cup cakes

½ cup oil  
¾ cup sugar  
2 eggs  
1 ½ cups plain flour  
½ cup almond meal  
¼ teaspoon salt  
2 teaspoons baking powder  
2 teaspoons baking soda  
1¼ cup plant-based butter milk  
Zest of lemon  
2 teaspoons lemon juice  
2 teaspoons vanilla  
1/3 cup finely chopped GF liquorice

### Frosting

½ cup butter  
1 teaspoon Liquorice essence  
3 cups icing sugar  
2 tablespoons milk

### Directions

Preheat your oven to 325°F. Line a standard 12-cup muffin tin with cupcake liners. Make butter milk. To 1 cup milk add 1 tablespoon apple cider vinegar and set aside for 10 mins not in fridge.

In food processor or a mixing bowl, place the butter, oil sugar, egg, egg white and rose essence, and combine. Add half the flour, psyllium, cornflour, baking powder, baking soda, and salt, and combine slowly adding half the buttermilk. Add the rest of the dry ingredients then the rest of the liquid and combine. Fold the chopped Liquorice through until just mixed in.

Do not overmix. The batter should be light and fluffy.

Fill the cupcake wells 2/3 of the way full with the batter. Place the tin in the center of the preheated oven and bake until the cupcakes are very lightly golden brown and spring back when pressed lightly in the center (about 20 minutes). Don't over bake. Allow the cupcakes to cool for at least 5 minutes in the tin before transferring to a wire rack to cool completely. Cool the cupcakes completely before frosting and/or decorating.

## Sherbet Strawberries

Hulled and slice a small bowl of strawberries for each person. Sprinkle 1 teaspoon of sherbet over each and top with a tablespoon of ice cream, mousse, or lime coconut cream

### Sherbet

1/2 cup icing sugar  
1 ½ teaspoons bicarb soda  
1 tsp citric acid  
1 level tblsp any flavour jelly crystals

Store in a zip lock bag or glass jar with a tight lid until ready to use. Keeps about a month

## **Marshmallow Short Cake**

*Everybody's favourite*

125g butter  
125g sugar  
1/2 teaspoon vanilla  
1 egg  
1 cup almond meal  
1 cup self raising flour  
1/3 teaspoon Xanthum Gum

Place all in food processor and make mix. If in a bowl rub the butter into the sugar, add egg and vanilla. Beat well. Add dry ingredients. Press lightly into a cake tin. bake 20 - 30 mins at 350.  
Let it go cold.

### **Marshmallow filling**

Soak 1 packet jelly crystals (I like raspberry) in 1 1/2 cups cold water for 10 mins. Boil exactly 8 minutes. (stir lightly) Let it cool then add 1 cup of icing sugar and beat until fluffy. Beat an egg white until fluffy, carefully fold into mix. spread over the base.  
Sprinkle with coconut. Refrigerate until set

## **Chocolate mousse**

### **Recipe one**

1 packet silken tofu  
2 tablespoons maple syrup  
1 teaspoon vanilla  
50grams pure dark chocolate melted

Beat together until smooth. Add and mix well 2 tablespoons mini choc chips

In a second bowl  
1 400gm can whipping coconut cream chilled and whipped  
Add  
1-2 tablespoons sugar  
1 teaspoon vanilla  
1 scant tablespoon cacao powder  
½ teaspoon agar agar  
Beat til thickened

Fold the two mixes together and chill

Adjust sugar to individual tastes

### **Recipe two.**

**Avocado chocolate mousse (very rich but delicious in the Irish rum cake)**

2 medium avocados  
1 ½ tablespoons cacao  
50gms dark pure chocolate  
¼ cup maple syrup  
80 mls coconut and almond milk mix  
1 teaspoon vanilla  
2 tablespoons Kahlua or rum (OPT) or an extra teaspoon vanilla or orange extract)

### **Method**

Scoop flesh out of avocados and whip in food processor. Add all other ingredients and process well. Scoop into a bowl and refrigerate for several hours.

## Lemon Meringue Pie or tartlets

### Biscuit Base

Crush one packet of plain sweet tea biscuits and mix well with 4 rounded tablespoons of butter of choice.  
Or 1 quantity of sweet pastry

### Lemon Filling 1

3 egg yolks (keep the whites for the meringue)

1 cup water

Juice and rind of 2 large lemons (try to get home-grown ones as bought lemons are hard to grate due to the waxing process they are put through these days.)

1 cup raw sugar

1 tablespoon butter or margarine

4 tablespoons cornflour

### Meringue

3 egg whites

4 tablespoons caster sugar

½ teaspoon vanilla

### Base:

Cover your dish base with a layer of sweet pastry or press in the biscuit crumb mixture and set aside.

### Filling 1:

Beat the yolks with a fork and place in a saucepan, add the water beating thoroughly with the fork to mix. Add lemon juice, rind sugar, butter and cornflour. Place saucepan on a low heat and continue beating with a fork as it heats and thickens. Cook for an extra minute or two until very thick. Set aside and cool. When cool pour into base.

### Meringue:

Beat the egg whites until stiff. Gradually add each tablespoon of caster sugar beating after each one is added. Lastly add the vanilla and beat once more.

Lightly lift spoonfuls on to the lemon so it sits up in little peaks. Cover the whole pie.

If you are making tartlets, make the base and filling in the same way and just drop a heaped teaspoonful of meringue on each tart.

Bake about 25 mins at 160c serve chilled

Keep in the fridge once it is cooked.

## Easy Gluten free scones

1 cup gluten-free plain flour ¼ cup white rice flour

2 teaspoons baking powder

¼ cup almond meal

a good pinch of sea salt

2/3 cup coconut cream

100 mls lemonade or ginger beer

Serve with plant based butter and jam or jam and cashew cream

Preheat oven to 220°C and line a baking tray with baking paper. Put the flours, baking powder, almond meal and salt into a bowl, make a well in the centre. Add the coconut cream using as much of the tops as possible then the lemonade or GB. The mix will be very wet. Scoop scone size dollops onto the baking paper touching each other lightly the brush the tops with the dregs from the coconut cream and bake for 10 minutes, or until risen and golden. Break in half whilst warm and serve. Can be frozen and reheated in microwave if you have left overs.

## Blackberry pie

200gms blackberries  
1 large green apple peeled and grated  
Sugar to taste opt  
3 teaspoons potato flour

Cook the blackberries and apple in a little for about 5 minutes. Add sugar if needed. Make a slurry with the potato flour adding just enough to slightly thicken and cook a further 1 minute. Fill cooked pie base with blackberry and apple mix. Top with meringue or sponge top

### **Sponge top**

4 rounded tablespoons of butter, ½ cup raw sugar, 1 egg, 1 cup flour mix. 1/3 each almond meal, potato flour and cornflour) 2 teaspoons baking powder, 2 tablespoons plant-based milk. Spread over berry mix. Bake about 1/2- ¾ hour at 170

*“There are several options we can look at” said Shadbolt sipping his coffee and pointing with a piece of cake in his hand. He stared at his cake for a few moments. “Oh, my golly gosh, this cake is so delicious.” He reached over and grabbed Fitzwinkle before he could dash to the kitchen and beg the recipe. “I don’t think so Fitzy, It’s an Irish whisky cake. I think it might be an adult only cake.”*

## Chocolate Guinness cake

100gms dairy free butter  
75gms dark dairy free chocolate  
20 grams cacao powder  
1 cup of gluten free stout (very hard to get so the alternative below)  
2 teaspoons vanilla  
1 ½ cups all-purpose GF flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
¼ teaspoon salt  
1 ½ cups Sugar  
2 eggs

(Alternative to Guinness. ½ cup very strong percolated coffee, ¼ cup rum or whiskey and ¼ cup of soda water)

Ice with rum, whisky or Kahlua flavoured chocolate frosting. Or 200gms icing sugar, 2-3 tablespoons natural dairy free yogurt, alcohol of choice.

### Method

Preheat the oven to 180°C/350°F Place the butter and chocolate in a heatproof bowl over a pan of simmering water and allow to melt. Remove from the heat and let it cool. Stir in the Guinness

In a separate bowl, mix all dry ingredients until combined.

In another bowl, beat the eggs and sugar for about 3 minutes until fluffy.

Whisk half the chocolate mixture into the eggs until combined. Add half the flour, then combine again. Repeat with the remaining flour and chocolate. Pour the mixture into the tin and bake for 40 to 45 minutes, or until a skewer comes out clean.

Cool in tin for about 30 mins then turn out onto plate.

Ice when cold.

## Avocado Chocolate Rum cake

100gms avocado flesh  
75gms dark dairy free chocolate  
20 grams cacao powder

**1/3 cup Rum**

**1/3 cup strong coffee (preferably percolated)**

Mix these three together

**1/3 cup tonic water**

2 teaspoons vanilla

1 ½ cups all-purpose GF flour

1 teaspoon baking powder

1 teaspoon baking soda

¼ teaspoon salt

1 ½ cups Sugar

2 eggs

Ice with rum, whisky or Irish cream flavoured frosting. Or 200gms icing sugar, 2-3 tablespoons natural dairy free yogurt alcohol of choice.

Split and fill with chocolate Mousse. See recipe

### Method

Preheat the oven to 180°C/350°F Place chocolate in a heatproof bowl over a pan of simmering water and allow to melt. Remove from the heat and let it cool.

In a separate bowl, mix all dry ingredients until combined.

In another bowl, beat the eggs, avocado and sugar until fluffy. Mix the melted chocolate and coffee, rum and tonic mix together

Whisk half the chocolate mixture into the eggs until combined. Add half the flour, then combine again.

Repeat with the remaining flour and chocolate. Pour the mixture into the tin and bake for 40 to 45 minutes, or until a skewer comes out clean.

Cool in tin for about 30 mins then turn out onto plate.

Ice when cold.

Can cook in two separate tins to make a layered cake with mousse and orange cream filling.

## Lemon muffins

125 g butter  
3/4 cup of white sugar  
3 eggs  
1 tablespoon of lemon juice  
1½ cups SR flour  
¼ teaspoon of baking powder  
½ cup of coconut natural yoghurt  
Icing sugar or sherbet for serving

Preheat oven to 180°C or 350F

Line muffin tin with muffin wrappers

Beat butter and sugar in a bowl until light and creamy

Beat in eggs one at a time ...beating well after each addition

Mix in the lemon juice then flour with the baking powder. The best way to do this is a little of the yoghurt and then a little of the flour and repeat till it is all mixed in. This stops the mixture from getting too thick).

Spoon into muffin wrappers and bake in the oven for about 20 mins or until a skewer is inserted into the centre and it comes out clean.

Cool in the pan and remove onto wire rack.

Dust with icing sugar. These are also beautiful split and filled with jam and natural coconut yoghurt

## Snicker Doodles

*The White Witch offered Buttons and George a snickerdoodle from her bag, "Snickerdoodles are for creating harmony and used to enhance calm conversation" she whispered. Buttons accepted the kind offer while George was happy to stick with his whisky wondering if his life would get back to normal anytime soon* **Book three**

1 1/2 cups self raising flour  
1 cup macadamia meal or almond meal  
1/2 teaspoon xanthium gum  
1-2 teaspoons cinnamon  
1/2 teaspoon cream of tartar  
125 gms butter of choice  
1 cup brown sugar  
2 tablespoon maple syrup  
2 eggs  
1 teaspoon vanilla  
1 tablespoon coconut yoghurt

Extra sugar and cinnamon to sprinkle with when cooked and still hot

Mix the two flours together with the cinnamon. Melt the butter . Add the sugar and beat well. Add the eggs, vanilla and yoghurt and combine well. Place in food processor and then add dry ingredients. Blend slowly to make a smooth dough. **(important:)** Refrigerate for several hours before using. Roll balls in brown sugar and cinnamon. Place on a tray lined with baking paper, flatten slightly and bake around 10-15 minutes at 180. ( if a less sweet biscuit is desired, sprinkle with a little pure icing sugar and cinnamon mix instead of rolling in the brown sugar and cinnamon)



**Fitzwinkle's Coughs and cold syrup**

1 ½ cups water  
1/3 cup elderberries  
1 tspns root ginger  
1/2 teaspoon cinnamon  
½ teaspoon cloves  
3 tablespoons raw honey

Simmer 1 hour to reduce. Add honey when cooling

**Georges favourite Marmalade**

2 large lemons  
4 large mandarins  
(just over 1 kilo of fruit to allow for trims)  
1 ½ kilos raw sugar (this gives the richness)  
2 litres filtered water

Wash fruit in boiling water and dry with paper towel to remove any wax or dirt.

Cut fruit long ways and take out pips and hard cores. Trim both ends. Then very thinly slice all the fruit. Place in a big non-reactive bowl or saucepan and cover with 2 litres of water. Let sit about 4 -6 hours. Boil for 1 hour, add sugar and boil another hour or until a little sets on a cold plate.

**Susan's tarty lemon, grapefruit and ginger marmalade**

2 large juicy lemons  
3 mandarins  
2 red ruby grapefruit  
(about 1 1/4 kilo of fruit)  
About 6 -8 inch piece of ginger peeled and grated  
100 grams crystalised ginger finely chopped  
2 kilo white sugar  
2 ½ litres filtered water

AS above but add crystalised ginger about 30 minutes before reaching setting point.

## **Crème caramel**

### **crème**

1 ½ cups almond and coconut milk mix (unsweetened)  
¾ cup coconut cream  
3 tablespoons maple syrup or 1 ½ tablespoons white sugar  
2 tablespoons cornflour  
2 teaspoons vanilla  
¾ teaspoon agar agar

### **Caramel**

2 tablespoons maple syrup  
2 tablespoons white sugar  
Dash of apple cider vinegar  
¼ teaspoon salt

#### **Method**

Prepare caramel first. Add all the caramel ingredients to a small pot, bring to boil and continuing boiling for about a minute. Do not let it burn. to a small saucepan. Heat over medium heat, stirring regularly until it starts to boil.

Remove from heat and divide the caramel into 4 small ramequins. Set aside to cool.

In another pot, add all the crème ingredients except the vanilla. Whisk to mix and then place over a medium heat. Continue until the mixture thickens then add the vanilla, remove from heat, and whisk to mix it in.

Heat over medium heat, whisking constantly until it thickens (usually just before boiling). Once it has thickened, remove from heat, stir in the vanilla extract, and whisk again.

Cover the saucepan with a lid and let it cool about 5 minutes before pouring into the ramequins over the caramel. Let the creme caramel cool a bit at room temperature before transferring to the refrigerator. Refrigerate overnight.

When ready to serve, run a knife along the edges of each ramequin, cover with a plate and flip it. The caramel sauce will be on top and coat the creme. Decorate with a couple of berries or mint leaves.

## **Lime or Orange cream**

1 can coconut cream chilled. 1 teaspoon vanilla 2 -4 tablespoons lime or orange jelly crystals. Finely grated peel of a lime or mandarin. (about 1 teaspoon.)

Once the coconut cream is chilled it will separate. Scoop off the thick cream from top adding only enough of the clear coconut water underneath to make it cream. Add slowly as you beat. Add Vanilla and jelly crystals and beat until mixed. Chill best made day before or several hours before you need it.

## **Dragon Fruit Chutney**

1 kilo of red dragon fruit after being peeled  
1 large apple  
½ cup cranberries  
2 sprigs mint  
1 tablespoon water  
¾ cup apple cider vinegar  
¾ cup sugar  
2-3 cloves garlic  
1 -2 long red chillies seeded and chopped  
½ teaspoon all spice  
1.2 teaspoon cumin seeds  
½ teaspoon salt  
Oil

Lightly fry the garlic, chilli, spices, add the water and dragon fruit. Boil 2 mins then add the rest of the ingredients.

Boil about 30 mins or until thick, stirring often.

Place in a jar and keep in the fridge.

Beautiful on a cheese board, or as an accompaniment to fish, chicken or lamb.

## **Guacamole**

2 avos  
2-3 tablespoons chilli sauce  
2-3 tablespoons vegan aioli or mayo  
Salt and pepper  
Parsley  
Lemon juice  
Blend all.

## **Best ever garlic butter**

125 gms butter of choice.  
¼ cup oil (olive or flaxseed)  
2 tablespoons finely chopped parsley  
4 -6 large cloves grated garlic  
½ teaspoon salt.

Mix well. Salt is important as it brings out the garlic flavour

## **Hot Chocolate (Decadent)**

3 cups milk (Fitzwinkle uses a coconut and almond mix)  
¼ -cup dark dairy free pure chocolate chips (depending on how strong you like it.)  
½ teaspoons cinnamon  
1/8 chilli powder  
1 teaspoon vanilla

Top with marshmallows

## **Sparkling Blackberry Lemonade**

### **Ingredients**

1 cup blackberries  
1 knob grated ginger  
2 tablespoons maple syrup  
1/2 cup freshly squeezed lemon juice  
1 litre soda water

### **Method**

Add the blackberries syrup , lemon juice and ginger to a small saucepan. Simmer for 5 - 10 minutes. Remove from heat and allow to cool to room temperature. Blend until smooth.  
Divide blackberry syrup between four glasses and top with soda water

## **Sparkling sugarless ginger beer**

2 teaspoons of ginger juice  
2 teaspoons lemon juice  
Top with soda water  
Alter amounts to taste. Very refreshing

### **Lassi**

1 cup chopped mango or banana  
1 cup plant-based yoghurt  
½ cup plant-based milk  
1 teaspoon apple cider vinegar  
4 teaspoons honey or maple syrup  
½ teaspoon ground cardamon

Place the vinegar in the milk and set aside 10mins to make buttermilk. After 10 mins whip all ingredients together. Great for morning breakfast or to drink with a hot curry. Very soothing to the stomach.

Where possible use organic ingredients. If you can't, wash your fruit with some water, baking soda, and apple cider vinegar.

## **Fitzwinkle's winter tonic to help keep the bugs away**

2 organic grapefruits  
1 organic lemon  
1 organic orange

### **Method**

Peel the fruit discarding as much white pith as possible. Place peels in pot.  
Cover with water just above the fruit and simmer for about 2 hours.  
Strain into a bottle and refrigerate.  
Take 2 tablespoons of mixture in a little tonic water 1-2 times a day over winter to discourage viruses.  
(Must be tonic!)

These are helpful tips used by the creator of Buttons and Fitzwinkle and not intended to be medical advice.

If you enjoy these recipes make sure you down load the full recipe book from the shop in Ma's Pantry on this website

Check out what else we have available while you are there.

[www.brainasize.com](http://www.brainasize.com)