

Teresa Cutter, aka The Healthy Chef, shares a collection of her favourite recipes in this easy to follow cookbook designed for people who are passionate about food and health, but don't have a lot of time to spend in the kitchen.

Teresa has applied her "keep it simple, keep it fresh and make it yourself" philosophy to all her meals, from yummy breakfasts, dinners, soups and salads, to desserts, smoothies, cakes and more. She has created an extensive repertoire of recipes, turning fresh ingredients into purely delicious healthy food.

With more than 230 fuss-free recipes, *Purely Delicious* is healthy cooking at its very best. Whether you're an accomplished cook or a complete beginner, you'll be able to enjoy the essence of good food and achieve perfect results in the kitchen with every recipe.

"I'm so excited to bring out the cookbook I've always wanted to create, full of my favourite recipes that I love to cook and that make me feel nourished every day," Teresa says.

"Whether you're gluten free, sugar free, vegetarian or just want to eat pure, natural whole food that is good for you – there is something here for everyone.

"My main aim is to get people cooking their own food and eating healthier, so everyone can live better lives filled with good health and happiness."

Teresa Cutter

ISBN 978-0-9942067-0-1



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THE HEALTHY CHEF

PURELY DELICIOUS

TERESA CUTTER

"I cook for pleasure,
I cook for health,
I cook to inspire. I love sharing
my recipes and I hope you will
also enjoy cooking them for your
family and friends to feel happy,
healthy and nourished. "

Teresa Cutter



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My Ciocia and Wujek: Polish aunty and uncle

MY PASSION FOR COOKING

I started learning how to cook with my Polish aunt (Ciocia) when I was about three or four. Ciocia and my uncle (Wujek) were my inspiration – through them, I began to find out about food in all its glory. They came to Australia from Poland, to set up a new life in Western Australia. Ciocia worked long hours at the local hospital but still managed to cook every day. Her food was quick, simple and nourishing and that no-fuss style of cooking has stayed with me ever since.

Wujek built a massive kitchen garden at the back of their property. The garden had a constant supply of fresh fruit and vegetable that would nourish them all year round. They also had a chook pen and the chickens provided fresh, free-range eggs and meat for their chicken soups as well as fertiliser for their fruit and vegetable garden.

As well as being a great cook, Ciocia was an incredible baker. She would be mixing cakes by hand with a wooden spoon and churning out babka and sernik to feed our family and friends on a weekly basis. I can still remember watching with excitement and helping out in the kitchen. She would get me to sift flour, prepare all the ingredients and shape piroshki with my little fingers. In Ciocia's kitchen I truly fell in love with cooking and there began my passion for delicious wholefoods made with love and care.

On my website www.thehealthychef.com I always talk about making food yourself and knowing what's in the food you eat. Still, to this day, cooking to me is about the essence of the ingredients that will nourish your body and be lovingly prepared by you, or someone who loves you.

I remember Ciocia used to make the best raw sauerkraut in town. The Polish community would flock from everywhere just to get a jar of this fermented miracle. She used to feed it to me regularly, to help build up my immune system and to make me stronger.

Wujek worked as a station-master on the railways and I often woke up super early to catch him making his breakfast before he started work. He would tear up a European style of rye bread into his enamel bowl, pour over freshly made espresso and steaming hot milk, then sweeten with a little honey. It was sort of like a hot porridge and I remember it tasted really good, especially on cold, frosty mornings.

Ciocia and Wujek bought me my first bike and taught me how to ride. They encouraged me to go riding with them after school – it was the best exercise. They had never owned a car and used to ride their bikes or walk everywhere. Both of them were still riding around in their late eighties. Their example inspired my love of bicycles and all things cycling.

Mum had come from Poland to live in Australia when she was 21 and was brought out by Ciocia and Wujek. Three months later she married my dad who is also Polish but came to Australia from Persia when he was eight years old. My mum was an artist back in Poland and she taught me how to paint and use colour, but in Australia she used to work at a nearby hotel and would always bring back recipes and cooking tips from the chefs who worked there. Mum would often test out the new recipes on our family, to see if we enjoyed them, and she gave me many cooking tips as she was cooking our dinner.

My dad was a MAD-keen fisherman. He taught me how to use a handline and fish for tailor and catch whiting with a rod off the beach, I knew how to scale and gut a fish and peel blue mannas before I was 10, and most weeknights I helped dad catch king prawns from the estuary with the drag net.

At 14, my first after-school and weekend part-time job was at a hot bread shop and it was awesome! I served customers and got to do the fun things like spreading the icing on the fresh-baked cinnamon buns, filling the doughnuts with jam and whipped cream and help make pumpkin scones and sausage rolls. The bakers would give me all kinds of tips so I could go home and experiment. Baking came naturally to me. I was hooked and I loved it!

After finishing Year 12 at high school, I started my hospitality career working as a waiter at a newly built hotel. I had thoughts of being an artist like my mum but soon realised my career was in the kitchen cooking purely delicious food. And so, my hobby and my passion became my career.

I was quick and eager to learn as much as I could when I started my apprenticeship working in the fine-dining section of the five-star hotel. My job consisted of cooking all the hot and cold entrees, as well as designing the palate teaser for the night and assisting the sous chef with the plating of mains during service. I was also in charge of making some of the French-style sauces like hollandaise, béarnaise and beurre blanc.

The first six months were tough – actually the whole profession was tough! Most of the chefs were French and the (swear) word "Merde!" was commonly bounced off the walls, but I adored my job. Service was exciting and I would start my shifts super early just to get ahead and so I could watch the other chefs in action and learn as much as I could.

My passion for patisserie goods, baking and desserts was soon recognised and I was given the opportunity to run the fine-dining dessert kitchen where I would make all my own icecreams, truffles and desserts. I still remember my favourite strawberry shortcake. It was made of fine wafers of pâte sablée, layered with fresh strawberries and Chantilly cream and served with delicious coulis made from strawberries and a hint of raspberry, for that ruby-red finish.

The hard work paid off and I ended up winning Apprentice of the Year several times as well as a gold medal in the prestigious cooking competition, Salon Culinare. I was very fortunate to have trained with some great chefs who were equally great teachers. Everything was made from scratch – nothing pre-prepared or brought in – the true essence of cooking in all its glory.

I have fond memories of the time I was working as a pastry chef at a newly built beachfront hotel in Perth. It was the best pastry kitchen you could ever imagine. We had a bakery department, a chocolate room and an icecream room – it was pure luxury! The team in the kitchen was immensely talented and very competitive. We would always have competitions to see who could make the finest cakes or design and decorate the most eye-catching

dessert buffets for the numerous weddings that were held at the hotel. Croquembouche with chocolate wafers or spun sugar was a regular attraction!

After many years at the hotel, I started my own catering company. I mainly catered for film and TV production in Perth. I focused on healthy recipes made from fresh ingredients that would nourish the crew without making them fall asleep: lots of lean meats, garden fresh vegetables, raw salads and wholesome muffins filled with organic oats and fruit. I love seeing people eat my food – it gives me pleasure when they enjoy it.

My husband Paul and I moved to Sydney some years later and I opened my first café called The Healthy Chef in Sydney's stunning northern beaches of Avalon. I wanted it to be a place where people could be nourished and enjoy themselves – sort of like my experience of going to Ciocia and Wujek's house and enjoying their fresh, simple healthy food. I played French music on the iPod when I baked my homemade granola, cookies and banana breads as it made them look and taste better. It was important for me to put positive energy into the food I gave my customers so they felt great eating it. My café was also a local hangout for celebrities and athletes such as Elle McPherson, Megan Gale and Kelly Slater.

After selling the café some years later, I launched The Healthy Chef Functional Food Range made from the best natural wholefoods available on the market, to support optimum health and wellbeing. Today, I bring the simplicity, culture and freshness of what Ciocia and Wujek taught me so many years ago and combine it with my training as a chef for my recipes and product range.

I cook for pleasure, I cook for health and I cook to inspire. I love sharing my recipes and I hope you will also enjoy cooking them for your family and friends to feel happy, healthy and nourished.



Me with the funky glasses, my sister and friend.



School days: Me at 16



My beautiful mum



My dad the proud fisherman



THE FOUNDATION OF HEALTHY COOKING

My main aim with The Healthy Chef is to get people cooking their own food and eating healthier, so everyone can live better lives filled with health and happiness.

I believe feeding one's body pure and natural wholefoods is just as natural as a flower growing in the grass. Wholefoods are alive with all of nature's enzymes, proteins, vitamins and minerals. I eat as cleanly as I can because I believe my body deserves the best nourishment it can get. It's important to know where your food has come from and to treat it with the love and respect it deserves. Extreme diets or people who push strict dietary ideologies are not helpful. I find that a lot of people stress over finicky nutrition details rather than focusing on the broader picture – that is, that one should eat natural wholefoods, focus on fresh fruit and veg and keep it simple.

Nutrition isn't as complicated as it is often made out to be. There's a sense of 'food anxiety' among many people who are trying their best to do the right thing. When it comes down to it, we're all different and it's not a one-size-fits-all scenario. What works for you may not work for the next person. My best advice would be to take a step back, breathe and listen to your body. We should all take the time to think about what foods make us feel good nutritionally and what foods don't. My advice is to eat wholefoods and customise your own diet based on your unique needs.

I look back at Ciocia and Wujek. They had it right: fresh fruit, vegetables and some protein. They ate modestly, but the quality and nutrition was there – things like freshly made scrambled eggs served with sautéed spinach, a milkshake made from strawberries picked from their organic garden and pureed, or homemade cultured yoghurt and a little honey for breakfast. Dinner was as simple as fresh garden vegetables drizzled with cold-pressed olive oil and served with sautéed fish that my dad had caught after work. It was the no fuss, budget-friendly sort of food that you could easily make yourself, to be nourished properly every day. Ciocia and Wujek would also often enjoy a few pieces of European-style chocolate or a slice of homemade apple cake with a cup of chamomile tea. They were active, healthy and lived way into their nineties. This book is dedicated to them for their passion, love and inspiration. Enjoy.



KITCHEN TOOLS

Any tradesman will tell you that in order to produce a good result, you need the right tools for the job. By investing in good quality knives and equipment for both food preparation and storage, you'll be able to whip, chop, blend, mix, grind, juice and store delicious healthy meals every day of your life.

- + **COOKWARE** - I use quality, heavy-based cast-iron or good multi-layered stainless steel cookware in my kitchen. You need to look after your pans properly to keep them in good shape and they will last forever.
- + **FINE STRAINER/NUT MILK BAG** - Use a fine mesh strainer or a nut milk bag to strain your own homemade nut and seed milks. Nut milk bags can be made from materials such as nylon or cotton and they make your milks silky smooth.
- + **FOOD PROCESSOR** - I've had my food processor for the past 15 years. It has powered its way through many recipes that I've created as a chef. Get the best one you can and it will last you a lifetime. Food processors can chop a load of vegetables if you don't want to use a knife and they mix the most amazing breads or cake mixes in a flash.
- + **GLASS STORAGE JARS** - Glass jars such as mason jars are fantastic for storing, fermenting and preserving food and are great vessels for storing smoothies and juices when you're on the go. They never leak and can be used for everything.
- + **HIGH-SPEED BLENDER** - A quality high-speed blender is essential in any kitchen. It's great for making smoothies, nut milks, soups, dips, nut paste, icecreams and salad dressings. My blender of choice is the Vitamix.



Chapter 1.
HEALING JUICES

DAILY GREEN JUICE

Apple supports digestion and alkalises the body. Cucumber has anti-inflammatory benefits and it also helps relieve fluid retention in the body. Lime is antibacterial and helps boost immune function. Cos lettuce is rich in vitamin A, which revitalises skin by increasing cell turnover – perfect for achieving that healthy outward glow.

2 green apples
2 Lebanese cucumbers
handful of spinach
few pieces of raw broccoli
1 baby cos (romaine) lettuce
2 limes, peeled
¼ teaspoon Healthy Chef
Matcha Green Tea

USE a juicer to extract the juice from the apples, cucumbers, spinach, broccoli, cos lettuce and limes.

WHISK in matcha powder.

SERVE immediately and enjoy cold.

Serves 2.

+ Notes and Inspiration

Serve cold and sip slowly.





Chapter 3.
MILKS

STRAWBERRY MILK

Berries are rich in vitamin C, which helps to keep the skin firm by aiding collagen production. Collagen gives strength and structure to your skin and is vital for elasticity and firmness. Silica, a trace mineral, is also found in berries and it assists with collagen formation as well as helping to improve skin's hydration and elasticity.

2 cups almond milk
½ cup fresh strawberries
½ teaspoon vanilla extract
1 teaspoon honey or stevia
ice to blend

COMBINE all the ingredients in a high-performance blender.

BLEND until smooth and creamy.

SERVE immediately and enjoy.

Makes 2 ½ cups.

+ Notes and Inspiration

Use cultured yoghurt in place of milk and create a delicious strawberry lassi. Add extra honey to sweeten.



MANGO LASSI

This is a power-packed smoothie rich in probiotics, antioxidants and amino acids. Rich in branched chain amino acids (BCAAs) that can reduce fatigue and improve exercise performance, reduce muscle breakdown and facilitate healing.

1 mango, chopped

½ cup freshly squeezed orange juice

1 cup natural yoghurt

¼ teaspoon ground turmeric

1 teaspoon bee pollen

handful of ice, to blend

COMBINE all the ingredients in a high-performance blender.

BLEND until smooth, lush and creamy.

ADD a little water if necessary to adjust consistency.

GARNISH with a dusting of crushed pistachios and a little turmeric.

Serves 2.

+ Notes and Inspiration

I also love drinking this lassi with a frozen ripe banana in place of the mango. Enjoy topped with Healthy Chef Granola (see page 172) and fresh blueberry or pineapple for a purely delicious breakfast.



Chapter 4.
BREAKFAST



CLASSIC BIRCHER MUESLI

Eating this bircher muesli with Pink Lady apples, orange, vanilla and pomegranate and you'll be in heaven with every mouthful. I often double the recipe and divide it into glass jars so I have enough muesli to take to work for a few days.

100 g (3 ½ oz)
organic rolled oats

1 tablespoon chia seeds

juice from 2 sweet oranges
(approximately 375 ml or
12 fl oz)

½ teaspoon vanilla extract

2 tablespoons yoghurt

2 red apples, coarsely grated

1 pomegranate

2 whole oranges, peeled
and chopped

honey, to drizzle

The night before:

COMBINE oats, chia, vanilla and orange juice in a bowl.

COVER and soak overnight in the refrigerator.

In the morning:

FOLD yoghurt and apple through the mix that was soaking overnight. Spoon into glass jars or serving bowls.

GARNISH with pomegranate and fresh chopped oranges. Enjoy drizzled with a little raw honey.

Serves 2.

+ Notes and Inspiration

Use rolled quinoa or spelt in place of rolled oats.

Other fruits are also great with this muesli – try using pear in place of apple and garnish with roasted rhubarb and raspberry compote.



BROWN RICE PORRIDGE + CHAI AROMATICS

This is a nourishing breakfast which helps promote energy and vitality. This porridge will keep you warm and cozy through cold winter months. Warming aromatics such as cinnamon and ginger make it absolutely irresistible.

1 cup cooked short-grain brown rice

1 cup milk (your choice – I like a combination of rice and coconut milk)

1 cinnamon stick

thin slice of fresh ginger

1 vanilla bean, split and seeds scraped or ½ teaspoon vanilla paste

1 teaspoon ground flaxseed/linseed (optional)

a little honey, to serve

COMBINE brown rice, milk, cinnamon, ginger and vanilla in a pot.

HEAT gently and simmer for 10 minutes, adding a little extra milk if necessary. Your porridge should be creamy.

SERVE alone or topped with flaxseed, stewed fruits, honey and extra hot milk.

Serves 2.

+ Notes and Inspiration

Add 1–2 star anise cloves if making larger quantities.

Serve with hot milk on the side.

Top with poached pear or poached Persian figs.



MUESLI POWER BARS

These bars will enhance performance and reduce fatigue. They are the optimal recovery food to support a healthy active body. The power bar blend is made from premium quality ingredients of organic rolled oats, almonds, walnuts, flaxseed, macadamia, sunflower seeds, apples, raisins, currants, chia seed, cinnamon and vanilla bean.

350 g (12 ¾ oz) Really Good Natural Muesli Mix (see page 164)

50 g (1 ¾ oz) LSA

3 free-range eggs

1 teaspoon vanilla paste

½ teaspoon ground cinnamon

¼ cup cold-pressed olive oil

¼ cup honey

PREHEAT oven to 160°C (320°F).

COMBINE muesli, LSA, eggs, vanilla, cinnamon, oil and honey in one large bowl.

SPOON mix into a baking tin lined with baking paper.

BAKE for 25–30 minutes until golden.

ALLOW to cool then cut into 16 pieces.

Makes 16 bars.

+ Notes and Inspiration

Fold in 1 grated apple before baking.





Chapter 6.

SOUPS + STOCKS

HAM HOCK SOUP

This is a wonderful warming soup that I love to make when the weather gets a little colder. The flavours are clean and nourishing as you start to devour the vegetables and generous amounts of meat this soup has to offer. I serve this soup as a complete meal and it's even better the next day. As a note, make your ham stock the day before you need to make the soup.

STOCK

1 large smoked ham hock (1.5 kg or 3 lb, see Notes + Inspiration)

2 carrots, roughly chopped

2 sticks celery, roughly chopped

2 onions, peeled and halved

6 litres water

SOUP

2 carrots, roughly chopped

2 sticks celery, roughly chopped

handful of chopped parsley

350 g (12 ¼ oz) potatoes, sweet potatoes, peeled and cut into quarters

sea salt, to taste

COMBINE ham hock, carrots, celery, onions and water in a large pot.

BOIL and reduce the heat to a gentle simmer.

COVER and simmer the stock for 4 hours, adding a little more water if needed. The stock should reduce to about 3 litres after 4 hours.

REMOVE the stock from the heat and cool.

REMOVE the ham hock from the stock, remove the meat from the bone, break up the meat and set aside.

STRAIN the rest of the ham stock and discard the vegetables.

COOL stock quickly then refrigerate overnight along with the meat from the bone.

REMOVE the excess fat that has solidified over the stock during the night.

RETURN the stock back to the heat and add carrots, celery and potato.

SIMMER, partially covered, for 30 minutes or until vegetables are tender.

ADD the ham meat and warm through.

TASTE and adjust seasoning. Add chopped parsley and serve in generous bowls.

Serves 4.

+ Notes and Inspiration

Use 1–2 ham hocks to make your stock. You want a generous amount of meat from the bone. Other vegetables such as shredded kale can be added for variation.





Chapter 7
SALADS + DRESSINGS

VITALITY SALAD WITH FETA + PISTACHIO

This salad is high in hydrating, restorative minerals and antioxidants that infuse straight into your cells to give your body the goodness it craves. Greens are alkalising and rich in folate to boost your metabolism and help to nourish a dewy and glowing complexion. Pomegranate is high in vitamin C to aid in collagen production and it supports healthy heart function by reducing blood pressure and inflammation in the body. Figs are naturally high in fibre to help keep you fuller for longer, so they're perfect to include in weight management programs. Figs are also high in prebiotics that help nourish the good bacteria in your gut, improving digestive health and overall wellbeing.

150 g (5 oz) baby spinach leaves

80 g (2 ¾ oz) micro-green salad mix (or other green sprouts)

4 figs, halved

1 orange, peeled and sliced

1 pomegranate, seeded

80 g (2 ¾ oz) goat's feta

1 tablespoon pistachio nuts, chopped

few sprigs of fresh thyme

POMEGRANATE DRESSING

2 tablespoons pomegranate molasses

1 tablespoon lemon juice

3 tablespoons orange juice

2 tablespoons cold-pressed olive oil

TOSS spinach and micro salad greens in a large serving bowl.

ARRANGE the figs and slices of orange through the salad.

SCATTER pomegranate seeds over and through the salad.

COMBINE all the ingredients for the salad dressing and drizzle over the salad.

SERVE and enjoy.

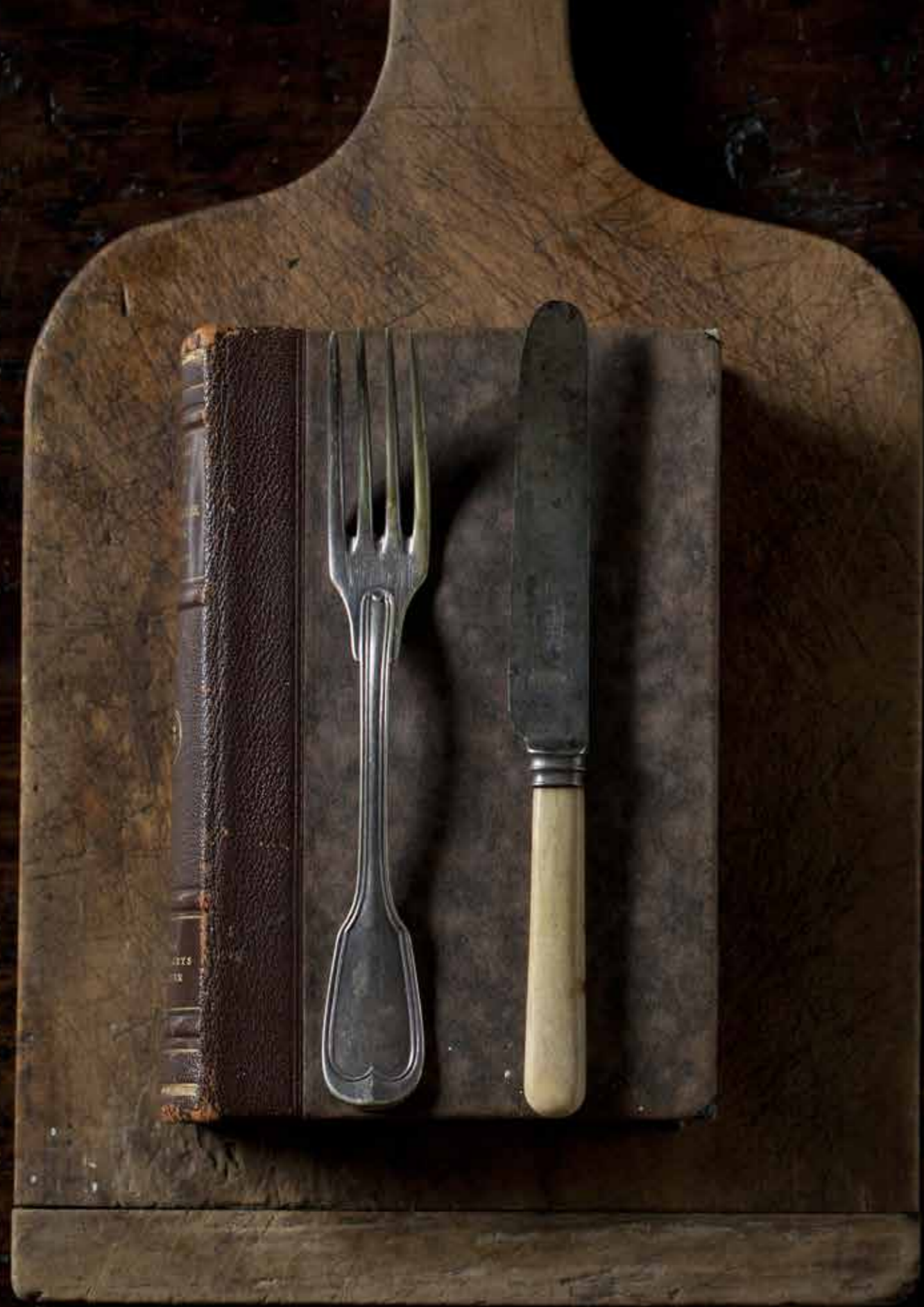
Serves 4.

+ Notes and Inspiration

Use avocado in place of feta.

Use goji berries in place of pomegranate.





Chapter 9.
DINNER

GREEN PEA + SPINACH RISOTTO

This makes for a perfect pre-workout meal that nourishes your body without weighing you down. Rich in antioxidants and packed with protein and iron for sustained energy.

1 onion, finely diced
60 g (2 oz) raw carnaroli rice
2 cups good-quality vegetable
or chicken stock, hot
250 g (8 oz) peas
2 large handfuls baby spinach
leaves
black pepper, to taste

TO SERVE
parmesan
freshly chopped parsley

SAUTÉ onion in 2 teaspoons olive oil over a medium heat until soft.
ADD the rice and stir through for 1 minute.
ADD 1 cup of stock and stir through the rice then continue stirring until the rice has absorbed some of the stock and thickened.
ADD 1 more cup of stock and simmer, stirring over a medium to low heat until the rice is tender but not soft.
BLANCH the peas for 1 minute in boiling water then drain.
PLACE half the peas in a high-performance blender or food processor and puree with the spinach until smooth.
ADD the pea and spinach puree along with the remaining peas to the risotto and stir through.
HEAT through for 3 minutes or until the risotto is thick and creamy. Your risotto should be lovely and soupy - not too thick.
SEASON with black pepper and stir through a little grated parmesan.
SERVE on shallow plates, topped with extra grated parmesan and chopped parsley.

Serves 2.

+ Notes and Inspiration

Stir through pesto in place of adding chopped parsley.



WILD-CAUGHT FISH BRAISED IN SMASHED TOMATO

I love the Mediterranean style of cooking. The Mediterranean diet is all about going back to basics and consuming fresh seasonal plant-based wholefoods with an emphasis on anti-inflammatory fatty acids such as oleic acid and omega-3 found in olive oil, avocados, fish, grass-fed or game meats, nuts and seeds. Tomato is full of antioxidants, in particular lycopene which may prevent a number of diseases, including cancer and heart disease. Fish provides the body with ample protein for muscle building and repair as well as omega-3, which is anti-inflammatory and supports heart and brain health.

1 shallot, diced
2 tablespoons olive oil
800 g (28 oz) roma tomatoes
(ripe and sweet), chopped
sea salt and fresh cracked
pepper, to season
2 x 200 g (7 oz)
wild-caught snapper or other
firm white fish
125 g (4 oz) cherry tomatoes
1 tablespoon butter
2 tablespoons parsley,
chopped
zest from ½ lemon

SAUTÉ shallot in the olive oil over medium heat for 1 minute.

ADD chopped tomatoes and mix through.

COVER and simmer over a medium heat for 5–10 minutes or until the tomatoes start to collapse.

SMASH the mix with a fork so you form more of a sauce-like consistency.

ADD a splash of water if needed to make it more like a sauce.

SEASON the fish with the salt and pepper and add it to the sauce.

ADD the cherry tomatoes.

COVER and simmer over a gentle heat for 10 minutes or until fish is fully cooked through. Watch that the sauce does not evaporate too much or burn – add a little water if needed.

STIR the butter through the sauce at the end to emulsify.

COMBINE parsley and lemon zest and sprinkle over the fish before serving.

Serves 2.

+ Notes and Inspiration

Sardines can be used in place of the snapper in this recipe.



RATATOUILLE

Some of the best things in life are simple pleasures, like those which come from cooking fresh ingredients to nourish the ones you care about. Ratatouille is one such meal that brings such pleasure and which I make often. It's a pure-goodness staple in my home and its versatility is infinite. I love the fact that a humble ratatouille can be enjoyed just on its own or spooned into bowls and topped with freshly chopped herbs and a little gruyere. It can also be incorporated into the best vegetable lasagne, layered with roasted eggplant or pumpkin and topped with a quick béchamel made from whipped ricotta, organic egg and a little parmesan. Ideas are endless with ratatouille.

generous splash of olive oil

1 red onion, chopped

4 zucchini (courgette), small to medium-sized, cut into rounds

2 red capsicums (bell peppers), roughly chopped

1 eggplant (aubergine), medium-sized, chopped

1.2 kg (39 oz) ripe tomatoes, roughly chopped

sea salt and fresh ground pepper, to taste

handful of fresh parsley or basil, chopped

TO SERVE

gruyere cheese, grated

HEAT a few tablespoons of olive oil in a large frying pan over a low heat.

ADD the onion and sauté lightly until softened.

ADD zucchini, capsicums, eggplant and tomatoes and mix through.

ADD about ½ cup of water and cover, simmering over a low heat until the tomatoes start to collapse and form a sauce-like consistency.

SIMMER for about 45–50 minutes. This is normally enough time.

REMOVE the lid from the pan and stir through gently.

SEASON with salt and pepper.

ADD freshly chopped herbs or torn basil right at the very end.

SERVE in large bowls topped with a little gruyere and enjoy.

Serves 4.

+ Notes and Inspiration

Use leftovers to make a yummy vegetable lasagne.





Chapter 12.

SOMETHING SWEET

FLOURLESS SALTED CHOCOLATE CAKE

The cacao in dark chocolate is rich in magnesium, iron, copper, manganese, riboflavin and essential micronutrients for health and vitality. The high flavonoid content of cacao has been scientifically linked to a reduced risk of heart disease, stroke and diabetes. Cacao contains theobromine which boosts endorphins and increases mental alertness.

200 g (7 oz) good quality
70 per cent dark eating
chocolate

175 g (6 oz) good quality butter

6 free-range eggs, at room
temperature

2 tablespoons coconut sugar,
raw sugar or honey

2 teaspoons natural vanilla
extract or paste

good pinch of sea salt

PREHEAT your oven to 150°C (300°F).

LIGHTLY oil or butter your cake tin and line completely with baking paper. I use a 20 cm (9 inch) spring-form cake tin for this recipe.

MELT the dark chocolate and the butter in a bowl, set over a pot of gently simmering water.

STIR the chocolate and butter well until melted then remove from heat and allow to cool slightly.

USING a mixer fitted with a wire whisk, add eggs and beat for 10–15 minutes until light and creamy.

ADD coconut sugar, vanilla and sea salt and beat until combined.

FOLD half of the melted chocolate mixture through the beaten eggs and incorporate lightly. Then add the rest of the melted chocolate and fold through gently until combined.

POUR the mixture into the prepared baking tin.

BAKE the cake for 35 minutes or until just set and springs back lightly when touched.

REMOVE from the oven and allow to cool.

PLACE into the refrigerator to cool completely before removing from the tin.

SERVE and enjoy. Store in the refrigerator.

Serves 20.

+ Notes and Inspiration

Serve with fresh raspberries.



HEALTHY CARROT CAKE

When baking gluten-free cakes, I find ground almonds are great. They make everything so yummy and moist, plus they are packed with protein and vitamin E. I've used a cold-pressed macadamia nut oil in this recipe as it gives this cake a luxurious flavour.

CARROT CAKE

500 g (16 oz) raw carrots,
grated
3 free-range eggs
2 teaspoons vanilla extract
2 teaspoons cinnamon
½ teaspoon nutmeg
300 g (10 ½ oz) almond meal
60 ml (2 fl oz) macadamia nut
or olive oil
160 g (5 2/3 oz) organic
maple syrup or honey
1 cup raisins
2 teaspoons gluten-free
baking powder

VANILLA FROSTING

250 g (8 oz) quark,
homemade labna or
traditional cream cheese
2 tablespoons honey
1 teaspoon vanilla paste

To make cake:

PREHEAT your oven to 160°C (320°F).

COMBINE carrot, eggs, vanilla, cinnamon, nutmeg, almond meal, oil, honey, raisins and baking powder in a large bowl.

MIX well by hand until combined.

POUR into a prepared 20 cm (9 inch) baking tin.

BAKE for 1–1½ hours or until cooked through. Cover if necessary with foil.

REMOVE from the oven and allow to cool completely in the tin then turn out.

To make vanilla frosting:

COMBINE quark, honey and vanilla in a bowl and mix with a whisk or wooden spoon into a smooth delicious frosting.

SPREAD over cake and enjoy.

Serves 16.

+ Notes and Inspiration

Thick Greek-style yoghurt is also a lovely topping for this cake – drizzle with honey and garnish with roasted walnuts.

Keeps in the refrigerator for up to 4 days.





ABOUT TERESA CUTTER

Teresa Cutter is a wellness expert and leading authority on healthy cooking. A qualified chef, nutritionist and fitness trainer, she has combined her knowledge of food, diet and exercise to specialise in developing recipes for optimum health and wellbeing.

Teresa is the founder of The Healthy Chef, a company that creates purely delicious functional food products made from wholefoods. She is also the author of five healthy cookbooks. Her latest releases are *The 80/20 Diet* and *Perfect Digestive Health* both of which went to No.1 on iTunes in Australia.

Teresa has inspired millions of people to make positive changes to their lives through the delicious healthy recipes on her website www.thehealthychef.com and has designed recipes and menu programs for health spas, resorts and international hotel groups.

When not cooking up a storm in the kitchen, Teresa likes to keep active with kickboxing, submission wrestling, cycling, regular gym workouts and Pilates.

To find out more about Teresa, go to www.thehealthychef.com