

Intriguing

Inspiring, Nutritious, Delicious

including WHEAT & SUGAR FREE RECIPES

LOW DAIRY & WHITE MEAT ONLY CONTENT



Faye Whittaker

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In-troduction

Intricious is chock-full of information and yummy recipes to promote a healthy heart, diminish diabetes, fight or better still prevent cancer, as well as promote excellent digestion - which will encourage ideal bodily weight, develop shiny hair, and enhance ageless skin. Also by strictly following a diet of the foods, along with suggested herbs and spices, the inflammation and stiffness associated with rheumatic disease or arthritis will be discouraged.

Regular recipe books often contain mixtures of ingredients that, while tasty and pretty to look at, can be nutritionally empty and calorie filled. *Intricious* consists of amalgamations of natural foods that are entirely nutritious. There are no 'packers', sugars or thickeners here.

Being mindful of the easy availability of 'fast foods' (hard to resist even when drawn to improve one's diet during and/or after the event of ill-health when energy is at a low ebb) I acknowledge meal preparation at home needs to be kept to a minimum to encourage the initial effort. *Intricious* recipes make it a simple and easy task to present delicious food bursting with health-giving properties. These meals will light up the anticipation of friends and family as they prepare to 'tuck in'.

The cuisine we consume can and ought to play a major role in our every day spiritual and psychological happiness. Eating deserves to be recognised as much more than just a physical function where we stuff something into our mouths to ease the 'grumbling-s' of an imagined hunger, or a social occasion where we share that same physical action with maybe the addition of copious amounts of alcohol.

Intricious is a 'Food Philosophy Book' to stimulate thought and contemplation. For each recipe I have chosen an ingredient to focus upon whilst preparing the meal. In this way one is more likely to remain consciously connected to the exquisite nature of each ingredient. The content of our natural foodstuffs is full of wonder. Friends and family will appreciate food prepared with a basic knowledge of its miraculous content. This food will be prepared, and consumed, with love, lightness, laughter, and gratitude. The addition of candle-light, a glass or two of wine, good music, and convivial company will be rewarded by the approval of the 'Gods'.

Keep the magic,
Faye

IN-TERESTING IN-FO:

Avocados

Avocados seem almost too luscious to be healthy, but the fat they contain (and there's quite a bit) is monounsaturated, the kind that's associated with a healthy heart. Avocados are also rich in Vitamin E, which is an antioxidant and another heart helper. These velvety 'vegetable fruits' are high in fibre, and provide substantial amounts of folate (folic acid), Vitamin B6, and pantothenic acid, as well as some iron, copper, and magnesium.

Avocados are a unique fruit containing a concentrated source of nutrients. More like a nut than a fruit, these trees are native to South America.

Of the recommended daily allowance, 1 avocado contains approximately:-

Folacin	- 81%
Vitamin B6	- 45%
Vitamin C	- 40%
Niacin	- 30%
Thiamine	- 27%
Magnesium	- 26%
Riboflavin	- 27%
Vitamin A	- 19%
Iron	- 11%

Avocados also contain Potassium.

Folacin is a major factor in brain health, and is a protector against breast cancer.

Avocados help to activate one of the body's natural detoxifying enzymes and cellular antioxidants called glutathione. Glutathione, along with its anti-carcinogenic potential also helps to deactivate free radicals that can cause cellular damage and lead to degenerative diseases such as arthritis.

Avocados contain heart-healthy monounsaturated fat that helps to protect LDL cholesterol from the oxidation that has been found to lead to heart disease. The magnesium and potassium minerals in avocados also help the heart to keep a steady beat.

Magnesium is attributed to maintaining bone-health, and also aids insulin stability in diabetes.



I live in an area where avocados are generally in plentiful supply. This encouraged me to explore innovative ways to serve them, and I was pleasantly surprised to find avocados retain their flavour and form when cooked. Chicken Avocado Bake is a combination of delicious tastes and textures, and I find it ideal when I want to serve a light meal with a bit of a tang.

Chicken Avocado Bake

Serves 4

Heat in a pan:

1 dessertspoon olive oil

Sauté:

1 sliced red onion

Layer sautéed mix in a baking dish
alternately with -

2 sliced avocados

Mix in a bowl:

**1 – 2 cups shredded cooked
chicken*

1 cup natural yoghurt

*1 teaspoon chopped fresh red
chilli*

*1 dessertspoon crumbled goat
feta cheese*

(* Alternatively use raw chicken breasts – slice into small pieces and sauté with onion, mustard and chilli).

Spread over avocado and onion layers

Bake at 180 degrees Celsius for 30 minutes

Hint:

Reserve ½ cup of mix to use as a base for *Mayer Soup*

Serve with:

Green salad or cubed roasted pumpkin and kumara, steamed spinach or silver-beet, with dressing.

Dressing:

Shake to a creamy consistency:

juice of 1 lemon

2 finely chopped garlic cloves

1 teaspoon fresh thyme

2 tablespoons olive oil

IN-TERESTING IN-FO:

Tamarillo

The tamarillo tree is native to South America and has been grown along the Andes for over a thousand years.

The raw fruit is an excellent source of Vitamins C, E, carotene (which is transformed into Vitamin A by the body) and fibre.

The tamarillo is renowned for its high content of antioxidants.

Culinary Caution!

The tamarillo tree is a relative of the nightshade family. However, the fruit seems only rarely to have an adverse effect on those who are prone to be allergic to other members of this same food group i.e. tomatoes, potatoes, capsicum, egg plant.



Tamarillo seems to me to be a fruit that is re-emerging with a more regular presence in the house-hold fruit bowl. So why not use them as an ingredient to bring a change to the every day diet? Zucchini and tamarillo compliment each other in this Chicken Zurillo Bake, making a different and tasty use of left-over roast chicken.