



Kitchen Theatre

Neena & Belinda

multivitamin
amino acids
support digestive
immunity and
energy
calories
minerals

GELATIN rich
to form and maintain
strong bones and
take pressure off
aging joints

Supports healthy metabolism

herbal tonic, packed with
immune boosting properties.
Steeped for 10 weeks with...

- chillies
- horseradish
- onion
- turmeric
- ginger
- carrot
- lemon
- rosemary
- peppercorn
- bay leaf
- garlic
- celery
- apple
- parsley
- cayenne

and SEAWEED

Chicken 500ml \$14
Beef 500ml \$15
Broths \$4

WHATS FOR DINNER

- Grab a broth pouch and
a take-out dinner bowl
@ home simply add your
fave protein, heat and
#dinner sorted



Vietnamese Coconut Pho Chicken Broth Bowl

Serves 2

3 cups chicken bone broth

3 Tablespoons of curry paste

1 Tablespoon of coconut oil

1 cup of coconut cream or milk

Zest and juice of 3-4 limes

Fish sauce to taste

3 kaffir lime leaves, deveined & finely sliced

A drop of lemongrass essential oil, optional

Fresh chilli to serve OR hot sirracha chilli sauce for more kick!

Fresh Vietnamese mint, coriander & spring onion to serve

Method

Heat coconut oil and fry your curry paste off to caramelise. Add fish sauce to deglaze pan, then add in your chicken broth, followed by your coconut cream, lime zest and juice, chilli and drop of essential oil.

Taste and adjust to get a lovely lemongrass lime leaf flavoured coconut broth. Add a pile of fresh herbs in and an extra flurry on top along with more fresh chilli and another squeeze of lime. Pour over kelp noodles and a raw vegie slaw. Garnish with crispy peanuts, shallots or toasted coconut.

My most used & loved spice paste

30g shrimp paste

40g garlic

40g ginger

160g red chillies

80g lemongrass (white part only)

20g kaffir lime leaves

30g turmeric, peeled

50g coriander root

Method

Roast shrimp paste in baking paper in hot oven for 5 mins until very aromatic (VERY stinky) then throw in w all the remaining ingredients into a blender or food processor-blend until smooth! Add a small amount of water if the blender is struggling. Most recipes will call for the paste to be cooked in a little oil first which mellows the paste & gives you a great level to work with. NOW you can add broth, fish sauce, lime juice, coconut milk, fresh herbs etc. to make A.MAY.ZING flavour packed SOUL BOWL'S.

Stone Age Bread Loaf

Serves 2

1 cup raw almonds
1 cup raw walnuts
1 cup whole flax seeds
1 cup raw sunflower seeds
1 cup raw pumpkin seeds
1 cup sesame seeds
5 eggs
1 ½ teaspoons sea salt

Method

Preheat your oven to 180 degrees C. In a large mixing bowl, combine all ingredients.

Mix thoroughly with a spatula.

Use a silicon loaf pan or line a pan with baking paper.

Pour your mixture into the pan, and level out the top with your spatula or spoon.

Bake at 180 degrees for 1 hour. Note that this is very dense bread that won't leaven. When finished baking, the loaf should sound hollow when tapped.

Thinly slice...It will keep in the fridge for around a week, it also freezes very well.

Note:

You can easily customise this bread with adding nuts or seeds to suit as long as you keep the ratio of 2 cups nuts to 4-5 cups of seeds.

Local beef with mushroom black garlic puree, fire cider pickled veg & leafy greens

Beef

Mushroom Black Garlic Puree

1 x banana shallot/small onion, roughly chopped

250g Portobello mushrooms, sliced

1 x garlic clove, bashed n peeled

40g black garlic

2 x fresh bay leaves

50g butter or beef fat (from bone broth)

50 ml beef broth

20 ml balsamic or red wine vinegar OR red wine, to taste

Pinch of cayenne, optional

Few drops of Worcestershire sauce & S & P to taste

Fire cider pickled veg

1 x banana shallot, finely sliced

½ a small fennel bulb finely sliced

1 radish, finely sliced

4 T fire cider to pickle veg

Leafy greens, sautéed in lashings of butter w freshly grated nutmeg

A pile of any leafy green

Nutmeg

Lemon

Method

Mushroom Black Garlic Puree

Sauté shallot, fresh garlic & bay leaves in butter or fat until translucent. Add mushrooms, black garlic & season well w salt, pepper & pinch of cayenne pepper, Worcestershire sauce...cook for a few minutes to break down & soften. Add beef broth & vinegar to combine. Turn off heat, place lid on to steep & infuse everything for 5 minutes or so...have a bath? Remove bay leaves & blitz in a nutra bullet or food processor until silky smooth (perhaps w another knob of butter) Taste & adjust w more liquid if necessary. Enjoy

Fire cider pickled veg

Finely slice all your veg and pour in your fire cider to pickle your veg over an hour or more for best results.

Leafy greens, sautéed in lashings of butter w freshly grated nutmeg

A pile of any leafy green such as kale, watercress, & Brussel sprouts (outer leaves pulled off & then cut into quarters....simply panfry in butter & grate over fresh nutmeg & a squeeze of lemon.

Local Beef

Simply season your beef well with salt 'n' pepper rub with olive oil and place in a searing hot pan cooking until golden brown all over, turning once on each side. Leave to rest before slicing.