
Thierry's Metabolic Balance Recipe Book

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Introduction

How to mix your proteins and vegetables

Your personalised food plan may seem complex. My suggestion is to make it easy. In your cupboard, store in a different area your proteins, vegetables and fruit and then learn how to mix them.

For example, this does not represent your personalised food plan but it is a demonstration of how you can combine your individual food items!!

PROTEIN	Turkey/Chicken breast - 95grms	Soya Yoghurt - 210 grms	Seed Mix- 8 tsps	Fish 135g	Cheese 90	Beans 200g	Poultry 145g	Mushrooms 145
VEGGIES	110g		110g	140g	140g	150g		
FRUIT		1 type		Optional	Optional			

PROTEINS: Use one group of protein per meal per day:

Seed Mix: 4 tsps of both Pumpkin and Sunflower seeds

Fish: Anchovy; Monkfish; Plaice; Sole; Tuna; Trout; Whitefish; Turbot; Redfish; Halibut; Salmon; Mackerel;

Seafood: Oysters; Calamari;

Poultry: Chicken breast; Turkey breast; Pheasant

Meat: Pork; Lamb; Venison

Cheese: Cottage Cheese, Quark (Crème fraiche) Ricotta; Swiss Cheese (<40% fat) Cream cheese; Gouda; Mozzarella

Beans: Adzuki; Brown beans; Broad beans; Fava; Mung; Red Kidney; Soya; White beans; Green & Red lentils

Mushrooms: Oyster; Portobello; Shitake

VEGETABLES: These can be mixed to required weight

Artichokes; avocado; asparagus; broccoli; beetroot; brussel sprouts; cauliflower; curly kale; chard; celery; chicory; courgette;

Cabbage – red, savoy & pointed; endive; falsify; green olives; green beans; kohlrabi; leek; mushrooms (not shitake; Portobello; oyster as these as protein!); onion (2 tablespoons per day); pickles; pak choy; parsnip; rutabaga; sauerkraut; shallot's; tomato (½ per day))

SALAD- spring onion; watercress; garden cress; cucumber; LETTUCE – garden; iceberg; lolo rosa; dandelion leaves; radicchio; romaine; romanesco; rocket;

FRUIT: 1 apple a day without fail. 1 piece of fruit once per day per meal

Apple; apricot (120g); black-berries (100g); cantaloupe melon (120g); pomegranate; raspberries (100g); black-currants (100g) mango (160g) papaya (180g) prunes (100g re-hydrated); grapes (100g)

Examples/Suggestions:

Monday: **Breakfast:** Soya Yoghurt with Raspberries (100g)
 Lunch: Trout with mixed salad – 15mls olive oil and tsp cider apple vinegar –
1 slice rye bread/rye crisp bread – Mango (160g)
 Supper: Pork with stewed apple (no sugar); green beans dressed
with olive oil – 1 slice rye bread/rye crisp bread

Tuesday **Breakfast:** Chicken breast on rye toast with lightly fried garden
mushrooms – 1 slice Cantaloupe melon.
 Lunch: Cannellini bean salad /olive oil/ cider apple vinegar - 1
slice rye bread/rye crisp bread – 1 Apple (add to salad or
as desert)
 Supper: Lamb filet with red cabbage – 6 rehydrated Prunes
(approx. 100g)

Wednesday **Breakfast:** Toasted Seed mix sprinkled on diced cantaloupe melon.
Garden mushrooms on toasted Rye-bread.
 Lunch: Buffalo mozzarella on a bed of rocket leaves/ ½ tomato/ ½
avocado/olive oil/cider apple vinegar – 1 slice rye bread –
Grapes
 Supper: Salmon with asparagus sprinkled in olive oil – Apple
compote

Thursday **Breakfast:** As Above – alternate fruit and veg accordingly
 Lunch: Monkfish on grilled endive/olive oil - Papaya
 Supper: Stuffed Portobello mushrooms (rye bread; onions; herbs)
salad with beetroot – Stewed apple

Friday **Breakfast:** As above – alternate fruit and veg accordingly
 Lunch: Greek salad: feta/mixed salad/olive oil/apple cider vinegar
– Apple
 Supper: Grilled halibut on braised beetroot – Melon balls

Saturday **Breakfast:** As above – alternate fruit and veg accordingly
 Lunch: Bean burgers on a bed of mixed salad – fruit
 Supper: Grilled anchovies with cucumber salad – Apple

Sunday **Breakfast:** As above alternate fruit and veg accordingly
 Lunch: Grilled squid with braised pak choy - Apple
 Supper: Grilled Turkey on mashed parsnips

Metabolic Balance - Protein Groups

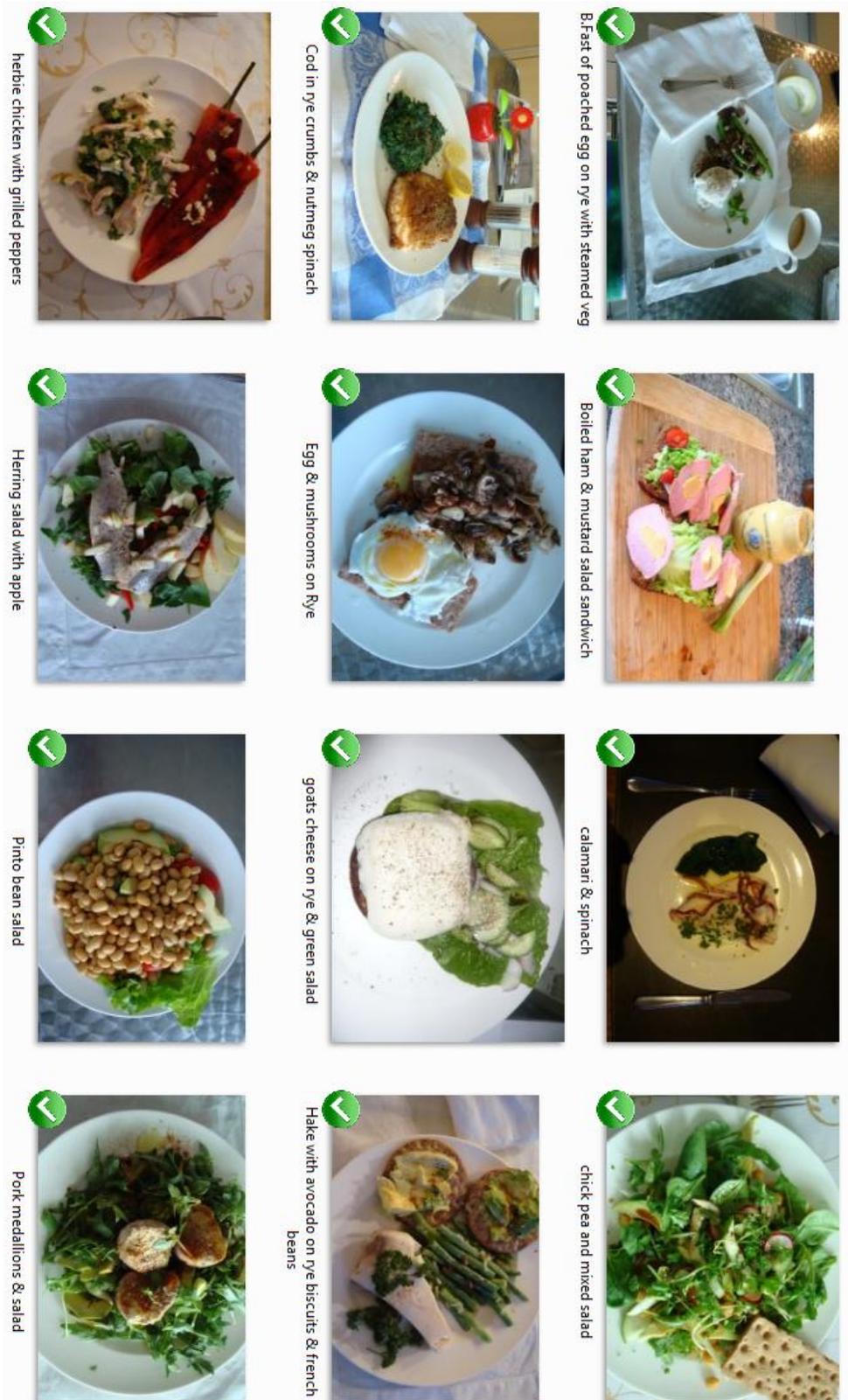
Here is an example of food classified as proteins, and how they fit in the MB classification:

meat/venison	ham corned beef mutton lamb rabbit veal beef pork wild hare boar stag roe deer	poultry	duck breast (without skin) chicken breast turkey breast wild duck pheasant turkey	fish/seafood	eel codfish, trout, shark, steak, halibut, herring cod, carp salmon mackerel sardine, flounder sole tortuit tunny coalfish anchovy flounder golden redfish caviar, vendace smoked rock salmon angler-fish zander, wels catfish crabs oysters, shrimps, cuttlefish lobster, mussel	dairy products	natural yoghurt (3.5%, defatted) cow's milk dairy cheese ricotta cottage cheese mozzarella quark cream Harz cheese rice milk	sheep/goat-products	natural yoghurt sheep's milk goat's milk cheese feta (sheep/goat) cream cheese mozzarella	soy-products	soy milk soy yoghurt soy beans soy germ buds tofu (smoked)	beans/legumes	adzuki bean chickpea lentils red kidney-beans white beans lima bean black-eyed peas brown beans beans mung bean	mushrooms	oyster mushroom shitake mushroom	eggs	hen's egg	nuts seed	sunflower seeds pumpkin seeds pine nuts sesame seeds cashew nuts hazelnuts walnuts macadamia nut pistachios peanuts almonds	germ buds/seed	sunflowers pumpkin seed alfalfa bamboo spelt oat chickpeas lentils mung beans radishes mustard radish sprouts sprouts soy bean sprouts wheat germ
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metabolic balance®-Protein Groups

Food is exciting, even on Metabolic Balance

Here is an example of food classified as proteins, and how they fit in the MB classification:



Oats, Seeds and Fruit

Muesli

1 portion Oats

1 portion milk

Apple

Spices: Cinnamon/nutmeg

-
1. Soak Oats overnight in soya milk
 2. Grate apple into dish or have any other fruit e.g. blueberries; cooked pears.
 3. Add nutmeg/cinnamon to taste

Apple Muesli with Seeds

1 portion of mixed seeds

1 Apple

1 tsp cinnamon

Seasoning to taste

1 slice rye crisp/bread

1. Soak the mixed seeds overnight. Drain and puree
2. Soak bread in water squeeze and combine with seed mix
3. Core apple and grate coarsely. Mix the apple shavings with the seed mixture and add cinnamon and seasoning.

Mandalade (fruit and seeds)

Soak over night 4 tsp almonds and 2 tsp sunflower seeds in water. Next morning pour off water and mash. Eat one tsp and add your the fruit portion to the remaining amount.

Mandalade is delicious with grated apple and a pinch of cinnamon.

Metabolic Seeds' Mix

This is the Metabolic Balance version of the seeds' mix available on my website.

Take 3 tsp of Sunflower seeds and 3 tsp Pumpkin seeds. Dry fry seeds in a coated pan and sprinkle on veg of your choice.

Soak seeds in water overnight. Drain and mash into a paste and spread over rye toast with grated apple or serve with steamed vegetables.

Voila!

Stewed apples

Fresh farmers market apples or shop organic.

1 cinnamon stick

3 cloves

1 pinch of all spice

1 star anise

-
1. Peel and core apple and cut into quarters.
 2. Place in a pan with all the spices and approx 2 inches of water and bring to the boil.
 3. Simmer gently for approx 15 mins. Either leave in chunks or make a puree.
 4. Store in fridge and use over couple of days as you wish.

Chocolate Hazelnut power bars

Uses American measuring cups for ease.

Ingredients:

5 oz cocoa butter <http://www.detoxyourworld.com>
1/3 cup vegetable glycerine <http://www.wholisticresearch.com> /or agave syrup (from supermarket)
½ cup hazelnut, or almond, or sunflower seed butter (meridian brand from health store or supermarket)
1 tablespoon E-Lyte electrolyte concentrates (optional)
1 cup Vitol egg protein powder (from Nutri-link)
½ cup unsweetened cocoa or carob powder variety)
½ cup flax seed
1 cup sesame seeds
1 cup ground walnuts
Grind walnuts; combine dry ingredients.
Melt cocoa butter and hazelnut butter over low heat, remove and
Add remaining liquid ingredients whisking well.
Pour liquid ingredients into the dry mix and mix thoroughly
Press into a greased 9x9 tray.
Score bars and refrigerate until set. Makes 12 bars.

Pecan power bars

Pecan Power bars:

Ingredients:

5 oz coconut butter or oil (available from health shops)
1/3 cup vegetable glycerine or agave syrup
½ cup pecan nut butter
1 tablespoon E-Lyte electrolyte concentrates
1 cup Vitol egg protein powder
½ cup unsweetened cocoa powder or carob
½ cup flax seed
1 cup sesame seeds
1 ½ cups ground pecans
½ cup chopped pecans
Grind pecans; combine dry ingredients.
Melt coconut butter and pecan butter over low heat, remove and
Add remaining liquid ingredients whisking well.
Pour liquid ingredients into the dry mix and mix thoroughly
Press into a greased 9x9 tray.
Score bars and refrigerate until set. Makes 12 bars.

Bread

Gluten Free Squash Bread

GLUTEN-FREE SQUASH BREAD

1 small butternut squash
300g gluten-free flour
2 tsp baking powder

1 tsp herbal seasoning (optional)
2 tbsp olive oil

1. Preheat the oven to 200C/gas mark 6.
2. Place the whole butternut squash on a baking tray and bake for 45 minutes or until very soft. Cool on the tray for 30 minutes.
3. Carefully peel the skin from the squash and cut away the stalk. Transfer to a large bowl and break open using a spoon. Scoop out and discard any seeds. Mash well with a potato masher. Measure out 375 g and place in a large bowl.
4. Add the flour, baking powder and seasoning, if using. Stir in 65 ml cold water and the olive oil and mix together with a large spoon. Place on a lightly floured surface and knead until soft and spongy. Add a little more flour if the mixture is too sticky. Form into a round loaf 12 cm in diameter.
5. Place on a lightly oiled baking tray and make a cross on the top with a sharp knife. Bake in the oven for 30–35 minutes.
6. Remove from the oven and using oven gloves carefully turn the bread over and tap the base gently. It should sound hollow. If it doesn't, return to the oven and cook for a further 5 minutes. Serve the bread warm or cold.

Vegetables

Vegetable Mash

Parsnips/Celeriac
Spring onions
Celery
Seasoning

1. Boil generous quantity of parsnips/celeriac with chopped celery and/or spring onions until tender
2. Mash altogether
3. Spread on toasted rye bread or serve with protein portion
4. Store in fridge and use over couple of days as you wish.

Artichoke and Spring Onion Dip

A store-cupboard recipe that takes just minutes to make. This recipe will serve 6 people and requires only 5 minutes.

Can be Prepared Ahead - The dip can be made up to 24 hours in advance, covered with cling film, and chilled until ready to serve



Instructions:

- Place the artichokes, garlic, spring onions, and mayonnaise/oil in a food processor or blender and process to form a smooth purée.
- Season to taste with salt and pepper, then spoon into a serving bowl, cover, and refrigerate until ready to use.

Ingredients

- 390g Artichoke Hearts, can, drained
- 1 Garlic Clove, halved
- 3 Spring Onions, coarsely chopped
- 2 tbsp Mayonnaise - omit mayonnaise if necessary and use oil

Mushrooms

Mushroom Omelette

See [Omelette Section](#).

Mushroom On Toast

Mushrooms – Protein portion (shitake or oyster)

Mushrooms – veg portion and/or Tomato or leek

1 tbsp of fresh chopped herbs e.g. coriander, parsley, rosemary, basil

Fennel seeds

Crushed garlic

Slice of rye bread

For Phase 2 - 4 tbsps water or stock saved from steaming vegetables the night before

For Phase 3 – ½ tbsp olive oil or coconut oil

Weigh your vegetables then chop. Measure out your seed mix and rinse well.

For Phase 2 – put stock into a pan and heat to a simmer.

For Phase 3 – melt oil in a shallow pan.

Cook vegetables in the stock/oil, then throw in herbs; season to taste. Add some fennel seeds and crushed garlic, if desired.

Meanwhile, toast the rye bread.

Pile the vegetables on the toasted rye bread.

Follow with a fruit portion if desired.

NB: You may choose mushrooms on toast made of dried shitake mushrooms by using 10% of your protein allowance and reconstitute with boiling water for 5mins and add to veg mushroom allowance.

Wild Rice Risotto

30 grms or allowance of Wild rice
50 grms or allowance of Oyster Mushrooms
130 grms or allowance of vegetable mushrooms
1 tbs onions
1-2 cloves garlic
Crushed spices i.e coriander; cumin; ginger
Fresh herbs for garnish i.e. coriander/parsley/cilantro
1 tsp Marigold stock mixed ½ cup of water

Slice of rye bread

1. Cook wild rice for 30 mins or according to packet.
2. Steam or light fry crushed spices followed by onions until tender.
3. Add garden mushrooms followed by oyster mushrooms
4. Add stock followed by cooked rice and cook for a further 3 mins.
5. Serve with garnish

Beans

Bean Patties

1 portion Beans
1 piece of whole grain rye crisp bread
Nutmeg
Turmeric
Seasoning
Mixed Herbs
1 bunch of fresh chives, chopped

1. Soak the beans overnight in cold water. Drain and bring beans to the boil and simmer in fresh water (as per instructions on packet) with a bunch of mixed herbs.
2. crumble crisp bread and add water; mash t a thick paste with a fork.
3. Once the beans are cooked, pour off water and allow to drain. Puree beans together with seasoning and spices. Add the bread mix and knead together.
4. Make patties from the mix and warm them in a pre-heated oven 400°F. Remove from oven and roll in chopped chives

Cook's note: These bean patties go well with salad or vegetables.

Mung Bean Salad

1 portion Mung Beans

1 portion of salad/vegetables

Dressing (oil & vinegar)

Seasoning

Mixed Herbs

1. Prepare Mung Beans as per instructions and remember to double weight as stated on plan!
2. Add all favoured salad e.g. spring onions; grated cucumber & carrot; avocado; salad leaves; 1 gherkin; lettuce leaves and/or blanched vegetables e.g. 1 or 2 florets of cauliflower.
3. Dress and season. Add fresh ginger; grated nutmeg

Cook's note: You can also add fruit allowance to salad i.e. apple/melon balls

Mung Bean Soup

1 portion Mung Beans

1 portion of vegetables i.e. shallots; carrots; mushrooms; aubergine; hot pepper.

Oil for light frying

Spices: cardamom; coriander; turmeric; curry powder.

1 cup of veg stock

Seasoning

Mixed Herbs

1. Prepare Mung Beans as per instructions and remember to double weight as stated on plan!
2. Dry fry crushed spices and add oil and shallots
3. Add aubergine and cook for 2 mins and then the remaining vegetables
4. Dress and season. Add fresh ginger; grated nutmeg

Cooks note: You can also add fruit allowance to salad i.e. apple/melon balls

Tofu (soya)

Tofu and Porcini Ragout

1 portion vegetables (cauliflower leeks, porcini mushrooms and 1tbsp onions)

1 portion of tofu

2/3 cups veg. stock

Seasoning

Nutmeg

Instructions:

- Divide cauliflower into florets. Steam in stock until tender. Puree to a creamy consistency.
- Trim leeks and slice into thin strips. Clean mushrooms and lightly sauté with onions, add remaining stock and leeks.
- Simmer on low heat for 5 mins
- Cut tofu into cubes and add to ragout and simmer for a further 5 mins
- Add the pureed cauliflower and season. Shape into patties and serve.

As an Alternative use: broccoli; celeriac or kohlrabi

Avocado and smoked tofu

2 large, ripe avocados

1 packet smoked tofu (available from most health food stores)

2 tsp sesame seeds

Salt and black pepper

To serve: mustard vinaigrette

- In a saucepan, dry roast the sesame seeds over a low heat until starting to go brown. Allow to cool
- Divide avocados into half lengthways, remove stone and skin. Place each half on an individual serving plate and make 6 or 7 cuts across, cutting all the way down to the plate
- Cut the smoked tofu into thin slices slightly wider than the avocado and insert into the cuts
- Season with salt and pepper and pour mustard vinaigrette over and round
- Sprinkle the roasted seeds liberally over the avocado and tofu

Soups

Asparagus and Leek Soup with Goat's Cheese

1 portion vegetables (asparagus; leeks)
½ cup of vegetable stock
1 portion sheep cheese
Seasoning
Pinch of curry powder
Chopped herbs (parsley/coriander)

1. Steam/simmer/braise asparagus and leeks until tender
2. Puree both and add stock
3. Dice cheese and add to soup. Allow to stand a few minutes and add chopped herbs

Broccoli and Leek Soup with Goat's Cheese

Use Broccoli in place of asparagus in above recipe.

Mung Bean Soup

1 portion Mung Beans
1 portion of vegetables i.e. shallots; carrots; mushrooms; aubergine; hot pepper.
Oil for light frying
Spices: cardamom; coriander; turmeric; curry powder.
1 cup of
Seasoning
Mixed Herbs

Turmeric Potato Soup

1. Prepare Mung Beans as per instructions and remember to double weight as stated on plan!
2. Dry fry crushed spices and add oil and shallots
3. Add aubergine and cook for 2 mins and then the remaining vegetables
4. Dress and season. Add fresh ginger; grated nutmeg

3.3 lbs peeled new or sticky potatoes (Egypt pink firs are a superior choice)
2 cloves garlic
Spices: cardamom; coriander; turmeric fresh or dry; curry powder.
½ pint of reserved cooking water

Herb of choice i.e. fresh parsley; chives or coriander

1. Boil Potatoes until al dente. Drain and reserve ½ pint of cooking water
2. Dry fry crushed spices and garlic; add liquid and any other remaining powder spice.
3. Add potatoes
4. Serve with a scattering of freshly chopped herbs

Cheese

Artichoke and Spring Onion Dip

A store-cupboard recipe that takes just minutes to make! The dip can be made up to 24 hours in advance, covered with cling film, and chilled until ready to serve



Instructions:

1. Place the artichokes, garlic, spring onions, and mayonnaise/oil in a food processor or blender and process to form a smooth purée.
2. Season to taste with salt and pepper, then spoon into a serving bowl, cover, and refrigerate until ready to use.

Information:

Serves 6

Total time required 5 mins

Preparation time: 5 mins

Ingredients

- 390g Artichoke Hearts, can, drained
- 1 Garlic Clove, halved
- 3 Spring Onions, coarsely chopped
- 2 tbsp Mayonnaise - omit mayonnaise if necessary and use oil or Cream cheese

Asparagus & leek soup with goats cheese

See **Soup Section**

Quark with Prunes on Rye Toast

1 portion Quark

1 portion of Prunes rehydrated over-night

Cinnamon

1. Mash prunes.
2. Spread Quark over freshly toasted Rye bread.
3. Top with prune mash.

4. Sprinkle with cinnamon

Sheep Cheese Lasagne

1 portion vegetables (chicory and red cabbage leaves; red pepper)

1 portion of sheep cheese

Mineral water

Seasoning

chives

1. 1st Blanch chicory leaves and then red cabbage leaves in boiling salted water. Remove and drain.
2. Mash goats cheese with fork and stir together with mineral water until smooth. Season and add chopped chives. Dice red pepper and fold into sheep cheese.
3. Line oven proof dish firstly, with chicory leaves; spread a layer of cheese; follow with red cabbage leaves and another layer of cheese.
4. Bakes in a pre-heated oven (425°F) for approx. 15 mins

As an Alternative use: Savoy; green or white cabbage.

Meat (includes poultry)

Turkey Escalope with vegetable purée

1 portion of turkey breast fillet
1 portion of vegetables (celeriac; parsnips)
½ cup of vegetable stock
Oregano
Marjoram
Seasoning

1. Clean and chop/grate vegetables, simmer with vegetable stock.
2. Puree with seasoning and herbs
3. Wash turkey breast filet under cold water, pat dry. Pound turkey breast between 2 sheets of plastic wrap/greaseproof paper to an even ½ inch thickness.
4. Braise in a hot non-stick pan and season. Serve on a bed of puree and sprinkle with chopped chives

Alternatives: The parsnips can be replaced with carrots. The puree can also be prepared with broccoli; cauliflower and avocado

Herb-crusted Chicken breast

1 portion chicken breast
½ portion of Vegetables
1 tbsp chopped parsley
1 tbsp chopped thyme
Parika
Seasoning

1. Dice tomato for herb crust. Chop shallot and dice another. Braise diced shallot and tomatoes and herbs and season to taste.
2. Season the chicken, cut into strips and fry lightly. Add shallots and continue to cook. Spread herb mixture over chicken.
3. Preheat oven to 400. Bake in oven for approx. 10 mins.
4. Season with Oregano, Basil and Majoram

Stuffed-Leeks Kebabs

1 portion of ground poultry
1 portion of vegetables (leeks; 1 tbsp chopped onions/shallots)
½ tsp of fresh ginger
1 cayenne pepper
1 garlic clove
Lemongrass or powder
Cinnamon
Seasoning

1. Trim leeks and cut them lengthways, rinse. Cut into approx. 7 inch pieces. Blanch in boiling water for approx. 4 mins; remove and pat dry.
2. Peel and finely chop garlic. Mix garlic and onions with ground poultry. Add spices and seasoning and mix/knead together.
3. Lay leeks out flat on a piece of foil and stuff meat mixture into leeks – pressing evenly. Roll-up in foil and discard. Cut roll into 1 inch slices and thread onto a skewer (from outside-in) Roast/fry until evenly brown.
4. Garnish with chopped coriander/salad

Alternatives: You can also use chicory in place of leeks

Beef Fillet with Peaches

1 portion vegetables (parsnips; spring onions)
1 peach
1 portion beef fillet
Cayenne pepper
½ cup vegetable stock
1 tbsp soy sauce (without wheat starch)
Seasoning
Chives

1. Trim parsnips, dice and braise in a hot pan for approx. 10 mins
2. Clean spring onions and cut into fine rings. Halve and pit peach and cut into wedges
3. Slice beef fillet into slices and fry/braise on a hot skillet season with cayenne pepper and remove. Braise peach and spring onions lightly in skillet and remove.
4. Place steamed parsnips into skillet, add vegetable stock and soy sauce, simmer lightly. Season to taste and puree.
5. Dress meat and peach mixture on top of parsnip puree and garnish with chopped chives.

As an Alternative use: Jerusalem artichoke could be added or replace parsnip.
Remember: Do not have any fruit after this meal!

Boiled Ham

Lean Joint of Ham (preferably un-smoked)
1 Onion
2 Bay Leaves
6 whole Peppercorns
2 Cloves

Place ham joint in a heavy saucepan. Cover with boiling water add sliced onion and all other ingredients and simmer gently for 1 – 1½ hours until cooked and tender.

Allow to cool for refrigerated storage or serve up hot slices with vegetables.

Suggestions: Great served with Sauerkraut or Coleslaw

Spicy Ground Beef Fillet

1 portion or minced beef/steak
1 piece of fresh ginger
1 chilli pepper
1 garlic clove
1 portion of pineapple (fresh or canned without sugar)
1 tbsp chopped onions/shallots
3 olive
1 cup vegetable sock
Fresh coriander
Seasoning

1. Dice Peel ginger and garlic and chop finely. Cut chilli pepper, open length ways removing seeds and chop. Trim and dice pineapple.
2. Lightly fry/braise beef in non-stick pan for approx. 10 mins stirring constantly. Add onions; garlic; ginger and chilli pepper. Season with salt; black pepper and remaining spices.
3. Slice olives and add to beef, along with pineapple and vegetable stock. Simmer for another 10 mins.
4. Garnish with chopped coriander

Cooks note: This beef skillet may be augmented with other vegetables, e.g. carrots; Fennel or kohlrabi. Create a mushroom variation by adding button, porcini Or chanterelle mushrooms. You can also substitute mangos or peaches for pineapple, or leave fruit out altogether

Eggs

Mushroom Omelette

1 portion of eggs

1 portion of vegetables (button mushrooms; 1tbsp chopped onions)

1 tbsp chopped chives

Seasoning

1. Clean and slice mushrooms. Braise onion and mushrooms in hot pan and season.
2. Whisk together eggs and season
3. Pour into a hot, non-stick pan and cook on both sides (or place under grill)
4. Place omelette on warm plate and spoon mushrooms on top – fold over. Sprinkle with chopped chives.

Omelette

Alternatives: You can enjoy any vegetable variation as filler

Fish

Avocado Encrusted Cod

1 portion of cod
½ Avocados
4 tbsp water
1 portion rye crisp bread
1 lemon (optional)
Paprika
Seasoning

Preparation:

1. Rinse cod with cold water, pat dry and season/ marinade in lemon juice (optional).
2. crumble crisp bread and soften in water to make a smooth paste
3. Mash avocado. Squeeze excess water from crisp bread and fold into avocado mash. Season generously and add paprika.
4. Lay the fish in an oven proof dish and cover with mixture. Bake for approx. 15 mins in a pre-heated oven (350°F).

Cook's note: The avocado paste also lends itself well to preparing a fish and vegetable casserole. Cut vegetable such as leeks; broccoli or blanched salsify into small chunks and braise lightly for 5 mins. Cut fish into two halves, place in oven-proof dish followed by layers of vegetables and avocado paste; repeat until ingredients are completed. Bake for 15-20 mins.

Fish Cakes

1 portion of salmon/kippers/herring/smoked haddock etc
1 portion of parsnips/celeriac-mashed
Finely grated zest ½ lemon (optional)
Cayenne pepper
Seasoning

Preparation:

1. Cook fish and flake
2. Add portion of mashed parsnips or celeriac
3. Makes into patties and either lightly fry in coconut oil or grill
4. Garnish with dill/parsley

Wild Salmon Fillet on Fennel

1 portion of wild salmon

2/3 cups vegetable stock
1 portion of vegetable (fennel; red pepper)
1 tbsp of lemon (optional)
1 tbsp chives
Seasoning

Preparation:

1. Rinse salmon under cold water, pat dry, sprinkle with lemon juice and marinade for 15 mins (optional).
2. Trim fennel and red pepper and cut into thin strips.
3. Season salmon filet and lightly fry/braise on both sides until cooked through. Keep warm in foil.
4. Braise the fennel and bell pepper and then add stock and simmer until cooked. Season and arrange on plate, place salmon on top and sprinkle with chives.

Cook's note: Plaice or monkfish in combination with Chinese cabbage and capers make for an interesting recipe variations.

Swiss Chard with Fish Stuffing

1 portion of pike/perch/Pollock
1 portion of Swiss chard
Finely grated zest ½ lemon (optional)
Cayenne pepper
1 cup of vegetable stock
Seasoning

Preparation:

1. Rinse the Swiss chard leaves and blanch one at a time in boiling salted water, transfer to a bowl of ice water to re-fresh.
2. Puree the fish in a food processor adding seasoning; cayenne pepper and lemon zest.
3. Using two tablespoons, form dumplings and place on each chard leaf and wrap.
4. Bring vegetable stock to the boil and place parcels in with the edges facing down.
5. Steep for 10 mins.

Cook's note: Cut any remaining chard leaves into thin strips and add to stock.