



# MODULE 3

## LESSON 1

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MUMMA'S OWN



# MODULE 3

## WEEK 1 MENU PLAN

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MUMMA'S OWN

# SCRAMBLED EGGS w SMASHED AVOCADO

## INGREDIENTS

*Serves 1*

- 2 Free Range or Organic Eggs
- 2 tablespoons cold pressed Olive
- Oil (plus extra for drizzling)
- 1 tablespoon chopped parsley
- ½ ripe avocado
- ¼ lemon (optional)
- Salt and pepper to taste

## INSTRUCTIONS

Before you start cooking, peel half the avocado, chop it up and place it in a bowl. Using the back of the fork roughly mash it, drizzle with around 1 teaspoon of olive oil, squeeze with lemon and set aside.

Place the eggs into a jug and beat together

Pour the Olive Oil into a heated fry pan and spread around so the entire pan has been seasoned with it (ensure you don't heat the oil to smoking point)

Add the eggs to the hot pan and stir very slowly using either a spatula or wooden spoon (make sure you can get around to the edges of the pan)

Keep stirring very gently until the eggs are looking quite silky but are slightly runny and remove from the heat at this point (they will cook a little more in the hot pan by the time you serve them)

Place the eggs and avocado onto a plate, drizzle with some fresh cold pressed olive oil and sprinkle the chopped parsley over the top

Add salt and pepper at the end to taste and serve with some fermented vegetables or sauerkraut.



# SPINACH & MUSHROOM OMELET

## INGREDIENTS

*Serves 1*

- 2 large Organic or Free range Eggs
- 1 tablespoon Olive Oil
- 1 handful baby spinach
- 1 swiss brown mushroom
- Salt and pepper to taste

## INSTRUCTIONS

Wash and spin dry the spinach if it isn't pre washed and slice the mushrooms

In a bowl crack the eggs, add in a pinch of salt and pepper (to taste) and gently whisk the eggs with a fork

Heat olive oil in a small frying pan then add in the mushrooms and gently pan fry so they start to brown

When they're almost cooked add in the baby spinach and also gently cook

Turn the heat down to medium and add in the eggs gently turning the pan so they spread.

When the omelet begins to cook and firm up but still has a little raw egg on top use a spatula to gently work around the edges lifting it on the pan and then folding it in half

Leave it to brown a little more underneath then remove from the pan by sliding onto the plate and enjoy

You can also serve this with some Sauerkraut or Fermented Vegetables on the side for probiotic goodness



# EGGS HOW YOU LIKE w SMASHED AVOCADO

The thing I LOVE about eggs is how versatile they are so for a lazy Sunday morning make your eggs however you like them or you can remake the omelet or scrambled eggs you had earlier in the week.

## INGREDIENTS

*Serves 1*

- 2-3 free range or organic eggs
- 2 tablespoons of your chosen fat
- 1 teaspoon Olive Oil
- 1 cup baby spinach
- ½ avocado
- Lemon
- Salt and Pepper to Taste

## INSTRUCTIONS

Wash and spin dry the spinach if it isn't pre washed.

Before you start cooking, peel half the avocado, chop it up and place it in a bowl. Using the back of the fork roughly mash it, drizzle with around 1 teaspoon of olive oil, squeeze with lemon and set aside on a plate.

Place your chosen fat into the frypan and quickly pan fry the spinach and place on the same plate as the Avocado.

Add the rest of your chosen fat into the same frypan and cook your eggs however you like. Once cooked place them on the same plate with the Spinach and Avocado.

Drizzle your finished dish with cold pressed olive oil and season with ground salt and pepper to taste.

Sit and enjoy your relaxed Sunday breakfast with your favourite herbal tea.





# TURKEY AND TURMERIC SOUP

## INGREDIENTS

*Serves 3-4*

- 1 Brown Onion, finely chopped
- 1-2 Cloves of garlic, grated
- 2-3 Spring Onions roughly chopped
- 2 tablespoons of Duck Fat
- 2 medium Carrots, chopped into small pieces
- ¼ head broccoli, roughly chopped
- 20 green beans, roughly chopped
- 1 Zucchini, roughly chopped
- 1.5 litres home made Turkey Stock
- 1 Turkey Drumstick meat (use meat from Turkey Meat Stock you've previously made)
- 1 tablespoon Turmeric
- 4 sprigs of Thyme
- 1 teaspoon rock salt
- ½ teaspoon black pepper

## INSTRUCTIONS

In a large saucepan add your fat and gently heat.

Add in the brown onion and gently cook until translucent, then add in the garlic, carrots, Broccoli, Green Beans, Zucchini, Thyme, Turmeric, toss around and sweat for 5 minutes until tender.

Add in the turkey stock and turkey meat, bring to the boil then add in the salt and pepper and leave to simmer for 40 minutes.

When finished, throw in the chopped spring onions and serve immediately.

# CAULIFLOWER AND LEEK SOUP

## INGREDIENTS

*Serves 4*

- 2 tablespoons Duck Fat or Coconut Oil
- 1 Leek, roughly chopped
- 1 brown onion
- 2 garlic cloves
- 1 large head of Cauliflower, roughly chopped
- 1 litre meat stock of your choice
- Salt and pepper to taste

## INSTRUCTIONS

### THERMOMIX METHOD

Place the onion, leek and garlic into the Thermomix and roughly chop, 5 seconds / speed 3, scrape down the sides and repeat.

Add in your chosen fat and sauté, 3 minutes / 100 degrees / speed 1.5.

Add half the cauliflower and chop roughly using Turbo 1.

Scrape down the sides and repeat then add in the other half of the cauliflower and repeat the process until it's all fairly roughly done.

Add in the stock, salt and pepper and cook, 45 minutes / Varoma / Speed 2.

When done, blitz for 30 seconds / speed 5 and slowly increase to speed 9 until the soup is nice and creamy. Serve immediately with some cracked pepper on top.

### STOVETOP METHOD

Roughly chop the leek, onion and garlic and throw into a preheated saucepan with your chosen fat and sauté until tender.

Add in the roughly chopped cauliflower and sauté around the pan until coated, then add in the meat stock and bring to the boil.

Once bubbling, reduce the heat and simmer for 45 minutes until tender then turn off the heat and add the salt and pepper.

Using a hand blender or other blender, blitz the soup together making it nice and creamy then serve hot with some cracked pepper on top.



# ANY MEAT YOU LIKE STEW

## INGREDIENTS

*Serves 4*

- 1 brown onion diced
- 2 cloves garlic
- 2-3 tablespoons Olive Oil
- 800 grams Gravy Beef / Chicken - Thighs / Lamb or any other stewing meat you like (cut into 2-3cm chunks)
- 3 large Swiss Brown Mushrooms roughly sliced
- 1 medium carrot roughly chopped
- 200grams Pumpkin roughly chopped
- 1 Red Capsicum roughly sliced
- 4 cups meat stock of choice
- 1 tin chopped tomatoes
- 1 tablespoon tomato paste
- 2 bay leaves
- 2 sprigs Rosemary
- 4 sprigs Thyme
- 2 teaspoons Turmeric
- Salt and Pepper to taste

### *Various cooking times:*

Gravy Beef	3-4 hours
Chicken Thighs	1 ½ -2 hours
Lamb	2 ½ -3 hours

## INSTRUCTIONS

### **SLOW COOKER METHOD**

Pour the olive oil into a heavy based fry pan and heat gently (not to smoking point). Add the onion and gently fry until translucent then pour into the slow cooker pot.

Add the meat to the fry pan (add some extra olive oil if required), brown on all sides and place into slow cooker as well.

Add in the rest of the ingredients, including herbs, salt and pepper and cook on low for 8-10 hours, until meat is tender.

Serve hot, any leftovers can be kept in the fridge for 2-3 days or frozen for use later

### **STOVETOP METHOD:**

Chop and prepare all of the vegetables, including the garlic and put to the side.

Put your casserole pot on a medium heat, pour in the olive oil, add in the onions and gently fry until translucent.

Place the meat into the pot and brown then add in the rest of the ingredients including herbs, salt and pepper and stir gently

Bring to the boil on the stove, then simmer for the below cooking times depending on meat chosen

For the last hour of cooking take the lid off to allow the sauce to thicken, check at 30 minutes to ensure not burning.

# CHICKEN CACCIATORE

## INGREDIENTS

*Serves 4*

- 4 Chicken Marylands
- 2 tablespoons Olive Oil
- 1 Leek, roughly chopped
- 1 brown onion, roughly sliced
- 2 cloves garlic, finely chopped
- 2 carrots, finely diced
- 200 grams mushrooms finely sliced
- 20 chopped green beans
- 1 tin chopped tomatoes
- 700ml Chicken Meat Stock
- 1 tablespoon tomato paste
- 4 sprigs Rosemary
- 4 sprigs Thyme
- ½ cup pitted black olives
- Salt and pepper to taste

## INSTRUCTIONS

In a large casserole pot heat half of the fat of your choice and place the chicken in to brown for 2-3 minutes on either side. When browned and sealed remove from the pan and place on a dish to the side.

Add in the other half of the fat, leave it to heat then throw in the leek and onion and gently fry for 3 minutes until tender.

Add in the garlic, green beans, carrots, mushrooms, tomatoes, tomato paste, rosemary and thyme.

Bring to the boil and leave to simmer for 5 minutes then return the chicken to the pot, place the lid on top and cook on low for 45 minutes or until the chicken is semi tender.

Throw the olives on top with the garlic, cover again and cook for a further 15-20 minutes or until the meat is starting to fall off the bone.

Add salt and pepper to taste then serve on a bed of cauliflower mash and mixed greens with garlic.



# BRAISED LAMB SHANKS

## INGREDIENTS

*Serves 4*

- 4 tablespoons Olive Oil
- 4 Lamb Shanks
- 1 Onion finely sliced
- 2 cloves crushed garlic
- 2 carrots chopped
- 200grams Swiss Brown Mushrooms sliced
- 1 cup chopped Green Beans
- 1 cup frozen Peas
- 1 tin chopped tomatoes
- 1 tablespoon Turmeric
- 2 bay leaves
- 500ml Meat Stock of your choice
- Salt and pepper to taste at the end

## INSTRUCTIONS

### SLOW COOKER METHOD

In a frying pan place half the olive oil, heat gently and add in the lamb shanks to brown on all sides.

When browned move them into the slow cooker

Add in the Turmeric and Bay leaves and cook for 5 minutes, stirring the flavours through the vegetables well. Add in the rest of the ingredients except for the peas, stir around, put the lamb shanks back in the pot and put the lid on.

Remove from the frying pan and place into the slow cooker, add in the rest of the ingredients (except for the frozen peas), turn if on to low then leave to cook for 8-10 hours.

When done, switch off, throw in the frozen peas and serve with some cauliflower and leek mash and mixed greens with garlic.

### STOVETOP METHOD:

In a heavy based cooking pot or casserole pot heat 2 table-  
spoons of olive oil and place the lamb shanks in to brown.

Take them out and set aside, add in the rest of the olive oil and sauté the onion for 5 minutes then add in the carrot and mushrooms and cook for another 5 minutes

Add in the Turmeric and Bay leaves and cook for 5 minutes, stirring the flavours through the vegetables well. Add in the rest of the ingredients except for the peas, stir around, put the lamb shanks back in the pot and put the lid on.

Cover the pot and cook on low for 3-4 hours turning the lamb shanks each hour during this time, the meat is ready when it's starting to fall off the bone. To thicken the sauce you can cook with the lid off for the last 30 minutes.

Switch off the stove, add in the peas then season to taste with salt and pepper and serve on a bed of cauliflower and leek mash and mixed greens with garlic on the side.



# PRAWN AND FISH STEW

## INGREDIENTS

*Serves 4*

- 4 pieces white fish of your choice (orange ruffly / flathead / blue grenadier)
- 12 fresh, raw prawns (peeled and deveined)
- 1-2 tablespoons Olive Oil
- 1 brown onion (can either chop roughly or finely depending on what you like)
- 2 garlic cloves (crushed or chopped)
- 2 carrots, chopped
- 3 sticks celery, chopped
- 1 cup frozen peas
- 1 tin chopped tomatoes
- 1 tablespoon tomato paste
- 900ml home made fish stock
- 1 cup dry white wine
- 1 tablespoon chopped parsley
- 3 sprigs of thyme
- salt and pepper to taste

## INSTRUCTIONS

In a large saucepan or casserole pot heat the oil on low adding in the onion, celery, carrots along with a pinch of salt and the sprigs of thyme. Gently sweat this for 10 minutes then add in the garlic.

Stir through the tomato paste, add in the chopped tomatoes and white wine then pour in the fish stock. Put on high and bring to the boil then reduce the heat to a simmer for 20 minutes.

Add in the fish and prawns and cook for 5-10 minutes or until the seafood is cooked through, then turn off the heat and stir through the peas.

Add salt and pepper to taste, top with chopped parsley and serve immediately with some Cauliflower and Leek Mash.



# CHICKEN IN RED WINE



## INGREDIENTS

*Serves 4*

- 4 free range or organic Chicken Marylands
- 2 tablespoons Olive Oil
- 4 shallots roughly sliced
- 2 cloves garlic, crushed
- 1 tin chopped tomatoes
- 250ml red wine
- 500ml meat stock
- 300 grams mushrooms roughly sliced
- 4 sprigs Thyme
- 2 bay leaves
- Salt and pepper to taste

## INSTRUCTIONS

In a casserole dish pour in the olive oil and heat then add the chicken and brown, once browned remove from the pan and put aside.

Pour in some additional olive oil if required and add in the shallots and cook for 3 minutes then add the mushrooms and cook for an additional 5 minutes then throw in the crushed garlic.

Place the chicken back into the pot with the wine, stock, chopped tomatoes, thyme and bay leaves and bring to the boil.

Simmer on the stove for 45 minutes then check, stir around and replace the lid to cook for a further 15 minutes then remove the lid and simmer on low for an additional 30 minutes to reduce the sauce.

Remove Thyme and bay leaves and add salt and pepper to taste.

Serve on a bed of cauliflower and leek mash and some mixed greens with garlic.

# FRENCH LAMB STEW

## INGREDIENTS

*Serves 4*

- 2 tablespoons Olive Oil or Duck Fat
- 800 grams diced lamb
- 4 shallots roughly sliced
- 2 cloves garlic, crushed
- 500ml meat stock (chicken / turkey / beef / lamb)
- 2 tablespoons tomato paste
- 2 carrots chopped
- 200 grams green beans chopped
- 200 grams swiss brown mushrooms
- 200 grams chopped pumpkin
- 1 red capsicum cut into chunks
- 1 cup frozen peas
- 1 tablespoon Turmeric
- 3 sprigs Rosemary
- 3 sprigs Thyme
- 2 Bay Leaves
- Salt and pepper to taste

## INSTRUCTIONS

In a casserole pot pour in your chosen fat and heat then add in the lamb and brown. Throw in the shallots, garlic, mushrooms, Turmeric and toss around with the lamb.

Stir in the stock, add in the tomato paste, Rosemary, Thyme, Bay leaves, salt and pepper, bring to the boil, cover and leave to simmer for 45 minutes on low.

Add in the pumpkin, carrots, cover and cook for an additional 15 minutes then stir in the beans and capsicum and cook for a further 15 minutes, uncovered to allow the sauce to thicken slightly.

Just before serving, through in the frozen peas and toss around.

Ensure meat and vegetables are tender and serve hot on a bed of cauliflower and leek mash.



# LEMON WATER

## INGREDIENTS

*Serves 1*

- ¼ Lemon
- 250ml room temperature water
- ½ teaspoon Sauerkraut Juice

## INSTRUCTIONS

Pour 250ml room temperature water into a glass (make sure the water is at blood temperature so it doesn't destroy the good bacteria in the Sauerkraut Juice).

Squeeze in ¼ lemon and add ½ teaspoon Sauerkraut Juice.

Drink this slowly first thing in the morning.

## WHY DRINK IT

Lemons are packed with a number of health benefits including Limonene which is anti-carcinogenic and will reduce fat build up in the liver and stimulate it to flush out the toxins in your body.

Given lemon juice is also high in Vitamin C, Potassium, Magnesium and Copper it'll also boost your bodies detoxification processes and with Vitamin C being such a great anti-oxidant it'll help keep those colds and flus away.

Sauerkraut juice contains a number of beneficial bacteria which support gut healing and in turn will support the clearing of your eczema.



# HEALTHY DETOX DRINK

## INGREDIENTS

*Serves 1*

- 250ml Glass of Warm Water
- 2 teaspoons Apple Cider Vinegar
- ½ fresh lemon squeezed
- ½ teaspoon freshly grated ginger
- ½ teaspoon freshly grated turmeric
- ¼ teaspoon cinnamon
- 1 dash Cayenne Pepper
- 1 teaspoon raw honey (optional)

## INSTRUCTIONS

Ensure water is warm then add all the ingredients together.

Mix together well and serve either warm or room temperature.

Take this on an empty stomach, preferably in the morning.



# MEAT STOCK DRINK

## INGREDIENTS

*Serves 1*

- 200ml mug meat stock of your choice
- ½ teaspoon freshly grated Turmeric or ¼ teaspoon powder
- ½ teaspoon freshly grated Ginger
- ½ teaspoon Smoked Paprika (optional)
- 1 grated garlic clove
- 1-2 teaspoons fresh Parsley (or other herb of choice)
- Salt and pepper to taste

## INSTRUCTIONS

Take your favourite meat stock and heat 200ml on the stove.

Once heated add in Turmeric, Ginger, Smoked Paprika (if using), Garlic, Parsley (or chosen herb), Salt and Pepper

## WHY DRINK IT

Meat stock is jam packed with vitamins, minerals and collagen as well as amino acids such as glutamine (gut healer), glycine and proline all of which are essential to our bodies day to day metabolic functions.

The collagen heals the gut and reduces intestinal inflammation.

# CAULIFLOWER AND LEEK MASH

## INGREDIENTS

*Serves 4-6*

- 800 grams Cauliflower
- 1 Leek roughly chopped
- 200 grams Meat Stock of your choice
- 2 tablespoons duck fat
- Salt and pepper to taste

## INSTRUCTIONS

### THERMOMIX METHOD

Place the cauliflower and leek into the Thermomix and roughly chop, 5 seconds / speed 3, scrape down the sides and repeat. (You may need to do in two batches to make sure it chops evenly)

Put all of the chopped cauliflower and leek into the Thermomix with the meat stock and chosen fat then cook for 20 minutes / Varoma / Speed 1.

Once done blitz together for 10 seconds / speed 8, then add salt and pepper to taste. Scrape down the sides and repeat until it's nice and creamy.

### STOVETOP METHOD

Roughly chop the cauliflower and leek, place in a saucepan with the meat stock and animal fat, bring to the boil and simmer for 25 minutes or until cauliflower and leek are nice and soft.

Using either a blender / food processor / stick blender blitz together until nice and creamy.

Add in the salt and pepper to taste.





# MIXED GREENS w GARLIC

## INGREDIENTS

*Serves 2-3*

- 1 Leek, finely sliced
- 2 cloves Garlic, finely chopped
- 1 bunch Broccolini
- 1 handful Snow Peas
- 2 small Bok Choy, roughly chopped apart
- 10 Brussels Sprout, chopped into quarters
- 1 medium Zucchini, roughly chopped
- 2 tablespoons Olive Oil or Duck Fat
- 2 Spring Onions finely sliced
- Salt and pepper to taste

## INSTRUCTIONS

Heat your chosen fat in either a wok or deep frypan, add in the leek and sauté for 1 minute.

Add in the Broccolini and Brussels Sprouts and stir fry for 2-3 minutes then add in the Snow Peas, Bok Choy, Zucchini and stir fry for an additional 2-3 minutes.

Throw in the Spring Onions, toss together, mix through the garlic and season with salt and pepper.

Makes a great side to most meals.



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