A close-up photograph of a slice of raspberry cake on a white plate. The cake has a vibrant pink, textured top layer and a golden-brown base. Several fresh raspberries are scattered on top of the slice. The background shows a floral patterned tablecloth with strawberries and another slice of the cake.

Grain Free Occasions

**Gluten Free • Grain Free • Dairy Free
Refined Sugar Free Recipes**

**Everyday Recipes
Made Easy**

Ros Rees

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Grain Free Occasions ~ Delicious Everyday Recipes Made Easy By Ros Rees

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For information, contact Ros Rees, Grain Free Recipes.

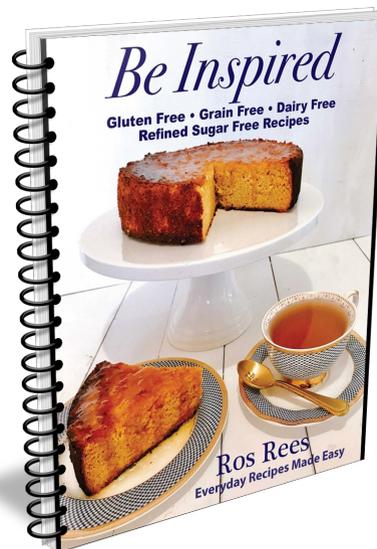
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Ros Rees
Grain Free Recipes
32 Cedar Drive,
Bathurst. NSW 2795. Australia
Phone 0428 953 905

www.GrainFreeRecipes.com.au



INTRODUCTION

Ros Rees
Grain Free Recipes

Ros Rees

Grain Free Recipes



My cooking philosophy is simple: good, wholesome food that is good for you and simple to prepare. It's also about making food people can enjoy without any autoimmune issues being triggered. It's being 100% dairy free and 100% grain free which also means 100% gluten free. It means less sugars and no processed sugars. It's about including the right fats and proteins. It's about healthy eating, made easy.

This Book

This book is a collection of day-to-day recipes that I have designed to be easy, without too many ingredients, with simple methods and measurements that you can do without needing a set of scales! I recommend using the best quality produce available, including, grass fed meat and wild caught fish where possible.

For those who are new to eating grain and dairy free, you may find some ingredients are new to you but once you start using them, you'll find that they become part of your regular pantry and palate.

What I Hope People Get From Using This Book

My hope is that you are inspired to embrace this way of cooking and to nourish your body with good food. This book is for you, so make it your own, and enjoy!

To your continued health and happiness,

Ros Rees

Always Taste and Taste Again for Flavour.



**Start
your
Grain Free
Occassion
with...**

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Stuffed Mushrooms

Ingredients

15-20 button mushrooms

6 large slices bacon finely dice into small pieces

1 medium sized onion finely diced

2 tspn crushed garlic

10 cherry tomatoes cut in halve

Olive oil

Method

To stop the mushrooms from rolling over ,slice a thin piece off the bottom.

Trim the inside edge of them to make a open space for the filling .

Pour some oil in to the frying pan and add the bacon ,onion ,garlic, and tomatoes .

Cook until the bacon and onions are lightly browned and the tomatoes are soft.

Using a teaspoon place the cooked onion and bacon into the centre of the mushrooms and sit the tomato on top. Drizzle some olive oil over the mushrooms and place in the oven at 160°C for 10-15 minutes, the mushrooms will be soft to touch when cooked.

Serve hot or cold.



Aioli

Ingredients

2 egg yolks

2 cloves of garlic

1/2 tsp of salt

1 tbsp of lemon juice

1 tsp of dijon or whole grain mustard

1 cup of good quality oil
(avocado, macadamia, mild olive oil or a mixture of all)

1-2 tbsp of warm water

Method

In a food processor, combine egg yolks, garlic and salt.

Blend until well combined on slow speed, slowly drizzling in oil until thick and creamy.

Stir in the mustard and lemon juice.

Add water to thin down if necessary.

This is so good with roast veggies, sweet potato chips, cauliflower or broccoli.



Guacamole

Ingredients

2 avocados
1 small onion, finely diced
1 clove of garlic, finely diced
1 tomato, diced into small cubes
1 small chilli, de-seeded and finely diced
1 lime or lemon, juiced (optional)
1/2 cup of parsley, finely chopped
1/2 cup of coriander, finely chopped
Good pinch of salt

Method

Peel and remove seeds from avocados.

Place in a bowl and using a fork or an electric hand blender, mash until smooth.

Add the remaining ingredients and fold through.

Check on the flavour and adjust according to taste with a little more salt or juice.

This will keep in a sealed container for 3 days.

This also great to have with salads or roast vegetables.



Crispy Crackers

Ingredients

1 cup of almond meal
1 egg
1/4 cup of coconut or olive oil,
melted
1/4 tsp of salt
1/4 cup of sesame seeds
1/2 tsp of garlic powder
Dash of water

Method

Combine all dry ingredients in the bowl and mix together.

Add the oil and egg and stir through until the mixture becomes firm and soft (if it is a little dry, add a dash of water).

Place mixture on an oven tray that is lined with baking paper and roughly flatten out with your hands.

Place another sheet of baking paper on top of mixture and using a roller or similar, roll out to 2mm thick.

Remove paper and sprinkle some salt over the top.

Gently score the mixture into cracker sized pieces before cooking as this stops it from cracking when cooked.

Bake in the oven at 180°C for 10 minutes until lightly brown (watch closely as they burn easily).

Remove from oven and cool, then break into pieces and store in an air tight container.

These are easy to make and there are many different flavours that can be substituted, for example, poppy, sunflower or pumpkin seeds, dried or fresh herbs. Buckwheat and banana flour also work well giving different textures and flavours. I am not a fan of coconut flour in this recipe.



Original Devilled Eggs

Ingredients

6 boiled eggs

3 tbsp mayonnaise or aioli

1/2 tspn curry powder

1/4 tspn salt

Chives finely diced for garnish
or parsley.

Method

Shell and slice eggs length ways

Remove the yolks from the whites and place in a separate bowl and mash with a fork.

Then add the mayonnaise, salt and curry powder.

Place a tspn full in the centre of each egg white, then garnish with the chopped chives.

Place in the fridge to chill.

TO BOIL EGGS

Place the 6 eggs in a medium sized saucepan and bring to a boil then reduce heat to a simmer.

This stops the eggs from bouncing around and cracking.

Cook for 8-10 minutes depending on the size of the eggs.

Remove from the stove and place under cold running water.

Then peel when they are cold



Slow Roasted Pork with Whole Grain Mustard and Maple Syrup

Ingredients

- 1 2kg boned leg of pork
- 4 tbsps wholegrain mustard
- 3 tbsps maple syrup
- 1 tbsp apple cider vinegar
- 2 tbsps coconut oil or melted animal fat
- 1 cup stock , vegetable, chicken or beef
- 2 tbsps salt

Method

If possible do this the day before cooking.

Score the pork rind into narrow strips across the top making sure not to cut into the meat.

A Stanley knife is great for doing this.

Pat the rind with paper towelling to dry off the moisture and leave in the fridge overnight uncovered to dry out.

When ready to cook rub the salt generously all over the rind making sure that it goes into the grooves.

Place into a very hot oven on the highest temperature, this is about 250°C or 230°C fan forced

Cook for 30 minutes until the rind is crisp and crackling.

Turn the oven down to 150°C or 130°C fan forced

Mix the maple syrup ,mustard, oil and apple cider vinegar together.

Remove from the oven and pour the mustard and maple syrup all over the pork, coating it well.

Sit the pork onto a wire rack in the roasting dish.

Then pour the stock into the baking dish, making sure not to tip it on the pork.

If the stock reduces just add some more stock or water.

Cook for 2 1/2 hours until the meat is soft and tender and no juices are running out of the pork.

Remove from oven and let sit for 15 minutes before serving.

Pour the remaining liquid out of the baking dish into a jug and serve with the meal.



Roast Lamb with Rosemary and Garlic

Ingredients

2 kg leg of lamb or hogget
2 tbsp dried rosemary
4 cloves garlic finely chopped
2 tspn salt
2 cups beef stock
1/3 cup olive oil or lard
Fresh rosemary for garnish

Method

Pre set oven to 180°C

Place lamb in a roasting dish and lightly score the top .

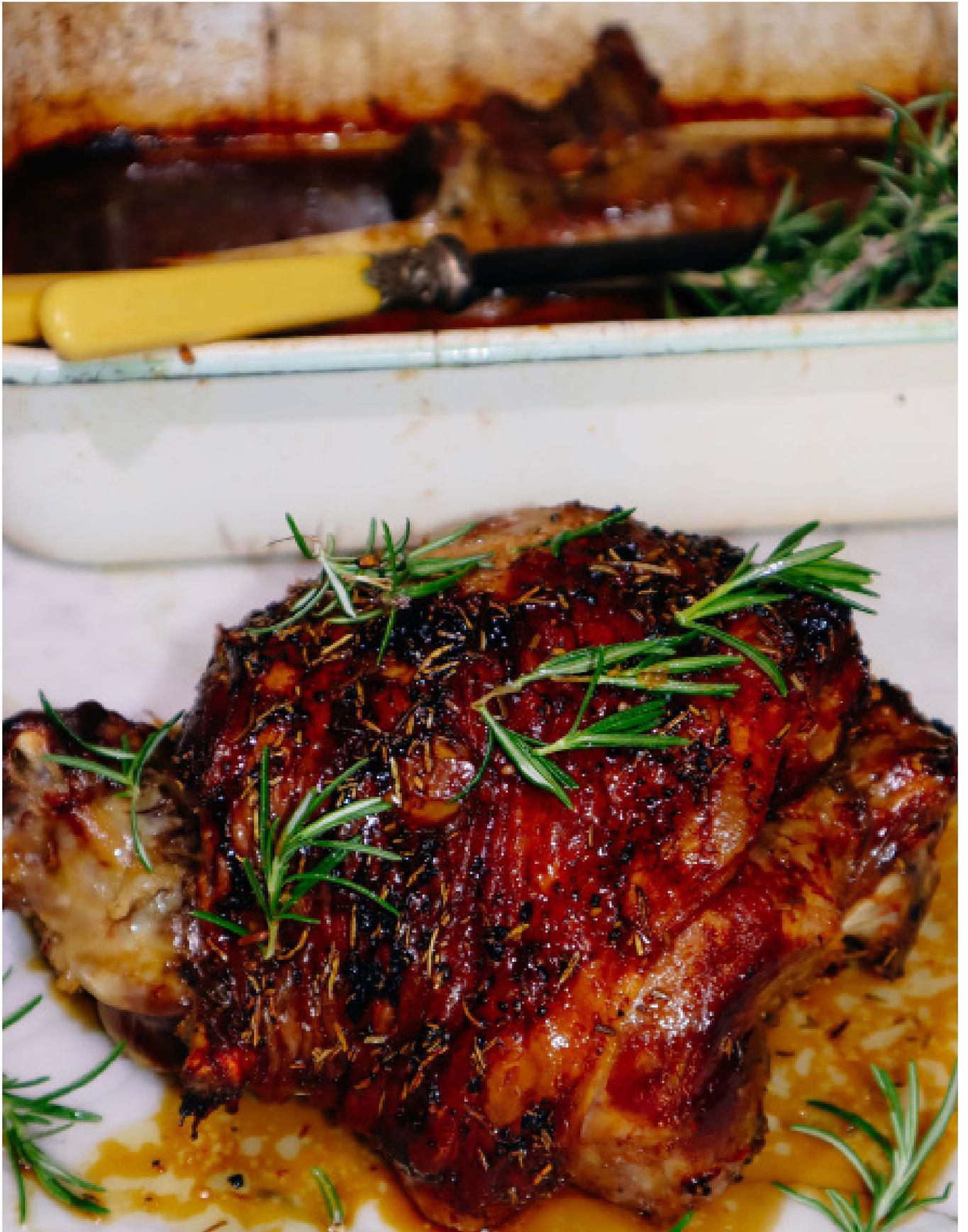
Drizzle the oil over the lamb then rub in the combined salt, rosemary and garlic .

Pour the stock into the base of the pan.

Place in the oven and cook for 2 hours, and a little longer for well done or until the juice runs clear when the fork is removed. Then remove from oven and let rest before carving.

Pour the pan juices into a jug and serve with the roast , if the stock has reduce add a little water.

If you like your roast medium and pink reduce cooking by 15 minutes.



Lemon Thyme and Garlic Roast Chicken

Ingredients

Chicken

1 large free range chicken

Marinade

1/3 cup of olive oil

1/3 cup of lemon juice

4 cloves of garlic, chopped

1 tbsp of ginger, crushed

4-5 stems of thyme

Good pinch of salt

Stuffing

1/3 cup of coconut flour

2 cloves of garlic

1 small onion, diced

2-3 stems of thyme

2 tbsp of lemon zest

1/3 cup of coconut or olive oil

2 eggs

1/2 a lemon, juiced

Method

Chicken

Preheat oven to 180°C.

Place the chicken in a baking dish, breast side up.

Marinade

Place all the ingredients together and rub over chicken (if possible, do this the day before or at least let sit for a few hours).

Once marinated, remove the juice from the bottom of the baking tray and keep to the side to be used to base the chicken throughout cooking.

Stuffing

The stuffing can be done just before cooking. Add the chopped onion, thyme, lemon zest, lemon juice, oil, eggs and chopped garlic to the coconut flour.

Once mixed, stuff the chicken until the cavity is full.

Roast in oven for 1 1/2 hours depending on size (roughly 20 minutes for every 500g, plus an extra 15 minutes).

Remember to spoon marinade over the chicken every half an hour.

If the chicken is beginning to go dark brown on top, place a sheet of silver foil on top.

Once cooked, let rest on a plate and then serve.



Cauliflower Fried Rice with Prawns

Ingredients

20 shelled prawns cooked or raw
1/2 medium sized cauliflower
2 medium carrots diced thinly
1 large onion finely chopped
2 tspn chopped garlic
300 grms or a Handful of snow peas
1 diced capsicum deseeded
1 tspn salt
1/3 cup gluten free tamari or coconut aminos
6 rashers bacon finely diced
4 eggs beaten
3 tbsp sweet chilli sauce
1 lime
Extra olive oil for frying

Method

Put 1/2 the cauliflower in a food processor and gently pulse until it resembles bread crumbs.

Pore some oil in a heating frying pan and add the beaten eggs and stir until they are cooked and scrambled. Remove and set aside.

If using peeled green prawns add these to the pan and cook for 2 minutes until they change colour, then remove.

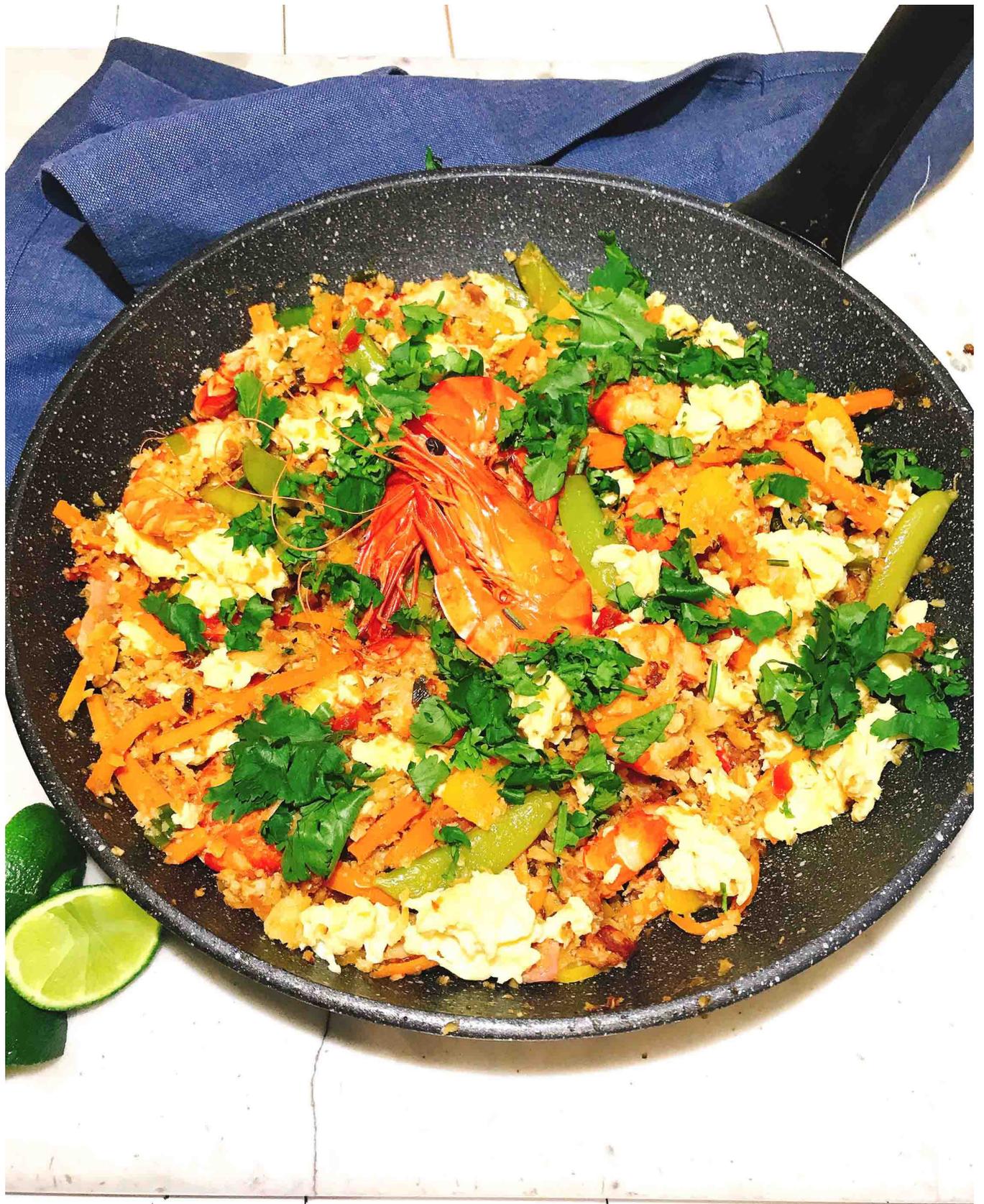
Place the bacon, onion, carrots, capsicum and peas in the frying pan with some extra olive oil and gently fry until just tender, then add the garlic and stir through.

Combine the cauliflower, and if using cooked prawns add these now along with the eggs, chilli sauce, tamari or coconut aminos and salt.

Fold all the ingredients until mixed and is heated through and the cauliflower is still a little firm and the prawns are warmed up.

Slice the limes and serve with the cauliflower fried rice.

This recipe makes 6 medium sized serves.



Roast Vegetables

Ingredients

2 large sweet potatoes

4 beetroots

A bunch of whole young carrots
(or 4 large carrots, chopped)

3 large potatoes

4 onions

1 whole garlic bulb

Handful of chopped mint

1/4 cup of lard, duck fat or
coconut oil

Method

Preheat oven to 200°C.

Wash and peel vegetables if needed and dice into chunks.

Slice the top off the garlic and pour a little oil into the bulb.

Place all the vegetables onto a baking tray and coat with oil or fat of choice.

Place in oven and roast for 45-60 minutes.

Turn vegetables over halfway through and continue cooking until the vegetables are brown and the potatoes are crunchy.

When done, toss the chopped mint through and serve.

This will serve 4 people



Roasted Greens

Ingredients

1/2 of a cauliflower
2 large florets of broccoli
4 zucchinis
12 brussel sprouts
1/4 cup of lard (or coconut oil)
1 large bulb of garlic
2 tbsp of lemon juice
2 tsp of ginger, crushed
A small bunch of thyme
Good pinch of salt

Method

Preheat the oven to 180°C.
Break up the cauliflower and broccoli into smaller florets.
Cut the zucchini into chunks.
Break up the garlic into individual cloves.
Cut the brussel sprouts in half.
Mix together the oil, lemon and ginger.
To get an even coverage of oil on vegetables, I place them in a plastic bag then pour over the oil and give a shake.
Place on baking tray and cook for 15-20 minutes or until soft.
Sprinkle with some sprigs of thyme.



Vegetable Bake

Ingredients

1/2 butternut pumpkin diced into 2 cm squares

1 head of broccoli broken into small florets

1/2 medium cauliflower processed into rice like appearance

1 capsicum diced and seeded

2 medium onions diced

2 zucchinis diced into chunks

4 cloves garlic finally diced

2 tbsp brown sugar

1/4 cup tomato paste

1 cup of stock any variety

1 large 425 grams crushed tomatoes

Olive oil

1 tspn salt

Method

Keep the cauliflower rice separate

Place all the chopped vegetables in a frying pan.

Add some extra stock or water and place the lid on and cook until just firm.

Place the tomato, stock, tomato paste, brown sugar and salt into the vegetable mixture and stir through.

Then place in a medium sized casserole or roasting pan ,that has deep sides.

Add 2 tbsp of olive oil to the cauliflower rice and a good pinch of salt, mix well then spoon the mixture over the top of vegetables and even out .

Place in the oven at 180°C for 20 min then place some foil over the top and cook for a further ten minutes.

This just helps soften the cauliflower .

If you prefer a firmer texture then don't worry about putting on the foil.

This will serve up to 6-8 people



Roasted Brussel Sprouts with Bacon and Balsamic Vinegar

Ingredients

1 kg Brussel sprouts , this equals about 15 -20

Oil for roasting

3 rashers of bacon diced in small pieces

Balsamic vinegar

Method

Pre heat oven to 180°C

Place Brussel sprouts on an oven tray and drizzle with the oil.

Cook for 10 minutes then place the bacon in the oven with the sprouts , continue to cook until they are tender and the bacon is becoming crisp.

Remove from the oven and sprinkle with some balsamic vinegar and serve.



Fennel and Apple Salad

Ingredients

2 large handfuls of baby spinach or mixed lettuce leaves

3 cored and thinly sliced apples

1/2 a bulb of fennel very thinly sliced

1/4 cup roasted pine nuts

DRESSING

1/4 cup olive oil

2 tbsp honey

Juice of 1/2 a lemon

Method

Place the salad leaves, apple and fennel in a bowl.

To roast the pine nuts, place them in a frying pan and toss them until they are a light brown, this only takes a few minutes, then let them cool down before adding to the salad mix

To make the dressing combine the honey oil and lemon together and give a good stir.

Check on taste, then pour over the salad and serve.

NOTES

This is a lovely salad that nicely goes with pork.



Roasted Sweet Potato and Beetroot Salad

Ingredientss

1 large sweet potato, diced into small cubes

2-3 medium beetroots, peeled and diced into small cubes

4 cups of baby spinach or mixed lettuce leaves

1/3 cup of pine nuts (or almonds, slivered)

2 tbsp of olive oil

2 tsp of lemon juice

Pinch of salt

Method

Preheat oven to 200°C.

Place sweet potato and beetroot on baking tray with a sprinkling of oil and roast for 30 minutes until cooked.

When cooked, let it sit to cool.

Place greens in the bowl, add the roasted veggies and pine nuts.

Mix the oil and lemon juice together, then pour over the salad and gently toss.



Waldorf Salad

Ingredients

3 good handfuls of mixed lettuce or baby spinach leaves

2 Granny Smith apples, rinsed and dried

2 red apples, rinsed and dried

2 sticks of celery, finely diced

1/2 cup of walnuts

3 tbsp of mayonnaise

Pinch of salt and cracked pepper to taste

2 tbsp of lemon juice

Dressing

3 tbsp of lemon juice

3 tbsp of olive oil

1 tsp of honey

Good pinch of salt

Method

Core and slice the apples into wedges and then add the lemon juice, mayonnaise, walnuts, and celery.

Place lettuce in a salad bowl and then add rest of the mixture to this and gently fold through.

Season with salt and cracked pepper.

Dressing

Mix the dressing ingredients together. I place mine in a small jar and shake well.

Pour over the salad and stir through.



Cabbage and Apple Stir-Fry

Ingredients

1/4 of a medium red or green cabbage

Oil for frying (olive, coconut or macadamia)

3 apples

1/3 cup of walnuts

2 tbsp of tamari (or coconut aminos)

Pinch of salt

1/4 cup of stock (or water)

Handful of fresh herbs (either parsley, coriander or thyme)

Method

Thinly slice the cabbage.

Wash apples and thinly slice into wedges (no need to peel).

Add the cabbage to frying pan with the oil and stir.

Pour in the stock (or water) along with the tamari (or coconut aminos) and mix well.

When the cabbage is nearly soft, combine the apple and cook for 3-4 minutes (the apple will still have a little crunch to it).

Remove from pan, fold through choice of herbs and the walnuts.

This is lovely and simple but looks and tastes great. You can also use Chinese cabbage and if you don't have walnuts, substitute with sunflower seeds, pine nuts or pumpkin seeds.

This dish goes really well with pork.



Tomato and Green Bean Salad

Ingredients

500g of green beans

10-15 cherry tomatoes

2 cloves of garlic, very finely chopped or grated

1/3 cup of almonds, slivered (more if preferred)

2 tbsp of olive oil

Fresh thyme or basil

2 tbsp of lemon juice

Pinch of salt

Method

Top and tail the beans to remove the ends and stalks.

Place in a dish and pour boiling water over them until covered.

Let sit for 5 minutes, then drain and let cool.

Mix together the lemon juice, garlic and olive oil until combined with a pinch of salt.

When the beans have cooled, add the tomatoes, almonds and dressing.

Garnish with some fresh thyme or basil.



Cauliflower Tabouli

Ingredients

1 small cauliflower
1 cup of parsley, finely chopped
1 cup of coriander, finely chopped
1 cup of mint, finely chopped
15 cherry tomatoes (or 2 large tomatoes, diced)
3 spring onions, thinly diced
1 medium cucumber, diced into small cubes
1 large lemon, juiced
2 cloves of garlic, crushed
2 tbsp of olive oil
Pinch of salt

Method

Place segments of the cauliflower into a food processor and pulse 2 or 3 times until cauliflower resembles fine crumbs.

Dice the coriander, parsley and mint very finely, then the onions.

Slice the tomatoes into quarters (for cherry tomatoes) and dice the cucumber into small cubes.

Combine cauliflower and all other chopped ingredients in a bowl.

Mix together the lemon juice, oil, garlic and salt, then pour the dressing over the tabouli and give a good stir through.



Berry Panna Cotta

Ingredients

500 mls coconut milk
1 tspn vanilla essence
3 tspn powdered gelatine
3 tbspn maple syrup
2 tbspn cold water for gelatine
1/2 cup berries any variety

Method

Add the 2 tbspn of cold water the gelatine so it can bloom.

Heat the coconut milk, vanilla and maple syrup to just simmering, then combine the gelatine and stir until it has dissolved.

Pour into 125ml sized bowls and place in the fridge to set.

Allow about 3 hours.

Cook the berries until they are soft, add a little sweetener if desired.

When they have cooled, spoon them over the Panna Cotta before serving.

You can serve them in there container or tip them onto a sweets plate .

To remove them from the bowl sit the base in some warm water until it loosens , then tip out.

You can use any variety of fruits , try mango, blackberries or passionfruit.

This recipe makes four .



Panforte

Ingredients

1 cup roasted almonds lightly chopped

1 cup roasted hazelnuts

1 cup almond meal

5-6 chopped large dried figs or 1 cup

1 cup dried cherries or dried cranberries

1/2 cup cacao

1/2 cup melted coconut oil

1/2 cup coconut milk

1/4 cup maple syrup

1 tspn mixed spice

1 tspn cinnamon

Method

You can roast the nuts by placing them in a moderate oven for about 10 minutes until they begin to go a light brown.

Then rub the skins off the hazelnuts.

Place all the dry ingredients in a bowl and mix together.

Combine the melted coconut oil, milk

and maple syrup together, then pour into dry ingredients and fold through

Grease a 24 cm spring form cake tin and line with grease proof paper.

Spoon the chocolate mixture into the tin and smooth the top.

Place in the freezer to set.

When totally chilled remove from tin and place in a container, then keep in the freezer.

Serve with a coffee or as a dessert with ice cream. This is very rich and a small slice is all that is needed.

NOTES

You can easily substitute other nuts or dried fruits if needed.



Mango Passionfruit Semifreddo

Ingredients

2 large mangoes
1/2 cup passionfruit pulp/
tinned is fine
2 egg yolks
1 egg
1/4 cup maple syrup
2 x 400 grams coconut cream 1
tspn vanilla
Extra passionfruit for topping

Method

Peel one mango and slice of all the flesh, then blend in a food processor.

Place eggs in a small mixing bowl and beat until they begin to thicken, then add the maple syrup.

Place the bowl over a saucepan of simmering water making sure the bowl doesn't touch the water.

Beat for a further 3-4 minutes until the mixture is thick and creamy like a custard.

In a separate bowl whisk the coconut cream until it thickens (some coconut cream brands will only thicken slightly, so don't worry too much if it hasn't completely thickened)

Gently fold the coconut cream into the egg mixture then add the mango and passionfruit and stir through.

Line a 23 x 13 cm loaf tin with cling wrap, then pour in the mixture.

Fold the cling wrap over the top of the mixture and place in the freezer to set.

This will take about 6 hours to totally freeze.

When ready to serve top with the extra sliced mango and passionfruit



Fruity Jelly

Ingredients

- 1 cup raspberries
- 1 cup strawberries cut into quarters
- 1 cup blue berries
- 1 tbsp powdered gelatine +
1/4 cup extra water to bloom
gelatine
- 2 cups of water
- 1/4 cup maple syrup (optional)

Method

Combine all berries, maple syrup and the water into a sauce pan and heat until simmering.

Combine the gelatine and extra water together so it can bloom, then add to the berries and stir until dissolved.

Let cool then pour into the glass cups and put in the fridge to set.

These are great for a refreshing snack and you can also use any variety of fruit and juices depending on the season.



Lemon Curd Tarts

Ingredients

Pastry

1 cup of almond meal
1 cup of desiccated coconut
2 eggs
1 tbsp of coconut oil

Lemon Curd

4 eggs (2 whole eggs and
2 yolks)
1/4 cup of coconut oil, melted
1/2 cup of lemon juice
Zest of 1 lemon
1/3 cup of maple syrup (or
honey)

Method

Pastry

Mix all ingredients together (this will be a little sticky).
Wrap with cling wrap then place into the fridge and chill for an hour.
To roll out the pastry, place between 2 sheets of baking paper and roll to a thickness of about 3mm.
Use an egg ring or large scone cutter to cut out tart casings.
You can use a special tart tray or a muffin pan, placing the circular casings by pressing lightly down into the moulds.

Cook for 10 minutes or until brown

Lemon Curd

Beat eggs together, then add to the lemon juice, sweetener and melted coconut oil.

Simmer over medium heat until it coats the back of spoon or slightly thickens.

Place in a container and sit in the fridge until nearly set (should take about 1 hour).

When ready, spoon the curd into the tart casings.

If you have trouble with the curd setting, add a tablespoon of dissolved gelatin. This makes about 12-14.



Chocolate, Fig and Chia Balls

Ingredients

2 cups almond meal

1 cup slivered almonds

1 1/2 cups dried figs chopped into 1 cm pieces

1/3 cup cacao powder

2 tbsp chia seeds soaked in 1/4 cup of water

2 tbsp rapadura sugar

2 tbsp melted coconut oil

Desiccated coconut for rolling the balls in

Method

Soak the cut up figs in warm water for 5 minutes then drain.

Place on some paper towel to remove the excess moisture.

Combine almond meal, sugar, slivered almonds and cacao, then add the figs and soaked chia seeds.

Stir together then add the coconut oil.

Roll into medium sized balls and place into the desiccated coconut. Toss them around until coated.





Grain Free Inspiration ~ Delicious Everyday Recipes Made Easy By Ros Rees

For information, contact Ros Rees, Grain Free Recipes. Email: ros@grainfreerecipes.com.au

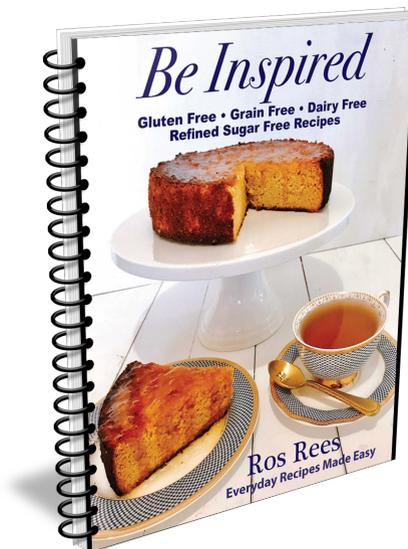
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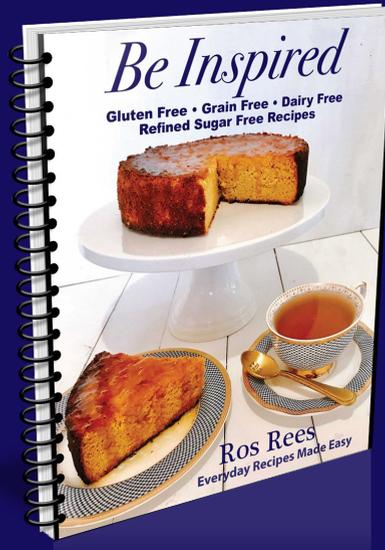
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Ros Rees
Grain Free Recipes
32 Cedar Drive,
Bathurst. NSW 2795. Australia
Phone 0428 953 905

www.GrainFreeRecipes.com.au





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