

Problem Foods

Grains/Cereals/Flours

Barley
Legumes (chickpeas, lentils, red kidney beans, baked beans)
Rye (in large amounts; bread, rye crackers)
Wheat (in large amounts; bread, pasta, couscous, crackers, biscuits)

Vegetables

Artichokes
Asparagus
Avocado
Beetroot
Broccoli
Brussels sprout
Cabbage
Cauliflower
Celery
Chick peas
Fennel
Garlic
Green capsicum
Leek
Mushrooms
Okra

Onion (white, brown, spring, Spanish, shallots, leeks)
Peas
Snow peas
Sugar snap peas
Sweet corn

Fruit

Apples
Blackberries
Cherries
Custard apple
Dried fruits
Fructose
High-fructose corn syrup
Longans
Lychees
Mangos
Nashi pears
Pears
Persimmons
Plums
Rambutans
Stone fruits (clingstone peaches, white peaches, apricots, nectarines)
Tinned fruit in natural juice
Watermelons

Sauces/Condiments

Artificially sweetened gums, mints (sorbitol, mannitol, xylitol, isomalt)
Barbecue
Chicory (Ecco, caro, dandelion tea)
Commercial gravies
Commercial stocks
Fructo-oligosaccharides (FOS, fibre in some nutritional supplements)
Garlic powder
Honey
Inulin (fibre in some dairy products)
Onion powder
Tartare sauce
Worcestershire sauce

Dairy

Condensed milk
Cow's milk (regular/low fat)
Custard
Evaporated milk
Ice cream
Soft cheese (ricotta, cottage)
Yoghurt (regular and low fat)

Safe Foods

Grains/Cereals/Flours

Cornflakes
Cornflour
Gluten-free biscuits
Gluten-free bread
Gluten-free flour
Gluten-free pasta
Muesli (wheat, dairy, nut and fruit-free)
Oat bran
Puffed rice
Rice (white or brown)
Rice noodles

Vegetables

Bamboo shoots
Bean sprouts
Bok choy
Carrot
Celery
Chives
Choko
Choy sum
Corn
Cucumber
Eggplant
Green beans

Lettuce (iceberg or coral)
Olives
Parsnip
Potato
Pumpkin
Red capsicum
Silverbeet
Spinach
Spring onion (green part only)
Squash
Tomato
Turnip
Zucchini

Fruit

Bananas
Grapes
Mandarines
Oranges
Kiwifruit
Rockmelon/cantaloupe
Honey dew melon
Pineapples
carrabollas
Strawberries, raspberries, blueberries
Tangelos
Paw paw


Rhubarb
Grapefruit
Lemons
Limes
Passionfruit
Durians

Sauces/Condiments

Chilli powder
Herbs (fresh and dry)
Jams
Lemon juice
Mayonnaise
Oil/butter
Oyster sauce (in moderate amounts)
Pure 100% meat stock (no onion, no garlic)
Soy sauce
Table sugar

Dairy

Hard cheddar cheese
Lactose-free milk
Lactose-free yoghurt
Rice milk



Crispy Prawn Noodle Salad with Tamarind Dressing

Serves 2

INGREDIENTS

Crispy prawn noodle salad with tamarind dressing.

- 100g (3½oz) packet mung bean noodles
- 1 egg white
- 4 green prawns, cleaned
- 1 Lebanese cucumber, sliced thinly
- ½ lemongrass, white part only, sliced thinly
- ½ daikon, or red radish, sliced thinly
- 100g (3½oz) dried coconut, sliced thinly
- 1 bunch coriander
- 1 bunch mint
- 2 kaffir lime leaves
- 100g (3½oz) butter
- 1 1/5L (40fl oz) oil for frying

DRESSING

- 25g (1oz) fresh ginger, peeled and chopped coarsely
- 2 cups palm sugar
- 1 small chilli
- 1/4 teaspoon sesame seeds, crushed
- 1 cup tamarind pulp
- 1 cup soy sauce
- 5 limes, juiced
- 1 tablespoon fish sauce

SPECIAL EQUIPMENT

- Electric thermometer

Cut the mung bean noodles into 2cm strips with a sharp knife or scissors. Whisk egg white and dip prawns into the egg white, then roll them into the noodles until covered. Set aside.

Combine cucumber, lemongrass, daikon or radish, coconut, coriander, mint and lime leaves.

Heat oil in a deep fryer or a large pot to approximately 180°C (350°F). The hotter the better for cooking prawns. Add prawns, cook for about 30-40 seconds then carefully remove prawns using a slotted spoon. Drain prawns on paper towel, pat off the excess fat and sprinkle with salt.

To make the dressing, whiz all dressing ingredients, except fish sauce, in a blender or food processor until smooth. Gradually add fish sauce, adjusting to your personal taste. Remember—fish sauce can be very salty! This dressing is very fragrant, spicy and tangy; it should have enough lime to complement your dish.

Place the salad ingredients into a bowl and pour over the dressing. Remember that the salad gets dressed just before serving, otherwise the leaves will wilt from the high acidic dressing.

Serve prawns on top of the salad, with a fresh slice of lime.

CHEF'S NOTES:

With this dressing, this dips dressing, you can use a mortar and pestle to crush the herbs and spices together to make a paste before adding the liquids. However, if you don't have a mortar and pestle, a blender has the same effect. If you find the dressing too spicy, add more palm sugar.

Simple Sunday Dinners



Seared Scallops with cheesy polenta and chorizo

Serves 8

INGREDIENTS

10 shallots (spring onion)
50g (2¼oz) butter
4½L (1gallon) chicken stock
500g (1lb) buckwheat polenta
500g (1lb) parmesan cheese
Pepper, to taste
5 button mushrooms
Olive oil
2½L (64fl oz) white wine
2 sprigs thyme
1 bayleaf
1½L (38fl oz) cream
Salt
1 lemon
1 chorizo sausage
30 scallops
1 punnet shiso micro herbs (garnish only)

Dice 2 shallots and sauté with butter until soft. Add half the chicken stock and bring to the boil. Add the polenta to the boiled liquid, frequently whisking to prevent lumps from forming. Cook until smooth and creamy—this should take around 5 minutes.

Add the parmesan and pepper. Cover with cling wrap just touching the top of the polenta. This should stop it from getting a skin and also keep it warm. Set aside.

Slice the rest of the shallots and the mushrooms. Fry with a little olive oil until fragrant, then add the white wine and the rest of the chicken stock. Add the thyme and bay leaf.

Cook until liquid in mixture is reduced to approximately 100ml (3fl oz) or half a cup. Once reduced, add the cream and bring it to the boil. Strain the sauce and season with salt and juice from the lemon.

Slice the chorizo sausage into 5cm (2in) long batons, then fry in a hot frypan with the scallops until scallops are golden brown on both sides.

Serve polenta topped with scallops and chorizo. Garnish with shiso herbs.

CHEF'S NOTES:

It's important the scallops don't over cook, or they will become very dry. Shiso herbs are a member of the mint family and were first grown in China and Japan.

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Egg and Bacon Omelette

Serves 1-2

INGREDIENTS

1 red onion, diced
2 rashers bacon, rind removed
½ clove garlic, sliced thinly
2 tomatoes, diced
4 eggs, lightly beaten
50g (2oz) mozzarella
50g (2oz) rocket
30ml (1 fl oz) balsamic vinegar
60ml (2 fl oz) olive oil

Preheat oven to 180°C (350°F/Gas Mark 4).

In a non-stick frypan, sauté the onion, garlic and bacon until it becomes fragrant and lightly coloured. Combine eggs and chopped tomato into a bowl and pour it into the pan. Transfer to a baking dish and sprinkle with mozzarella. Cook in the oven with a sprinkle of the mozzarella cheese for 5-6 minutes. Do not overcook as eggs will become rubbery.

Serve omelette topped with rocket and drizzled with vinegar and olive oil.

Banana and Chocolate Soufflé

Serves 2

INGREDIENTS

300g (1 0oz) caster sugar
150ml (5fl oz) water
175g (6oz) cocoa powder
50g (2oz) cornflour
50ml (2fl oz) brandy
2 ripe bananas
2 egg whites
30g (1oz) caster sugar

SPECIAL EQUIPMENT

Electronic thermometer

Preheat oven to 190°C (375°F/Gas Mark 5).

In a saucepan, boil the sugar and water until it reaches 118°C (220°F). Remove from heat.

Sift the cocoa powder and cornflour into a large bowl. Add sugar syrup, brandy and bananas. With electric beaters, mix on a medium speed until fully combined and smooth.

In a separate bowl, whisk the egg whites until they form a soft peak. Gradually add the sugar, a little at a time. Fold into cocoa mixture. Transfer to a soufflé mould or ceramic cup coated with butter and caster sugar. Cook in oven for 15–20 minutes or until soufflé doubles in size. This soufflé should hold up for at least 3–5 minutes before collapsing, so serve immediately.