DIABETES COOKBOOK 2013

thirty fresh and delicious recipes
The Diabetes Cookbook
Breakfast and Lunch Recipes

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Welcome to the Diabetes.co.uk Diabetes Cookbook. We have collected some of the best recipes from the Diabetes.co.uk Forum and Recipes section of the site and have all personally tried and tested each recipe!

This collection has some excellent recipes for breakfasts including my favourite - homemade waffles!

If you think your recipe is worthy of publication in the next recipe book please post them on our Facebook page and the first 20 will receive some Diabetes.co.uk goodies including an exclusive Diabetes.co.uk apron.

Get cooking... and see you in the next cook book. :)

Charlotte x
The Diabetes Cookbook
Delicious Dinner Recipes

Dinner

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Chickpea and Carrot Stew
Winter Vegetable Chilli
Pork Medallions with Winter Veg
Mushroom and Miso Broth
Brie + Caramelised Onion Burgers

It goes without saying… enjoy!

You’ll find handy tips and information about key ingredients within each recipe.

We’ve tried to include foods that have been linked to positive benefits for people with diabetes.

Beth and I spent several days cooking (with Giverny, Ben and Rory helping by making sure they tasted great).
Mixed Berry Granola with an Omega Mix

Serves 1

6-10 raspberries
40g (2 heaped tbsp.) of blueberries
3 tbsp. full fat Greek yoghurt
30g whole oats
10g Omega-3 seeds mix including brown and golden linseed, sunflower seeds, pumpkin seeds and sesame seeds

Preparation Method

Put the porridge oats and berries into your favourite breakfast bowl and cover with the full fat yoghurt.

Sprinkle the mixed seeds over the top.

Mix together gently mashing the berries and enjoy.

This is a nice breakfast to have when you are in a bit of a hurry but want to make sure you start the day with some fruit and something to keep you going until lunch time.

The addition of the linseeds, sesame, sunflower and pumpkin seeds kick starts your day with an immune system boosting Omega-3.

Nutritional value per serving
Calories: 125 · Total fat: 2.7g · Carbohydrate: 24.5g · Protein: 4.2g · Fibre: 2.1g
Porridge with Cinnamon

Serves 1

30g whole oats
30ml water
30ml semi-skimmed milk
5g ground cinnamon

Preparation Method

Measure out the porridge and place into a non-stick pan.

Add the milk and water and bring to the boil, turn the heat down and allow to simmer for around 5 minutes.

Keep the mixture moving so not to let some parts cook quicker than others.

Sprinkle the cinnamon on top and enjoy.

Some of us with diabetes swear by porridge to start the day, while others will avoid it like the plague. Our porridge has the addition of cinnamon to liven it up... but also as cinnamon has been shown to reduce blood sugar levels, so may help to counteract the rather high carb content of porridge. Read more at http://bit.ly/SjLToX.

Nutritional value per serving

Calories: 234 · Total fat: 9.6g · Saturated fat: 3.1g · Carbohydrate: 36g · Protein: 15.3g · Fibre: 8.5g
Scrambled Eggs on Rye Bread

Serves 1

2 eggs
20ml semi skimmed milk
Salt and freshly ground black pepper to taste
One slice of rye bread toasted

Preparation Method

Wisk the eggs in a jug adding the milk and half of the salt and pepper.
Add the mixture to a non-stick pan.
Using a whisk keep the eggs moving for a couple of minutes until cooked.
Serve on the toasted rye bread and season to taste.

Rye flour is different to wheat flours because the refinement process doesn’t break down the germ and the bran from the endosperm. In Layman’s terms this means that rye flour retains a large quantity of its nutrients including fibre, protein, potassium, calcium, iron, phosphorus, magnesium, manganese, vitamin B1, folic acid, thiamin, niacin and antioxidants.

Additionally, rye grains have been found to not effect blood sugar levels as much as wheat grains. Rye grains have been found to be efficient at fat burning, lowering blood pressure, reducing inflammation and decreasing the risk of cardiovascular diseases.
Roasted Tomatoes on ‘Toast’

Serves 1

4 cherry tomatoes on the vine
Large flat Portobello mushroom
1 tsp. olive oil and seasoning to taste

Preparation Method

Turn the grill on, keep the tomatoes on their vine for ease and flavour.
Put the mushroom and the vine of tomatoes under the grill.
Leave until cooked, turning the mushroom as required.
Serve drizzled with olive oil and season to taste.

This is an excellent weekend breakfast that is low carb and packed full of vitamins and minerals.

Nutritional value per serving
Calories: 12 · Total fat: 0g · Saturated fat: 0g · Carbohydrate: 2g · Protein: 0.4g · Fibre: 0.1g
Homemade Waffles with Blueberries

Serves 4

32g coconut flour
32g almond flour
32g finely shredded coconut, unsweetened
2 tbsp. granulated sweetener
½ tsp. baking powder
½ tsp. salt
5 large eggs, lightly beaten
50g coconut oil, melted
170ml milk or almond milk
110g frozen blueberries
Coconut oil for the waffle iron

Recent research has found that along with some other berries including raspberries and blackberries, blueberries can help to regulate blood sugar levels in people that have already been diagnosed with type 2 diabetes. People who consumed three servings of low GI-fruit a day saw a significant improvement in their blood sugar regulation over a three month period.

Preparation Method

Preheat waffle iron. Preheat oven to 110°C/¼ Gas Mark.

In a large bowl, whisk together the coconut flour, almond flour, shredded coconut, sweetener, baking powder and salt.

Stir in the eggs, melted coconut oil and milk. Carefully fold in blueberries.

Once the waffle iron is hot, grease generously with coconut oil and then spoon about ¼ of the batter into the hot iron.
Spread evenly over iron with the back of a spoon. Cook for 4 to 5 minutes or until golden brown.

Once cooked, transfer to a baking sheet and keep warm in oven.

Repeat with the remaining batter to make three more waffles.

Serve with extra blueberries.
Quinoa and Halloumi Salad
Serves 1

6 sun roasted tomatoes
3 tbsp. olive oil
1 small red onion, thinly sliced
2 tsp. red wine vinegar
5g ground cumin
200g sliced halloumi
85g quinoa

The nutritional values in this recipe seem a little on the high side particularly the calorie content and the amount of fat. This is due to the addition of the halloumi so although it tastes delicious with the other ingredients, if you are looking to lose weight, you might want to leave it out!

Preparation Method

Cook the quinoa according to the instructions on the packet, drain well and place into a bowl.

Add the cumin, red onion red wine vinegar, sun roasted tomatoes and olive oil.

In a griddle pan cook the halloumi until it is soft.

Place the halloumi on top of the quinoa on a plate and serve immediately.
Chickpea Salsa with Basil Bulgerwheat

Serves 2

120g cooked chickpeas  
200g vine cherry tomatoes  
Fresh basil  
60g bulgerwheat  
2 tbsp. olive oil  
Salt and freshly ground black pepper

Put the bulgerwheat in a bowl and cover with hot water, not too much, just enough to cover it. Cover the bowl and leave for 30 minutes.

Chop the cherry tomatoes into quarters and mix in with the cooked chickpeas.

If you are buying the canned chickpeas, rinse the contents of the can thoroughly before use.

Finely chop the basil and add to the chickpea and tomato mix.

Add half of the olive oil. Mix in the salt and pepper to taste.

Fluff the bulgerwheat and add the other half of the basil, the olive oil and season to taste.

Nutritional value per serving
Calories: 393  ·  Total fat: 17.8g  ·  Saturated fat: 2g  ·  Carbohydrate: 40.5g  ·  Protein: 14.3g  ·  Fibre: 21.5g
Spiced Chicken and Minty Couscous

Serves 2

2 small chicken breasts
1 garlic clove, crushed
1 red chilli, finely chopped
2 cm of fresh root ginger, peeled + grated
1 tsp. ground cumin
½ tsp. turmeric
2 tbsp. extra virgin olive oil
Pinch of sea salt
75g couscous
Mint leaves finely chopped
Juice and rind from half a lemon

This is a lovely recipe and makes a nice hearty lunch or light dinner.

Top tip: For the best results, marinade the chicken the night before you intend make this dish.

Preparation Method

Cut the chicken in to slices, and place in a medium sized bowl.

Cover the chicken with the crushed garlic, finely chopped red chilli, the fresh root ginger and the spices.

To this add the grated rind of the lemon and squeeze over the juice.

Add half of the olive oil and ensure all of the chicken is equally coated in the mixture.
Cover with cling film and place in the fridge for a minimum of 30 minutes but ideally 3-4 hours.

Cover the 75g of couscous with boiling water, cover and leave to absorb for 5 minutes.

Meanwhile in a non-stick griddle pan over a medium heat dry fry the chicken pieces until cooked through.

Fluff the couscous and add the finely chopped mint leaves, the remainder of the olive oil and a squeeze of lemon juice.

Serve the couscous in a bowl or plate topped with the chicken and a sprig of mint.
Tomato Soup
Serves 2

1-1.25kg ripe tomatoes
1 medium onion
2 cloves of garlic
1 large carrot
2 celery sticks
2 tbsp. olive oil
2 tsp. tomato purée
2 bay leaves
1.2 litres hot vegetable stock
Fresh basil to garnish

This is one of the most amazing tomato soups you will come across and totally adaptable to your taste buds, if you like a bit of heat you can add in a pinch of cayenne pepper, add some basil when the soup is simmering and the aromas will summon the whole family to the kitchen. What’s more, this soup can be made in batches and frozen for up to three months.

Preparation Method

Firstly, prepare your vegetables. Wash the tomatoes and cut each one into quarters slicing off any hard cores.

Peel the onion, garlic and carrot and chop them into small pieces. Chop the celery into roughly the same size pieces.

Add the olive oil into a large heavy-based pan and heat it over a low heat. Add the onion, garlic, carrot and celery.

Gently cook for approximately 10 minutes until the vegetables are softened.
To the vegetables, add the tomato purée, tomatoes and black pepper. Add the bay leaves and leave to simmer on a low heat for approximately 10 minutes until everything shrinks down in the pan and the juices are flowing. Stir frequently until the vegetables are thoroughly mixed together. Slowly pour in the hot stock. Turn up the heat and let the mixture bubble, then turn the heat down to low. Replace the lid and cook gently for a further 23-30 minutes. Stir the soup every 5 minutes or so to stop it sticking to the bottom of the pan and to keep the heat evenly distributed. When cooked, turn the heat off, give the soup a good stir and remove all of the bay leaves. Slowly pour the mixture into a blender and blitz until smooth. Serve with a sprinkling of torn basil leaves.

Nutritional value per serving
Calories: 123 · Total fat: 7g · Saturated fat: 1g · Carbohydrate: 13g · Protein: 4g · Fibre: 4g
Zesty Tomato and Lentil Soup
Serves 2

1 onion, roughly chopped
1 large carrot, peeled and grated
1 tbsp. olive oil
A pinch of chilli flakes (optional)
1 tsp. cumin seeds
3 tbsp. red lentils (or puy)
1 x 400g tin chopped tomatoes
300ml vegetable stock
1 lime, juice and zest

Preparation Method

Cook the onion and carrot in a little oil until softened then add the chilli flakes (if you want to include them) and cumin.

Cook for a minute then tip in the lentils, tomato and stock.

Simmer for 15-20 minutes until the lentils are soft.

Blitz briefly with a stick blender so you have a semi-smooth texture.

Stir in the lime juice and zest before serving.

Nutritional value per serving
Calories: 174 · Total fat: 3g · Saturated fat: 0.3g · Carbohydrate: 28.3g · Protein: 9.3g · Fibre: 5.6g
Homemade Houmous and Pittas

Serves 2

1 x 400g can chickpeas
1 garlic clove, chopped
3 tbsp. full fat Greek yogurt
A good squeeze of lemon juice
2 whole wheat pitta bread

Preparation Method

Drain the chickpeas into a sieve set over a bowl or jug to catch the liquid.
Tip the chickpeas, garlic and yogurt into a food processor or blender and whizz until smooth.
Whizz in a tbsp. of the chickpea liquid at a time until you have a nice consistency, then scrape into a bowl, stir in a squeeze of lemon juice and season to taste.
Lightly toast the whole wheat pitta bread and cut into dip-able pieces (be careful it will be hot!)
Serve immediately.

Nutritional value per serving
Calories: 281 · Total fat: 5.7g · Saturated fat: 0.7g · Carbohydrate: 39.5g · Protein: 14.6g · Fibre: 5.6g
Mediterranean Salad with Omega Sprinkle

Serves 1

1 bag of mixed baby leaf salad including rocket and baby spinach
1 small pot of fresh watercress
10g of Omega-3 seeds mix including brown and golden linseed, sunflower seeds, pumpkin seeds and sesame seeds
1 tbsp. extra virgin olive oil

Preparation Method

Thoroughly wash the mixed salad leaves and pat dry with kitchen towel. Put in a large bowl, sprinkle over the omega 3 seeds and drizzle with the olive oil.

Nutritional value per serving
Calories: 332 · Total fat: 32.7g · Saturated fat: 4.3g · Carbohydrate: 9.9g · Protein: 4.4g · Fibre: 4.4g
Mushroom Soup
Serves 2

200g dried porcini mushrooms
200g Portobello mushrooms
200g chestnut mushrooms
3 tbsp. olive oil
3 garlic cloves
1 medium onion
1 litre vegetable or chicken stock
Juice from one lemon
Bunch of fresh thyme
Sea salt
10g freshly ground black pepper
Freshly chopped parsley

Preparation Method

Soak the dried porcini mushrooms in water for 30 minutes or according to packet instructions.

Chop the mushrooms and onion into small pieces. Put 1 tbsp. of olive oil into a large pan, add the chopped onion and crushed garlic.

Allow to cook down for approximately 10 minutes.
Add the mushrooms to the pan and cover with the remaining olive oil, cook for a further 10 minutes until the mushrooms release their juices.

Remove the fresh thyme from the stalks and add with the freshly ground black pepper and chicken stock, cover and cook for 20 minutes.

Blitz with a stick blender so you have a semi-smooth texture.

Add a squeeze of lemon juice.

Check for seasoning and add extra salt and pepper if it is needed.

Serve and dress with fresh chopped parsley.

Nutritional value per serving
Calories: 314 · Total fat: 46g · Saturated fat: 12g · Carbohydrate: 29.5g · Protein: 16.5g · Fibre: 32g
Sun Roasted Tomatoes and Leek Frittata
Serves 2

1 leek, sliced
1 tbsp. olive oil
6 sun roasted tomatoes sliced
30g spinach (fresh or frozen)
Salt and freshly ground black pepper
4 eggs

In a medium non-stick frying pan add the olive oil and the leeks and cook until tender.

Then add the tomatoes, spinach (with the salt and pepper) until the spinach is wilted.

Separately whisk the eggs and add them to the pan covering all of the other ingredients.

As the eggs cooks, gently move around the edges to allow the uncooked egg on the top move to the bottom of the pan to cook.

When the frittata is cooked through, you may want to crisp up the top without burning the bottom by placing it under the grill.

This is a great easy lunch with enough to go around. The spinach provides half your recommended daily intake of vitamin A which has been found to help strengthen the body’s immune system.

Pregnant or breast feeding women are advised not to consume too much vitamin A.

Nutritional value per serving
Calories: 311 · Total fat: 53g · Saturated fat: 6.4g · Carbohydrate: 23.3g · Protein: 15.6g · Fibre: 2.8g
Zingy Chicken Kebabs
Makes 4 kebabs

2 chicken breasts
½ tsp. ground cumin
1 crushed clove of garlic
½ tsp. ground coriander
¼ tsp. paprika
1 lime, juice and zest
Bunch of fresh coriander

To make the perfect dipping sauce for these kebabs, you can use:

1 tbsp. soy sauce
1 tbsp. toasted sesame oil
Juice from ½ lime

Preparation Method

Cut the chicken into thin strips and put in a medium size bowl.
Sprinkle the cumin, ground coriander and paprika over the chicken.
Add the crushed garlic, lime zest, chopped coriander and cover with lime juice.
Mix well to ensure all the chicken has been covered.
Cover the bowl with cling film and place in the fridge over night, if this is not possible let the chicken marinade for at least 30 minutes.
Soak bamboo kebab skewers in water for at least half an hour before the kebabs are to be cooked.
Spread the marinated chicken evenly between the four kebab skewers.
Preparation Method (Cont)

Cook the kebabs on a griddle pan for approximately three minutes each side on a medium heat or until they are cooked through.

Nutritional value per serving
Calories: 104 · Total fat: 5.1g · Saturated fat: 0.8g · Carbohydrate: 1g · Protein: 13.5g · Sodium: 225mg
Roasted Pepper Bolognese
Serves 2

2 peppers, red or orange, de-seeded and halved
200g lean steak mince
4 rashers of streaky 'pancetta' bacon
1 carrot, finely grated
50g mushrooms
1 small red onion, chopped
2 cloves of garlic, crushed
½ tsp. ground cumin
1 beef stock cube
400g tin of chopped tomatoes
1 tbsp. tomato purée
1 tbsp. olive oil
Freshly ground black pepper
30g cheddar cheese, grated

Preparation Method

Switch on the oven to 180°C/Gas Mark 4.
When the oven is hot, put the halved peppers on a roasting tin, drizzle with olive oil and roast for 20 minutes.
Preparation Method (Cont)

In a pan add olive oil, chopped onion, crushed garlic, mushrooms and gently cook until softened.

In another pan fry off the steak mince and bacon. When the meat is browned add the grated carrot and the cumin. To this pan add the cooked vegetables, tomato purée, stock cube, tin of tomatoes and allow to simmer for 15 minutes.

Remove the peppers from the oven and fill each half with the Bolognese mixture.

Top with the grated cheese and return to the oven for a few minutes to melt the cheese.

Serve and enjoy.
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Moussaka
Serves 6

2 medium to large sized aubergines
Olive oil
1 onion, chopped
2 cloves garlic, crushed
500g lean (best) minced lamb
1 x 400g can of chopped tomatoes
Pinch of cinnamon powder
Pinch of cumin powder
1 glass of red wine
150ml chicken stock
200ml white sauce
2 eggs
Pinch of nutmeg
180g grated cheese - half mozzarella, half cheddar
2 tbsp. fresh mint, chopped
Salt to taste
Freshly ground black pepper

Moussaka is a great meal for anyone missing a good old lasagne. It is low carb and great on a cold evening.

This recipe is thanks to Sid Bonkers on the Diabetes Forum - http://bit.ly/13dlbiD. His recipe said to use ½ Packet of Passata instead of the can of chopped tomatoes, but we thought you were probably more likely to have chopped tomatoes in your cupboard, we tested it out and it tastes fab!

Preparation Method

Preheat oven to 190°C/Gas Mark 5.
Slice the aubergines and fry them on both sides in a large frying pan with a little olive oil.

Drain on kitchen paper and place to one side. Using the same pan add a little more olive oil and fry the onions and garlic for about 5 minutes.

Turn up the heat and add the minced lamb and brown it off, then add the tinned tomatoes, a pinch of cumin and cinnamon, add the red wine and cook on the hob whilst stirring until well mixed, then add the chopped mint and slowly stir in the stock bit by bit.

Simmer until the sauce thickens.

Layer the aubergine and lamb mix in an oven proof dish using several layers ending with a layer of aubergines.

Combine the white sauce with the eggs, nutmeg and seasoning and spoon over the top of the mince and then scatter with the grated cheese until well covered.

To make your own White Sauce:
- 8g unsalted butter
- 8g plain flour
- 200ml cold milk
- Salt/white pepper to season

Melt the butter in a small saucepan, stir in the flour and cook for 1-2 minutes. Remove the pan from the heat and slowly add in the milk stirring continuously to avoid getting a lumpy white sauce.

Return to the heat and bring the sauce to the boil while still stirring. Allow the sauce to simmer gently for a further 6-8 minutes and season with the salt and white pepper.
Cod with Garlic Spinach
Serves 4

3 tbsp. olive oil
3 garlic cloves, crushed
720g fresh baby leaf spinach, rinsed
4 cod fillets (approximately 180g each)
Salt and freshly ground pepper
200g vine tomatoes

**Preparation Method**

In a frying pan over a medium heat add 2 tbsp. of olive oil. Add the crushed garlic cloves.

To this add the rinsed spinach.

Turn on the grill and place the vine tomatoes and cod sprinkled with salt and pepper under to cook.

Make sure the cod is completely cooked through ensuring that the fish is opaque and flakes easily (approximately 10 minutes)

Serve with the cod piled on the spinach topped with the tomatoes.

Nutritional value per serving
Calories: 340 · Total fat: 16g · Saturated fat: 2.4g · Carbohydrate: 8.6g · Protein: 46.9g · Fibre: 4.8g

Top tip: Adding butter to the frying pan when you are cooking garlic will lock in its sweetness and stops it burning.
Thai Style Tuna with Fennel
Serves 4

4 tuna steaks, about 140g each
2 fennel bulbs, thickly sliced lengthways
2 tbsp. extra virgin olive oil
Salt and pepper to taste

Preparation Method

Whisk all the marinade ingredients together in a small bowl. Put the tuna steaks in a large, shallow dish and spoon over 4 tablespoons of the marinade, turning until well coated. Cover and leave to marinate in the refrigerator for at least 30 minutes. Keep the remaining marinade for later.

Heat a ridged griddle pan over a high heat. Put the fennel in the pan covering with the oil. Cook it for 5 minutes on each side until just beginning to colour. Transfer to 4 warmed serving plates and keep warm.

Add the tuna steaks to the griddle pan and cook, turning once, for 4-5 minutes until firm to touch but still moist inside.

Place the tuna on top of the fennel on each serving plate and drizzle with the reserved marinade.

Nutritional value per serving
Calories: 330 · Total fat: 9.4g · Saturated fat: 6g · Carbohydrate: 12.9g · Protein: 32.9g · Fibre: 5.9g
Potato-less Shepherd’s Pie
Serves 2

200g lean steak mince (substitute for Quorn Mince if vegetarian)
1 tbsp. olive oil
1 clove of garlic, crushed
160g frozen peas
1 beef stock cube
3 carrots, chopped
½ swede diced

Preparation Method

Turn on the oven to 175°C/Gas Mark 3.

Cook off the garlic in a large pan with the olive oil.

Add the mince and brown it off, crumble over the stock cube and allow to simmer to thoroughly cook the beef.

In another pan boil the diced swede and carrots in salted water. Once soft strain and mash.

Add the peas to the mince before turning out the mixture into a small oven-proof dish, cover with the mashed carrot and swede and bake in the oven for 25 minutes until the mash starts to crisp up.

Nutritional value per serving
Calories: 546 · Total fat: 26.9g · Saturated fat: 10.5g · Carbohydrate: 23.4g · Protein: 47.2g · Fibre: 4.1g
Fish Pie
Serves 2

2 tbsp. olive oil
1 onion, finely chopped
2 cloves of garlic
1x 400g tin of chopped tomatoes
½ tsp. cinnamon
½ tsp. ground ginger
Salt and pepper
120g salmon
140g smoked haddock

For the mash:
25g butter
300g celeriac
300g carrots
Salt and pepper

Preparation Method

Turn on the oven to 175°C/Gas Mark 3.

Chop the celeriac and carrots and boil in salted water until soft. This will take approximately 30 minutes.

Strain and mash adding the butter, salt and pepper to taste.

Put the fish into a saucepan with just enough water to cover it.

Boil the fish for approximately 5 minutes on a medium heat.

The fish should become opaque and flake easily.
Drain the fish and place in a bowl.

In the saucepan, add the oil onion and garlic, sauté for 10 minutes on a medium heat.

Add the cooked fish to the saucepan with the onions and garlic, adding the tin of chopped tomatoes, the cinnamon, ginger and half the salt and pepper.

Simmer on a medium heat to allow the flavours to infuse.

Place the mixture in a small roasting tin and cover with the mash.

Cook in the oven for 20 minutes until the mash crunches up.

Serve with a side of vegetables, a green salad or on its own.
Thai Green Curry
Serves 2

2 chicken breasts
2 garlic cloves
1 tbsp. coconut oil
100g bean sprouts
1 medium white onion sliced
4 spring onions finely chopped
1 stick of lemon grass, finely chopped
1.5cm piece of fresh ginger finely grated
Fresh coriander, chopped
1 green chilli de-seeded and sliced
½ tsp. coriander seeds

½ tsp. cumin seeds
400ml tin of coconut milk
2 tsp. fish sauce
Zest and juice of 1 lime
5g Thai green curry paste

Preparation Method

Cut the chicken breast into small slices.
Heat the coconut oil in a non-stick wok on a low to medium heat add the chicken, onions, garlic, ginger, lemon grass and chilli until cooked.
Grind the coriander and cumin seeds in a pestle and mortar. 
Add these to the wok and stir in to allow it to infuse the chicken.
Next add the Thai green curry paste, followed by the tin of coconut milk, 
the fish sauce, the zest and juice of the lime and half of the fresh coriander.
Allow this to simmer on a medium heat for approximately 20 minutes.
Finally add the bean sprouts and the remainder of the coriander and turn up the heat for a final five minutes.
Serve immediately with an extra squeeze of lime juice to taste.
Beef and Red Wine Stew
Serves 6

3 tbsp. of olive oil
2 finely sliced onions
2 chopped garlic cloves
1kg stewing steak, cut in thick strips
300ml quality red wine
1 packet of fresh sage leaves
200ml beef or vegetable stock
1 tbsp. finely chopped fresh parsley

Preparation Method

Preheat the oven to 150°C/Gas Mark 2.

Heat a tablespoon of the oil in a large frying pan, add the onions and garlic and cook over a medium heat, stirring frequently for 6-8 minutes until soft and brown.

Remove with a slotted spoon and transfer to a casserole dish.

Heat the remaining oil in the pan, add the steak strips and cook over a high heat, stirring, for 3-4 minutes until brown all over.

Season well with salt and pepper.
Reduce the heat to medium, pour in the wine, stirring constantly, and bring to the boil, continuing to stir constantly.

Carefully turn the contents of the pan into the casserole dish.

Add the sage, stock and tomato puree, cover and cook in the centre of the preheated oven for 2.5 to 3 hours.

Remove from the oven, discard the sage and taste, adjusting the seasoning if necessary.

Scatter with parsley and serve.
Sausage and Butter Bean Stew

Serves 6

2 tbsp. olive oil
5 rashers of smoked bacon cut in to 1 cm strips
2 red onions, chopped
3 large garlic cloves, crushed
6 large pork sausages
450g uncooked chorizo sausage, sliced
1 litre chicken stock
400g can of cooked butter beans
2 tbsp. tomato purée
Black pepper
6 tbsp. chopped flat leaf parsley

A wonderful warming comfort dish for when you have had a busy day at work and want to come home to a hug in a bowl!

You can add some green chili if you want to add a bit of a kick.

Preparation Method

Turn on the oven to 150°C/Gas Mark 2.

Fry off the bacon and chorizo in a pan with half of the olive oil, add the onion and garlic and cook until golden.

Transfer to a 2.5 litre casserole dish or slow cooker.
Meanwhile cook the sausages in the oven for 20 minutes until golden but not brown and crispy.

Cut each sausage into 4 chunks and add to the casserole dish.

Also add the butter beans, tomato purée, stock, pepper and chilli if required.

Stir to allow all the flavours to infuse and put in the oven for 25 minutes.

Serve with a sprinkle of parsley.
Beef Stew with Barley
Serves 6

1 tbsp. olive oil
1.5kg boneless beef, cubed
2 onions, sliced
1 garlic clove, finely chopped
400g can of chopped tomatoes
550ml of beef stock
3 tbsp. of organic brown rice miso paste
150g pearl barley (thoroughly washed)
140g sun-dried tomatoes
Fresh parsley, chopped to garnish

Preparation Method

Preheat the oven to 170°C/Gas Mark 3.

Heat the olive oil in a large frying pan.

Brown the beef, in about 4 batches, over a medium heat.

Place the browned meat in a 2.5 litre casserole dish.

Add the onion to the frying pan and fry until golden brown on a medium heat.
Turn the heat down and add the garlic, frying for another minute to soften.

Transfer to the onions, garlic and meat in to the casserole dish. To this, add the canned tomatoes, beef stock and miso, and stir well.

Cover and cook in the centre of the oven for 2 hours.

Stir every half an hour and adding extra water if it gets too dry. It needs to have a decent amount of sauce.

Add the barley with 120ml of water and cook for another hour.

Add the sun-dried tomatoes for the last 20 minutes and give the stew a good stir.

Serve with a garnish of parsley.
Chickpea and Carrot Stew
Serves 2

1 tbsp. olive oil
1 red onion, sliced
2 cloves of garlic, chopped
100g spinach
1 x 400g tin of chickpeas
140g carrots, chopped
2 celery sticks, chopped
1 x 400g tin of chopped tomatoes
1 tbsp. tomato purée
½ tsp. turmeric
½ tsp. ground ginger
½ tsp. cayenne pepper
1 tsp. ground cumin
1 bay leaf
1 tsp. ground coriander
1 tbsp. crème fraîche and ground paprika

Preparation Method

Heat the olive oil in a frying pan, adding the onions, garlic and celery. Cook until the onions and celery have softened.
Preparation Method (Cont)

Transfer to a large saucepan add the rest of the ingredients (apart from the crème fraîche and paprika).

Leave to infuse over a low to medium heat for 30-40 minutes, check that the carrots are cooked.

Serve with a dollop of crème fraîche with a sprinkle of paprika.
Winter Vegetable Chilli

Serves 2

1 x 400g tin of chopped tomato
1 tbsp. tomato purée
2 tbsp. olive oil
2 cloves of garlic, crushed
1 leek, sliced
70g carrots, chopped
75g celeriac, diced
1 red onion, sliced
80g swede, diced
60g celery, chopped
1 bay leaf
1 tsp. ground cumin
1 x 400g tin of kidney beans or mixed beans

This is a lovely dish to serve up after a long day at work. You can add some chilli or a pinch of cayenne pepper if you want to add a little spice.

Preparation Method

Boil the carrots, celeriac and swede in salted water for 15 minutes to soften the vegetables.

To a frying pan over a medium heat, add the onion, garlic, leek and celery and fry until soft but not brown.
Transfer the parboiled vegetables and onion mix into a sauce pan. Add the tomato purée, can of tomatoes, bay leaf and cumin. Allow to simmer for approximately 30 minutes. To the casserole dish add the tin of drained and rinsed beans leave to simmer for a further 15 minutes. Serve immediately to warmed bowls.
Pork Medallions with Winter Veg
Serves 2

300g pork fillet cut into 6 medallions

For the cider sauce:
240ml cider
1 tsp. of cider vinegar
1 firm eating apple, peeled, cored and sliced into thin segments
200ml crème fraîche
1 tbsp. olive oil

For the roasted veg:
1 leek, chopped
70g carrots, sliced
75g celeriac, diced
1 red onion, chopped
80g swede, diced
3 tbsp. olive oil
A sprig of rosemary

This dish is so tasty and looks amazing. It is an excellent recipe to whip out for a dinner party that will impress all of your guests.

Top tip: Choose a good cider, the recipe will make it worth while!

Preparation Method

Turn on the oven to 180°C/Gas Mark 4.
Prepare the vegetables so that they are chunky and similarly sized.
Place the vegetables in a large roasting tin with the rosemary and seasoning, drizzle with the olive oil.
Roast in the oven on for approximately 45 minutes.
While the vegetables are cooking, put a drop of oil in a non-stick frying pan and add the pork medallions and the slices of apple.
Allow the apples to soften and release their juices and the pork medallions to brown and cook through.
Pour into the pan the cider and cider vinegar.
Keep stirring the whole thing until the alcohol has been cooked out, and the apples and medallions have absorbed the flavours.
Finally, turn the heat of the pan to a low heat and add the crème fraîche.
Serve the pork and apples on a bed of roasted vegetables.
Mushroom and Miso Broth
Serves 2

1 tbsp. olive oil
125g Shiitake mushrooms
75g rice noodles
2 shallots, finely sliced
25g button mushrooms
50g enoki mushrooms broken up
100g baby spinach
50g mange tout, finely sliced
300ml hot chicken stock
3 tsp. soy sauce
2 tsp. rice vinegar
1 tbsp. miso paste
Fresh coriander, chopped

Mushrooms are an excellent addition to your diet, some recent research from Asia has found that mushrooms can lower blood sugar levels and bad cholesterol in people with type 2 diabetes.

Preparation Method

Heat the oil in a non-stick wok.
To the wok add the shallots and fry off for five minutes or until softened.
Add the mushrooms, mange tout and spinach.
Continue to stir-fry for a further 5 minutes.
Pour the hot stock to the wok adding in the soy sauce, rice vinegar, miso paste. Stir all of the ingredients so that the flavours combine.
Allow to simmer for around 10 minutes, ensuring that everything is cooked through.
Finally, to the wok, add the noodles and coriander and simmer for a final couple of minutes.
Serve in big soup bowls.
Brie and Caramelised Onion Stuffed Burgers
Makes 6 Burgers

Onions:
2 tbsp. olive oil
1 large onion, thinly sliced
½ tsp. salt

Mushrooms:
2 tbsp. butter
226g mushrooms, sliced

Burgers:
900g ground beef
½ tsp. salt
½ tsp. ground pepper
125g brie cheese, cut into small pieces

Preparation Method

Pre-heat the grill to a medium heat.

Heat the olive oil in a large frying pan and cook the onions with pinch of salt until caramel brown in colour and soft.

Do not let them get crispy!

Place the onions on a plate for later and keep the pan for cooking mushrooms.

For the burgers, put the beef, salt and pepper in a large bowl.

Mix by hand to combine well and divide into 6 even portions.

Take half of each portion and form into a thin patty.

You can cook the burgers to your cooking preferences: For ‘medium’ on pre-heated grill cook for 5 to 6 minutes per side. Cook slightly less for medium-rare and slightly more for medium-well.
Top each thin patty with some of the brie and onions, then top with the other half of each portion and form around cheese and onions, into one large patty.

Place the burgers under a preheated grill and cook according to your preferences.

While the burgers are grilling, cook the mushrooms in a little butter.

Once the burgers are cooked remove them from grill and allow to rest for 5 minutes before serving.

Layer mushrooms and onions over the cooked burgers and serve with a side salad.
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