

ROOTY GOOD CURRY

Root veggies are a great way to support digestive health. They are much easier to break down than above-ground vegetables, which contain cellulose (plant fibre) and are indigestible in the human digestive system. The human stomach, unlike that of animals such as cows that have multiple stomachs, cannot convert the cellulose from inflammatory-rich PUFAs (polyunsaturated fatty acids) into anti-inflammatory saturated fats. Root veggies are also hugely beneficial for balancing blood sugar, reducing toxic load and balancing hormones. I make this in the slow cooker, so it's ready when I get in from work!

INGREDIENTS (SERVES 4)

- * 1 organic parsnip, peeled and chopped into chunks
- * ½ medium organic swede, peeled and chopped into chunks
- * ½ medium organic celeriac, peeled and chopped into chunks
- * 2 medium organic sweet potatoes, peeled and chopped into chunks
- * 2 medium organic beetroots, peeled and chopped into chunks
- * 1 organic onion, chopped
- * 2 tsp cumin seeds
- * 2 tsp coriander seeds
- * 1 tsp fennel seeds
- * ¼ tsp chilli powder
- * 1 tsp ginger powder
- * 1 cinnamon stick
- * 1 tin organic coconut milk
- * 2 cups / 500 ml healing broth (see page 177 for recipe)
- * Sea salt, to taste
- * Freshly ground black pepper, to taste
- * Handful of fresh coriander, shredded

METHOD

1. Pre-heat the slow cooker to high.
2. Place all your veggies in the slow cooker.
3. Add the spices, salt and pepper, and stir to combine.
4. Pour in the coconut milk and broth; the liquid should come up to around the halfway mark in your slow cooker.
5. If using meat, place it on top of the veggies and pop the lid on.
6. Cook on low for six to eight hours
7. Serve with fresh coriander.

NOTE: if using fish or seafood, add to the slow cooker around one hour before the end of the suggested cooking time.

MEATY ADDITIONS

- * Organic buffalo
- * Wild bison
- * Wild venison
- * Sustainable white fish chunks

LAZY LAMB AND SWEET POTATO CURRY

Everyone loves a curry but not everyone feels confident enough to cook one from scratch. This recipe makes life simple and uses the slow cooker to really bring out the flavours and tenderise the meat. Lamb tends to be quite fatty and slow cooking takes away the need to trim the fat off. Most people wouldn't dream of having a curry without rice or naan bread, but this curry is more like a stew and really needs no companion at all.

INGREDIENTS (SERVES 8)

- * 1 kg organic grass-fed stewing lamb
- * 4 large organic sweet potatoes, peeled and chopped into chunks
- * ½ organic butternut squash peeled and chopped into chunks
- * 2 handfuls of organic green beans, halved
- * 1 organic white onion, finely sliced
- * 6 cloves of organic garlic, crushed
- * 1 thumbnail-sized piece of fresh root ginger, grated
- * 2 tsp ground cumin
- * 2 tsp ground coriander
- * 1 tsp cayenne pepper
- * 2 tsp turmeric powder
- * ½ fresh organic lime, squeezed
- * Sea salt, to taste
- * 1 cup / 250 ml healing broth (see page 177 for recipe)
- * ½ cups / 375 ml organic coconut milk
- * A handful of fresh coriander, shredded

METHOD

1. Place all your spices and salt into a bowl and mix with the lamb. Leave for one hour, or overnight if possible.
2. Pre-heat the slow cooker to high.
3. Lay the onion, sweet potato, butternut squash and green beans in the bottom of your slow cooker, before adding the lamb.
4. Pour in the coconut milk and broth.
5. Stir in the ginger, garlic and salt.
6. Pop the lid on, drop the heat to low and leave for six to eight hours.
7. When you are ready to eat, serve the curry in bowls, with a handful of fresh coriander and a squeeze of lime juice in each.