



# FIWAL

@HOME with FIWAL on Zoom 5<sup>th</sup> May 2020 at 10.30 am



## Katie Caldesi's Recipes for FIWAL

These recipes are from our new book *Reverse Your Diabetes: Lose Weight and Eat to Beat type 2 diabetes* here is the link [https://www.amazon.co.uk/Reverse-Your-Diabetes-Cookbook/dp/0857838571/ref=sr\\_1\\_1?crid=VS1T5U572CLX&dchild=1&keywords=caldesi+diabetes+cookbook&qid=1588594852&srefix=caldesi%2Caps%2C232&sr=8-1](https://www.amazon.co.uk/Reverse-Your-Diabetes-Cookbook/dp/0857838571/ref=sr_1_1?crid=VS1T5U572CLX&dchild=1&keywords=caldesi+diabetes+cookbook&qid=1588594852&srefix=caldesi%2Caps%2C232&sr=8-1)

We have two websites: [www.caldesi.com](http://www.caldesi.com) for all the news of our restaurants (now take-aways) in Marylebone and Bray, our cookery school, recipes, cooking videos and books. Our second website is: [www.lowcarbtogether.com](http://www.lowcarbtogether.com) where you can find information of the low-carb lifestyle, recipes, books, cooking videos and news.

### Cauli-Rice

To avoid the spikes of glucose in your bloodstream from eating any kind of rice switch to cauli-rice. It takes just minutes to prepare and has endless flavour possibilities that can be added if you stir-fry it. It keeps well once cooked in the fridge for up to 3 days (or in the freezer for up to 3 months) so leftovers are quick to reheat. You can also use broccoli or sprouts riced in the same way. Once riced the vegetables expand in volume so a little cauliflower goes a long way! You need to allow around 150g cauli-rice per person.

This simple recipe will match any food; leave it as it is or embellish it as you like with herbs or spices.

### For the basic recipe

Serves 4

Approximately 600g cauliflower (flower, stalk and leaves)  
3 tablespoons extra virgin olive oil, ghee, coconut oil, chicken fat or beef dripping  
1 onion, finely chopped, or 5 spring onions, finely chopped  
1 level teaspoon salt  
freshly ground black pepper

Cut the head of the cauliflower into large florets and roughly chop the stalk and leaves. Put a third of the cauliflower into a food-processor and pulse until finely chopped (it will resemble large grains of rice), making sure you don't end up with a purée. Tip the cauliflower into a bowl and repeat with the remaining two thirds. If you don't have a food-processor coarsely grate the florets and stalk and finely chop the leaves.

Heat the fat in a wok or large frying pan. Fry the onion over a medium heat for 7 minutes or until soft. Add the cauliflower rice, season and stir through. Add 3 tablespoons water, cover and leave to cook over a low heat for around 5 to 7 minutes or until just soft, stirring occasionally.

Per serving: 13g carbs, 3.5g fibre, 4.1g protein, 10g fat, 162kcal

### Turmeric Cauli-Rice

We love this with our middle eastern food and curries and sometimes add a few toasted slivered almonds.

2 cloves garlic, peeled and lightly crushed  
1 small cinnamon stick  
4 split cardamom pods  
Pinch of chilli flakes to taste  
Half a teaspoon turmeric  
Salt and lots of pepper  
Few sprigs of fresh coriander, leaves picked and stems finely chopped

Follow the recipe for Cauli-Rice adding the garlic, chilli and spices at the same time as frying the onion. Taste and adjust seasoning. Stir in the coriander, if using in just before serving.

Per serving: 14g carbs, 3.6g fibre, 4.2g protein, 10g fat, 163kcal