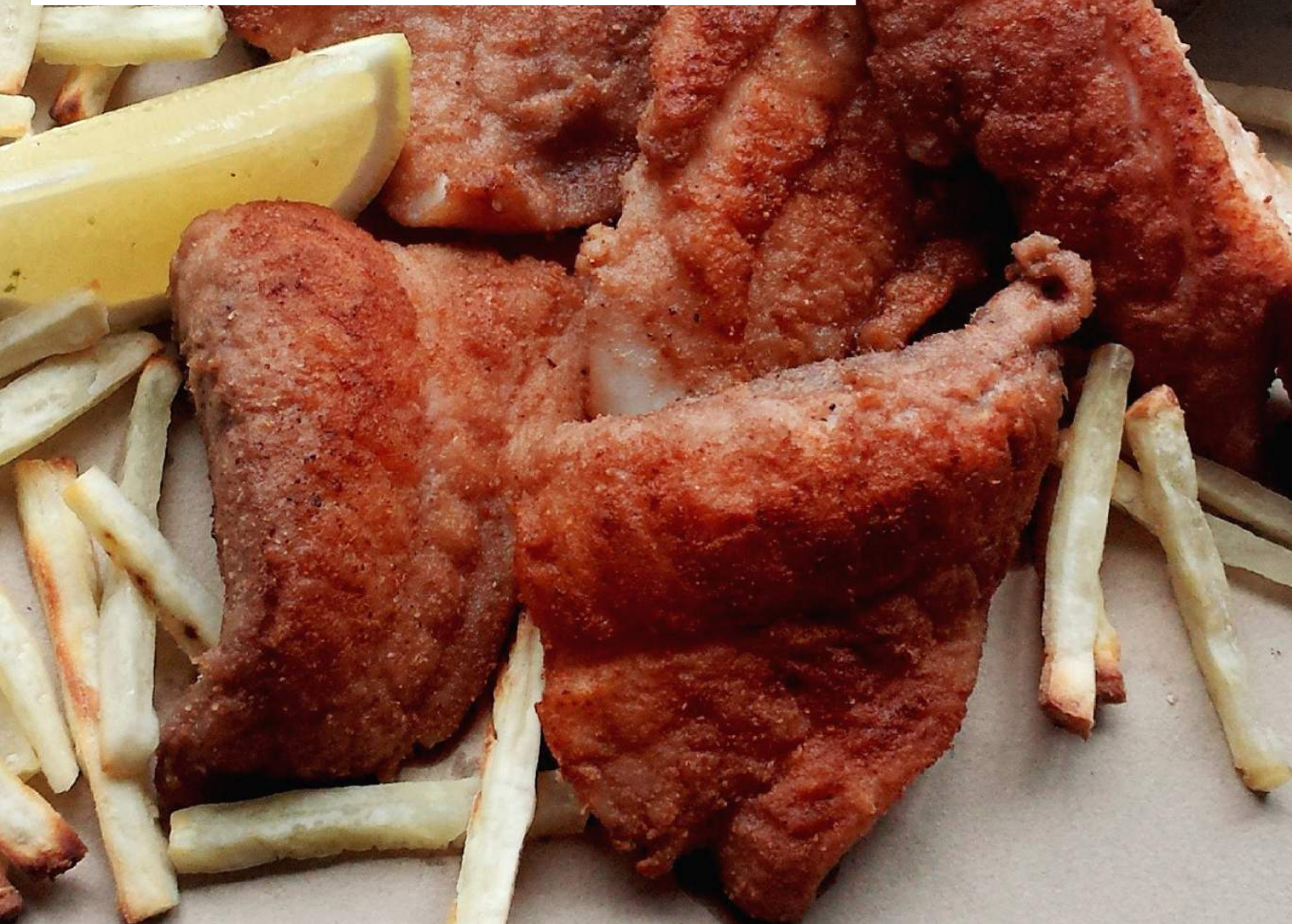


RECIPE E-BOOK

COOKING WITH GREEN BANANA FLOUR

a variety of **SAVOURY & HEALTHY** recipes
to create meals the whole family will love

- free from many common allergen ingredients -



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Dedications

Special thanks to Daniel Barrett (AKA the 'Aussie Paleo Chef') who bought me my first bag of green banana flour, showed me a couple of ways to use it and got me hooked! Thanks for all of your knowledge, time, inspiration and of course, your friendship Chef!

Thank you to my partner Clint for putting up with all the kitchen messes I made, last minute trips to the shops to grab ingredients for my recipe experiments and for eating all my creations; the successes as well as the failures!

I'd like to thank my mum Robyn for all her continued support and encouragement, helping me to believe in myself, go for my dreams and giving me confidence to always move forward in life.

I'd also like to thank all of our social media followers, friends and workshop attendees who supported me throughout this journey of creating these recipe e-books, and who have kept bugging me to finish them for their own benefit, it gave me the push I needed at times!

About this e-Book

Hi!

I'm Aimee, co-owner of Primal Influence along with my partner Clint.

Both Clint and I are big fans of green banana flour because it easily replaces grain flours to create really tasty and healthy dishes. We don't feel good when we eat a lot of nuts (even when activated) or cooked foods with nut and seed meals, which are in so many Paleo recipes, so to come across a grain-free and healthier flour to cook with that doesn't leave us feeling bloated or sick... it's a winner!

Green banana flour doesn't always work exactly the same as regular wheat flour... what does?! But I've been experimenting with it for many, many months now and have found quite a few ways it does work really well. It's such a new product, there's very little about it on the internet in terms of how it works in with Paleo, so it's been quite a ride creating and playing with it in the kitchen and I'm really excited to share my recipes with you!

I hope this e-book helps you become confident using green banana flour in the kitchen! Please feel free to send me photos of your amazing creations!

Aimee x



What's included?

LOTS!

In this e-book you'll find information about...

- What green banana flour is and how it's made
- The many health benefits
- A variety of my favourite savoury recipes all using green banana flour - some exclude nuts, seeds, eggs and all exclude dairy, gluten, legumes and grains
- Plus stacks of flavour and ingredient combination suggestions and tips and tricks!

Enjoy!



"Resistant starch is extremely good for the digestion of the body and well-being of the body as it will keep you fuller for longer without bloating"



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Mini Lamb, Garlic and Rosemary Pizzas



let's
get started!

What is Green Banana Flour?

Green banana flour is simply the flesh of harvested Lady Finger and Cavendish green bananas (not yet fully ripened) ground into a powder. Because the flesh is high in starch at this point it's quite firm, not at all sweet, and can easily form a 'flour' texture when ground down.

Natural Evolution Foods have created two varieties of green banana flour:

The green **Lady Finger** bananas contain the "highest levels of resistant starch in the world. Resistant starch is a food source that resists digestion in the small intestine and offers the consumer some very unique health benefits. It's rich in vitamins, minerals, dietary fibre and bio-actives." This type of green banana flour is best used as a supplement to improve health, whereas the green **Cavendish** banana flour is used as a **general baking flour** and is the product used in the following recipes.

What are the benefits of consuming it?

Allergy-friendly: It's free from gluten, grain, dairy, nuts, soy, sugar, egg, and preservatives.

The lows and highs: It's low GI, low fat and high in many vitamins and minerals including potassium, zinc, magnesium, Vitamin E and manganese.

Carefully processed: This all-natural, bio-dynamically-grown product is made with minimal processing and heating to ensure quality and high levels of nutrients remain.

Resistant starch: Resistant starch can be good for digestion and can help people feel fuller for longer without bloating,

Ease of use: It's a great flour alternative for most baked dishes. It can be used for both sweet and savoury dishes. When swapping for regular gluten flours, 25% less is needed, meaning it goes a long way. It's also easy to store and keeps for a fair while.

an excellent
pantry staple

Before you start cooking...

Here are some ingredients explained so you don't accidentally consume something you don't want to or can't, and can choose the healthiest options for you and your family...

Bicarb (Bicarbonate) Soda: most brands contain aluminum and I've found many health food stores stock brands that don't, so it might be worth asking around to source a safe brand.

Baking Powder: supermarket brands tend to contain rice and/or gluten whereas health food stores usually provide a few options without these. Read labels, and ask in-store if you're unsure.

Tomato Paste and Sauce: I always choose organic brands of tomato paste and sauce that come in a jar. The reason being is that, because tomato is so acidic, it helps break down the inside lining of cans which usually contain BPA and other chemicals. I also look for minimal ingredients to avoid too many preservatives and chemicals. Usually the ingredients in the brands I buy contain only tomato, water, salt and possibly herbs and spices for flavour.

Arrowroot Flour: This comes from the *Maranta arundinacea* plant/root and is dried and ground down into a fine powder used in cooking. It's often confused with tapioca which comes from a different plant but they do have similarities as to how they work in cooking. Arrowroot is used to thicken dishes and can be used as a flour along with other flours. It's often used to replace corn starch for those not consuming grains such as corn. From my research it's my understanding arrowroot is slightly easier on digestion than tapioca so it's what I prefer to use.

Coconut Aminos: I use coconut aminos to replace soy sauce and Tamari. Even though Tamari is traditionally fermented soy and a healthier option than regular soy sauce, it can still negatively affect hormones. Coconut aminos is made from salt and coconut - typically the sugars or aged sap fermented - to create a rich, dark liquid that has a similar flavour and consistency to soy sauce. Some brands contain other ingredients for flavour including garlic and chili, however I try to buy those with no extra ingredients so I can create the flavour I wish to in the dish...

Coconut Milk/Cream: Not all are created equal! Read the labels of different cans and tetra packs of coconut milk and creams and you'll notice many contain sugars, oils, thickeners and preservatives. Even some organic varieties contain these. It's not necessary, and often these added ingredients cause digestive problems. Most supermarkets, health food stores and even Asian grocery stores stock pure varieties, just remember to read the labels. I use Ayam for most of my cooking.



And...

Salt: I use Himalayan salt because it's pure, unrefined and rich in essential minerals. Feel free to use whichever pink or unrefined salt you prefer.

Herbs and Spices: Opting for organic dried herbs and spices is ideal because the quality and flavour are superior to conventionally-grown varieties. They may cost slightly more but, in my opinion, it's worth it!

Oils and Fats: Choosing healthy oils and fat for cooking with will help ensure you get the most out of these recipes because 'unhealthy' options can be inflammatory.

My suggestions: refined coconut oil (for cooking it has a higher smoke point than unrefined), organic olive oil, rendered grass-fed beef tallow, rendered pastured pork lard, grass-fed ghee (or grass-fed butter if you can tolerate dairy). These can replace cheap and highly processed fats such as vegetable oils, soya bean oils etc.

Meat: Choosing quality meat can make all the difference when it comes to the flavour and health level of your dishes. The budget can often be a factor but if you can aim for moderate to high quality whenever you can you'll notice the difference in your food.

My suggestions:

- BEEF: to be grass-fed and finished. Organic and grass-fed/finished is ideal but most farmers avoiding grain feed understand natural bovine healthcare and tend to use minimal or no chemicals. 100% grass-fed beef is readily available in Australia but "grass-fed" doesn't equal "grass-finished". Ask the butcher if unsure.
- PORK: depending on where you live you may or may not be able to source 100% grass-fed and finished pork but if you can that's great, with organic and grass-fed/finished being ideal. If you can't source that then look for "pastured" or "free-range" pork where the pigs are spending all their time on lush pasture, eating less grain feed. With ham and bacon the best quality is usually in the deli. Look for the most natural options with minimal ingredients, excluding dextrose, maize, chemicals and preservatives. Butchers should be able to provide you with a list of ingredients.
- LAMB: to be grass-fed and finished. Organic and grass-fed/finished is ideal but most farmers avoiding grain feed understand natural bovine healthcare and tend to use minimal or no chemicals. As with beef, 100% grass-fed lamb is readily available in Australia but "grass-fed" doesn't equal "grass-finished". Ask the butcher if unsure.
- CHICKEN: almost all chicken (for meat) in Australia is fed grain meal so look for free-range varieties where the animals spend a large period of each day on lush pasture. "Free-range" on labels can mean the animals only spent a very short amount of time outside the barn. If unsure find out who the producer is and what their practices are. "Organic" and "grass-fed" are two different things.

It's also worth pointing out that foods made with green banana flour are usually best consumed just cooked or within the space of a few hours, as the starch changes once cooled and can alter the texture and flavour of the food. For example, biscuits are definitely nicer eaten freshly baked, as they can start to have a staleness if left overnight, especially in the fridge. This is one of the quirks of cooking with this type of resistant starch!



now it's time
to get cookin'...



Fresh Baked Bread

INGREDIENTS

- 4 whole eggs
- 1 egg white
- 4 tbsp liquid coconut oil
- 3/4 cup green banana flour
- 1/4 cup arrowroot flour
- 1 level tsp bicarb soda
- 1 level tsp baking powder
- 1 tsp salt
- 1 tsp apple cider vinegar

Note: this quantity fills a small loaf tin. Double the quantity to make a large loaf.

KITCHEN BITS & PIECES

Small oven bread loaf tin, stick blender with whisk attachment, 2 mixing bowls, baking paper, cooling rack, silicone spatula or wooden spoon

METHOD

1. Pre-heat oven to 170 degrees Celsius, line a small loaf tin with baking paper
2. Sift the dry ingredients into a mixing bowl
3. In another mixing bowl use an electric whisk to mix the four whole eggs, until the mixture is fluffy
4. Add the apple cider vinegar and coconut oil to the dry mixture and stir
5. Pour the egg mixture in and gently stir to combine
6. Wipe out the egg mixture bowl, add the egg whites then use the electric whisk to mix thoroughly to form stiff peaks
7. Gently fold the egg whites into the batter using a silicone spatula or wooden spoon, trying to keep as much as possible of the egg white intact but ensuring it mixes in evenly
8. The batter should be quite runny at this point. Let it sit on the bench for a couple of minutes to absorb properly
9. Pour into the lined baking tin then place in the oven to cook for 20-30 minutes depending on your oven. A wooden skewer should come out clean when pushed down into the centre of the loaf
10. Once cooked, place a cooling rack over the top, hold onto that and the ends of the tin, carefully turn over and the loaf should come out of the tin onto the rack. Allow the loaf to cool slightly before slicing with a bread knife to serve

Tips: store in an air-tight container/bag on the bench in the kitchen for only 2-3 days. The bread will start to smell 'sour' when it turns. It may be safer to store in the fridge, and it should last longer, but the only downside is that cooked and refrigerated banana flour foods can firm up slightly and almost have a stale texture and taste. It's not stale of course, it's simply what happens to resistant starch when cooked and refrigerated.

Remember to keep the bread whole when storing, don't slice it all up then store it. This will ensure maximum freshness and the best texture possible.

This bread is definitely best served fresh but after a couple of days of being sealed in a container on the bench the bread it still fluffy and soft which is terrific!

You can always toast the slices and serve with your favourite spreads. I really like making healthy jams using pure gelatin powder, lemon, ripe fruit, and raw honey.

To make a loaf large enough to use for sandwiches, simply double the recipe quantities and still use only a small baking tin. You'll end up with a tall loaf perfect for healthy sangas!



Rosemary Crackers



INGREDIENTS

3/4 cup green banana flour
1/2 cup arrowroot flour
1 tsp salt
4 tbsp dried rosemary
2 eggs
1/4 cup oil (liquid coconut oil or olive oil work well)
1 tbsp filtered/spring water

METHOD

1. Pre-heat oven to 170 degrees Celsius
2. Sift the flour and arrowroot into a mixing bowl
3. Add the remaining ingredients and stir to combine. Roll mixture into a large ball with your hands and leave in the bowl for a few minutes
4. Place a sheet of baking paper (the size of the oven tray you're using) on the bench, place the ball of dough onto the centre then grab another sheet of baking paper to place on top (to prevent mixture sticking to the rolling pin). Using a rolling pin roll the dough out evenly and thinly, to about 4 mm high. The thicker the mixture the more bread-like the end result will be, while a thinner cracker is ideal
5. Discard the top sheet of baking paper then using a knife and ruler or the edge of a light rectangular chopping board, gently slice the dough horizontally and vertically into even squares. I find it best to cut with an up and down motion all the way along a line instead of slicing straight through as this can cause the dough to spread and break

KITCHEN BITS & PIECES

Flat oven tray, mixing bowl, silicone spatula, rolling pin, baking paper, sieve

6. Use a fork to create a 'dotty' pattern across the crackers then place the sheet of baking paper holding the dough onto an oven tray and place in the oven to cook for about 15 minutes or until the edges have browned a little. The longer it's in the oven the firmer the crackers become, so you may wish to test one and cook longer if you prefer that texture
7. Once cooked remove from the oven, allow to cool then separate the crackers along the cut lines. They should come apart easily
8. Serve with your favourite healthy dips
9. Store any leftover crackers in an air-tight container out of the fridge for 2-3 days, or in the fridge but keep in mind when refrigerated the crackers may firm up and the texture will change slightly

pairs perfectly
with healthy dips



Basil + Cashew Pesto



Roast Carrot, Pumpkin + Cumin Dip



Coconut Milk + Roast Beetroot Dip



Creamy Guacamole



Roast Tomato + Herb Dip



Spinach + Artichoke Dip



Ham & Salad Wraps

INGREDIENTS

Wraps - makes 5 large

1/2 cup coconut milk
1 cup filtered/spring water
3/4 cup arrowroot flour
3/4 cup green banana flour
Pinch of salt
2 eggs
Oil/fat for the pan

Salad filling

Slices of ham
Thin slices of fresh tomato
Lettuce or baby spinach leaves
Grated carrot and/or beetroot

Mayonnaise

1 cup olive, avocado or macadamia oil (raw olive oil can have an overpowering taste)
1 egg
1 tbsp pure mustard powder
1 tbsp fresh lemon juice or apple cider vinegar
Salt to taste

KITCHEN BITS & PIECES

Non-stick frypan (around 20 cm), spatula, stick blender, baking paper or plastic wrap to hold wraps together

METHOD

Wraps



1. Place all ingredients into the stick blender jug and blend on high until well combined and there are no lumps remaining
2. Heat a medium non-stick frypan to a moderate temperature and pour only about 1/2 tsp oil onto the centre for each wrap to prevent any sticking and to avoid them becoming too oily
3. Pour roughly 1/4 cup of mixture into the pan as you tilt it on an angle and swirl around gently to allow the mixture to coat the entire base of the pan. The thickness should be a couple of millimeters, with no gaps present
4. Place the pan down to let the mixture cook. Once the mixture is almost cooked through to the surface, which doesn't take long at all, gently flip it over and cook for another 10-20 seconds. Keep in mind this first one may not turn out perfectly and may end up as the sacrificial taste tester!
5. Transfer to a plate then repeat the steps with the remaining mixture until all wraps are made

Mayonnaise

1. In the stick blender jug place all ingredients, except for the oil, and blitz on high speed for a few seconds to combine
 2. Hold the oil bottle/jug in one hand right at the top rim of the stick blender jug holding it in place with your forefinger to stabilize the jug, then holding the stick blender in the other hand, have the stick blender on high speed and slowly pour the olive oil into the jug, lifting the stick blender up and down to ensure the oil emulsifies properly. Pouring speed doesn't have to be too slow, one of the benefits of using a stick blender is pouring can happen quickly (as opposed to a regular blender), however if this is your first attempt it's recommended to pour slowly until you get the hang of it. The trickiest part is keeping the stick blender jug stable because as the mixture thickens the jug wants to turn around
- If using a regular blender it's important to pour the oil in as a thin slow drizzle otherwise the mixture will split. The blending speed needs to be high, the oil can be poured into the lid hole very slowly until the mayo mixture becomes very thick. The ideal thickness is achieved when you can spoon some mixture out and it stands up on the spot

Assembling the wraps

1. Place a thin layer of the ham and salad ingredients across the surface of each wrap, not adding too much or the wraps won't roll up properly
2. Drizzle some mayonnaise on then roll each wrap tightly. Secure with plastic wrap or baking paper pieces tied around with string/twine



Fish N Chips with Lime Aioli



INGREDIENTS

Fish and chips

- 2 large wild-caught fish fillets (flathead, whiting etc. work well)
- 1/4 cup green banana flour
- About 1 cup white flesh sweet potato (Japanese variety) or regular organic white potato
- Salt, pepper to taste
- About 1/2 cup oil/fat for shallow frying

Optional: dried herbs and spices of choice to add a new level of flavour to the fish

Aioli

This is the same as the mayonnaise recipe for the Ham and Salad Wraps, just swap the mustard powder and lemon/apple cider vinegar for 1 tbsp fresh lime juice and 1-2 tsp minced fresh garlic or organic garlic powder

KITCHEN BITS & PIECES

Stick blender, flat oven tray, non-stick frypan, tongs, slicing tool for chips, plastic bag

METHOD

Chips



1. Preheat oven to 170 degrees Celsius
2. Peel the sweet potato then use a slicing tool, or knife, to make chips
3. Line a flat oven tray with baking paper to prevent sticking, place the chips in a plastic bag with some oil, salt and pepper then, holding the top closed, shake well to evenly coat the chips
4. Spread the chips evenly on the paper on the tray, ensuring none are overlapping then place the tray in the oven to cook. It's a good idea to check on the chips every 5 minutes and move them around as needed to ensure even cooking. It'll depend on your oven so it's best to check often to prevent some chips from burning.
6. Drizzle a small amount of oil over the chips if you check on them and notice they're becoming dry. This variety of sweet potato absorbs a lot of liquid.
7. Once all chips are lightly brown and cooked to your liking (try one that's cooled to test doneness), transfer to a cooling rack and dab with paper towel to remove excess fat. Placing the chips onto sheets of paper towel they can become soggy

Fish



1. In a flat container add the banana flour, salt and pepper then stir
 2. Carefully score the skin side of the fish fillets to prevent fish from curling while cooking
 3. Place a fillet of fish into the banana flour and coat evenly on both sides. Set aside and repeat with each fillet
 4. Heat a large non-stick frypan to a moderate temperature and add some oil/fat (have spare oil/fat if cooking in batches)
 5. Once the pan is hot enough (the oil should be spitting a little), gently place fish into the pan ensuring each piece has oil/fat underneath. It's fine to crowd the pan as long as each piece has a small gap around the edges to be able to use tongs or a spatula to move them when needed
 6. Cook the fish for a couple of minutes (depending on the thickness) until the bottom is browning, then gently flip over to brown the other side and finish cooking through
- To test if the fish is cooked properly simply insert a toothpick into the thickest part of one piece and if there's softness then some resistance, part of it is still raw
7. Transfer each piece of fish, once cooked through, to a cooling rack and dab with paper towel to remove excess fat. Placing the fish onto sheets of paper towel it can become soggy
 8. Serve with the chips and a dish of aioli and wedges of fresh lemon



Chicken Enchiladas

This recipe has more steps than most but it's full of flavour and great for family dinners!

INGREDIENTS

Enchilada wraps - makes 5 large

1/2 cup coconut milk
 1 cup filtered/spring water
 3/4 cup arrowroot flour
 3/4 cup green banana flour
 Pinch of salt
 2 eggs
 Oil/fat for the pan

Cheese

1/2 cup coconut milk
 2 tbsp arrowroot flour
 2 tbsp pure grass-fed beef gelatin powder
 3 level tsp turmeric powder
 2 tbsp apple cider vinegar
 Salt to taste

Filling and sauce

5 chicken thighs, chopped
 1 brown onion, diced
 1 clove garlic, diced
 Dried herbs and spices of choice
 1 tbsp oil/fat for the pan
 Flesh of 1/2 a ripe avocado, diced
 1/2 cup tomato paste, 3/4 cup filtered/spring water and 1 large tomato diced
 OR use bottled pure tomato sauce/puree

KITCHEN BITS & PIECES

stick blender and jug, medium non-stick fry pan, oven dish, whisk, 2 medium saucepans, plastic wrap, rectangle or square container

METHOD

Cheese (make this first so it has time to set)



1. Line a rectangle or square shaped container with a piece of plastic wrap, so each edge has excess plastic folded over it
2. Place all ingredients into a medium saucepan, apart from the gelatin, and whisk together
3. Gently sprinkle the gelatin over the surface of the liquid and leave it for a few minutes to 'bloom' (soften)
4. Once most or all of the gelatin granules have absorbed liquid and are no longer cream coloured, turn the temperature on the stove to moderate heat to slowly warm the mixture through. Whisk it thoroughly as it heats up, to remove all lumps. If you do end up with lumps you can't whisk out, simply use the stick blender on high, or strain the mixture through a sieve into the container
5. Once it's ready, pour into the plastic lined container and place into the fridge for a couple of hours to set. To speed up the process place a frozen ice brick underneath
6. When the mixture is firm remove it from the container by holding the edges of the plastic, pull the plastic away from the sides of the cheese and use a knife to slice thinly. Wrap with the plastic to prevent drying out and return to the fridge until needed

Note: This recipe essentially forms a firm yellow jelly which looks similar to cheddar cheese and 'melts' when warmed, so it works well as a melted dairy cheese replacement.

This recipe was originally created by my good and incredibly talented friend Daniel Barrett (AKA Aussie Paleo Chef).

Enchilada wraps



1. Place all ingredients into the stick blender jug and blend on high until well combined and there are no lumps remaining
2. Heat a medium non-stick saucepan to a moderate temperature and pour only about 1/4 tsp oil onto the centre for each wrap to prevent any sticking and to avoid them becoming too greasy
3. Pour roughly 1/4 cup of mixture into the pan as you tilt it on an angle and swirl around gently to allow the mixture to coat the entire base of the pan. The thickness should be a couple of millimetres
4. Place the pan down to let the wrap cook. Once the mixture is almost cooked through to the surface, which doesn't take long at all, gently flip it over and cook for another 10-20 seconds. Keep in mind this first one may not turn out perfectly and may end up being a taste tester!
5. Transfer to a plate then repeat the steps with the remaining mixture until all wraps are made

Filling and sauce



1. in a medium saucepan on a low heat add the oil and onion and let the onion soften to become almost translucent, stirring often
2. Add the garlic, tomato paste, tomato and water or sauce/puree, salt, herbs and spices and let it simmer for a few minutes to thicken
3. Use the stick blender to blend the sauce to a consistency you like (no pieces of onion remaining, or some onion left for texture).
4. Turn the heat off
5. Using the same non-stick frypan used for the wraps, heat to a moderate temperature and add the chicken pieces
6. Allow them to brown on both sides then reduce the temperature and add a spoonful of the tomato sauce mixture then stir around
7. Remove the saucepan and frypan from the stove and move to the enchilada building area (as in, the kitchen bench)
8. Pre-heat the oven to about 160 degrees Celsius
9. Add a spoonful of the sauce to a baking dish and coat the base (this prevents the enchiladas from sticking while baking)
10. Place one wrap on the bench, use tongs or a spoon to add a few chicken pieces down the centre (you'll use about 1 thigh per wrap) then spoon over some sauce
11. Gently fold each side in toward the centre then carefully transfer into the baking dish at one end. I find it helps to use two hands and pinky fingers to control each end of the wraps to prevent chicken pieces falling out. But if they do, simply push them into the ends once in the dish
12. Repeat with each wrap, placing them close together in the dish then spoon the remaining sauce across the wraps along the middle
13. Grab the cheese from the fridge and place thin slices on top of the sauce
14. Place the dish in the oven for a few minutes to warm the enchiladas through and for the cheese to melt. Remove the dish then place avocado pieces along the top of the cheese to finish, then serve!

a delicious dinner
to serve the family





Herb Crusted Pork

INGREDIENTS

4 pork fillets (suitable for frying)
1/4 cup dried herbs of choice
1/4 cup sesame seeds
1/2 cup green banana flour
1 egg

Salt, pepper to taste
1 tbsp coconut milk
Oil/fat for cooking in
Optional: 1 tsp ea garlic and onion powder

METHOD

1. Place dry ingredients into a food processor and blend until well combined
2. Whisk egg and coconut milk in a flat container
3. Transfer dry mix into another flat container
4. Place a pork fillet into the wet mixture, coat all surfaces then allow excess to drip off
5. Place them into the dry mixture and evenly coat all surfaces of the fillet
6. Heat a non-stick frypan to a moderate-high temperature with the oil/fat then place fillets into the pan and allow to cook for a few minutes until the bottom is golden brown. Turn over and cook the meat all the way through
7. Use tongs or a spatula to remove from the pan and transfer to cooling rack to rest. (Placing the fillets onto sheets of paper towel can cause them to become soggy)
8. After a few minutes of resting serve the fillets with healthy sides of choice. A wedge of fresh lemon makes a nice garnish and adds freshness when squeezed over the pork

KITCHEN BITS & PIECES: Food processor or bullet blender, non-stick frypan, 2 flat containers



Soft Shell Tacos with Pulled Beef

INGREDIENTS

Pulled beef

Beef suitable for slow cooking
Coconut amino
All Spice powder
Salt, pepper to taste

Note: the quantities for the flavourings depend on the size of the beef cut you use. For a small rolled roast, for example, use about 3 tbsp coconut amino and 1 tbsp All Spice powder.

Tacos - makes 8 small

1 egg
4 tbsp coconut milk
3 tbsp filtered/spring water
3 tbsp arrowroot flour
3 tbsp green banana flour
Oil/fat for the pan (about 2 tsp maximum)
Salt to taste

KITCHEN BITS & PIECES

stick blender and
jug, small non-stick
frypan, silicone spatula,
slow cooker, 2 jars, a rolling pin

METHOD

Pulled beef

1. Place beef into the slow cooker, add coconut amino, All Spice, salt and pepper then rub over the meat to coat evenly
2. Place the lid on and cook on Low setting overnight or during the day while at work, until the meat is soft and pulls apart easily
3. Use two forks to pull the meat apart into long thin strips. Place back into the slow cooker to sit in the flavourful liquid and stay warm while you make the tacos

Tacos

1. Place all ingredients, apart from the cooking oil, into the stick blender jug and blitz on high speed until thoroughly combined with no lumps remaining
2. Place two jars the same height upside down on the bench with the rolling pin sitting on top. This is where you'll place each cooked taco to bend to a taco shape when each has just finished cooking
3. Heat a non-stick frypan to a medium heat, add a couple of drops of oil to the centre (don't spread the oil out or the taco batter won't stay nice and round when poured on) and pour on some mixture to make a circle to about the size of a typical taco (roughly 20-25cm in diameter, or to the edges of the pan if it's small enough), not letting it thin out too much as with making crepes, having about 3 mm thickness is ideal
4. The base will cook quickly. You'll notice the surface is no longer runny and that's when you can use a spatula to carefully flip the taco over to finish cooking through. Keep in mind the first one is usually a fail because it sticks to the pan and becomes the taste-tester!
5. Once a taco is cooked, place it over the rolling pin and gently bend each side downwards to create a taco shape. While one taco is bent in this shape and cools, it'll stay in this shape. It takes about the same amount of time as cooking a taco on the pan. So as you finish cooking one, the taco sitting on the rolling pin should be cool enough to remove and place on a plate, then place the new cooked taco on the rolling pin. Repeat until you finish the mixture and all tacos are cooked, formed and cooled. You should end up with about 6 tacos.

Note: Let each taco cook a little longer on each side to crisp up slightly if you prefer



Assembling the tacos

1. Have fillings ready such as shredded/torn lettuce leaves, diced avocado or some guacamole, diced fresh tomato, fresh coriander leaves, anything you like!
2. Place lettuce along the middle of each taco, top with a handful of pulled beef then sprinkle avocado and other fillings on top
3. Serve and enjoy!



Mexican flavour ideas





Chicken Nuggets with Tomato Sauce

INGREDIENTS

Sauce - makes about 1 cup

1 brown onion, peeled and diced

1 tomato, diced

1/2 cup tomato paste

2 tbsp bone broth, healthy stock or
filtered/spring water

1 tbsp coconut amino

Salt, pepper to taste

1 tbsp oil/fat

Optional: raw honey to sweeten, garlic,
smoked paprika, turmeric powder or a
herb/spice mix of your choice

Nuggets - makes around 20

4 chicken thighs

3 chicken breasts

2-3 tbsp green banana flour

1-2 tbsp coconut flour

Salt to taste

1/4-1/2 cup oil/fat to cook in

KITCHEN BITS & PIECES

Stock blender and jug, frypan, saucepan, container, tongs, food processor

Notes:

- For a thicker crumb use arrowroot to coat nuggets, dip in whisked egg mix then into the flour before frying. I use just the layer of flours because the flavour is strong enough.
- For a coconut-free version leave out the coconut flour for coating the nuggets (I really like the combination of both flours but it's not essential) and leave the amino out of the sauce.
- For a runnier sauce add more bone broth/stock/water or add more tomato paste for a thicker sauce, you can control the texture and consistency.
- Make a larger quantity and store some away in the freezer so you always have healthy tomato sauce handy

METHOD

Sauce

1. Place onion in a medium saucepan with oil/fat on a low heat on the stove and cook the onion until it softens, stirring often
2. Add remaining ingredients, stir well and once it starts bubbling slightly turn the heat off and transfer to the stick blender jug
3. Blitz on low speed for a few seconds until it's the consistency you're after. If you prefer some chunks of onion and tomato remaining for texture don't blend for long, whereas to achieve a finer sauce simply blend for longer until it's the texture you prefer
4. Pour into a serving bowl to serve alongside the nuggets or store in an air-tight container/jar in the fridge



METHOD

Nuggets

1. Roughly chop the chicken meat then place in the food processor and turn to medium-high speed to break the meat down almost completely but with some small chunks remaining. It doesn't take long at all and will quickly become a large sticky ball of chicken along the inner wall of the food processor container, with the blades not reaching it unless you manually spread the chicken mixture back across the base. It's now ready to form nugget pieces

2. To prevent mess and waste, wear food-handling gloves then use your fingers to grab about a heaped tsp worth of chicken meat to roll into a ball, place in the palm of one hand, with palm curved a little, using the thumb of your other hand to press the centre to form a slightly curved nugget (this is the quickest and easiest technique I've found to form the nuggets).

Tip: to ensure all nuggets are the same size use digital scales to weigh mixture before forming into nugget shapes

3. Once all the chicken meat has been formed into nuggets, place the other ingredients, except for the oil/fat, into a flat container, give it a good stir then place a nugget into the flour mixture, turn over and ensure an even coating all over.

Set aside and keep going until nuggets are coated

4. Heat a non-stick frypan to a medium heat, add some oil/fat then once the oil/fat is hot gently place nuggets in, fairly close together and allow to cook. If the undersides are browning too quickly and almost burning then reduce the heat. The nuggets are ready to turn over when the underside is a nice golden colour

5. Turn over when ready and let the other side become golden brown.

6. Transfer each cooked nugget to a cooling rack to cool down then serve alongside the tomato sauce



Notes:

- These are great cold for school and work lunchboxes but are best served warm
- Add only enough oil/fat to the pan to coat the sides of the nuggets and prevent sticking, too much will prevent the edges of the nuggets from forming a nice crust. Dab excess oil off the nuggets using paper towel



Mini Lamb, Onion, Garlic & Rosemary Pizzas

INGREDIENTS

Pizza base - makes 6

- 2 eggs
- 1/4 cup warm water
- 1/4 cup oil (coconut oil, olive oil or ghee work well)
- 3/4 cup green banana flour
- 3/4 cup arrowroot flour + extra for dusting
- 1/2 tsp salt
- 1/2 tsp bicarb soda
- 1/2 tsp baking powder
- 2 tsp apple cider vinegar

Topping

- 1/4 of one brown onion, peeled and sliced
- 3/4 cup lamb mince
- 1/4 cup tomato paste
- Dried herbs (oregano, basil, thyme, parsley all work well)
- 1 tsp turmeric powder
- 1 tbsp olive oil
- 1-2 sprigs of fresh rosemary, leaves removed and stalk discarded
- Salt, pepper to taste

Optional: cheese of choice including the recipe from the Chicken Enchiladas, goat/sheep fetta or soft cheese would both work well with this flavour pizza also



METHOD

Pizza base

1. Pre-heat oven to 160 degrees Celsius and line an oven tray with a sheet of baking paper
2. In a mixing bowl add all dry ingredients and stir well
3. In a separate bowl add the wet ingredients and whisk to combine
4. Make a well in the centre of the dry mixture, pour the wet mixture in then gently combine using a wooden spoon
5. When the mixture is combined thoroughly form the dough into a ball then separate into 6 equal parts
7. Dust the bench and a rolling pin with arrowroot and use the rolling pin to flatten one piece of dough at a time into a circle. Once all bases are made place them on the baking paper on the oven tray and put into the oven to partially cook for about 5 minutes
8. Remove the tray from the oven but don't turn the oven off; use a spoon to coat the top of the bases with tomato paste then add remaining toppings how you like
9. Place the tray back in the oven to cook the lamb and other toppings and to finish cooking the bases
10. Remove from the oven once cooked, cut each pizza in halves or quarters and serve

Notes:

- For a flatter, crustier base leave out the apple cider vinegar, bicarb soda and baking powder. This will remove the 'rising' effect.
- Feel free to add herbs and spices to the base mixture at the start, to add more flavour
- This recipe can make one large pizza; mini pizzas can be easier and quicker to make, and more fun for the kids. They can be made even smaller and included in school / work lunchboxes



Thank you!

This marks the end of this e-book and all the savoury green banana flour recipes I have! But don't worry, I'll continue to experiment with this ingredient in the kitchen and create new recipes that I'll aim to share with you in another e-book down the track. So stay tuned!

Thank you so much for purchasing this e-book, I hope you enjoy making and eating the recipes in it, and find a lot of benefit from consuming green banana flour!

Aimee x

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