Thank you

Thank you for downloading our cookbook. We would love you to tell the world about us! Please share the link to this book far and wide, and tell all your friends about our facebook group and website so that you can be a part of our mission to make the low carb healthy fat way of eating achievable and accessible to everyone!

Acknowledgements

We would like to thank our LCHF Thermo Foodies Facebook members for your support. We have grown so much since our first cookbook, Getting Started and we absolutely love our thriving community and getting to know you all. Thank you for helping us create such a supportive and helpful space for other members to share their journey and ask questions. We are incredibly proud of the group we have and this is simply because of our members. Thank you for spreading the word and being as excited as we are about everything LCHF Thermo Foodies. You inspire us every day and keep us motivated. We are so appreciative of the time, effort and enthusiasm provided by our recipe testers. With your help we know our recipes are perfect before being published.

A very special thank you to our most dedicated supporters and members of our Facebook admin team; A special mention to Tanya Halse, Belinda Daya, Katie Jarvie and Natalie Kosmanopoulos for their most valuable support.

To our families, thank you for supporting and believing in us.

Special thanks to our children for being our first line testers for this book, ensuring the recipes are family friendly.

We could not accomplish any of this without the talent and time provided to us by our husbands. Thank you for helping us make our cookbooks look so beautiful and for meeting our deadlines! We love the way our cookbooks look and we love you.

Graphic Design: Rory Tyson
Photography: John Doyle

We are so grateful for you all.

About our recipes

Our recipes and all their ingredients are in alignment with the original Real Meal Revolution (RMR) / Banting food lists and lifestyle as written about in the best-selling book ‘The Real Meal Revolution’ co-authored by Prof. Tim Noakes, Jonno Proudfoot and Sally-Ann Creed. More information on this way of eating can be found here https://thenoakesfoundation.org/

All our recipes have been tested by us and also by some of our wonderful LCHF Thermo Foodies Facebook members. To join this supportive and friendly community and ask any questions about LCHF and the recipes in this cookbook please go to our Facebook group www.facebook.com/groups/LCHFThermoFoodies
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2. Goulash with buttered cabbage
3. Orange and cinnamon stew
4. Chicken & haloumi korma with cauliflower pilaf
5. Tuscan beef stew
6. Chicken cacciatore with velvety cauliflower puree
About slow cooking

Why slow cooking?
- Convenient
- Delicious
- Easy to make
- Budget friendly
- Time saving
- Easy clean up
- Bulk cooking

Don’t have a slow cooker?
If you don’t have an electric slow cooker, you can still enjoy slow cooked dishes, just slow cook in a casserole dish with a lid, in a low oven (130-140C) or very low simmer on the stovetop in a dutch oven.

Please make sure you follow the directions for your own appliance

Essential tips for making recipe adjustments
- Do not overfill the pot, as very little steam escapes, which can result in too much liquid.
- Don’t add too much liquid. Unlike stove top or oven cooking, there is hardly any steam or evaporation of the liquid, so you can easily end up with too much liquid in the dish.
- Keep the lid on. Slow cooking times are very dependent on building a consistent heat and letting the machine do the work. If you remove the lid during cooking, it will upset the timing of the recipe – so keep it safely closed.
- Avoid lifting the lid too frequently as this will increase cooking time significantly
- You can double all of these recipes if your slow cooker is big enough, or just add extra meat and vegetables to the sauce. Add 1-2 hours cooking time

Sides
We have published 5 delicious sides in this ebook to accompany your slow cooked dinners, feel free to mix and match them with other dinners!

Meat types and cuts
Transform some of our most popular recipes by using cheaper cuts of meat that are great for slow cooking. These cuts are great to keep in the freezer for cheap, convenient, easy & delicious meals;

Beef
- Chuck steak
- Round steak
- Blade steak
- Silverside
- Skirt steak
- Shin (gravy) beef
- Osso bucco
- Oyster Blade

Lamb
- Boneless shoulder
- Boneless forequarter
- Shanks
- Neck chops
- Leg roasts

Chicken
- Keep your pieces cut large, around 3-4 cm’s
- Use chicken pieces on the bone if preferred
- Chicken drumsticks
- Chicken thighs with bone in and marylands

Cooking Times
**beef and lamb:** Approximate cooking times:
Low - 6 to 8 hours – depending on size of beef – cook until meat is tender
**Chicken:** Approximate cooking times:
Chicken thighs (preferred for slow cooking) – low – 5 to 6 hours
Breast – low – 3 to 4 hours
**Butter Chicken and cauliflower rice**

**Ingredients**

**Butter chicken**
- 1 onion (approx. 100g)
- 2 cloves garlic, peeled
- 10g ginger (4cm)
- 1 medium heat chilli (adjust depending on heat you like)
- 40g ghee or oil
- 2 tsp sweet paprika
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp turmeric powder
- 1 tsp cinnamon powder
- 2 tsp salt
- 80g tomato paste
- 250g cream
- 40g almond meal (omit for nut free)
- 1 tsp garam masala
- 1.2kg boneless chicken thighs, cut into 3-4cm pieces
- Almond flakes and fresh coriander to serve

**Cauliflower rice**
- 800g cauliflower
- 40g salted butter
- 1 tsp cumin seeds

**Method**

**Butter chicken**
1. Finely chop onion, garlic, ginger and chilli
2. In a pan, add ghee/oil, onion, garlic, ginger and chilli, cook until onion is translucent
3. Add all spices except garam masala
4. Cook 2-3 minutes, until the spices are just starting to stick, add tomato paste, cream and almond meal, mix well. If you have a blender, thermal cooker or hand stick blender, blend to a smooth sauce
5. Move sauce to a slow cooker, add chicken, cook on low for 5-7 hours (timing here will vary depending on your slow cooker, check meat is tender)
6. Stir through the garam masala
7. Grate or chop cauliflower until it resembles rice size pieces

**Cauliflower rice**
8. Pan fry cauliflower with butter and cumin seeds until cauliflower is tender
9. Serve curry on top of cauliflower rice
10. Garnish with toasted almond flakes and fresh coriander

**Store refrigerated up to 5 days (we found the flavours and meat are better the second day) or frozen up to 3 months**

**Nutritional Information**

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**Prep time** - 10 minutes

**Cook time** - 5-7 hours
Goulash with buttered cabbage

Ingredients

**Goulash**
- 2 cloves garlic (10g)
- 150g onion
- 180g celery
- 140g tomato paste
- 200g zucchini, diced
- 1 Tbs paprika
- 2 tsp salt
- 1 tsp caraway seeds
- ½ tsp dried thyme
- 170g capsicum, roughly diced
- 1kg beef, cut into bite size cubes or strips (blade, gravy beef, rump or other meats such as chicken thigh, lamb shoulder also work well)

**Buttered cabbage**
- 700g cabbage, roughly sliced
- 100g salted butter

**Optional to serve**
- 300g sour cream

Method

1. Chop garlic, onion and celery finely
2. Chop remaining vegetables into bite size pieces
3. Place all goulash ingredients into a slow cooker, cook on low for 6-8 hours depending on the cut of meat you are using. Check meat is tender
4. For the buttered cabbage, in a large pan, add cabbage and butter, sauté or med/high heat until softened and just starting to brown
5. Serve with optional sour cream

Store refrigerated up to 5 days (we found the flavours and meat are better the second day) or frozen up to 3 months

SERVES 6

**Prep time** - 15 minutes  
**Cook time** - 6-8 hours

### Nutritional Information

**Goulash**

| Servings per recipe | 6  
|---------------------|---
| Serving size | 287g  
| Energy | 1330kJ  
| Protein | 38.4g  
| Fat total | 14.0g  
| Carbohydrates | 6.8g  
| Sodium | 791mg  

**Buttered cabbage**

| Servings per recipe | 6  
|---------------------|---
| Serving size | 80g  
| Energy | 638kJ  
| Protein | 2.0g  
| Fat total | 13.7g  
| Carbohydrates | 4.0g  
| Sodium | 147mg  

NUTRITIONAL INFORMATION

Goulash

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Buttered cabbage

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| Energy | 152cal  
| Protein | 2.6g  
| Fat total | 17.0g  
| Carbohydrates | 5.0g  
| Sodium | 184mg  

NUTRITIONAL INFORMATION
Orange and cinnamon stew with broccoli smash

Ingredients

**Orange & cinnamon stew**
- Zest from 1 orange (avoiding the white pith)
- 2 cloves garlic, (10g)
- 1-2 onions (approx 160g)
- 100g celery
- 200g zucchini
- 2 tsp paprika
- 4 tsp ground cumin
- ½ tsp dried thyme leaves
- ½ tsp dried oregano leaves
- 2 tsp cinnamon powder
- 2 Tbs vegetable stock concentrate or 2 tsp salt
- 1.2kg shin/gravy beef or lamb shoulder
- 80g tomato paste
- 30g baby spinach leaves

**Broccoli smash**
- 700g broccoli
- 120g salted butter

**Garnish**
- 200g sour cream

Method

**Orange & cinnamon stew**
1. Zest the orange, you can use a microplane zester or you can peel with a vegetable peeler then remove the large pieces at the end of cooking
2. Finely chop garlic, onion and celery
3. Chop zucchini into bite size pieces
4. Cut meat into approx 3-4cm pieces unless using osso bucco or lamb shanks
5. Place all ingredients except the spinach into the slow cooker
6. Cook on low for 6-8 hours (timing here will vary depending on your slow cooker, check meat is tender)
7. When the meat is tender, add the spinach and stir through

**Broccoli smash**
8. Roughly chop broccoli and blanch in boiling water for 3 minutes
9. Mash lightly with a fork, incorporating the butter as you go
10. Serve stew on a bed of broccoli and garnish with sour cream
   Store leftovers in the fridge up to 7 days or freezer 3 months

**Chef’s Tip**
This recipe works with beef, lamb and game but the flavours don’t work well with chicken or pork

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Prep time 20 minutes
Cook time 6-8 hours

Serves 6
Chicken & haloumi korma with cauliflower pilaf

Ingredients

**Korma**
1 onion, peeled and halved (approx. 120g)
3 cloves garlic, peeled (15g)
5cm ginger, peeled (30g)
½ medium red chilli (adjust depending on desired heat)
40g olive oil or ghee
1 tsp Himalayan salt
2 tsp ground coriander
½ tsp turmeric powder
1 tsp garam masala powder
1 tsp ground cumin
¼ tsp cardamom powder
50g tomato paste concentrate
200g Greek natural yoghurt
1kg boneless chicken thighs
150g haloumi
100g double cream

**Cauliflower pilaf**
700g cauliflower
40g salted butter

**Garnish**
Sliced chillies
Fresh coriander

Method

**Korma**

1. Finely grate garlic and ginger, finely chop chilli and onion
2. Dice chicken into 3-4cm pieces, set aside
3. Add step 1 ingredients to a pan along with the oil/ghee, cook on medium heat until the onions are translucent
4. Add spices and salt, continue to cook until the spices are fragrant and just starting to stick to the pan but not burn
5. Tip the cooked mixture into the slow cooker, including any stuck spices with the help of a few teaspoons of water if needed
6. Add to slow cooker the tomato paste, yoghurt and chicken and mix well
7. Cook on low 5-7 hours (timing here will vary depending on your slow cooker, check meat is tender)
8. Dice haloumi into 1.5cm pieces
9. Add haloumi and cream to curry, stir to heat through

**Cauliflower pilaf**

10. Grate or finely chop cauliflower to resemble rice, place along with the butter and 4 tablespoons of cooked curry sauce to a pot or pan. Cook on medium heat, stirring, until cauliflower is tender
11. Serve curry on top of cauliflower pilaf and garnish with chilli and coriander

Store refrigerated up to 5 days (we found the flavours and meat are better the second day) or frozen up to 3 months

Chef’s Tip

For dairy free omit yoghurt and cream, add 240g coconut cream at step 6

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Prep time – 10 minutes
Cook time – 5-7 hours

SERVES 6
Tuscan beef stew with cauliflower puree

Ingredients

Tuscan beef stew
4 cloves garlic (20g)
1 onion (approx 130g)
200g celery
1.2kg shin/gravy beef
1 tsp dried rosemary or 2 tsp fresh
½ tsp dried thyme or 2 tsp fresh
¼ tsp cracked black pepper
2 Tbs vegetable stock concentrate or 2 tsp salt
50g tomato paste or red capsicum paste
2 tsp balsamic vinegar
100g sliced mushrooms
100g pitted kalamata olives (if you purchase already pitted, squeeze each one to check for pits as we find about 1 in 10 still have pits)

Cauliflower puree
800g cauliflower
200g salted butter, roughly chopped

Method

Tuscan beef stew
1. Finely chop garlic, onion and celery
2. Dice beef into 3cm cubes
3. Place all ingredients into a slow cooker
4. Cook on low for 6-8 hours (timing here will vary depending on your slow cooker, check meat is tender)

Cauliflower puree
5. Roughly chop cauliflower, bring a large saucepan of water to the boil over high heat. Add cauliflower, simmer for 15 minutes until cauliflower is very tender.
6. Drain cauliflower and allow steam to evaporate for a few minutes, return to the saucepan
7. Mash cauliflower with the butter until its as smooth as you can achieve (you can also use a hand stick blender or thermal cooker)

Store refrigerated up to 5 days (we found the flavours and meat are better the second day) or frozen up to 3 months

SERVES 6

Prep time - 20 minutes
Cook time - 8 hours

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THERMO FOODIE AND THE CHEF - 14
Chicken cacciatore with velvety cauliflower puree

Ingredients

**Cacciatore**
- 2 cloves garlic (10g)
- 1 onion (approx. 120g)
- 300g zucchini
- 100g red capsicum
- 100g button mushrooms
- 700g chicken thighs
- 20g olive oil
- 2 tsp dried Italian herbs
- 2 Tbs of stock concentrate or 2 tsp Himalayan salt
- ¼ tsp freshly ground black pepper
- 140g tomato paste concentrate
- 150g sliced black olives

**Cauliflower puree**
- 800g cauliflower
- 200g salted butter, roughly chopped

**Optional garnish**
- Shaved parmesan cheese
- Freshly ground black pepper
- Fresh basil

Method

**Chicken cacciatore**

1. Finely chop garlic and onion, roughly dice zucchini and capsicum and mushrooms

2. Dice chicken into 3-4cm pieces, or leave whole, you can use boneless chicken or chicken still on the bone. If using chicken with the skin on, its nicer to brown the skin in a hot pan first, then add to the slow cooker

3. Place all ingredients into a slow cooker and cook on low 5-7 hours (timing here will vary depending on your slow cooker, check meat is tender)

4. Serve chicken cacciatore with cauliflower puree, and top with optional garnishes

**Cauliflower puree**

5. Roughly chop cauliflower, bring a large saucepan of water to the boil over high heat. Add cauliflower, simmer for 15 minutes until cauliflower is very tender.

6. Drain cauliflower and allow steam to evaporate for a few minutes, return to the saucepan

7. Mash cauliflower with the butter until its as smooth as you can achieve (you can also use a hand stick blender or thermal cooker)

Store refrigerated up to 5 days or frozen up to 3 months

SERVES 6

Prep time – 10 minutes
Cook time – 5-7 hours

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Thermo Foodie and The Chef has been created to inspire those who choose a LC HF way of eating to get the most use out of their thermo mixers. Before undertaking a new lifestyle change that may affect your health, you should seek your own medical advice and ensure your medication and health is reviewed regularly by a medical professional. This book is not intended as a substitute for the medical advice of physicians.

The nutritional panel values will vary depending on cooking times, appliance and equipments variances, which brand of food you buy, quantity of individual servings and food preparation methods. For accuracy, please calculate your own nutritional values as they are indicative only.

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