SIMPLE GRAVY FOR ALL MEATS AND VEGETABLES

- 70 - 100mls hot water
- ¼ - ½ KNORR stock cube

Dissolve the stock cube in the water.

When you have finished cooking the meat, use this stock to de-glace the pan, this will not only make a nice gravy but it will ensure you get all the residue fat and juice. Simmer for a minute or two, this will reduce and enhance the flavour.

This recipe does not have to be counted in ratio.

ENRICHED GRAVY FOR ALL MEATS AND VEGETABLES

- 70 - 100mls hot water
- ¼ - ½ KNORR stock cube
- 10g butter

When you have cooked the portion of meat, add the stock to the pan and bring to a simmer for a few minutes, then add the butter.

This makes a nice shiny enriched gravy.

This recipe adds 8g of fat to the meal.
SIDES AND SNACKS

GARLIC SAUCE

- 20mls hot water
- 30g BOURSIN garlic and herb

Simply heat the two together and you have a good strong flavoured sauce suitable for all meat, fish and vegetables.
This recipe adds 12g of fat, 2.7 protein and 1.2g carb to the meal so must be counted.

EASY GRAVY GOOD WITH CHICKEN

- 50 - 90mls hot water
- ¼ - ½ KNORR chicken stock cube
- 20g double cream

Dissolve the stock cube in the water.
Add to the pan used for cooking the chicken.
Simmer for a few minutes then stir in the cream, heat for another minute.
The cream helps to thicken the gravy.
This recipe adds 10g of fat to the meal.

EASY CHEESE SAUCE

- 40g double cream
- 15g grated cheddar cheese
- Pinch of mustard powder

Gently heat the cream and then add the cheese and mustard.
Stir well until hot and melted.
If you prefer a slightly thinner sauce, add a few mls more of hot water.
This recipe adds 25g of fat, 4g protein and 0.06g carb to the meal so may need to be counted.
REAL CUSTARD

- 80mls double cream
- 45mls water
- 1 egg – YOLK ONLY
- 8g sweetener granules (I used NATVIA but STEVIA and others are ok)
- few drops of vanilla extract

Mix the sweetener in to the egg yolk.
Mix the cream and water in a small pan and heat gently, when hot pour on to the egg yolk, mixing well.
Return to the pan and heat gently to cook and thicken.
Add the vanilla extract.

This recipe has a total of 47.6g fat, 4g protein and 0.12g carb so will need to be counted.

Mo’s tip: This can be served hot as a pudding, or with another recipe. It is also nice cold. Great for a trifle.

KETO JAM SAUCE

- 60g raspberries (fresh or frozen)
- 10g sweetener granules
- 20mls water

Place fruit and water in to a small pan and simmer for a few minutes.
You could sieve if you want it to be pip free!
Add the sweetener and mix well.
This recipe adds 1g protein and 2.8g carb so will need to be counted.

Mo’s tip: If you want it to set to spread on bread or muffins, then stir 1/8 teaspoon Xanthan gum in to the sweetener granules before adding, this will then set like a jam.
REAL EASY CHOCOLATE SAUCE

- 60g double cream
- 2g BOURNVILLE cocoa
- 10mls hot water
- few drops of vanilla extract
- ¼ - ½ teaspoon liquid sweetener

Put the water and cocoa in to a small pan, heat until dissolved.
Add the sweetener and vanilla.
Stir in the cream and heat gently until smooth and creamy.

This recipe gives 30g of fat, 0.7g protein and 0.05g carb so will need to be counted.

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUAL’s prescription. Please take these recipes to your dietitian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION