

Daniel Fast: Sample recipes

If you have looked at the list of the foods available during the Daniel Fast and have found the prospect of putting together a nutritious and delicious meal daunting then the following recipes may help you.

Breakfast ideas

Museli (unsweetened – please read packaging carefully or make your own) with almond milk or Oat milk.

Porridge made with Water or Oat milk instead of cows milk. Served with some fruit. (blueberries added before cooking make it yummy!)

Breakfast stir-fry (serves 2)

The tofu is about the same consistency as egg whites and it soaks up the flavours of whatever it's being cooked with. Very easy, tastes great, and lots of protein.

1 tablespoon olive oil
1 medium onion, sliced
1/2 green pepper, chopped
1 cup firm tofu, diced in bite-sized pieces
garlic salt to taste
Italian herbs to taste

Heat a frying pan or wok over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft.

Fruit salad- Combine a number of your favourite fruits together. For an extra treat add some pumpkin seeds and nuts.

Lunch:

Carrot & Coriander Soup

1 tbsp Vegetable Oil
1 Onion, chopped
1 tsp ground coriander
1 potato, chopped
450 g carrots, peeled and chopped,
1.2l vegetable stock

Heat the oil in a large pan, add the onion then fry for 5mins until softened. Stir in the ground coriander and potato then cook for 1 minute. Add the carrots and stock, bring to the boil then reduce the heat. Cover and cook for 20 minutes until the carrots are tender.

Blitz in a food processor (you may need to do it in two batches!). Return to the pan, add salt if necessary and reheat to serve.

Butternut Squash Soup - Slow Cooker

2 pounds squash, peeled, deseeded, and roughly chopped
1 medium yellow onion, roughly chopped
4 garlic cloves, peeled
Drizzle olive oil
3 cups vegetable broth
½ teaspoon ginger
½ teaspoon cumin
½ teaspoon coriander
½ teaspoon paprika
¼ teaspoon cayenne
1 ½ teaspoons sea salt
¼ teaspoon black pepper
½ teaspoon thyme
¼ cup reduced fat coconut milk (or milk of choice)
Pumpkin seeds as garnish

PREPARATION

1. Place squash pieces, onion, and garlic into a slow cooker.
2. Drizzle with olive oil and add vegetable broth.
3. Sprinkle over ginger, cumin, coriander, paprika, cayenne, sea salt, and pepper.
4. Place lid on slow cooker and cook on high heat for 4 hours.
5. Using a hand blender, blend the ingredients until smooth (if you do not have a hand blender, you can transfer the ingredients to a regular blender or food processor, just be careful when blending hot liquids!).
6. Add thyme and coconut milk and blend for a few more seconds until incorporated.
7. Garnish with chives and pumpkin seeds (optional).
8. Enjoy!

Other Daniel fast soups- There is a good number here:

<http://www.ultimatedanielfast.com/recipes/soups/>

Rosemary Oatcakes with Nut Butter

This is great for lunches with banana or avocado, and are also nice with nut butter!
Make in advance to make your lunch quick and easy.

2 ¼ cups rolled oats
½ teaspoon fine sea salt
1 teaspoon dried rosemary

1/3 cup olive oil
2-3 tablespoons boiling water

Pulse 1 1/4 cups of the rolled oats in a food processor until you have a coarse meal, not quite as fine as flour, but no big pieces left. Measure 1 teaspoon of dried rosemary and add to the bowl. Mix all of the dried ingredients together. Add 1/3 cup of oil and then add the water.

Mix until you see the mixture start to bind together. The hot water reacts with the ground up oats, so the mixture should begin to stick together. Then gather the mixture up in your hands and form a ball.

Let the ball of dough rest for a few minutes. While it rests, grab a rolling pin and either a cookie cutter or a sharp knife. You'll also need a spatula, and a baking tray. I prefer to roll out the dough on a sheet of parchment paper, which you can also use to line the baking tray.

Roll out the dough to a quarter of an inch thick. The dough may crack. To fix the cracks and keep the dough together, press the dough back together with your hands. Now, either use the cookie/biscuit cutter to cut out circles, or use the sharp knife to cut squares.

Use the spatula to lift the dough and place on to the parchment paper-lined baking sheet. Bake in a 180 degree oven for 20 minutes. After 18-20 minutes, take the oat cakes out of the oven and flip each over. Place back in the oven and bake for 5-7 more minutes.

Transfer the oat cakes to a cooling rack and allow to cool completely.

Nut Butter (Makes 1 jar)

1 cup of almonds
1/2 a cup of pecans
1/2 a cup of walnuts
6 medjool dates (or 11 normal dates)
1 tablespoon of coconut oil
1 tablespoon of cinnamon

Simply place the almonds, walnuts and pecans into your food processor and begin to blend, after about five minutes they should be totally broken down and on their way to a liquid – at this point add the dates (pit them first), the coconut oil and the cinnamon. Then blend again, it should take about fifteen minutes to become totally smooth and creamy and you may need to scrape the nuts off the side of the processor a few times while it mixes.

Once it's ready put the butter into an airtight container and enjoy!

Unleavened bread such as brown wraps are fine.

Salads are also good but watch out for brought ones that add sugar into their dressings.

Sweet corn and black bean salad (Serves 4)

½ cups sweet corn (fresh or frozen)

1/3 cup pine nuts

1/4 cup lime juice

2 tablespoons extra-virgin olive oil

1/4 cup chopped fresh coriander

2 x 400g cans black beans, rinsed

2 cups shredded red cabbage

1 large tomato, diced

1/2 cup minced red onion

Place pine nuts in a small dry frying pan over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.

Whisk the lime juice, oil, coriander, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

Freshly ground pepper and salt to taste just before serving

Dinner:

Vegetable and butter bean hotpot

2tbsp olive oil

3 celery stalks, chopped

2 sweet potatoes, cubed

1 garlic clove

1tbsp chopped thyme (not essential)

Tin tomatoes

200ml veg stock

1 tbsp not sun dried tomato paste

Tin butter beans

Heat oil in a pan. Fry the celery and sweet potato until soft. Add in the garlic and thyme then tomatoes, stock, paste and bring to the boil. Simmer 15mins. Add in the butter beans and simmer for a further 5mins.

Accompany with tortillas/ whole grain flatbreads or roasted potatoes (if desired).

Roasted potatoes

Small new potatoes
Olive Oil
Salt and pepper

Par boil the potatoes for 5mins, drain, toss in olive oil salt and pepper then roast in the oven until crisp and golden (around 45mins).

Cashew and spinach curry (Serves 4)

3tbsp nut butter/ olive oil
1 onion, finely diced
2 cloves garlic, minced
1 dried chilli, chopped
1tbsp garam masala
1tsp ground ginger
100g cashew nuts
400ml coconut milk
800g chickpeas, drained and rinsed
500g frozen spinach, defrosted
100g coriander, leaves and stems, coarsely chopped

Heat the butter over a low heat, add the onion, garlic and chili and cook for 10 minutes until everything is browned. Add the dry spices and cashews, and cook for a further few minutes.

Turn the heat down and add the coconut milk, chickpeas and defrosted spinach. Cook, stirring constantly, for another 10 minutes. Season, stir in the coriander, and serve with brown rice.

Peperonata

These are nice served with Falafels.(vegan frozen ones can be brought from supermarkets)

1.5kg potatoes peeled and cut into 2cm cubes
150ml oil.
1 red onion thinly sliced
4 Romano peppers, deseeded and cut into thin slices
3 cloves garlic thinly
2 tbsp Red Wine Vinegar

1 tsp paprika

Preheat oven to 200/Gas 5. Cook the potatoes in salted water, drain well and leave to steam dry. Put oil in roasting tray and place in oven for 5 minutes. Add the potatoes and season well. Roast for 45-60 minutes.

Meanwhile, heat 2 tbsp oil, add the onion and cook over gentle heat until soft, add the peppers, garlic and sprinkling of thyme. Cover and cook on a low heat for 26-30 minutes, stirring often until the peppers are totally soft. Mix in the vinegar and paprika. When the potatoes are cooked toss together and serve.

Bean Chilli

3 tablespoons olive oil

1 onion, diced

1 garlic clove, chopped

1 red pepper, diced

1 green pepper, diced

1 teaspoon ground coriander

1 teaspoon chilli powder

1 1/2 tablespoons tomato puree

1 teaspoon ground cumin

1/2 teaspoon paprika

2 x tin chopped tomatoes

2x 450g canned mixed beans - butter bean, red kidney and mixed beans

300ml (1/2 pt) vegetable stock

1 bay leaf

salt and pepper

- 1 Heat the oil in a large saucepan. Add the onion, garlic, red and green peppers, coriander and chilli powder, and fry for approximately 5 minutes or until soft, stirring occasionally.
- 2 Stir in the tomato puree, cumin and paprika, and heat through. Add the tomatoes, beans, stock and bay leaf. Season with salt and pepper.
- 3 Increase the heat and bring to the boil. Then reduce heat, cover and simmer gently for 30 minutes.
- 4 Serve with rice, rice and chips or jacket potato and salad.

Lentil Shepherd's Pie Serves generous 4

900g mashing potatoes

1 onion or half leek, chopped

2 large carrots, peeled & cubed

2 celery sticks, finely sliced

2 garlic cloves, crushed

1 red pepper, de-seeded & cubed

1 tspn dried thyme

280ml veg stock

400g can chopped toms

410g can green lentils

Pre- heat oven to 180c/gas mark 4.

Boil potatoes, drain & mash. Set aside.

Fry onion/leek for 3-4mins until softened.

Add carrots, celery, garlic, pepper, thyme, stock & tomatoes. Bring to boil then simmer for 10 mins.

Add lentils, with their juice. Cover & simmer for further 10 mins until lentils soft & pulpy & carrots still have a little bite. Transfer mixture to large pie dish & top with mashed potato. Cook in oven for 20-25 mins until top lightly golden.

YUMMY!!

Scrambled Tofu Serves 4

1 red onion (finely chopped)

1 red bell pepper (finely chopped)

1 clove garlic (minced)

14oz extra firm tofu (or one block)

oil for frying

2/3 teaspoons vegan chicken style seasoning (I used Bouillon powder) salt to taste

Place your chopped onion, bell pepper, and garlic in a frying pan with about 1 teaspoon of oil and saute it on the stove on medium-high heat. Remove from heat when your onions are beginning to change colour. Set the whole thing aside.

In a bowl (or save a dish and do it right into your pan) crumble your tofu and mix in your seasonings. If you like your tofu cubed rather than crumbled, you could totally do that for this recipe as well. Pour 1 teaspoon of olive oil on the bottom of a frying pan and place on your stove on medium to medium-high heat. Dump your tofu on top of your olive oil, and give it a little stir. Continue stirring every minute or so until your tofu begins to get firm-ish around the edges Really, though, you can call it "done" whenever you very well please. Raw tofu won't make you sick. :)

Gently fold your onion/pepper mixture into your tofu. Serve hot, and enjoy! I like mine in some whole wheat tortillas with salsa. (I did some celery, carrot & other veg I had in, cooked up in some passata)

Shepherd's Pie with Quorn Pieces

Approx 905g mashing potatoes

1 onion or half leek

Half pint veg stock

2 x 235g bags Quorn pieces

284ml passata

410g kidney beans, drained & rinsed

Pre-heat oven to 200c/gas mark6. Peel and chop pots, boil until mashable, drain and mash!

Peel and chop onion/leek, place in pan with half stock, simmer for 5 mins. Add Quorn. Passata, kidney beans, remaining stock & seasoning, bring to boil, cover & simmer for 5 mins.

Transfer to ovenproof baking dish. Put mashed potato on top and spread over Quorn mixture.

Bake for approx half hour until golden. Add 1-2 tspn mild chilli powder to Quorn mix if you like.

OTHER Recipes

Great website of many menus including crackers, and Black bean hummus.

<http://daniel-fast.com/myrecipes/>

For more recipes or to share some of your own then please visit our Daniel Fast facebook page www.facebook.com/groups/1145110892183090.