



**GF Friendly**

## Concoctions

### Recipes made up as you go along

Occasionally I'm not sure what to cook for tea, so I make it up as I go along using whatever is to hand. The ingredients below may seem rather over-the-top, but don't be frightened off by them because you can put in whatever you've got in the cupboard, fridge or freezer. Spices and flavourings are a matter of personal choice, as would be any meat; always assuming you don't just go with all vegies.

As for the cooking method, it can be anything from stir-fried to stewed, which is what I did with my concoction. That was mainly because the pork had been in the freezer for quite a while and I wanted to make sure it was tender. Stewing also works well with cheaper cuts of meat, and the vegies make extra natural stock and flavour as they cook.

- 400g diced pork
- ½ onion, coarsely chopped
- 1 cup mushroom, coarsely chopped
- 1 tsp minced garlic
- ½ tsp hot English mustard
- 2 heaped tsps chicken stock powder
- 1 Tbsp sherry
- 1 tsp garam masala
- ½ tsp ground ginger
- 1 level Tbsp chicken gravy powder
- Water to cover



Nothing fancy about the cooking with my concoction – I simply put everything in the pan, covered it with water, which was brought to the boil, then turned the heat down to simmer partially covered for 60 minutes. I left the lid off after that for a bit to reduce the liquid before stirring in the gravy powder mixed with a little water. This was heated while stirring until it thickened. As you can see from the pic, I served it with some two-minute noodles and a topping of pre-cooked diced potatoes and peas.

Just bear in mind that vegies like pumpkin and squash cook quicker than some, so let the others soften first before adding them.

Serves 4 with rice or noodles

okay to freeze, **without potatoes**

**Tip:** taste-test frequently, especially before adding extra spices that might overpower.

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