

FODify It!® Cookbook Sneak Peek

Calm Tummy Happy Heart®

The First Monash Certified
LOW FODMAP COOKBOOK
From The United States

by
Amy Laura

LOW FODMAP ♥ GLUTEN-FREE ♥ DAIRY-FREE ♥ IBS FRIENDLY



AMERICAN SOUTHWEST INSPIRED

80+ Delicious Robust Recipes with Gut-Friendly Tips

Imperial/US Standard and Metric Measurements



*“You're not going to master the rest of your life in one day.
Just relax. Master the day.
Then just keep doing that every day”*

Unknown



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All recipes within this book are Monash University Low FODMAP Certified™. One serving of a meal made in accordance with these recipes can assist with following the Monash University Low FODMAP Diet™. A strict low FODMAP diet should only be commenced under the supervision of a healthcare professional. Monash University Low FODMAP Certified trade marks used under license worldwide by FODify It!.

A low FODMAP diet does not treat a disease but may help to meet nutritional needs with reduced gastrointestinal symptoms. Monash University receives a licence fee for the use of Monash University Low FODMAP Certified trade marks.

Low Fodmap Chicken Stock

LOW FODMAP ♥ IBS FRIENDLY ♥ GLUTEN-FREE ♥ DAIRY-FREE

Some stock recipes call for simmering the chicken uncovered for 2 or more hours, but I find that the stock evaporates and I'm adding more and more water to the pot every 30 minutes or so. This method – covering the pot with a lid and simmering for 3 hours – always results in a rich, golden stock. Just be sure to check it now and again, as you may need to add a little water, but it will not require a significant amount.

MAKES 8 CUPS (2 L)

INGREDIENTS

4-pounds (1.8 kg) chicken wings

4 quarts (16 cups) (3.8 L) water

6 scallions, green parts only, rough chopped

1 carrot (75 g) peeled and cut into 1-inch (2.5 cm) pieces

2 tablespoons (2 g) fresh parsley leaves, without stems as they can be bitter

1 teaspoon whole black peppercorns

Method: Bring the chicken and water to a rolling boil in a large stockpot. Boil for 10 minutes. Use a slotted spoon to skim off any foam from the surface. Reduce to a simmer and cook for 2 hours, covered with a lid. Check every 30 minutes and add hot water if the stock has reduced a bit.

Add the remaining ingredients and simmer for 1 hour, again checking for added water. Pour the stock through a fine mesh metal strainer into a large bowl and discard the solids. Skim off any foam or fat from the surface.

Let cool completely, about 30 minutes. Refrigerate or freeze immediately. Stock will last in the refrigerator for up to 2 days and can be frozen in airtight freezer containers for 2 to 3 months.

Tip: The cooked carrots are a nice snack for the chef!



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How To Make Low FODMAP Garlic-Infused Oil Small and Large Batch Methods

Garlic contains fructans (part of the O for oligosaccharides in FODMAP) that leach into water as you cook. If you make a soup or sauce, add garlic cloves for flavor and then remove them before serving, some of the fructans remain and oftentimes cause a digestive upset. The good news is that fructans are not oil soluble. When garlic pieces are sautéed in oil and then removed, the FODMAPs have not leached into the oil and you are left with flavorful, properly infused garlic oil!

In addition, oil is a fat and contains no FODMAPs, therefore you can choose whatever pure oil you like for the recipe such as canola, olive or vegetable. Therefore, we do not have to be as concerned with serving sizes, however, if you are one of those with IBS who are triggered by fat, watch your portions and eat to your personal tolerance.

The two preparations I use are to; infuse small amounts of oil as I'm cooking, or make a large batch to keep in the fridge and use as needed.

For example, the Eggs From Hell recipe in the cookbook calls for 2 tablespoons (30 ml) of Low FODMAP Garlic-Infused Oil, so I use the Small Batch Method that takes less than 10 minutes to infuse, discard the garlic pieces and finish up my flavor-packed recipe. Also, while Eggs From Hell requires 2 tablespoons, I prefer to make 3 because some of the oil is lost while draining and transferring back to the pan.

The Large Batch Method is convenient when preparing several recipes for weekly meal prep, for Char Grilled Chimichurri Oysters that calls for 1/3 cup (80 ml) of infused oil, or just having on hand ready-made.

Either way, be sure to use your infused oil within 3 days, and pay close attention to storage recommendations for safety as explained in the Large Batch Method on the following page.

SMALL BATCH METHOD: MAKES 3 TABLESPOONS (45 ML):

1. Peel 2 garlic cloves and slice into 4 pieces each.
2. Heat 3 tablespoons (45 ml) extra virgin olive oil, canola, pure olive oil or unseasoned oil of your choice over medium heat in a small saucepan.
3. Reduce heat to simmer and add the garlic. Sauté until they are just light brown. Overcooking to dark brown will result in a bitter flavor.
4. Pour the oil through a fine mesh metal strainer into a small heatproof bowl or measuring cup.
5. Be sure to discard all the garlic pieces from the oil before adding any other ingredients and proceeding with your recipe.
6. Use right away, or cool first as required



LARGE BATCH METHOD: MAKES 1/2 CUP (120 ML):

1. 1/2 cup (120 ml) unseasoned oil of your choice: canola, olive, vegetable, etc.
2. 5 peeled garlic cloves, sliced into 4 pieces each
3. Rinse an airtight container with a lid with boiling water and allow it to completely dry.
4. Heat the oil over low-medium heat in a small saucepan until it comes to a low simmer, but do not bring to a boil; add the garlic slices. Simmer gently for 10 minutes, stirring occasionally, or until the garlic slices are just turning light golden brown. Take care as overcooking to dark brown will result in a bitter flavor. Remove from heat. Let cool and infuse for 1 hour.
5. Pour the oil through a fine mesh metal strainer into the sterilized container; cool and secure the lid. Discard the garlic pieces. Mark the container with the date of infusion and use within 3 days; keep refrigerated. After 3 days there is a botulism risk. Infused oils can also be frozen in ice cube trays, then flexed into freezer baggies and stored in the freezer for up to 3 months.

Tip: Both methods also work for making LoFO Onion-Infused Oil as well; for 1/2 cup (120 ml) oil use 10 thin slices (approx. 30 g) of onion. For 3 tablespoons (45 ml) oil, use 4 thin slices (approx. 12 g) of onion.



Rayado Ribeye Burritos with Potato & Fiesta Slaw Filling

LOW FODMAP ♥ IBS FRIENDLY ♥ GLUTEN-FREE ♥ DAIRY-FREE

The beauty of this burrito is that it's packed with flavor from the pan-seared ribeye, then the warmth of the steak steams the tangy slaw filling once everything is all rolled up in the tortilla. Serve right away for the best texture and temperature experience.



MAKES 2 SERVINGS**SLAW INGREDIENTS**

- 1 large handful (40 g) shredded green cabbage
- 1/4 (50 g) fresh red bell pepper, stemmed and seeds removed
- 1/2 carrot (35 g) peeled
- 1/4 cup (4 g) medium packed fresh cilantro, mostly leaves, minced, plus more leaves for garnish
- 3 scallions, green parts only, sliced thin
- Juice of 1/2 lime
- 2 teaspoons (9 g) mayonnaise containing no onion or garlic
- 2 teaspoons (10 ml) red wine vinegar
- 1/2 teaspoon maple syrup
- 1/4 teaspoon (1.25 g) fine sea salt

RIBEYE & POTATO INGREDIENTS

- 1/2 teaspoon (1 g) pure chipotle powder
- 1/2 teaspoon (1 g) pure mild red chile powder (containing no onion or garlic, the ingredients should list only: red chile. On the Monash App this is called Chilli (chili) red, powdered)
- 1/2 teaspoon (1 g) ground cumin
- 1/2 teaspoon (2.5 g) fine sea salt
- 1/4 teaspoon (.5 g) fresh ground black pepper
- 1 medium to large ribeye steak (365 g) with nice marbling and not too many large fat pockets, room temperature
- 3 tablespoon (45 ml) Low FODMAP Garlic-Infused Oil (page 50), made with extra virgin olive oil, or plain olive oil, divided
- 1 small (140 g) russet potato, peeled, quartered and small diced
- 2, 9-inch (23 cm) (50 g each) low FODMAP gluten-free burrito tortilla wraps (see Tips)

Method

Slaw: Fit your food processor with the shredding/grating disk. Cut the cabbage, bell pepper and carrot into pieces that will fit through the top feed tube. Turn the processor on and feed the cabbage, pepper and carrot through with the food pusher to shred. Use a spatula to scrape the vegetables into a mixing bowl. Add the remaining slaw ingredients, mix well and set aside.

Ribeye: Mix the chipotle powder, red chile powder, cumin, salt and pepper in a small bowl. Place the ribeye on a plate or cutting board and sprinkle both sides to coat evenly with the rub.

Pour the garlic oil into a medium nonstick skillet over medium high heat. Add the steak and cook to desired doneness. I prefer medium well for burritos, cooking each side for 6 minutes, adding a bit more oil if needed, tented with foil to avoid splatters. Move the steak to a plate and cover with foil to rest.

Reserve the pan drippings to cook the diced potato.

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LUNCHES

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Potato: Although you've reserved the pan drippings, the skillet may be coated with charred bits that are too blackened, in which case wipe out the pan and add 1 tablespoon (15 ml) oil.

Bring the drippings/oil to medium high heat. Spoon the diced potato into the pan. Cook, covered loosely with foil for 2 minutes. Flip with a spatula and cook another minute or until the potatoes are tender. Remove from heat.

Assembly: Now that the ribeye has rested, chop it into small pieces, removing and discarding any large bits of fat.

Store-bought low FODMAP gluten-free burrito wraps can be a little dry and may crack when you roll them. By slightly heating them just before you assemble they should roll nice and tight without breaking.

Wipe the cooled medium saucepan with a paper towel to clean. Bring to medium heat. Add one of the wraps to the dry non-oiled pan and let it toast for 1 minute. Flip and toast for 30 seconds to 1 minute or until it feels pliable to the touch.

Place the wrap on a cutting board or plate. Spoon half of the steak bits onto one edge of the wrap closest to you. Spoon half of the slaw over the steak, then half of the potatoes and get ready to roll! Firmly and carefully roll the wrap away from you, about half way. Tuck in the sides and continue to roll into a burrito. Place it seam side down on the work surface; repeat with the second burrito.

Increase the pan heat to medium high. Add 1 tablespoon (15 ml) oil. Lay both burritos in the pan seam side down and immediately roll them all the way around to coat all sides with the oil. Cook for 1 minute seam side down and check for a deep golden brown sear. Flip and cook the other side for 1 minute to golden brown.

To Plate: Cut in half on the diagonal. Top with fresh cilantro and chow down!

Tips: LoFO gluten-free burrito wraps are improving, with more options all the time. I prefer a brown rice flour wrap with tapioca flour, safflower oil, rice bran, xanthan gum and sea salt. Ingredients to avoid; wheat flour or HiFO flours, inulin, honey and any HiFO spices.

If you are able to tolerate dairy, layer in 2 tablespoons (14 g) shredded Monterey Jack or cheddar cheese to each burrito as you assemble. Per your tolerance, top with a dollop (15 g each) of conventional or lactose-free sour cream, or plain dairy-free, unsweetened coconut yogurt.

Pure chipotle powder brands vary in heat. Best to taste test before adding. If you are sensitive to heat, swap it with smoked paprika.

Monash Note: Although chiles (chillies) are generally low in FODMAPs, some people with IBS may be sensitive to the capsaicin they contain. Capsaicin is a natural compound that gives chiles their spicy quality. You may need to limit how much chile you eat if your IBS symptoms are triggered by spicy food.

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Todos Mis Mananas Para Ti Cake with Vegan Cinnamon Buttercream Frosting

LOW FODMAP ♥ IBS FRIENDLY ♥ GLUTEN-FREE ♥ DAIRY-FREE

When you serve this chocolate Mexican olive oil cake, your sweetheart will whisper in your ear “All of my tomorrows belong to you,” hence the title. It’s truly decadent and proof that where there is cake there is love.

Most Southwestern restaurants offer a spicy chocolate cake with warm cinnamon and cayenne that get your taste buds and circulation going. They’re a Valentine’s and everyday special treat.

This LoFO version offers a gluten-free, vegan cinnamon buttercream frosting, but if you’d prefer to skip the frosting, a light brushing of warm extra virgin olive oil on top of each slice is a traditional finish. Or simply use a heart-shaped stencil and sprinkle the top with a light dusting of confectioners’ sugar.

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MAKES 8-10 SERVINGS

CAKE INGREDIENTS

- 3 large eggs
- 1 cup (200 g) sugar
- 1/2 cup (120 ml) extra virgin olive oil
- 3/4 cup (180 ml) plain, unsweetened almond milk
- 2 heaping teaspoons (4 g) instant coffee granules
- 2 teaspoons (10 ml) vanilla extract (essence)
- 1 3/4 cups (258 g) low FODMAP gluten-free all-purpose baking flour, containing xanthan gum
- 1/2 cup (43 g) Dutch-processed cocoa powder, containing 70% cocoa minimum
- 2 teaspoons (4 g) ground cinnamon, plus more to taste
- 1 teaspoon (4 g) baking powder; use gluten-free if following a gluten-free diet
- 1/2 teaspoon (1 g) cayenne powder, plus more to your taste
- 1/4 teaspoon (1 g) fine sea salt

VEGAN BUTTERCREAM FROSTING INGREDIENTS

- 1/2 cup (112 g) dairy-free butter alternative, room temperature
- 2 teaspoons (10 ml) vanilla extract (essence)
- 1 teaspoon (2 g) ground cinnamon
- 1/4 teaspoon (1 g) fine sea salt
- 3 cups (375 g) confectioners' sugar
- 2 to 3 tablespoons (30 – 45 ml) plain, unsweetened almond milk, room temperature

Method: Preheat oven to 350 F / 177 C

Cake: Coat a 9-inch (23 cm) round cake pan with cooking spray oil and line the bottom with a circle of parchment paper.

Using the whisk attachment on a stand mixer, beat the eggs and sugar for 2 minutes. Slowly drizzle in the oil. Mix in the milk, coffee and vanilla.

In a medium mixing bowl, whisk the flour, cocoa powder, cinnamon, baking powder, cayenne and salt.

With the stand mixer set on low, gradually add the flour mix to the wet ingredients. Scrape down the sides of the bowl with a spatula. Set the mixer to medium speed and beat for 1 minute to fully incorporate.

Pour the batter into the cake pan. Bake 20 minutes. Insert a toothpick in the center. If it comes out clean, the cake is ready. If not, bake 3 to 5 minutes longer. You don't want to over-bake, as this will dry out the luscious moist texture.

Let the cake rest for 5 minutes. Turn out onto a wire baking rack, remove the parchment and allow to cool completely.

Buttercream Frosting: While the cake cools, clean the mixing bowl and switch to the paddle attachment. Beat the butter alternative, vanilla, cinnamon and salt for 2 minutes. Continue mixing until there are no lumps.

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On low speed, gradually add 1 cup (100 g) of the confectioners' sugar then speed up the mixer to fully incorporate. Add 1 tablespoon (15 ml) milk and continue mixing and alternating the sugar and milk until you have a lovely, soft yet firm buttercream frosting. Each time you add more sugar, set the mixer on low to avoid a pop-up snowstorm poof! in your kitchen. If the consistency is too thin, add a bit more powdered sugar. If too thick, add a bit more almond milk.

Frost the cake with an offset spatula, or use a piping bag to create a more polished look. Keep cool in the fridge until ready to serve.

Fresh strawberries add a nice touch, if desired.

Olive oil cake will keep in the fridge for up to 1 week when tightly wrapped in plastic or an airtight container.

Tips: Sensitive to chile heat? Omit the cayenne. The result will still be deliciously decadent.

Fresh organic orange zest sprinkled onto the frosting adds a bright finish.

Using a hand mixer rather than a stand mixer will take a bit more time to fully mix the ingredients.

Monash Note: Chiles contain capsaicin that may trigger heartburn and abdominal pain in some people with IBS. Limit intake if IBS symptoms occur after ingestion of spicy foods.

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White Wine Margarita Pitcher

LOW FODMAP ♥ IBS FRIENDLY ♥ GLUTEN-FREE ♥ DAIRY-FREE

Meeting friends for margaritas is a big part of the Southwestern social scene. And while they are more often made with tequila, wine margaritas are oftentimes on the menu as a refreshing option. They taste like a delicious citrus wine punch.

Run a lime wedge around the rim of the glasses and then press into salt for that familiar celebratory flavor, and use a good bottle of wine, but not too fancy as this is a mixed drink.

MAKES 5 SERVINGS

INGREDIENTS

Margarita salt (a coarse grain salt with a flaky crunch), enough to cover 1/4-inch (.635 cm) deep in a small plate

3 lime wedges, for coating the glass rims

1, 750 ml bottle good white wine; an oaky chardonnay is great

Juice of 2 fresh squeezed limes

Juice of 1 large fresh squeezed orange (90 ml / 3-ounces)

1 1/2 tablespoons (21 ml) maple syrup

Crushed ice

5 lime slices with slit for placing on the glass rims

Method: Prepare 5 margarita glasses by pouring margarita salt onto a shallow plate. Run lime wedges around the rims of the glasses, then press the glass rims into the salt to coat.

Pour the wine, juice of limes and oranges, and maple syrup in a large pitcher. Stir to mix. Pour into the glasses, in equal amounts. Add crushed ice and garnish each with a lime slice. Serve immediately. Cheers!

Note: Monash advises that alcohol is an irritant to the gut. A limited intake is advised and only consume alcohol with food. Please drink responsibly.



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