

JASON VALE



SUPER
fast
FOOD
No Chef Required!

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Super Fast Food – No Chef Required!

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“ YES CHEF! NO CHEF! ”

If you ever find yourself in a professional working kitchen in a top restaurant, **‘YES CHEF!’** is something you’ll hear hollered a great deal. However, find yourself in *my* kitchen when I’m making dinner and **‘CHEF’** is not a word you’ll ever hear.

To be clear from the start, *I’m not a chef*. I can’t chop an onion into perfect little cubes in four seconds flat, whilst moving my knife at a hundred miles-an-hour, nor can I make the perfect tarte tatin – but the chances are neither can you. That’s why all of the recipes in this book are *non-chef* and *non-pretentious* proof; meaning all are made with unpretentious, uncomplicated and recognizable ingredients. All of the recipes have been carefully constructed with the **‘NO CHEF REQUIRED!’** mantra throughout. In fact, if you get a chance to watch any of the recipe videos on the **Super fast Food** app, you’ll soon realize just how *un-chef-like* I am and just how easy these recipes are to make.

I WANT THIS
BOOK TO
GET WORN,
STAINED AND
SCRUFFY!

HERE'S TO A RECIPE BOOK YOU MIGHT ACTUALLY USE!

It's worth knowing from the off, that in the UK we buy more recipe books than any other country in Europe, yet at the same time we buy twice as many take-a-ways. We also love a good cookery show, with over 434 hours being beamed into UK homes each and every week. (Yes, that's **434 HOURS!**) The hard truth is, that the vast majority of cookbooks are used as decorative features on kitchen shelves, rather than what they were intended for, and most cookery shows are used as 'food voyeurism' and 'entertainment' rather than for genuine inspiration or to *actually* make what you've just seen.

I know this first hand as I have a beautiful array of Jamie, Nigella and Gordon books gracing my shelves, all looking beautiful and as brand new as the day someone bought them for me! All, no doubt, wonderful books with amazing recipes, but I don't know because I've never actually made any of them! Equally I have watched many, many cookery shows with amazing

recipes, but have yet to get off the sofa to actually make any of them. From the gastronomical genius of Heston Blumenthal to the incredibly charismatic Mr. Gordon Ramsay cooking up a storm on shows like *Cook Along with Gordon*, I'm as mesmerized as the next person.

The problem is I don't ever actually get off my arse and do what the programme makers intend, i.e. to cook along with Gordon or join Jamie for two hours and actually *make* one of his '30 Minute' Meals. (That was a joke Jamie... well, joke-ish!) Nope! Instead I'll make something quick and easy; with ingredients I know, using as few pans as possible and in the shortest possible time. I'll then sit in front of the TV with my **Super fast Food** meal, turn on *Master Chef* and spend the next hour trying to decipher the utterly pretentious descriptions given to the so called 'every day' recipes they're about to prepare. FYI, 'roasted fillet of Australian Kobe beef nestled in a Kent garden puree, temptingly accompanied by a succulent

spinach and onion compote, to die for triple-cooked Maris Piper chips and Indonesian long pepper sauce,' is basically beef, peas, spinach, chips and gravy to me and you (do you really need to cook chips three times?) Then you have Nigella! I think it's fair to say most watch Nigella not so much because they wish to replicate the food she's making, but more for the added 'sultry factor' she brings to the kitchen table!

Yes, food voyeurism is rife and like me, most people are extremely good at *watching* cooking shows and *looking* at the pictures of recipe books! A recent survey showed that the average person makes just four recipes from a cookbook. Meaning Jamie, Nigella and Gordon don't take pride of place in our kitchens because we need quick access for our daily use, but rather as the unspoken message to visitors of, 'Hey, look at my cook books, aren't they lovely and yes, in case you're wondering, I take home-cooking very seriously' – even though in reality cobwebs may be holding the pages together!

SUPER FOOD SUPER FAST SUPER EASY

The aim of *this* book is to buck that trend and I honestly hope it does. I want this book to get worn, stained, sticky and scruffy. I want the pages stuck together – not with cobwebs because its been left to rot on the shelf, but with the bits of food that got splattered over the book whilst you were making the delicious recipes within. I want this book to reignite your cooking fire and show you just how frighteningly easy it can be to eat well.

I want this book to become part of your daily life, the *go-to* book of choice for taste, flavor and optimum nutrition. I also want this to be the book you immediately go to after you have finished one of my Juice Challenges in order to keep you on the healthy road to success. I want to show you that delicious and extremely nutritious



meals can indeed be made in super fast time, with normal ingredients by even the clumsiest of 'would-be' chefs.

This, I feel, is one of the most inviting aspects about the recipes in this book. You won't find any random or obscure ingredients that can only be found in an Amazonian rainforest (or a trendy shop in Notting Hill – one and the same really!) I have only used ingredients that can be found in most major supermarkets. I have also made sure that those ingredients can be 'crossed over' to help minimize waste and make your **Super fast Food** cooking life as cost effective and convenient as possible. This means that once you have **The Staples** (page 22) tucked away in your larder, you'll have the core foundation so all you will need to get are the fresh ingredients to make the recipes contained within this book.

I almost called this book *UNCOMPLICATED* or *UNPRETENTIOUS*. Both good titles, I feel, and both words that sum up quite nicely what this book represents. In the end though, I opted for **Super fast Food** as that's essentially what you'll find – superfood meals that can be prepared in super fast time! You may think that it's going to be extremely hard to find, superfoods in major supermarkets, but first we need to ask:

WHAT IS A 'SUPERFOOD' ANYWAY?

As far as I'm concerned the definition of a superfood is pretty straightforward. It is any food that was designed by nature for human consumption and one which hasn't been denatured or bastardized beyond all recognition. A superfood is simply any food that adheres to the original Hippocrates mantra of, '**Let Food Be Thy Medicine & Medicine Be Thy Food**'. A true superfood is one that has the ability to both feed and heal, rather than slowly destroy and damage.

If you go back to the '40s, '50s, '60s etc. there was no such term as superfood. Why? Because back then it was just food! I honestly believe the very term 'superfood' has only come about since the invention, if you will, of *non*-superfoods. Clearly, if you live in a developing country and are genuinely starving, then I believe it could be argued

that *all* food is a superfood, including things like refined sugar and fats. However, when you are lucky enough to have a choice over what you eat (and I am guessing the vast majority of people reading this book will fall into this category) then not all food is the same and some foods are indeed 'super' by comparison.

In the wild, *all* animals **only** consume superfoods; or simply *food* as they know it. All food consumed in the wild is eaten in its natural, 'live' state; animals don't cook their food – ever! A squirrel, for example, would never describe the nuts it eats as a superfood; to the squirrel it's just food. However, if all the other nuts were covered in fat, salt and sugar; heavily processed and no longer contained the genuine nutrition of a natural nut, then the natural, unprocessed nut could be defined as 'super'. This is because it will have nutritional and healing properties that the heavily processed nuts no longer have.

I agree that the term *superfood* sounds ridiculous and probably feels completely made up in order to sell you some berries that can only be found in the far reaches of the planet (I have no doubt

some use it for that purpose) but the reason why things like goji berries, acai berries, blueberries, broccoli, ginger, spinach, turmeric, cucumber, mango and so on are often referred to as superfoods is because, compared to the heavily processed crap most people are eating and drinking, they are!

It's like the first time I saw Fairtrade bananas. All it did was draw my attention to the fact that all the rest were in some way *unfair*. There shouldn't have to be Fairtrade bananas any more than there should be superfoods, but in a world of unfair bananas and heavily processed foods, these terms have unfortunately become necessary.

You can now get most superfoods in all major supermarkets, but then I'd argue you always could. **Avocados, broccoli, rocket, watercress, tomatoes, cucumber, ginger, cabbage, berries, bananas, eggs, lean proteins, seeds, nuts, and grains** are all **superfoods**, but because they are so common and 'non exotic' they no longer seem to get the superfood status they deserve. I am aware I keep referring to supermarkets and this might give the impression that I no longer support local farms where possible, however, I only refer to the

fact you can get all the ingredients in supermarkets so you know all of the recipes are accessible to everyone – not just the ones living near Borough Market! The good news is that as well as the mainstream superfoods (fruits, vegetables, lean proteins, seeds, nuts etc., etc.) you can now get most of the new kids on the superfood block such as acai, goji, quinoa, coconut oil etc. almost anywhere too. Once you have **The Staples** (page 22) in your cupboard, you are set up beautifully for your new **Super fast Food** lifestyle.

What I am trying to hammer home is that regular, everyday, natural foods are superfoods. In fact, it was these very superfoods I turned to in my hour of need. It was these superfoods I juiced like they were going out of fashion, blended like my life depended on them and ate 'till the cows came home'. It

was these true superfoods that helped to completely transform my own personal health which is why these apparent non-exotic 'regular' foods will always have a big fat 'super' before them in my book.

For me, the ultimate superfood is the humble avocado. It is the only food, which it is said, you can live on exclusively (you'll have no friends clearly) but avocados contain everything the human body needs. I believe in avocados so much that I credit them for changing my life. They are my 'butter' of choice, you can eat them straight from their own 'bowl' as the perfect snack and they turn any regular fresh juice into a truly satisfying superfood blend. I believe it was the good fats, along with the amino acids, vitamins, minerals, enzymes and organic water contained within these amazing fruits that helped to clear me of my ailments... of which I had many!





THE EASY ENGLISH – BREAKFAST IN A BAKING TRAY!

The main problem with a traditional English breakfast is the number of pans you use and consequently the number that then need washing up. The other issue is timing, which is why I have created a breakfast that only uses one baking tray, so it's quick to make and wash up! This is a tasty, healthy and most importantly, an easy breakfast to rustle up. You'll see I have missed out the homemade vegetarian sausages simply due to the amount of time this would add on. However if you do have any sausages (bought or premade) in the freezer, then add them instead of the sweet potato. If you simply must have some meat, then feel free to substitute the sweet potato with a 'real' sausage, but I assure you, this version will leave you feeling very satisfied.

INGREDIENTS:

Serves 2

Beef Tomato
1 large
Tomatoes
150g or 2 medium
Mushrooms
100g or 4 medium
Asparagus
140g or 8 spears
Sweet Potato
1 medium
Borlotti Beans
200g or ½ can
Olive Oil
2 tablespoons
Himalayan Rock Salt
2 pinches
Ground Black Pepper
2 generous pinches
Eggs (free-range & organic)
4 medium
Rye Bread (optional)
2 slices
Coconut Oil or Butter
a knob

PREPARE:

Preheat the oven to 200 °C (400 °F / gas mark 6). Slice the ends from the Beef tomato and cut into 4 nice slices (about 1 cm thick). Using a small knife remove the flesh from inside the tomato to create a ring. Chop this flesh into very small pieces and place in a bowl. Cut the other tomatoes in half. Wash and slice the mushrooms. Remove any hard ends from the asparagus. Remove the ends from the sweet potato, peel and thinly slice. Drain the water from the beans, rinse and then add to the bowl containing the tomato and mix.

COOK:

Drizzle ½ the olive oil over a large non-stick baking tray and place the mushroom, asparagus, sweet potato, beef tomato ring and the other halved tomatoes onto the baking tray. Drizzle the remaining olive oil over the mushrooms, asparagus and sweet potato and sprinkle the salt and pepper over the halved tomatoes.

Place in the oven and cook for 10 minutes. Then remove the baking tray from the oven, turn over the mushrooms, asparagus and potato and crack an egg into each of the tomato rings (don't worry if it spills over a little). Carefully replace the tray into the oven and cook for a further 7 minutes. Meanwhile if you want to add rye bread, pop it in the toaster. Remove the baking tray from the oven, add the bean and tomato mix and cook for a final 3 minutes.

SERVE:

Remove the tray from the oven, 'butter' the rye bread with the coconut oil or organic butter, arrange all the ingredients on your plate or eat straight out of the pan!

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*"You won't find any strange ingredients that can only be found in an Amazonian rainforest! You also won't need to go to any specialized food shops for any of my recipes and anyone can make these simple, delicious, nutrient packed superfood meals in super fast time; **NO CHEF REQUIRED!**"*

- Jason Vale

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