HISTAMINE HAVEN'S

Flavours Beyond Limits

Recipes by

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Welcome!

Let’s break the myth that eating low histamine means sacrificing flavour and variety.

Welcome to a delightful journey into the world of low histamine cooking that promises to revolutionize your culinary experience.

This recipe collection is not just a guide; it's an invitation to explore the vibrant and diverse landscape of flavours while embracing a low histamine lifestyle.

For those navigating the intricacies of low histamine diets, the culinary landscape can sometimes appear limited, leading to concerns about taste bud monotony.

This collection challenges that notion and introduces you to a symphony of tastes, textures, and aromas that will not only cater to your dietary needs but also elevate your meal time experiences to new heights.

In fact, this collection celebrates the richness of ingredients, the artistry of seasoning, and the joy of discovering new, exciting recipes that align with low histamine guidelines.

We want to inspire you to embrace a more diverse and satisfying approach to your meals, proving that a low histamine diet can be both delicious and fulfilling.

Cranberry Chutney

Ingredients

2 cups cranberries, fresh or frozen
1 pear, cored and diced
1/2 cup pomegranate juice
1/4 cup honey or maple syrup
3 teaspoons grated fresh ginger root
1 teaspoon nigella seeds, ground
1 teaspoon sumac
1/2 teaspoon sea salt

Method

1. Add all of the ingredients to a medium sized pot, bring to a simmer on medium heat with the lid on. Simmer for 15 minutes.
2. Using a blender or handlbender, blend your sauce to the desired consistency. Give it a taste, add more salt if you think you need it, or more sweetener if it’s too sour.
3. Allow to cool to room temperature before serving.
4. Freeze any leftover portions in to an ice cube tray for ease of retrieval when you want to add this flavour bomb to future meals.

How to use this

This is the ultimate roast meat dinner condiment. Have this on top of some liver paté, serve it with any roasted meat, turkey or even pork chops.

Think of this sauce whenever you need a tangy flavour added to the plate!

Find nigella seeds (aka kalonji seeds) at health food stores, or a local grocery store in the Indian foods section. It’s an anti histamine powerhouse!

Tom Kha Gai

Ingredients

6 cups low histamine stock
6 fresh kaffir lime leaves, torn
2 stalks lemongrass, thinly sliced
2 inches galangal, coarsely chopped
454 grams chicken thighs, sliced
1 full can of coconut milk
1/2 cup cubed butternut squash
1/2 tsp cream of tartar
1 to 2 tsp coconut sugar or honey
sea salt to taste

Optional toppings:

- fresh cilantro, washed & minced
- green onions, minced
- Thai basil, washed & minced

Method

1. In a big soup pot, add the stock, lime leaves, lemongrass and galangal. Bring to a simmer for 15 minutes.
2. Strain the bits out of the stock. Add the prepared chicken to the stock, and simmer another 5 minutes.
3. Add in the coconut milk and squash, simmer another 6 minutes.
4. Add the cream of tartar, sweetener and taste. Add more salt for more flavour, more cream of tartar for a more sour note.
5. Serve in bowls, garnishing with the prepared toppings.

About this soup

This is a most deeply nourishing & satisfying Thai flavoured soup. Luka cried the first time she had this soup, she was so enamoured with the flavours!

Find your harder to source ingredients at your local grocery or specialty store that caters to an Asian population. The flavours freeze well, so consider buying extra and storing in the freezer. Use the white parts at the bottom of the stalks when cooking with lemongrass, peeling off the tough outer layers. Can’t find galangal root? Replace with ginger.

Hazelnut Apple Pilaf

Ingredients

1/3 cup (40g) raw hazelnuts, chopped
3 tablespoons ghee
3 cups (300g) frozen riced cauliflower
1 small apple, chopped
1/2 teaspoon Himalayan salt

Method

1. Heat a large cast iron pan or skillet over medium high heat. Once it’s hot, toast the chopped hazelnuts for 3 minutes until fragrant and browned. Stir occasionally to prevent burning.
2. Reduce the heat to medium. Add the ghee, riced cauliflower, apple and salt and stir to combine.
3. Sauté for 12 minutes stirring occasionally, or until the cauliflower has lost most of its water content and you have a dry, fluffy pilaf.
4. Serve with your favourite meat, poultry or fish and a simple green salad.

A history of pilaf

Pilaf is a dish that originated in Persia and is widely consumed in the Middle East.

Traditionally made with rice, this sweet and savory riced cauliflower version is a great way to support gut health and increase vegetable intake.

Serve it with the Salty, Crispy Pork Belly recipe from our cookbook for a fabulous brunch option.

Easy Crispy Chicken

Ingredients

2 tablespoons fresh sage, minced
1-2 garlic cloves, minced
3/4 teaspoons sea salt
8 chicken thighs, boneless, skinless
2 tablespoons ghee or duck fat
3/4 cups filtered water

Optional:
1/2 teaspoon nigella seeds, ground

Method

1. Mix the sage, garlic, sea salt and nigella if using. Set aside.
2. Between sheets of wax or parchment paper, lay the chicken thighs. Using a tenderizer, pound the chicken until it’s quite evenly thin, about 1/2 to 3/4 inches. Sprinkle the prepared spice blend over the chicken.
3. Preheat a skillet on medium high heat, adding the ghee or duck fat to melt. Add the chicken, cook for 5 minutes without disturbing. Flip the chicken, cook another 3 minutes.
4. Add the water, put a lid on, reduce heat to medium low. Cook for 5 more minutes.
5. Serve right away!

Weeknight dinner

This is a weeknight dinner idea that came about when maven Luka was in desperate need for a 20 minute dinner one night.

You may wish to serve this crispy chicken on a bed of mixed greens, or with a duo of quick steamed veg like carrots & broccoli, tossed with ghee, salt and pepper.

Crispy Duck Sheet Pan Dinner

Ingredients

3 tablespoons ghee or duck fat
2 beets, peeled
2 carrots, peeled
2 sweet potatoes, peeled
1/2 red cabbage, cored
1 1/2 teaspoons sea salt
1 red onion, cut into wedges
2 tablespoons avocado oil

2 lbs (900g) duck or turkey breast
3 tablespoons avocado oil
1/3 cup (50g) tapioca starch
1 teaspoon oregano, dried
1/2 teaspoon turmeric powder
1/2 teaspoon sea salt

Method

1. Turn the oven on to 350F (175C). Spread the ghee or duck fat on a cookie sheet, and set aside.

2. Shred the beets, carrots, sweet potatoes and cabbage. Put in a large bowl with the sea salt, mix with your hands and let rest for 10 minutes. Drain the veggies, and squeeze out any excess water. Set aside.

3. Prepare the duck or turkey: cut into strips. Mix the tapioca, oregano, turmeric and sea salt in a medium bowl.

4. Toss the prepared meat with the avocado oil. Dredge the meat now in the prepared starch spice mixture. Set aside.

5. On the cookie sheet, spread the drained shredded veggies as the base layer. Add the red onion. Drizzle 2 tablespoons of avocado oil on the veggies. Top with the prepared duck or turkey strips.

6. Put the pan in the preheated oven and cook for 45 minutes, flipping the meat and tossing the veggies halfway through.

Think of this...

... as the ultimate veggie hash. A great way to feature a rainbow of vegetables! And do try this with duck breast, turkey breast or even chicken.

Chicken Coconut Curry

Ingredients

2 tablespoons avocado or coconut oil
1 medium onion, chopped
3 stalks lemongrass
1 1/2 tablespoons ginger root, grated
2 kaffir lime leaves, chopped
3 cloves garlic, minced
1 can (400mL) full fat coconut milk
1/2 cup filtered water
1 1/2 teaspoons ground turmeric
1 bunch (80g) cilantro, minced
1/2 teaspoon Himalayan salt
2 lbs (900g) chicken breast, cut into 1" (2.5cm) pieces

Method

1. Heat oil in a medium or large sauce pot over medium heat. Sauté onions until translucent, about 5 minutes. Add lemongrass, ginger, lime leaves and garlic, and cook an additional 2 minutes.
2. Add coconut milk, water, turmeric, cilantro and salt to the pan. Reduce heat and simmer 5 minutes.
3. Remove from heat, place mixture in a blender. Blend on high speed until ingredients are creamy.
4. Pour contents back in to the pot and add chopped chicken. Simmer for 10 minutes or until the chicken reaches an internal temperature of 165F (74C).
5. Serve over riced cauliflower, or your favourite pasta.

Yes you can have curry.

Most curry spice blends include ingredients that contain high histamine. The depth and aliveness of curries is something you may think you had to give up when histamine troubles came knocking!

No more. Dive in to these flavours, knowing they will be deeply nourishing without contributing to your symptoms.

Each recipe in this collection has been meticulously crafted to not only comply with low histamine requirements but also to tantalize your taste buds and awaken your senses.

From condiments to soups, from sides to mains, we have curated a selection of dishes that showcase the incredible range of possibilities within the Histamine Haven protocol.

Prepare to embark on a culinary adventure where every bite is a celebration of flavour, and each recipe is an opportunity to expand your palate.

With "Flavours Beyond Limits," we invite you to savour the richness of low histamine cooking and discover a world where restrictions give rise to innovation, and every meal is a testament to the joy of diverse, satisfying, and delicious living.

Get ready to redefine your culinary experience and make every dining moment a celebration of health and taste!

Now go and chase flavour!

Our goal here at Histamine Haven is to help you diversify your diet, to help you bring in as much variety as you can so you can start to feel real good.

If you like these recipes...

... we have a cookbook with 140 more! Explore how food & deep nutrition can help empower you to reduce what is driving histamine or mast cell mediated symptoms in the body.

Check our book out now!