

# Harlan's Favorite Speed Keto Recipes



BY HARLAN KILSTEIN ED.D.

# Speed Keto

## "Mac and Cheese"

Serves: 4

### Ingredients

1 large head of cauliflower,  
cut into bite-sized florets  
3/4 cup nutritional yeast  
(gives a cheesy flavor)  
1 cup unsweetened coconut milk  
(or another non-dairy milk of choice)  
2 tbsp olive oil or avocado oil  
1 tsp turmeric (for color and flavor)  
1 tsp paprika  
1 tsp garlic powder  
1 tsp onion powder  
1/2 tsp mustard powder  
(or a tsp of Dijon mustard)  
Salt and pepper to taste

#### Optional:

Red pepper flakes for a bit of heat  
Fresh herbs for garnish  
(like parsley or chives)





## Procedure

**Cauliflower Prep:** Preheat your oven to 400°F (200°C). Spread cauliflower florets on a baking sheet, drizzle with a bit of oil, and season with salt and pepper. Roast for 20-25 minutes until tender and slightly golden.

**Cheese Sauce:** In a saucepan, heat the olive oil or avocado oil over medium heat. Add in the turmeric, paprika, garlic powder, onion powder, and mustard powder. Stir for a minute until fragrant.

**Milk & Nutritional Yeast:** Add the coconut milk to the saucepan and stir well. Once heated, whisk in the nutritional yeast gradually, ensuring it's fully combined and smooth. If the mixture is too thick, you can add a bit more coconut milk or water to reach your desired consistency. Season with salt and pepper. Taste and adjust seasoning, if necessary.

**Combine:** Once the cauliflower is roasted, transfer it to a large mixing bowl. Pour the "cheese" sauce over the cauliflower and gently toss to combine.

**Serve:** Transfer the "Mac and Cheese" to serving bowls. Sprinkle with red pepper flakes if desired and garnish with fresh herbs.

# Chana Kilstein's Speed Keto Tehina Shake

Great for an occasional treat during weeks 2 or 4.

## Ingredients

1/2 cup full fat coconut cream  
2 Tbsp tehina  
1/8 tsp cinnamon  
8-12 ice cubes  
1-2 droppers Sweetleaf stevia

## Instructions

Add all ingredients to your blender.  
Beat until creamy.  
Add straw.



# Coconut Milk Beef Curry

Serves 6-8

## Ingredients

- 3 Pounds beef chuck cut into 1 1/2 inch pieces
- 1 1/2 Tbs Kosher Salt
- 8 Tbs coconut oil
- 1 Large white onion thinly sliced
- 10 Large garlic cloves minced
- 2 Tbs peeled and grated fresh ginger
- 7 Tbs curry powder
- 5 Bay leaves
- 4 13 1/2 ounce cans of unsweetened coconut milk
- 2 Red chili peppers very finely chopped
- 1/4 Tsp Cayenne pepper
- 1 Tbs ground black peppercorns



# Procedure

1. Sprinkle Kosher salt all over meat pieces
2. Heat half oil in a large pot on medium-high
3. Cook the beef turning over and around every minute or so until browned all over
4. Around 10-12 minutes
5. Transfer to a plate and set aside
6. Reduce heat to medium and put the remaining oil in the pot along with the onion, garlic and ginger stirring consistently
7. Around 3-5 minutes until the onion looks cooked
- 8 Add curry, cayenne and peppercorns and stir for around 2 minutes
9. Add bay leaves, chili peppers, coconut milk and 1 cup water
10. Return beef to pot
11. Cook partially covered on low until beef is tender approximately 30-40 minutes
12. *\*If using the Insta Pot cook on slow cook for 4 hours or use the speed cook option and cook and have ready in 15 minutes*
13. Serve hot garnished with the chili pepper, scallions or cilantro and a bay leaf (optional)



# Tsippy Kilstein's Speed Keto Rolls

These are great as a breakfast treat with an egg on them.  
They warm up well in the oven.

## Ingredients

1 cup whole tahini butter from  
ground sesame Zero net carbs  
5 large eggs  
1 tablespoon apple cider vinegar  
1/2-1 dropper Sweatleaf Stevia  
3/4 teaspoon baking soda  
1/4 teaspoon Himalayan Pink Salt



## Instructions

1. Step One: Preheat Oven to 350 degrees
2. In a Vitamix and Cuisinart pulse together tahini and eggs until very smooth
3. Add in apple cider vinegar and Stevia
4. Add the baking soda and salt
5. Transfer batter to pan greased with coconut oil
6. Bake at 350° for 35 – 45 minutes depending on your oven.

# Speed Keto

## Beef and Broccoli

Serves: 4

### Ingredients

16-24 oz beef (like flank steak or sirloin),  
thinly sliced against the grain  
4 cups broccoli florets  
3 tbsp gluten-free tamari sauce  
2 tbsp avocado oil or coconut oil, divided  
2 garlic cloves, minced  
1-inch piece of ginger, grated  
1/2 cup beef broth  
1 tsp sesame oil  
1/2 tsp red pepper flakes (optional for heat)  
2 green onions, thinly sliced (for garnish)  
1 tbsp chia seeds or xanthan gum (to thicken the sauce, if  
desired)





# Procedure

**Blanch Broccoli:** In a pot of boiling water, blanch the broccoli florets for about 2 minutes until they turn bright green. Immediately transfer to an ice water bath to stop the cooking. Drain and set aside.

**Sauté Beef:** In a large skillet or wok, heat 1 tablespoon of avocado or coconut oil over medium-high heat. Add the beef slices, ensuring they're not crowded (you might need to do this in batches). Cook until browned on both sides. Remove from the skillet and set aside.

**Aromatics:** In the same skillet, add another tablespoon of oil. Sauté the minced garlic and grated ginger for about a minute until fragrant.

**Sauce:** Add the beef broth, tamari sauce, sesame oil, and red pepper flakes (if using) to the skillet. Bring to a simmer. If you prefer a thicker sauce, whisk in chia seeds or xanthan gum and allow it to simmer for a few minutes to thicken.

**Combine:** Return the beef to the skillet and add the blanched broccoli. Toss everything together ensuring the beef and broccoli are well-coated with the sauce. Cook for another 2-3 minutes.

**Serve:** Transfer the beef and broccoli to serving plates. Garnish with sliced green onions.

