

Pigeon Pea Dhal

Ingredients

$\frac{3}{4}$ cup pigeon pea seeds
2.5 - 3 cups water
 $\frac{1}{4}$ teaspoon turmeric
2 medium tomatoes
 $\frac{1}{2}$ cup chopped onion
3 cm piece of ginger, finely chopped
4-5 garlic cloves, finely chopped
1 small green chili, deseeded and chopped finely
 $\frac{3}{4}$ teaspoon cumin seeds
 $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon red chili powder
 $\frac{1}{4}$ teaspoon turmeric powder
1 teaspoon coriander powder
 $\frac{1}{2}$ teaspoon dried mango, powdered or can use lime juice or tamarind paste
pinch of asafoetida powder
1 - 1.5 teaspoons celery leaves - finely chopped
2 tablespoons oil
salt as required
1 cup water
coriander leaves for garnishing

Method:

Pick over the pigeon pea seeds to remove any debris, rinse seeds well. Soak the seeds overnight, drain. Place seeds in a pressure cooker or saucepan, add water and turmeric powder, pressure cook for 9 minutes or cook on stovetop until they are soft and well cooked. Check over seeds again to remove any that have not softened.

Heat oil, add the cumin first and fry for a few seconds. Add the garlic and fry till it changes colour. Add the onions and fry till golden. Add the tomatoes, ginger and green chili, stir then add the dry spice powders.

Saute mix until the tomatoes are cooked and the oil starts to leave the side of the mixture. Add the celery leaves and fry for few seconds more. Add salt to taste.

Pour spice mixture over the cooked pigeon pea seeds, add water, stir, bring to the boil and simmer for 5-7 minutes until the required consistency is reached.

Can be served hot or cold.

To serve, garnish dhal with chopped coriander leaves.

Semi-Dried Tomato Dip

Ingredients:

- 1 cup cooked Madagascar beans*
- 1 small onion - diced
- 2 cloves garlic - crushed
- 1 cup semi-dried tomatoes - drained and chopped
- 3 tablespoons tomato paste
- 1 teaspoon fresh minced ginger
- 1-2 red chilies - chopped finely
- 2 teaspoons cumin seeds
- $\frac{1}{2}$ teaspoon Celtic sea salt or to taste

Method:

Combine all ingredients in food processor. Dip can be frozen.

- * Madagascar beans can be cooked in a pressure cooker for approx. 5 minutes or bring to a boil on a stove top and cook until tender.

Yam & Madagascar Bean Salad

Peel and cube pieces of purple yam and cocoyam. Bring cocoyam to a boil and cook until just tender. Steam purple* and white yams. Allow to cool. Combine yams and cooked Madagascar beans in a bowl. Make a dressing by combining coconut yoghurt, lemon juice and tamari in a screw top jar. Add in finely chopped parsley, chives and chervil, shake well to combine. Pour sufficient dressing over vegies and beans to lightly coat. Serve chilled.

- *steam purple and white yams separately as the purple colour will bleed and all the yams will be the same colour.

Spinach Fetta & Ricotta Pie

Ingredients:

Filo pastry

Olive oil or butter

Equivalent of 1 generous bunch of spinach, using Brazilian spinach, Tahitian spinach and kang kong (can use silverbeet if preferred).

1 medium onion, chopped finely

1 cup firmly packed, sweet basil leaves, finely sliced

250g Ricotta cheese

100g Feta cheese - crumbled into small pieces

4 Eggs - lightly beaten

2-3 cloves Garlic - finely chopped

Freshly ground black pepper

Method

Preheat oven to 180 degrees. Remove stalks from spinach and kang kong, slice all leaves and submerge in a bowl of boiling water to blanch.

Slice spinach and kang kong stalks thinly. Add a small amount of oil to frying pan and add stalks, onion, garlic and basil. Cook until spinach stalks become transparent; remove from heat to cool. Drain spinach and press to remove as much of the water as possible. In a medium bowl, add cooked mixture, spinach, eggs, pepper and cheeses. Mix lightly together - do not over mix these ingredients. Brush a baking-paper lined baking dish with oil or melted butter. Layer sheets of filo pastry - using a pastry brush to oil/butter every second or third layer of filo. Build your base (6-8 sheets is good). Pour mixture onto the pastry base then add more sheets of filo, repeating the same process as the base until you are happy with the thickness. Bake in oven until golden brown - approx. 20-30 minutes. Pie can be served hot or cold.

Arrowroot Flour

(taken from Isabell Shipard's 'How Can I Use Herbs In My Daily Life' book, available through www.herbsarespecial.com.au)

Peel arrowroot tubers and cut into 2 - 3 cm cubes. Mince cubes or put in a blender with a little cold water and blend to a pulp. Tip the pulp into a bucket or large bowl and add more water. After a few minutes, the flour will sink to the bottom and brown fibrous liquid will come to the top, which is carefully drained off. Add more water and stir; more fibre will come to the top, to be drained off. After several rinses, the water on top will be clear with no brown fibres remaining. Drain off the water and pour the thick white flour 1 - 2 cm thick onto trays to dry in the sun. When it is dry it will be soft and flaky; bottle and store ready for use. The flour keeps well and does not go rancid with age. The flour yield is usually about $\frac{1}{4}$ to $\frac{1}{5}$ of the original weight of the tubers. Flour is used as a thickener for gravies, sauces, slice fillings, lemon butter, custard and pie fillings, and as a part wheat-flour alternative in biscuits, etc.

Arrowroot and Apple Patties

Ingredients:

6 large arrowroot tubers - peeled and cubed,
Juice of half a lemon
1 egg
pinch of salt
200g apple puree
1 teaspoon cinnamon
1 tablespoon raw sugar
1 teaspoon vanilla extract
 $\frac{1}{2}$ cup coconut flour
2 apples - grated
Coconut oil

Method:

Place arrowroot in saucepan with lemon juice and water, bring to boil and simmer for approx. 40 minutes or until tender, drain and cool. Place cooled arrowroot in a food processor with egg and salt. Add apple puree, cinnamon, sugar, coconut flour and vanilla; process until smooth.

Pour batter into a bowl, peel and grate apples, and lightly mix with batter to combine. Heat some oil in a frying pan; when hot drop in spoonful of mix, flatten slightly. Turn over when golden brown (about 3-4 minutes) and cook other side. Repeat until all mix is used up.

Patties can be served hot or cold.

If serving hot, try drizzling maple syrup over, add a splash of coconut cream and a sprinkle with crushed pecan nuts.

This recipe can also be made as a cake by blending in 1 tin coconut cream/milk. Pour batter into baking-paper lined cake pan or oiled patty cake pans and bake in a 180 degree oven for 45 - 60 minutes until set and lightly browned.

Spiced Cassava Cake

Ingredients:

- 2 cups cassava, peeled and chopped
- 1 cup desiccated coconut
- 1 cup coconut palm sugar (or sugar of choice)
- 2 teaspoons cinnamon
- 2 teaspoons nutmeg
- 3 cm piece fresh ginger, grated finely
- 1 teaspoon vanilla extract
- 3 tablespoons melted coconut oil
- 1 cup coconut milk

Method:

Preheat oven to 180 degrees.

Place all ingredients except the coconut milk into a food processor and blend until mixture is smooth. Add milk gradually to make a thick batter.

Pour batter into a baking-paper lined cake pan and place in oven until cake is set and top is browned, approx. 1 $\frac{1}{4}$ hours. Allow to cool before serving.