

Sweet Cassava Wrapped in Banana Leaves

4 cups grated cassava
3/4 cup raw sugar
1 can coconut cream
banana leaves

Peel cassava and remove pith. Wash and grate finely then add the sugar and coconut cream. Mix thoroughly.

Cut banana leaves and sear over a naked flame - this makes the leaf more pliable. Place about 3 tablespoons of mixture onto the leaf and fold, making sure the parcel is airtight. Arrange parcels in the bottom of a cooking pot. Cover with water to the top. Put lid back on, bring to the boil and simmer for 30 to 45 minutes. Serve hot or cold. Can be frozen and cooked in your microwave or steamed.

Mung bean with Young Sweet Potato Tips

1 cup mung beans (soaked overnight)
1 bunch sweet potato leaves
1 cup sliced pork
1 tablespoon vegetable oil
2 cloves garlic (crushed)
1 medium onion (sliced)
3 ripe tomatoes (sliced)
1 chicken stock cube
1 tablespoon fish sauce
1 teaspoon salt
4 cups water
3 whole green chillies

Boil beans in 3 cups water till soft (approx. 10 minutes) - set aside. Render or fry sliced pork till golden. Saute garlic, onion and tomatoes till soft then add 1 cup water and simmer for 5 minutes. Add mung beans and bring to a boil. Add the salt and sweet potato tips. Season with the fish sauce. Cover for 5 minutes till leaves turn bright green. Serve with rice.

note: green chilli is optional

: substitute sweet potato tips with moringa leaves or choko tips.

New Guinea Bean and Pork Casserole

- 1 New guinea bean (upo)
- 1 cup pork slices
- 2 cloves crushed garlic
- 1 medium onion (sliced)
- 3 ripe tomatoes (chopped)
- 2 tablespoons oil
- 1 chicken stock cube
- 1 tablespoon fish sauce
- 1 teaspoon salt
- 1/2 cup water

Peel the new guinea bean - cut lengthwise into four sections and remove the core. Slice and set aside. Render pork slices till golden. Saute the garlic, onion and tomatoes till soft. Add 1/2 cup water to extract the flavour. Season with salt and boil for 5 minutes till water is reduced. Add sliced new guinea bean and season with fish sauce. Cover and let boil for 5 minutes. Serve hot with boiled rice.

Vegetarian Spring Roll

- 300g firm tofu
- 200g fresh mung bean sprouts
- 1/2 head chinese cabbage or kale
- 1 carrot
- 1 packet spring roll wrappers – thawed and separated
- 2 cups cooking oil
- 2 cloves garlic
- 1 medium onion
- 1 teaspoon salt
- 1 tablespoon soy sauce
- 1 vegetable stock cube

Cut tofu into strips and fry till golden- set aside. Saute garlic and onion till soft, add tofu, salt and stock, stir for 5 minutes then add carrot strips and vegetables. Season mix with soy sauce, replace cover and cook for 5 minutes. Drain and allow mix to cool. Roll mix in spring roll wrappers and fry in oil till golden. Serve as is or dip in combined soy and spicy vinegar mix.