

Buckwheat Burgers



Ingredients

- 1/2 cup cooked buckwheat (I used the roasted one, as it gives the burgers nice rich flavour)
- 1 leek chopped into thin slices
- 1/3 cup of roasted sunflower & pumpkin seeds
- 1/2 cup oats
- 4 tbsp tamari or soy sauce
- sea salt

Method

1. Cook your buckwheat (the water to grain ratio is 1:2 for and cooking time 10-12min)
2. Roast your seeds in a pan and let them cool down and grind them. You can use a blender, but make sure your seeds don't become a powder, it's nice to have small bits of roasted seeds in
3. Sauté your leek with a good pinch of salt, don't worry if feels to salty, burgers need a lot of flavour
4. Mix all the ingredients together, adding the oats and flavour with tamari
5. Form the burgers, place them on a baking sheet and 'bam' in the oven for 180C for about 15min from both sides.

(you can fry these as well, just make sure you use a good quality frying oil, I prefer baking, especially when I make bigger amount, but frying these definitely adds even more richness)

Black Bean Stew



Ingredients

- 250g Uncooked Black Beans
- 100g Shitake Mushrooms
- 1 Red Onion
- 4 Tbsp Tamari Sauce
- 3 Tbsp Ginger Juice
- sea salt

Method

PREPARING THE BEANS

1. Wash them thoroughly and soak them overnight or in boiled water for at least 1h
2. Wash them again and cover them with water, so about 2.5cm water is left
3. Add piece of kombu
4. Cook them in a pressure-cooker for about 40 min (or in a regular hob 60min), the beans should be soft, but not mushy.

MAKING THE STEW

5. When your beans are almost ready, sauté your onions on sesame oil, when they are soft add the shitake mushrooms, cover and sauté for about 10 min (until mushrooms are nice and soft and released a lot lot of juice)
6. Add your prepared beans, without the liquid. (you can drink the liquid later it's a very medicinal drink, often used when you are feeling low in energy, especially when you add a bit of tamari for the flavour)
7. Add your ginger juice and tamari and mix well together, let it simmer for about 5-10 minutes, just so all the flavours blend nicely
8. Wouala, your stew is done

Beetroot-Mint Salad



Ingredients

- 4 beetroots
- 4 tbsp apple cider vinegar
- 1.4 cup mint, chopped into small
- salt

Method

1. Peel and grate the beetroot.
2. Add a good pinch of salt and apple cider vinegar and massage together until the beetroot becomes a little softer.
3. Mix in the mint. Press the salad down as much as possible. Add another heavy bowl or set of food weights on top of it. (I often use a jar filled with water as a weight).
4. Cover with tea towel and let it sit for at least 30mi.

Fried Rice with Veggies



Ingredients

- 2 cups of brown rice (use long grain in summer and short grain in winter)
- 1 leek, finely sliced (separate whites and greens)
- 2 carrots, finely chopped into squares
- 1 courgette, finely chopped into squares
- 5 big chard leaves, finely chopped (separate the leaves and stalk)
- Sesame Oil
- sea salt
- tamari or soy sauce
- rice mirin or apple juice concentrate

Method

1. Cook your brown rice
2. Add a few drops of oil onto your pan, wait until it heats up, add your leek whites and a good pinch of salt, mix a little, cover and lower the heat down to let the leeks sweat.
3. When leeks start getting soft (about 5 min) add the carrots and sauté together.
4. After another 5-8 min add courgette, the green part of leek and the stalk of the chards - and again sauté together, for another 5 min, at this point you can keep the lid off.
5. Add the green part of the chard mix in and leave on for 2 min then turn the heat off.
6. Add in the cooked rice and flavour with a few drops of rice mirin and tamari

Poached Pears



Ingredients

- 4 pears
- sea salt
- handful of almonds

Sauce

- 2 tbsp kuzu (you can swap for corn flour tapioca flour)
- 100ml apple juice

Method

1. Peel the pears and put into a pot
2. Cover with water, add pinch of salt and bring to boil.
3. Let it simmer for about 20 min, until pears are soft, but not too mushy.
4. Meanwhile roast your almonds and chop into small pieces.
5. When your pears are ready take them out, pour little bit of the liquid out so you have ca 250ml water. Add apple juice or other sweetener bring to simmer, add kuzu, lower the heat down and keep stirring until a creamy consistency.
6. Place pears on a plate, pour the sauce over and top with roasted almonds.

Smoked Hummus



Ingredients

- 1 can of chickpea, drained (keep the water)
or 250g cooked chickpeas (keep the water)
- 1.5 tbsp tahini
- 1.5 tsp smoked paprika
- 1.5 tsp salt
- 2 tbsp chickpea water

Method

1. Add all the ingredients together and blend until smooth.
2. Depending on the creaminess of your tahini, you might need to add more liquid or a few drops of oil (if you prefer richer hummus)