

Recipes for January

Cabbage Soup:

1 medium onion chopped finely
1 cabbage, cut into short strips (like coleslaw)
2 medium potatoes diced into small cubes
1 tsp chilli powder or fresh chilli (optional)
1 tsp ground coriander
1 tsp ground cumin
1 tsp ground fenugreek (optional)
200g canned butter beans
2 Tbls olive oil
salt + pepper
1 litre chicken or vegetable stock

Saute onions in olive oil until soft, add spices, chilli and potatoes and continue cooking for another 7 - 10 minutes on medium heat, stirring gently. Add stock and cabbage and continue cooking until potatoes are cooked through and cabbage is soft. Add butter beans and season with salt and pepper.

Spicy Pumpkin Chowder

1 kg pumpkin, peeled and roughly diced
1 tsp ground cumin
1 tsp ground coriander
4 red chillies, chopped (check how hot they are and cut back on amount if really spicy!)
2 cloves of garlic chopped
50 ml olive oil
(2) 400ml can of coconut milk
1 quart of vegetable stock
chopped coriander

Saute the pumpkin seasoned with a bit of salt in the olive oil until slightly browned. Add the spices, chillis and chopped garlic, sauté for another 2 - 3 minutes on low heat, then pour in the coconut milk and vegetable stock. Simmer this for another 20 - 30 minutes until the pumpkin is very soft. Add the coriander and remove from heat. Puree soup with in a food processor or with a hand blender to the texture you like.

Purple Sprouting Broccoli (PSB) with Sesame and Red Chilli

200 - 250g psb

1 tsp sesame seeds, toasted

1 Tbsp sesame oil

1 Tbsp lime juice

1 tsp thai fish sauce

1 Tbls tamari (a Japanese soy sauce—if you can't find it, use light soy sauce)

1 finely chopped red chilli (as above , always taste before adding and deseed if necessary)

Steam psb in a steamer with about an inch of water until just tender. Mix other ingredients together in a bowl and then drizzle liberally over psb to taste.