

White Chickpea Curry

The Basin Food is Free Project & Community Garden

Ingredients

2.5 cups of chickpeas (soaked overnight, rinsed and cooked in a pressure cooker with salt until tender)
2 tbs olive or coconut oil
6-8 cloves
4-6 cardamom pods – shelled
6-8 peppercorns
2 bay leaves
2 medium onions, finely chopped
2 cups of chopped ripe tomatoes; or one can of ripe tomatoes
2 tsps crushed fresh ginger
4 tsps crushed fresh garlic
2 tsps cumin seeds
4 tsps coriander powder
1tsp turmeric powder
3 tsps garam masala
Chillies to taste
Salt to taste

Method

- In a large pan, heat the oil and add the bay leaves, cloves, cardamom and peppercorns.
- Once the spices crackle, add 2 diced onions. On the side, the garlic and ginger and tomatoes into a paste.
- When the onions are brown, add the paste and cook on medium heat until oil separates from the mixture. Then add all the other spices (cumin, coriander, turmeric, chillies and garam masala).
- Add boiled chickpeas with some water and cook on low heat for an additional 5-10 minutes. Add the garam masala at the end and garnish with coriander.
- Optional: you can add different green vegetables to the curry such as chicory leaves, sorrel leaves and silver beet - all chopped finely.

Japanese Pancake

Knox Community Gardens

Ingredients

½ cup frozen peas, defrost
4 cups finely shredded cabbage
2 carrots, grated
2 cups grated pumpkin
2 large potatoes, grated
1 large onion, finely chopped
2 cups self-raising flour *
6 – 8 eggs
1 teaspoon salt and pepper to taste
Vegetable oil, for cooking

Topping

ABC Sweet Soy Sauce or BBQ Sauce
Kewpie mayonnaise

Method

1. Defrost frozen peas in the microwave for 2 minutes, place into a large bowl
2. Finely shred cabbage and place into the bowl
3. Grate two carrots and place into the bowl
4. Grate pumpkin and place into the bowl
5. Grate potatoes and place into the bowl
6. Finely chop the onion and place into the bowl
7. Finely chop spring onions
8. Add 2 cups of self-raising flour to the bowl
9. Add 6 – 8 eggs to the mixture in the bowl
10. Season with salt and pepper
11. Combine all vegetables, flour, eggs, salt and pepper. Mix well.
12. Heat 2 tablespoons of oil in a non-stick pan over medium heat. Add ½ cup of the vegetable mixture into a frying pan for each pancake.
13. Cook pancake until bottom is golden brown then flip over. Squash pancake slightly and cook until golden brown.
14. Serve hot drizzled with sweet soy sauce and mayonnaise

*for a gluten-free recipe, use GF SRF

Panzanella

The Basin Backyard

Ingredients

- 300 g stale ciabatta loaf
- 600 g ripe mixed tomatoes, roughly chopped
- Pinch sea salt
- Pinch freshly ground black pepper.
- 1 handful small capers, drained
- 1 small red onion, peeled and very finely sliced.
- 280 g jarred red peppers, drained and roughly chopped.
- 8 anchovy fillets in oil, drained and finely sliced (optional)
- 2 Tlb spoons red wine vinegar.
- 6 Tlb spoons extra virgin olive oil.
- 1 Tsp Honey.
- a bunch of fresh lettuce mixture

Method

1. Tear the ciabatta into rough 3cm pieces, heat 1 tlb spoon of olive oil in pan, add anchovies and fry, once anchovies have broken down add bread and fry until browned, place on a tray and leave aside.
2. Add vinegar, honey and remaining olive oil to small bowl and mix and set aside.
3. Place the tomatoes in a bowl and season with salt and pepper. Rinse the capers, squeezing out any excess liquid and add to the bowl, along with the onion, peppers and ciabatta. Toss the mixture together with your hands, then stir in vinegar mixture. Taste and add a little more salt, pepper, vinegar or oil, if needed.
4. Tear in the lettuce leaves, stir together and serve. Delicious with barbecued meats or roast chicken.

Wild Pineapple Kimchi

The Fermented Mumma

Health & Safety Guidelines

- Sterilise all jars prior to avoid contamination.
- *Signs of spoiled fermented food:*
With any type of preserving we follow this advice - "When in doubt, throw it out".
Discard and do not eat or taste any fermented food if you notice any of the following:
discoloured, moldy, mushy, slimy, or smells bad.
- *What is botulism?*
Botulism is a rare but potentially deadly illness caused by a poison most commonly produced by a germ called Clostridium botulinum. The germ is found in soil and can survive, grow, and produce a toxin in certain conditions, such as when food is improperly canned. The toxin can affect your nerves, paralyse you, and even kill you. You cannot see, smell, or taste botulinum toxin, but taking even a small taste of food containing this toxin can be deadly.
- Always follow salt guidelines and if unsure, check recipe or use an online salt calculator. The salt is responsible for killing the bad bacteria.

Ingredients

- 1 whole Napa cabbage
- 2-3 tablespoons of Korean chili powder
- 1 red chili (optional)
- 1-2 tbsp of un-iodized salt (2 for large Napa)
- 1-2 cloves of garlic
- 1/2 bunch of onion weed
- 1/4 cup of dried nettle
- 1 small piece of ginger (tip of your thumb)
- 2-3 tbsp of vegan fish sauce (can sub for real fish sauce if preferred)
- 1 Large slice of pineapple (optional)

See method on next page.

Method

1. Wash the Napa cabbage and then cut down the center and separate into two halves.
2. Cut the halves into medium to small squares. Then wash and cut onion weed and rinse well in a colander.
3. Drain the cabbage well and place in a large bowl with the onion weed and then add your dried nettle.
4. Sprinkle salt over the washed cabbage and toss the cabbage gently (around 3 mins) coating all the cabbage with the salt. Set aside.
5. To create your chili paste: In a blender place your ginger, garlic, chili, Korean chili powder and pineapple, and blend until smooth. Add filtered water if required.
6. Wash and slice spring onions.
7. Pour chili paste over your cabbage and add sliced spring onions. Mix well.
8. Transfer to a glass jar and place on the bench for 4 days. On the fourth day, your Kimchi is ready to eat. It now needs to be stored in the fridge and will last up to 6 weeks.