

Mixed Bean Curry

Ingredients:

1 cup of soy beans (cooked)
1 cup of chickpeas (cooked)
1 cup of lentils (cooked)
1 Tbsp of olive oil
½ brown onion (diced)
2 cloves of garlic (crushed or finely diced)
3 or 4 tomatoes (diced)
1 cup of water
1 Tbsp of tomato paste
½ tsp of turmeric powder
¼ or ½ tsp of cumin
1 Tbsp of cashew cream

Method:

Soften onion and garlic in a pot, stirring it constantly for 1–2 minutes.
Add oil, tomatoes, tomato paste and turmeric. Cook until tomatoes become soft.
Add soy beans, lentils, chickpeas, salt and water. Bring to a boil and cook for 10 to 15 minutes.
Add cashew cream and cumin.
Serve garnished with parsley or coriander, or herbs of your choice.

Brown Rice & Buckwheat Flat Bread

Ingredients:

1 cup of buckwheat flour
1 cup of brown rice flour
¼ cup of sticky rice flour (glutinous flour)
2 Tbsp of olive oil
A pinch of salt
1 Tbsp of maple syrup
1½ cups of water

Method:

Place all dry ingredients into a bowl.

Add the wet ingredients.

Mix together thoroughly.

Pour onto a non-stick pan to make a flat bread. Ensure that the pan is not too hot. Keep on low to medium heat.

Cook as though you are making a pancake.

Serve with bean curry.

Coconut Rice

Ingredients:

2 cups of basmati rice
1 small tin of coconut milk (100 ml)
1 tsp of salt
3 cups of water

Method:

Add all ingredients to a rice cooker. Switch the rice cooker to 'cook'. It will cook until no water remains. Enjoy.

Variation: Replace basmati rice with brown rice, as some varieties of brown rice need more time to cook, you will probably need to add an additional $\frac{3}{4}$ cup of water.

Steamed Sticky Rice & Banana

Ingredients:

2 cups of sticky rice (soak overnight or at least 4 hours)

3 bananas

4 sheets of baking paper (30x30cm)

4 pieces of string

Method:

Mash the bananas and add the soaked sticky rice. Mix well.

Portion into 4 equal parts, and place each part onto its own baking paper sheet. Fold paper into rectangular packets.

Put two packets together face to face, tie together at each end.

Using a steamer, steam the packets for 30 to 40 minutes.

Serve with fresh grated coconut.