



The Kitchen's Helper




A gift to Te Moata



Written by Clara Hippchen

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&
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Dear Helper,

Thank you for taking on the responsibility of cooking in Te Moata's kitchen!

Here are some tips before you start:

You need very very clean hands.

When you are working with fermenting processes, please check that there is neither dirt nor soap on anything you work with.

Read the whole recipe first before you start - for example, bread starts the evening before the baking day.

Try to label everything with its name, the date, your name and if it is vegan/gf.

Love makes things yummy! If you are sad, have a good healing drink and a decent break before you start. And please have fun :-).



WORK IS LOVE

MADE VISIBLE

-Khalil Gibran-

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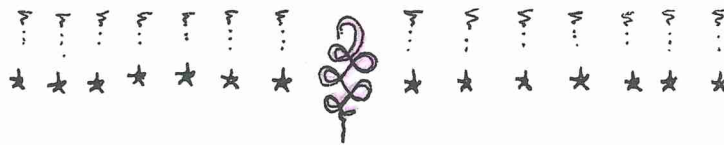




700ml lukewarm milk
1 cup active yoghurt

Whisk it up together and put in an EasYo container
 Pour hot water in the big white EasYo container and place the yoghurt container inside.
 Close and let sit overnight.

If you want a thick yoghurt, heat the milk until it reaches around 80° (but is not boiling). Add 1/2c milk powder, let it cool down to body temperature (finger-test it - lukewarm is perfect), add the active yoghurt and process like written above.





Matt's Rice milk

- 1 cup brown rice soaked overnight, rinsed and drained
- 1 tbsp soaked raisins
- ¼ tsp xanthan gum
- Pinch salt
- 1tsp coconut oil
- 500 ml hot water
- Wizz it all up
- Add 1 litre cold water, wizz together

Strain it through a cheesecloth into a big jug and it will be ready to drink!

The leftovers of the cheesecloth are great for a rice pudding for 2-3 people. Just cook it with coconut milk or water and 1 tbsp tahini...

★ *Cashew-Coconut milk* ★

- ½ c cashew nuts - soaked overnight in the fridge, drained and rinsed
- ½ c desiccated coconut - soaked overnight in the fridge, drained and rinsed
- 1 l water
- Pinch salt

Wizz all together for a minimum of 5 minutes, great for coffee

☾ *Almond milk* ☾

- 25g soaked almonds for 1l water
- Pinch salt

Processed as milks above



* The Coffee Lion *

Here comes the coffee alternative! You will need an electric coffee - grinder to make this root drinkable...What you need:

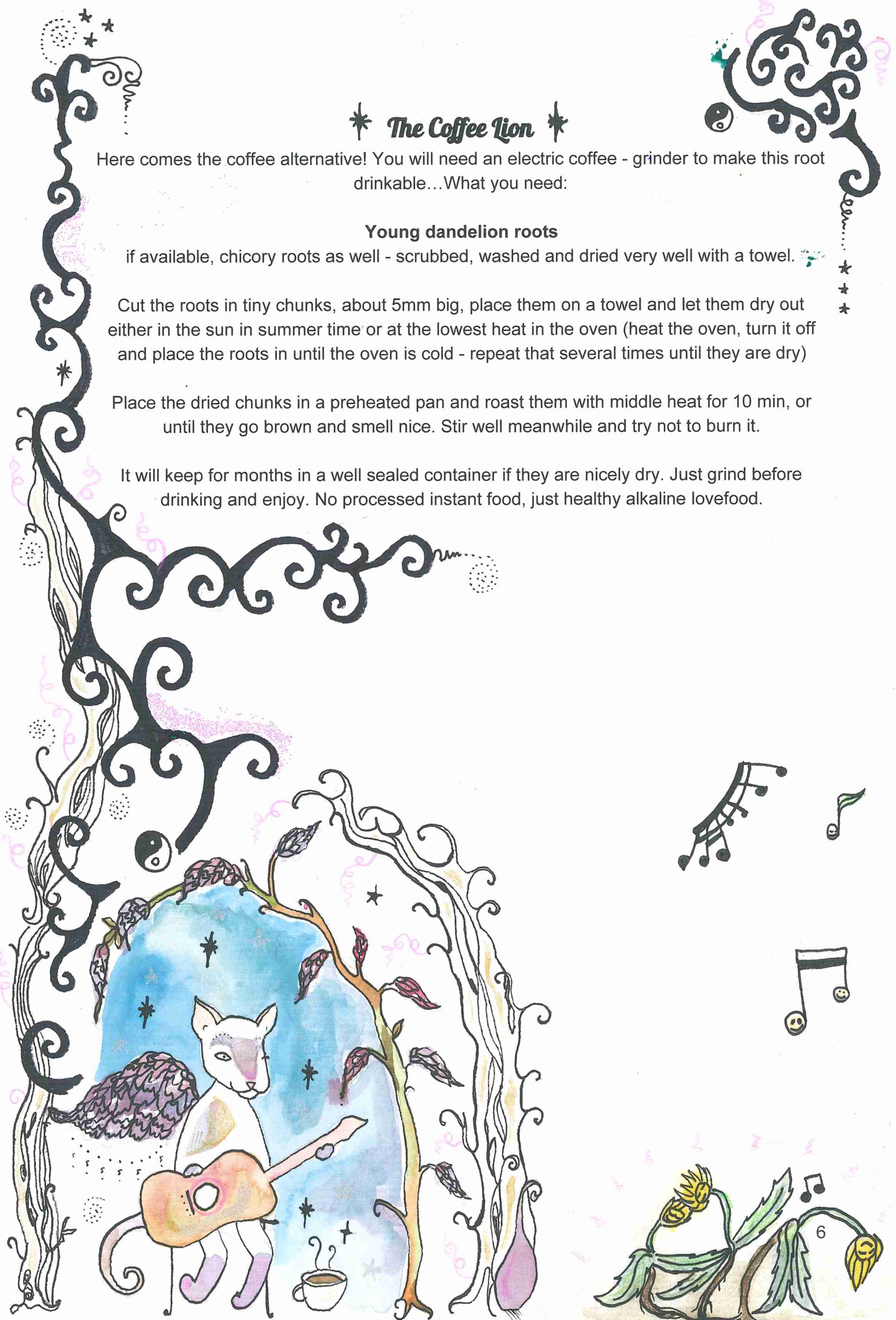
Young dandelion roots

if available, chicory roots as well - scrubbed, washed and dried very well with a towel.

Cut the roots in tiny chunks, about 5mm big, place them on a towel and let them dry out either in the sun in summer time or at the lowest heat in the oven (heat the oven, turn it off and place the roots in until the oven is cold - repeat that several times until they are dry)

Place the dried chunks in a preheated pan and roast them with middle heat for 10 min, or until they go brown and smell nice. Stir well meanwhile and try not to burn it.

It will keep for months in a well sealed container if they are nicely dry. Just grind before drinking and enjoy. No processed instant food, just healthy alkaline lovefood.



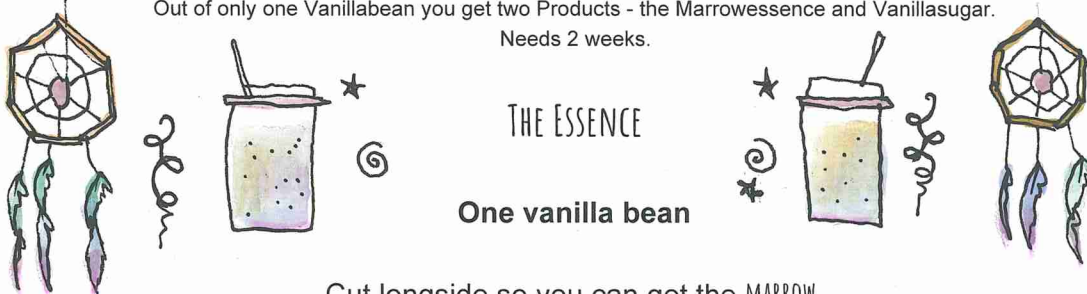


The VanillaHa!

Vanilla is sooo expensive! And often you can only get processed rubbish, dissolved in bad alcohol....Here is an idea for how to make vanilla bean go a long way, so that you can use this nice flavour whenever you wish.

Out of only one Vanillabean you get two Products - the Marrowessence and Vanillasugar.

Needs 2 weeks.



Cut longside so you can get the MARROW.

Put the marrow in 100ml neutral tasting oil in a jar and place it in a very dark place in the pantry.

This oil needs to mature for 3 weeks and to always be stored in a very dark and chilly place or in a dark container (brown glass). After 3 weeks you can use it as vanilla essence.

This oil is for the cook in charge - please ask before using.

THE VANILLA BEAN ITSELF.

Cut the bean into pieces and place in 200g of raw sugar in a jar. Again, keep it in a dark and cool place in the pantry. Let it sit for at least 2 weeks

For a cake, use 1 tbsp of this infused sugar (leave out the bean pieces). Replace the amount of sugar you used and mix well - the vanilla bean will flavour it again. The sugar will feel like it is moist - that is the oil and other beautiful things releasing out of the bean.

After a while the taste will slowly fade... → chuck the bean chunks with some sugar in an electric grinder, put back in a jar with more sugar and woowow what a taste! Second round of infusion.





Place the nuts you would like to process in a baking dish in a thin layer and bake them 30min-1hr in the oven at 120-130°. Take care that they don't burn. Hazelnuts will take off their bitter skin so after baking rub them in a tea towel so they lose it all.

For peanuts and almonds you can keep the skin on, but pay extra attention that they don't burn. If you want to make finer for a retreat: blanch almonds (let them sit in hot water for 20 minutes then you can peel them) then roast them for a short time on a low heat in the oven until they go lightly golden.

When the nuts are still warm but not hot anymore, place them in a blender and start to wizz them up. After a while the powder turns into cream. You can add a bit of neutral oil to quicken up the process, but it takes some careful stirring and time.

It is worth it because it much more delicious and you know what you are eating. No hidden poisons or preservatives...



"may light, love & courage realise the dream of
peace on Earth.

may we choose life"



Trish's Sauerkraut

This beautiful recipe is from Trish Allen. It is probiotic, mild and the most yummy sauerkraut I've ever tasted. Please do not heat it up. If you want to have it with a warm dish, warm it up slightly, but no hotter than body temperature otherwise the great bacteria will die.

One middle sized cabbage, free from bad and weak leaves. Peel one big leave off and leave it aside for sealing
1 tbsp good salt, placed in a little bowl
1 tbsp caraway seeds
2 peeled apples, sliced

You will need: a big plastic bowl with a flat bottom, a thing to mash, lots of fun
A big jar (min. 1.5 L), two tiny porcelain bowls which fit into the jar

cut $\frac{1}{3}$ of the cabbage into thin strings, place it in the plastic bowl, mash it a little (but not too much) - it is ok to have the Sauerkraut crunchy :)

Add 1 tsp of the salt, mix it in with your hands and squeeze the kraut a little.

Add 1tsp of the caraway and $\frac{1}{3}$ of the apple and mix it in

Place it in the jar and press it down so there is no air in it. This probiotic process is anaerob and needs to stay air-free. Do this process 2x more. A lot of liquid should rise to the surface.

Place the cabbage leaf on top so no kraut sneaks onto the surface. Put one tiny bowl upside down and the other one the right way on top so it presses the leave under the liquid when you close the jar with the lid. Leave the lid loose so air can go out.

Leave this jar sitting in a metal bowl (as an ant protection) in the pantry for 2 weeks and taste. If it is hot summer it might need a few days less, in winter more.

Keeps in the fridge for ages.

Never use your hands or used cutlery for tasting - the bugs would kill the sauerkraut-bug-balance.

Always try to keep the sauerkraut air free and cover it with the big leaf - dont eat that one!
dont split it up in different jars - the contact with the air will make the Kraut go off after a few days

HOW DOES IT WORK? The cabbage contains enzymes which are doing this wonderful fermentation if we give them the right environment - salty, no air, dark place

▽ ▽ ▽ ▽ ▽ ▽
The Bug Nurse ▽ ▽ ▽

The Sourdough needs a nurse. If he lives in the fridge, check him once a week and feed him. If he smells fruity and alcoholic and/or has a layer of watery liquid on top it just means he is a stong one, but if he gets mouldy he is dead and has to go.

SD lives off rye flour so try to keep the bug pure and just give him rye. He will ferment in any flour, but longterm the bug should be kept pure.



Feed the SDB:

Pour 3 Ttbsp of rye flour and 1/2c of water into a bowl.

Whisk it up and add your bug out of the fridge. If you want to bake bread the next day, do the feeding in the morning or at least 4 hrs before you start the dough, and leave the bowl covered with a towel on a dark shelf until evening.

If you want to keep it alive pour the mixture in a fresh jar, sign it with a date and put it back in the fridge.

Bug is dead? – buggler! here comes the process how to make a SDB:
It takes approx. 1 week

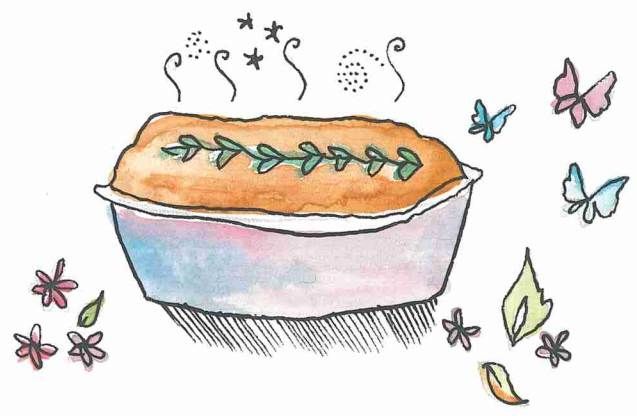
1/2 c rye flour and same amount water - mix together and keep in a covered bowl

Feed it every day for 3 days with **1 tbsp rye and 1.5 tbsp water**

On the 4th day put **5 tbsp of that mixture** in another bowl and feed that one with 2 tbsp rye and 3 tbsp water.

You can add the leftover dough into a yeast-dough bread or put it in the fridge to use the next time you bake as a little happy extra... if not, it can be discarded. The next day you do the same, and the day after that you do the same too. This leftover dough is finally a SDBug and can be used as such. That day, pour your fed dough into a jar and place in the fridge

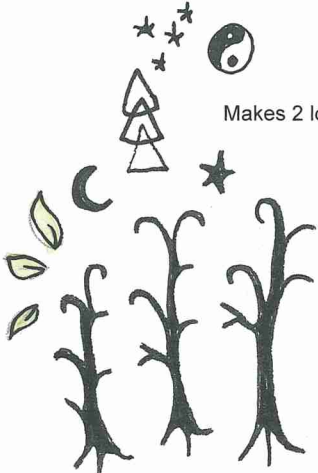
HOW DOES IT WORK? Lots of yeasts and bacterias live on the rye flour. With that process you encourage the good ones to grow and create the sourdough.



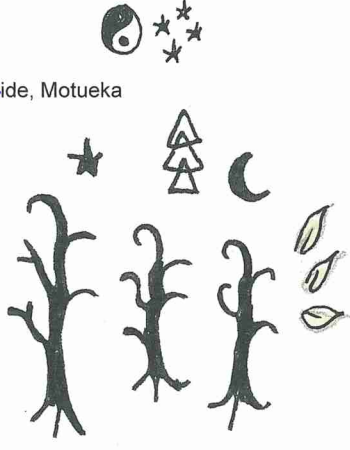


The All Day Bread

Makes 2 loaves, start the evening before baking day. This recipe is from Riverside, Motueka



4 cups wholemeal flour
4 cups plain flour
4 cups water, one of them lukewarm
1 Tsp yeast
1 Tbsp SDBug (if dead 1 more tsp yeast)
1 Tsp sugar
2 Tsp salt



Mix the lukewarm water with the sugar and yeast.

Mix all the dry ingredients together in another bowl and make a hole in the middle.

As soon as the yeast smells and shows you a bit of foam, add the SDB.

Pour that liquid into the flour mix first. Start to mix it and add the rest of the water to combine it to a dough.

Pour half of the dough each in oiled and flour-dusted tins (the large ones) and let them sit overnight

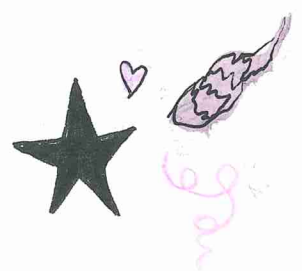
In the morning:

Preheat the oven to 220°, bake for 10min, reduce the heat to 200° and bake for another 30-40 minutes. They should sound hollow when you knock at them. Put them on a cooling rack to cool down.



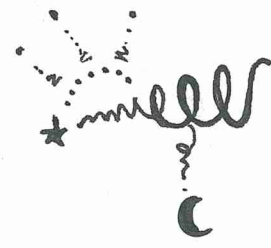
Variations:

½ Cup linseeds, sunflower or pumpkin seeds
1 Tbsp coriander
into the dough in the evening before fermenting

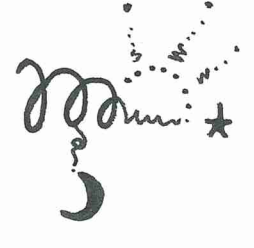


Fruit bread:

Add 2 cups raisins (or one cup if you half the recipe for just one loaf, as well half of the following spices)

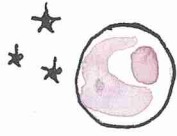
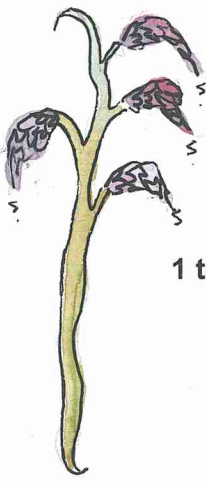


2 tbsp cinnamon,
1 tbsp ground ginger,
1 tsp coriander
½ Tsp ground clove
into the dough in the evening

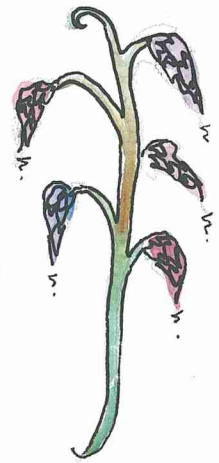
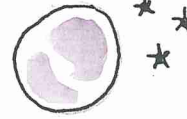


♥ *Gluten Free Loaf* ♥

Make the dough the night before, and be conscious that this bread is for gluten intolerant people. It is more expensive but less than to buy a loaf and much more healthy. If there is a person with an allergy: the bread can contain traces of gluten because it is produced in a kitchen which processes gluten as well.



1 ½ C buckwheat flour
1 ½ C tapioca starch
2 tsp guar gum
½ c sunflower seeds
¼ c sesame and linseeds
1 cooked and mashed potato
1 tsp yeast, dissolved in 1 C lukewarm water with 1Tsp molasses
1 tsp coriander
1 tsp salt
½ tsp miso paste
2 C water
1 tbsp oil



As soon as the yeast works, mix all the dry ingredients in a large bowl, dissolve the miso in the yeast water and add all of the moist ingredients
Grease and dust a large bread tin very well, pour the runny dough into it and let it sit in the cold oven overnight. Bake it the next morning like the other breads above.

♥ *Sunday's Rye Bread* ♥

Makes one loaf and again needs to be prepped the night before. Be conscious that this bread contains more expensive ingredients, so please ask the manager before doing this recipe.



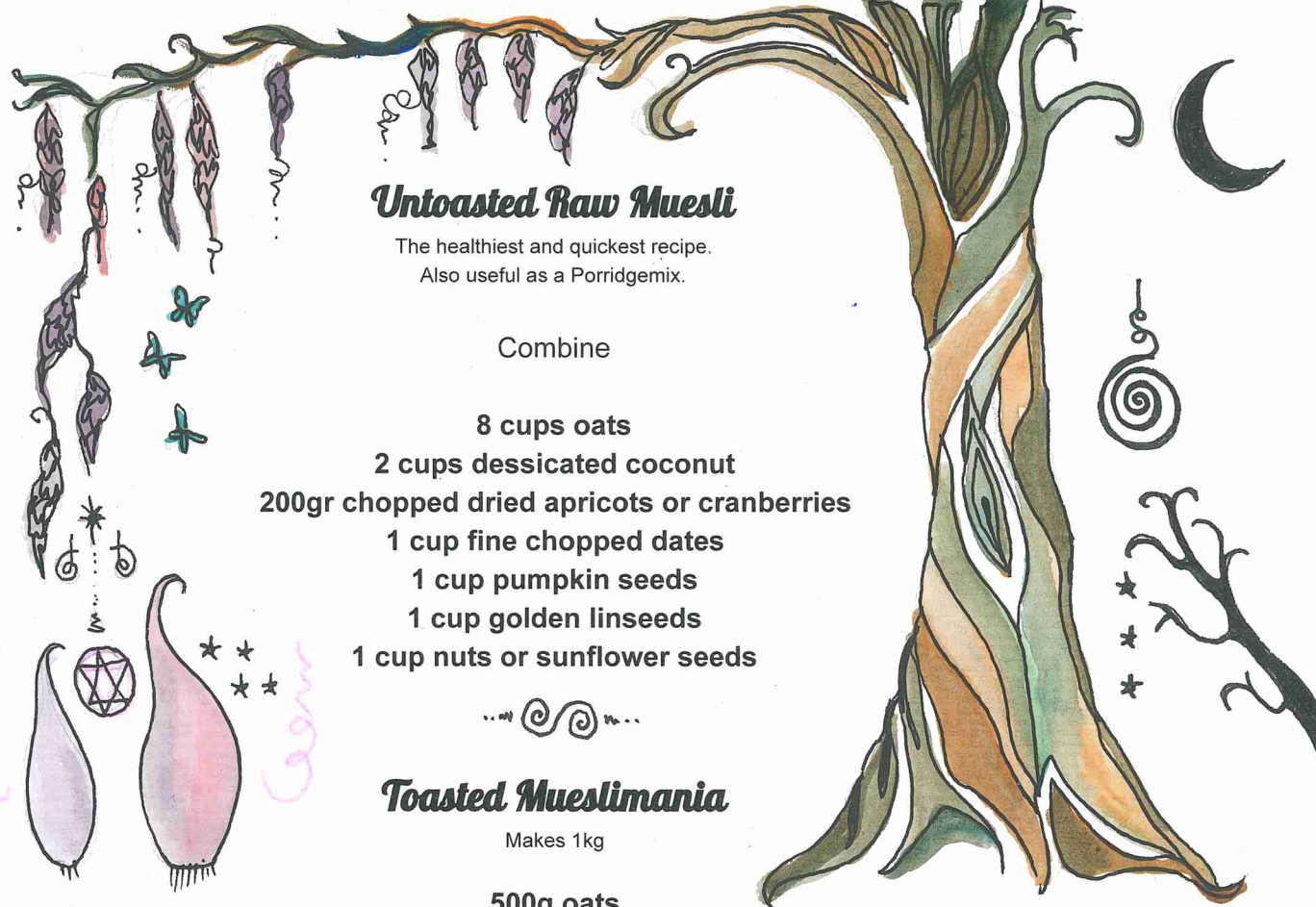
2 cup wholemeal rye flour
1 cups plain flour
1 tsp salt
2 Tbsp ground linseeds
2 Tsp coriander
½ c warm water with 2 Tbsp molasses dissolved
2 tbsp SDBug
1 cup cold water



Mix the dry ingredients and form a hole in the middle. Pour in the molasses water and dissolve the SDBug, combine with the flour and add the rest of the water

Pour into the greased and dusted tall tin and let it ferment overnight

Preheat the oven, spread some oil on the top of the bread and bake like the other breads



Untoasted Raw Muesli

The healthiest and quickest recipe.
Also useful as a Porridgemix.

Combine

- 8 cups oats
- 2 cups desiccated coconut
- 200gr chopped dried apricots or cranberries
- 1 cup fine chopped dates
- 1 cup pumpkin seeds
- 1 cup golden linseeds
- 1 cup nuts or sunflower seeds



Toasted Mueslimania

Makes 1kg

500g oats

Put in the big ironcast pan and roast them at middle heat slowly until slightly golden and yummy smelling.

--- FOR A FRUITY MUESLI:

50gr overnight-soaked desiccated coconut, well drained and rinsed
combine that with...

75gr date syrup or any liquid sweetener

75gr oil

75gr water

Mix it well with the oats, it should be gluey and crumbly.

Spread the mass on a greased oven tray 1 cm thick and bake on a very low heat 130° until crunchy (approx 40min), stir now and then and let it cool down in the off-turned oven for one hour!



- add: 50gr each
- pumpkinseeds
 - linseeds
 - almonds
 - cashers
 - coconut
 - cranberries



Optional: if in season add 2 tbsp grated orange zest to the mass before baking and, if it takes your fancy, the inside of 4 nicely ground cardamom pods...

☾ * ---- CHOCOLICIOUS * ☾

Mix **100g coconut** (soaked overnight, well drained and rinsed)

100gr syrup

75gr cocoa

100gr oil

50ml water

mix that well with the oats and bake as written above

If available you could add 1 cup of roughly chopped nuts

If it is not sweet enough you can add finely chopped dates after baking

A hint (2 tbsp) of cinnamon is nice in here as well

GLUTENFREE VARIATION MAKES 400GR

In a pan heat

50gr syrup

30gr oil

When boiling add

75gr coconut

Turn off and add

30gr ea pumkin-/sunflower-/sesameseeds

1 Tbsp crushed linseeds

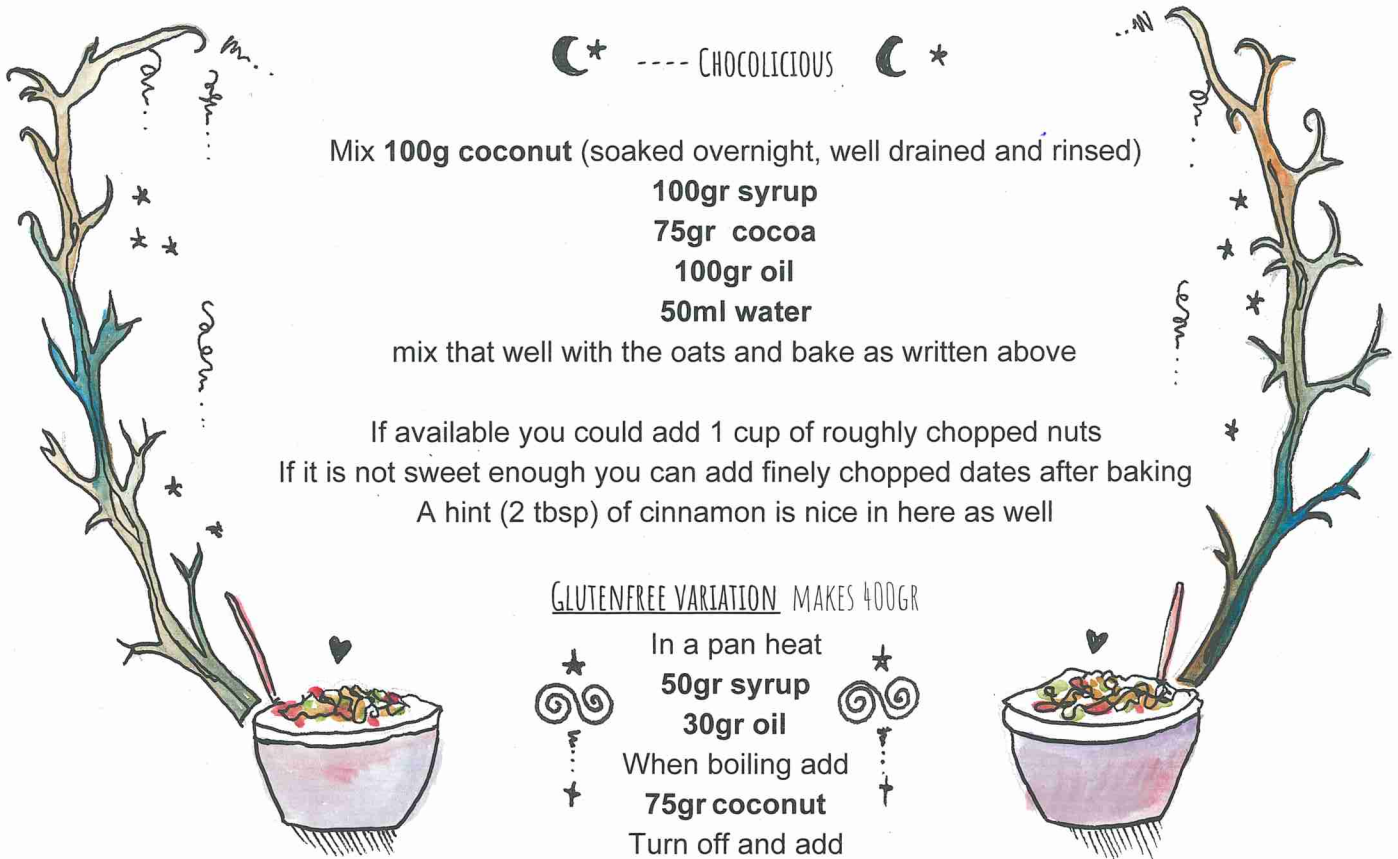
Mix well bake lowheat as above check oven frequently!

After cooling down add

15 gr ea cashews/almonds

50gr ea diced apricots /oconut

30gr crushed linseeds





Easy as vegan cookies

360 gr flour (if gluten free: 250 gr starch, 100 gr home-ground linseeds - ground with a coffee grinder)

mixed with a pinch of salt and **2 tsp baking powder**

150g oil (not olive oil)

100g brown sugar

2 tbsp sugar syrup mixed with **0.5 tsp baking soda**

One egg replacer or **2 tbsp ground linseeds** soaked with **4 tbsp water** for 10 min

Mix it all together.

Add **1 cup coconut** and/or **dried fruits**

OR

1 cup crystallized ginger, chopped+ **1 tsp ground ginger**

FLAVOURS YOU CAN CHOOSE:

1 tsp cinnamon,

1 tsp turmeric and a pinch of cracked pepper,

1 tsp cloves ground

- for chai or ginger cookies

Orange or lemon zest

Aniseed

2 tbsp peanut butter

Whatever hits your fancy and is not too expensive.

CHOCOLATE COOKIES.

Add **4 tbsp cocoa**, **4 tbsp oil** and **1 tbsp sugar syrup** - add more if tastebuds requires.

If the dough doesn't combine and $\frac{1}{4}$ tsp guar gum.

Form cookies out of 1 tbsp dough per cookie. Bake at 190° ~ 10 minutes (always bake a trial cookie first and adapt the oven to the result. Every oven is different - never trust them!)





For a big bowl of Hummus for 20 people or last for 3 days for hangry woofers

4 cups chickpeas - soaked overnight, rinsed and drained and for cooked for 1 hour

½ Cup sunflower or rice bran oil

¼ cup olive oil

lemon juice of 2-3 lemons

2 tbsp tahini

1 tsp each of salt and pepper)

Mix in Food processor

HUMMUS SPICES

Toast dry in an iron cast pan

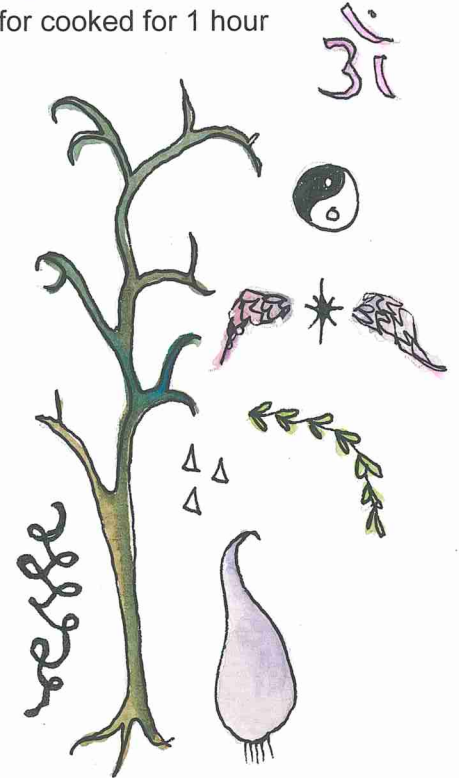
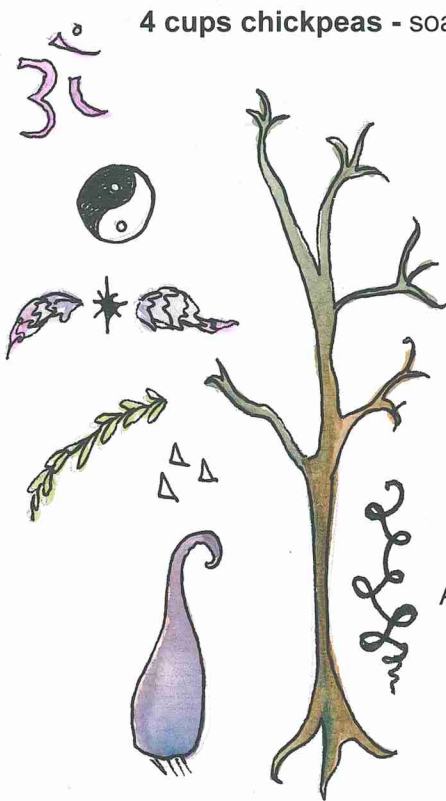
1 tbsp whole cumin seeds

After they start smell very yummy add

1 tbsp whole coriander

After stirring for one minute add

1 tsp whole fenugreek



And turn the heat off. The pan will keep on frying so please keep on stirring for another minute. Place it in a metal bowl to cool down, pour in the hot pan:

2 tbsp oil

4 cloves of chopped garlic and let it roast a little bit

Pour the cooled down spices in a grinder.

Then add them with the garlic and rest of your ingredients for the hummus in the food processor.

CLARA'S PERSONAL FAVOURITE: add 400g roasted pumpkin, zest and juice of one orange, one inch fresh tumeric and ½ tsp hot cajun spice

HOW DOES IT WORK? The roasting encourages and changes the flavours. But the most important is to use whole spices and grind them freshly before use - because they contain a lot of essential oils and an immense amount of flavours, which smoke away in a very short time. You need less than ½ - ¼ of the amount of spices if you grind them freshly compared to already ground ones





★ *Roasted Garlic in Oil* ★

Perfect to have it prepared in the pantry or fridge - keeps for ages and is yummy in sauces, dressings, salads

whole garlic heads

chop their tips off so you can see the individual cloves. Put it in a baking dish and bake for 25 min at 180-200° until the cloves are slightly golden but not soft. Remove the skins, put it in a clean jar, add



1 tbsp whole coriander
1 tsp chili flakes
1 string rosemary and
fill it up with rice bran oil

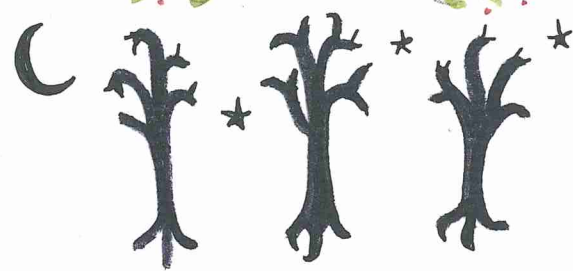


If you run out of cloves, just roast and add fresh ones to the oil but check that it isn't too old or getting rancid. Every time you do a new batch with fresh oil label it with the date.



Vegan Aioli

400ml soy milk
2 cloves roasted garlic
Juice of two lemons and zest of one
1 veggie stock cube
2 tbsp mustard
Pepper
Wizz it up and slowly add 500ml rice bran oil





* Tofu Pate *

A lovely walk through the garden before you prep this yummy spread, keeps just a few days in the fridge

400gr soft tofu

A handful each of fresh parsley, chive and rucula

A Tsp each of thyme & lemon balm

½ tsp coriander and tarragon

A dash of curry and nutritional yeast

1 clove roasted garlic and 2 tbsp of that oil

2 Tbsp olive oil

Zest of a lemon and the juice

1 tsp mustard

Salt and pepper



Wizz it all up, and add liquid, oil, salt or cayenne pepper for consistency and taste. Healthy and yummy on bread, sprinkled diced capsicum and nutritional yeast on top...



Savoury Vegan Apple butter

100gr coconut oil

150ml neutral oil

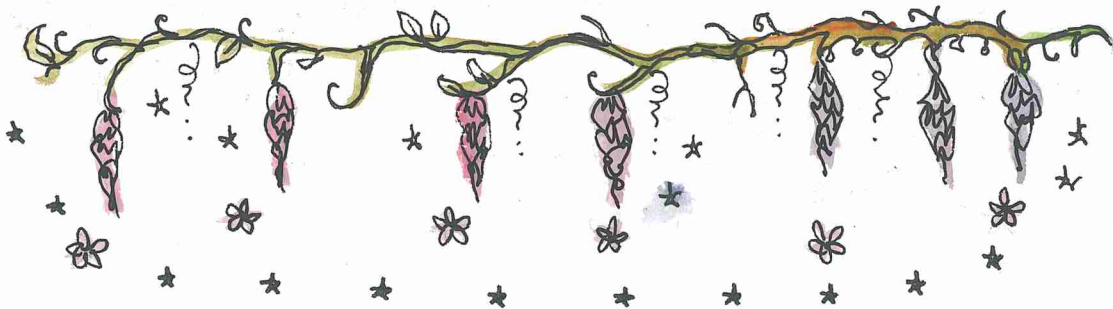
1 cup dried apple cut in very tiny chunks

2 onions, cut in tiny pieces

2 tsp salt and 1 pepper

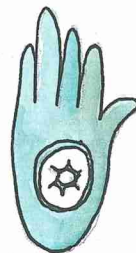
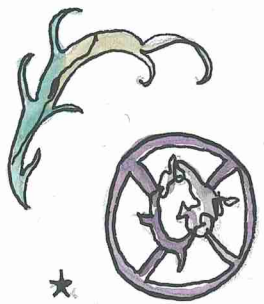
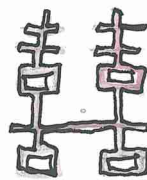


Roast the onions in half of the coconut oil in an cast iron pan. Add the apples at the very end, lower the heat and let it get warm. Turn off the heat, add rest of the ingredients and pour in an oven heated jar, so it won't crack caused by temperature differences. Keeps in the fridge for a long time

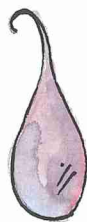
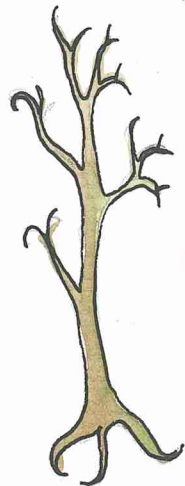


by melissa Bello

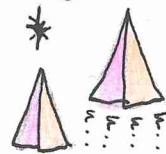
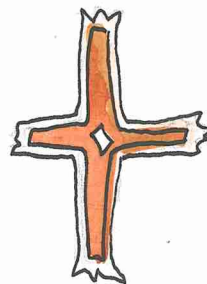
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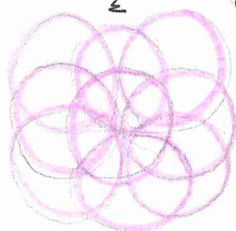
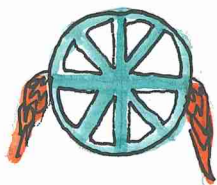
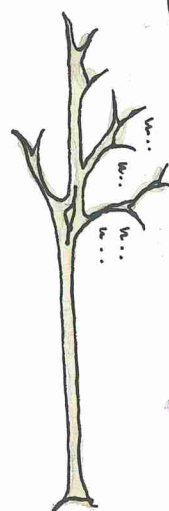
care



blessings to you



peace



unity

