

## **PIZZA**

### **CRUST:**

Whiz in processor until fine

1/3 c almonds

1/3 c sesame seeds

Add 1/3 c soy flour

1-1 1/2 c wholemeal flour (or use any blend flours)

1 t Celtic sea salt

1/2-3/4c water

Mix well and roll out. Alternatively, Pita bread may be used instead, or use the pastry to the Tomato and Onion Quiche. Alternatively use the sour dough recipe page 88.

### **TOPPING:**

tomato paste

2 finely sliced onions

1 finely sliced capsicum

1/2 c black pitted olives

1-2 c pineapple pieces (or crushed pineapple)

Spread tomato paste over uncooked base. Place rest of the topping ingredients on base. (Adjust quantity of ingredients if needed)

### **CASHEW SAUCE:**

1 c water

3/4 c raw cashews

1 t Celtic sea salt

3/4 t garlic powder

2 T lemon juice

Blend raw cashews in water until very smooth. Add all ingredients. Cook slowly to thicken. Drizzle cashew topping over pizza. Place in moderate oven and cook. (25-35 mins)

## **EGGPLANT-ALMOND PATTIES**

2 medium eggplants, chopped (or 1 large)

1 onion

2 cloves garlic, crushed

1 t miso

1/4 c wholemeal flour

1 t Celtic sea salt

2 c fresh wholemeal breadcrumbs

1 c ground almonds

Sauté peeled and diced eggplant until tender. Sauté onion and garlic. Mash and then add all other ingredients, mixing well. Form into patties and place on a sprayed baking tray. Bake at 180° for 30 mins. This mixture can be cooked as a loaf and sliced before serving.

You may use any other nuts or seeds to get a different flavour and texture.

### **CHICK PEA A LA KING**

1 c cooked chick peas (cooked in salted water – reserve water)  
½ c chopped onions  
½ c finely chopped red capsicum  
½ c raw cashews  
2 T sesame seeds  
2 T cornflour  
2 T chicken style seasoning (see recipe p 85)  
¾ t garlic powder  
1 t onion powder  
3 c water and/or chick pea liquid  
2 c frozen green peas  
1 t vegetable salt  
1 t Celtic sea salt

Sauté onions and capsicum in a little water until cooked. Set aside. Blend all ingredients except chick peas and vegetables in the 3 cups of liquid until creamy. Pour sauce into saucepan and cook over heat until thickened, stirring constantly. Place frozen peas in colander and rinse with hot water for 20 seconds. Add all ingredients to saucepan. Continue stirring while cooking two more minutes. Serve over brown rice, flat noodles or toast.

### **PERSIAN LENTIL STEW**

1 medium onion, chopped  
1 clove garlic, crushed  
½ red capsicum, chopped  
2 c red lentils  
¼ c tomato paste  
1 medium potato, cubed  
1 c cabbage, finely sliced  
1 medium carrot, grated  
1½ T chicken like seasoning (recipe p 85) 1½ t Celtic sea salt  
¼ t marjoram

Sauté onion, garlic and capsicum in a little water. Add the red lentils and tomato paste and all ingredients. Add enough water to cover the lentils by about 3 cm. Stir and let it simmer until stew is cooked, stirring occasionally.

### **JACK CHEESE**

1¼ c hot water  
1½ c sunflower seeds  
¼ c yeast flakes  
2 t onion powder  
½ c lemon juice  
¼ c cornflour  
1-2 t Celtic sea salt  
½ t garlic powder  
3 T grated carrot

Blend all ingredients until very smooth. Heat in a heavy pan, stirring until very thick. Place in a container or mould. It will keep for about one week in the fridge. For variation, add green or red capsicum for a slightly different flavour.

### **LEMON/PINEAPPLE PIE**

3 c pineapple juice  
1x440g can pineapple (optional)  
¼ t Celtic sea salt  
1 c raw cashews  
½ - ¾ c honey  
¾ c cornflour (½ c if you want it a little more like custard)  
1½ T grated lemon rind  
2 T lemon juice

Blend until smooth. Bring to a light boil and stir until thick. Put in baked pie shell and chill. May add a swirl of passionfruit before it sets.

### **PEAR CREAM**

1 c raw cashews or blanched almonds  
¼ t Celtic sea salt  
1 t vanilla  
2 T honey  
4 c canned pears in natural juice

Place first four ingredients in blender. Drain pears and add juice to blender, blend until smooth. Slowly add pears until thick. Chill and serve. Try different variations using different canned fruit. You can even use raw fruit eg apple, banana, but this needs to be used immediately as the mixture will discolour.

### **CAROB CANDY CLUSTERS**

1 c soy carob buds  
2 T honey  
2 T almond or peanut butter or tahini  
1 t vanilla

Melt together on stove. Mix in some chopped nuts. Drop on greaseproof paper and freeze. (You could add popped popcorn, dried fruit, or anything you wish)

### **TAPIOCA FRUIT CEREAL**

½ c tapioca  
1 c water  
1 c coconut cream  
½ c pitted dates, finely chopped  
¼ c almonds, finely chopped  
1 or 2 apples, grate just before serving  
1 banana, peeled and roughly chopped, optional

Soak tapioca overnight in water and coconut cream. Cook gently for 10-15 minutes, stirring so that it does not burn. Stir in other ingredients just before serving.