

### **TOMATO AND ONION QUICHE**

PASTRY: Whiz in processor,  
1/3 c walnuts (or any nuts) until fine,  
1 c barley flour (or any wholegrain flour)  
1/2 c unbleached white flour  
1/2 t Celtic sea salt  
1/2 c water

Mix well and press into a pie plate. This dough does not stick, there is no need to grease pie plate.

#### FILLING:

2 onions, thinly sliced  
1-2 tomatoes thinly sliced  
1/3 c raw cashews, (or any nut)  
1/2 t oregano  
1/2 t basil  
1 t garlic powder  
1 t Celtic sea salt  
1 1/3 c water  
2 t cornflour

Sauté onions in a little water until just tender. Arrange in pastry shell and top with tomato slices. Blend nuts in half of the water, adding rest when very smooth. Add other ingredients and pour over onion and tomato. Sprinkle with chopped parsley to garnish. Bake at 200° for approx 40-50 mins until firm and golden. Serve with salad or steamed vegetables.

### **CARROT AND CASHEW ROAST**

1 onion, chopped  
1 t tahini  
1-2 cloves garlic, crushed  
1 t Celtic sea salt  
1 t miso extract  
4 carrots, cooked and mashed  
juice of 1/2 lemon  
1 c raw cashews, roughly chopped  
1/4 c water drained from carrots  
2 c soft wholemeal breadcrumbs

Fry the onion and garlic in a little water until soft. Mix together with all the other ingredients and season to taste. Place the mixture in a prepared loaf tin. Pack firmly. Cover with foil and bake 180° for 1 hour.

### **POTATO WEDGES**

Wash potatoes and peel if necessary. Cut into slices about 1/2-1 cm thick. Season with fine Celtic sea salt and olive oil (for each 1kg of potatoes, use 1-2 T olive oil and 2 t Celtic sea salt). To season easily, place prepared slices, salt and oil into a large plastic bag, and shake to cover the potatoes. Place on a greased baking tray in one layer so they will bake evenly. Sprinkle with Italian herbs. Bake at 200° till cooked and lightly browned, about 30 minutes. 1kg serves around 6-8.

After they are cooked they can be successfully reheated in a baking dish. Pile them on top of each other to rewarm.

### **EGGPLANT CASSEROLE**

3 large eggplants  
1 large onion  
2 cloves crushed garlic  
½ c water or stock  
2 T tomato paste  
1 t basil  
1 t oregano  
flour  
1 t salt  
1 t honey  
4 tomatoes, peeled and diced  
¼ c finely chopped macadamia or cashew nuts

Peel and slice eggplants and place on tray. Sprinkle with extra Celtic sea salt and let stand for 1/2 hour. (This is to take the bitterness out) Meanwhile sauté onions and garlic until soft. Add chopped tomatoes, basil, oregano, tomato paste and simmer for 30 mins. Wash and dry off eggplants and coat them in flour. Fry eggplants in a little virgin olive oil, then place on paper towel to absorb excess oil. Layer eggplants and sauce. finishing with the sauce. Sprinkle top with the nuts. Bake 180° for 45 mins. Serve with macaroni and a fresh tossed salad.

### **PINEAPPLE PIE**

#### CRUST:

1½ c toasted coconut  
¼ c maple syrup (or fruit juice)  
½ c finely ground almonds or pecans  
Mix ingredients well and press into a pie dish. Chill. You may use any other soft pie crust for this recipe eg Yummy crust (p 58)

#### FILLING:

1x300g packet silken tofu (or 1 c soy milk)  
1 c raw cashews  
440g tin pineapple (crushed or pieces)  
½ c pure maple syrup  
½ c water  
¼ t Celtic sea salt  
⅓ c cornflour plus another tablespoon  
2 t vanilla  
1 dstspn grated lemon rind  
Blend until creamy and pour into saucepan and thicken, stirring constantly. Pour into prepared pie crust. Allow to set and chill.

### **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.

### **SWEET POTATO SPREAD**

½ c cooked sweet potato (or pumpkin)  
1 clove garlic  
1 can chickpeas  
½ t cumin  
3 T peanut or cashew butter  
3 T lemon juice  
1 t Celtic sea salt  
¼-½ c liquid from chick peas

Place chick peas and garlic in food processor and process until chopped. Add rest of ingredients except liquid. Add this gradually until it is at the consistency you desire.