

MUSSI MUSSI (a delicious Solomon Island dish)

2 large or 3 small sweet potatoes, peeled and sliced, approx 4-5 ml thick

(Approx 2.4 kg of sweet potato)

$\frac{3}{4}$ - 1 can coconut cream,

1 c almonds, freshly ground

2 large bok choy, washed (or substitute silver beet or any suitable green with the centre hard stalk removed) Can omit this if you want to

In a large casserole dish, layer sweet potato, bok choy, 2-3 tablespoons of ground almonds and drizzle a small amount of coconut cream over the top. Keep layering this way until all ingredients are evenly used. Cover with a lid or foil and bake at 180°C for about 60-75 minutes, taking the lid off in the last 10 minutes. Cooking time will vary according to the depth of the dish used and the age of the sweet potato. Traditionally this recipe is cooked by Islanders in banana leaves, but adapting it to a casserole dish works well. This is a large recipe, serving 8-10. If you want a smaller dish, just adjust ingredients.

SUNFLOWER SEED ROAST

1 c ground sunflower seeds

1 c ground walnuts

2 c grated potato

$\frac{1}{2}$ c tomato juice

1 c soft breadcrumbs

$\frac{1}{2}$ c onion

$\frac{1}{2}$ c rolled oats

2 t Celtic sea salt

Blend onion and tomato juice together. Combine this with remaining ingredients, mix well. Pack firmly in oiled loaf dish. Line bottom with baking paper. Bake at 200°C for 60 mins.

LIMA BEANS IN ASPARAGUS SAUCE

1 $\frac{1}{2}$ c dry uncooked lima beans

1 can asparagus with juice (340 or 425g)

$\frac{1}{2}$ c raw cashews

1 cup water or bean broth

1 t Celtic sea salt

1 T cornflour (use extra cornflour to thicken if needed)

Soak lima beans in 4 c water overnight. Drain off water from beans and cover with fresh water. Cook until tender in salted water (approx 30-50 mins). Drain off bean broth (can substitute this for all or part of the water). Place remaining ingredients in blender and blend thoroughly until smooth. Place in saucepan and cook gently until thickened, stirring constantly. Add cooked lima beans, stir through, and place in casserole dish to serve.

COCONUT PIE CRUST

1½ c dessicated coconut
2 T wholemeal flour (or corn flour)
pinch Celtic sea salt
nut milk or soy milk or juice, approx ½ c

Combine coconut and flour. Add enough nut milk to bind. Press into oiled pie plate and bake for 12-15 mins at 180°C. This tends to burn easily.

BUTTERSCOTCH PIE

¾ c carrot
¾ c water
¾ c pitted dates
3 c soy milk
½ t salt
1½ t maple syrup
1 t vanilla
⅓ c corn flour

Cook carrot in water until tender. While hot, add dates to saucepan and allow to sit until soft. Blend remainder of ingredients adding carrot mixture and blend all ingredients on high until smooth. Place mixture in a saucepan and bring slowly to a boil, cooking until thick. Let cool a little and place in a cooked pie crust. Serve with Soy Cream.

SOY CREAM

1 c soy milk
Pinch Celtic sea salt
1 T honey
1 t vanilla
¾ c rice bran oil
1 t lemon juice

Place first 4 ingredients in a blender and blend on high for about 20 seconds. Drizzle in oil slowly and when all oil is added, blend for an extra minute on high. Turn blender to low and fold in lemon juice.

The honey needs to be a gentle flavour eg Yellow box, Citrus.

The oil needs to be light in flavour eg rice bran oil.

GREEK SALAD

5 T lemon juice
2 T cold pressed olive oil
1-2 t Celtic sea salt, finely ground
¼ t cayenne
1 t sweet paprika
1 t basil
1 t Italian herbs
½ t oregano
1 tsp dark brown miso (or soy sauce) (mix miso with ¼ c hot water to dissolve)
1-2 t maple syrup or honey
375g firm block tofu cut into 1cm cubes

Mix all ingredients in jar and shake well. Pour over the cubed tofu. Marinate for at least 1 hour, stirring occasionally.

Then add the following ingredients to the marinated tofu.

3 fresh tomatoes, sliced or cut in wedges
3 cucumbers, sliced or cut in chunks
½ large red onion, thinly sliced
½ c Kalamatta or other olives
1 stick celery sliced (optional)
½ red (or green) capsicum sliced (optional)

Toss and serve on lettuce leaves, or in a bowl.

SAVOURY POPCORN

½ c unpopped popcorn (approx)
3 T olive oil
1 T nutritional yeast flakes (can grind these finely)
2 t Celtic sea salt, finely ground

Pop enough popcorn to make about 9-12 cups. Place popcorn in a large bowl. Stir. Remove hard unpopped corn from bottom of the bowl. Place in a plastic bag and drizzle with olive oil. Shake well. Sprinkle nutritional yeast flakes and Celtic sea salt or vegetable salt over popcorn. Shake bag thoroughly again.

CARAMEL CORN CRUNCH

1/2 - 3/4 c unpopped (to make approx 4 litres of popcorn)
1/2 c date sugar
1/4 c honey or maple syrup
1/2 t Celtic sea salt, finely ground
1/4 c oil
1/2 t vanilla
2 c peanuts

Measure out the popcorn seeds and pop the corn. Place popcorn in a large bowl. Stir. Remove hard unpopped corn from bottom of the bowl. Mix all the other ingredients together. Stir this mixture through the popped corn. Place on a sprayed oven tray and bake at 180°C for 25 mins.

ROASTED PUMPKIN SEED DIP

1 c green pumpkin seeds (pepitas)
1 clove garlic, peeled and sliced
1 small onion, roughly chopped
3-4 tbsps lemon juice (to taste)
1 tsp Celtic sea salt
3-4 tbsps virgin olive oil

Place pumpkin seeds on an oven tray. Place in a preheated 170°C oven for 10-12 minutes or until lightly toasted, or toast in a dry electric frypan (low to medium heat) for about 10 minutes, stirring at times. Allow to cool. Place seeds in a dry kitchen whiz and whiz until reasonably fine. (You may be able to use your blender if you don't have a whiz). Remove from whiz. Place sliced garlic and whiz until finely chopped, then add onion and whiz. Add pumpkin seeds and rest of ingredients, leaving the olive oil until last. If you find this a little dry, add a little water to the dip. Delicious on crusty sourdough bread or crackers.

CASHEW CAPSICUM CHEESE SPREAD

1 c raw cashews
1 c water
1/4 red capsicum, diced
1/2 t sea salt
1 clove garlic
1 small onion

Place ingredients in blender and blend ingredients thoroughly until smooth. Pour into small ovenproof dish and bake 190°C for 45-50 mins.