

Common Soil Recipes for January 2023:

Although we are coming into smaller veggie boxes for a little while I thought I would share some recipes with you. I always think of January as a period of “lack” in the garden. It’s the month to eat gently as we begin to re-emerge and plan our year – opting for warming foods to support renewal and letting go. At the moment I am running my winter cleanse which uses plenty of warming spices, fibrous foods and root veggies to support colon health. Here are a few for you to try out!

Jerusalem Artichokes:

My fridge still contains some Jerusalem artichokes from last week’s veggie box. This form of root veggie is amazing for your health – despite its reputation for gas.

They are:

rich in iron and magnesium to give you energy contain potassium and vitamin B1 for happy muscles and nerves.

Both sweet and starchy plus very high in fibre Jerusalem artichokes help maintain great blood sugar levels.

They are low in the glycemic index (GI)

The fibre and inulin is AMAZING for your digestion which also helps regulate intestinal transit. Inulin is a polysaccharide which acts as a prebiotic and helps protect the good bacteria within our microbiome.

It’s great for the heart and helps regulate cholesterol levels.

It also helps milk production if you are breast-feeding.

Jerusalem Artichoke frying pan gratin (River cottage) . Serves 4



A simple recipe that you can adapt to suit – add bacon or chicken if you are a meat eater or a selection of different veggies if you are vegan/veggie to make it more hearty.

25g butter or vegan alternative

1 tablespoon oil

1 large onion cut into thin wedges

500grams Jerusalem artichokes, peeled and cut into 3mm slices

A handful of thyme sprigs, leaves only chopped (although I think the sage we received in one of our boxes would work well too)

4 tablespoons crème fraiche or vegan equivalent

40grams mature cheese (or vegan equivalent)

Salt and pepper

100ml water

Heat the oil and butter in a large frying pan over a medium heat, Add the onion and sweat for about 10 minutes until soft. Add the sliced artichokes, thyme (or other herb), some salt and lots of black pepper. Pour in 100ml water, bring to the simmer, cover and turn the heat super low. Simmer, stirring from time to time for about 20 minutes until the artichokes are tender. (you may need to add a little more water). Remove the lid and simmer for a few more minutes to reduce the liquid to a thick glaze.

Preheat your grill to high. Check the seasoning of the artichokes, dollop some crème fraiche over them evenly, scatter over the cheese and grill until bubbling. Serve straight away.

Artichoke and Almond Rosti – Abel&Cole

Makes an amazing light lunch, starter or a side veggie with some fish. Serves 4

1 mug Jerusalem artichokes when peeled and grated

½mug of flaked almonds – although feel free to use any nuts that you like or even seeds

2 tsp freshly chopped rosemary
Dried chilli flakes (optional and dependant on how hot you like your food)
Juice of ½ a lemon
½ a mug of flour
Salt and black pepper
A little oil of your choosing
Squeeze out any excess moisture from the grated artichokes with your hands and place in a bowl. Mix in the nuts, rosemary, chilli, lemon juice, flour and seasoning. Divide into 4 equal parts gently moulding into 4 patties.

Pour a glug of oil into a pan and heat gently. Place the patties into the pan and slightly flatten each one with a spatula. Gently fry, turning once until they are golden brown and cooked in the centre.

Serve with Common Soil tomato chutney if you have any left or some mango chutney and some microgreen salad or spouting seeds – or even some flat bread! Delicious

Mulled Apple and Ginger: (2 servings) Simply a juice simply warmed and infused!

Half a thumb of ginger – peeled and grated
4-6 apples juiced
Stick of cinnamon
3 x star anise
1-2 mugs water
2 cloves
Half a lemon – peeled
Begin by juicing the apples, lemon and ginger. Once juiced transfer to a saucepan. Add an additional mug of water and spices. Warm gently for around 10 minutes and then cool encouraging the cinnamon and star anise to infuse. Add a little maple syrup or honey if you need some sweetening or chop and change the spices – add cardamom, cloves, nutmeg, all spice, all sorts!

Gyeran mari (rolled omelette) with seaweed.

Eggs are such a gift! Full of protein and easy to cook with. Seaweed is also a wonderful superfood and as we do not live that close to

the sea is great to eat 3 times per week to support our iodine levels, maintain cholesterol balance and happy hormones. When buying seaweed, choose certified organic where possible. Seaweeds absorb the properties of their environment, which includes any pollutants in the water.

3 eggs
1 sheet nori seaweed
pinch salt
oil for the pan

Crack and beat the eggs, in a bowl with a spoon or a fork, until the yolks and whites are blended well with no visible strings of whites. Stir in a pinch of salt. (If using, stir in chopped vegetables.) Add a teaspoon of vegetable oil to a medium size non-stick pan and distribute the oil evenly using a napkin or paper towel. Preheat over medium low heat, until it feels hot when you place your hand 2 to 3 inches above the bottom of the pan. Add ⅔ of the eggs to the pan. Swirl it around to cover the pan. (Reduce the heat or raise the pan away from the heat, for a little while, if the egg is cooking too fast). When the egg is set but the surface is still wet, add a sheet of nori . Pour the remaining egg over the nori and swirl the pan around to spread the egg mixture evenly. When the egg surface is set again, using a spatula, lift one end of the egg (about 1-1/2 inch) and fold it over to the other side. Quickly lift the folded part and fold it again. (The egg should be slightly wet while being folded, or the roll will become loose when sliced.) Repeat the process until an egg log is created. Remove from the pan and let cool for about 5 minutes. Slice the egg into thick, even pieces (3/4 to 1-inch thick) and eat. This makes a great side dish in addition to a hearty breakfast.

Ladel Soup – I came across this in a Hastings café over New Year. Basically it's a cauliflower, nut and chick pea soup with turmeric. (6 servings)

2 tablespoons olive oil
half an onion, chopped
2 cloves garlic, chopped
1 head of cauliflower, chopped into about 5 cups of chunks or florets
1 cup cashews

1 tablespoon turmeric – see notes

7–8 cups water

2 teaspoons salt

a squeeze of lemon juice

Sauté: Heat the oil in a deep soup pot. Add the onion, garlic, cauliflower, cashews, and turmeric. Sauté for 10 minutes or until very fragrant.

Simmer: Add the water (I usually start with 4 cups) and salt. Simmer until softened.

Blend: Transfer the soup to a blender and blend into a creamy consistency. It's best to do this in batches.

Finish: Return to the soup pot and add any additional water (remaining 2-3 cups) if you need to thin it out. Also a good time to season or add a squeeze of lemon juice, spiced chickpeas and parsley or additional olive oil.

For the Spiced Chickpea Topping: Drain and rinse 2x 14-ounce cans chickpeas. Spread them on a baking sheet. Preheat oven to 400. Sprinkle chickpeas with a dusting of cumin, smoked paprika, turmeric, salt, and/or any other spice combo you want. Drizzle with olive oil. Stir right on the pan, then roast for 30-40 minutes or until semi-crispy.

Turmeric: Turmeric has a strong flavour, so if you've never tried it before and you're not sure you will like it, begin with 1 teaspoon to start. If you're a confident turmeric user, go for the full 1 tablespoon!

Jackfruit: As the name suggests it's fruit from the Jack tree. I usually buy it tinned but you can buy it jarred. It originates from India, Bangladesh, Sri Lanka, the rainforests of the Philippines, Indonesia, and Malaysia. It has a meaty texture and provides fibre, protein, vitamin C, magnesium, B vitamins, and potassium. Jackfruit helps manage blood sugar, promotes healthy skin, and helps keep your heart healthy.

Jackfruit Thai Curry – serves 4.

500g pumpkin, butternut squash or sweet potato, peeled and cut into 1cm half-moons

2 tbsp vegetable oil

25g fresh ginger, peeled and finely chopped

4 large garlic cloves, finely chopped

1 onion, finely chopped

1 small red chilli, deseeded if you like, finely sliced, plus extra to serve (optional)

4 tbsp Thai green or red curry paste

1 tsp ground turmeric

1 x 410g tins jackfruit, drained and shredded

400g tin light coconut milk

400g tin chickpeas, drained and rinsed

1 vegetable stock pot, made up to 250ml

1 tsp soft light brown sugar

½ lemon, juiced

10g fresh coriander, roughly chopped (optional)

2 tsp desiccated coconut (optional)

Preheat the oven to gas 7, 220°C, fan 200°C. Toss the butternut squash with half the oil on a large baking tray; season. Roast for 35-40 mins until tender and charred at the edges. Meanwhile, heat the remaining oil in a large saucepan over a medium- high heat. Fry the ginger, garlic, onion and chilli (if using) for 5 mins until lightly browned. Add the curry paste and turmeric; cook for 2 mins or until fragrant. Add the jackfruit, coconut milk, chickpeas, stock and sugar. Bring to a simmer, then turn down the heat and cook for 15-20 mins until thickened and reduced. Stir in the roasted squash; season and squeeze in the lemon juice. Scatter over the chopped coriander and desiccated coconut. Serve with a mixed salad.

Cook's tip: To shred the jackfruit, drain well, then use your fingers or 2 forks to pull the flesh from the core. Discard any seedy parts and roughly chop the core.

Justine's Kitchari: (makes 3-4 servings)



Kitchari is an ancient Indian/Ayurvedic dish which is fundamentally made from warming spices, veggies, pulses and rice. It's loaded with garlic, turmeric, onions and veggies for

fibre and happy digestion. Adapt the veggies to suit. Traditionally kitchari is eaten for 3 days 3 times per day for a gentle winter cleanse. I will leave you to consider that!

50 grams basmati or wild rice
80 grams split mung beans (moong dahl or yellow split peas or red lentils)
40 grams ghee or I use about half a dessertspoon of coconut butter/oil
1 cinnamon stick
1 teaspoon cumin seeds or a teaspoon cumin powder
5 cloves
half to 1 teaspoon turmeric powder
5 cardamom pods (bash to open the pods and remove seeds. Use the seeds)
2 small onions chopped finely
1 fresh green chilli finely chopped or half a teaspoon chilli flakes
2-4 cloves garlic - crushed or grated
a sprinkle of Himalyan rock salt
700ml hot vegetable stock
Handful or small cup of crushed nuts (I use a variety, sometimes almonds, brazils, walnuts or even peanuts). I buy them whole and gently crush them in my pestle and mortar so they are in bits.
A selection of veggies chopped. This week I am using green beans and spinach. Last week it was Common Soil kale and chopped parsnips. The week before chopped celery, carrot and cabbage. It all depends on what I have in my fridge to be honest! If you use leafy veg or beans then simply chop and then add to the top of the kitchari for the last 10

minutes to steam. If you are using root or other veggies you will need to cook them for longer so add with the rice and lentils. Unless you are using tinned soak the beans (lentils, yellow split peas or moong dahl) for about 6-12 hours beforehand. Add the rice and soak that for the last 30 minutes. Drain, rinse until water runs clear and strain. Place the coconut oil in a wok or large saucepan/frying pan on a medium heat. When it starts to foam add the spices (cinnamon, cardamom, garlic, turmeric, cumin, chilli, cloves, salt) to warm. The smell is amazing. Now add the onions and gently cook for about 10 mins until they are soft and covered in the spices. Now add the rice and lentils. Gently stir all together pouring the hot stock into the mixture slowly. At this point if you are using root veggies then place them in the mixture too. Remember to chop them up. Bring to the bowl then put a lid on the pan and turn the heat down to a very gently simmer. Remember to stir occasionally because I find the base can get sticky and sometimes I need to add a little more water. After about 15 minutes add the leafy veggies and gently mix. Place the lid on top once more and allow to steam and complete cooking for about another 7-10 mins. (Sometimes I turn the heat off towards the end and place the nuts into the kitchari to gently soften and steam). Let it sit for a few minutes and fluff it up with a fork.

Justine Evans ND is a Naturopath and Nutritional Therapist living in Stroud. She is passionate about seasonal living and runs on line cleanses and courses which link with the Wheel of the Year. Please visit her website for more information justineevans.co.uk