

Common Soil Recipes January/February 2024

January: **Rhubarb & Almond muffins (gluten free) – great for breakfast**

150g ground almonds
100g buckwheat flour
1 1/2 tsp gluten free baking powder
good pinch salt
1 stalk rhubarb finely diced
2 eggs
4 tablespoons maple syrup
1 tablespoon lemon juice
45g barely melted butter or alternative
1 tsp vanilla essence

Place dry ingredients in a bowl, stir in chopped rhubarb. Whisk remaining ingredients together and gently fold into the dry ingredients. Do not over mix.

Pop into muffin cases makes 6 large or 10 small muffins add a few strands of rhubarb and bake for around 15 - 20 minutes 160C.

February: **Pancakes!**

Vegan pancake mixture from Vegan Society:

100g (3½oz) plain flour
200ml (7fl oz/generous ¾ cup) unsweetened soya milk, chilled
Generous pinch of fine sea salt
6 tbsp sunflower oil

Start by making the pancakes. Whisk together the flour, soya milk, and sea salt in a bowl until smooth. Heat 1 tbsp oil in a frying pan over a medium heat. Test if the oil is hot by adding a drop of pancake batter to the pan: if it sizzles and becomes golden within 30 seconds, it is at optimum temperature. Add 4 tablespoons of the batter to make one pancake and swirl the batter around the pan to coat the base evenly.

When the pancake is golden after 2–3 minutes, carefully flip it over to cook the other side. Drain on kitchen paper then keep warm in the oven while you continue to cook the other pancakes, using 1 tbsp of the oil each time

Idli batter (fermented) vegan/gluten free Makes 18 small pancakes

450g idli rice or basmati rice
150g lentils – traditionally white lentils are used but works fine with split red
1 teaspoon salt

Soak the rice and lentils separately in plenty of water overnight.

Drain the water from the lentils then in a blender, with enough water blend until you have a thick, smooth batter, turn into a bowl.

Drain the water from the rice, add the salt and blend well with the addition of water to make a just pourable consistency. Add to the lentil mixture and whisk well together for a couple of minutes so the mixture is well aerated. Pour the batter into a large jar that allows plenty of room for expansion. Cover and leave to ferment in a warm place for around 24 hours, the time will vary depending on the temperature of the room. When it is well risen and bubbly, it is ready to use.

Lightly heat a fry pan and swirl around a smidgeon of oil. Pour in a small amount of batter and repeat to make 4 small pancakes. Cook until set and golden, flip over with a palette knife and cook the other side. Remove and keep warm whilst you make more.



Coconut Pancakes (make them small like scotch pancakes)

4 dessertspoons coconut flour
3 eggs
2 tablespoons organic cold pressed coconut oil
1 teaspoon macca or half a teaspoon vanilla essence
1 teaspoon dessicated coconut
1 teaspoon cinnamon
Pinch of salt and quarter teaspoon baking soda

If making them green – add a handful of spinach to the mixture and leave out the vanilla essence, cinnamon and coconut.

Thoroughly mix all the ingredients (I do this in my nutribullet). Remember this pancakes mixture is very firm. Oil or butter the frying pan/skillet. Use 1 small ladle of mixture on the warmed pan. Cooking is varied – check the underside is golden before flipping and eat straight away with lemon juice or stewed apples for breakfast/brunch or add some spinach to the ingredients and have with olive tapenade and hummus for lunch. Delicious I promise! You can eat them hot or cold!

Italian chestnut pancakes (neccio) makes 6 – 8 pancakes

250g chestnut flour (Sunshine Health shop sell this)
200ml water
2 tablespoons olive oil + extra
ricotta & honey

In a large bowl, mix the flour with enough water to get a smooth, dense batter, slightly thicker than crepe batter. Add olive oil and a pinch of salt and mix again. Heat and lightly oil a frying pan. Add a couple of spoonfuls of the batter to the pan and tilt to evenly coat the pan. Cook for about 2 minutes or until you see that the top of the batter looks dry. Flip over and cook the other side for one minute. Keep warm whilst you make more. Roll up with a spoonful of fresh cheese and honey.

Buckwheat pancakes with purple sprouting broccoli makes about 4 pancakes (Green Cuisine)

110g buckwheat flour

25g corn flour
2 eggs
275ml milk dairy or oat
olive oil

Place the flours into a bowl. Add the eggs and milk, beat until smooth and season. Set aside to rest for 10 minutes. Heat a smidgeon of oil in a small frying pan. Add a little of the batter mixture and tip to coat the base of the pan. Cook for 2-3 minutes until golden. Flip over and cook the other side for a further 1-2 minutes. Slide onto a plate and keep warm. Repeat with the remaining batter to make 8 pancakes in total. Take to the table and start filling!

Purple sprouting broccoli with chili & ginger

4 small handfuls sprouting broccoli
2 tablespoons olive oil
4 tablespoons stock
1 fresh chili, finely diced
2 teaspoons grated ginger
black pepper and salt
splash of soy

Cook broccoli in the olive oil and stock until stock evaporates. Stir in the remaining ingredients. Place a handful in the middle of each pancake, roll up and serve.

Buckwheat pancakes with kraut (fermented) makes about 6 pancakes

275g raw hulled buckwheat groats
2 tablespoons sauerkraut juice or kefir
1 teaspoon salt
little olive oil

Place the buckwheat in a bowl, cover well with water and soak overnight. The next morning pour off the soak water and rinse well.

Blend the buckwheat, sauerkraut juice or kefir and salt in a blender with enough water so that it reaches the consistency of pancake batter. Aim to make your mixture as smooth as possible. Pour into a jug which has room for expansion, cover and leave in a warm place for 12 – 18 hours.

Heat a fry pan and swirl a little olive oil around the base then pour in enough batter to cover the pan and make a pancake that is not too thick. Cook all the way through then flip over and cook for a further minute before sliding out onto a plate. Repeat until you have made all the pancakes you want. Store unused batter in the fridge where it will last for 3 days. Serve your pancakes with anything you fancy, savoury or sweet

Herb pancakes with crème fraiche & red onion confit makes 4 small pancakes – serves 2

75g spelt flour
pinch salt
1 egg, beaten
4 tablespoons milk – dairy or oat
2 tablespoons chopped chives
2 tablespoons chopped parsley
little olive oil
1 tablespoon sugar
1 tablespoon water
1 tablespoon red wine vinegar

1 large red onion, finely sliced

salt/black pepper

crème fraiche

1 tablespoon finely chopped chives

In a bowl mix the flour, egg and milk to a smooth batter. Stir in the herbs and set aside.

Put sugar and water in pan and stir to dissolve. Bring to boil over a medium heat and cook until beginning to caramelize. Add vinegar and onions, stir well and cook until the onions soften, about 5 minutes. Season with salt and pepper

Lightly oil a fry pan and heat before dropping 2 x spoonfuls of the mixture into the hot pan. Cook until golden flip over and cook the other side. Remove and keep warm whilst you make 2 more pancakes. Divide the pancakes between 2 plates top each pancake with a dollop of crème fraiche , the confit and some chives