

## Common Soil Recipes for the Autumn September/October 2024

Here's a selection of fabulous recipes loved by me (Justine, member) and others from Common Soil.



### Cucumber Salad – super quick

- 1 whole cucumber - sliced in half lengthways and then sliced diagonally into thick strips/chunks
- 1 clove garlic – peeled and grated or chopped finely
- Some ginger root – scraped and either chopped finely or grated
- A little mother apple cyder vinegar or rice vinegar
- Some soy sauce or tamari
- Dollop of tahini
- Glug of maple syrup
- Salt and pepper
- Sesame seeds
- A Jar with a lid

No hard and fast rules here. Simply prepare the garlic, ginger and cucumber and add to a large jar with a lid. Add the other ingredients. Place the lid on the jar and shake to coat to the cucumber. Serve the cucumber salad in a bowl with a sprinkling of sesame seeds on top (or other seeds and nuts if you prefer)

### Ama's curry - actually called Sri Lankan cucumber and cashew curry (Meera Sodha) (Serves 2)

- 2 tbsp oil
- 10 fresh curry leaves
- 1 brown onion, peeled and finely chopped
- 2 garlic cloves, peeled and finely sliced
- 1 stick lemongrass, bashed and bruised
- 1 green finger chilli, very finely chopped
- 1 stick cinnamon
- 2 cucumbers, cut in half lengthways, seeds removed with a teaspoon and the rest cut into 1.5cm-wide half-moons (500g prepared weight)
- 100g cashew nuts, roasted and unsalted
- ½ tsp ground turmeric
- 1 tsp fine sea salt
- 1 x 400ml tin coconut milk
- ½-1 tbsp lime juice (to taste), plus wedges of lime, to serve

Heat the oil in a pan over a medium heat and, once hot, add the curry leaves and leave them to crackle and pop for a minute. Add the onion, turn down the heat to low and sweat the onion for 10 minutes, until soft, then stir in the garlic, lemongrass, chilli and cinnamon, and cook for another five minutes, to soften.

Now add the cucumber, cashews, turmeric and salt, stir-fry for two minutes, then add the coconut milk and stir. Bring to a simmer and cook until the cucumber is tender (but not soft) and its flesh slightly translucent – this should take about eight or so minutes; add more water, if need be, to thin out the sauce. Take off the heat, add lime juice to taste and serve in a shallow serving bowl with freshly steamed or boiled rice and lime wedges for squeezing over at the table.

### **Roasted beetroot, apple and cumin soup - Super tasty 3 servings**

Heat your oven to 180

2 beetroot scrubbed and quartered

Dessertspoon cumin seeds

A little olive oil

1 onion – peeled and diced

Handful fresh thyme

A thumb of ginger, peeled and grated

Salt and pepper

Dessertspoon tahini paste

1 teaspoon mixed seeds

1 x cooking apple – peeled, cored and diced

500ml veggie stock

Dollop of yoghurt, crème fraiche and roasted seeds (optional)

Roast 2 beetroot scrubbed and quartered in some oil, a handful of fresh thyme and a dessertspoon of cumin seeds for 45 mins –hour.

Meanwhile chop and sauté an onion in a saucepan. When soft add a chopped and cored apple (I used a cooking) and gently soften. Add about 500ml of veggie stock.

When the beetroot are cooked add to the soup mixture together with the now roasted cumin seeds, thyme leaves; salt and pepper. Warm through stirring adding more stock water if necessary and some freshly grated ginger root if you want. Blend and serve with a spoonful of yoghurt or crème fraiche and a sprinkling of roasted seeds.

### **Meera Sodha's vegan recipe for hasselback celeriac (suggested by Jessie, member) (Serves 4)**

#### **For the celeriac**

1 large or 2 small celeriac, about 1-1.2kg in total

3-4 tbsp olive oil

1 pinch salt

#### **For the miso glaze**

80g white miso

½ tbsp aleppo pepper

2½ tbsp brown rice syrup

1½ tbsp lemon juice

For the tahini sauce

100g tahini

1 tbsp lemon juice

½ tsp salt

#### **For the salad**

1 red onion, peeled and cut into thin half-moons

1 tbsp pomegranate molasses

1 tbsp lemon juice

1 tsp sumac

3 tbsp olive oil

¼ tsp salt

1 large handful roughly chopped flat-leaf parsley

## **To serve**

Naan or flatbreads

Heat the oven to 200C (180C fan)/390F/gas 6. Chop the base off the celeriac, peel off the skin using a peeler and use the tip of a knife to hoick out any unsightly muddy crevices. If the celeriac is large, cut it in half (if not, leave it whole), then, using a sharp knife, cut from top to bottom all over at ½cm intervals down to 2cm from the base, then stop cutting.

Drizzle oil between the folds, rub more oil all over the top, and sprinkle with a tiny pinch of salt. Place on a nonstick tray, roast for 45 minutes, remove and, if need be, baste with a little more oil. Return to the oven and roast for another 45 minutes, until golden.

While the celeriac is cooking, make the miso glaze, tahini sauce and onion salad. Mix all the ingredients for the glaze in a small bowl and set to one side.

Put all the ingredients for the tahini sauce in a small serving bowl, whisk with five tablespoons of water and set to one side.

Combine all the salad ingredients in a serving bowl, scrunch together with your hands, to wilt the onions a little, and set to one side.

Once the celeriac is done, remove, carefully brush all over with the glaze – you want it to stay on the celeriac, not slip off – making sure it gets between the slits, then bake for a further 15 minutes, checking halfway through and possibly basting again with more glaze.

To serve, take the whole celeriac, pomegranate salad, tahini sauce and bread to the table, and encourage people to assemble it themselves with a smooch of tahini on some bread, followed by a few slices of celeriac and a small tangle of pomegranate onions.

## **Lentil bread or rolls**

140 grams lentils

100ml water

30ml olive oil

30 grams psyllium husk (or chia seeds)

1 teaspoon ground coriander

5 grams baking powder

Sesame seeds (optional)

Begin by placing the lentils in a bowl with enough water to cover them fully and leave to soak for 8 hours or overnight so the lentils can swell. Next morning extract the excess water and return to the mixing bowl. Add 50 ml of pure water and 30ml olive oil. Mix well and then blend with your stick blender or nutri bullet. Add another 50 ml of pure water. Now add salt and the 30 grams of psyllium or chia seeds plus coriander and baking powder. Stir until really well mixed.

Grease your hands with vegetable oil and make your rolls. Place them on a baking sheet with a little black sesame seeds sprinkled over them. Bake in the oven at 180°C for 25 minutes and they should be ready. You can also freeze these.

## **Pumpkin or squash granola**

2 tbsp soft coconut oil  
135 grams jumbo oats  
190 grams roughly chopped pecans  
1 heaped teaspoon of ground cinnamon  
1 heaped teaspoon of ground ginger  
65 grams roughly chopped walnuts  
75 grams pumpkin seeds  
80 grams chia seeds  
75 grams baked and mashed/puréed pumpkin or squash  
80 grams maple syrup  
1/8 tsp ground cloves  
A pinch of sea salt  
1/4 tsp ground mace

Preheat the oven to 160 degrees for conventional or 140 degrees for fan assisted oven, and line a shallow oven tray with baking paper. Add the oats, nuts and seeds to a large mixing bowl and mix well to combine. Add the ginger, cinnamon, mace, salt and cloves to the bowl. Toss the mixture to distribute the seasonings evenly. Add the coconut oil, sweet potato purée and maple syrup to a small pan over a gentle heat. Stir together until the oil has melted and the mixture is fully combined. Pour the wet mixture over the dry ingredients, stirring well to ensure the mixture is evenly coated in the liquid. Now tip the mixture out onto the lined oven tray and spread it evenly. Bake in the oven for approximately 30-35 minutes, turning frequently and breaking up any large clumps. The granola should be golden brown and fragrant. Allow to cool completely before serving with yoghurt, stewed or baked fruit, or milk

## **Surprise Tomatoes (serves 2)**

Oven temperature – Gas mark 6 or 180c  
2 large Spanish tomatoes  
Mixed herbs  
2 large organic eggs  
Black pepper and salt

Cut open top of tomatoes and scoop out the insides. Break an egg into each tomato, add mixed herbs and black pepper and put lid back on. Put in baking tray in centre of oven for about 20-30 minutes, dependant on how you like your eggs cooked. Also a great supper dish served with a large salad or enjoy with bread

## **White Bean Stew (Serves 2)**

Change the veg to suit Common Soil's veg box contents

1 tablespoon oil  
1 large onion chopped  
2 garlic cloves minced  
1 large courgette chopped  
1 large red pepper chopped  
Handful green beans, chopped and tailed  
2 carrots washed and chopped or some cauliflower or broccoli chopped  
1 tin chopped tomatoes  
1 tin white beans drained and rinsed  
1 teaspoon dried herbs

1 teaspoon smoked paprika (optional)  
500ml vegetable stock  
Salt and black pepper  
Spoon of tahini paste

Chop the onions and mince the garlic.  
Chop the rest of the veggies into bite size pieces.

Heat the oil in a large pot over a medium heat. Add the onion and garlic plus any ROOT veggies you may be using and cook until soft. Now add the other veggies together with the tomatoes, herbs and paprika. Cook for 2-3 minutes, stirring to mix. Add the beans and stock. Stir. Place a lid on top and simmer gently for 10-15 minutes. If it's too thick add more water to thin the consistency. Stir in a dollop of tahini paste before serving. Easy!

## **Sticky beetroot chocolate cake**

### **For the cake**

3 tablespoon ground flaxseed  
8 tablespoon almond milk  
1 tbsp apple cider vinegar  
450 g cooked and peeled beetroot  
150g dark chocolate  
7 tbsp (100 ml) coconut oil  
½ cup (100g) coconut sugar  
1 cup (125g) all-purpose flour or gluten free  
½ cup (40g) cocoa powder  
1 teaspoon baking powder  
½ teaspoon baking soda  
pinch of salt

### **For the ganache**

200 g (7oz) dark vegan chocolate, chopped  
1 can coconut milk, chilled over night

Preheat the oven to 175C (350F). Line a round 22cm (8 ½ inches) baking pan with parchment paper and set aside.

In a mixing bowl, add the flaxseed, almond milk and apple cider vinegar. Mix well then let sit for 5 minutes. In the meantime blend the beetroot in a food processor until smooth then add to the mixing bowl mixture.

Add the chocolate to a glass bowl. Melt using a bain-marie or water bath. Stir. Be careful not to burn the chocolate! Add the coconut oil and stir until it's melted, then add to the mixing bowl with the flaxseed and beetroot mixture. Stir well.

Sift in the flour, cocoa powder, sugar, baking powder, baking soda and salt. Fold together until well incorporated. Pour batter in prepared pan and smoothen out the top. Bake for about 40 minutes (I found I needed to cook for around an hour) and then let cool before removing from the pan. Cool completely before frosting with the ganache.

**Ganache** - while the cake is baking, prepare the ganache. Add chopped chocolate with the thick white part from the can of coconut milk. Heat the chocolate and coconut milk then let it sit for 2-3

minutes. Stir until smooth and let it sit for about 30 minutes to thicken. Spread the ganache over the room temperature cake and decorate with chocolate shavings.  
Store leftover cake covered in the fridge.

### **Common Soil's Immune boosting tea**

2.5cm grated root ginger

2.5 cm sage – use leaves only

2.5 cm thyme – use leaves only

Slice lemon and dash of cayenne pepper

Add ingredients to hot water. Stand for about 5 minutes. Strain if you wish and sip slowly.

Here are some suggestions of teas to make from the herbs on herb hill at Common Soil:

Sage

Thyme

Marjoram

### **Teas that are good for your tummy:**

Chamomile

Fennel seed

Mint