

Appetizer: Stuffed Avocados with Salad and Sunflower Seeds



Ingredients:

3 Avocados	1 cup finely sliced romaine lettuce
1/2 cup Celery, diced	1 1/2 cups Cherry Tomatoes, chopped
1 cup Sunflower Seeds	1/2 cup Sweet Onion, diced

Apple-Ginger Dressing:

11/4 cup fresh apple juice (4-6 cored apples)	2 tbs Nama Shoyu
1/4 cup fresh lemon juice	2 tbs agave nectar
1/4 cup raw tahini	2/3 cloves garlic peeled
2 tbs olive oil	

Method:

Slice avocados in half, remove pit and set aside. Combine diced , celery, cherry tomatoes, romaine lettuce, sunflower seeds and chopped onion. Spoon into avocado halves. Garnish with Apple-Ginger dressing.

Apple Ginger Dressign: Using a juicer, juice the apples. In a high-speed blender combine all the ingredients and blend until smooth.



Main: Pudla – Savoury Pancakes

Ingredients:

125g Gram Flour (1 x 250ml cup)	2 tsp oil
250ml cold water	1 tbs (heaped) finely chopped onions
1 tsp Cumin seeds	1 tbs (heaped) finely chopped red peppers
1 tsp salt	1 tbs (heaped) finely chopped coriander
1/2 tsp hing (asafoetida)	Oil for frying
2 tbs (heaped) finely chopped French beans	Chinese cabbage

Method:

Sift flour into bowl (this to get air in), add cumin seeds, salt, asafoetida, optional green chillies chopped. Add cold water slowly whilst stirring mixture. Aim to get the mixture to a smooth single cream consistency. Add a little water as needed. Add

finely chopped onions, red peppers, French beans, fresh coriander, 2 teaspoons of oil and stir until all the ingredients are mixed and coated. Heat the pan on medium-high heat. (pan must be hot otherwise first pancake won't turn out as well as it should). Brush pan lightly with oil using heat resistant bristle brush or kitchen paper to ensure thin film of oil. Place 60ml mixture into centre of the pan swirl and rotate pan until mixture spread thinly and evenly. Watch for little holes/bubbles to appear in the mixture. This will be the sign of air escaping and the base is Cooking well. Lift the edge with the spatula and check if it is golden brown colour and firm enough to flip. Flip pancake and cook until an even golden brown on the other side. Roll the pancakes and cut into 2 inch pieces and place it on the Chinese cabbage leaves. Garnish with Tomato, onions and coriander salsa.

Dessert: Polenta with dried cranberries and almonds

Ingredients:

4 cups Soya milk	1/2 cup dried cranberries
1 cup instant polenta	1/2 teaspoon cinnamon
Honey	1/4 cup Almonds sliced

Method:

Place the milk and cranberries in a medium, heavy saucepan. Bring the milk almost to a boil, turn off the heat and let sit until the cranberries are soft and plump, about 5 minutes. Toast almonds in dry fry pan over medium heat, shaking often and being careful not to burn. Use a slotted spoon to transfer the cranberries to a small bowl. Bring the milk almost back to a boil (if using cinnamon or dried orange peel option add now) and whisk in the polenta in a very slow, steady stream (if not done this way you will get lumps). Cook over medium-low heat, stirring constantly with a wooden spoon, until the polenta thickens and starts to pull away from the sides of the pan, about 3-5 minutes. Stir in the cranberries and divide among individual bowls. Sprinkle the toasted almonds over each bowl and drizzle with honey.