Recipes

Using Local Foods

IEB Locavore Recipe Book

This book is a compilation of 29 local recipes that have been shared over the last year or so through our newsletters, facebook page and at events. They all feature local ingredients. They are yummy!

We haven't been able to acknowledge individual contributers but there have been many! If you find your recipe in here, we'd like to extend a big thank you to you for sharing the wealth of your knowledge and culinary skills with us.

Our hope is, you can pick up this book and explore the potential of Broome's locally sourced food in new and delicious ways. Happy cooking, and eating!

*[definition] A **locavore** is a person interested in eating food that is locally produced, not moved long distances to market.*

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Eggplant and Tomato (Baijan) Bruscetta

ingredients:
3 tablespoons vegetable oil
1 large onion
1 tablespoon ground cumin
1 tablespoon ground coriander
1 large eggplant
2-3 large tomatoes
1 teaspoon sweet soy sauce / kecap manis
salt to taste

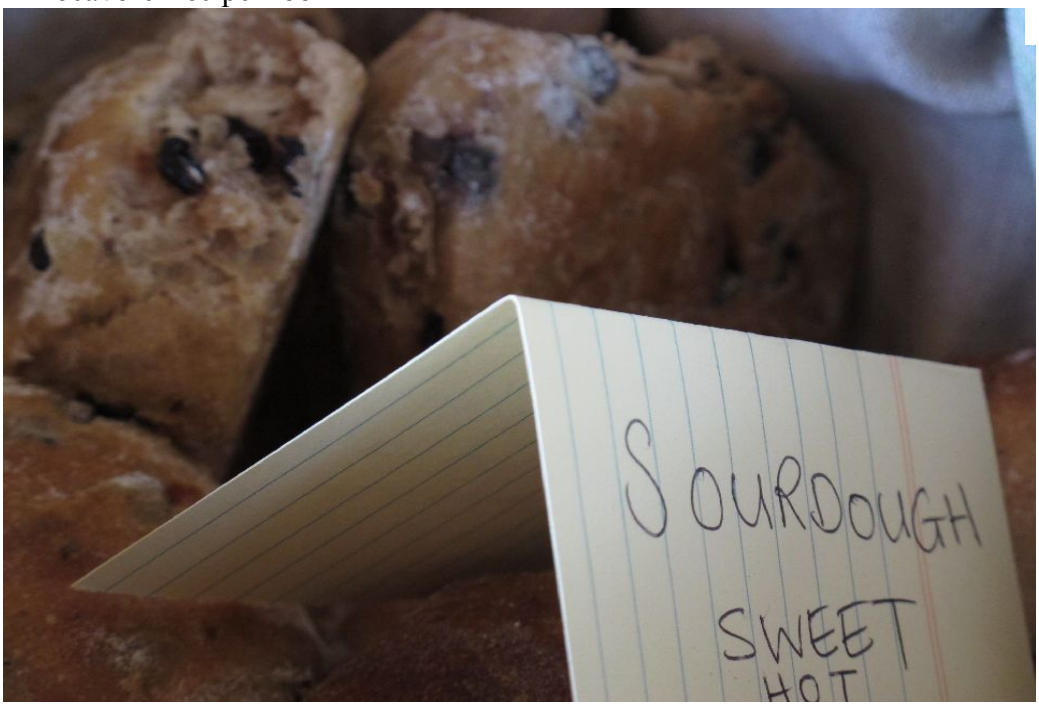
directions:
cook onions, coriander and cumin in oil until onions soft and spices fragrant.
Add diced or sliced eggplant and cook, covered until softened.
Add tomatoes and some water to help soften and cook covered for a while (half an hour or so) add sweet soy sauce (1 teaspoon) and salt to taste.

Sourdough Bread with Rye Starter

Ingredients
1 cup filtered / purified / boiled water
400g Rye Starter (I got some starter from a friend, and am happy to share with others if they contact me)
500g strong / bakers flour
1 teaspoon salt

Method
take starter out of fridge a few hours or night before you wish to bake and feed with ½ cup filtered water and ½ cup rye
once it has bubbled up it is ready to use. After adding to bread recipe, feed again with same quantities of water and rye and put back in the fridge.
mix first three ingredients together until well combined
let sit for half and hour
add salt and extra flour (1cup or more) to reduce stickiness and knead for 10mins
let sit, covered, for 1 hour until doubled in size
dust with flour, tip out dough and fold on itself 2-3 times
line a bread tray with baking paper and place dough in it
let sit covered (and make sure you leave room for the bread to expand and not touch the cover that you use, you could put it a plastic tub or something similar) for 2 – 3 hours. Alternatively, cover it and put it in the fridge to retard it overnight or for several hours until you are ready to bake it, then leave it out for half to 1 hour to warm up
when ready to bake, heat your oven up as high as it will go, put a tray in the bottom of the oven and fill with boiling water to generate steam. Put your bread in the oven and cook for 10mins.
Turn oven down to 190-200 degrees and continue cooking for 20mins

take it out after 20 minutes or when you start smelling it. Remove from tray and let it cool before slicing. I eat it fresh for a day or two then slice the rest and freeze for toast to enjoy throughout the week.



Hot Cross Buns (sourdough)

from http://cityhippyfarmgirl.com/2011/04/20/hot-cross-buns/

Ingredients

100gms currants
100gms sultanas or mixed fruit
2 tbls brandy
150mls hot water
Mix together and soak the night before.

Dough Mixture

250-300gms starter
600gms strong bakers flour (4 cups)
1/2 tsp nutmeg
2 tsp cinnamon
1/2 tsp dark malt flour
1 tsp cardamom
100g sugar
250mls water/milk*
100g softened butter*
(* omit these if you want vegan ones)

Mix all together, except for the salt and then leave for a while, 20-45mins
Add 2 tsp salt. Mix together. Prove for an hour or so. Quick fold on lightly floured surface. Back in to bowl to prove for another or two. Fold. Prove again. Shape into a big square to fit the tray. Prove. Use divider to shape into buns. Add the crosses.

Roast Sweet Potato & Rocket Salad with Honey Mustard Vinaigrette

Serves 4; Preparation time 10 minutes; Cooking time 25 minutes

Ingredients - Salad

1 medium sized orange sweet potato
A large bunch of rocket or enough for 4 (70g approx.)
1 tspn cinnamon powder
1 tspn paprika powder (sweet)
1/2 tspn sea salt
1/4 tspon fresh ground pepper
2 tspon 2nd pressed olive oil

Method - Salad

1. Preheat oven to 180 degrees
2. Wash sweet potato and cut into slightly larger than bite-size wedges
3. Place sweet potato in a baking tray with cinnamon, paprika, salt, pepper and olive oil
4. Toss the wedges to lightly coat them in the oil and spices then put in the oven and bake for 25 minutes or until wedges are soft
5. Remove from oven, and place wedges into a bowl. Let them cool for 10 minutes then add the rocket leaves and toss to mix the sweet potato through evenly
6. Dress the salad with the honey mustard vinaigrette just before serving

Ingredients - Dressing

2 dspn seeded mustard
1 dspn honey
2 dspn apple cidar vinegar
Pinch sea salt
2 dspn macadameia nut oil or other cold pressed oil

Method - Dressing

Mix all the ingredients together well in a bowl or shake in a jar with a lid

Moroccan-spiced Silverbeet

from Taste.com.au

Ingredients

2 tablespoons olive oil
1 brown onion, finely chopped
3 garlic cloves, crushed
1 long fresh red chilli, seeded, finely chopped
1 ½ tablespoons Moroccan seasoning
1 tablespoon tomato paste
1 bunch (about 800g) silverbeet, stems removed, leaves coarsely chopped
¼ cup chopped fresh coriander
400g can chickpease, rinsed, drained
1 tablespoon fresh lemon juice
Turkish bread, toasted to serve
Greek-style natural yoghurt, to serve

Method

1. Heat oil in a learge frying pan over medium heat. Cook the onion, garlic and chilli, stirring, for 5 minutes or until soft. Add the Moroccan seasoning and tomato paste. Cook, stirring, for 30 seconds or until aromatic. Add the silverbeet and coriander. Cook, stirring occassionally, for 3 minutes or until coriander is soft. Add chickpease. Cook, stirring occassionally, for 3 minutes or until siverbeen wilts. Sit in the lemon juice. Season with salt and pepper.
2. Divide silverbeet mixture among serving bowls. Serve with the bread and yoghurt.

Locavore Salsa

Ingredients
Corn off the cob
Tomatoes
Spring Onions
Rocket
Coriander
Parsley
Olive oil
Lemon juice (freshly squeezed)

Method
Mix all ingredients together and serve!

Eggplant Curry with Baby Squash

Ingredients

5 Eggplant[skinny long ones,or one big fat one] peeled and diced
1 good handfull of squash
1 Onion chopped
3 Tomatoes diced
2 garlic chopped
1 stalk lemon grass crushed
1 bunch fresh coriander chopped
Ginger about one tablespoon grated
Water from one coconut or coconut cream
1 teaspoon curry powder
1 teaspoon cumin powder
pepper chilly to taste

Method

Fry onion,garlic ,ginger and lemongrass for a couple of minutes in a little olive oil,then add curry powder and cumin fry a little longer and then add the eggplants and coat with the spice mixture.Add the diced tomatoes and coconut-water or cream and cook for about five to ten minutes till eggplant start to go soft then put in the baby squash and cook a further couple of minutes. Eggplant should be soft while squashes still a little crunchy. Season with chilly and pepper to taste. Sprinkle with plenty of coriander.

Udon Noodle Salad

Ingredients
250g Udon Noodels
a few leaves rocked salad
about 100g baby spinach, young silver-beet or bunch of Chinese green-vegetables
2 ripe tomatoes
2-3 sliced spring onions
Coriander
Juice of a lemon or lime
little fish sauce
Olive oil
Sprinkle of brown sugar
salt pepper chilly to taste

Method
Cook the noodles and rinse in cold water. Steam or blanch the vegetables quickly and also rinse in cold water so the vegetables retain the green .Make a dressing with the remaining ingredients and toss noodles and greens in it.
This salad tastes fantastic with a fresh ripe mango

Pickled Rosella

Ingredients
250g fresh rosella (after separate from the central seedpod)
40ml lemon juice, from 1 lemon
300g sugar (divide into 2 portions, 150g each)

Method

1. Make a cut (about 3cm) at bottom of seedpod. Push seed out and keep the red fleshy calyx (try keep whole calyx).
2. Wash the red fleshy calyx till clean.
3. Bring a pot of water to boil. Add in clean red fleshy calyx and blanch for about 5-6 seconds. Remove and drain. Leave aside to cool. *Important not to blanch too long as it will lost the crunchiness of the pickled rosella.
4. In a mixing bowl, add in cool calyx together with lemon juice and half portion of sugar (150g). Mix gently to combine.
5. Prepare a clean jar. Add in mixture of calyx. At the top, add in the remaining portion of sugar (150g).
6. Close the lid and leave the jar at room temperature for 3 days before refrigerate. *turn over the jar each day to ensure all the calyx is fully covered with sugar syrup.

Coconut Vanilla Chia Pudding

Ingredients
½ cup chia seeds
1 cup premium coconut milk (Not coconut cream as it is too greasy, but get the best coconut milk you can so it taste coconutty)
1 cup soy or cow or other milk
2 tablespoons honey (or less if you don't want it too sweet)
1 teaspoon vanilla extract

Method
Add all ingredients into a jar with a tight lid, shake well, refrigerate minimum 2 hours or preferably overnight, shaking occasionally to mix chia with liquid.
Keep chilled and serve. (will keep about 4 or 5 days in the fridge)
Eat with Pickled Rosella and syrup for a dessert, or with fruit and nuts for a yummy breakfast

Green Mango Salad

Ingredients

Green mangoes
Cherry tomatoes
Lebanese cucumbers
Sesame oil
Fish sauce
Sweet chilli sauce
Lime juice
Brown sugar

Method

1. Grate the green mango using a peeler with a wiggly edge. Yuen Wing's usually has them for less than $10

2. Slice cherry tomatoes in half, and dice the cucumbers into small pieces. Add tomatoes, cucumber and mango to a large salad bowl
3. To make the sauce, combine sesame oil, sweet chilli, brown sugar, fish sauce and lime juice in a small bowl. This is entirely up to your own tasting. The one we made at the swap at a guess had the juice of 1 lime, 1-2 tspn brown sugar, a teaspoon of fish sauce, 2 tbsp sesame oil and 1tbsp sweet chilli.

Raw Mango Cheesecake

Ingredients
Dates
Almonds (soaked overnight)
Coconut oil
Shredded coconut
Mangoes
1 lemon
Coconut cream
Macadamia nuts (optional, soaked overnight)

Method

1. Use a food processor to combine the dates, almonds, coconut oil, and shredded coconut. The amounts don't really matter as long as it has the texture of a cheesecake base. I estimate about 2 cups of dates, 1 cup of soaked almonds, ¼ cup coconut oil and ½ cup shredded coconut.
2. Press into a cake tin to form the base
3. Blend or process the mango, coconut cream and soaked macadamia nuts, zest of 1 lemon and a squeeze of juice. Again, amounts don't matter - it's more about the texture. I estimate about 2 cups frozen mango, 1 small tin of Ayam coconut cream, and ½ cup macadamias.
4. Pour filling into the base and freeze. Take out 1-2 hours before eating.

*You can also use the filling as an ice-cream substitute.
*There are lots of variations to this recipe:
http://jessicainthekitchen.com/vegan-mango-cheesecake/
http://www.rawfoodrecipes.com/recipes/raw-vegan-mango-e2809ccheesecakee2809d/
http://www.naturallysassy.co.uk/recipes/mango-cheesecake-slices

Green Mango Pickle 1

(Adapted from www.vegrecipesofindia.com)

Ingredients

5-6 small or medium sized raw mangoes
1.5 tbsp fenugreek seeds
1.5 to 2 tbsp split mustard seeds
2 tbsp fennel seed
1.5 tbsp nigella seeds
1 or 1.5 tbsp turmeric
1.5 to 2 tbsp red chili powder
Salt as required
Mustard oil as required

Method

1. Dice the mangoes
2. Mix all the spices, spice powders and salt with the diced mangoes, coating evenly
3. Keep the mixture in sunlight for 3-4 days, covered with a thin muslin to protect from dust
4. Put the mangoes in a jar and cover in mustard oil, mix well
5. Store the pickle in a dry and cool place for 3-4 days

Green Mango Pickle 2

from https://www.masalaherb.com/2012/05/green-mango-pickle.html

Ingredients
3 medium sized Green young Mangoes
handful of salt
1 Tablespoon Mustard Seeds
1 Tablespoon Turmeric Powder
1 Tablespoon Chilli Powder
Pepper to taste
1 Tablespoon Garlic
¾ cup Cooking Oil

Method

1. Wash the mangoes well to remove the stickiness from the skin. The mangoes should be young. That's when the seed is easy to remove but in case you can always use a bit older mangoes, where the flesh is difficult to separate from the core. In that case you have to cut around the seed.
2. Dice the mangoes and keep them in a container with the handful of salt.
3. Cover with a plate and a weight on top overnight, the pressure and salt will take out all the water.
4. The next day strain the mangoes and remove the water.
5. Now you will get to the cooking part. Add a Tbs of oil to a frypan and fry the Mustard seeds first till they start to pop. Gradually add in Turmeric, Chili Powder, Pepper, the Garlic Paste and mix well frying the spices for 2-3 minutes on medium heat. At that point add in the raw mango pieces, and again mix it all well, frying it for 2 minutes dry. Now cover the mango pieces and spices with the remaining Oil and allow it all to cook well for 10 minutes. Leave the pickle to cool and fill it into sterilized jars for storing.
6. The pickle needs time to rest for 7 days in the jar then it is ready to eat!

Deb's RAW Pesto

Ingredients
1 cup sunflower seeds (soaked for 2hours)
2 handfuls of basil
2 handfuls of spinach
2 gloves garlic
Pepper and salt to taste
1 tablespoon of tahini
Cold pressed olive oil

Method
Blend all ingredients together and store in a sterilised jar, keep in the fridge.

COCONUT YOGHURT

Fresh and water of 4 young green coconuts (these are the white , pointy one

Juice of 2 lemons or limes

1-2 vanilla pods, split and seeds removed

Yacon syrup, maple syrup or honey to taste. I use Broome honey.

2 probiotic capsules

Note:

I get 6 coconuts from the shops, just in case the flesh has got a little too old in a couple. It is best for the flesh to be of the soft slimy consistency, to create smoother yoghurt. It also comes away from the shell easier. If you are lucky and all six coconuts have this young flesh, you can make extra yogurt and adjust the other measurements accordingly or wiz up the excess flesh in a smoothies with fruit and the leftover coconut water.

You will need a machete to cut the yoghurts in half.

To make the coconut yoghurt, combine the coconut flesh from four coconuts with one-third of the coconut water. For example, if you extracted 6 cups of water from four coconuts, only use 2 cups of the coconut water with the flesh from all four. This is the fiddliest part, as sometimes the brown skin from the inside of the coconut sticks to the flesh a little and you need to rub all this off.

Combine this with the lemon or lime juice, vanilla seeds and sweetener to taste. Blend until smooth and creamy. Depending on the consistency you prefer, you can add more coconut water. I have also considered at this point adding organic coconut cream from the can, to make the yoghurt even creamier. When I get around to trying this, I will omit a cup of the coconut water and add in a cup of the cream.

Open the probiotic capsules and pour into the blender , give one final quick wiz. Pour into a 1 litre glass jar, cover with paper towel, tie with string and allow to sit for 6-12 hours at room temperature, so that the bacteria can proliferate (break down the yoghurt). The longer you leave it the tangier the yoghurt becomes.

This recipe makes about 600ml and this yoghurt can be stored in the fridge for up to two weeks.

For more information contact the Incredible Edible Broome team:

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Deb's Banana Bread

sugar and glutenfree

Ingredients
1 cup gluten free flour
1/2 cup coconut meal or almond flour
2 tablepoons of cacao
1 tablespoon of cinnamon
1 teaspoon baking powder
1/4 cup agave
1/4 cup coconut oil
2 eggs
3 bananas
2 teaspoons of vanilla essence

Method
1. Mix al dry ingredients and wet seperate, then mix toghether.
2. Put it in a baking tin and bake for 45min in a preheated oven of 175°C

Eggplant Recipes

Caramelised eggplant

1. Chop up eggplant and put in a saucepan with half water and half vinegar to cover, with a cup of brown sugar
2. Bring to boil, then leave to cook down for about 30 minutes

Eggplant stacks

1. Slice eggplant into 1cm long slices, add a pinch of salt. Let them sit until the salt granules are no longer visible. Flip over and do the same.
2. Make up mixture of 80ml olive oil, 1 tspn of turmeric, 2 tspn seeded mustard and 1 tspn of caster sugar (imprecise measures!) and brush over one side of the eggplant slices. Bake until soft.
3. Lay pre-chargrilled red capsicum on top of eggplant slices. Cut into 4 equal parts, and layer with sliced bocconcini, and top with basil.

Eggplant 'cannelloni'

1. Make up mixture of 200g of ricotta, 2 tspn chive paste, 1 clove of garlic, 2 tspn thyme, a squeeze of lemon juice and a dash of milk. Leave for a few hours.
2. Slice eggplant lengthways into ó cm slices and salt on both sides.
3. In a pan, combine the following ingredients on a medium-high heat: 5 diced tomatoes (or 1 tin crushed tomatoes), basil leaves, 1 clove garlic, finely diced onion, +/- olives and red capsicum
4. Spoon ricotta mixture onto eggplant and bake until eggplant is soft
5. Roll up and keep in place with a toothpick.
6. Serve in a dish of warm tomato mixture

Eggplant dip (babaganoush)

1. BBQ whole eggplant until skin is hard and crunchy. Cut shell open and scoop out flesh into food processor or tall jug if using a stick blender.
2. Add 1 tbsp tahini, squeeze of lemon juice, small handful of chopped parsley, salt and pepper. Blend.

Note: This can be used as a cheese-like layer in a vegetarian lasagne and is was very tasty! The other layers were sliced zucchini, eggplant slices, baked beans, pesto, tomato paste, sprinklings of sesame seeds and chopped walnuts, and crumbled feta.

Raw marinated eggplant

1. Slice eggplant thinly and salt on both sides.
2. Combine 3 tbsp apple cider vinegar, chilli, 2 tspn olive oil and salt. Pour over eggplant in a shallow flat-base dish and refrigerate overnight.

Angled Luffa / Loofah Recipes

About angled luffa

Gourd family Cucurbitaceae, origin is most probably Asia
other names: Luffa acutangula Buab Liam Angled Luffa, Ridged Luffa, Vegetable Gourd, Ridged Gourd, Chinese Okra, Turai or Turia in India. Peerkangai in Tamil and Jhinge in Bengali

Young immature fruit

up to 1.5 cm diameter – can be used without peeling
2 -4 cm diameter - peeled, seeds removed then can be used like zucchini, cucumbers, okra
you can steam, braise, stew, roast or bake them
slice and chop to stuff in breads and muffins and instead of zucchini in soups
juiced (can be pounded, squeezed and strained), used medicinally – Ayurvedic: sweet and dry

Mature fruit

Needs to be dried on the vine, skins and seeds removed, dried tangled pulp is:

used as a bath sponge
sliced and used as a cleaning sponge
sliced and filled with soap for a soap bar
ground and used in medicine

Llinks:
http://davesgarden.com/guides/articles/view/1963/
Wikipedia
California Agriculture, University of California:
http://californiaagriculture.ucanr.org/landingpage.cfm?articleid=ca.v047n02p27
http://www.herbsarespecial.com.au/free-herb-information/loofahs.html

angled luffa (on left) and smooth luffa (on right). good for the digestive tract, nervous system, skin, hair, nails. cooling properties are good for bodies with inflammation, aches, pains, constipation, excessive weight.

Stir-fried Angled Luffa with Egg - buab pad kai

Ingredients
Garlic finely minced 1 clove
Angled Luffa diagonally sliced into 2-3 cm thick 1 tube
Minced pork 100 g (optional for non-vegetarians)
Egg beaten 2
Spring onion chopped
Water ¼ cup
Vegetable oil 2 tbs
Oyster sauce orLight soy sauce ½ tbsp

Method
1. Heat oil in a wok on medium to high heat, Fry garlic for 1-2 minutes,
2. Add minced pork & beaten egg - fry till cooked
3. Add Angled Luffa. Stir fry for 4-5 minutes. Add water to help soften the vegetable.
4. Season with light soy sauce and oyster sauce.

Ridged Gourd - Turai Curry

Ingredients

½ kg ridged gourd (3 medium sized gourds)
1/2 cup channa (yellow) dal
3 tablespoon oil
1/2 teaspoon of mustard seeds
2 green chili or to taste
curry or cilantro leaves
1/4 teaspoon turmeric powder
a pinch of asafoetida
1/2 teaspoon of salt
3 tablespoon of dry coconut rinsed and drained
1 tablespoon lemon juice
1 ½ cups or enough water for preparation

Method

1. Wash and cook the dal. Keep it aside.
2. While the dal is cooking remove skin from gourd and chop into pieces.
3. Heat oil, when hot add mustard seeds.
4. When the mustard seeds crack add green chilies, curry leaves, ridge gourd, turmeric powder, asafoetida and the cooked dal.
5. Cover and cook for 5 minutes.
6. When gourd is cooked add coconut and salt, cook till dry and the water has evaporated
7. add lemon juice and turn the heat off

Green Paw Paw and Loofah Salad

Ingredients
1 1/2 tablespoons grated palm sugar or brown sugar
1 tablespoon fish sauce
1 tablespoon lime juice
1 teaspoon sesame oil
1 long red chilli, seeds removed, finely chopped
1/2 green papaya shredded (a mandoline is ideal)
1 peeled loofah shredded (a mandoline is ideal)
1/2 red capsicum, sliced thinly
2 cups (160g) bean sprouts, trimmed
2 tablespoons each chopped mint and coriander

Method
Combine the sugar, fish sauce, lime juice, sesame oil and chilli in a bowl, stirring to dissolve the sugar. Place the remaining ingredients in a separate bowl. Pour dressing over and toss to combine.

Snake Bean Falafels

Ingredients

1 tin chickpeas
1 onion
2 cloves garlic
handful fresh parsley
handful fresh coriander
1 kg snake beans
1 lemon, juiced (or 2 limes)
1 teaspoon ground cumin
1 teaspoon ground coriander
salt and pepper to taste
other spices to taste (e.g. chilli)
½ cup besan flour (or as much as is needed to bind)
sesame seeds or breadcrumbs to coast balls
vegetable oil for frying

Method

1. Process chickpeas, onion, garlic, parsley and coriander. Process until smooth or chunky your choice
2. Put in bowl
3. Process snake beans in a food processor until broken up but still chunky
4. Add to bowl and add lemon
5. Put in spices to your liking. If you want chilli add it into the processing of the chickpeas. Add ground cumin and coriander
6. Add some salt and pepper
7. Then to bind it use besan flour (you can use wheat flour too). If it's too dry add a bit of water or more lemon juice
8. Roll into balls and roll in sesame seeds or breadcrumbs or a mixture of spices like mustard seeds, cumin seeds etc
9. They need to sit in the fridge before cooking - allow at least 1/2 hour
10. You can also freeze them straight up and cook them when you need them.
11. Fry them in a little oil and eat them hot or cold

Quick Preserved Lemon

boiled in brine and preserved in oil
from: Claudia Roden, Arabesque

Ingredients
4 lemons
4 tablespoons sea salt
vegetable oil

Method

1. with a sharp knife, make 8 superficial, not deep, incisions into the skin from one end of the lemon to the other
2. put the lemons into a large pan with the salt and water to cover.
3. Put a smaller lid on top of them to keep them down since they float and boil for 25 mins or until the peel is very soft
4. when cool enough to handle, scoop out flesh with a spoon, pack the skins in a glass jar and cover with sunflower or light vegetable oil.

Ready to eat in 4 days