

Maya's locavore recipes

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)

Methods : 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