



Autumn Meal Ideas

**BY BURBURY WHOLE
FOODS**

Autumn is here - which means
transitioning, grounding, warming
and gentle foods

BURBURY
WHOLE FOODS.

Autumn is well and truly here!

For us, residing in Byron, this means quiet white sandy beaches, cosy blankets in our van, long warming hugs, yummy baked goods, crisp mornings, scattered clouds in the evenings and a few more cups of tea.

In Ayurvedic traditions (ancient Indian yogic theology), it is believed that different seasons trigger different biological changes in our body. During Autumn it is suggested that we are inclined to crave more warming foods.

So think less salads and more cooked meals! For ingredients, think sweet, sour and salty such as hearty grains, soups, porridges and stews.

To get you inspired, below are some examples of what we like to eat in Autumn.

What is most important though is that you listen to your body. Try to tune into what YOU find yourself craving with the seasonal change.







Why we eat with the seasons

One of the beautiful things about shopping at farmers' markets is that it makes it easier to eat with the seasons. Our modern supermarkets have created a supply network that delivers us many fruits and vegetables year-round. On the one hand, it's a testament to human ingenuity and enables us to cook many of our favourite fallback dishes all year. But on the other hand, it works against nature's natural processes, not to mention the countless food miles and preserving techniques needed as a result. Next time you are at the supermarket, have a look at the origin of some of your fruits and vegetables. Here in Australia, we always think it is astonishing to have lemons from the US in the summer. That's one adventurous lemon! For many of us it is hard to avoid buying some of these foods and that is okay, it is fine to buy them occasionally but it is good to be aware of the issue.

Benefits of seasonal eating

Price When something is in season, it will be in abundance and drive the price down!

Higher nutritional value When food is eaten closer to when it is picked, it is more alive and nutrient dense. What nature intended. As the plants change with the seasons, so do our bodies and the foods we crave. We work best when we eat what Mother Nature provides in season. For example, if we eat citrus fruits during winter when they are in abundance, the Vitamin C in them can help prevent colds and flu. We have adapted over thousands of years eating with the seasons and it wasn't until very recently that this all changed.

Environmentally friendly Seasonal food means fewer food miles, less energy used and less packaging.

Tastes better Buying local, fresh fruit and veg that has been naturally ripened on the vine or tree will do wonders for your endeavours in the kitchen. If you can, try it out and see for yourself!

Thai corn & zucchini fritters with mint salsa

These fritters are inspired by our beautiful friend Lara. Her heritage is Thai and she often makes us the most amazing, flavour-filled dishes. Thank you, Lara, for being in our lives. I know there are a lot of fritters out there but these are definitely worth a try.

Serves 3-4

Ingredients

Fritters

- 3 medium zucchini (300g)**, grated
- 1 tsp salt**
- 1 cup rice flour**
- 2 eggs**, whisked
- kernels from 2 medium corns**, husk removed and any hairs discarded (to make 300g of corn kernels)
- 1 small red onion (200g)**, finely diced
- 1 cup coriander leaves (60g)**, roughly chopped
- 1 fresh medium red chilli**, minced
- 5 kaffir lime leaves**, stems discarded and finely chopped
- 2 tbsp nutritional yeast**
- 2 tbsp coconut sugar**
- 1 tbsp tamari**
- 1 tbsp fresh turmeric (20g)**, grated with skin on or 1/2 tsp of ground turmeric
- 2 tsp garlic**, minced
- 2 tsp fresh ginger**, grated with skin on **coconut oil**, for frying

Salsa

- 3 medium tomatoes (300g)**, diced (it's best if they are fresh and not too soft)
- 1 spring onion**, finely chopped including green tops
- 1/2 cup parsley (30g)**, chopped
- 1/2 cup mint leaves (30g)**, stems removed
- 1/2 lime**, to make 1 tbsp of juice and 1 tsp of zest
- pinch of salt and pepper**

Garnish

- 1/2 lime**, thinly sliced

Equipment

- nut milk bag**

Method

Fritters

- Combine the zucchini and salt in a medium bowl and leave to draw out the liquid for 10 minutes. Put the zucchini, in batches, into a nut milk bag and squeeze out the water over the sink. Put the zucchini in a fresh bowl and set aside.
- In a separate medium bowl, sift in the rice flour and then add the eggs, corn kernels, onion, coriander leaves, chilli, kaffir lime leaves, nutritional yeast, coconut sugar, tamari, turmeric, garlic, ginger and squeezed zucchini. Combine well until it becomes like a pancake batter.
- Put 1 tablespoon of coconut oil in a medium to large fry pan and place on a medium-high heat. Add 1/4 cup of the mixture and fry until you see the edges become brown before flipping. Once brown on both sides, transfer to a plate.
- Repeat until the mixture is used up and serve straightaway with the salsa.

Salsa

- Combine all of the ingredients in a bowl. Garnish with the lime slices.



Dal with cashew cheese eggplant wraps

We have to admit that we are obsessed with Yotam Ottolenghi's recipes. The thing with his recipes though, is that they often contain ingredients that don't work well with both of our bodies. So... we have created our own version of his recipe which you can see here - most notably without cheese making it vegan...Fun! Having a go at tweaking recipes to suit your tastes and dietary needs is something we highly recommend. If you are wanting to remove something from your diet, you don't need to say goodbye to your favourite recipe. Experiment with swapping some ingredients out to make it your own.

Serves 8-10

Ingredients

Dahl

2 cups red lentil split dahl, soaked for min 4 hours

1 tsp coriander seeds

1 tsp cumin seeds

1 tsp fenugreek

8 cardamon pods

1 cup leek (100g), diced

2 tbsp coriander stems, finely chopped

1 tbsp fresh ginger, grated with skin on

1 tsp garlic, minced

1 tsp ground turmeric

1 tsp ground cinnamon

1 tsp sweet paprika

3 medium tomatoes (300g), diced

1 cup coconut cream

olive oil

salt and pepper

Eggplant wraps

2 medium eggplants (700g), cut long ways into strips 1cm wide

1 1/2 cups raw cashews

1/2 cup coconut cream, plus extra if it won't blend

4 tbsp nutritional yeast

1 lemon, to make 2 tbsp of juice and 1 tsp of zest

1 tsp garlic, minced

1/2 tsp ground turmeric

1/2 tsp salt

3 tbsp parsley (15g), roughly chopped

Method

Dal

1. Soak the dal the night before and rinse thoroughly.
2. Put the dal and 4 cups of water into a large pot and place on a medium-high heat. Bring to the boil and then reduce to a simmer, stirring occasionally. Simmer for about 30 minutes or until the dal is cooked. You will know it's cooked when you can squish it easily between two fingers.
3. While the dal is cooking, in a mortar and pestle, grind the coriander seeds, cumin seeds, fenugreek and cardamon pods. Set aside.
4. Put 1 tbsp of olive oil into a separate medium fry pan and place on a medium-high heat. Once hot, add the leek and sauté for 4-5 minutes, until translucent. Add the ground spices from the mortar and pestle as well as the coriander stems, ginger, garlic, turmeric, cinnamon and sweet paprika. Continue to fry, stirring frequently, for a further 1-2 minutes to release the flavours from the spices.
5. Once fragrant, add the tomatoes and coconut cream. Stir until the tomatoes have softened.
6. Once the tomatoes and leek mix has become a paste, add everything from the pan to the dal in the pot and simmer on low for 10 minutes. Remove from the heat, stir 1 tsp of salt through and set aside.

Eggplant wraps

1. Place a medium pan on high heat. Add 1 tbsp of olive oil to the pan. Once hot add 3-4 strips of eggplant. Cook for about 3 minutes on each side, or until brown and cooked all the way through. Repeat until all the eggplant are cooked.
2. While cooking the eggplants, add the cashews, coconut cream, nutritional yeast, lemon juice and zest, garlic, turmeric and salt into a high-speed blender. Blend until smooth. You will have to stop the blender and scrape down the sides. If it really isn't blending, add a small amount more of coconut cream. Once blended, fold through the parsley.
3. Once the eggplants are cool enough to touch, add 2 tsp of the cashew mixture into the centre of the eggplant and roll up into little packages.

To serve

Spoon the dal into a large bowl. Gently place the eggplant wraps into the dal. Option to serve with chopped chives, lemon and micro herbs.



Whole cauliflower with tahini sauce, almonds & fingerlime

The success of this dish really depends on your oven. When we work at different retreat spaces, before starting this recipe, we first inspect the oven. Essentially you want more of a 'steamy' oven. A way to tell is when you have the oven nice and hot, if you open the door and steam comes out and hits you in the face then you know your oven 'steams things'. If it doesn't do this, you will need to cover your cauliflower with alfoil and in the last 10 minutes of cooking, take the alfoil off to crisp up the top.

Serves 8-10

Ingredients

2 medium cauliflowers (840g each), trim off most of the outer leaves. Cut away the bottom of the stalk so the cauliflower sits flat.

1 1/2 tsp sumac

1 1/2 tsp dried thyme

1 1/2 tsp cumin powder

1 1/2 tsp salt

1 tsp pepper

5 tbsp olive oil

Sauce

1/2 cup tahini

1/2 cup cold water

1 lemon, to make 2 tbsp of juice

1 tsp garlic, minced

1/2 tsp salt

To serve

1/2 cup almonds, chopped

3 fingerlimes, skin removed

2 tbsp coriander, finely chopped

Olive oil

Method

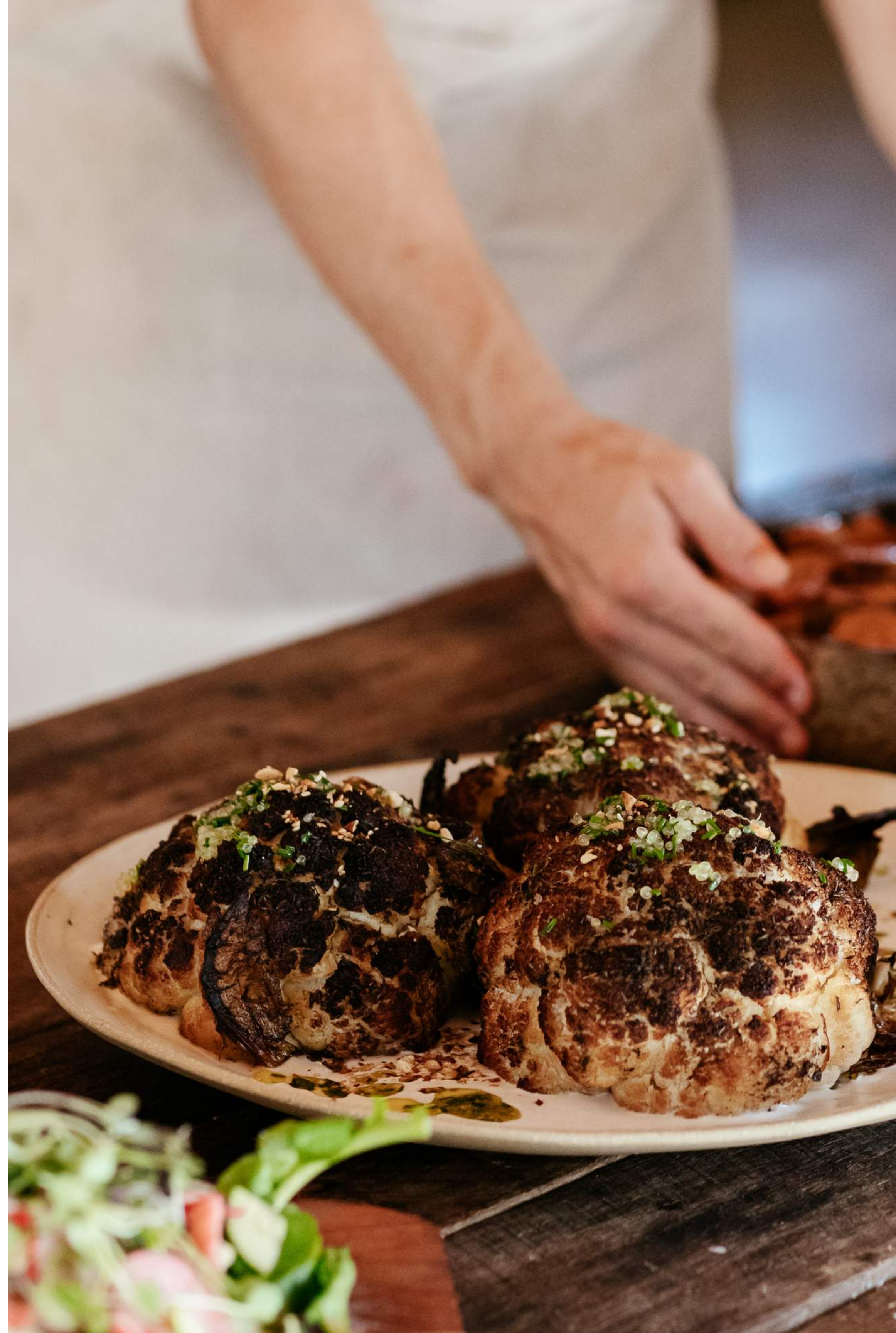
1. Make sure you make enough space in your oven to fit the cauliflowers and then preheat oven to 220°C.
2. Lightly oil a large baking tray.
3. In a small bowl add the sumac, dried thyme, cumin, salt, pepper and olive oil. Combine well with a spoon.
4. Poor half the mixture over 1 cauliflower and rub all over with your hands. Repeat with the other cauliflower.
5. Either cover with alfoil or leave bare depending on your oven (see intro). Place in the oven to bake for about 1 hour (depending on size) or until tender. Check by piercing the cauliflower with a knife, which should go through easily.

Sauce

1. While the cauliflower is cooking, place all of the ingredients into a blender and blend until combined. You will know it is done when the tahini becomes whiter in colour. Add more water if you would like it to be thinner. Once blended, transfer to a small bowl and set aside.

To serve

1. Place a small pan on medium heat. Add almonds by themselves. Stir until golden for about 4 minutes. Be careful here - they can burn easily. Set aside.
2. To serve, spoon tahini sauce onto a large plate. Add the cauliflower and top with chopped almonds, fresh fingerlime, coriander and a drizzle of olive oil. Serve warm.





Warm cabbage salad with toasted almonds

We love salad but when the months get colder our bodies tend to crave warmer foods. Interestingly enough, there is a reason why. When it is cold, your body is working harder to keep itself warm. Even though raw foods are packed with goodness, they require a lot of energy to break them down. That is why opting for 'pre-digested' cooked foods is often a good option for some people. Especially when your body is already working to stay warm. This is why we suggest eating lots of delicious warming foods in autumn. This salad is the perfect compromise if your still wanting to eat a 'salad' in autumn.

Serves 3-4

Ingredients

- 2 cups leek**, diced
- 1 tsp garlic**, minced
- 1 tsp cumin seeds**
- 1 tsp coriander seeds**
- 6 medium tomatoes (500g)**, finely diced
- 1/2 medium purple cabbage (900g)**, thinly sliced
- 1 lemon**, to make 2 tbsp of juice and 1 tsp of zest
- 1 cup almonds**, diced
- 2 springs shallot**, thinly sliced
- olive oil**
- salt**
- pepper**

Method

- Put 1tbsp olive oil into a large pan with a lid and place on a medium-high heat. Once hot, add the leek and sauté for 4-5 minutes, until soft and caramelised. Add the garlic, coriander seeds and cumin seeds and continue to fry, stirring frequently, for a further 2 minutes to release the flavours from the spices.
- Add the tomatoes to the mix with 1 cup of water. Place the lid on a simmer for 5 minutes or until the tomatoes start to become more of a liquid. Add the cabbage to the pot and cover with the lid. Leave on medium heat for 10 minutes or until the cabbage is just soft. Be careful not to over cook the cabbage as it can become 'slimy'.
- While the cabbage is cooking, place a small pan on medium heat. Add the almonds by themselves. Stir until golden for about 4 minutes. Be careful they can burn easily. Set aside.

To serve, mix through the lemon juice and zest, 1 tsp salt and 1 tsp pepper into the cabbage mix. Place the mixture in a bowl and sprinkle with almond, shallots and a drizzle of olive oil. Serve warm.

Miso-glazed eggplant with spiced basmati rice

Should you 'sweat' your eggplants?

Every time we cut this delicious purple vegetable, we ask ourselves this simple question.

The idea is that by applying salt to your eggplant and letting it 'sweat' you will draw out the bitterness, making it more sweet and full of flavour.

Do we do it? Well, sometimes we do, sometimes we don't, depending on how we are feeling and how much time we have. We personally haven't noticed too much of a difference either way but I am sure some people do. So it is up to you, depending on your time frame and if you deem it important.

Serves 3-4

Ingredients

Eggplants

2-3 small-medium eggplants, cut in half

2 tbsp miso paste

1 1/2 tbsp maple syrup

1 tbsp sesame oil

2 tsp garlic, minced 1 tsp ground ginger

Rice

3 cups basmati rice

2 tsp Asian spice mix (see page below) or Chinese 5 spice

1 tbsp fresh turmeric, grated with skin on (optional)

1 tbsp apple cider vinegar

2 tbsp olive oil

1/2 tsp salt

To serve

tahini sauce (p82)

Garnish

2 tbsp chives (5g), finely sliced

1/4 cup micro herbs (10g)

1/4 cup pomegranate seeds

1 tsp white and black sesame seeds

Method

Eggplants

1. Preheat oven to 180°C fan. Line a baking tray with baking paper.

2. Using a sharp knife, score a diamond pattern in the flesh of the eggplants.

3. Put the miso paste, maple syrup, sesame oil, garlic and ginger into a small bowl and, using a fork, combine until smooth. Then, using a pastry brush or spatula, generously apply the marinade to the fleshy side of the eggplants.

4. Put the miso eggplants on the baking tray and bake for 30-35 minutes until they are brown and cooked all the way through. Remove from the oven.

Rice

1. Meanwhile, put the rice in a strainer and rinse well under the tap.

2. Add the rinsed rice to a pot with 5 cups of water, the Asian spice mix (p38) and turmeric, if using. With the lid on, bring to the boil and then reduce to a simmer for about 15-20 minutes or until the rice is cooked through and the water has been absorbed. Remove from the heat and leave the lid on for a further 5 minutes. Mix in the apple cider vinegar, olive oil and salt.

3. Serve the rice and miso eggplants together with the ginger tahini sauce (p82) and garnish with chives, micro herbs, pomegranate seeds and a sprinkle of white and black sesame seeds. Enjoy!



Cacao, berry & quinoa cake

Yes, that's right! You can make cake from quinoa. This recipe is delicious and packed full of nutrients. It is a great way to use up any leftover quinoa from last night's dinner and make a decadent chocolate cake that's more healthy.

Makes 1 cake (23cm)

Ingredients

Base

2 cups cooked quinoa
1/2 cup coconut cream
1/4 cup olive oil
2 eggs, beaten
1 tsp vanilla powder or 2 tsp vanilla paste
pinch of salt
1 cup cacao powder
1 tsp ground cinnamon
1 tsp baking powder
1 tsp bicarbonate of soda
1 cup coconut sugar
1 cup berries (150g), we like to use a mix of raspberries and blueberries – frozen is fine

Icing

1/2 cup coconut oil
1 cup cacao powder
1 tsp ground cinnamon
1/2 cup coconut cream
2 tbsp maple syrup
pinch of salt

To serve

figs
berries, such as blueberries, raspberries and blackberries strawberries
pomegranate seeds

Method

Base

1. Preheat oven to 180°C fan. Line the bottom of a 7cm deep, 23cm springform cake tin with baking paper. There is no need to line the sides.
2. Put the cooked quinoa (p56), coconut cream, olive oil, eggs, vanilla and salt into a blender. Blend until combined.
3. In a large bowl, sift in the cacao powder, cinnamon, baking powder and bicarbonate of soda. Add the coconut sugar and whisk to make sure there are no lumps.
4. Add the wet mixture to the dry ingredients and combine well. Gently stir the berries through the mixture, trying not to break them.
5. Pour the mixture into the lined cake tin. Bake for 40-45 minutes until a skewer inserted into the centre comes out clean. Set aside to cool for 10 minutes in the cake tin. After 10 minutes, use a knife to cut around the edges and then release the spring and transfer to a wire rack to cool completely.

Icing

1. Melt the coconut oil in a small saucepan on low heat. Once melted, remove from heat and leave to cool for 5 minutes.
2. Once the coconut oil is lukewarm, sift in the cacao powder and cinnamon. If the coconut oil is too hot it will burn the cacao powder. Stir in the coconut cream, maple syrup and salt. Whisk until combined. Once combined, spread over the cake. The cake must be cool in temperature otherwise the chocolate will melt.
3. Decorate with figs, berries, strawberries and pomegranate seeds or as desired and serve straightaway or keep in the fridge for up to 5 days.





Raspberries & banana muffins

Tash used to put baking in the too hard basket.

"I used to believe it was something you had to use super accurate measurements and for someone who rarely uses a measuring cup, that wasn't my jam. (Don't worry, we tested everything thoroughly for this e-book.) But baking and any cooking can be intuitive. You just need to learn how to listen.

"After spending time baking, where I got to know the ingredients and different methods, I realised more than ever that cooking isn't a science. Ingredients change, your surroundings change and a recipe is just a guide (even in baking). My point is: let go of your self-doubt in the kitchen, be playful, make mistakes and fall in love with your food again. Your intuition is there, you just have to find it."

Makes 12 muffins

Ingredients

Wet ingredients

- 5 medium old bananas (80g when peeled)**
- 1 cup coconut cream**
- 1/2 cup olive oil**
- 1 tsp vanilla powder** or 2 tsp vanilla paste
- 1 tsp apple cider vinegar**

Dry ingredients

- 3/4 cup brown rice flour**
- 1/4 cup tapioca flour**
- 1 1/2 tsp ground ginger**
- 1 tsp baking powder**
- 1 tsp ground cinnamon**
- 1/2 tsp bicarbonate of soda**
- 1/2 tsp ground cardamon**
- 1/2 tsp ground nutmeg**
- 1 1/2 cups almond meal**
- 1 cup coconut sugar**
- 1/2 cup shredded coconut**
- 1/4 tsp salt**

- 1 cup raspberries(150g)**, frozen is fine

Icing

- 3 tbsp honey**
- 3 tbsp tahini**
- 1 tsp blueberry powder** (optional) plus more for decoration

To serve

- Marigold flowers**

Method

Base

1. Preheat oven to 180°C fan. Oil and then flour a muffin tray with 12 holes. Alternatively, you can use cupcake papers.
2. For the wet ingredients, combine 5 bananas, coconut cream, olive oil, vanilla and apple cider vinegar using a food processor. It should be a little bit chunky rather than completely smooth. Once combined, set aside.
3. For the dry ingredients, in a separate large mixing bowl, sift in the rice flour, tapioca flour, ginger, baking powder, cinnamon, bicarbonate of soda, cardamon and nutmeg. Add the almond meal, coconut sugar, shredded coconut and salt. Mix well with a whisk to remove any lumps.
4. Add the wet mixture to the dry ingredients and combine well with a wooden spoon. Once combined add the raspberries. Gently folding them through the mixture as you don't want them to break up too much.
5. Pour the mixture evenly into prepared muffin tray.
6. Bake for 10 minutes or until cooked all the way through. You can check this by placing a knife in the centre and seeing if it comes out wet. A little bit of mixture is okay. Leave to cool for 10 minutes in the loaf tins then transfer to a wire rack to cool completely.

Icing

1. In a small bowl add all icing ingredients with 1 tbsp of water. Combine with a fork until smooth. Spoon approximately 1 tsp on each muffin. Decorate with a sprinkle of blueberry powder and marigold flower petals.

