



Warming Winter Meal Ideas

BY BURBURY WHOLE
FOODS

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Winter is here!

Colder temperatures and fewer daylight hours means more time inside. In Ayurvedic traditions (ancient Indian yogic theology) it is believed that winter months trigger biological changes in our body. It suggests that we are inclined to crave cooked (easily digested foods) that are energy dense. Basically because our bodies require more energy to keep ourselves warm.

So, when cooking in winter, think plenty of soups, stews and broths. For ingredients, think root vegetables, spinach, broccoli, natural oils, fats like ghee, herbs and firey spices like clove, cinnamon, ginger, turmeric and star anise.

These ingredients will give you extra warmth and added immunity through the cooler months.

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

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





Mindfulness in the kitchen

Before every meal and while cooking we try to remember the many hands, energy and resources that went into creating the food we are about to eat. We have found taking this moment helps us experience this simple everyday necessity more profoundly. Connecting to your food in a conscious manner unveils the romance all around it, from a smile from your local farmer at the markets to a table full of hungry loved ones.

Although we have thoroughly tested each recipe in this ebook and they are as accurate as they can be, we still encourage you to treat them as more of a guide and try to foster your intuition in the kitchen. Be playful, make mistakes and, most importantly, don't stress. This simple approach can create so much joy in the kitchen, independent from the dishes you create.

By taking a few minutes before you eat to be present with your food, you are preparing your body. Just before you are about to eat something really delicious you have most likely noticed yourself beginning to salivate – that is step one of your digestion. When we eat in a rush, we miss out on this initial response. That is why it is important to stop what you are doing, put down your phone, turn off the television, walk away from the computer and try to be present with your food.

We also try to be mindful of our expectations around food. It is so easy to get caught up trying to create recipes exactly how they are intended and not trying something because it seems too difficult. This used to be the case for us with baking. We always thought it required very precise measurements which wasn't really our style, normally opting for a more intuitive approach. It wasn't until we started experimenting that we realised it was just like the rest of cooking; it is what you make it.

A small meditation to lower expectations in the kitchen and create a more playful mindset:

Exhale

1. Insecurities around food
2. Expectations in the kitchen
3. Judgement of what you eat

Inhale

1. Creativity with healthy food
2. Self-belief in your cooking abilities
3. Joy even when the dishes may not work





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 fruit 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 flus. 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!

Digestive Elixir

I learnt how to make this elixir in India when my stomach wasn't handling the new type of food. The spices help settle an upset stomach. I can honestly say, it really does work.

Serves 3 cups
GF, VN

Ingredients

4 cups water
1/2 tsp coriander seeds
1/2 tsp ajwain
1/2 tsp fennel seeds
1/2 tsp cumin seed

Method

1. In a mortar and pestle, add the whole spices. Crush until they are broken but not into a powder.
2. Add water and spices to a small pot. Simmer on low heat for 5 minutes. Serve warm.

We like to serve the drink with whole spices as chewing them is also good for your digestion. If you don't want to have the whole spices, strain and then serve.



Spiced rice porridge with berry & apple compote

This dish is a great way to spice up your breakfast, steering your porridge away from the classic oats. If you are feeling adventurous you can substitute the rice for whatever you like, such as millet or quinoa.

We love this porridge with ghee, yoghurt and our berry and apple compote. The compote is a simple way to use up some of those ageing apples, especially in winter when apples are in abundance. Feel free to use whatever fruits are in season. For summer, we love peaches with cherries.

Serves 3-4
GF, VN

Ingredients

Porridge

- 1 cup basmati white rice**
- 2 1/2 cups almond milk or milk of choice**
- 1 tsp vanilla powder or 2 tsp vanilla paste**
- 1 tsp ground ginger**
- 1/2 tsp ground turmeric**
- 1/2 tsp ground cinnamon**
- 1/2 tsp ground nutmeg**
- 1/2 tsp ground cardamon**
- pinch of salt**
- 1 tbsp maple syrup**
- 1/2 cup coconut cream**

Berry and apple compote

- 1 cup mixed berries (200g)**, you can use frozen 2 green apples (200g), diced
- 1 cinnamon stick**
- 2 tbsp chia**
- 1 tbsp fresh ginger**, grated with skin on
- 1/2 lemon**, to make 1 tbsp of juice and 1 tsp of zest
- pinch of salt**
- 1 tsp maple syrup**, more if you would like it sweeter

Method

Porridge

1. Rinse the rice well in a strainer under the tap.
2. Put the rice, almond milk, vanilla, ginger, turmeric, cinnamon, nutmeg, cardamon and salt into a medium pot on medium-high heat. Stir together to make sure they are well combined. Bring to a boil then lower to a simmer with the lid on, stirring occasionally.
3. Cook for 20 minutes or until it is thick and the rice is cooked. Remove from the heat.
4. Stir in the maple syrup, coconut cream and homemade ghee, if using, and top with berry and apple compote and yoghurt.

Berry and apple compote

1. In a medium pot, add the berries, 1 cup of water, apples, cinnamon stick, chia, ginger, lemon zest and salt.
2. Bring to a simmer on low heat for 15-20 minutes with the lid on. Depending on the berries, if there is too much liquid take off the lid and simmer for a further 5 minutes. Remove from the heat.
3. Take out the cinnamon stick and stir in the lemon juice and maple syrup.



Green curry with coconut black beans & pumpkin

This recipe idea came from one of our beautiful farmers, Kendrick. He grows and creates these amazing Thai herb bunches that make it super easy to create a delicious green curry paste.

Serves 5-6

GF, VN

Ingredients

Green curry paste

1 tsp whole coriander seed

1 tsp whole cumin seed

2-3 small chilies, including seeds

1 tsp garlic, minced

2 stalks lemongrass, tips trimmed, chopped

2 tbsp fresh galangal, or fresh ginger grated

4 shallots, or 1 brown onion, roughly sliced if using shallot use the green part as well

1 tbsp fresh turmeric, or 1 tsp ground turmeric

5 kaffir lime leaves, stems discarded

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

1 packed cup fresh coriander, washed including stems

3 tbsp olive oil

Curry

half medium Jap pumpkin (1kg), skin on and roughly chopped, seeds removed

1 cup black beans, soaked and cooked or from a can

1 cup good quality coconut cream

2 tbsp coconut sugar

3 tbsp tamari, add more depending on how 'salty' you like it

salt and pepper

olive oil

Garnish

coriander leaves, stems removed

chilli, thinly sliced

Method

Paste

1. To make the paste, add all of the ingredients into a blender with 1/2 cup of water. Blend until mostly smooth and set aside.

Curry

1. Preheat oven to 200°C fan and line 2 baking trays with baking paper.
2. Add pumpkin, 1 tablespoon of olive oil, and a generous pinch of salt and pepper to the baking trays. Combine well and bake for 40 minutes or until slightly brown and crispy. Set aside.
3. While the pumpkin is roasting, put 1 tablespoon of olive oil into a large pot and place on medium heat. Once hot, add the curry paste and sauté for 2 minutes to release the flavours from the spices.
4. Add coconut cream and 2 cups of water to the pot. Simmer on low heat for 30 minutes
5. Add black beans, tamari, and coconut sugar. Combine well. Adding more tamari if it is not 'salty' enough.
6. Add cooked pumpkin to the pot, gently folding it through, being careful not to break up the pumpkin too much.
7. Serve hot with coriander, chili, and basmati rice.



Chickpea, sweet potato & kale curry

We are going to reveal that we love MasterChef. Yes, the music can be slightly dramatic. But we actually do learn some things from this show. Yes, that's why we watch it, education... One thing we did learn is that you don't actually need to simmer curry for a long time. When you cook it quickly on high heat there is more flavour and you get a delicious curry on the dinner table in no time. Okay, so mainly Tash loves MasterChef and Tom sits through it out of love.

Serves 8-10
GF, VN

Ingredients

1 tbsp coconut oil
1 small brown onion (210g), diced
2 tsp garlic, minced
1 tbsp fresh ginger, grated with skin on
1 tsp sweet paprika
1/2 tsp cayenne pepper
4 tsp curry spice mix (p38 of Anything's possible cookbook) or curry powder of choice
6 curry leaves
1/4 cup of coriander stems (20g), chopped
4 medium tomatoes (350g), finely diced
1 cup coconut cream
1 medium sweet potato (400g), medium cubes with skin on
1 cup cooked chickpeas
2 cups kale (100g), finely chopped
1 tsp salt
1 tsp pepper
To serve
2 tbsp coconut cream
2 tbsp coriander leaves (6g), roughly chopped

Method

1. Put coconut oil into a large pot with a lid and place on a medium-high heat. Once hot, add the onion and sauté for 4-5 minutes, until soft and caramelised. Add the garlic, ginger, sweet paprika, cayenne pepper, curry spice mix (p38), curry leaves and coriander stems and continue to fry, stirring frequently, for a further 2 minutes to release the flavours from the spices.
2. Add the tomatoes, coconut cream and 1 cup of water. Continue to cook on medium-high heat for 10 minutes with the lid on, stirring occasionally. Then add sweet potato and cook for a further 10-15 minutes or until sweet potato is cooked.
3. Take off the heat, add chickpeas, kale, salt and pepper. Leave to cool for 5 minutes then serve.
4. Serve with coconut cream and coriander leaves. Option to serve with basmati rice.



Beetroot, broccoli & macadamias

At least once a week, we love to have a big bowl of vegetables – nothing too fancy, just a few spices, lemon, and olive oil. This dish goes great with a simple tahini dressing and you can have it as a side or on its own.

Serves 5
GF, VN

Ingredients

1 medium head broccoli (200g), cut into florets with the centre stalk included
1/2 tsp salt
1 tsp caraway seeds
1 tsp sumac
2 beetroots (440g)
1 lemon, to make 2 tbsp of juice and 1 tsp of zest
olive oil
salt

To serve

Toasted macadamias
Marigold flowers (optional)

Method

1. Preheat oven to 200°C fan. Line a baking tray with baking paper.
2. In a medium to large bowl add the broccoli, salt, 1 tablespoon of olive oil, sumac and caraway seeds. Toss until combined. Place on the lined baking tray and place in the oven for 15-20 minutes until cooked through. While they are cooking, complete the next steps.
3. Using a sharp knife, make 14-16 small incisions evenly around the beetroots. This will help them to cook all the way through.
4. In a medium pot, add 6 cups of water and bring to the boil. Add the beetroot and reduce to a simmer, leaving the lid on. Cook for 20 minutes or until the beetroots are cooked. Drain and set aside to cool.
5. Once cool enough to hold, peel the beetroots by running them under cold water and using your fingers. The skin should slide off easily. Cut into small cubes.
6. In a large mixing bowl, add the broccoli, beetroot, lemon, drizzle of olive oil and pinch of salt.
7. Serve with macadamias and marigold flowers





Roast potatoes with coconut tahini sauce

We love taking an afternoon to do our food prep for the week. Most of us live busy lives and when it comes to cooking many of us are often strapped for time. We find taking a few hours on your day off to prep food for the week can be a big time saver and help you to stop reaching for processed foods and takeaway.

It can also take the stress out of cooking. When you set aside some time to prepare your food, you are mentally ready to spend time in the kitchen. You can create a space to really enjoy cooking again instead of rushing when you get home from work while the kids are eagerly asking, "What's for dinner?"

One of the things we prep is roast veggies. That way you always have a healthy snack in the fridge, something to add to a frittata or ingredients to make a tasty hummus or this delicious salad.

Serves 2-3
GF, VN

Ingredients

1 medium purple sweet potato (200g), medium cubes

1 medium sweet potato (300g), medium cubes

3 springs fresh thyme

olive oil

salt and pepper

Sauce

4 tbsp coconut yogurt

2 tbsp tahini

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

1 tsp salt

1 tsp fresh garlic, minced

Garnish

Shallot

1 red chili, sliced

Method

1. Preheat oven to 200°C fan. Line a baking tray with baking paper.
2. Put the purple potato and sweet potato on the lined baking tray, coat with olive oil, season with salt and pepper. Sprinkle the leaves of the thyme evenly. Roast in the oven for 30-40 minutes or until cooked. Remove and set aside.
3. While the potatoes are baking make the sauce, Place all ingredients in a bowl. Combine well with a fork.
4. To serve, spread the sauce out evenly on a large flat bowl and place the potatoes on top. Garnish with shallots and fresh chilies.

Sweet potato & lemon tomato sauce

You could say this is our take on chips and tomato sauce. Homemade lemony tomato sauce, roasted sweet potatoes...mmmm just delicious for any occasion. Thoughtfully place the sweet potatoes in the sauce for a beautiful dinner party dish.

Makes 1 cake (23cm)
GF, DF

Ingredients

3 small sweet potato (200g), Cut into semi circles. It helps if they are small potatoes.
1 tbsp olive oil, plus extra to serve
2 cups leek (200g), diced
2 tbsp fresh chilli, sliced
2 tsp garlic, minced
1 tsp sweet paprika
5 medium tomatoes (500g), diced
2 cups cherry tomatoes (270g), halved
1 lemon, to make 2 tbsp of juice and 1 tsp of zest
1/2 tsp salt
1/2 tsp pepper

Method

1. Preheat oven to 200°C fan. Line a baking tray with baking paper.
2. Put the potato and sweet potato on the lined baking tray, coat with olive oil, season with salt and pepper. Roast in the oven for 30-40 minutes or until cooked. Remove and set aside.
3. While the potatoes are baking, make the sauce. Put olive oil into a medium pot with a fitted 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 chili, garlic, and sweet paprika and continue to fry, stirring frequently, for a further 2 minutes to release the flavours from the spices.
4. Add both types of tomatoes and 1/4 cup of water. Cover and bring to a simmer for 20 minutes or until the tomatoes have broken down to a sauce.
5. Stir through the lemon juice and zest, salt, and pepper.
6. Poor the sauce into a flat bowl and place the cooked sweet potato on top, spread evenly.





Blackberry & orange cake

Oranges and blackberry are one of our favourite food combinations. This cake is best devoured, warm and straight out of the oven with a cup of tea, lounging in the winter sun.

Makes 12 muffins
GF, DF

Ingredients

Wet ingredients

2 medium oranges
¾ cup coconut cream
2 eggs

Dry ingredients

½ cup rice flour
½ cup buckwheat
½ tsp baking powder
½ tsp bi-carb soda
½ tsp vanilla powder
2 cups almond meal
1 cup coconut sugar
1 cup blackberries

1 cup black berries(150g), frozen is fine

Icing

3 tbsp maple
3 tbsp tahini
3 tbsp coconut yogurt

To serve

chopped pistachios
dried rose petals
slices of orange

Method

Base

1. Add oranges to a pot and cover with water. Bring to the boil then simmer for 15-20 minutes or until soft. Remove and cut into quarters leaving the skin on.
2. Add oranges to a blender and process until smooth. Add coconut cream, eggs and process for a further minute.
3. In a large mixing bowl, sift the buckwheat flour, rice flour, baking powder, bi-carb and vanilla powder. Add almond meal and coconut sugar. Combine well. Add the wet mixture to the dry mixture and use a wooden spoon to mix together well.
4. Line the bottom of a spring board cake tin 7cm deep, 23cm in diameter. Add the mixture then push the blackberries into the top making sure they are evenly spread.
5. Place in the oven for 20-30 minutes. You will know its cooked if you place a knife in the middle and it comes out relatively clean. Serve warm with a cup of tea.

Icing

1. In a small bowl add all icing ingredients. Combine with a fork until smooth. Spread evenly over cake. Decorate with pistachios, rose petals and slices of orange

