



Spring Recipe Ideas

BY BURBURY WHOLE FOODS

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Spring is here!

Spring is our favourite time of year. It's a time to shift stagnant energy, create new habits and spend more time outside.

We love how the warmer weather inspires us to cook simply, using lighter vegetables and less heating spices. We create more cleansing warm dishes with fewer fats and more fresh vibrant herbs.

When cooking in spring, we love incorporating more raw foods into our diet, meaning plenty of fresh greens and zesty flavours. For ingredients, think radishes, carrots, cabbage, leafy greens, lemon, fresh herbs, and for spices think fennel seeds, coriander, cardamom and saffron.

These ingredients will bring lightness and balance as the months become warmer.

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

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.



How do I get flavour in my food?

There are so many ways to get flavour into your food. Below are some healthy whole food ways we love and use ourselves...

Quality

We often get asked how does your food taste so good? To be honest the most important way to get flavour is quality. If it is fresh, local and grown in good soil, the food will speak for itself. You will also save money and keep your dishes healthy because you don't have to add as much to get flavour.

Spices

Spices are usually made from the seeds, berries, bark, or roots of a plant. Not only do they improve the taste of foods, but they are also packed with incredible health benefits. The thing with spices is that they need heat to release flavour. Dry frying before adding to dips and condiments or adding before liquids is essential to getting the most out of your spices

Herbs

If you've tried our cooking before, you will know that we love using lots of herbs. They give freshness and vibrance to a dish as well as different textures and fragrance. Not to mention they are little bundles of nutrient-dense goodness.

Process

To us, the purpose of 'cooking' is not to lose the ingredient within the process but to simply find its hidden potential. This is a cook's most important job, exploring what is possible with an ingredient. We're going to show you, in this e-book, some of these 'processes' or techniques we've discovered so far to really show off your ingredients.

Paring

Paring is arguably the most important step in getting flavour in your food. The combination of ingredients is what will balance a dish. These parings are most commonly- sweet, fat, acid, salt and heat. Once you understand these flavours you will notice what a dish needs to feel complete or to take it to the next level of deliciousness.





The importance of adding colour and texture to your food

Colour and texture will lift the overall experience of your dish and change the way you think about ingredients.

Colour

We often say- you will have flavour and a balanced meal if your plate is filled with colour. If you're unsure how to elevate your dish, think visually. Your eyes will let you know what you need and your taste buds will thank you.

Texture

Texture is how you create a narrative with your food. When you first take a bite, you'll notice the layers you've created. Experiment and play with these layers and see how they feel in your mouth. Something crunchy, smooth, finely chopped, loosely chopped etc., will make a big difference in how your food is received. The more textures/layers you create the more interesting it becomes.

Local salad with pickled fennel

Serves 3-4
GF, VN

Ingredients

400g mix greens
300g fennel, thinly sliced
3 tbsp apple cider
1 medium avocado,
thinly sliced
1 cup fresh herbs
(100g)
1 shallot, thinly sliced
1 tbsp maple syrup
1/4 cup macadamias,
halved
salt
olive oil
edible flowers (optional)

Method

Place the fennel into a small bowl and cover with apple cider and 1 tsp salt. Leave for 15 minutes.

On a dry medium fry pan add the macadamias and place them on low to medium heat. Fry for 5 minutes or until the macadamias begin to lightly brown. Take off the heat, stir in maple syrup and a pinch of salt straight away. Set aside to cool.

To make the salad, using a flat platter, add the mixed greens, fresh herbs, 1 tbsp of the liquid from the fennel, and 1 tsp of olive oil. Combine well. Finish by adding the fennel, avocado, maple macadamias, and edible flowers if using.



Rice with grilled lime & textured toppings

Serves 3-4
GF, VN

Ingredients

3 cups basmati rice, soaked for minimum 30 minutes

1/2 cup raw pecans, roughly chopped

1/2 cup currants

4 tbsp apple cider vinegar

8 threads saffron, soaked in 2 tbsp boiling water for 30 minutes

1 tsp cumin seeds

1 cinnamon stick

5 bay leaves

1 tsp fennel seeds

1 tsp nigella seeds

1 medium chilli, sliced

1 lime

olive oil

salt and pepper

Method

Place currants and chilli in a small bowl and cover with apple cider vinegar.

Place the soaked rice in a strainer and rinse well under the tap. Drain all excess water.

Add the rice to a pot with 5 cups of water with the cumin, the cinnamon stick, bay leaves, nigella seeds and fennel seeds.

With the lid on, bring to a 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.

While the rice is cooking, place a dry fry pan on medium heat. Add the chopped pecans and toast until golden. On the same pan, fry the lime face down until browned.

Strain the currants and chilli liquid into the rice and place the currants and chillies aside. Add the saffron and saffron water, 3 tbsp of olive oil, a good pinch of salt and pepper to the rice and combine well.

To serve, place rice on a flat platter and top with pecans, currants and chilli. Finish with lime on the side so everyone can add as much lime as they like.





A light spring dahl

Serves 5-6
GF, VN

Ingredients

Dahl

5 medium red radish (500g), halved
1 medium sweet potato (600g), cubed
2 cups split yellow moong dahl, soaked for minimum 4 hours
1 tsp coriander seeds
1 tsp cumin seeds
8 cardamom pods
1 tsp fennel seeds
1 1/2 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 cup coconut cream
10 baby tomatoes
olive oil
salt and pepper

Lemon tahini 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

pesto See page 81 [*Anything's Possible Cookbook*](#)
coriander leaves

Method

Soak the dahl the night before and rinse thoroughly.

Preheat oven to 180°C fan. Line a baking tray with baking paper. Add radish and sweet potato, drizzle with olive oil, and season with salt and pepper. Cook for 40 minutes or until golden.

While the veggies are baking, put the dahl and 4 cups of water into a large pot and place on low to medium heat. Simmer for about 30 minutes or until the dahl is cooked. You will know it's cooked when you can squish it easily between two fingers.

While the dahl is cooking, in a mortar and pestle, grind the coriander seeds, cumin seeds, fennel, and cardamom pods. Set aside.

Put 1 tbsp of olive oil into a separate medium fry pan and place on medium-high heat. Once hot, add the leek and sauté for 4-5 minutes, or until translucent. Add the ground spices from the mortar and pestle as well as the coriander stems, ginger, garlic, and turmeric. Continue to fry, stirring frequently, for a further 1-2 minutes to release the flavours from the spices.

Once the dahl is cooked, add everything from the pan to the dahl in the pot with the coconut cream and simmer on low for 10 minutes. Remove from the heat, stir in 1 tsp of salt, and set aside.

Bring a clean dry pan to medium to high heat. Grill the tomatoes until charred on each side. Set aside.

Sauce

While the dahl 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

Stir through half of the roasted vegetables into the dahl. Evenly place the rest of the roast vegetables on top with the grilled tomatoes. Drizzle over tahini sauce and dollops of pesto. Finish with coriander leaves.

Cauliflower quarters with herbed tomato salsa

Serves 4-5
GF, VN

Ingredients

1 large whole cauliflower cut into eighths with leaves on
2 tbsp curry spice mix (see [anything's possible cookbook](#) to make your own)
3 tbsp olive oil
1 tsp salt

Salsa

1/4 cup coriander (50g), finely chopped
1/4 cup parsley (50g) finely chopped
1 red chilli, finely chopped
3 medium tomatoes, diced
1 lime, to make 2 tbsp of juice and 1 tsp of zest
1 shallot, diced
olive oil
salt and pepper

Method

Preheat oven to 180°C fan.

Depending on your oven you may need to blanch the cauliflower first for 3 minutes in boiling water with the lid on. You can tell if your oven 'steams' if when you open the door when it's on you get a face full of steam.

In a large bowl, add the blanched cauliflower, olive oil, salt, and the spice mix. Carefully mix making sure everything is evenly coated.

On a large lined baking tray add the cauliflower. Make sure there is space to spread them out. You don't want everything on top of each other. Cook for 10-20 minutes or until the cauliflower is well browned.

While the cauliflower is cooking. Make up the salsa. Combine everything in a bowl with a drizzle of olive oil, a pinch of salt, and pepper.

Transfer the cauliflower to a platter, spoon the salsa over evenly. Serve immediately.



Grilled eggplant with preserved lemon

Serves 3-4
GF, VN

Ingredients

2 medium eggplants (800g), cut into circles
1 1/2 tablespoons preserved lemon peel, finely chopped
1 tsp garlic, minced
1 tsp sumac
1 chilli, thinly sliced
olive oil
salt and pepper

To serve
coriander leaves

Method

In a small bowl mix together the garlic, chilli, sumac, pinch of salt, preserved lemon (see pg.11), and 1 tbsp olive oil. Set aside

Using a skillet or a large frypan, bring to medium to high heat. Add 1-2 tbsp olive oil and once hot add the eggplant circles. Sprinkle a generous pinch of salt and pepper evenly over the eggplants. Grill for 2-3 minutes each side or until cooked all the way through. Try to turn them only once. This creates more charring which is where the flavour is. You may need to repeat as the eggplants won't all fit in one pan.

Once the eggplants are cooked, serve, in a medium bowl and add all ingredients, combine well. Top with coriander leaves.





Preserved lemon

Make 1 medium jar
GF, VN

Ingredients

2 medium lemons, sliced
1cm thick
2 medium lemons, to make
5 tbsp juice
1 1/2 tbsp salt
1 sterilised medium jar with a wide mouth with a screw lid

optional
bay leaves,
peppercorns,
whole spices

Method

Salt the bottom of the jar with 1/4 teaspoon salt and begin layering the lemons, salting each layer with a 1/4 teaspoon salt leaving at least 1 inch of room at the top of the jar.

Once the jar is filled press them down with your fingers. Add the juice from the remaining 2 lemons to completely submerge the slices, again pressing down with your fingers. Weight the lemons down so they are under the brine. If there is space at the top of the jar, use something heavy to keep the lemons submerged. Cover with a screw-top lid.

Place in a cool dry place for at least 1 week, feel free to shake the jar to make sure lemons are submerged under the lemony salty brine. After about a week they should start to look translucent and the peel tender. If you notice mold at the top, it is likely because lemons were exposed to air- not to worry. Just remove that top layer and make sure the remaining lemons are submerged under the brine.

Once ready, refrigerate!



Wattleseed and linseed crackers

Serves 2-3
GF, VN

Ingredients

- 1/4 cup sunflower seeds**
- 1/4 cup pepitas**
- 1 tbsp coriander seeds**
- 1 1/2 cups ground linseed**
- 1/4 cup sesame seeds**
- 1 tsp ground wattleseed**
(optional)
- 2 tbsp chia seeds**
- 1 tbsp maple syrup**
- 1 1/2 tsp salt**

Method

Preheat oven to 140°C fan. Line baking tray with a silicon matt

Add the sunflowers seeds and pepitas to a food processor, pulse until it becomes a coarse mixture. Be careful not to turn it into a flour.

Transfer to a large mixing bowl.

In a mortar and pestle, grind the coriander seeds to a powder. Add to the mixing bowl.

Have a whisk ready. Add the linseed, sesame seeds, wattleseed, chia seeds, maple syrup, salt and 1 1/2 cups of water. Whisk straight away as the chia seeds can clump together if you wait.

On a baking tray, using a silicon mat, spread out the mixture so it is roughly 5mm thick. Use a knife to score the mixture into pieces. We like ours in relatively large squares.

Bake for 1 hour or until crispy.

Chai spiced banana bread

Makes 2 loaves

GF, VN

Ingredients

Wet ingredients

7 medium old bananas (1.2kg 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 cardamom

1/2 tsp ground nutmeg

1 1/2 cups almond meal

1 cup coconut sugar

1/2 cup shredded coconut

1/4 tsp salt

Icing

3 tbsp maple

2 tbsp tahini

4 tbsp coconut yogurt

Method

Preheat the oven to 180°C fan. Line two 7cm-deep, 22 x 11cm loaf tins with baking paper, ensuring the bottoms and sides are covered.

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.

For the dry ingredients, in a separate large mixing bowl, sift in the rice flour, tapioca flour, ginger, baking powder, cinnamon, bicarbonate of soda, cardamom and nutmeg. Add the almond meal, coconut sugar, shredded coconut and salt. Mix well with a whisk to remove any lumps.

Add the wet mixture to the dry ingredients and combine well with a wooden spoon.

Pour the mixture evenly into each of the prepared loaf tins. Cut the last two bananas lengthways and place 2 slices of banana on top of each.

Bake for 30 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.

While you're waiting for the loaves to cool, make the icing. In a small bowl, combine the icing ingredients using a fork. Spilt the mixture in half and spread evenly on the loaves. Enjoy!



