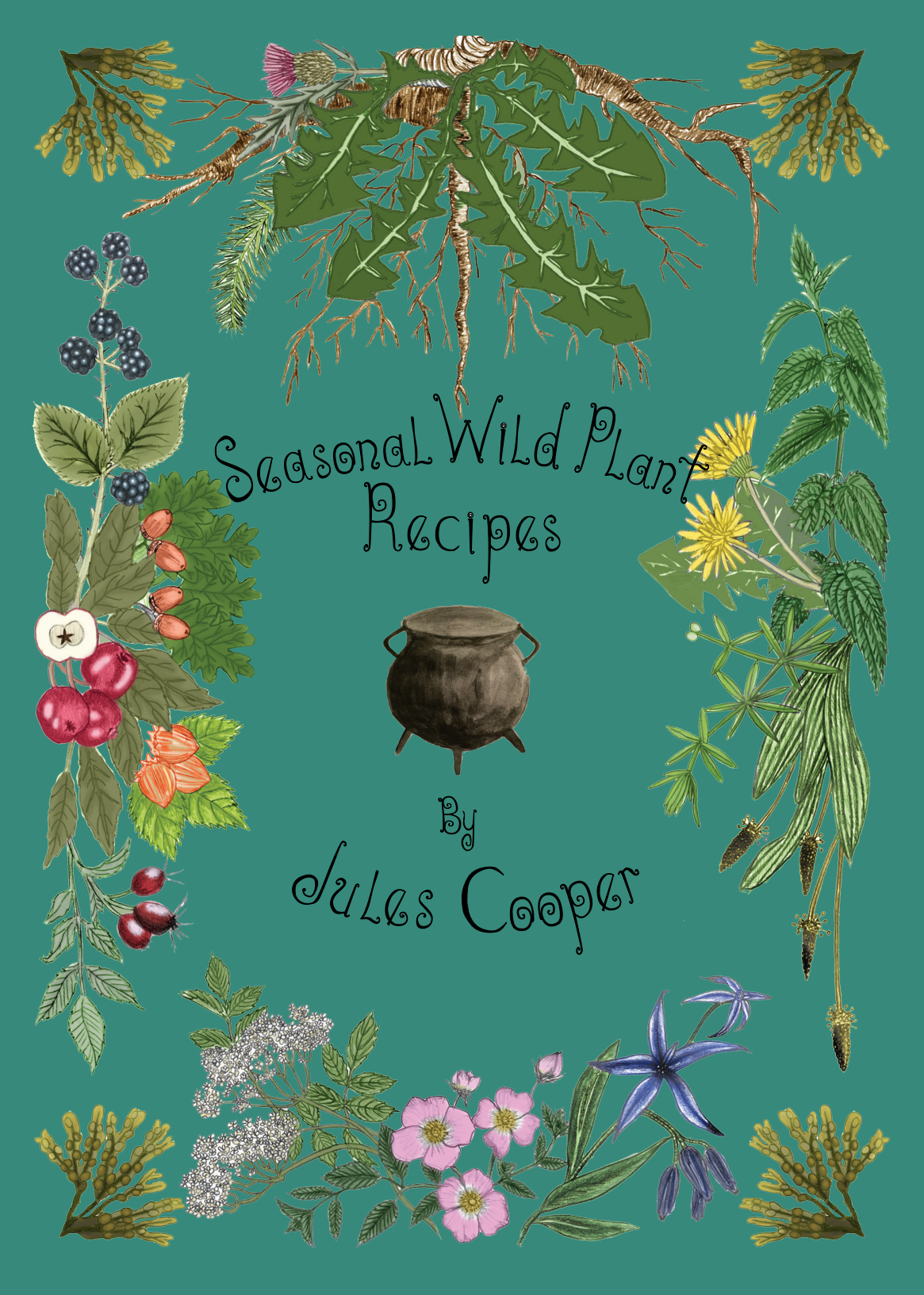




Seasonal Wild Plant Recipes



By
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Marinated Sea beet salad

5 cups of Seabeet

Marinate 150g of washed and dried Seabeet in:

2 tbsp olive oil

2 tbsp water

1 tbsp Tamari

2 tbsp lemon juice

1 tbsp curry powder

1 tsp Celtic sea salt



Leave to marinate for 5 hours or overnight.

Serve as a side dish with rice and salad.

Hazelnut Dukka

A really popular snack at events!

65g hazelnuts toasted

5 tbsp coriander seeds toasted

2 tbsp whole cumin seeds toasted

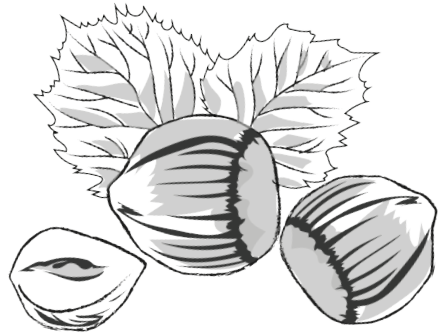
30g sesame seeds toasted

1 tbsp dried wild thyme

1/4 tsp chilli powder.

2 tbsp dried ground seaweed

Salt and pepper



Place all ingredients into a food processor and process to a finely ground consistency and place the Dukka in a bowl.

Serve by dunking chopped pieces of crusty bread in olive oil then into the Dukka.

Store in a glass jar and keep in the fridge for 2 weeks.

Hawthorn ketchup

Hawthorn (*Crataegus monogyna*)

Hawthorn is a wonderful heart and circulatory medicine.

The leaves, flowers and haws are edible and medicinal!

750g haws stalks removed

500ml Apple cider vinegar

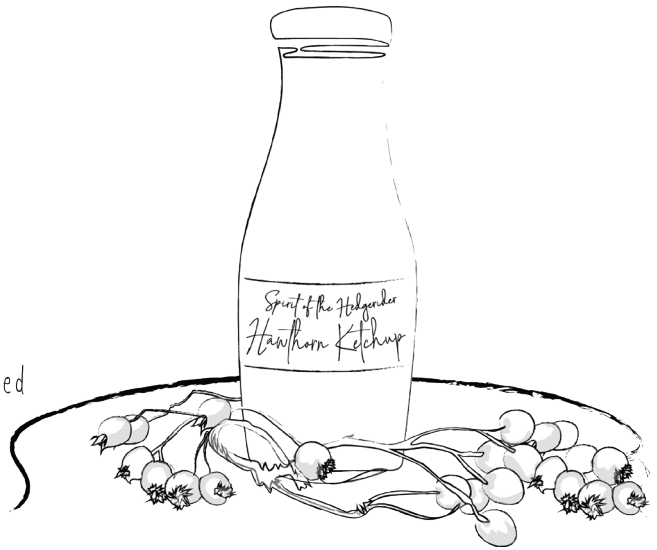
500ml water

250g soft brown sugar

2 red chilli peppers

2-inch piece of root ginger grated

Black pepper to taste



Add haws, chillies, ginger to a heavy based saucepan and stir in the in the water and vinegar. Cook until everything is really soft. Strain the mixture through a strong wired sieve pushing the berries through the sieve with the back of a spoon. Try to get as much of the pulp as you can through the sieve.

Add the pulp back to a clean pan and add the sugar, stirring to dissolve.

Bring the mixture to the boil and simmer until the sauce is thick.

Pour into sterilised glass jars.

Keep in a dark place, the flavour improves with age.

Serve as a dipping sauce, it's great with the Pakoras!

Wild Garlic Vegan Pesto

Wild Garlic (*Allium ursinum*)

65g sunflower seeds

100g wild garlic leaves

1 zest and juice of one lemon

1/2 tsp salt, more to taste

4 tbsp Nutritional Yeast

Salt and pepper to taste

120 ml extra virgin olive oil

a generous pinch of chilli flakes (optional)



Wash wild garlic leaves really well and dry them in a salad spinner or pat dry with clean tea towel.

Place all the pesto ingredients into a blender and process until smooth.

Keep in a lidded container in a fridge and use within 3 days.

The pesto goes well with the pakoras!