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Te Wai Pounamu

Ingredients

- 1500g dried fava beans
- 1500g onion
- 6 bay leaves
- heaped teaspoon canterbury fenugreek
- 100ml apple cider vinegar
- A few bits of dried macrocystis kelp
- Sunflower or rapeseed oil

Method

1. Soak 1500g fava beans w a few pieces of kelp and a teaspoon of salt overnight in pressure cooker filled with water to the rivets.
2. in the morning, bring to the boil (steady steam stream from lid) then simmer for 1 hour
3. Chop onions and add to mid-sided 1/1 gastro. Salt and generously oil.
4. Combi mode @ 160 10mins, convection mode @ 160 10mins. Maybe a few minutes at 180. Onions should be browning and slightly caramelised.
5. After 60 mins take beans off heat and wait for pressure to lower (steam not streaming). Strain and reserve cooking water.
6. Add the beans to the onion tray. Salt.
7. Drizzle oil on top then convection mode @ 180 10 mins. Stir and repeat. Beans should be browned and bursting.
8. Add bay leaves and fenugreek and bean cooking water water. Put lid on.
9. Combi mode @ 160 at least 20mins
10. Add ~100ml apple cider vinegar.
11. Taste and season if required.

The Best Potatoes

Ingredients

- Potatoes (Recipe designed for Pypers washed Agria the best)
- Sunflower or rapeseed oil
- Salt
- Maybe some herbs

Method

1. Chop potatoes into fun chunks. Aiming for 3-5 pieces per potato is a good way to ensure fun.
2. Put into 1/1 gastros 1 layer deep. Higher sides are better so there is room to toss.
3. Salt and oil.
4. Combi mode @ 150 10mins
5. Stir and jiggle to rough them up a little. Oil again.
6. Convection mode @ 180 10mins
7. Jiggle and loosen bits from bottom, jostle. Add herbs if using.
8. Maybe some more convection @ 200 for browning. Aiming for deep browning.
9. Salt to taste.
10. May be reheated convection mode @ 200 ~5mins

Mozzarella

Ingredients

4 litres | 1 gal milk: fresh, whole (3-4%)

2 tbsp cooled, boiled water

1 tsp salt

2 tsp citric acid

½ tsp | 2.5ml calf rennet*

* You can also use vegetable or microbial rennet but check the instructions on the label of your particular rennet as it may be a different amount to add to 4 litres of milk.

Method

1. Stir the citric acid into the milk for 30 seconds, then warm the milk in a bain-marie to 31°C (88°F) over 5 minutes.
2. Dissolve the rennet in 1 tbsp of cooled, boiled water, add to the milk and stir for 30 seconds, then warm the milk over 5 minutes until it reaches 41°C (106°F).
3. Remove from the heat and leave on the kitchen bench, covered with a sanitised cloth or pot lid for 20 minutes. The curds and whey will separate over this time.
4. Drain the curds in a sanitised, cheesecloth-lined colander. Leave for 5 minutes until most of the whey has drained off.
5. Place the curds in a large microwave-safe bowl. Heat on high for 1 minute or until it is just beginning to melt.
6. Put on sanitised protective rubber gloves. Take the bowl out of the microwave, squeeze the curds and tip off any whey until it stops dripping. Put back into the microwave for 20 seconds or so (it will depend on your microwave) on high until it all melts together and looks like thick custard.
7. Remove from the microwave, sprinkle over the salt, and begin kneading the curd, folding it over and over.

Note: it will be very hot.

Use your hands or a sanitised wooden spoon to stretch it out, then roll it into a ball and repeat for 30 seconds to 1 minute until it is the consistency of chewed gum. The curd must be really hot while you do this or it will not stretch. If it gets cold, put it back in the microwave until it melts again (20 seconds or so).

8. Shape handfuls into balls and place into ice water to go cold. Once cold, remove from the water and store in a container in a little bit of sterilised water, or a 10% brine (370g plain salt to 4 litres of cooled (12°C) boiled water), or you can vacuum pack it. You can use this cheese immediately, or store it for up to 5 days.

What to do if you don't have a microwave

There is a second option for finishing this cheese if you don't have a microwave or don't want to use one. When you get to Step 5, heat a pot of water to 80°C (176°F) and place spoonfuls of curd into the hot water. Wear rubber gloves, and repeat Steps 6-9.

Crazeeee Cake

Ingredients

Dry

3 cups flour
2 cups granulated sugar
1/2 cup (or more) cocoa powder
2 tsp baking soda (sieved)
1 tsp salt

Wet

3/4 cup vegetable oil
2 Tbsp vinegar
2 cups water
double shot espresso

Mix dry ingredients well (no baking soda lumps pls)
mix wet ingredients
Stir wet into dry
pour into greased tin

Bake at 160C for 30-40 minutes
check with knife/toothpick

Peanut Sauce

5 garlic cloves

1 thumb ginger

2 (or more) green chillies

shallow fry in oil

add 1 Tbsp soy sauce

3 heaped Tbsp smooth peanut butter

add splash of water and blend with stick blender

add acid (vinegar or lemon juice) to taste

simmer down if too thin

FIZZY SYRUPS

Lemon

Makes 800ml

Combine:

Juice of 10 lemons (approx 400ml lemon juice)

Sugar syrup (400ml water with 200g dissolved sugar)

note: heating the lemons reduced their flavour

Ginger

Makes 160ml (on first attempt)

200g ginger

200ml water

200g sugar

blend and rest over night

strain solids out

Spice bikkies

300g Emulsified fat (butter replacement) 2T ground flaxseed soaked in 1/4 C water, weigh in 250 g coconut oil, warm til almost melty, whisk to emulsify

340 g sugar, as soft and dark as possible ideally soft brown plus muscavado, or use plain with a bit of treacle or molasses

1t salt

1/4 t citric acid, or use 1t vinegar in water above

7 t spice mix (or more) 4t cinnamon 1&12 t nutmeg 1/2t ginger 1/2 t cardamom 1/2 t all spice, substitute as necessary

whisk like mad = creamed

add 3 &1/3 C flour

1t baking soda sifted

mix to dough. rest, roll out about 4 mm thick, cut out, maybe chill.

bake 160 degrees 9 minutes

optional ice top layer, sprinkle with imitation jelly crystals

Chai Masala Powder

in a small roasting tray:

30g cinnamon quills broken into pieces

10g black peppercorns

10g green cardamom pods

roast lid on @ 160 for 10 mins

remove lid and let cool

grind in spice grinder

add 1 tsp ground ginger powder

P-Fu

Ingredients

-2C pea flour

-6C water

-Salt

Instructions

Soak for 2C pea flour and 3C water for ~20 mins

In a separate pot bring the remaining 3C water to a boil

Add salt to taste (1 1/2 tsp? Please report back)

Whisk in the soaked pea flour slurry

Bring to a boil, then cook on LOW for 8 minutes

Pour in to a half-length gastro tray and smooth over

Allow to cool/set (happens quick)

Fruit Wine

In a sterilised 20L bucket:

~10kgs fruit (stones removed if present - boiling and sieving can be useful for this)

~2.5kg sugar

water to ~18L

tiny friends (either commercial, recycled, or natural yeast)

If using fruits high in Pectin, you can add ~5tsp of pectinase aka pectic enzyme which will help disintegrate the fruit structure. if unsure, look online to see if your has high pectin.

If using low acid fruits, you can add ~1tsp of citric acid (or any other culinary acid) which will help decrease the risk of infection and affect taste. Again, if unsure look online to see the acidity of your fruit.

Put lid on and store in a cool room (thermally cool)

CO2 will begin being produced in the first few hours-days - burp the bucket as required.

This will peak in the first 1-2 weeks, before tapering off over the following weeks.

After 6 weeks (1.5 moons) the primary fermentation will be complete - observe, smell and taste the work of the tiny friends.

If required, skim the top layer or discard the fruit, or change to a clean bucket, discarding the sedimentary layer at the bottom.

Continue to monitor how the wine develops, at some point in time the fruit will likely "fall out" (sink to the bottom), at which point it can be discarded, and the wine either bottled or left in the bucket.

The wine is drink whenever a desirable taste is reached.

When opening the bucket keep airflow to a minimum, and sterilise all tools being used.

Each time the bucket is opened will contribute to the wine's spoilage.

When the wine begins to sour it can be "kicked on" into vinegar (see bottom)

To age or preserve wine against spoilage "rack" (transfer) it into sterilised bottles.

Carbonation can be induced in bottles by "priming" (adding sugar) to each bottle - Note: this will also increase the acidity in taste.

Different fruits have various aging times until mature. Reasonable minimum aging times in my experience are:

Apple cider (no sugar, from juice): 3 months (6 months better)

Plum wine: 6 months (unknown ideal)

Kiwifruit wine: 3 months (unknown ideal)

VINEGAR PRODUCTION

If the wine is beginning to become more acidic over time it is likely being transformed into vinegar. In order to encourage this process, remove the lid and cover with a cloth, using a rubber band around the rim to ensure no bugs can enter (they will want to).

If available, use a fish tank bubbler to decrease the time of fermentation (from ~9 months to ~3 months).

Continue to monitor how the vinegar develops - observe, smell and taste the work of the tiny friends - change to a clean bucket if required

Use or bottle when desired (I usually wait until the PH drops below 3.0)