

# Recipes

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# Te Wai Pounamu

## Ingredients

- 1500g dried fava beans
- 1500g onion
- 6 bay leaves
- teaspoon fenugreek
- 1/2 cup mature lacto veg (usually sauerkraut)
- 100ml apple cider vinegar
- A few bits of dried kelp
- Sunflower or rapeseed oil

## Method

1. Soak fava beans w a few pieces of kelp and a teaspoon of salt overnight in pressure cooker filled 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 high-sided 1/1 gastro. Salt and generously oil. Add bay leaves and fenugreek.
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). Drain.
6. Add the beans to the onion tray. Salt.
7. Drizzle oil on top then convection mode @ 180 7 mins. Stir and repeat x 2. Beans should be browned and bursting.
8. Add more kelp and lacto veg and 100ml apple cider vinegar and 1500ml water. Put lid on.
9. Combi mode @ 160 20mins
10. Taste and salt.

# 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 2 & 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