

Gigi Cohen's Curry paste

Dry Ingredients

In a bowl, mix together the following spices:

1 tsp sweet paprika
A pinch of black pepper and sea salt
1 tbsp shredded, dehydrated, unsweetened coconut
1 tsp turmeric
1 tsp cinnamon
1 tsp dried, dehydrated parsley
A pinch of cayenne pepper
1 tsp nutritional yeast
A pinch of dried red chilies
1 tsp dried basil
1 tbsp sesame seeds
1 tsp sugar

(At this point you can keep this as the dry spice mix)

For the paste, add the following wet and fresh ingredients:

1/4 cup olive oil
1 tbsp tamari
1 tbsp toasted sesame oil
1/4 cup Apple Cider vinegar

Blitz 3 cloves of garlic and 1 piece of organic ginger, skin and all (the ginger skin, not the garlic peel!) in a food processor. Add to the mixture.

Mix together and add some chopped fresh basil or parsley. Paste should keep for up to 6 months.

Chakchouka - Tunisian Tomato Stew

The general feel of this stew is to act as a pantry/fridge cleaner-upper so use whatever you have lying around.

Ingredients

Mushrooms
Various Coloured Peppers
Tomatoes
Onions
Garlic
Zucchini

Spinach

Sun dried Tomatoes, blitzed in a food processor

Gigi's Curry Paste

Eggs

Fresh or Dry Parsley

Chop the mushrooms, peppers, tomatoes, onions, garlic, spinach and zucchini, any which way you like. Wash in a colander after chopping them, you want the vegetables wet when they go in the pot.

Toss the veggies into the pot. Blitz sun dried tomatoes in a food processor and add to the mix.

Cover and steam the veggies for 5 minutes, then add Gigi's Curry Paste. Stir to coat the vegetables. Crack eggs onto the veggies, cover and poach for 5 minutes. Add any remaining curry paste (rinse out your bowl if need be!) and top eggs with fresh or dried parsley. Serve with delicious bread that she didn't teach us how to bake.

Harissa - Spicy Sauce

1 tsp cayenne pepper

1 tsp cumin

1 tsp ground, dry garlic

1 tbsp sugar

Salt to taste

Dried Parsley

1 tbsp paprika

1/4 cup olive oil

1/4 cup apple cider vinegar or lemon juice

Mix and let sit to thicken.

Ginger Tofu

Tofu tip: If you aren't going to use your tofu right away, take it out of the plastic container from the grocery store, rinse the tofu, put into a bowl/tupperware with some fresh water and change the water each day.

1 block of extra firm tofu, cubed

1 piece of Ginger

1 tbsp nutritional yeast

1 tsp sesame seeds

1 tbsp shredded, dehydrated, unsweetened coconut

1 carrot

1 to 2 tbsp olive oil

1 tsp toasted sesame seed oil

1 tsp apple cider vinegar

4 tbsp tamari

Blitz together the ginger, yeast, sesame seeds, coconut, carrot, olive oil, sesame seed oil, apple cider vinegar and tamari in a food processor. Mix together with tofu in a bowl and let marinate for 30 minutes.

Preheat oven to 400F

Place on a cookie sheet and bake for 15-20 minutes or until golden brown.

Ginger Tofu Paté-like/Wrap Filling

Blitz your ginger tofu in a food processor. Add Tahini to bring it together. Add a bit of spicy sauce if desired.

Turns into a delicious paste.

Put in wraps with shredded cucumber and bean sprouts.

Thai Coconut Soup

1 can of coconut milk

1-6 cans of water

Gigi's Curry Spice Paste

Zucchini, sliced

1 of each Green, Red, Yellow pepper

Bean sprouts

Garlic, minced

Cabbage, sliced

Carrot, shredded

Nutritional Yeast

Throw it all in a pot. Bring to boil.

Beautiful Salad with easy dressing

In a bowl mix spinach, pomegranate seeds, sunflower seeds, chia seeds and bean sprouts.

For the dressing, drizzle sunflower oil, apple cider vinegar and lychee juice.

Hints and tips:

Lychee juice can be obtained from a can of lychees and these can also be added to the your salad.

To easily remove pomegranate seeds, cut the pomegranate in half, cut a hole on the bottom (skin side) of the pomegranate to release the pressure that holds the seeds in the fruit. Proceed

to whack with a wide, flat-ish spoon to dislodge seeds. Do this over a bowl, into your hand.