

Pulses of Life Cooking Class

Wednesday 11 January 2017

Guest Cook: Ilona Rajki

Hungarian Bean goulash

Ingredients

1 cup of cooked beans

½ cup of onion

½ cup of carrots

1/3 cup of parsley

¼ cup of celery

¼ cup of turnip

1 cup of chopped potatoes

1 red pepper

1 teaspoon of cumin

2 tablespoons of tomato purée

1 tablespoon of bouillon powder

½ table spoon of French art seasoning

2 bay leaves

2 sprouts or two kale leaves

2 tablespoons of coconut cream or ½ cups of *veggie cream* (see later)

1 teaspoon of dried or fresh parsley leaves chopped

1 glove of garlic or fresh garlic leaves

2 tablespoons of olive oil

1 teaspoon of paprika powder

1 ½ -2 cup of water as needed

Instructions

1. Peel and chop all the vegetables
 2. Place the carrots into a pan with one tablespoon of olive oil and simmer for 2 minutes
 3. Add in the cumin and simmer for one minute
 4. Add the onion and 2 tablespoons of water
 5. Cover with the lid and simmer for another 3 minutes
 6. Pour in 1 cup of water followed by the parsley, celery, red pepper, turnip, bay leaves, sprout or kale leaves
 7. Cover and cook for another 15 minutes
 8. Add the potatoes and cook for another 10 minutes
 9. Finally, pour in the cooked beans, coconut or veggie cream, tomato purée and seasonings into the goulash
 10. At this stage, you may take out bay leaves and kale leaves/sprouts
 11. Mix the paprika powder with a tablespoon of olive oil in a cup then put into the pan. Rinse the cup with the rest of the water and pour this into the pan.
 12. Allow the goulash to boil further for a minute then serve in a bowl. Garnish the goulash with a sprinkling of parsley, freshly chopped garlic or smoked tofu.
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Veggie cream

Ingredients

- 2 tablespoons of sunflower seeds
- 1 tablespoon of cashew nuts
- 100mls of water
- 1 tablespoon of Lemon juice
- 1/3 teaspoon of Salt
- Half of a small onion
- 1 clove of garlic

Method

Blend the ingredients together till smooth

Beetroot salad

Ingredients

- 1 medium beetroot
- 1 small apple (choose a sweet variety)
- Some drops of lemon juice

Method

Grate the ingredients and mix

You may add: carrots, shallots olive oil, fresh parsley leaves, beetroot leaves

You do not need to add salt

Banana pancakes

Ingredients

- 1 small banana
- 1 cup of water
- ½ cup coconut milk
- A small pinch of salt
- 1 cup plain flour
- 1/3 cup of wholemeal flour
- 1 tablespoon of corn starch
- 1 tablespoon of Olive oil

Optional: you can add a ½ apple or some ground mixed seeds (like linseed, sunflower seed, pumpkin seed)

Method

1. Blend the ingredients together with a hand blender (or regular blender)
2. Leave the mixture to rest for about 15 minutes, thin the mixture with water if necessary
3. Heat up a pancake pan
4. Cook the pancakes on both sides
5. Serve the pancakes as you like with fruits, nuts & seeds, jam or marmalade; flat or rolled up.

Easy bread

Ingredients

- 1 ½ cup of plain flour
- 1½ cup of wholemeal flour
- 1 teaspoon of salt
- ½ teaspoon of dried yeast
- 1½ cup of water

Method

1. Combine all the ingredients and leave in a cool place for at least 12 hours (the mixture can be kept for longer)
2. Knead with floured hand to form a dough
3. Place the dough into an oiled and floured pan, cover with lid and allow to rise
4. Preheat the oven to 250°C and place the bread into the oven. Immediately reduce the temperature to 220°C and bake for 30 minutes. Reduce the temperature again to 200°C and bake for another 30 minutes.
5. Take out of the oven, and let it cool in the pan for 20 minutes
6. Take out and wrap in a cloth to cool down.
7. Serve next day or at least 6 hour later

Tip 1: you can save energy by switching off the oven 10 minutes earlier

Tips 2: you can prepare a larger portion and store this in the refrigerator. The mixture can be refrigerated for up to 10 days.

jó étvágyat!