

Welcome to the first edition of our very **OWN** community **cookbook**. Thank you to **everyone** who shared a dish with us. We hope this collection of **recipes** continues to **grow** and helps to nourish you as we wait out this weird time at **home**. We can't wait to be **together** again at **New Hall** and share the **magic** of our beautiful community once **again**. Till then stay **well**. Stay **Home**. Stay **Safe**.

Big love,
Lighthouse Team



Zucchini Bake .

Adapted from Harriet Birrell's Whole
(vegan)

Ingredients:

400g zucchini grated or spiralised
30g of spring onions thinly sliced, or a bunch of chives
2 cups of whatever fresh herbs you have in the garden, chopped
2 cups of kale, chopped (thick stems removed)
2 tbsp melted coconut oil
1 cup of cashew parmesan see recipe below)

Method:

Preheat oven to 180 degrees fan-forced.

In a large mixing bowl, combine all of the ingredients, saving about 1/4 of a cup of the cashew parmesan. Mix well (and sniff deeply - the smell is delicious!)

Transfer mixture into a small casserole dish (lightly oiled or buttered to prevent a bit of sticking or line with baking paper).

Sprinkle the remaining parmesan over the top and place in the oven for around 40. mins.

Cashew Parmesan
From Harriet Birrell's Whole

Ingredients:

1 cup of raw cashew nuts
1/3 cup of nutritional yeast
1 teaspoon of garlic powder
1/2 a teaspoon of salt

Method:

Add all of the ingredients to a food processor and blitz until you get a texture like ground almonds. Store in an airtight container in the fridge for up to 2 weeks or freeze for longer periods.

Love Kitty W

Borsch.

In Russia, people think that the best food for your stomach is warm food. The most common lunch would be no doubt soup of some sort. And the absolute king of all the soups is Borsch.

I love it so much because it's so healthy and so full of vegetables. The last few years being away from Russia I realised that I'm not only enjoying eating it but also cooking it makes me feel like going back home.

There are so many ways to make it. I'm very excited to share my recipe.

Ingredients:

- 1 Tbsp olive oil
- 2 medium potatoes
- 1 quarter of small cabbage
- 1 medium carrot
- 1 brown onion
- 1 large beetroot or 2 small ones
- 3 Tbsp tomato paste
- 2 bay leaves
- 2 Tbsp Vegeta Gourmet Stock powder

Optional garnish:

- Fresh dill and parsley
- Sour cream or plain coconut yogurt

Method:

I always start by chopping carrot and beetroot into thin sticks. Then heat olive oil in frying pan and add carrot and beetroot, lightly brown them, reduce heat and add a little a bit of water. Let it cook for about 10 minutes until veggies are soft. Then add tomato paste stir and cook for another 5 minutes. Set aside.

Start heating the water in the large pot. This will be your soup base. Whilst it's getting hot, slice cabbage thinly. Add it into boiling water and cook for 5 mins. Cut potatoes into cubes and add to boiling water for another 5 minutes. The soup will start bubbling again, let it boil for another 5 minutes and then add diced onion and beetroot - carrot mixture that we prepared earlier. This is my favourite moment because it is when soup turns purple - red and start to look really borschy.

So your soup is almost ready! Let it cook for another 10 minutes, add salt and pepper and stock powder then remove bay leaves before serving.

It's pretty much ready to be eaten straight away but if you have time to let it sit for about an hour it will taste even better!

It's even more delicious the next day.

There is nothing better than yesterday borsch => And don't forget to add lots of chopped fresh dill and dollop of sour cream or plain coconut yogurt.

Love

Diana,

Olive dough recipe .

I use this delicious and easy dough recipe for weekly pizzas. It's from Richard Bertinet's great 'Dough' book. Good news is, you can also store any leftover dough covered in the fridge and use the next day for more pizzas, focaccia etc. Has lovely texture and flavour and is easy to work.

This recipe below makes 2 - 3 standard size pizzas, depending on how thick you like your base. I like mine fairly thin, so I halve this recipe and use it to make two thin medium size pizzas (filling up about 2/3rds of standard pizza tray).

NB to note - you should make the dough at least 1 1/2 hr to two hours before making your pizzas - while you can use in less time, the dough will not stretch out as well on the pizza trays and tends to spring back. If you've made the dough the day before, you also need to bring it out of the fridge at least an hour beforehand if not two.

Ingredients:

18 ounces white bread flour (you can do mix with 14 - 16 oz white flour and balance whole what or spelt)
2 tablespoons coarse semolina (I don't add this)
6 ounces of sourdough starter OR 2 teaspoons dried yeast - Lowan brand is really good - just keep it stored in fridge
2 teaspoons fine grain salt
5 tablespoons extra virgin olive oil
11 1/2 ounces lukewarm water.

Method:

Mix flour, yeast and salt in bowl. Weigh lukewarm water, add the 5 tablespoons olive oil and mix with dry ingredients. Tip mix onto bench and knead dough. Note - Dough book approach is NOT standard English bread making approach of lots of flour on bench and incorporated into dough as you knead. Dough book approach - which helps give great texture - is to knead dough on bench without any flour, even if dough a bit sticky. Rest assured, as you work the dough, that stickiness goes quickly.

Once dough is smooth and springs back to your touch (about 5 minutes), roll into ball, dust with a bit of flour and place it in oiled bowl, cover with tea towel and let it rise in warm place for 1 1/2 to 2 hours. When ready to use, push down dough with hands, divide dough into 2 or 3 and flatten out section with your hands on bench, before placing on oiled pizza tray and pressing out further with the flat of your hand into edges of oiled pizza tray. Any unused dough can stay or go back into bowl, covered, in fridge for use the next day.

Great toppings include:

Red pepper - Roasted red peppers, pureed in food processor, spread on pizzas with olives, optional fetta and parmesan and topped with fresh basil
Potato pizza - top base with small amount of very finely sliced onion, a small sprinkling of tasty cheese, top with finely sliced peeled potatoes, brushed with olive oil, add ground salt & pepper and cut bits of fresh rosemary and optional finely grated parmesan
Roasted pumpkin - spread tomato passata on base, top with roasted pumpkin, optional fetta, sprinkle of chilli flakes and top with fresh rocket when out of the oven. YUM!

Kate .S.

**Here's my favourite vegan recipe for stuffed eggplant with the best name ever.
(serves 4)**

Ingredients:

2 Eggplants - pick ones with tight shiny skins and green ends
1 can of crushed tomatoes
1 onion
2 cloves of garlic
2 teaspoons of cumin
1 level teaspoon of cinnamon
1 heaped teaspoon of dried oregano
Best olive oil you can get

Method:

1. Slice eggplants in half lengthwise. Scoop out each eggplant half leaving at least 5mm of flesh in the hollowed out half
2. Make the stuffing. Sauté onions in generous amount of olive oil. Then add garlic, herbs and spices. Cook for a few minutes then add the chopped up scooped out eggplant. Add the tinned crushed tomatoes and cook until the eggplant begins to soften.
3. Quickly fry the eggplants in olive oil until they brown slightly.
4. Place the eggplants in a well oiled baking dish. Spoon the stuffing into the hollowed out eggplants. Pile it up.
5. Bake in oven (150 fan forced 180 if not fan forced) until the eggplants are soft and collapsed on the tray. I usually cook them slowly for at least 90 mins. They must be well cooked to develop their creamy, unctuous - dare I say - meaty character.

Eat hot or cold.

Ian.R.

Roast Veg and Grain Salad.

Ingredients:

Barley (could use farro or at a stretch brown rice)
Pumpkin or sweet potato (could use Zucchini if plentiful in season)
Kale or roquette
Herbs- coriander, mint and/or parsley
Almonds or sunflower/pumpkin seeds
Feta (goats or greek is best) or halloumi (omit if you want to keep it vegan or have it on the side)

Quantities:

You can play around with the ratios of each element, if you feel like a lighter salad, use more greens, less grain. If you want a hearty winter salad, use more grains, more roast veg, less greens. But always use lots of herbs! a few handfuls is good, makes it so tasty. And a good amount of seeds/almonds for crunch.

Dressing:

Olive oil - 2 Tbs
Red wine vinegar - a splash
Lemon Juice - 1 lemon
Pomegranate molasses - 2 tsp

Method:

Cook grain (if using barley can wash it under running water after cooking as it can get a bit glugy)
Roast pumpkin/sweet potato in bit sized pieces
Chop Kale into fine-ish pieces (if using), just use roquette as is
Roughly chop herbs, can use one or a combination
Toast almonds or seeds, roughly chop almonds
fry halloumi, cut into bite-sized pieces

Combine all ingredients in a large bowl, give it a good mix through. Crumble feta on top.

Combine all the dressing ingredients, taste to test balance, want it to be a bit tangy. Pour over salad just before serving.

Enjoy!

Lara
XXX

Braised chickpeas .

This is a favourite of late – pillaged straight from the great man himself – Ottolenghi. Source: The Guardian.

I've only done it with chickpeas I've soaked & cooked earlier so it's a little more gentle on the GUT ...& with the last of our fresh tomatoes. I also throw a few big handfuls of greens in (spinach, silverbeet, Warrigul greens).

Serve with rice or flatbreads for a vegetarian main course; leave out the feta for a vegan version. Soaking the chickpeas is necessary to achieve the right degree of cooking, so don't be tempted to skip this stage.

Ingredients:

300g dried chickpeas, soaked overnight in plenty of cold water and 1 tsp bicarbonate of soda

1 onion, peeled and roughly chopped

6 garlic cloves, roughly chopped

2cm piece fresh ginger, peeled and roughly chopped

1 large green chilli, roughly chopped, seeds and all

15g coriander leaves, roughly chopped

75ml olive oil

1½ tsp ground cumin

1½ tsp ground cinnamon

2 medjool dates, pitted and roughly chopped

1 tbsp tomato paste

4 carrots, peeled and each cut at an angle into 2 or 3 large chunks (450g)

2 bay leaves

¼ tsp bicarbonate of soda

Salt and black pepper

1-2 lemons, zest finely grated, to get 1½ tsp, and juiced, to get 2 tbsp

120g feta, roughly crumbled

1 tsp caraway seeds, toasted and roughly crushed

1-2 tbsp parsley leaves, roughly chopped

Method:

Heat the oven to 180C (160C fan)/350F/gas 4. Drain the soaked chickpeas and set aside. Put the onion, garlic, ginger and chilli in a food processor, and pulse a few times until very finely chopped but not pureed, scraping down the sides of the bowl as you go. Add the coriander, and pulse a couple of times more, just to mix through.

On a medium-high flame, heat two tablespoons of oil in a large, heavy-based cast-iron pot with a lid. Add the onion mixture and cook for about four minutes, stirring occasionally, then stir in the cumin, cinnamon, dates and tomato paste, and cook for a minute more, or until fragrant. Add the drained chickpeas, carrots, bay leaves, bicarbonate of soda, 1.2 litres water and a good grind of black pepper, and bring to a boil, skimming off any froth that comes to the surface. Cover and bake for two hours, or until the chickpeas are very soft and the sauce has turned thick and rich. Stir in the lemon juice and two teaspoons of salt, then leave to cool for about 10 minutes.

While the chickpeas are cooking, put the feta in a small bowl with the caraway, lemon zest, parsley and remaining three tablespoons of olive oil, and leave to marinade.

To serve, spoon the feta mixture over the chickpeas and serve directly from the cooking pot.

Sal, Nathan, Anouk, Will and Frida