

Caroline's Kitchen Wisdom
A NOURISHED LIFE

CIRCUIT BREAKERS TRANSITION TO PLANT BASED COOKING

WEEK TWO

This week is building on last weeks eat once, cook again recipes and utilising some of my favourite superfoods such as turmeric and cauliflower, and probiotic everyday foods such as fermented veggies. Take a look at my [weekly round up](#) from my kitchen.



The theme that I'd like you to continue with is, eat tonight and enjoy for lunch tomorrow. This encourages spontaneity. And if your kitchen is well stored you can create your own soups, salads, meal in a bowl concoctions that offer you great nutrition and versatility. Plus my staples like roast pumpkin and sweet potato for a great carb option and use up veggie salads, for creating less foods waste. Joining a box scheme encourages you to make dishes with veggies that are in season. An good all round good delivery system that offers good value oraganic is [Aussie Farmers Direct](#).

Just a reminder on a plant based diet, it's important to always to make sure we have got a balance of nutrients in the meals that we feed ourselves. The best way is to ensure that you have protein in a meal is to include a grain with a nut or seed. When planning a meal I use the 5 finger rule. It's a good way to like to remember.

The Five Finger Rule
think every nutrient for every finger

Fruits/Vegetables
Carbohydrates
Proteins
Healthy Fats
Fluids



Keep It Covered

Choosing a reusable food cover reduces your plastic consumption, saving landfill, contamination & resource. I love my [glass containers](#) instead of plastic tupperware and avoid using plastic as much as possible. I also think the retro beeswax food covers make me feel very stylish and happening! I get Munch Reusable Beeswax Food Wrap here at [Biome](#). They can be reused or you can make it yourself, cutting cloth into squares and melting beeswax on the surface. It's not always practical when I'm cooking large amounts. But for the day to day leftovers they work really well.

click on the link below to find out more



Caroline's Kitchen Wisdom - Health Food Blog

The Wellness Project Founder + My Vegan Kitchen TV + Food Stylist + Healthy Lifestyle Blog + Foodies Detox

Quinoa with Aubergine and Pomegranate

Serves 4

This again has a Moroccan slant. The sweet/sour dressing can be made in a larger quantity and kept in the fridge for dressing up simple veggies salads.

Quinoa is technically a seed but it is high in amino acids. So great protein option.



For the dressing:
120ml rice vinegar
40g rice bran syrup
½ tsp salt
2 garlic cloves
½ red chilli finely chopped
1 tsp toasted sesame oil
juice of 1 lime

For the Salad:
40g Quinoa
220ml sunflower oil
2 aubergines, cut into 2 cm dice
salt to taste
2 courgettes, sliced into discs
50g pomegranate seeds
3 spring onions, finely chopped
handful of coriander and mint leaves, roughly chopped

1. Place the quinoa in a saucepan of boiling water and cook for 9 minutes or until soft. Drain in a fine sieve, rinse under cold water and leave to dry.

2. To cook the vegetables: Heat up the sunflower oil in a large pan or shallow fry the aubergine in three or four batches, once golden brown remove to a colander, sprinkle with salt and leave to drain. Cook the courgette in the remaining oil and drain on kitchen paper.

3. In a mixing bowl toss together the cooked quinoa, aubergine, courgette with the dressing. Sprinkle over the top the pomegranate seeds, spring onions and the chopped coriander and mint leaves.

Abacadabra

In a large frying pan and stir fry rainbow chard or kale with spinach, add the remaining aubergine quinoa. Stir until piping hot. Serve with tahini sauce, coconut yoghurt or mango cashew mayonnaise. Sprinkle with macadamia nuts.



For Flavour

- Add cranberries instead of pomegranate
- Add coconut yoghurt
- Add extra lime juice

For Texture

- Add pinenuts or chopped almonds
- Add super seeds
- Serve in lettuce cups, coc or iceberg work best

For Carbs

- Serve in a flat bread with avocado houmous
- Serve with warm new potato salad
- Serve with Baked Sweet potato or pumpkin

For meat eaters

- Great served with barbecued shoulder of lamb or grilled chicken and fish. The sweet sharpness cuts through the richness and pops with the pomegranate seeds.
- Add feta or goats cheese



Turmeric Cauliflower Couscous

Serves 4

Because rice can often leave dishes feeling heavy, it's nice to substitute a vegetable where a starch would usually be. In addition, it's a great way to squeeze more servings of vegetables into your day.

I've also included a quick pizza base recipe for you to create your own toppings.

- 1 cauliflower, chopped into small chunks
- 2 tbsp extra virgin olive oil
- 1 onion red or white, peeled and finely chopped
- 1 garlic clove, crushed
- 1 tsp turmeric powder,
- ½ pomegranate, seeds removed
- handful of fresh mint
- sea salt flakes and ground black pepper
- ½ lemon



Put the cauliflower chunks into a food processor and pulse until it looks rice like in texture.

Heat the olive oil, in a large frying pan over a medium heat, add the onion, garlic and turmeric and saute for a minute or so, then add your cauli and turmeric and cook stirring for another 5 minutes or until the cauliflower is tender

Tip the 'couscous' into a bowl and stir through the pomegranate and chopped mint. Season and serve with a squeeze of lemon.

Cauliflower Pizza Base; Dry off 500g pureed cauli in the oven on a flat baking sheet for 15 min. Stir in 1 egg (or for egg free use 2 tbsp ground chia seeds with 3 tbsp water) and 80g Parmesan (or veggie cheese) Flatten into portions top and cook!

Abracadabra

Add stir fried mushrooms, celery, red pepper, courgette, broccoli, grated carrot and a handful of spinach. Drizzle with extra virgin olive oil.



For Flavour

- Squeeze of lime or lemon
- Add fried chilli or chilli flakes
- Sprinkling of Zaatar spice
- Top with Saukraut

For Carbs

- Bulk out with brown rice or quinoa
- Served with flat bread and avocado houmous
- Serve with a baked sweet potato

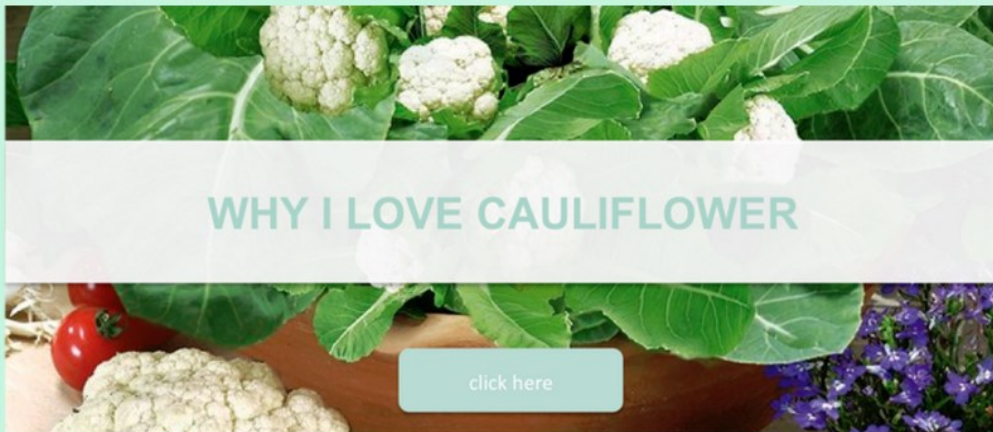
For Texture

- Top with sunflower, pinenuts or hazelnuts
- Eat with to Spring Greens
- Instead of pomegranate use dried cranberries for sweetness
- Add soft silken tofu
- Roll up in a cos lettuce leaf

For meat eaters

- Add cooked flake salmon or crumbled feta or goats cheese
- Great served with grilled minty lamb, chicken or fish.

Picture is of cauliflower and broccoli 'riced' then pan fried in olive oil, with a couple of eggs to make a delicious Veggie Scrambled Egg topped with my mango mayonnaise from last wee.



Garlic Cauliflower With Za'atar Spice

Inspired from Morocco! Double up this Za'tar spice and keep in a jar in the fridge. It's indispensable for adding a great Moroccan flavour to your stir fries and veggies. Cauliflower is one my all time favourite superfoods. I love it pureed with leeks and as a pizza base.



4 cloves of garlic, minced
1 medium head of cauliflower, cut into florets
1 large red onion, sliced
1 tsp salt
3 tbsp olive oil

Za'atar Spice Mix

1tbsp oregano,
1 tbsp sumac
1 tbsp ground cumin
1 tbsp sesame seeds
1tsp sea salt and ground black pepper
handful of coriander leaves, finely chopped
2 tsp apple cider vinegar
handful of pine nuts, lightly toasted
1 large red chillies, thinly sliced

Preheat the oven to 180oC.

Toss together the crushed garlic, cauliflower, red onion, salt and olive oil and arrange on a flat baking sheet. Bake for around 25 minutes, or until it is lightly golden and soft enough to pierce through. It should still have a bite.

Whilst the cauliflower is still warm and moist, toss it in the 4 tsp za'atar spice mix with the chopped coriander. Drizzle with the vinegar, add the pinenuts and the red chilli. Serve this with a greed salad, houmous and flat bread.

Abacadabra

Make this into a quick soup. Puree, add a little extra water and add a can of coconut milk. Heat until bubbling. Serve topped with rocket leaves, crusty croutons sprinkled with super seeds and oregano herbs.



For Flavour

- Squeeze of lime or lemon
- Drizzle with chilli flakes or oil
- Spoon over tahini dressing or coconut yoghurt

For Carbs

- Served in a warmed, toasted flat bread
- Serve with a baked sweet potato with avocado houmous
- Add to brown rice salad

For Texture

- Sprinkle over the Superseed Crunch
- Add to spring onions and pumpkin seeds
- Add pistachio nuts

For meat eaters

- Crumble over feta or goats cheese
- Serve with grilled fish

Unfortunately, TOFU as we all know it...is not very good for us - unless it is fermented. Which is called Netto or Tempeh, made from fermented soybeans.

Yes, they are made of soy, but they're fermented foods, which is the key differentiator. The important thing to know is that soy products fall into two groups: fermented or unfermented. Unfermented soy products include tofu, edamame and soy milk, while miso, natto, tempeh and tamari are fermented soy products. All soybeans (even organic, non-GMO ones) naturally contain anti-nutrients, toxins and plant hormones. However, fermentation is what makes soy products health-promoting. Without fermentation, what is tofu? It's just a rubbery, white piece of questionable and health-hazardous non-meat protein.

Spiced Vegetable and Tempeh Curry

I love red Thai curries make this a day ahead and the flavours develop even more. It's a good one for using up what vegetable you have you fridge. Comforting and full of flavour. Keep Thai basil or keffir leaves frozen for easy use. Remember its the last minute fresh flavours of lime, coriander, fish sauce that give the dish it's sparkle!

Serves 4



1 red onion, finely chopped
 3 garlic cloves, crushed
 1 tbsp coconut oil
 1 tbsp red Thai curry paste
 1 tbsp tomato paste
 400g mixed vegetables such as carrots, broccoli, leek, mushrooms, cauliflower
 400g coconut milk
 400g can chopped tomatoes
 200g fermented tofu, cut into dice or chicken thighs cut into pieces
 handful of kale, finely chopped
 lime, coriander, sweet chilli sauce and fish sauce for serving

Place the onion, garlic and Thai red curry paste in a large pan with the coconut oil and cook, stirring for 3-4 minutes.

Add the tomato puree and stir fry over the heat too cook.

Add the remaining vegetables with the coconut milk, chopped tomatoes and cook for 15 minutes or until the vegetables are tender.

In the last 2-3 minutes of cooking add the tofu (if using chicken given it at least 15 minutes to cook) then add the chopped kale, heat through. Seasoned with lime juice, chopped coriander and fish sauce.

Abracadabra

Cook udon noodles. Pan fry sliced cabbage in olive oil. Add the left over curry with the udon noodles add a little extra water. Sprinkle with mint or Thai basil.

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For Flavour

Sweet chilli Sauce or palm sugar for sweetness
 Finely chopped Thai basil or mint

For Carbs

Add brown rice or quinoa
 Served with naan bread
 Serve with rice noodles

For Texture

Add chopped peanuts or cashew for crunch
 Add smooth coconut yoghurt
 Dried coconut flakes

For Meat Eaters

Add diced chicken breasts with the vegetables,
 cook for 5 minutes longer

Fermented Healing Foods

Fermented foods offer a plethora of benefits. They support systemic wellness, digestive system health and proper functioning of the immune system.

While many fermented foods were born out of practicality – a way to preserve the harvest of summer well into the dark days of winter they now offer the modern world a life line after years of ignoring the beneficial bacteria in our guts that needs watering and feeding.

Bacteria from fermented foods, when ingested, populate the intestinal tract and begin to interact with the body in a positive way by training the immune system, manufacturing vitamins and keeping opportunistic bacteria at bay

Fermented foods are typically also raw foods; however, fermented foods can be cooked after fermentation (think of sourdough bread). Cooking damages the probiotics present in fermented foods. Most fermented foods require salt and time. But sometimes a specific culture.. think of water keffier, milk kefir and Kombucha.

Fermented Vegetables or Saukraut

In most of my food I like to add a bit of saukraut to it. Soups, salads, on my lie giving bread with avocado and tomato! Yummy! This recipe is a great simple one to start with. When making fermented veggies make sure all equipment is very clean. Also it's best to use unchlorinated water as Chlorine can kill the friendly bacteria.

Also I like to use organic grown vegetables, herbs and spices. The chemicals used in conventional agriculture can disrupt the fermentation process.

Keep in the fridge once the fermentation is complete. It will keep for up to 6 months if the vegetables are submerged in the juices. The flavours will improve and mellow in time.

2 ¼ kilo vegetables such as carrot, courgette, peppers, red onion, red and white cabbage, finely chopped or sliced

1 starter culture from [Cutting Edge Starters](#)
3 tbsp sea salt

3 cups unchlorinated water, filtered will do
Your choice of herbs and spices, I like to add 3 cloves garlic, (minced) 4 medium jalapeno peppers, (sliced thin)

You could add fresh grated turmeric, grated ginger and fish sauce for a kimchi flavour

Fermenting bottles and crocks I get from [Biome](#)



Shred or slice your vegetables using a sharp knife or food processor.

Dissolve salt in 2 cups of water, stir well.

In a separated container, dissolve the starter culture in water, stir well, and let the solution sit on the counter for 10 minutes to activate the bacteria.

Add the starter and the salt solution to the vegetables and mix thoroughly.

Add herbs and spices at this point.

Tightly pack the mixture into your jar and press down well to make sure there are no air pockets.

Ideally the juice should cover the top of the vegetables. Leave space of 5 cm above the juice for expansion. Place a weight that fits neatly on top to keep the vegetables submerged.

Put the lid on the jar and leave at room temperature for 7-10 days around 21degrees. The mixture should form bubbles and expand.





Rainbow Use Up Salad

This is perfect quick recipe for using up the leftover veggies on clear out day. Add your stray odds and ends.

I used my magimix with its grater attachment to whizz through my these leftover vegetable;

Green cabbage, carrot, beetroot, red onion.

Simply toss with lemon juice or apple cider vinegar and virgin olive oil and add some chopped walnuts, almonds and some chopped apple or pear.

Spiced Roasted Pumpkin

Indispensable in a plant based kitchen. Roasting brings out the sweetness. Preheat the oven to 180C. Put 300g pumpkin chunks in a oven proof dish or lay on a baking tray. Drizzle over 2 tbsp melted olive oil and 2tbsp maple syrup, sprinkle with 2 garlic cloves sliced and a finely sliced red chilli add oregano herbs or any of your choice. Season with sea salt and ground black pepper. Roast for 20 minutes or until pumpkin is soft, the bigger chunks may take longer. Try this options; lashings of coconut yoghurt, avocado houmous or spinach Tahini.



Kale and Almond Salad

Roast pumpkin the day after is great added to vibrant green salad of lightly cooked kale and green beans tossed with almonds, avocado and fermented tofu, tempeh or strips of chicken breast. Drizzle with the dressing from teh Aubergine salad.. which is sweet and sour.

Or try Tahini Spinach Pesto; add toasted sesame seeds to a food processor with garlic, olive oil, lemon juice, spinach or basil. Drizzle onto salad and Sprinkle with hemp seeds or the superseed mix.

Avocado Homous

This dip is indispensable in my kitchen for adding flavour and depth to my veggie dishes. Great for snacking on too!

In a food processor add 1 tin chick peas, 2 cloves garlic, peeled and crushed a small squeeze lemon juice, pinch of ground coriander and cumin

1 tbsp tahini, 1 good sized ripe avocado, peeled and stoned. Just whizz all the ingredients into a roughish consistency and scrape out into a bowl. Season and sprinkle with a little cayenne pepper.

Serve with veggie rolls.



Turmeric

Why I love turmeric and sprinkle it liberally onto my foods at any given chance. Turmeric has been used in Ayurvedic medicines for thousands of years, and is the spice that give curries flavour and a yellow colour. Curcumin is the active ingredient in turmeric – and researchers are now discovering that its healing properties impact a wide range of afflictions, such as:

- Cancer
- Arthritis
- Diabetes
- Dementia

Also curcumin has been traditionally used for:

- Anti-inflammation and as an anti-oxidant
- Antiseptic and analgesic
- Reduction of joint pains
- Immunity boosting
- Detoxifier & Digestive health
- Weight management
- Blood pressure management
- Memory and brain function



Turmeric Miracle Paste

I use a blend from loveorganicliving.com it's already to go and blended with coconut, black pepper, cinnamon, ginger and coconut which are the key components to make it work its magic.

All you need to do is mix it with a little coconut oil and add your choice of sweetener, coconut or almond milk. Heat and enjoy.

I like to keep it in the fridge and add to vegetables curries, soups and salad dressings. Even works well in a little hot water first thing in the morning.

Turmeric Almond Cacao Latte

This is my more complex version.. since coming off coffee I often yearn for the same creamy, cocoa kick. I must say this Turmeric, Almond and Cacao Latte does the trick!

Heat 2 cups almond or coconut milk with ½ tsp golden turmeric blend, 1 tbsp coconut oil 1tbsp honey, 1 tsp cinnamon and my secret weapon [Mavvys Cacao Super Spread](#).

Stir until warm or hot. Whizz with a hand blender or put into a nutri bullet. Beware. Don't over fill when too hot.. Pour into cups and top with raw cacao nibs and a sprinkle of golden turmeric.



Hot Turmeric Almond Cacao Latte



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