

Cauliflower tabbouleh

Ingredients needed

Fresh white cauliflower x 2 heads
Vine big tomatoes cut into small dice x 7
Pomegranates fresh x 2
Flat leaf parsley chopped finely x 1 big bunch
Fresh mint julienned x 1 small bunch
Lemons zest & juiced x 4 large
Extra virgin Olive oil chefs splash
Sumac x 2 tablespoons
Sea salt

Break down the cauliflower from the outer leaf's & stalks and take those fleurets & cut them down to small even pieces. Once all don't add it to the robo coupe & break it down to the size of bulgur. Transfer that to a large bowl and add in all the other ingredients, mix carefully, taste and check seasoning. Serve straight away.

This is great with some lamb cutlets or pork chops .

Curry chickpeas with fresh coconut, chilli, mango, coriander & lemon

Ingredients needed

Dried chickpeas cooked x 1kg
Fresh mango x 1 large
Red long chillies split in half & deseeded x 2
Fresh Coconuts plus the juice x 1
Red seasonal Tomatoes x 3
Fresh coriander x 1 small bunch
Lemons zested & juiced to taste
Olive oil
Sea salt

Firstly soak the chickpeas overnight in cold water, cover and leave in your fridge. Next morning drain the water and place the chickpeas in a pot and cover with fresh water and bring to boil, skim any scum that comes to the top and simmer till your chickpeas are cooked, pick one up and put one in between your finger, you should be able to crush the peas with ease, drain, refresh with ice water in your strainer & place them back into a dry bowl.

Now heat up your frying pan, add a splash of olive oil, add in chickpeas then your curry powder and sauté off for 3 minutes so that the chickpeas get a full coating of curry, tip out onto a flat tray, cool outside for 5 minutes and place into your fridge to chill down.

So while that's chilling down, let's peel the mango, slice thinly and cut into strips and leave aside. Take the chillies and bunching the two halves together slice across thinly as well, place next to your mango. Dice the tomatoes, zest your lemons & juice them, leave to one side. Take the coriander a chop finely only once, place next to your other ingredients. Take the coconuts and break in half using the back of a heavy chopping knife, keep the coconut water, using a coconut grater grate the fresh coconuts and set aside. In a large bowl add in the chickpeas, and all of the other ingredients along with the coconut water and mix gently together. Taste and check if you wish to add in some sea salt. It may not need any.

Fijian Kokoda with pickled red Dulse seaweed

Ingredients needed

Fresh Cod deboned & skin off x 1 big fish
Limes x 6
Lemon x 1
Red onions diced x 2
Chillies x 4
Red peppers x 2
Seasonal tomatoes x 4
Coriander x 1 bunch
Coconut Milk x 1 litre
Sea salt to taste

Dice the fish into 2 cm dice and place in a bowl. Add in the citrus juices and leave for 6 hours as the juices will cure & cook the fish. Every so often give the fish dice a turn in the juices. Then discard any juices left in the bowl. Add in the dice onions, diced chillies, diced red peppers, chopped deseeded tomatoes, chopped coriander. Pour in your coconut milk and stir well. Season to taste. Leave these ingredients mingle together in the fridge for a few hours for the best flavour.

Pickled red Dulse seaweed

150 g red dulse seaweed
600 ml rice vinegar
4 g salt
50 g sugar
2 lemon zested

Wash the red dulse and carefully sort through it, discarding any damaged pieces. Put the rice vinegar in a pan large enough to hold all the ingredients, and add the salt, sugar and lemon zest. Bring to the boil, stirring to dissolve the sugar, and add the red dulse. Return to the boil and simmer for about 5 minutes until tender. Remove from the heat and allow the seaweed to cool in the liquid till chilled.

Pineapple & watermelon with fresh coconut, chilli & mint

Ingredients needed

Large juicy Pineapples x 1
Watermelons seedless x 1
Fresh coconuts grated x 2
Fresh red long chillies diced x 4
Fresh mint chopped x 1 large bunch

Firstly peel down the pineapples, cut into quarters & remove the inner hard core, then cut each quarter into 1/2 inch slices, then cut the slices into ½ inch strips, then cut into small square pieces.

Cut the watermelon into the same size pieces as well. With the chillies cut length ways & deseed them & cut into fine dice. Then take the mint & tear into pieces as well.

With the coconuts, break them open with the back of a chopping knife, tapping them a little all the way round till it cracks open, save the coconut water for drinking later.

We use a coconut grater, if you don't have one, just brake the coconut into smaller pieces & use a normal grater. Grate as much as you can from the coconut flesh as you can.

Mix all of these ingredients together