

# Creative in the kitchen

Become a natural chef in the kitchen, with help from the experts at the College of Naturopathic Medicine.



**TIP:** Separate the almond crumb into two bowls for dipping. If the crumb becomes too damp from the residual batter mixture, it will be reluctant to stick, the second bowl provides a fresh batch.

## Chickpea 'tofu' with smoky almond crumb and lemon mayo **Makes 10-15 fingers**

**Ingredients:**

**Soy-free chickpea 'tofu':**

- 150g chickpea flour
- 1tsp salt
- Pinch turmeric
- 720ml water
- 2tbsp coconut oil

**Almond crumb:**

- 300g whole almonds
- 2tsp sweet smoked paprika
- 3tsp ground oregano
- 2tsp salt
- 150g gluten free flour/ chickpea flour
- 50ml water

**Lemon 'mayonnaise' (makes 300ml):**

- 200g cashew nuts, soaked in water overnight
- 100-125ml almond milk
- ¼ lemon zest and juice
- 1tsp mustard powder
- ½ tsp salt
- 1tbsp apple cider vinegar

**Method:**

• Start with the 'tofu': Lightly oil a 1lb loaf tin or 6in cake tin/baking tray with the coconut oil. If you only have

something larger, then double up the recipe otherwise the 'tofu' won't set deep enough for optimum slicing.

• Place the chickpea flour in a bowl with the salt and turmeric, slowly adding half the water (360ml), whisking to combine smoothly.

• Boil the remaining water in a saucepan, reduce the heat to a simmer and quickly add the chickpea flour mixture, beating vigorously for eight-10 minutes so the mixture becomes thick, smooth and glossy.

• Pour into the loaf tin and leave to cool at room temperature for approximately 45 minutes to one hour (the longer it sits, the firmer it will get).

• Meanwhile, make the almond crumb. Place the almonds, paprika, oregano and salt in a food processor and pulse until the almonds are fairly fine, but not dust, retaining some texture (you may have to scrape the nuts from the sides between pulses). Tip the crumb into a wide bowl and

leave to one side.

• Now make the mayonnaise. Drain the cashew nuts and rinse thoroughly with fresh water. Place all the ingredients in a blender and blitz until smooth and creamy. Taste, add more lemon juice, salt or vinegar as required. Decant into an airtight container and store in the fridge for up to five days.

• Finish off the chickpea 'tofu' by turning it out onto a board and cutting into thick finger-length strips (or desired shape). Whisk the water, little by little, into the gluten free flour to create a smooth, loose batter. Then, one by one, submerge the fingers in the batter to coat and then dip into the almond crumb, covering all the 'tofu' and place on a baking tray.

• Bake at 200°C fan/400°F/Gas mark 6 for 15 minutes until hot and crispy and serve with the mayonnaise and fresh salad.

• The crumbed tofu will keep up to 3 days stored in an airtight container in the fridge.



## Banana and sour cherry muffins **Makes 10**

**Ingredients:**

- 100g coconut oil, melted
- 150g unrefined dehydrated coconut nectar
- 280g wholegrain spelt flour
- 1tsp (scant) bicarbonate of soda
- 1tsp baking powder
- 2 'flax' eggs – 2tbsp flax seed mixed with 5tbsp water
- 4 large ripe bananas
- 200g sour cherries, chopped
- 80g chopped pecans
- 80g coconut shavings, lightly toasted (optional)
- Pinch of sea salt

**Method:**

• Preheat the oven to 160°C fan/325°F/Gas Mark 3 and line a muffin tin with paper cases.

• Soak in hot water, with just enough to cover them, for 30 minutes (prevents the cherries burning in

cooking).

• Make up the flax egg and leave for 10 minutes.

• In a food processor, combine the coconut oil and nectar. Then add in three bananas and blend until the mix is just combined.

• Decant the mixture into a bowl. Add the other half of the banana after cutting it into medium chunks. Fold in the remaining ingredients until the flour is fully incorporated (save a few of the pecans and coconut shavings to garnish the top).

• Place two tablespoons of mix into each muffin case, garnish the tops and bake for 30 minutes or until cooked through and the centres spring back when lightly pressed. Remove from the oven and allow to cool. Store in an air tight container for up to five days.

Recipes by Francesca Klottrup, a Chef and Nutritionist, who lectures on CNM's Natural Chef and Vegan Natural Chef Diploma Courses at the College of Naturopathic Medicine ([www.naturopathy-uk.com](http://www.naturopathy-uk.com)). Photography by Juliet Klottrup.



CNM recommends the use of organic ingredients.