

**7th May 2023**

# FOOD THEATRE - A CELEBRATION OF FOOD FROM TREES!



*As the world finally wakes up to the value of trees to help our environment and slow climate change we thought we'd share with you just some of the ways - both ancient, new and emerging - that trees can feed us too!*

## **BREAKFAST with the trees - PAELLA with KIMCHI**

Who would have thought meat can grow on trees and flour too and that can trees can provide some of the most exotic garnishes and flavours all whilst helping to nourish the soil to grow some of the most nutritious organic staples! Trees: the secret weapon to heal our farms and rescue us from declining yields.

Our delicious Pork and chorizo that is the feature of our paella has been raised on chestnuts and chestnut meal grown on trees gracing the verdant slopes of Bridgetown. Add turmeric and saffron, raw summer salad, dehydrated olives and the simplest Korean kimchi and you have breakfast fit for a forest.

Breakfast is BORING! And actually traditional cereals bathed in milk or toast and your favourite jam are not very healthy. But Kellogg's did get something right - breakfast is the most important meal of the day - and the right start requires a small amount of carbohydrates, a good portion of protein, ALWAYS! And just as we need great soil health to grow great trees and healthy food we need fermented food for you gut, and because life is good it should include delicious spices, flavours, lemon and herbs, stocks and minerals, crunchy raw stuff for nutrients, tasty stuff all over and really get you out that front door feeling vitalised, happy and ready for the day.

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## BREAKFAST PAELLA with KIMCHI

1 clove Garlic  
½ Onion  
100g Pork mince  
100g Chorizo  
1 tsp Paprika  
1 tsp Chinese 5 spice  
1 dry Chilli  
1 ltr Pork Stock  
Handful Parsley  
Handful Chives  
1 Lemon

1 tsp Saffron  
1 tsp Turmeric  
100g Organic Brown  
Rice

**Serves 2 ppl for  
Breakfast**

**STEP 1:** Put the rice, turmeric, saffron and 1ltr of filtered water in a pot and bring to a boil, reduce to a simmer and check the rice after 15 minutes - you are looking for the rice to be tender but not fully cooked, so you can finish it with the pork stock in the paella. Strain and set aside.

**STEP 2:** Fine dice the garlic and onion and sauté with olive oil in a pan until tender. Add chopped chorizo and pork mince. Fry one side until golden brown before adding the spices and then turning the meat over, which cooks the meat but doesn't burn the spices.

**STEP 3:** After 1 minutes of frying the spices in the meat add the dry chilli, pork stock and, par-cook saffron rice and bring to a boil while stirring.

**STEP 4:** As the stock reduces and the paella comes together, the pan will be hot, so stop stirring and allow the paella to settle on the pan, reducing the stock and crisping the bottom of the dish. **DON'T BURN IT!!!!** That's not paella, that's a disaster, so it takes some guts but the bubbles of the stock will reduce as the liquid evaporates, you can smell the roasting of the pan, as the liquid has almost evaporated completely turn the pan off, leave it 5 minutes - **DON'T TOUCH ANYTHING!**

**STEP 5:** Grate lemon rind and throw over the chopped herbs and start scooping out spoonful's of paella, making sure to get all those best bits from bottom.

**STEP 6:** GARNISH! With you raw salsa, kimchi, olive oil, lemon, salt - but not too much! Because you have these fancy dehydrated olives to crumble over and they are sssssalty as all hell. Good stuff.

NOTE: If you burn it, no one has to know, scoop off all the good stuff, soak the bottom of the pan and try again next time because once you master a real paella - you will have a party tick for life 😊

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## Tree -mendous RAW SALAD

1 clove Garlic  
½ Onion  
100g Chesnut raised  
Pork mince  
100g Chesnut raised  
Chorizo  
1 tsp Paprika  
1 tsp Chinese 5 spice  
1 dry Chilli  
1 ltr Chesnut raised  
Pork Stock  
Handful Parsley  
Handful Chives  
1 Lemon

1 tsp Saffron  
1 tsp Turmeric  
100g Organic Brown  
Rice

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## OLIVE CRUMBLE – The Bible land tree

<p>200g olives, pitted</p>	<p><b>STEP 1:</b> Make sure there are no pits in the olives.</p> <p><b>STEP 2:</b> Dehydrate the olives overnight following you dehydrates temperature settings, let the olive cool and dry outside of the dehydrator. Crumble them up with you hands and seal into an airtight container.</p>
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## KIMCHI

<p>1 napa cabbage Fine salt for sprinkle 2 Tbsp glutinous rice flour (sweet rice flour) 360 ml water 140g gochugaru (Korean chili flakes) 1 Tbsp fine sea salt 3.5 Tbsp Korean fish sauce 90g chives 40g minced garlic 1/2 Tbsp minced ginger</p>	<p><b>STEP 1:</b> This is the most basic kimchi recipe there is BUT! You can add seasonings to the glutenous rice mix, or vegetables to the past once its cooled, or layer other vegetables when you are putting it in the fermenting container. You can really do whatever you want once you get the basics down of this fermentation, and a hint from me - Japanese miso or Korean Gachujung paste - THAT'S ALL I'LL SAY!</p> <p><b>STEP 2:</b> Pick the outer leaves of the napa cabbage if they are limp or look a little discoured, only the best for this fermentation. Cut the napa cabbage into quarters, cut a little slit length way in the root of the cabbage but make sure, ofr the love of god, all the leaves are still attached to the queatered cabbage and holding together.</p> <p><b>STEP 3:</b> Rinse the cut cabbages under running water, opening up between each leave and getting a little water on everything (so the salt sticks later).</p> <p><b>STEP 4:</b> Ok you want to sprinkle each leaf like you are seasoning your eggs, not too much, as you are seasoning every layer, but the salt is the preservation method fermentation so accumulated it is going to be more than you would normal expect from unfermented food. Repeat this for the rest of the cabbage.</p> <p><b>STEP 5:</b> Place them in a container, seal the cabbage for 1 hour at room temperature.</p> <p><b>STEP 6:</b> Mix glutinous rice flour with the water (1.5 cups) in a saucepan and boil it over medium heat for 5-8 minutes, until it thickens. Let the rice paste cool before adding the Korean chili flakes, ginger, garlic and chives.</p> <p><b>STEP 7:</b> After 1 hour you will see the cabbages have softened and released liquid. Pull each cabbage quarter out, and using your hands, spread a little bit of glutenous rice chilli mix on each leaf, this is a cathartic practice so enjoy it, and as you spread the mix on each leaf, fold them back down so you have a well marinated delicious look cabbage quarter.</p>
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**STEP 8:** Pack these quarters into a fermenting container, pushing them down, removing any air and making them look super awesome - keeping them still intact. The container needs to hold the cabbage quarters really nicely to the top, I like to add a little of the salted cabbage brine over the top of the mix to immerse all the cabbage, pop your fermenting lid on, seal it with water or however it is supposed to release air as it ferments, leave for 5 days in a cool dry, un-sun light area.

**STEP 9:** After 5 days the cabbage will have a bite and a tang and feel a little fizzy if you have never tried it before. The only problem you can have is if the cabbage has been exposed to air by not topping up your fermenting air release, or not sealing your container properly - and it will taste bad and the cabbage will be soft and mushy rather than crisp, delicate and crunchy.

**STEP 10:** But this is a foolproof recipe otherwise why would I write it also you won't die, people are way too scared of fermented food, it's the most magical cooking process there is and so super healthy it's worth the risk of death I think.

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## TREE FED AUSTRALIAN HOCK & STOCK

Braised chestnutfed ham hock, gherkins and capers, Acacia wattle seed fondant potato, confit garlic, vegan almond aioli, sauerkraut and saltbush croutons.

Slow burning carbs from high quality potatoes, high amount of necessary minerals from bone stocks, garlic for health, sauerkraut for gut flora, and the most amazing vegan aioli using almonds for good fats and flavours -this dish is about celebrating trees and incorporating them into our homes and food; AND! Two very popular but also very amazing Australian flavours are saltbush and wattle seed. And as winter is coming it's time to bust out stocks and braised food to elevate our mineral intake, hold off any winter colds, and feel good by the fire with all the essentials for an amazing lunch or dinner.

## HOCK & STOCK

1 Ham Hock  
1 Tbs Salt  
2 litres of Filtered Water  
Tbs Spoon Chopped Gherkins  
Tbs Spoon Chopped Capers  
Tbs Spoon Chopped Chives  
Tbs Spoon Chopped Parsley

**STEP 1:** Hock, salt and water in the pot. Add a lid, bring to a boil, and then put on the lowest flame you have on your stove and simmer for 6 hours. Real slow like, and after 6 hours check to see that the hock is falling off the bone. The water shouldn't reduce too much because now this is your stock, and the most important part of your meal so simmering meat and not losing water content is your goal.

**STEP 2:** Once the meat is falling off the bone, pull all the meat out, let it cool, and then pick all the good meat away from the bones, cartilage, and fatty skin - you can always cook the skin in the oven as crackling, chop and return to the stock an afternoon broth, or keep for another dish another time, it's amazing stuff.

**STEP 3:** With the picked meat add all the delicious seasoning ingredients, add olive oil and season with salt to your liking.

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## CONFIT ORGANIC POTATO WITH ACACIA WATTLESEED

6 Organic potatoes  
1 tbsp olive oil  
200g unsalted butter  
1 head garlic  
200ml pork stock  
Tbs wattle seeds  
Thyme sprigs

**STEP 1:** Peel the potatoes and cut them into cool ring shapes with a pasta ring set, OR! Cut into bug cubes with you knife - we are looking for nice big shapes here.

**STEP 2:** Add olive oil to a heavy set pan, get scorching hot and add the potatoes on their flattest, best side, and fry them until they have a slight golder colour, take the pan off immediately.

**STEP 3:** Add all you other ingredients off the stove, the butter and liquid should melt and cover the potatoes entirely, add th garlic off to the side this is going to season the liquid but also pach the garlic so we can peel it out of the skin later and eat it! Yes, amazing.

**STEP 4:** Cook on a low simmer for 25 minutes, with a lid on, or until the potatoes are tender but definitely not falling apart, otherwise why make all that effort to do those cool shapes ay.

**STEP 5:** Cool in the liquid, or like eat em straight away if you can't wait.

## ALMOND TREE AIOLI

1 Cup blanched almonds  
¼ cup yeats flakes  
½ tsp salt  
¼ cup lemon juice  
1 cup rapeseed oil  
1 cups water.

**STEP 1:** Soak the almonds overnight, just make sure they are covered.

**STEP 2:** Strain the almonds, discard the water, add the almonds and all the ingredients except the oil to a high powered blender.

**STEP 3:** Start blending the almonds and slowly drizzle in the oil and as it combines it will do the same thing a mayonnaise does, pretty impressive really!

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## CROUTONS

1 baguette  
Melted butter  
saltbush

**STEP 1:** Cut the baguette into thin slices horizontally to make lovely little bread disks.

**STEP 2:** Put them on a tray, brush with , melted butter and sprinkle some saltbush over the top.

**STEP 3:** Bake at 180 for 5 minutes or until golden brown, they will burn easy as they

## SAURKRAUT

1 cabbage  
¼ cup fine salt

**STEP 1:** Easiest recipe of all time, and absolutely the best thing to put on everything - sauerkraut.

**STEP 2:** Grab a big cabbage and slice it up as thinly as possible, it's a lot of work 1 whole cabbage so take your time and be careful of your fingers but its worth it.

**STEP 3:** Have all the sliced cabbage in a container that you can really get your arms into, sprinkle over the salt and start scrunching up the cabbage and abraising it with the salt, as you continue to rub the salt into the slices cabbage it will release moisture. Do this for about 20 minute to really get as much moisture out of the cabbage as possible because this is what will submerge the cabbage and create the fermentation.

**STEP 4:** Transfer the cabbage to the fermenting container that can comfortably hold all he cabbage, poor over the liquid and make sure you cabbage is submerged. Weight down the cabbage, put your fermenting lid on, fill your release valve with water and sit in a dry, un-sun light area for 5 days and watch as the air release valve slowly bubbles away.



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## GLUTEN FREE LEMON CAKE

200 g plain gluten free  
3/4 cup almond flour  
3 tsp baking powder  
200 g granulated sugar  
pinch of salt  
226 g unsalted butter, softened  
zest of 3 lemons  
4 medium eggs  
1/2 cup) milk  
1 tsp vanilla paste  
6 tbsp lemon juice

**STEP 1:** Pre-heat the oven to 180c and line a loaf baking tin with greaseproof/baking paper. (Dimensions of loaf tin: 8.5 inch/21cm long, 4.5 inch/11cm wide and 3inch/7cm high.)

**STEP 2:** In a large bowl, sift together the gluten free flour blend, almond flour and baking powder. Add the sugar and salt, and mix until combined.

**STEP 3:** Add the softened butter and, using either a stand mixer with the paddle attachment or a hand mixer with the double beater attachments, work the butter into the dry ingredients until you get a texture resembling coarse breadcrumbs in size.

**STEP 4:** Add the lemon zest. In a separate bowl, mix together the eggs, milk, vanilla and lemon juice. Add the wet ingredients to the dry and butter mixture, and whisk/mix well until no flour clumps remain and everything is evenly distributed.

**STEP 5:** Transfer the cake batter into the prepared loaf tin, smooth out the top, and bake in the pre-heated oven at 180c for about 1 hour or until risen, golden brown on top and an inserted toothpick comes out clean.

**STEP 6:** Allow to cool in the loaf tin for about 10 minutes, then remove from the tin, and allow to cool completely on a cooling rack.

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## **COCONUT KEFIR TREE DESSERT**

Lemon cake, coconut kefir foam, poached and roasted fruits, chestnut and macadamia crumble

I'm always an advocate for desserts being an indulgent celebration with no cost to health or life vitality! And this dessert is entirely tree based, gluten free, gut health rich and also as delicious as any indulgent dessert that also leaves you feeling guilty. Coconut kefir is my favourite thing, I drink a little every day, and I'm always finding ways to use it, in this dish I will use a foam gun to make it fancy but you can simply buy or make your own kefir and add it to every dessert like you would a yoghurt or a sauce and get a delicious dessert anytime. Also! Organic fruits are an essential thing, picked ripe and close to fresh from a tree they hold all the vitality and bacteria life to help our bodies, and fresh is best, but humans also dehydrate, poach, dry and jar fruits to hold nutrient and flavour - but it is essential those nutrients are organic as you want to put the effort in to jarring something with the best results for you.

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## COCONUT AND CAROB KEFIR TREE DESSERT

1 Organic Pear  
1 Organic Plum  
200g carob pods  
10 Cardamon pods  
6 tablespoons  
unsalted butter  
¼ cup granulated  
sugar  
½ cup golden brown  
sugar  
1 vanilla bean  
½ teaspoon salt  
¾ teaspoon ground  
cinnamon  
1 large egg  
1 cup chestnut flour  
¾ teaspoon baking  
soda  
¼ cups Macadamia  
¼ cups Flaked coconut  
¼ cups Peeled  
Chestnuts  
Coconut Kefir

**STEP 1:** Boil the carob pods in filtered water for 3 hours, lid on, nothing fancy, we are just softening the pods so we can extract the seeds and use the carob water.

**STEP 2:** Once soft, split the carob pods, remove the seeds, chop them into rough pieces and dehydrate them overnight until they are completely moisture free so we can blitz them into a powder.

**STEP 3:** Take 1 litre of the carob water and a plum cut in half, deseeded, and poach on a simmer with the cardamom for 10 minutes or until soft.

**STEP 4:** Quarter the pear and deseed it, roast the pear quarters in an oven for 10 minutes at 250 degrees to release some moisture and get some colour, but not to make them mushy because we are going to get crazy and dehydrate these guys to finish them off.

**STEP 5:** Add the poached plum and roasted pear quarters to a dehydrating tray and following dehydrator instructions for fruit, dehydrate for 2 hours so the fruits become a little sticky and chewy but not at all dry.

**STEP 6:** Blitz the macadamia, chestnut, and coconut flakes in a blender until chopped and then roast in an oven, 180 degrees for 10 minutes or until slightly golden.

**STEP 7:** Line a baking sheet with parchment paper. Use an electric mixer to blend the soft butter with the sugars, vanilla, salt and cinnamon. Add the egg and mix on a low speed for 1 minute. Sift the chestnut flour into the batter with the baking soda. Mix just until the flour is incorporated and fold in roasted macadamia and chestnut mix.

**STEP 8:** Pour out onto the parchment tray and bake for 15 minutes or until golden brown, these aren't cookies, we are making a crumble so it is ok if the edges are a little crisper than the middle but we are looking for an even biscuit.

**STEP 9:** Remove, cool and crumble with your hands.

**STEP 10:** Build your dessert by layers some fruit with the kefir and the crumble and repeat again to make an elegant, delicious and super healthy gluten free dessert that is going to make you feel better rather than worse but still tick all the after dinner boxes. That is the kind of desserts I love and this is one of my favourites.