

From Garden to Table with Morag Gamble

entree: quick comfrey pikelets

- 2 comfrey leaves
- 1.5 cups organic SR flour or buckwheat flour and baking powder
- 1 cup milk (soy or cow) or water
- 1 free range egg
- Salt, pepper or chilli, garlic, and/or garlic chives to taste

Put all ingredients into food processor and lightly whiz. Drop small amounts in a lightly oiled pan and cook till bubbles appear, flip and brown on other side. Serve hot or cold with dipping sauce . Soy sauce is a simple choice



main: Brazilian spinach crustless quiche

- 6 eggs - free range
- 1 cup pure cream
- 200g crumbled feta or ricotta (optional)
- 1 cup Brazilian spinach, roughly chopped
- fresh herb selection (whatever available in garden) - oregano, basil, garlic chives, coriander

Preheat oven to 200°C. Lightly grease dish. In a food processor combine cream, eggs and herbs and pour into dish. Mix chopped brazilian spinach through mixture and crumble the feta on top. Bake approximately 30 minutes, until set. Eat hot or cold with salad.



dessert: raw lemon myrtle cheesecake

raw, gluten free, dairy free

crust

- 1 cup pitted dates
- 1 cup raw almonds

filling

- 1.5 cups raw cashews - soaked in water 4-6 hr then drain.
- 1 large lemon, juiced
- 1/3 cup coconut oil, melted
- 1/2 cup full fat coconut cream
- 1/2 cup maple syrup (or honey if not vegan), or coconut sugar
- 1-2 teaspoons ground lemon myrtle leaves

instructions

Soak dates in warm water for 10 mins then drain. Blend in food processor. Grind nuts into a meal. Add to dates and blend until a loose dough forms. Put 1 tbsp of crust mix in tin and press. Set in freezer to firm up. Put all filling ingredients to a blender and mix until very smooth. Divide filling evenly to muffin tins. Freeze until hard - about 4-6 hours. Set them out for 10 minutes before serving to soften, OK frozen as well.



drink: mint and lemongrass tea

- 2 tbsp japanese mint leaves
- 2 tbsp of chopped lemongrass leaves

Place in medium - large plunger. Add boiling water and let brew for 3-5 minutes. Serve hot or cold.