

CENTRAL ST MARTINS  
HEALTH & WELLBEING DAY  
06 MARCH 19

PINEAPPLE PROBIOTIC  
FRESH PINEAPPLE SMOOTHIE WITH COCONUT KEFIR

HUMMUS  
ROAST VEGETABLE HUMMUS WITH FLATBREADS,  
CHACHIK & CHILLI SAUCE

GAZPACHO  
ANDALUSIAN COLD TOMATO AND PEPPER SOUP

CROSTINI  
MACKEREL PATE & BEETROOT SALSA ON RYE  
CRISPBREADS

MANGO LASSI  
MANGO AND YOGHURT WITH TOASTED CASHEWS

BHEL PURI  
PUFFED RICE SALAD  
WITH TAMARIND SAUCE AND RAITA

## Roasted vegetable hummus

This is a quirky take on Hummus enriched with roasted vegetables. I like to make 3 separate batches with distinct characters and colours and then serve on one plate like a Rasta flag Makes about 1kg of hummus

2 x 400g tin of chickpeas, drained and rinsed  
2 handfuls each of beetroot, butternut squash and red onion, washed or peeled and cut into chunks.  
6 tbsp Tahini (sesame paste)  
12 tbsp water  
2 tbsp olive oil  
2 cloves of chopped garlic, chopped  
Juice of 3 lemons  
1 tsp cumin  
1 tsp smoked paprika  
½ tsp chilli powder  
1 tsp salt

Prepare the vegetable for roasting. Heat the oven to 200c. Dress the vegetables separately in olive oil and place onto one or two baking sheets separated by foil. Roast for about 25 minutes or until soft and starting to char at the edges Blend the most of the chickpeas with the sesame paste, oil, garlic, salt and lemon juice, adding water a little at a time until you have a smooth basic hummus.

Separate this into 3 equal portions and blend the roast squash and paprika into one, the beetroot and cumin into the second and the onion and chilli into the third. Keep a few pieces of each roasted vegetable aside to garnish. Serve in a style of your choice with the extra vegetables and chickpeas scattered over, dressed with more olive oil and a dusting of paprika.

## Cacik

Cacik or tzatziki is a simple but delicious dip made from yoghurt and cucumber which is found all over Turkey, Greece and the Eastern Mediterranean.

1 large cucumber  
500g strained yoghurt  
2 cloves garlic  
4 tbsp chopped mint and/or dill  
Salt

Crush the garlic with ½ teaspoon of salt to make a paste. Peel the cucumber and remove the seeds using a tea spoon. Chop this up very fine and mix with yoghurt, chopped herbs and garlic paste. Mix and serve.

## Gazpacho

Gazpacho is a traditional cold summer soup from Andalusia which is often described as a liquid salad, As with most simple dishes, there are no definitive recipes, but this version is delicious!

500 ml tomato juice (chilled or even slightly frozen)  
3 ripe tomatoes, finely chopped (if you have the time and inclination you can de-skin these)  
1 red onion, finely chopped  
1 small cucumber, peeled and chopped  
1 sweet red or green pepper, seeded and chopped  
2 clove garlic, finely chopped  
4 tbsp. red wine or sherry vinegar  
4 tbsp. olive oil  
Fresh basil for garnishing  
Salt and fresh ground pepper to taste

Place all of the ingredients except the bread and basil into a blender and blend to the consistency you like. Add salt and pepper to taste and chill for a minimum of 15 minutes before serving. If you find the soup is very acidic, add a teaspoon of caster sugar to take the edge off the acidity. Garnish with basil leaves

## Smoked mackerel pate'

Mackerel is a versatile and healthy oily fish, rich in omega 3 essential fatty acids; it is also a good source of protein and minerals. This pate takes a few minutes to make and will keep for two days if refrigerated.

2-3 smoked mackerel fillets (about 250g)  
3 spring onions  
100g low fat cream cheese (2%) Or 100g quark (fat free curd cheese)  
2 tbsp parsley (optional)  
1 tbsp lemon juice  
Black pepper

Remove and discard the skin of the fish and check for and remove any obvious bones. With a sharp knife or fork, flake the fish into a bowl. Very finely chop the spring onions. Mix the fish, onions and cream cheese or yoghurt together very well or blitz with a hand blender. Lastly season with black pepper, lemon juice and chopped parsley. The fish is already salted so no need to add further salt.

## Beetroot and apple salsa

4 cooked beetroot , chopped  
1 large dessert apples, peeled and finely chopped  
juice & zest of one lime  
2 tbsp. chopped fresh dill  
salt and pepper

Prepare the beetroot and apples. Chop the dill and juice and zest the lime. Mix it all together and season to taste. You can also add a little mayonnaise for a richer salsa

## Bhel Puri

Bhel Puri is one of the most popular street snacks found throughout India. It is a puffed rice mixed with seasonal vegetables, dressed with tangy tamarind sauce. Prep the parts in advance, but assemble just before serving or it goes soggy! Makes 4 servings.

2 cups puffed rice  
¼ red onion, very finely chopped  
1 large tomato, finely chopped  
½ cucumber, diced  
2 tsp homemade chaat masala or a shop bought chaat masala powder  
2 green chillies, deseeded and finely chopped]

100ml yoghurt  
25g jaggery or palm sugar

Juice of one lime  
6 tbsp. fresh coriander, chopped  
4 tbsp. Imli (tamarind chutney)

Prepare the coriander, tomatoes and onions. Mix the yoghurt and jaggery together. Just before serving, toss the puffed rice with the chopped vegetables, chillies, half of the coriander and most of the masala powder. Dress this with lime juice, mix well and top with some yoghurt, tamarind chutney and more chopped coriander. Finally, dust with the remaining masala.

**Chaat Masala powder:** dry roast 3 tsp cumin seeds, 1 tsp coriander seeds and 2 dried red chillies. Cool and grind together with a little black salt and amchoor (dried green mango powder) to a fine powder. This will keep for several months if stored airtight.

### Imli Chutney

Imli is a sweet and tangy sauce made from tamarind. It is often served as a chutney with street snacks such as cutlets or samosa or as a dressing on salads and chaat dishes. It is easy to make and keeps well. The black salt gives it a unique flavour. This recipe makes about 200g of Imli.

100g of deseeded tamarind pulp or 50g of concentrated tamarind  
50g jaggery (raw sugar)  
200g water  
1 tsp powdered fennel seeds and 1 tsp powdered cumin  
½ tsp red chilli powder  
½ tsp black salt (kali nammak)

Mix the tamarind paste with the sugar, water and spices and bring to a slow boil. Reduce the heat and cook until reduced by a 1/3<sup>rd</sup>. Season with black salt. Serve cold.

### Mango lassi

1 large ripe mango (you can also use tinned mango pulp)  
250ml live low fat yoghurt  
500ml semi skimmed milk

Peel the mango and cut off as much of the flesh as you can off the large pip. Blend the mango together with the yoghurt and the milk and yoghurt. Serve cold