

SOUTHSEA FOOD FESTIVAL

14 & 15 JULY 2017

11.00

TAPALAPA

**WEST AFRICAN BAGUETTE FILLED WITH SPICED BEAN CAKES
PEPPER & PEANUT SAUCE AND MANGO SLAW**

13.00

FARINATA

**GENOVESE GARBANZO CAKE WITH OLIVES & ROAST VEGETABLES
LEMON SEARED COURGETTES AND ROCKET PESTO**

15.00

BAU

**ASIAN STEAMED BUNS FILLED WITH HOISIN TOFU
SESAME KALE AND PICKLED RADISH**



**COMMUNITY
CHEF**

good food for all

Tapalapa

Tapalapa is a West African sandwich usually made with local baguette style breads. They are stuffed with all sorts of fillings including butter and jam, peanut and pea stew and fried bean cakes. In this version, they are filled with Accara, fried bean cakes and Maafe, a pepper and peanut sauce. Serves 6

6 demi-baguettes

Accara

500g dried black-eyed peas or chickpeas

1 large onion, finely chopped

4 cloves of garlic, chopped

small bunch of parsley, chopped

1 tsp salt

½ tsp black pepper

sunflower oil

1. Soak the peas overnight in lots of water. Drain then put back into the pot with more water and give the peas a rub – this is to loosen off the skins which are quite fibrous – swirl the water and the skins will float to the top, remove those you can and re-drain the peas.
2. Put the peas, onions, parsley, garlic and seasoning into a food processor or blender and blitz together to form a chunky paste. Ideally refrigerate this for an hour or two before frying.
3. Heat up your oil to a medium heat, around 160’c.
4. Make small balls of the mixture and fry in batches until golden brown all over, turning once. Remove with a slotted spoon and drain on paper towels.

Maafe

4 onions, peeled and finely chopped

4 sweet red peppers

100g smooth peanut butter

2 or more red chillies, chopped and de-seeded if you don’t want it too spicy.

Sunflower or coconut oil

Salt and pepper

1. Pre-heat the oven to 200c and halve and de-seed the peppers. Roast these for 25 minutes until soft and charring a little. Allow them to cool and then fine chop or blitz to a paste.
2. Peel and chop and fry the onions in 2 tbsp. of oil until soft, but not brown. Add the chilli and cook for a moment. Then add the peanut butter, 250ml of water and pepper paste, mix well and cook gently for 5 more minutes. Add salt and pepper to taste.

To assemble – cut the baguette lengthways, but not all the way through. Open them up and butter liberally. Fill with the accara, top with the hot sauce and serve with a mango slaw.

Farinata

Genovese garbanzo pancake - it's delicious, fermented, high protein, vegan and gluten free. Farinata are delicious cooked as a simple pancake or as a tray bake, poured over fine chopped raw or roasted vegetables.

150g chickpea flour
450g warm water
6 spring onions or a small leek
1 red pepper, sliced
1 courgette, small cubes
olives
25ml olive oil
3g salt
Chilli flakes

1. Mix the flour and water and whisk to a smooth batter. Cover and leave in a warm place for 12 - 18 hours. You can do this in two stages which encourages the fermentation. (which in this case makes the chickpea more digestible and the nutrients more available) The batter should be bubbly and have a slight cheesy aroma.
2. Preheat the oven to 200°C and line a large, heavy baking tray with non-stick baking paper.
3. Finely chop the onions or leek and pepper and scatter about the bottom of the tray. Dress with half of the oil.
4. Mix the salt into the batter and whisk. Pour this over the onions or leek - it should be about 1cm thick. Pour over the remaining oil, scatter with olives and sprinkle over a pinch of chilli flakes.
5. Bake for about 20 minutes, it should be golden and set with the texture of a well-done omelette.
6. Cut into slices and serve hot.
7. If you prefer, you can also make several smaller ones in a frying pan - preheat a thick bottomed oven proof frying pan or skillet to a medium heat. Brush liberally with oil and spoon in a ladle full of batter. Using the bottom of the ladle, swirl the batter round so it covers most of the pan. Sprinkle over the onions, chilli and some oil and cook till it is set. Transfer the pan to the oven and cook for a few minutes to brown the top. Serve hot

Rocket pesto

100g rocket
50g toasted hazelnuts
20g grated parmesan
1 tbsp balsamic vinegar
4 tbsp olive oil
Salt and Pepper

Method: Wash and dry the rocket. Toast the hazelnuts in a dry pan or under a grill until they are a shade or two darker. Allow them to cool before using them. Place all of the ingredients except the oil in a food processor and start to blend. Pour the oil in, a little at a time, until the pesto has emulsified. Add salt and pepper to taste.

Steamed buns

Filled with hoisin tofu & kale

Steamed buns are found all over Asia, but in China they are known as bau or bauzi. They are prepared either as stuffed dumplings or as buns which are split and filled after steaming. They are delicious and easy to make. A large bamboo or steel steamer is ideal for the job, but a round cake tin balancing on a trivet in your largest pot will also work. This recipe is for filled buns and will make 10 good size bau.

Buns

500g plain flour
250g warm water
50g sunflower oil
50g caster sugar
7g salt
5g instant yeast
3g baking powder

1. Mix all of the ingredients together and knead until smooth and the gluten has developed. Place in an oiled bowl, cover and ferment for 2 – 3 hours.
2. Knock back and divide into 8 pieces each about 100g. Roll these into balls and put aside to relax for 10 minutes. On a dusted surface, flatten half of each dough ball. Tuck the flattened half under the fuller side. Place these into onto oiled silicon paper into a large steamer with enough space for them to double in size.
3. Prove up for 30 minutes and then steam over a large pan of boiling water for 10-12 mins. You may need to do this in batches. Allow these to rest for a few minutes before stuffing with the filling below.

Filling

500g smoked tofu, cut into small cubes
200g curly kale or cavolo nero, shredded
3 tbsp. sunflower oil
3 tbsp. hoisin sauce
1 tbsp. soy sauce
2 tbsp. clear honey
½ tsp chilli flakes
1 tsp cornflour, dissolved in 1 tbsp. rice wine
1 tbsp. sesame seeds, toasted
6 spring onions, finely sliced
pickled Chinese cabbage or radish

Heat the oil in a wok or large pan and fry the tofu briefly before adding the hoisin, soy, honey, chilli and cornflour wine mixture. Cook this hard for a minute or two and then add the kale, lower the heat and cover. Cook for 5 minutes or until the kale is wilted then add the sesame seeds.

To assemble: gently tear or slice open each bun and stuff with 2 -3 tbsps. of the tofu. Top with some pickled vegetables and the shredded spring onions.