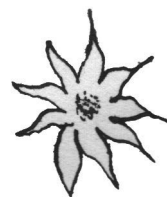


# Contents of Wild Morsels

## Acknowledgements iii

Testimonials	iv
Media Attention	v
About the Author	vi

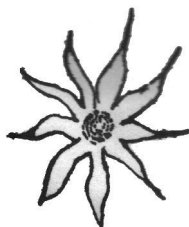


## Welcome to the Wild Kitchen 4

Defining Differences	5
Cooking Tips and Pointers	7
Alternative ingredients	10
Cooking dried beans and lentils	14
Cooking great grains	17
Making your own breadcrumbs	19
Bleeding eggplants	20
Which Oil to Use	20
Educate yourself about Wheat	21
A note on vitamin B12	21

## Breakfast 23

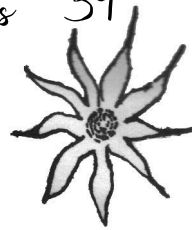
Sweet Fruity Muesli	24
Toasted Muesli	25
Almond Spice Crunch	26
Apple & Spice Porridge	27
American-Style Breakfast Potatoes	28
Tofu Scramble	29
Buckwheat & Molasses Pikelets	30
Pancakes	31
Luxurious Fruit Salad	32
Breakfast Smoothie	33



Fruit Slush	33
The delicious world of chia pudding	34
Mango and Coconut Chia Pudding	36
Chocolate Berry Chia Pudding	37

## *Snacks, Sides & Starters* 39

Riviera Burgers	40
Summer Rice Burgers	41
Mexican Patties	42
Spicy Potato Patties	43
Moorish Lentil Balls	44
Mexican Bites	45
Japanese Rice Balls	46
Crumbed Tofu Schnitzels	47
Not-Sausage Rolls	48
Tortilla Sandwiches	49
Vegetable Curry Parcels	50
Savoury Scrolls	52
Spring Rolls	54
Oven Chips	55
Karelien Potato Pies	56
Mixed Vegetable Bake	58
Rosemary & Lime Potatoes	59
Mekong Asparagus	60
Hazelnutty Beans	60
Pumpkin & Sweet Potato Fusion	61



## *Salads* 63

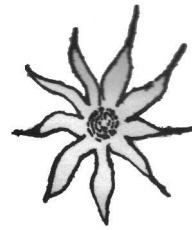
Tomato Salsa Salad	64
Italian Salad	65
Wild Rice Salad	66
Refreshing Bean Boost	67
Mitchell's Red Salad	68
Sesame Salad	69
Tomato and Basil Salad	69

Mango & Avocado Salad	70
Mostly Green Salad	71
Roasted Vegetable & Quinoa Salad	72
Mixed Seed Salad	73



## *Soups 75*

Vegetable Stock Paste	76
Carrot and Coriander Soup	78
Middle Eastern Vegetable Soup	79
Tomato and Basil Soup	80
Shanta's Pumpkin Soup	81
Thai Vegetable Soup	82
Tomato and Lentil Soup	83
Wild Winter Warm-up	84
Creamy Vegetable Soup	85
Potato, Pea and Mint Soup	86
Corn Chowder	87
Minestrone Soup	88
Turkish Bean Soup	89



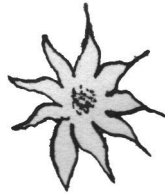
## *Main Dishes - Tofu & Vegetables 91*

Shanta's Nifty Tofu Tip	92
Garlic Sweet Potatoes with Dill	93
Moroccan Vegetables with Quinoa	94
Dilled Spinach with Mushrooms	95
Mixed Vegetable & Apricot Curry	96
Pumpkin & Sweet Potato Masala	97
Vegetables and Tofu in Sweet Marinade	98
Mushroom Steaks	99
Lemon & Thyme Roast	100
Bombay Potatoes	101
Vegetable and Tofu Stroganoff	102
Eggplant Wraps with Minted Quinoa	104



## Main Dishes - Beans and Pulses 107

Indian Dahl	108
Two Lentil Dahl	109
Chilli Con Carne	110
Gentle Lentil Stew	111
Vegetable Dhansak	112
Golden Masala	114
Potato and Lentil Bake	115
Moroccan Chickpeas	116
Lentil Loaf	117
Lentil and Barley Shepherd's Pie	118
Burritos	120
Boston Barbecue Beans	122
Aduki Bean Stir Fry	123



## Main Dishes - Rice and Pasta 125

Spaghetti Bolognese	126
Mediterranean Vegetable Risotto	127
Pesto & Tomato Spaghetti	128
Herby Pasta with Sun-dried Tomatoes	129
Roasted Vegetable Lasagne	130
Roasted Capsicum Pasta	132
Satay Vegetables & Soba Noodles	133
Pad Thai	134
Cashew Soba Noodles	136
Roasted Pumpkin Fried Rice	137
Wild Fried Rice	138
Vegetable Pilau	139

## Sauces & Dips 141

Cashew & Pepper Gravy	142
Peanut Sauce	143
Fresh Tomato Sauce	144
Barbecue Sauce	145



Pizza Sauce	146	
Asian Dipping Sauce	147	
Mint Dipping Sauce	147	
Tomato Salsa	148	
Baba Ganoush	148	
Homous	149	
Refreshing Guacamole	150	
Roasted Capsicum & Cashew Pesto		151



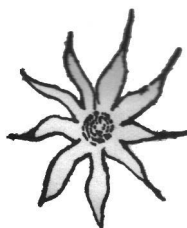
## *Baked Goodies* 153

Vegan Baking Tips	154	
Choice of Baking Flour	155	
Gluten Free?	155	
Replacing margarine with coconut oil		156
Chocolate Coconut Biscuits	157	
Cinnamon Biscuits	158	
Oat & Malt Biscuits	159	
Peanut Butter Biscuits	160	
Passion Stars	161	
Choc Chip Bickies	162	
Lemon Coconut Biscuits	163	
Chocolate Brownies	164	
Banana & Walnut Muffins		165
Apple & Cinnamon Muffins		166
Berry Chocolate Muffins	167	
Date Loaf	168	
Blueberry Cake	169	
Chocolate Cake	170	
Banana Cake	171	

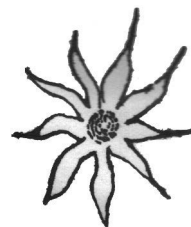


## *Desserts* 173

Shortcrust Pie Pastry	174	
Shortcrust Flan Pastry	175	
Apple Pie	176	
Pumpkin Pie	177	
Fruit Flan	178	



Chocolate Tart	179	
Bananas with Maple and Pecan Cream		180
Citrus Mint Burst	181	
Banana and Coconut Rice Pudding	182	
Cashew Whipped Cream	183	



*Finale* 184

Glossary of Ingredients	184
Suggested Reading List	190

*Bibliography* 191

*Index* 194

