

KALI COOKING

A C O L L E C T I O N O F R E C I P E S B Y
K A L I J A G O

A collection of easy to make, delicious recipes to see you into the New Year
I compiled this e-book as a taster of my cooking along with some of my tips and tricks

PHOTOGRAPHY
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I wanted to put together a collection of simple recipes that are satisfying, flavoursome and very enjoyable. I've chosen a mix of five main recipes and some extras that are great to have in your fridge or in your pantry.

I've always been a big vegetable fan and have been drawn to a more healthful diet using whole grains and vegetable focused for some time. Now more than ever we're all becoming aware of the benefits of eating this way, our health, the environment and of course animal welfare. I don't think you should be missing anything in terms of enjoyment, pleasure and the ceremony food brings. Simplicity doesn't necessarily mean compromise.

Whether you're looking to eat plant based a couple of times a week or full time, I hope these recipes will help you on that journey.



Some notes on my cooking. While my style and passion is very much healthy and nutritious food, I also want plenty of flavour and fun and I see no reason why you can't have it both ways.

To create something more exciting and pleasing to eat, consider certain things while you cook and create.

Different textures are key for me, you can add this through crunchy elements, different textured vegetables, legumes, grains and protein. Even if I'm eating a smooth soup I like some crunchy toppings or textured veg or protein, such as grains, crispy chickpeas, or roast vegetables.

The 5 tastes that should be considered, are sweet, sour, salt, bitter and savoury/umami. A balance of these elements is what you want, not necessarily jumping out in every dish but given thought to. You'll see how I use these different tastes in the following recipes. Mastering this just takes practice and attention when cooking, taste as you go.

Seasoning and tasting is a must. Don't wait until you're at the table to season your food. Season at different stages and taste, every bite can be exciting.

I use organic, unrefined and seasonal produce where I can. Of course that's not always possible, it can be expensive or unavailable. Also, sometimes you just want an aubergine in the dead of winter! But we do what we can, try to support local growers and sellers. An easy and economical way to do this is weekly veg boxes, and it's a good way to try new vegetables. They're usually very affordable as you get what you're given and what's in season. Which will in turn have much more natural flavour, meaning less work for you!

I use unrefined sugars, usually rapadura or maple syrup. I'm so used to using these sugars now I can't really imagine going back, and why would I? As well as being better for you, they have a much richer flavour than straight up white sugar.



I prefer to cook with wholegrains for the slow releasing energy and higher nutritional content, not to mention the flavour!

Salt - I use pink Himalayan for cooking and sea salt to finish.

Oil - Extra virgin olive oil to finish, for dressings and dipping.

Unrefined rapeseed oil - for cooking, it has a higher smoke point than olive oil. You can also use in dressings.

Flax seed - dressings and drizzle on salads for the omega 3's.

Coconut oil - baking and cooking.

Tahini - I prefer Lebanese Al Yaman. I'm actually not a fan of the organic health food shop brands. They're usually too thick and claggy. It should be smooth, runny and almost sweet, naturally.

Coconut milk - I prefer Aroy-d or Chaokah brands.



BLACK DAL WITH BEET RAITA

I like to switch between red and black dal on a regular basis. This recipe feels slightly more decadent and luxurious than red and takes a longer time to cook. So just be prepared. You'll need to soak the lentils for 8 hours or overnight and cook for about 2 hours. I've adapted the famous Dishoom black dal recipe. I used [Naturli](#) butter here, my preferred vegan butter brand. It's sold now in larger supermarkets and local health shops. If this is unavailable to you, I have subbed for extra oil in the past and it's still delicious.

A note on cooking with pulses; fat and salt really make them sing, so don't be afraid to use them! As long as you're using good quality ingredients, I see no reason not to use what you need to bring the dish to life.

Serves 4 generously.

Black Dal

500g dry black lentil, soaked 8 hours or over night with 1 tbsp salt
800g coconut milk
400g passata
140g naturli butter or unrefined rapeseed oil or coconut oil
50ml rapeseed oil or coconut oil
60g garlic, minced
60g ginger, minced
Good pinch garam masala
Salt to taste

Beetroot raita

400g coconut yoghurt - I like 'Cocos'
1 small beetroot
juice ½ lime
2 tbsp rapeseed oil
1 clove garlic, minced
20 fresh curry leaves, picked off the stem*
½ - 1 tsp salt

Quick pickle onion

1 small red onion
Juice ½ lime
Pinch salt

Fresh coriander to serve.

* Fresh curry leaves are fairly easily available now. I've seen them in larger supermarkets, my local (Hackney) shop and Indian grocery stores. If you can't find them I don't substitute with dried. There's no comparison in terms of flavour between the fresh and dried ones, so you can leave them out or add another spice you like, lightly toasted crushed coriander seed or ground cardamom would work very nicely.

When ready to cook, drain and rinse your lentils, place in a large saucepan, cover with plenty of water and 1 tbsp salt. Bring to the boil, cook for 30 minutes, or until very tender. Drain and rinse, return to the pan. Add the coconut milk, passata, bring to the boil with the lid on, turn the heat down to a simmer and leave to cook for an hour, checking occasionally to stir. If it becomes too dry add a little water, but just enough to loosen the mix.

Heat a separate frying pan, medium high heat, add the oil when hot, add the ginger and garlic and cook for 2 minutes, it should be golden, careful not to let the garlic burn. Pour into the dal, keep the pan as you'll need it again. Stir garlic and ginger into the dal along with the butter and cook for a further 30 minutes until thick and creamy.

For the raita, peel and grate the beetroot, mix through the yoghurt with the lime. In the same pan you used for the garlic and ginger, heat the oil, add the garlic and curry leaf. Cook for a minute until the garlic becomes golden and the curry leaves crispen. Pour onto the yoghurt mix and stir through, add the salt and taste for seasoning.

To make the quick pickle onion, finely slice the onion, squeeze over lime juice and a pinch of salt. Set aside for a few minutes until it changes colour, it should become brighter and soften. Serve the dal with a dollop of raita, mix the coriander with the onion and use as generously as you like on your dal.



EXPRESS NOODLES

So simple but so good, and seriously addictive.

During one of the many lockdowns I started reading [Fuchsia Dunlop](#)'s books on Sichuan cooking. Sundays became *Sichuan Sundays* for a gloomy lockdown winter. I'm a big noodle fan so I was very drawn to the noodle sections of her books. I was surprised how simple and quick some of the recipes were and how much flavour they still packed. Once you've stocked your cupboard with the right ingredients you can quickly put something together in the time the noodles take to cook.

For quick noodle dishes I always have in my dry pantry; dark soy and tamari (or light soy) chiang vinegar, rice vinegar, sesame oil, tahini, Sichuan oil, chilli oil and dried noodles.

Garlic and spring onions are key, ginger adds a very nice aromatic dimension and kick, and it's so good for you, of course fresh chillies too, if that's your jam.

These noodles take minutes to put together. I add whatever veg or salad and fresh herbs I have, then if you have some protein you want to add, do so. I very much like a dollop of tahini with mine, I usually have a jar of it in the fridge.

serves 2

200g pack udon style noodle dried*
1 clove garlic - grated
1 tbsp tamari
1 tsp dark soy
3 tbsp. cold pressed rapeseed oil
1 tbsp toasted sesame oil
1 tsp rice vinegar
1 tsp chiang vinegar
Pinch white pepper
2 spring onion, sliced
1 birds eye chilli, optional

In a large mixing bowl mix all your ingredients together, except the noodles. Cook these according to packet instructions. Careful not to overcook, like pasta it should be cooked al dente – with bite.

Serving suggestion - serve with greens, fresh herbs – I use what I have, but coriander and dill work particularly well, roast crushed peanuts or gomashio, fresh chilli or your favourite chilli oil, a dollop of tahini.

My favourite noodle brands for this recipe are the clearspring udon, or a Japanese brand, [Akagi](#) noodles, which you can find at some supermarkets and Asian grocery stores.



WINTER BITTER SWEET SALAD

A delicious bitter sweet salad using seasonal leaves. If you wanted to serve it as a warm salad, serve when the squash is straight out of the oven and gently heat the beans in a pan before mixing through. The tahini from the extras works really well with this salad, you can sub out the hazelnut for the toasted breadcrumbs and I wouldn't say no to some confit garlic being mixed through too!

I used pinto beans here but butterbeans are also delicious, lentils always work very well with this combination; black and puy lentils are generally better for salads as they hold their shape once cooked.

This is a good example of balancing the 5 tastes; sour from the vinegar, but also umami, salt and sweet from squash and fruit balances the sour and the bitterness from the leaves.

Serves 4

1 small squash, washed, deseeded and cut into large chunks
1 tbsp rapeseed oil
400g cooked pulses
200g kale, washed and cut into bite size pieces – removing thick and fibrous stalks
½ a small radicchio, cut into bite size pieces
Small bunch picked herbs – parsley, tarragon, oregano, dill would all be great here
1 persimmon, thinly sliced or sub for pomegranate, apple or pear
50g roasted hazelnut, roughly chopped
Salt and pepper

Sherry vinaigrette

100ml sherry vinegar
250ml extra virgin olive oil
½ tsp salt & ½ tsp pepper
Dash of maple syrup (optional)

This will make extra dressing but it keeps well and it's always good to have some dressing ready to go. Keep for a month in the fridge, bring to room temperature before using. If you like a little extra sweetness, the maple is very nice. You also have sweetness from the fruit to offset the bitter leaves. Place all the dressing ingredients in a jar and shake well.

Pre heat the oven 200c. Line a baking tray with parchment. Toss the squash with a tablespoon of rapeseed oil, salt and pepper. Roast for 15-20 minutes until browned and tender, you can use a toothpick to test. While roasting, place your leaves, herbs and beans into a large mixing bowl, make your dressing and slice the persimmon.

Remove the squash from the oven, mix into the salad. Mix through about 50 ml of the dressing, add more as you like, check for seasoning, add ¾ of the hazelnut, gently mix through the persimmon trying not to break it up. To serve individually separate onto 4 plates and scatter with remaining hazelnut. Or serve in large serving bowl and scatter finish with hazelnuts.



ANCHO MARINATED WHOLE ROAST CAULIFLOWER & CARROT PUREE

This makes a beautiful centre piece but is also just delicious so try it anytime, no need to wait for a centre piece kind of occasion! I like to use the same quick pickle coriander mix I use in the dal to finish the dish. The acidity from the onion cuts through the richness from the ancho and carrot. The fragrant freshness from the coriander works beautifully too but if you have other herbs you'd like to add, feel free. The toasted breadcrumbs from the extras work so well with this for a crunchy element. I'm also never opposed to adding a couple of pieces of confit garlic to anything if you want the extra flavour hit, this is already a pretty punchy dish though. The winter salad would make a lovely side to this dish too.

Serves 4

Marinated roast cauliflower

1 large cauliflower
1 tbsp ground ancho, buy ground or toast and grind whole ancho in a spice grinder or blender
1 tbsp smoked paprika
½ tbsp. ground cumin
½ tbsp rapadura sugar
2 tbsp coconut yoghurt or cream
1 tsp salt
2 tbsp rapeseed or coconut oil

Carrot puree

800g carrot
2 whole guajillo chiles
100ml olive or rapeseed oil
350ml water
1.5 tsp salt

Quick pickle onion and coriander salad – you can switch out onion for finely sliced radish or beetroot and coriander for other soft herbs.

Wash the cauliflower and trim the base so it can sit upright, I like to keep the leaves on. Steam in a steamer or use a large pan with an about 200 ml of water. Place the lid on, bring the water to the boil, turn down and steam for 25 minutes. While the cauliflower is cooking, mix the marinade ingredients.

When it's ready remove the cauliflower from the pan. Using the back of a spoon, smear the marinade all over. Marinate for 30 minutes to an hour. Pre heat the oven to 210c. Place the cauliflower on a roasting tray lined with parchment paper. Bake for about 40 minutes until tender and has a rich deep colour, you can test the inside using a skewer or a sharp knife. While the cauliflower is cooking, make the carrot puree.

Wash and cut your carrot into equal sized pieces. Place in a medium sauce pan with 350ml water and steam for about 20 minutes, until tender, testing again with a sharp knife or skewer. While the carrots are cooking, toast the guajillo in a small pan on low heat for 30 seconds each side, they should puff up slightly, be careful not to burn them or they'll be bitter. When the carrots are ready, blend with the rest of the ingredients for about a minute in high speed blender. You should have a silky smooth puree, taste for seasoning.

When you're ready to serve, heat the carrot puree in a saucepan on low heat. Create a bed of carrot puree on a plate and place the cauliflower on top. You can either do this as a centre piece or individual plates. To do this, cut the cauliflower into quarters, divide the carrot between four plates and place each piece of cauliflower on top. Finish with herb and quick pickle onion mix.



NUT BUTTER & TAHINI OAT CHOC CHIP COOKIES

There's nothing not to love about this combination in a cookie. These are rich and seriously addictive. Use gluten free oats to keep it GF.

makes 12 cookies

200g rapadura sugar
200g nut butter - I usually go for peanut or almond
150g tahini
1 teaspoon cinnamon
200g rough oat flour*
1 1/4 teaspoon baking soda
1/2 teaspoon sea salt
60ml unsweetened plant milk
100g dark chocolate, chopped

Preheat the oven to 180C. Line two large baking sheets with parchment paper.

Using a stand alone mixer or food processor with the paddle attachment, cream together the sugar, nut butter and tahini on medium high for 1 minute.

Meanwhile, in a small mixing bowl, mix the oat flour, cinnamon, baking soda and salt.

With the mixer off, add the oat flour mixture. Then pour in the milk and begin beating on low, increase speed to medium and beat for 15 seconds or until just incorporated. The dough should pull together as it moves around the mixing bowl. If the dough is dry and crumbly add more milk, 1 tablespoon at a time, mix until it pulls together, but before it's sticky. Mix in the chocolate chunks.

Using a spoon scoop large walnut size pieces, roll with clean hands into a ball, place onto the baking tray and press lightly to flatten a slightly. Keep a minimum 1 1/2 inches between cookies, these do spread while cooking.

Bake the cookies for 10 minutes. Remove from the oven and allow the cookies to cool completely on the pan before moving otherwise they'll break.

Enjoy!

*To make the oat flour, briefly pulse rolled oats in a food processor or upright blender until you have a rough crumb.



EXTRAS

I always have full jars on my shelves and in my fridge that will allow me to easily liven up a dish. Here are 3 simple recipes that are great examples of delicious extras to liven up your cooking and any quick meal.

As well as these, I always have roasted nuts, toasted seeds, flavoured seed mixes.

I always have a jar tahini in the fridge. I love to have confit garlic too, it's great to add to savoury toast, seared mushrooms, roast vegetables, add to sauces and dressings, if you want a more mellow but still rich garlic flavour. The breadcrumb mix I love because it's a great way to use up old bread, it keeps very well and to adds texture and flavour. Sprinkle over pasta, salads, vegetables, it works especially nicely with vegetable purees for some texture. Try it with the roast cauliflower and carrot puree in this collection.



TAHINI

I'm obsessed with tahini. Even since I was young, after my first trip to Cyprus I was enchanted with this sauce.

I'll put this on toast, with crackers, a dollop with salad, even with noodles. In fact it goes really well with both the winter salad I've included, and the noodle dish.

It will last a few days in the fridge. This makes about 1 cup.

150g tahini *
20g olive oil
125g water
30g lemon juice
½ tsp small teaspoon salt

You can whisk this together quite easily but if you want it extra fluffy I use a high powered blender and let it run for about a minute. The tahini will be light and airy as opposed to runny and creamy. Both are great, but light and fluffy just tips it for me.

CRISPY BREADCRUMB & PEPITA

A great way to use up old bread, the pumpkin seeds add extra flavour and nutrition. You can add herbs that you have to hand or whichever you prefer, thyme and parsley work well. Makes about 1 cup.

50g pumpkin seed
150g bread
2 tbsp rapeseed oil
2 clove garlic grated
zest of one lemon
½ tsp sea salt & freshly ground black pepper
Optional - add some herbs picked thyme or finely cut parsley

Toast your pumpkin seeds in a large pan until they start to pop. Remove from the pan and let them cool. Keeping the pan for the breadcrumbs.

Blitz your bread in a food processor until you have a rough crumb. Heat the fry pan, add oil, then the breadcrumbs, toast on medium low heat for about 15 minutes until crispy, grate in the garlic, give it a good mix and cook for another couple of minutes, add the lemon zest and any finely cut fresh herbs. While the bread is toasting, blitz your pumpkin seeds in the food processor until you have a rough crumb. When the breadcrumbs are ready, in a medium bowl, mix through with the pumpkin seeds. Ready to serve straight away or store in a jar or airtight container for up to a week.

CONFIT GARLIC

2 bulbs garlic
-optional herbs or spices; 3 bay leaves, 2 sprig thyme,
10 black peppercorns
Cold pressed rapeseed oil

Peel the garlic, and leave the cloves whole. A good trick here to speed things up, cover the garlic with boiling water and leave for a couple of minutes, drain and peel. This helps the skins slide off easier.

In a small pan, place the garlic and chosen herbs/spices. Cover with oil, I use cold pressed rapeseed but you can also use olive oil.

Using your smallest hob on the lowest heat, let the pan very gently simmer for 40 mins to an hour, cook until deep golden and very tender. You don't want the oil to boil just a very gentle simmer, if you have a heat diffuser then you can use that to get the temperature down even more. Let cool and transfer to a jar, store in the fridge for up to a month.

