



Canapés  
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Cauliflower bread crostini with beetroot relish  
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#### **Cauliflower bread crostini with beetroot relish**

##### ***cauliflower bread***

300g (finely chopped cauliflower (resembling rice))  
100g ground almonds  
2 tablespoons psyllium husk  
50g chia seeds  
¼ teaspoon chilli powder  
¼ teaspoon cumin powder  
1 tablespoon finely chopped rosemary  
1 teaspoon of sea salt  
2 large eggs  
3 tablespoons olive oil  
1 oiled loaf tin, lined with parchment approx 12 x 22 cm

oven 160°C/320°F

Place all of the ingredients in a large bowl and mix until well combined and smooth. Transfer the dough to the prepared loaf tin, spreading it out evenly and pressing down firmly to level the surface.

Bake for 50 minutes, or until firm and golden. Cool in the tin before turning out.

Store wrapped in parchment paper in the fridge.

For canapé, slice cut into triangles, brush with olive oil, arrange on a lightly oiled baking sheet and pop into a 200°C oven for 12 minutes until crisp & golden, flipping over half way through.

Cool, top with a spoonful of relish and finish with a herb flourish.

### ***beetroot relish***

1kg raw beetroot, peeled and coarsely shredded  
2 red onions finely sliced  
500ml cider vinegar  
500g rapadura sugar  
2 tbsp grated ginger  
3 garlic cloves crushed  
1 chilli finely diced  
1 teaspoon cumin  
zest and juice 2 oranges  
2 apples cored and coarsely grated

Place all the ingredients into a large stainless steel preserving pan. Bring to the boil, reduce the heat and simmer for an hour until thick and syrupy. Bottle into warm, sterilised jars and store in a cool dark place, once opened store in the fridge.

### **Sun-dried tomato polenta with artichoke hummus**

2 onions, finely chopped  
1 clove garlic finely chopped  
1 litre vegetable stock  
6 sun-dried tomatoes, finely diced  
200g polenta  
2 tablespoons olive oil & extra for oiling the tin

Make the polenta first. Gently cook the onion and garlic in the olive oil until soft add the stock and sun-dried tomatoes and bring to the boil. Slowly, in a continuous stream, pour in the polenta beating all the time. Cook gently for 1 minute, cool slightly then pour into a well-oiled tin and allow to cool. At this stage you can cover the polenta and keep it in the fridge for up to 2 days.

Turn out and cut into triangles. Place the triangles on an oiled baking sheet and roast in a hot oven 200°C/400°F for about 10 minutes, top each triangle with a spoonful of artichoke hummus.

### ***artichoke hummus***

350g peeled and roast Jerusalem artichokes  
2 tablespoons tahini  
3 cloves garlic crushed  
juice and zest of 2 lemons  
black pepper & salt

**To make the hummus,** pulse the cooked artichokes to a smooth consistency add the remaining ingredients and blend adding water if necessary until you have a smooth cream.

### **Toasted buckwheat bread with labneh & fermented wild garlic**

#### ***buckwheat bread***

400g hulled whole buckwheat  
250ml water + extra for soaking  
½ teaspoon salt  
1 teaspoon honey

Place the buckwheat in a bowl, cover with water and leave overnight, in a cool-warm place covered with a cloth.

Strain off excess water, keeping the liquid, but do not rinse. Pop ½ the buckwheat into a blender with the water and salt & blend until very smooth, tip in the remainder and pulse 2 or 3 times to mix well.

Stir in the thyme, honey

Pour into a well-oiled bread tin and leave, covered with a cloth in a warm place for 18 hours  
If the loaf begins to rise more than 1inch bake before 18 hours

Heat the oven 220°C/425°F and place in the middle to bake for 35 – 45 minutes until firm  
Store wrapped in parchment paper

For canapé, slice, lightly toast and cut into triangles

Place a spoonful of labneh on each triangle and top with your favourite ferment.

### **Labneh**

500 ml plain whole yogurt

Drape a square of muslin over a strainer set over a bowl and pour the yogurt into the middle.

Gather up the sides of the cloth tie the ends together with the yogurt in the middle. Leave a cool, dark place to drain for 24 hours.

Unwrap & turn the labneh into a bowl. Store covered in fridge for up to 3 days

Save the whey for fermenting or baking.

### **Sauerkraut sushi**

*serves 4 - 6 or more if part of a selection of canapé*

300g brown sushi rice

600ml water

1 tbsp rice vinegar

1 tbsp tamari

4 toasted nori sheets

6 tbsp sauerkraut

handful alfalfa sprouts

1 carrot, peeled and cut into matchsticks

1 tbsp grated horseradish

handful flat-leaf parsley, stems removed

Put the rice in a small pan with the water. Bring to the boil, reduce the heat and cook until the water is absorbed and the rice is tender. Stir through the vinegar and tamari and leave to cool.

Lay a nori sheet on a sushi mat, shiny-side down. If you do not have a mat you can use greaseproof paper.

Cover with rice leaving a 1 cm border at the top and bottom. Put a layer of sauerkraut over the rice then alfalfa, carrot, horseradish and parsley.

Fold the bottom edge of the seaweed over the filling, then roll it up firmly. Dampen the top border with a little water to help seal the roll. Repeat to make four rolls.

If you do not want to serve the sushi immediately leave in the refrigerator for a few hours.

With a sharp knife cut each roll into 5 or 6 pieces.

## **Butternut squash and walnut börek**

*plenty for 6*

2 medium butternut squash  
25g butter  
4 shallots, finely chopped  
2 cloves garlic, finely chopped  
½ tsp paprika  
½ tsp cumin  
200g chopped walnuts zest of 1 lemon  
12 sheets filo pastry olive oil

preheat oven 200°C/400°F

Cut the butternut squash in half lengthways, remove the seeds, and place cut side down on an oiled baking sheet. Bake in the oven for about 40 minutes or until tender. Cool, remove the flesh, place in a bowl and mash. Gently cook the shallots and garlic in the butter for two to three minutes, add the paprika and cumin, stir well and add to the butternut squash with the walnuts and lemon zest.

Lay the filo sheets on the table and cut into 10cm x 25cm wide strips. Stack the strips on top of one another and cover with a damp cloth to prevent them drying out.

Take one strip and lay it on the table, brush with olive oil and place another strip on top. Place a tablespoon of the butternut squash mixture near the end of the strip and fold the end of the strip over the filling diagonally to form a triangle. Continue folding up the strip until you have a small, stuffed, triangular pastry. You will be able to make two from each strip. Place the borek on an oiled baking sheet and brush with olive oil. Repeat until all your filling is used up. Bake for about 25 minutes, or until golden brown.

## **Broccoli & kale appetisers**

2 medium heads of broccoli  
2 large handful kale  
2 tablespoons olive oil  
1 red onion, chopped  
100ml vegetable stock  
4 cloves garlic - peeled & finely chopped  
1" knob ginger - peeled & finely chopped  
1 small chilli - finely chopped (with or without seeds)  
175g chickpea flour  
salt and black pepper

oven 200°C/400°F

Remove broccoli from stalk (save and add to roast vegetables) and finely chop  
Remove stalks from kale (save and add to a juice) and very finely shred the leaves  
Gently cook the red onion in the olive oil for 5 minutes or until soft and just caramelising.  
Add the broccoli and kale with a splash of water and allow to wilt for 5 minutes.  
Stir in the garlic, ginger and chilli and cook for a further minute, add the stock.

Tip into a bowl stir in the chickpea flour and season well. The mixture needs to be stiff enough to hold its shape when squeezed into a patty. Add more chickpea flour if too wet or more liquid if too dry.

Shape into a patty, set on an oiled baking tray, trickle over a little olive oil and bake in a hot oven for 7 minutes. or until golden.

Serve hot as they are or with your favourite dip - chilli sauce would be perfect!

### **Beetroot crisps**

4 medium - large beetroot  
coarse sea salt  
freshly-ground black pepper  
olive oil  
teaspoon balsamic vinegar

Preheat oven to 200°C/400°F

two or three baking trays line with parchment paper

Peel the beetroot, and cut into thin slices.

Place the beetroot, 1½ tablespoons of olive oil, a teaspoon of salt and the balsamic vinegar into a bowl and using your hands gently ensure all the slices are evenly coated with oil.

Arrange the beetroot slices in a single layer on the baking trays. Bake until crisp and golden brown, about 20 minutes. Keep a close eye on them. Remove, sprinkle with black pepper and more salt Allow to cool completely before storing in an airtight container.