

Food Not Bombs Wollongong Presents

Food Not Bombs Recipes and Cookbook ZINE



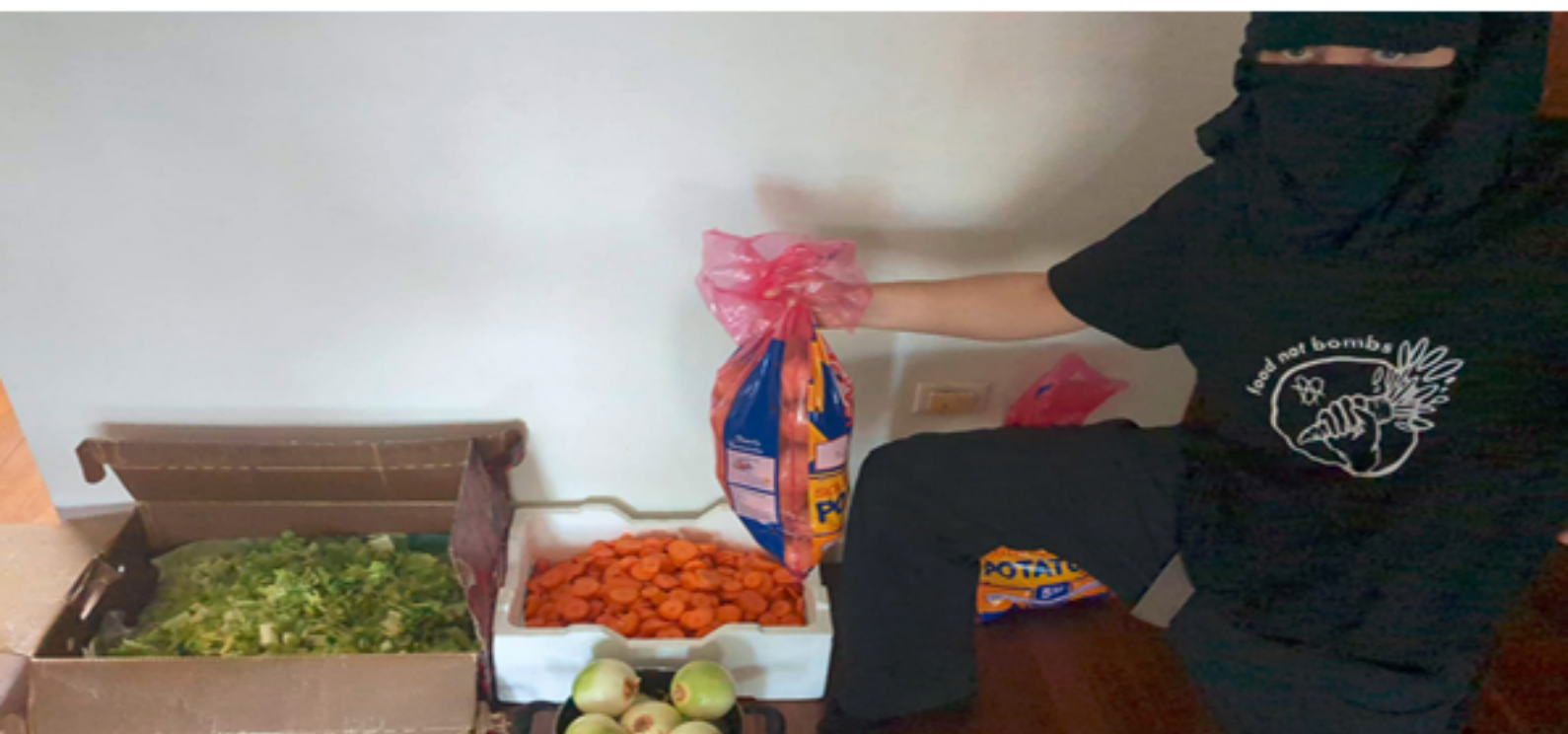
Issue #1

Who We Are



Food not Bombs Wollongong is a collective organizing on Dharawal Country. We are anarchist, anti-colonial and anti-fascist.

We are friends and neighbours sharing free vegan meals and resources every second Sunday 5pm at McCabe Park. We're volunteer-run and aim to foster an inclusive community through mutual aid. This zine collects some of the recipes we have used for our serves.



SEASAME FRIED RICE

INGREDIENTS:

8 cups of rice (cook it)
1 bulb of garlic
equal amount of ginger
500g tofu
huge bunch of spring onions
sesame oil
msg
light soy sauce
cooking oil
whatever veggies you like!



INSTRUCTIONS:

- Cook the rice, dice the veggies and tofu
- Fry the tofu for 10 min in a generous amount of oil
- Add ginger, garlic and spring onions, and stir fry for 5 min
- Add the rest of the veggies, and stir fry another 5~10 min (soggy veggies take longer)
- set it all aside in a bowl, wait for the rice and have a cone!

- once the rice is done, add more oil, a third of the cooked veggies, and a third of the rice
- dump in at least 3 spoons of msg, a good splash of soy sauce, and a spoonful of sesame oil
- stir fry until the rice is uniformly coated
- Repeat until all the rice and veggies are fried!



Roast Garlic Vegetable Dal

Onion 700g to 1kg chopped
Carrot 600- 800g sliced into discs
Potato 1 -1.2kg chopped
Garlic 5 heads
Split red lentils 1kg, washed
1/4 to 1/2 cup neutral vegetable oil
1 tbs Black mustard seed (whole)
1 tbs Kalonji/ nigella seed (whole)
1 tsp Fennel seed(whole)
1 tsp coriander seed (whole)
2 tbspn kasoori methi , divided (dried fenu-
greek leaves)
1 tsp ground Cumin
1 tbs ground Coriander
1 tsp garam masala (optional)
1 tbs Kashmiri Chili powder(optional)
Msg as required
Salt as required

Notes:

-buy spices from a South Asian grocery, they'll be cheap.
-use different vegetables such as sweet potato, pumpkin, parsnip.
-add some tamarind paste or lemon juice near the end of cooking, if desired.
-add some leafy green finely chopped veg near end of cooking if desired



Method

Roast garlic at 200c in an oven till tender, about 30 mins. Remove garlic from skins and mash roughly with a fork.

Meanwhile, In a big saucepan (10 litres or more) combine lentils, potatoes, carrots and about a teaspoon of salt and msg. Cover with plenty of water (at least 3cm above the food). On high heat, bring to the boil and simmer, stirring occasionally and adding water as necessary.

While the lentils cook, in a large saucepan , saute pan or wok add the mustard seeds and a generous splash of oil. Heat on medium high until the seeds start popping. Add the whole spices and stir for a minute or so, add more oil so that spices are well covered. Then add the cumin, coriander, methi (1tbs), Chili powder and stir for half a minute or so. Be careful not to burn the spices.

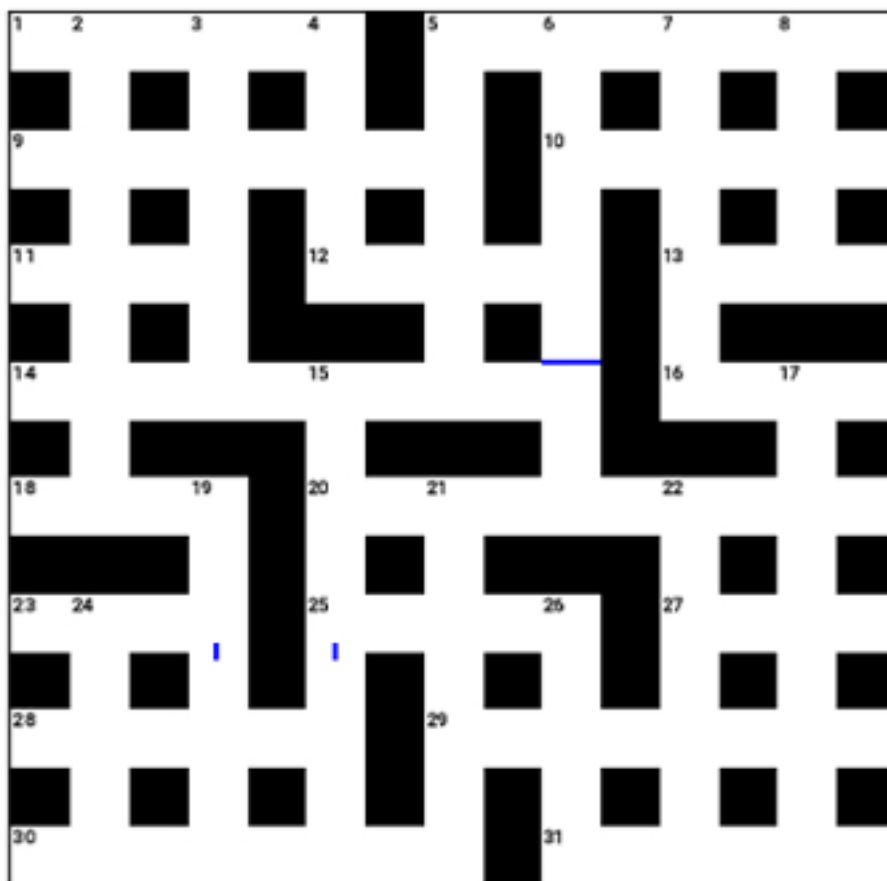
Add the onions to the spices, and a half teaspoon each of salt and msg. Stir now and again, add more oil as needed. Add more oil if your cooking vessel isn't non-stick, or if you're in a rush.

When the garlic is ready remove the skins and mash roughly. Add to onion spice mix and continue to cook until the onions are really cooked down and caramelised.

Once the carrots, potatoes and lentils are very tender add the spice onion mixture. Add water as necessary, aiming for a thick soup texture. Use a potato masher, if desired, for a smoother dal.

Dumpling Master

By Jpeg



Across

- 1 Small edible disc in woollen tile (6)
 5 Skip bin dumpling master extremes (8)
 9 One who does things to visit cat somehow (8)
 10 I toast confused follower of Asian philosophy (6)
 11 The people unsee mixed flock (4)

- 12 "Weed inside!" began Jade (5)
 13 A type of dish saint expresses disdain for (4)
 14 Tumult I mediated within combined forms (10)
 16 Grain price minus legume (4)
 18 Take tea from metal for lunch, say (4)
 20 Unity of purpose for unruly daily riots (10)

- 23 Drop a duck from peculiar video plunge (4)
 25 Left goes right in curly spiced dish (5)
 27 Lazy within vivid lesbianism (4)
 28 Eastern building reversed within a dog apple (6)
 29 Otic circles for dancing anger sir (8)
 30 Understate depressed fun (8)
 31 Tree surrounded by saint of the road (6)

Down

- 2 Crazy cruel ones in fenced-in area (9)
 3 Viscous alien of dense bushes (7)
 4 Telling untruths deploying dope removal (5)
 5 Deed punctuated by backward nut changed pitch (7)
 6 Dial Autumn back, hiding reciprocated help (6,3)
 7 Donor manipulates porn, sos! (7)
 8 As a result the strange sun begins and ends in the east (5)
 15 Auditorium adds surrounding hell to musical (5-4)
 17 Coagulate a shredded list (9)
 19 Prostrate yourself, sullied owners within (3-4)
 21 Cocktail can rely on theft (7)
 22 Take parental guidance from repairing, mixed for more precipitation (7)
 24 Picture drops east and picks up



Fruity Mini Muffins

Makes 24

Ingredients:

- ❖ 2.5 cups ripe mashed banana (about 5 medium bananas) or a combination of at least 2 mashed bananas, and 1-2 grated apples.
- ❖ $\frac{3}{4}$ cup plant milk
- ❖ $\frac{3}{4}$ cup vegetable oil
- ❖ 1 cup sugar
- ❖ 1 tsp vanilla essence
- ❖ $\frac{1}{2}$ tbsp ground cinnamon
- ❖ 3 cups plain flour (wheat or gluten free)
- ❖ 6 tsp baking powder
- ❖ $\frac{3}{4}$ cup rolled oats
- ❖ 60g broken up vegan chocolate (optional)

Method:

1. Mash bananas in a big bowl (and grate apples if using - leave the skin on).
2. Add plant milk, oil, sugar, vanilla and cinnamon, and mix until smooth.
3. Add flour, baking powder and oats (plus any chocolate or other mix-ins you want to add) and beat until just combined.
4. Spoon batter into a greased or lined cupcake tray, bake at 200 degrees for about 20 minutes or until they're a deep golden brown on top. If you don't have a cupcake tray, you can use a big baking dish and slice it into cubes - but we like the mini muffins because they're less messy when serving and can handle being put into a pocket. We usually make a double batch and have paper bags on hand so people can take a few with them.

Panang Pumpkin Stew

Ingredients:

- ❖ ½ pumpkin, chopped
- ❖ 3kg diced vegetables (we like to use veggies like onion, carrot, celery, capsicum, zucchini, green beans, potato, sweet potato, turnip, cabbage, cauliflower, choko - whatever we can rescue or scavenge - plus the finely chopped stems from the leafy greens go in this part)
- ❖ 1 bunch of leafy greens (kale or silverbeet - sometimes we also add sweet potato leaves or warrigal greens when they're available)
- ❖ ¾ can of Maesri Panang curry paste
- ❖ 2 cans coconut cream
- ❖ 2L of hot water (minimum)
- ❖ 6 tsp of vegetable stock (minimum)
- ❖ 750g of red lentils, rinsed
- ❖ 2 tbsp apple cider vinegar or lime juice



Method:

1. Roast pumpkin until well caramelised (220 degrees for about an hour).
2. Stir fry about 1kg of the vegetables (start with onion, carrot, celery, capsicum, beans, and the stems of the leafy greens) in a 15L pot with some vegetable oil and a big pinch of salt. Cook for at least 10 minutes.
3. Add the curry paste and stir fry for another 2 minutes.
4. Add the coconut cream, water, vegetable stock, and the rest of the diced vegetables. Bring to the boil and cook on high until vegetables like potato are just tender (about 10-15 minutes).
5. Add the rinsed lentils to the pot and stir well before adding the chopped leafy greens and roasted pumpkin pieces. Boil for another 10 minutes, stirring frequently to stop the lentils burning on the bottom. Top up water and add more stock if necessary - taste as you go.
6. Turn off the heat and stir in the vinegar or lime juice. Serve with fried rice and salad. In summer our salad is finely diced tomatoes, capsicum, and cucumber with salt and pepper and thai basil; in winter it's shredded cabbage with grated carrot, salt and pepper with a dash of cider vinegar.

Picket Pancakes

Makes 50 small pancakes



Ingredients:

5 cups mashed banana (about 10 medium bananas)

½ cup vegetable oil

½ cup sugar

1 tsp salt

2 tsp vanilla essence

4 cups plain flour (wheat or gluten free)

8 tsp baking powder

2 ½ cups cold plant milk

Method:

1. Mash the bananas. If you are short of bananas, half the amount will work just fine.
2. Mix the mashed bananas with the oil, sugar, salt and vanilla essence.
3. Add the flour and baking powder and stir carefully to make sure all the big pockets of flour get mixed in. The batter should end up thick and streaked with flour (not too well mixed).
4. Add the cold milk and beat the batter until smooth.
5. Cook in batches in frying pans or on a flat grill on medium heat. Melt some dairy-free margarine on the surface before ladling the batter on top.
6. Wait for a few bubbles to appear and pop, and for the edges to solidify enough to allow you to flip the pancake with a spatula. The pancake is done when both sides are nicely browned - you can flip it over again if need be.
7. Serve with spreads and syrups (vegan hazelnut is a winner).



Gluten-Free Vegan Apple Crumble

By a guy who doesn't really follow the recipe and ends up
making a slightly different crumble every week.
It's an art, not a science <3

Preheat the oven to 180 degrees C

CRUMBLE FILLING

- Approximately 8 medium sized green apples, peeled and thinly sliced
- Half cup ish of brown sugar
- Juice of 1 lemon
- A splash of water (maybe a quarter cup?)

Mix all of these ^ in a baking dish big enough to hold them

CRUMBLE TOPPING

- 1/4 cup canned coconut cream
- 1/2 tsp apple cider vinegar or lemon juice
- 1/2 tsp vanilla extract (optional)

Mix these ^ together in a bowl

- 3/4 cup gf flour
- 3/4 cup coconut flour
- 2 Tbsp brown sugar
- 1/2 tsp sea salt
- 1 tsp baking powder
- A happy amount of nutmeg and cinnamon

Then add these ^ and mix again. Will be quite dry and powdery

Finally, add this < and mix with your hands. Should now stick together like a dough

- 3 Tbsp solid refined coconut oil (or sub chilled vegan butter. I use nutelex)

Crumble the dough with your hands over the top of the filling so It's evenly spread. Cover everything with tinfoil, then bake in the oven for 50 mins (at least, that's how long it takes my trashy little oven).

Remove the tinfoil, then chuck under the grill at high heat for another 5-10 mins until the top is brown and crispy

COCUNT CREAM TOPPING

Now I hear you say "I have this mostly full can of coconut cream left over and I don't really want a curry for dinner. How could you do this to me?"

I'm glad you asked, my economical chef friend!

Pour it in a small pot and bring to a boil. Reduce it to a simmer, then add as much brown sugar as you think is reasonable. No wrong answers. For extra yum, you can add some cinnamon and nutmeg. Simmer for 15 minutes, then pour into a jar, slap a lid on, and chuck in the fridge. You can pour this on top of the crumble once It's done for a sweet, creamy topping.

How To Make Mad FNB Stews

So you sourced some random vegetables and want to turn it into a collective feed. If you are going to put in the time to make a big pot of stew, you should try and eke every bit of flavour out of every stage in the cooking process. It will cost a bit of time and energy, but is 100% worth it. There's a few things you'll need that are worth buying (or otherwise acquiring), they will make the food nicer and go further.

One person should be assigned a head cook role, they are responsible for the overall flavour of the dish. 'Too many cooks spoil the broth' is a saying for a reason. We take it in turns with who is running the stew. It's always good to listen to ideas, but ultimately if something doesn't work with the rest of the dish, you have to put your foot down. It's better to annoy one person for not getting their way than to annoy lots of people with low quality food.

Every stew needs:

Onions. Garlic. Salt. MSG. Legumes

(It's also worth having a good collection of herbs and spices, but they aren't as important as what's listed above.)

The first thing to do is **preheat the oven for the garlic**. We'll come back to that in a bit.

Then **sort out what size to chop the veggies**. A good rule of thumb is to keep everything at a size where they will cook in the same time (you can throw veggies in at different times if you prefer, but we are lazy). Carrots take longer than potatoes for EG, so cut them a bit smaller. ... Might be getting ahead of myself with the carrots, I will explain below.

Take a whole garlic head and cut off the harder flat / hairy end and place face down in an oiled baking tray, roast until they are soft. **We use about 5 heads of garlic for each serve**. You'll have to check every 5 minutes or so. Cutting the hard end off makes it really easy to squeeze the garlic cloves out once they are done. It's a messy process, but it's also delicious.

Onions go into the pot first, with oil and a decent pinch of salt. Fry them for a while. A lot of recipes will say to cook the onions until they are translucent. This does not go far enough for what we need. The longer you cook the onions, the more flavour they will produce. I generally push them until they start to brown in little bits.

Once the onions are looking good, add the vegetables you've chopped. This is your mirepoix (*pronounced meerpwa*). Mirepoix is the French name for the vegetables that become the base of the stew. Traditionally they are cooked in butter on a low heat and are often discarded once the flavour is drawn out from them. The traditional Mirepoix is diced onion, celery and carrots. Different cultures have their own version and names for the stew base. Italians have the soffritto, which swaps out butter and replaces it with olive oil. Spaniards have the sofrito, which includes tomatoes and Cajuns use onions, green capsicums and celery in their Holy Trinity.

We are vegan and we don't waste food, so we do it a little differently to the traditional mirepoix, probably closer to a soffritto. Carrots, celery, capsicum and garlic all go into our soup base, depending on what's at hand (honestly, I put garlic into the mirepoix every single time, any recipe excluding it is objectively wrong). We use vegetable oil because it's cheap. **Cook it on a medium heat, stirring almost constantly**. Once everything is softening add the spices (we'll talk about spices later) and keep stirring.

As the veggies break down, they will give off enough liquid to keep everything mixing easily, the juices from the cooking vegetables should stop bits sticking to the bottom until they are cooked through. Keep going. **We want bits of the vegetable to start to stick to the bottom of the pot**. The stuff stuck to the bottom of the pot is called the fond. The fond is flavour.

Once you have developed a fond, add some liquid and use a spoon to scrape the fond from the bottom and dissolve it back into the veggies.

Put in the rest of the vegetables and lentils in now and add enough water to cover all the vegetables with some space to spare. Cover and boil on a medium-low heat (bubbling, but not a lot) until the veggies and lentils are soft. You can leave the lid off if it's too watery or add water if it needs more.

Once everything is cooking, it's time to start adjusting the flavour as you go.

Give it a taste (don't forget to rinse off the spoon each time) and **start adding some salt** (A bit at a time, as explained next), **a good pinch of MSG, maybe some stock powder** if there's any about (**Massel stock powder is vegan**).

The stew will get a little saltier as you cook because the liquid will reduce and the salt content will not, so don't worry if it's a bit under salted at the start, but you don't want it badly under salted as the liquid cooks into the vegetables and they need some salt too. Stir regularly, taste and adjust as it cooks.

Salt and MSG have subtly different effects on the flavour, sometimes I'll notice that the salt isn't having the desired effect, so I'll add another pinch of MSG and it makes all the difference. The longer it cooks the nicer it will be, but there's practical limits on what you can do. **We usually cook a stew for about 4 hours.** Once it's set up and cooking, it's only a little work to stir and adjust.

Once the lentils and vegetables are soft it's good for a final taste, a last bit of salt if it's needed and ready to serve if it's time to go. If there's time to spare, you can keep it cooking, adding water as needed. It will develop more flavour.

Spices

Spicing dishes is a complex topic, there's hundreds of combinations of spices that get used all around the world. We always try to fit our spicing in with a cultural cuisine because they have the collective research of millions of people cooking food every day and sharing tips over hundreds of years to know what works well. Free-wheeling with spices ends up with what I call 'hippy slop'. There's not anything necessarily wrong with hippy slop, but to me it always tastes the same. Keeping your spices at least vaguely within a cuisine is always a safe bet because they know what they are doing.

Be generous with your spicing, except for chilli. We put some chilli on the side for people who like spicy food, but a lot of people we feed don't like it and they are the people we are cooking for. If you look up recipes online, you have to at least double the spices per serve because for some reason online recipes lack the flavour that the dishes deserve. I have seen chefs with books and TV shows say that they water down their published recipes because that's what 'the people' want and in their restaurants they quadruple it. Online recipes aren't always that bad, but you should go at least somewhat hard nonetheless.

We have a whole shelf of spices, but it's not necessary. A handful of basic spices will improve the flavour every time, if you are missing ingredients from a spice mix it usually doesn't matter too much unless it's the start of the dish. There's a some great spice blends that can really carry a dish. You should always add other spices too, but they make a great addition and can add a lot of complex flavour on their own.



Garam Masala is an Indian spice blend of cinnamon, mace, pepper corns, cardamon pods, coriander seeds and cumin seeds. They are toasted and ground into a fine powder. They can be added to most Indian based curries and other dishes from the region.

Ras El Hanout is a Moroccan spice mix that translates to head of the shop. It doesn't have a standard recipe as each spice shop would mix a blend of their best spices. I get it from a market spice store, but you can also get it in most supermarkets. It usually includes paprika, coriander, cumin, ginger, tumeric and cassia.

Baharat is a Middle Eastern spice mix that contains black pepper, coriander, paprika, cardamon, nutmeg, cumin, cloves, and cinnamon. I use it in my ful medames and when making vegan kofte.

The blends above demonstrate good spice combinations. Our spice staples are coriander, cumin and black pepper, everything else gets added based on what's available and who is running the kitchen.

There are some ways to improve the flavour of spices that I think are worth sharing. These techniques aren't necessary to get a good dish, but if you have the time and energy they can make the food even better. Toasting whole spices before using is called tempering. There are a few ways to temper spices, the first is to toast them in a dry pan until they become fragrant and then grind in a mortar and pestle. Toasting helps release the essential oils and therefore the flavour. The second way is to fry them in oil until fragrant, then add the onion and mirepoix and cook as usual and the third way is to fry in oil when the stew is almost ready, you add it to the dish at the end of the cook.

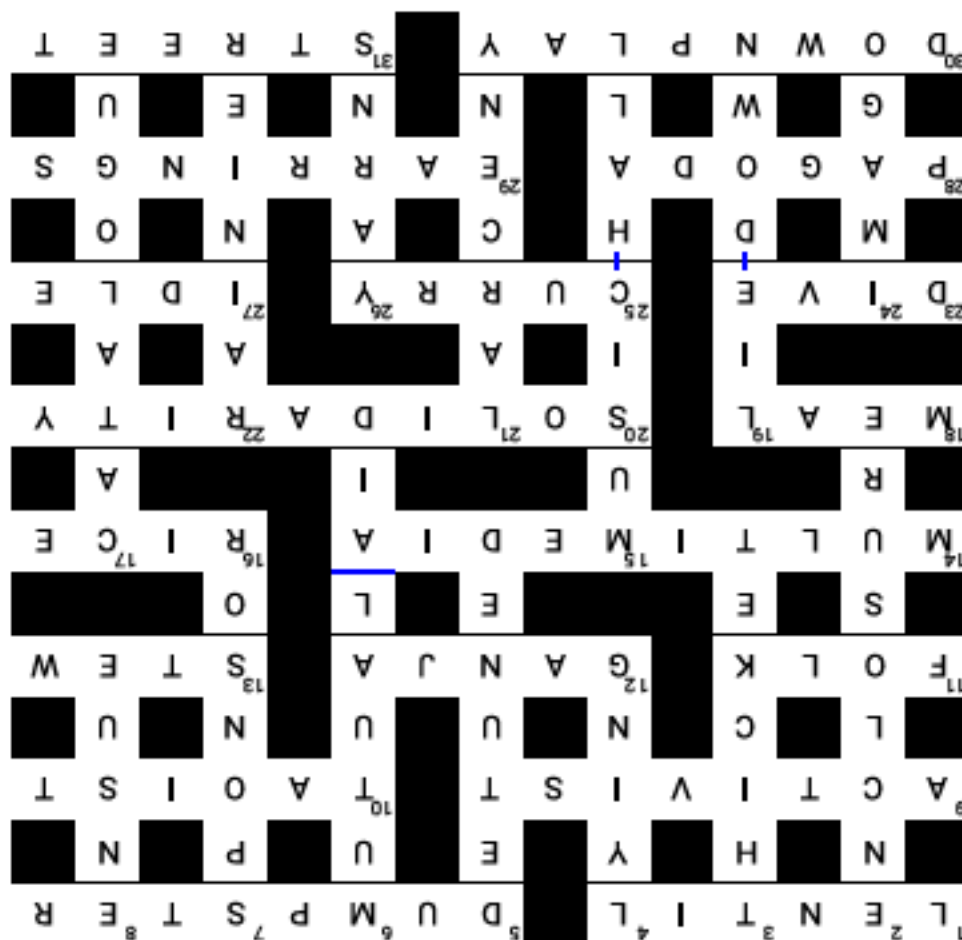


Legumes are great to add to stews. They add protein, flavour and nutrients and we use them in pretty much every dish we make. Lentils are the best for food not bombs as they cook quickly and require little preparation. Most basically, you rinse, check for rocks, other debris in the lentils and put in with the vegetables and cook. Split lentils will cook extremely quickly and add volume to a stew. Whole lentils take a bit longer but retain their shape after cooking. You can cook them separately if you like, I personally prefer the flavour this way, but it doesn't make much difference.

Other beans, peas etc take a bit more effort. They usually require soaking in salted water before cooking. They will expand in the water which reduces cooking time (and supposedly reduces flatulence). I usually cook them separately from the stew and add them once they are soft. They should be creamy when they are cooked, if they are a bit chewy they need some more time. On the extreme end is fava beans which require soaking for 24 hours and cooking for at least 4 hours if you are lucky.

Fresh Herbs

Usually you put these in at the end, stir them through once it's stopped bubbling and it's good to go.





FOOD NOT BOMBS

WOLLONGONG

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