

PIKO

COOKBOOK

Piko Wholefoods Digital Cookbook
Celebrating 40 years of Organic and Wholefoods

PIKO

COOKBOOK

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SEED CRACKERS





SEED CRACKERS

Ingredients:

100g Pumpkin seeds

100g Sunflower seeds

100g Brown Linseed (Flaxseed)

60g Sesame seeds

3 tbsp Psyllium Husks

2 tsp Turmeric

Pinch of black pepper

400ml water

Method:

In a bowl, mix together all the ingredients (It's helpful to dissolve turmeric in the water first). Leave for 30 mins until it becomes more solid. Use two baking trays and divide the mixture in half. Using Baking paper, spread out half on each tray and either press and spread with a knife or try rolling out using another piece of paper on top that will then carefully be removed. Sprinkle with salt and bake at 150 C for 30 mins. Remove from the oven and flip over, removing the paper and swap trays around. Return to the oven for another 10 mins.

You want them to be hard and crisp and so if not, turn off the oven and leave there until they are, checking the oven isn't overcooking them. If they are put into a storage container when still slightly soft, they aren't as nice and will cause the rest to soften so it's important to dry them out as much as possible.

Variation:

Try replacing one of the seeds with ground walnuts, add finely blitzed rosemary or other herbs or spices, instead of turmeric.

EASY DARK CHOCOLATE





EASY DARK CHOCOLATE

Ingredients:

100g cocoa butter
1/2 cup cacao powder
1/4 cup raw honey (or maple syrup/agave)

Method:

Melt the cocoa butter gently in a saucepan (low heat). Whisk in the cacao powder and honey and when well mixed remove from heat. Chocolate made!

Mix about 2 cups of coconut chips and combine with another 1-2 cups of any of the following: Nuts, dried fruit (goji and cranberries work well), cacao nibs, seeds etc. Just whatever you like and have in stock.

Mix in the combination of dried fruit, nuts etc until all well coated with the chocolate. Line a tin with baking paper and press down firmly until all evenly spread. Can sprinkle with sesame seeds at this stage. Freeze until hard and then break or cut into pieces. Best to store in freezer or the fridge.



REFINED SUGAR AND OIL FREE TAHINI COOKIES

Ingredients:

- 1/3 cup tahini
- 1/2 cup maple syrup or rice malt syrup
- 1/2 cup walnuts
- 1 cup oats
- 1/2 tsp cinnamon
- Splash vanilla essence

Optional:

- 1/2 cup choc chips or sugar free choc

Preheat oven 160C, line baking tray. Rough blend oats and walnuts to a smooth flour consistency (blending them separately will result in walnut paste). Mix tahini and maple syrup/rice malt syrup (or other sweetener of your choice) in a medium bowl and then add oat walnut mix, cinnamon and vanilla. When mixed well, add choc drops if desired. Wet hands and roll into small balls (will make 16-18 small biscuits) and place on baking sheet and flatten. Bake for 10-12 mins or until lightly golden, will harden as they cool.



GLUTEN FREE, VEGAN AND EASY DOSA RECIPE

This will take a few days to make but minimal total preparation time.

Ingredients:

- White Rice
- Red split lentils
- Salt
- Spices (optional)
- Oil for cooking

Measure 1 cup of medium grain white rice and 1 cup of split red lentils. Rinse well and soak each of these in filtered water for 8-12 hours in separate jars at room temperature. Drain and rinse well. Combine the two in a blender and add 1 - 1 1/2 cups of filtered water and 1/2-1 tablespoon of salt. Blend until very smooth and pour into a large jar. Ferment for a further 8-12 hours at room temperature. Bubbles should appear throughout the mixture. You can then store in the fridge for up to 3 days, stirring the topmost layer into the mixture every day.

To cook the dosas, heat up a pan with either coconut oil, ghee or sunflower oil. Stir the dosa mix well and water down more if it is any thicker than pancake batter. Spread mixture thinly over the surface of the pan. After 1-2 minutes the first side should be done and firm enough to flip to the other side. If you rush the first side's cooking time then it is likely to break apart or stick to the pan. Cook the second side for 1-2 minutes before serving or keep warm in the oven while you make the next dosas.

This recipe will happily serve a family of four as a side dish for several meals. Try adding spices to the mixture before cooking but after the second fermentation for a varied flavour, for example cumin powder, garlic powder or turmeric powder.

GREEN TEA KOMBUCHA



GREEN TEA KOMBUCHA

Kombucha is fermented tea.

A SCOBY is the structural cellulose home of the many bacteria and yeasts that make the kombucha what it is. If you like drinking tea you will also like drinking your tea fermented. We recommend fermenting green tea from Piko rather than black as they are less likely to turn quickly into vinegar. If you need a SCOBY you can grow it yourself from any of the commercial kombuchas sold at Piko. To do so just open the lid and allow the air flow to feed the SCOBY and give it a week or so before adding the below solution to grow the SCOBY.

The recipe:

Brew your favourite green tea, preferably loose leaf so that you can see the tea leaves have not been shredded. You can use 10-13g of tea per litre. Brew the tea at 80 degrees celsius for 3-4 minutes before removing the tea leaves. Then add 40-50g of light cane sugar per litre.

When the sugar is dissolved and your mixture has cooled to 21 degrees celcius you can then add your SCOBY and 10% of the 'starter liquid'. This starter liquid is vital for the fermentation, mostly because it lowers/acidifies the pH of the solution quickly to inhibit the growth of mould. Also it inoculates the solution with the bacteria and yeasts to inhibit the growth of mould.

The process:

Feed this solution to your little SCOBY to grow it before making your first batch of kombucha. If you have a mature SCOBY already then you can feed this solution to it and begin fermenting. You will need a container big enough to house the solution, like a 3L jar or 5L food grade bucket. You can ferment the tea for about a week in the covered food grade container with plenty of air flow. Ideal temperature for fermentation is 21 degrees and constant, although kombucha is forgiving and will continue to ferment faster when warmer and slower when cooler. So about a week is a good measure. You will know when it's time to finish the first fermentation by taste: there should be little sweetness and some tartness.

You can remove the SCOBY from the kombucha solution to stop it fermenting as fast. Pour the solution into bottles to store in the fridge or you can decide to do a second fermentation which will give the living liquid effervescence.

The second fermentation involves bottling the solution into air tight champagne grade bottles and leaving it at 21 degrees for about a week. The bacteria and yeasts continue to grow and create carbon dioxide making the kombucha fizzy.

Once fizzy you can store them airtight in the fridge for up to 6 months.

Sometimes the process can go wrong, if you need support with your kombucha making process you can contact our staff or our suppliers of kombucha. Just note that if mould appears in your brewing or fermentation, you must discard the entire solution and SCOBY.

SUNDRIED TOMATO PESTO



SUNDRIED TOMATO PESTO

This recipe works well adjusting any of the amounts of the ingredients. Vary to your taste buds. The organic sun-dried tomatoes we sell in our bulk bins are so delicious and this recipe is a great way to use them and it keeps for ages in the fridge.

Ingredients:

- 3/4 cup of sundried tomatoes to soak in boiling water
- 3 cups of basil leaves and/or parsley and/or coriander
- 2 cloves of garlic
- 1/2 cup of toasted pine nuts or walnuts
- 1/2 cup olive oil
- 1 tsp balsamic vinegar
- (Maybe lemon juice, maybe black pitted olives)

Drain the sun-dried tomatoes after 5-10 minutes of soaking and throw everything in the food processor. Try not to have too many stalks as these don't process as well. Process to the texture that suits. Yum!

GINGER BEER



GINGER BEER

To start the bug:

Preserving jar
Warm water
Add 2 tsp of active yeast,
2 tsp of raw sugar
2 tsp of ground ginger
Fill a preserving jar $\frac{3}{4}$ full with warm water.
Add yeast, sugar and ginger.

Keep the jar sitting on the kitchen bench and feed it every day with:

1 tsp raw sugar
1 tsp ground ginger

After one week add:

3 cups of raw sugar
2 tsp cream of tartar
1 liter of boiling water and 5 liters of cold water.
Juice of 2 lemons (through a strainer)

In a large bowl, put sugar and cream of tartar, then add boiling water first, cold water next. Add lemon juice. The jar of bug will have sludge in the bottom and liquid on the top – pour the liquid part into the bowl. Stir and pour into 5 well rinsed cola or pet bottles – makes 5. Write the date on the lid and wait two weeks before drinking. Open carefully especially if the bottle is hard.

With the leftover bug in the preserving jar, fill the jar with water and throw half away or give to a friend. Fill back up to $\frac{3}{4}$ full and start feeding again.

AMARANTH PANCAKES



AMARANTH PANCAKES

Ingredients:

1 cup amaranth flour	2 tbsp oil
1 1/2 cups water	1 tsp baking soda
1/2 cup arrowroot	1-2 tbsp maple
2 tbsp lemon juice	1 tsp ground cinnamon
1/2 cup ground nuts	Syrup or honey

Combine the flour, arrowroot, nuts, baking soda and cinnamon.

In a small bowl, mix the water, lemon juice, oil, and maple syrup or honey. Stir liquid into flour mix to combine well. The batter will be thin.

Drop spoonfuls of the mixture onto a preheated frying pan.

The pancakes will be very thin. When pancakes are bubbly on top and browned on bottom, turn and cook other side. As the batter stands, it may thicken, thin with a little water.

Note:

If you want to use these pancakes as flatbreads, cool them on wire racks, then stack, wrap and refrigerate until needed. Warm in a toaster oven or on wire racks in a moderate oven for a few minutes.

Use to make mini sandwiches.

QUINOA TABOULI



QUINOA TABOULI

Ingredients:

- 1 cup water
- ½ cup quinoa
- 3 medium ripe tomatoes
- 1 cup parsley
- 1 cup scallions/spring onions
- 1/3 cup freshly squeezed lemon juice
- 1/3 cup safflower oil
- 2 tbsp fresh mint
- Salt to taste

Pour water into a saucepan. Add quinoa and bring to boil. Reduce heat to a simmer, cover. Cook for 10 to 15 minutes, or until all water has been absorbed. While quinoa is cooking, finely chop the tomatoes, parsley, and scallions. Add lemon juice, oil, and mint to tomato mixture. Stir in cooked quinoa and salt. Mix well. Let tabouli sit in the refrigerator for a day to blend flavours. Tabouli is traditionally served at room temperature. Serves 1.

CLASSIC CASHEW CHEESE





CLASSIC CASHEW CHEESE

A classic cheesy cashew cheese spread/dip; creamy and a perfect vegan friendly option to cheese.

Ingredients:

- 1 cup raw organic cashew nuts (soaked for 4 hours)
- 1/4 cup water
- 1/4 cup nutritional yeast
- 2 tbsp lemon juice
- 2 cloves garlic
- 2 tbsp white wine (or use tbsp raw apple cider vinegar)
- 1 tbsp Dijon mustard
- 1/2 tsp turmeric powder
- Sea salt and pepper to taste

Simply add all ingredients into a blender and blend until thick and creamy. It will be the consistency of stirred cream cheese and will harden further after it has been chilled. Store in the refrigerator for 5-7 days.

PIKO BOWLS





PIKO BOWLS

The mighty bowl! Around here bowls are the go-to for nutrient-dense, flavour rich, satiating, colourful, multi-textured, easily adaptable meals. I believe a bowl should speak to all of your senses. It should loosely adhere to the trifecta of carb, protein and fat to nourish you. A delicious bowl can be a simple, quick bite; or a slow, complex affair. It's not rocket science, and it's a great invitation to dive in and play with your food. Take what you like, leave what you don't, and enjoy every bite.

The breakdown: Building a Better Bowl | 01

Grain Base

A base of grain gives you an awesome complex carbohydrate to fill you up for longer and fuel your busy day. Carbs get a bad rap, but if you're aiming for wholegrain in combination with proteins and veg, they're an awesome and necessary part of a balanced diet. If you're gluten-free think brown, black or red rice; quinoas; millet; sorghum; buckwheat. If your diet is more inclusive try freekeh; bulgur; whole wheat, spelt, or rye berries; whole wheat couscous- you get the idea. Mix 'em up for tastier nutritionally varied options. I recommend soaking and rinsing most grains, in order to 'activate' and make them more easily digestible.

Protein Stack

Your body needs protein for growth and maintenance of tissues, and they're tasty! There are endless protein options out there to choose from. Bulk beans, legumes, and pulses are affordable and delicious. We're talking chickpeas, black beans, pinto beans, kidney beans, a myriad of lentils, adzuki, mung, peas... endless. I like to soak (activate) and cook up big pots of beans at a time, to use throughout the week in various dishes. Some for a quick throw-together bowl, some to toss into a curry or burrito dish, some for whizzing into patties or hummus. There are also tofu and tempeh to marinate and add in, and if you're not vegan you can utilize all your own favourite protein sources. Play with something new, you'll have more fun and switch up your nutrient intake!

Raw Salads

Think seasonal, local, and organic. Mix-and-match. I'm all about contrasting colours here- as they say, eat the rainbow. You can go as simple as grated carrot, sliced cucumber, shredded cabbage and fresh greens for a quick and easy bite. Or get creative with broccoli-sunflower- seed salad; massaged lemony kale and apple; carrot-parsley-sultana salad- if I said protein combinations were endless, then salad options cross the universe. Salads offer a smorgasbord of flavour and texture, and I need not mention the health benefits. This is a great way to add in mineral and vitamin rich sprouts as well. Try sprouting your own, it's easy and fun.



Cooked Component

Certain foods are destined to be cooked, whether roasted, grilled, sautéed, steamed or blanched. I like a good mix of raw and cooked veg in my meals, though I also think seasonally here; summer produce and heat lends itself to lighter, more raw foods; winter months offer more complex starch-based veg like squash, kumara, and potato. Your body wants those warm hug like cooked components, and the house will smell delicious- bonus! Think outside the potato here though- you can roast beetroot, sautéed cabbage, grill capsicum. Again, make enough to use with other meals for later in the week. Batch cooking is the bomb!

Crunchy Titbits

I touched on colour and flavour before, but texture is another integral part of the best bowls. I recommend toasting up batches of sunflower and pumpkin seeds to toss in; small amounts of nuts- shout out to local hazel and walnut options! Roasted chickpeas; crushed peanuts and seaweed. Try different spices; coat them in turmeric and coconut oil; tamari and a touch of maple syrup; paprika and cumin; sea salt and vinegar. Bet ya that jar of extras doesn't last too long!

Flavour Bomb Sauce

The one to unite them all! The sauce or dressing is my favourite part of a bowl o' goodness. Easy options are a tahini-lemon-garlic dressing. Adding a bit of water to pre-made hummus, with a touch of apple cider vinegar, is easy-peasy and yum. When there's a summer abundance of fresh herbs I



make a big batch of mixed-herb pesto

with toasted sunflower seeds and olive oil. Peanut satay sauce goes great with an Asian inspiration; whereas a good, fresh salsa pairs excellently with a Mexican number. In cooler weather I'll roast garlic and make a creamy, dreamy cashew-sunflower seed roasted garlic sauce. The sky is the limit here. Think strong flavours and varied, high-grade fats. Good fat is your friend, not something to fear. It keeps you satiated, and makes everything taste better. I love local cold-pressed olive, walnut, hemp, and flaxseed oils. Other great sources are virgin coconut oils; avocado oils; nuts and seeds.

Highly recommended: ferments, fresh herbs, fruits, edible flowers, nutritional yeast, seaweeds.

A fermented add-on, like sauerkraut, kimchi, or miso aids in digestion while supporting good gut bacteria. You want those little guys on your side! Fresh herbs are great and take it up a notch. Parsley, mint, coriander, thyme, rosemary, basil. Grow a few little plants to add a fresh note to your meals. Fruits mix well with savoury dishes; I like to use apples in salads, roast up ripe pears, toss in melon, and add dried fruits for contrasting sweetness. Edible flowers offer a beautiful gourmet pop of colour and often have medicinal properties. I like calendula, borage, nasturtium, cornflower, pansies and violets. Grow your own or pick up flowers at your local farmers market or community garden. Always check and recheck before ingesting foraged foods.

BUCKWHEAT SAUSAGES



BUCKWHEAT SAUSAGES

Ingredients:

1 cup of buckwheat groats
1 1/2 cup of water
1/4 tsp of sea salt
1 small onion
Oil
1 glove of garlic, minced
1 cup of any type of flour
Sage or thyme
Salt
Tapioca starch

1. Cook buckwheat groats with water and 1/4 tsp of salt.
2. Chop onion finely and cook with oil till it gets tender.
3. In a large bowl, mix buckwheat, onion, flour, herbs, salt all together.
4. Wet your hands, make 20 sausage shapes with buckwheat mixture.
5. Roll sausages in tapioca starch so that all sausages are dusted.
5. Put baking paper in steamer then steam sausages for 10mins.
*this steaming process with tapioca starch makes surface texture more like sausage.
6. Cook steamed sausage in a pan till they are slightly brown in colour.

EASY CAROB CAKE



EASY CAROB CAKE

Ingredients:

2 cups white roller milled flour
¾ cup Trade Aid cane sugar
2 ½ tsp baking powder heaped
1 tsp baking soda
½ cup carob powder
(or use cocoa powder if preferred)
4 tsp cinnamon powder

Sieve all dry ingredients into a bowl.

¾ cup sunflower oil
1 cup water
1 tsp soy lecithin (optional)
1 tsp apple cider vinegar

Add wet mixture to dry mixture. Beat with an electric mixer until smooth. You may need to add a little bit more water if it becomes too thick to pour. Pour into a baking tin oiled and dusted with flour. Bake at 180 degrees Celsius for 20 minutes then turn the oven down to 160 degrees and cook for a further 25 minutes.