

# NATURE'S PLATE

Robert Barker and John Bayley

Vegan Society Sunflower Standard holder, Nature's Plate, is the conception of close friends Robert Barker and John Bayley. It is a fully certified organic vegan caterer, specialising in large outdoor events, such as Glastonbury music festival. Nature's Plate has been in operation for three very successful years and continues to go from strength to strength. We hope that you enjoy these wonderful and simple summertime creations.



## MED-JEWELS

(Serves 4)

**6 large medjool dates**  
**1½ large ripe avocados**  
**150g mung bean sprouts**  
**miso (of your preference) \***  
**tahini \***  
**tomato to garnish**  
**black pepper**

Begin by halving the dates to form two 'boat like' pieces, you may need to flatten them slightly. Mash avocado in a bowl and mix in sprouts. Next place a little 'split pea' sized piece of miso on the date half. Now form a 'quenelle' (this is

done by using two teaspoons to form a three-sided pillow-like shape, transferring mixture from one spoon to the other until desired shape is made - takes a little practice but is easy and fun to learn) with the avocado/sprout mixture and place it on the miso, on the date. Now drizzle tahini on the avocado mix, place a thin wedge of tomato on that and sprinkle with pepper to garnish. One of the most universally satisfying recipes we have ever made.

## ALMOND MILK

This is a very simple, nutritious and tasty drink that is a must for all raw foodists. It can be used in many different recipes including 'cereals', smoothies, teas or just enjoy it plain. You can also experiment with any variety of nut or seed that you fancy, hemp seed is especially good.

**250 g of almonds (soaked for around 9 hours)**  
**750 ml water**

Drain soaked almonds and discard water, then place in a liquidiser with the water and blend until fully liquidised. Then strain the milk through a piece of muslin cloth, separating almond meal from milk and there you have it. Keep refrigerated and use within three to four days of making.

If you prefer something sweeter then try adding three or four soaked dates to the liquidiser before straining.



## SWEET AND SOUR VEGETABLES WITH CORIANDER 'COUS COUS'

(Serves 4)

- 1 head broccoli (cut into small florets)
- ½ a red cabbage (shredded)
- 1 bunch bok choy (shredded)
- 3 courgettes (cut into chunks)
- 4 spring onions (finely chopped)
- 3 peppers (of mixed colour, sliced)

### For the sauce

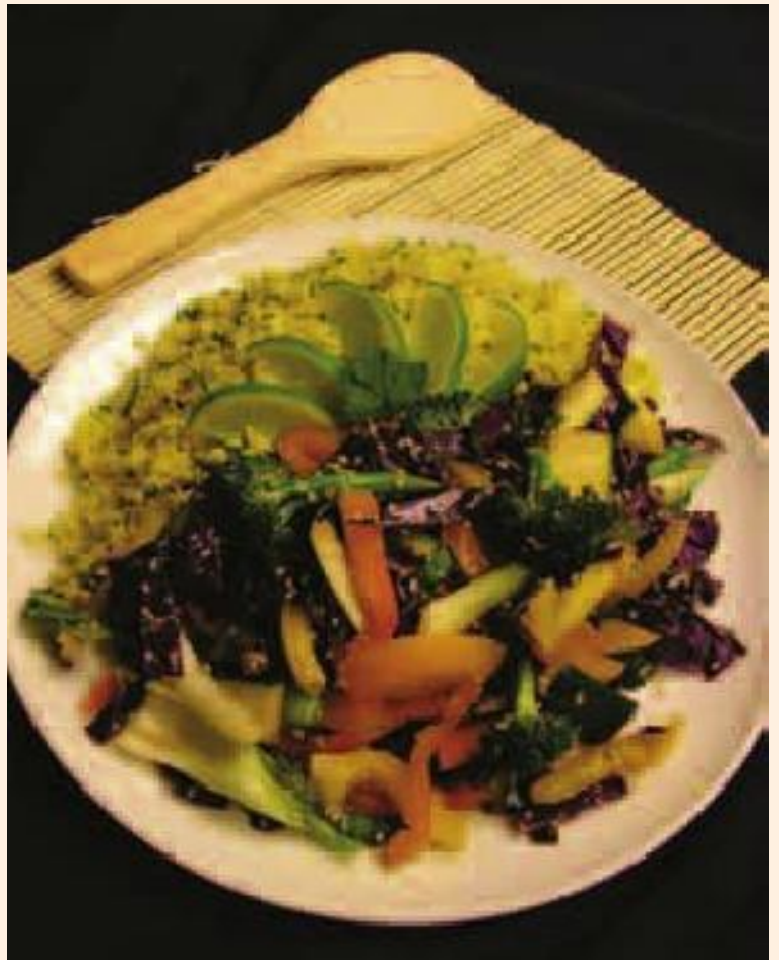
- 3 cloves garlic
- 2 inches of ginger
- 50ml extra virgin olive oil
- 100g sesame seeds
- 2 tsp cumin seed
- 2 tsp coriander powder
- 4 tbsp nama shoyu (or tamari - not a raw product)
- 2 tbsp agave syrup\*

### For the 'Cous Cous'

- 1 large cauliflower (chopped into florets)
- 200g coriander (chopped)
- 150g sunflower seeds
- 2 tsp turmeric powder
- 2 tsp salt\*

### Lime to garnish

First make the sauce by combining all the sauce ingredients, except cumin and sesame seeds, in a blender and blend until liquidised, then add cumin and sesame. Now marinate the vegetables in the sauce for up to two hours. To make the cous cous, place the cauliflower, turmeric and salt in a food processor and blend until rice sized. Now add chopped coriander and process further until cous cous sized and then mix in sunflower seeds by hand. Now simply serve with a garnish of fresh lime wedges - delicious.



## MANGO AND COCONUT RICE

(Serves 4)

- 1 large coconut
- 1 large ripe mango (cut into small chunks)
- 1 vanilla pod
- 250 ml almond milk (optional)
- Lime to garnish

Drain milk from coconut (by piercing the one *soft* eye out of three in the top of it) into a glass and then crack open coconut and separate white flesh from brown shell and chop into small pieces. Then place these pieces into a food processor and blend until rice sized. Now de-seed vanilla pod, by running a sharp knife lengthways down it from one end to the other, then with a 'butter' knife placed at right angles to the pod gently scrape out the seeds. Now place 'rice', mango, vanilla seeds, coconut milk and almond milk (if using) in a bowl and stir together until well combined. Transfer into desired serving dishes, garnish with a lime wedge and also strips of de-seeded vanilla pod if you fancy. It's as simple as that.

*\*All items marked with a star are typically not raw products but are certainly available raw either on the internet or in specialist outlets.*

Extensive vegan culinary experience in the workplace and 'classroom' allows Nature's Plate to offer just about anything a customer may desire. From cooked to uncooked, curries to cakes, soups to salads, bite-sized to banquet, Nature's Plate can accommodate your plant food desires. Any enquiries you may have please contact us at 8 Taddiford Rd, Exeter, EX4 4AY, T. 01392 423578, email: [naturesplate@yahoo.com](mailto:naturesplate@yahoo.com) or visit the website at [www.naturesplate.co.uk](http://www.naturesplate.co.uk).