

SPICE UP YOUR LIFE

These recipes follow the *centuries-old tradition* of using spices for flavour as well as their *health-giving properties*

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Heirloom Apple
& Walnut Galette

HEIRLOOM APPLE & WALNUT GALETTE

Rosemary and cinnamon star in this delicious rustic tart, which can be made ahead and chilled until you're ready to bake. Rosemary is a surprising pairing with cinnamon, apples and walnuts but it adds a distinctive pine-citrus aroma. You may not need to use all the apple butter, but it's also great on pork, yoghurt or your favourite hot cereal. You will need about four apples in total for this recipe.

Rosemary & cinnamon pastry:

200g (1¾ cups) plain flour
1 teaspoon sugar
1 tablespoon rosemary leaves, minced
2 teaspoons ground cinnamon
Large pinch of salt
115g cold butter, cut into small cubes
About 2 tablespoons iced water
Apple butter:
2 tablespoons butter
½ cinnamon stick (charred, optional*)
Leaves of 1 small rosemary sprig, or ¼ teaspoon dried rosemary
225g apples, peeled, cored and chopped
½ teaspoon lemon juice
1 tablespoon caster sugar

For the filling:

500g mixed crisp eating apples (eg Granny Smith, Cox's Orange Pippin, Royal Gala, Golden Delicious, Fuji)
30g (¼ cup) chopped walnuts
55g butter, melted and browned and mixed with ¼ teaspoon ground cinnamon
3 tablespoons dark brown (dark cane) sugar, crumbled
1 egg, beaten, for glazing
1 tablespoon cinnamon sugar (1 tablespoon sugar, ½ teaspoon cinnamon, large pinch salt)

Pastry: Combine flour, sugar, rosemary, cinnamon and salt. Rub in butter using fingertips, a pastry cutter or processor until pea-sized. Drizzle in water, tossing gently with a fork or fingers to combine. If it doesn't hold add a little more water but don't overwork the dough.

Turn dough out onto a lightly flour-dusted surface and gather into a ball. Pat out and fold over twice. Wrap tightly in plastic wrap and chill for an hour.

Apple butter: Melt butter in a 500ml pot with cinnamon and rosemary set over medium heat. Simmer until fragrant, about 3-4 minutes.

Add apples, lemon juice, caster sugar and 1 tablespoon water, give it a stir, cover and cook until apples are mushy, about 10-15 minutes.

Remove lid and cook down to a thick paste, stirring occasionally. Discard cinnamon stick then push apples through a sieve until smooth. Cool.

Filling: Cut apples into quarters (skin can be left on), remove core then slice each chunk into thin slices, stacking together. Set aside.

Turn dough out onto baking paper then roll or pat out into a free-form tart about 5mm thick. Transfer to a baking tray. Spread apple butter over dough, leaving about 4cm clear around the edge.

Add the apple stacks on top of the apple butter and fold pastry edges over. Return to the fridge to chill until ready to cook. Preheat the oven to 190°C.

Sprinkle galette with walnuts then drizzle the brown cinnamon butter over all. Scatter the dark brown sugar on top. Brush crust with egg wash then sprinkle cinnamon sugar on the edges.

Bake 25-35 minutes until the crust is golden brown. *Serves 6*

* For added flavour, toast the cinnamon stick in a dry pan over medium heat until darkened and fragrant, about 5 minutes.



Cocoa Nib, Seed & Cherry Bars
(recipe page 129)

PICKLED PLUM & SHALLOT CHUTNEY

A nice accompaniment for a cheese board, this chunky, uncooked chutney also makes a simple but tasty addition to a selection of cured meats and is good in a ploughman's ham and cheese sandwich. You do need to plan ahead though, as this recipe uses Spiced Pickled Plums (see the following recipe), which should be made at least two weeks in advance to allow time for the flavours to develop.

150g shallots, unpeeled
2 tablespoons extra virgin olive oil
6 thyme sprigs
2 tablespoons port
30g sultanas
200g Spiced Pickled Plums (see following recipe), chopped into bite-sized pieces
1 tablespoon vinegar from the jar of Spiced Pickled Plums
1 tablespoon honey
1 tablespoon wholegrain mustard
1 teaspoon freshly grated ginger
1 sprig of fresh thyme

Heat oven to 180°C. Trim the shallot root ends, leaving the papery skin attached. Place in a small foil-lined baking tin and drizzle with olive oil.

Top with 5 of the thyme sprigs and roast in the oven for about 30-35 minutes, or until shallots are golden brown and soft when pierced with the tip of a knife. Allow shallots to cool then peel them, discard the skins and slice lengthways into sixths.

Warm the port, add the sultanas and leave to soak for about 10 minutes.

Mix in the shallots and remaining ingredients (including the leaves from the last thyme sprig) and combine well. Pack into a glass jar and cover with a lid.

Serve this chutney with your favourite cheeses and biscuits. It will keep for about a month in the fridge. *Makes 350g (1 heaped cup)*



Spiced Pickled Plums with Pickled Plum & Shallot Chutney

SPICED PICKLED PLUMS

Serve these tangy plums with a traditional Sunday roast or transform them into a chutney for cheese and charcuterie (see previous recipe). Blade of mace, or whole mace, is the dried outer coating of nutmeg; it is sold at specialist food stores and online from thespicetrader.co.nz. Nutmeg and mace contain myristicin, which stimulates the nervous system and focuses the brain.

750ml (3¼ cups) apple cider vinegar
5g blade of mace
5 allspice berries
2 teaspoons yellow mustard seeds
5 whole cloves
1 cinnamon stick, charred*
2 star anise
10g (1½ teaspoons) orange zest

¾ teaspoon sea salt
200g (1 cup) brown sugar
700g pitted plums, quartered

Clean and sterilise a 1-litre preserving jar or 2 x 500ml jars.

Put all ingredients except the plums in a 1-litre pan and bring to a simmer for 3 minutes. Pack plums into warm jar(s) then pour the liquid and spices over to completely cover fruit. Seal tightly and leave at room temperature. (You will hear the lids compress and create a vacuum.)

Store in a cool dark place for 2 weeks before using. The pickle will keep for up to a year unopened. Store opened jars in the fridge. Once opened, it will keep, chilled, for 6 months. *Makes 1kg*

* Toast cinnamon in a pan over medium heat, turning occasionally, until coloured and fragrant, about 5 minutes.



Cardamom Chai Tisane

COCOA NIB, SEED & CHERRY BARS

(pictured page 127)

Crunchy cocoa nibs not only taste good but they're also good for the heart, thanks to the flavanols. These easy-to-make-and-take bars keep well in the freezer for a quick and healthy sweet snack.

15g (1¼ cups) wholegrain (jumbo) rolled oats
100g (¾ cup) Brazil nuts, roughly chopped
2 tablespoons chia seeds
30g (¼ cup) sunflower seeds
3 tablespoons cocoa nibs
90g (¾ cup) dried cherries or cranberries
55g (scant ½ cup) crystallised ginger
40g (½ cup) unsweetened coconut flakes (chips)
6 tablespoons liquid honey or date syrup
125g (½ cup) sunflower or nut butter (such as peanut or almond butter)

Heat oven to 180°C. Spread the oats in a thin layer on an ungreased baking sheet. Bake for 8-10 minutes until lightly coloured and nutty smelling, stirring occasionally so the oats toast evenly. Set aside to cool.

Reduce oven temperature to 160°C.

In a food processor, pulse the oats, Brazil nuts, chia and sunflower seeds, cocoa nibs, dried cherries or cranberries and ginger until finely chopped.

Fold in the coconut flakes then add the honey or date syrup and sunflower or nut butter, mixing to combine.

Tip the mixture into a 23cm square (or small rectangular) pan. Press to flatten and level the top.

Bake for 20 minutes until firm and lightly coloured. Allow to cool then cut into bite-sized squares or bars. *Makes about 16 squares*

CARDAMOM CHAI TISANE

This warming drink is spicy and aromatic and doesn't contain any caffeine or dairy. The spices are simmered slowly to allow them to infuse all of their delicate, health-boosting flavour into the drink. The addition of warm and frothy coconut or almond milk makes this the perfect caffeine-free alternative to your usual afternoon latte.

1 star anise
6 green cardamom pods, lightly crushed
2 cloves
2 black peppercorns, cracked
1 tablespoon chopped fresh ginger
5cm piece of vanilla pod (bean), split, or ½ teaspoon vanilla paste
160ml (⅔ cup) coconut or almond milk (optional)
½ teaspoon honey or agave nectar

Pour 2 cups (450ml) of filtered water into a pan and bring to a gentle simmer over low heat. Add star anise, cardamom pods, cloves, peppercorns, ginger and vanilla pod or paste, cover and simmer 30 minutes, stirring occasionally.

Pour tisane through a sieve to strain out the spices. Divide the strained liquid between 2 cups.

Warm the coconut or almond milk in a small pan until small bubbles start to appear on the surface. Remove from heat and stir in honey. Froth with a milk frother or transfer to a screw-top jam jar and shake until frothy. Pour over the tisane and serve immediately. *Serves 2*



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