

CONSCIOUS TRIBE: SUMMER RE-SET

GET-AHEAD BIRCHER MUESLI

My grandmother was the master of bircher muesli and I always associate the grated apple in this recipe with her - of course it's not unique but I think the soft fruitiness and mild sharpness you get from the apple combined with the milk really makes this muesli special. You can of course use fruit juice but by using the whole fruit you get the fiber too which aids digestion - and alongside the oats, barley and rye, nuts and seeds, fresh ginger and cinnamon you have a wonder list of satiating and blood sugar lowering ingredients to set you up for the day.

No cooking is required for Bircher muesli - instead you just soak the flakes overnight in the fridge. Plus, if you make enough you can have your bircher for several mornings on the trot. Just mix up the fruit, nuts and toppings to make things feel fresh each morning. Quicker than waiting for the toaster to pop and easily transportable in a lidded jar if you are on the move or eating at your desk.

Makes enough for 3 breakfasts with toppings

Ingredients

- 2 cups Jumbo Oats (or a mix of Oats, rolled Barley flakes and rolled Rye flakes)
- 4 cups Milk / Plant Based Milk of your choice (I like brown rice, oat or almond)
- 1-2 Apples, grated
- 1 tbs mixed Seeds (chia, pumpkin, sunflower, hulled hemp seeds)
- 1 tbs mixed Nuts, chopped (almonds, hazelnuts, pecans, brasils)
- ½ tsp ground Cinnamon
- A little grated Ginger (to taste)
- A little grated Orange zest (to taste)
- Yogurt, fresh fruit, toasted seeds, chopped nuts and a little maple syrup to serve if you wish



Method

- Combine all the ingredients (bar the toppings) in a bowl and stir to combine
- Taste and adjust the balance of sharpness and sweetness with more apple if required
- Cover and place in the fridge to enjoy over the coming days

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GET-AHEAD FRIDGE SALAD

Getting ahead and prepping a few things not only gives you more time and headspace to get on with everything else in your life, it also means you are less likely to grab something unhealthy or 'off-plan' in a rush. This salad is a brilliant summer go-to for me during the week when time is tight and I need to know I have something delicious and healthy on hand. It's a brilliant base that you can turn into lots of other things too - so you'll never get bored.

Again there is no cooking required here - just a bit of chopping and combining - as this is essentially just a salad of robust vegetables and beans with a really punchy kick from vinegar, capers and fresh chilli. As it will sit in your fridge you want to avoid adding any soft leaves or herbs that will wilt or spoil in the dressing. Instead keep these separately and add them to each plate as you serve.

The dressing is heavy on vinegar (I like a ratio of at least 3:1 with olive oil) so it's the complete reversal of your usual salad dressing. As such, it's worth seeking out a really good flavorful vinegar like Willy's Live Apple Cider Vinegar with Honey and Turmeric, Aspall's Apple Balsamic or a 5 year+ aged sherry vinegar. Beyond this (as ever) the quality of the salad relies on the quality of your ingredients - so get the best and freshest you can get hold of.

Makes enough for at least 3 lunches with add ons. Best eaten at room temperature

Ingredients

- 2 cups of Cooked Beans (any good quality jarred or canned beans will do but I like a mix)
- Half a Cucumber, halved lengthways and seeds removed (reserve any pulp and seeds for the Cucumber and Mint water)
- 1 cup Tomatoes, quartered if small or chopped (Isle of Wight are wonderful at this time of year)
- 1 Red Pepper, sliced into thin batons (I like the thin skinned Romano peppers)
- 1 tbs Capers
- 1 fresh Red or Green Chilli, finely chopped
- 1 tbs Pickles (I usually make a batch of quick pickled radishes or daikon to keep in the fridge but shop ones do just as well)
- 1-2 tbs Olive Oil (best quality cold pressed and unfiltered if you can)
- 3-6 tbs Vinegar (a really flavourful one)

GET-AHEAD FRIDGE SALAD CONT...

Method

- Combine all the ingredients together in a bowl and allow to mingle at room temperature before eating
- Make a big batch to use as a base for lunches and suppers and store leftovers in an airtight container in your fridge
- Cover and place in the fridge to enjoy over the coming days

Add ons:

- A jar or can of good quality line caught tuna
- Smoked mackerel/trout
- Avocado
- Sliced leftover grilled chicken breast
- Flaked leftover roast salmon/trout
- Julienned raw carrots
- Chopped raw cauliflower
- Any salad leaves
- Any soft herbs you fancy; parsley, mint, basil, tarragon (I usually have a tray of microherbs growing on the windowsill to snip from - terribly easy if you've never tried!)
- Sauerkraut or Kimchi
- Toasted seeds
- Toasted chopped nuts
- Cooked wholegrains; freekeh, pearl barley, quinoa, wild rice

SMOKED TOFU AND SEEDS

This is a recipe I've adapted from the brilliant Heidi Swanson of 101 Cookbooks fame. She is a real inspiration to me and the first person capable of making me crave a homemade tofu recipe. It's not that I don't like tofu - far from it in fact - it's just that in the past I have struggled to make anything really knock out with it at home. Until now...

The key is the dressing, which is punchy and packed with flavour (and goes well on many things beyond this salad/stir fry hybrid). But, the real secret is the roughly grated tofu, as each tiny piece gets coated with all the wonderful flavours from the dressing.

Remarkably filling and satisfying - even my husband says it's enough for supper. However, if you are feeling particularly hungry then it also makes a wonderful accompaniment to serve alongside something else.

It can't really be classed as a get-ahead supper but as it's so quick to put together (and all in one pan!) then I think it still qualifies.

Serves 2 as a light supper

Ingredients

- 1 large pack of Smoked Tofu
- ½ cup Greek Yogurt
- 2-3 tbs Willy's Live Apple Cider Vinegar with Honey and Turmeric (or apple cider vinegar with a little honey added)
- 1-2 Serrano Chillies, finely chopped
- 1 small clove Garlic, grated,
- 1 tsp Fresh Ginger, grated
- ½ cup Olive Oil (best quality cold pressed and unfiltered if you can)
- A good handful of Wild Rocket/Watercress/Pea Shoots
- A mix of Pumpkin and Sunflower seeds, well toasted
- A good ;inch of Salt
- Freshly ground Black Pepper



SMOKED TOFU AND SEEDS CONT...

Method

- Toast the seeds and set them aside
- Grate the tofu on a large grater and set that aside too
- Make the dressing by whisking the rest of the ingredients (apart from the leaves) together in a jug
- Taste and adjust the seasoning - you want to overseason this as tofu has little flavour on its own the dressing will be the flavour carrier for the whole dish - it should be really balanced with sharpness, sweetness, saltiness and heat from the chillies
- Heat a heavy based pan and quickly fry the leaves in a little olive oil and salt and then quickly remove from the pan and set aside
- In the same pan throw in the tofu and half the dressing and half the seeds and quickly turn to coat till just warm
- Quickly remove the tofu to a warmed serving plate and scatter with the wilted greens, drizzle with the remaining dressing and top with the toasted seeds