

Hummus

120g dried chick peas:

Soak overnight. Rinse. Fast boil for 10 mins, then simmer 45 mins till soft

OR

1 240g tin chick peas

plus

2 garlic cloves, peeled, roughly chopped

130 ml water

2 tablespoons olive oil

1/2 teaspoon tamari soy sauce

2 tablespoons tahini

2 tablespoons lemon juice

Blitz with stick blender / in liquidiser.

Adjust ingredients to taste. Can also use more oil and less water.

Keep some water back and see if it is texture wanted / add more.

Store in screw top jar in fridge.

(Another recipe is *Butter Bean Dip* : Tin butter beans (or dried beans soaked overnight & cooked, as with dried chick peas - see above), 1 tablespoon olive oil, 1 teaspoon white wine vinegar, garlic clove peeled & crushed, salt and pepper. Blitz with blender.)

Yoghurt

Small plain live yoghurt

500g / 1 pint milk

25 g / 3 tablespoons powdered milk (optional but does make thicker yoghurt)

Wide necked thermos, pre warmed.

Thermometer

Bring yoghurt to room temperature

Pour milk into saucepan, whisk in powdered milk, heat to 85 degrees (just before coming to boil). Cool to 46 degrees.

(if using UHT milk just heat to 46 degrees)

Whisk / stir in live yoghurt. Pour into thermos. Leave overnight / for 6 hours.

Once made, pour into screw top jar(s) and store in fridge.

(Keep some of the yoghurt to make next batch, and continue using some of previous batch for next lot.)

Beeswax wrappers

Cotton material (thin). Beeswax, grater, baking paper. Oven/ Iron. : <https://www.youtube.com/watch?v=wkRoh1pQoks>

Beeswax supplies <https://www.livemoor.co.uk>

We are a small group of people in coastal central Suffolk UK wanting to make our contribution to the health of our planet.

We have compiled four lists all of which can be downloaded at <http://earthaldeburgh.co.uk/our-planet/>

