



In this section, you'll find a range of basic recipes that we use regularly at home. We suggest you start by making these and keep them to hand in the kitchen. Many of them store well and they will all give you a great starter kit for the dishes that follow. With these basics prepared, you're good to go.

Basics

Vegetable Broth

GF NF VG

This golden broth is full of goodness and forms the basis of many dishes in our kitchen. In it, vegetables and spices come together to create a deep flavour and provide good nutrition. This broth is an elixir that packs a big hit of vitamins and minerals with a slight spicy kick. It's also delicious as a broth on its own and you can add your favourite spices to enjoy on a cold winter's day.

Quantity: 1.2 litres (2 pints)

Preparation time: 20 minutes

1 celery stick, cut into 4
2 onions, quartered
1 carrot, quartered
1 turnip, quartered
1 fennel bulb, including the fronds, quartered
2 tbsp olive oil
1 head of garlic, halved horizontally
1 slice of fresh root ginger, about 1cm (½in) thick
3 cloves
1 bay leaf
6 black peppercorns
1 bunch of parsley stems
1.5 litres (2½ pints) water
1½ tbsp salt

Put all the ingredients into a saucepan over a medium heat and bring to the boil. Reduce the heat and simmer gently for 15 minutes, then turn off the heat. Strain off the liquid and use as necessary.

This broth can be stored in an airtight container and chilled for 3–4 days or frozen.

Seaweed Broth

GF NF VG

Farmacy Seaweed Broth is inspired by an ancient Japanese recipe. It's a highly nutritious, mineral-rich base that is a great way to add depth of flavour without using fats or additional salts. We use it in a range of recipes, including Philosopher's Sauce and many soups. It's also used to soak chia seeds to give extra flavour to the Farmacy Caesar Salad (see page 156).

Quantity: 1.2 litres (2 pints)

Preparation time: 30 minutes, plus 1 hour soaking

2 pieces of dried kombu, each about 15cm (6in) long, soaked overnight in 1.2 litres (2 pints) water
4 dried shiitake mushrooms
½ tbsp salt

Put the soaked kombu and its soaking water into a saucepan over a medium heat and slowly bring to the boil. Just before the water boils remove the kombu (it's important not to boil kombu or it will become bitter). Keep the kombu, as it can be reused one more time before needing to be discarded.

When the water boils, reduce the heat to low and add the shiitakes. Cook for 1 minute, skimming the surface, then turn off the heat. Let the saucepan stand for an hour, then strain the broth.

Store for up to a week in a sealed jar in the refrigerator, or freeze.



Philosopher's Sauce

GF NF VG

Philosopher's Sauce is Farmacy's take on classic Asian fish sauce. It's a great way to add a deep umami taste to dishes such as Thai curries and noodles. This is a highly nutritious base which we use in a range of Farmacy recipes and has all the goodness of Seaweed Broth and black garlic combined.

Quantity: 250ml (9fl oz)

Preparation time: 15 minutes

500ml (18fl oz) Seaweed Broth (*see* page 61)

1 black garlic clove, crushed

2 garlic cloves, crushed

1¼ tbsp salt

60ml (4 tbsp) tamari

1 tsp sherry vinegar

Place all the ingredients in a saucepan, bring to the boil, then reduce the heat to a simmer and reduce the liquid to half the amount. This will take about 15 minutes.

Store in a dark, dry cupboard for up to three months. This sauce doesn't need to be refrigerated.



Green Sauce

GF NF VG

Our magic Green Sauce is a raw sauce inspired by 'schug' or 'zhug', a hot chilli sauce of Yemeni origin which packs a punch of flavour whenever it is added to a dish. We use Green Sauce for a flavour lift in salads and other dishes, such as Aubergine Rolls (see page 120). It mixes well with Tahini Sauce (see page 168) as the flavours complement one another. Chillies contain a range of vitamins and minerals, including iron, magnesium, fibre, potassium, copper and manganese. The coriander and lemon aid digestion and help support the immune system.

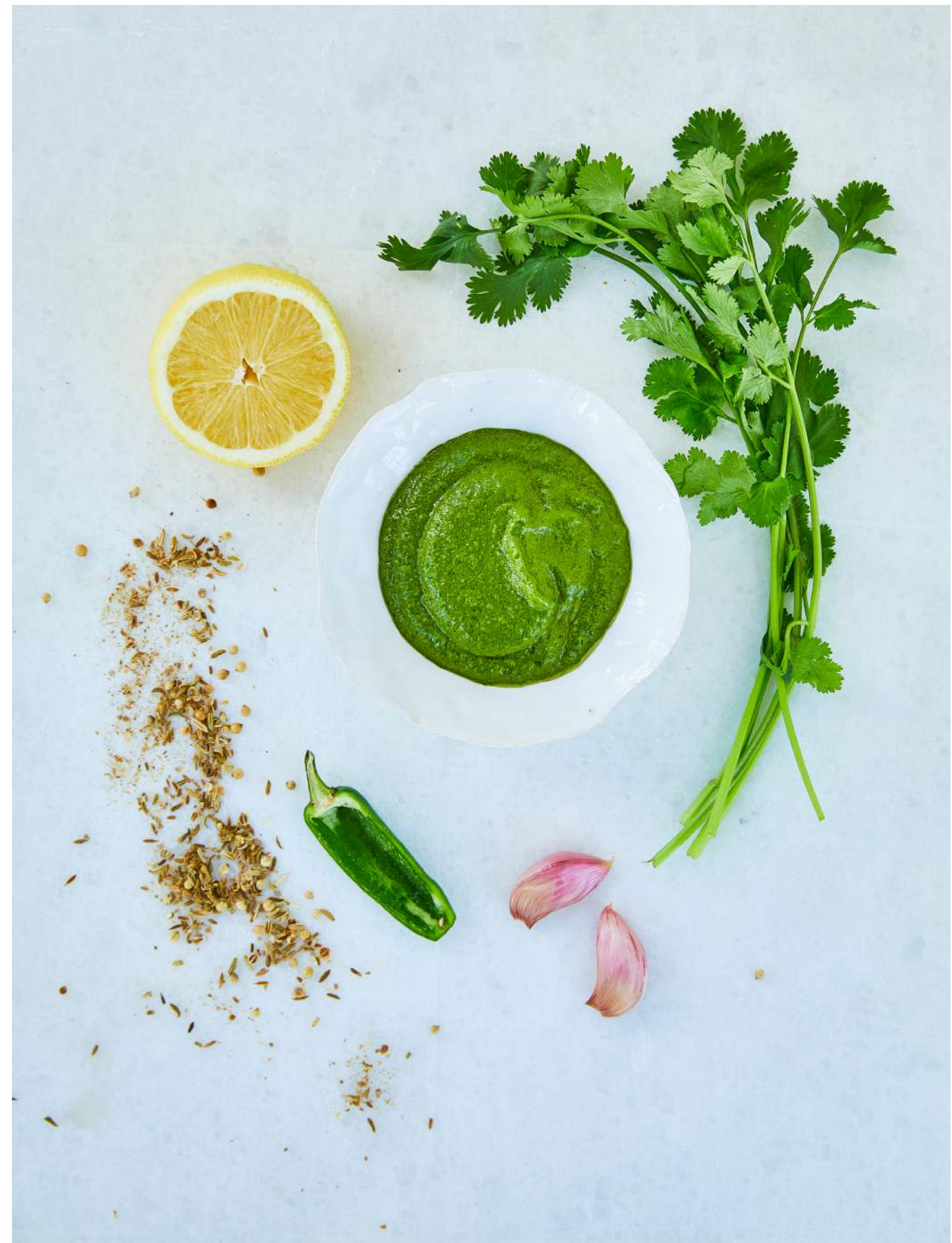
Quantity: 250ml (9fl oz)

Preparation time: 5 minutes

2 garlic cloves
1–2 green or jalapeño chillies
1 tsp Pharmacy Seed Mix (see page 80)
1 large bunch of coriander, stems and leaves
125ml (4fl oz) sunflower or rapeseed oil
2 tbsp lemon juice
½ tsp salt

Put the garlic, chillies and seed mix in a food processor and blend together. Add the coriander, oil, lemon juice and salt. Process until the sauce is smooth, like pesto. Check the seasoning and adjust if necessary with more lemon juice.

Keep in an airtight container in the refrigerator for up to 1 month. The colour may darken over time due to oxidation, but this doesn't affect the flavour. You can top with a thin layer of oil to prevent oxidation, or alternatively, freeze half to use another time.



Tahini Sauce

GF NF R VG

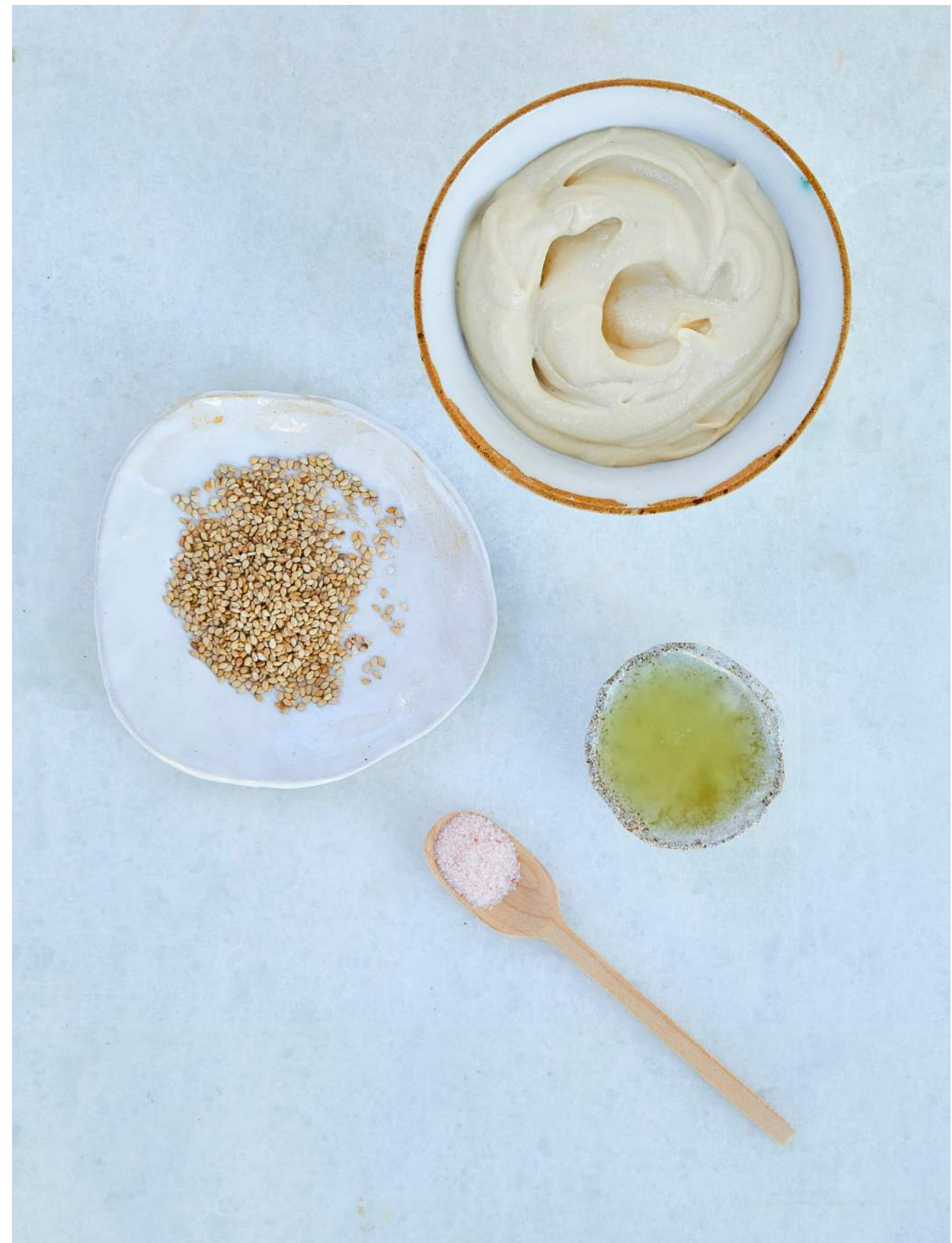
Use this versatile, oil-free sauce however you fancy. It is one of our favourites in the Farmacy kitchen range and mixes well with Green Sauce (see page 66) for a flavour made in heaven. It's rich in protein and minerals, including magnesium, potassium and iron. We use it as a creamy, nutritional hit in many of our dishes and love loading it on to salads or adding it as a topping to fresh vegetables.

Quantity: 550ml (1 pint)
Preparation time: 5 minutes

250ml (9fl oz) tahini
125ml (4fl oz) lemon juice
½ tsp salt
175ml (6fl oz) water

Mix the tahini, lemon juice and salt in a blender and gradually add the water to create the desired consistency.

Keep in a screw-top jar in the refrigerator for up to a week.



Alchemist's Sauce

GF NF R VG

This is one of our main sauces which we use to add depth of flavour. It tastes similar to Worcestershire sauce and is full of natural goodness. We use Alchemist's Sauce in our Caesar Salad dressing (see page 156) and as a special ingredient in the raw courgette dressing of the Farmacy Macro Bowl (see page 164). This wonderful sauce adds a new level to the umami of plant-based food preparation. It tastes great in a Bloody Mary, too!

Quantity: 320ml (11fl oz)

Preparation time: 5 minutes

250ml (9fl oz) apple cider vinegar
60ml (4 tbsp) tamari
1 tbsp coconut nectar
½ date, soaked for 30 minutes
¼ tsp ground ginger
1 coin-sized piece of fresh root ginger
¼ tsp Dijon mustard
1 tbsp thinly-sliced onion
1 garlic clove, crushed
¼ tsp ground cinnamon
¼ tsp black pepper
¼ tsp coriander seeds
tsp fennel seeds
½ tsp tamarind sauce

Place all the ingredients in a screw-top jar, replace the lid and shake vigorously. Shake it again. Leave for 30 minutes to allow the flavours to develop, but no longer or the garlic will begin to overpower the other flavours. Strain off the liquid and transfer to a glass bottle with a lid.

Keeps for up to 3 months. This sauce does not need to be refrigerated.



Fruit Chia Jam

GF NF R VG (if using maple syrup)

This is a healthy chia jam to spread on toast, add to desserts or top a probiotic yogurt breakfast. It has no refined sugar and a fresh and fruity flavour. Chia seeds are full of fibre, proteins, omega-3 fatty acids and many other nutritional goodies. They are great for the digestion, too.

Quantity: 125g (4½oz)

Preparation time: 5 minutes, plus
30 minutes chilling

100g (3½oz) fresh fruit, peeled and pitted
as necessary (we used mango, blackberry
and raspberry)

2 tsp honey or maple syrup

2 tsp lemon juice

2 tsp chia seeds

Place the fruit in a blender with the honey or maple syrup and lemon juice. Blend until it reaches a soft and jammy consistency.

Stir in the chia seeds. Put in the refrigerator for 30 minutes to allow the chia seeds to expand.

Store in an airtight container in the refrigerator for up to 7 days.



Almond Butter

GF VG

This recipe is a one-ingredient wonder that transforms almonds into a luxurious, velvety spread. We use it as a butter replacement in our recipes and in a variety of plant-based dishes. Almonds are high in vitamin E and are one of the most nutritional of all nuts. The butter adds flavour and thickens sauces with all the nutty goodness that almonds provide.

Quantity: approx 250g (9oz)

Preparation time: 20 minutes, plus 15 minutes cooking

500g (1lb 2oz) raw, peeled almonds, unsoaked

Preheat the oven to 150°C (300°F), Gas Mark 2. Place the almonds on a baking tray and put in the oven for 15 minutes. Be careful not to colour the nuts too much; do not fully toast them.

Place the nuts in a food processor and process at high speed for 2 minutes. Reduce to medium speed and process until the mixture has a creamy, tahini-like texture, and is smooth and velvety. If there are still lumps, continue processing.

The mixture will go through different states, turning from almond meal to powder and then into butter. Be patient and scrape the bowl frequently, especially at the start. The time it takes will vary depending on the freshness of the nuts – this process can take up to 15 minutes.

Notes

This is one recipe for which you don't need to soak the almonds. The almond butter works best when the nuts' natural oils are warmed, allowing them to be released more easily.

This recipe does not work with ready-ground almonds. Raw, peeled almonds produce a creamy and velvety butter texture free of the solids of the skin. Alternatively, you can use almonds with their skins to create a darker butter with a slightly different flavour.

This keeps well in an airtight container in a dry, cool place.



Cashew Yogurt

GF R VG (if using maple syrup)

This probiotic-rich yogurt can be eaten alone, used to make sauces or added to dishes as a creamy, good-looking garnish. This makes a large jar of delicious yogurt that helps to keep the gut healthy, maintaining gut flora and enhancing general wellness.

Quantity: 700ml (1¼ pints)

Preparation time: 10 minutes, plus 2 hours soaking, plus 24–36 hours fermenting

225g (8oz) unsalted raw cashews, soaked

300ml (10fl oz) water

¼ tsp probiotic powder or 2 probiotic capsules

¼ tsp vanilla powder (optional)

1 tbsp honey or maple syrup (optional)

pinch of salt (optional)

Drain and rinse the cashews, then place them in a blender with the water and probiotic powder or capsules. Blend until smooth with a custard-like consistency.

Place the yogurt in a clean, lidded jam jar and cover with a clean tea towel or muslin cloth. Leave some space at the top of the jar for the yogurt to develop without overflowing.

Keep in a warm place (try the top of the refrigerator) for 24–36 hours. The longer you leave the jar undisturbed, the tangier the yogurt will be. It's ready when the mixture appears foamy and comes away from the sides of the jar. It should have a strong and pleasant, tangy aroma.

When the yogurt has fermented, return it to the blender and blend again, adding the optional ingredients, if using.

Transfer to a glass container with a lid and store in the refrigerator.

This keeps in the refrigerator for up to a week.



Nut & Seed Milk

GF NF (if made with seeds) R VG

Nut milks are a versatile and healthy way to have milk without eating dairy products. Use them on breakfast cereals, in drinks, to add creaminess to smoothies and as a healthy base for sauces and purées. This is a highly nutritious milk full of protein and goodness. If you get into the habit of soaking nuts every night, you can quickly whizz up some fresh nut milk each morning.

Quantity: 1 litre (1¾ pints)

Preparation time: 10 minutes, plus soaking time

150g (5½oz) nuts or seeds, soaked
(see soaking chart, pages 49 and 51)

1 litre (1¾ pints) water

½ tsp vanilla powder (optional)

1 tbsp coconut oil (optional)

2 tbsp sweetener or 3 pitted dates (optional)

pinch of salt (optional)

Rinse and drain the soaked nuts or seeds thoroughly. Put in a blender with the water, blend, then strain through a nut milk bag or cheesecloth into a bowl.

Clean the blender. Return the milk to the blender with the optional ingredients, if using.

This keeps in an airtight jug in the refrigerator for 3–5 days.

Note

Cashew nuts don't need to be strained.



Farmacy Seed Mix

GF NF VG

The Farmacy Seed Mix takes food way beyond classic seasoning. It deepens flavours, taking dishes to a new level. This mix pops up in many recipes. Make a batch and keep it in the kitchen to use as needed. This recipe was inspired by chef Peter Gordon. We use it frequently in the Farmacy kitchen.

Quantity: 6 tbsp

Preparation time: 5–10 minutes

2 tbsp each cumin, coriander and fennel seeds

Put the seeds in a dry frying pan without oil over a medium heat and cook them until they are fragrant. This takes about 3 minutes. The aim here is not to toast the seeds, but to release the beautiful combination of flavours by warming the seeds together in the pan.

Put the seeds in a food processor and pulse and blend until they have a consistency you like.

Store in an airtight container in a dry, dark place for up to 6 months.



