

MINT TEA
North African style

Bunch of fresh mint
sugar
Boiling water
Infuse for 7 mins

MINT AND PEA SOUP

- 1 TSP OIL
- 25g BUTTER
- 1 RED ONION
- 4 GARLIC CLOVES
- 5 CUPS PEAS
- 1 CUP MINT
- 1 3/4 CUPS STOCK
- SALT & PEPPER

NETTLE TEA

HEAT OIL AND BUTTER
ADD ONION
COOK UNTIL TRANSPARENT
ADD GARLIC
ADD 3/4 CUPS MINT
3/4 STOCK. BOIL 10 MINS
BLEND USING SALT & PEPPER
SEASON AND ADD REMAINING PEAS
SERVE WITH BREAD

SUMMER PUDDING

Blackberries, sugar, honey, lemon, butter, white bread (stale), vanilla bean, cream.

Solar Cook berries in sweet mix then simmer until berries burst.

Butter + lime with cling film
Line with layer of bread
Spoon half berries in
Cover with bread
Continue layering

cover with cling film + put weight on.
Refrigerate 6 hours.

www.energycafe.wordpress.com



foraging map

shoreditch festival
16-17th July

REGENT'S CANAL

ISLINGTON TUNNEL

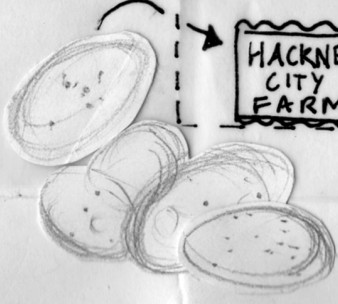
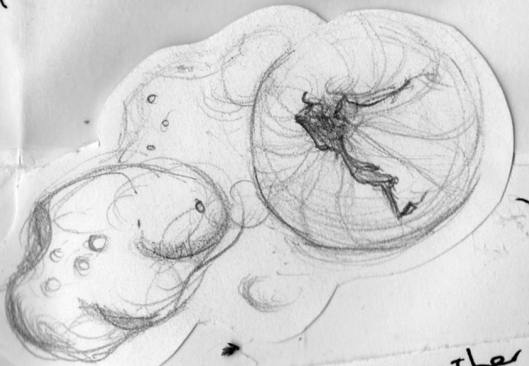
CANAL

HACKNEY CITY FARM

Hertford Union Canal

knowles blue Dilly dilly
knowles green
When you are green I shall be green
I shall be green

THYME
SAGE
MINT
MARJORAM



Onion Bajji → 500g gram flour then add all other flour sticks together. Add 2 tbs coriander powder + 2 1/2 tablespoons of cumin seeds + salt + pepper to taste. Add water and nurture with your hands for 15 mins till no lumps and mixture binds. Chop 2 green chillis, fresh coriander and thinly sliced onions and mix with butter. Reheat oil to 180-200C and carefully add Bajjis
GEMO GARLIC, GINAGE, GREEN CHILLI, TAMARIND + A LITTLE SUGAR WITH WATER OR YOGHURT

SECRET GARDEN

BUXTON ST.

SPITALFIELDS CITY FARM

MINT

