

# **Recipes for the food that was served during the second research experiment**

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## Description of the different elements of the final dish

### Element 1:

Wild mushroom foam (non-vegan option)

*or*

Mushroom pâté (vegan option)

### Element 2:

Beetroot chip

### Element 3:

Wholegrain spelt and cold-pressed sunflower oil paratha

The final dish was assembled by the audience, who took a piece of the paratha, put a teaspoon of the mushroom foam/pâté on top, and finally garnished it with the beetroot chip.

## Recipes

### • Wild mushroom foam

#### Ingredients

Toasted spelt stock\*- 1/2 litre

Dried ceps (*boletus edulis*)<sup>1</sup>- 3g

Dried hedgehog mushrooms (*hydnum repandum*)- 2g

Leaf gelatine- 5g

#### Method

Put the gelatine in a bowl with cold water to bloom for about 25 minutes.

Bring the stock to a boil and immediately turn the heat off. Add the dried mushrooms and leave to infuse for about 20 minutes. Remove the dried mushrooms and reserve for the pâté if making.

Remove the gelatine sheets from the bowl and discard the excess water. Add to the mushroom stock and stir until dissolved.

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<sup>1</sup> A note on foraging wild edibles: foraging wild food can be dangerous, as edible plants and mushrooms may have poisonous lookalikes. It is also important to respect the natural environment in which you decide to forage. You might find the rules described here helpful: Foraging Code. (2022). *Wild Food UK*. <https://www.wildfooduk.com/foraging-code/> The website also contains an extensive mushroom and hedgerow guide with detailed information about many edible plants and mushrooms.

Pour the liquid into a culinary syphon with the help of a funnel, screw on the lid of the syphon, then screw on the charger holder holding one 8.4g nitrous oxide (N<sub>2</sub>O) cream charger. Shake the syphon vigorously 4-5 times and put into the fridge until completely cooled down.<sup>2</sup>

### **\*Toasted spelt stock**

#### Ingredients

Spelt berries- 250g

Water- 1.5 litres

Red onion, root end removed, unpeeled, washed, halved- 1

Purple carrot, peeled, ends removed, cut in half lengthwise- 1

Celery rib, ends and leaves removed, washed- 1

Bay leaves- 2

Garlic cloves, peeled- 2 fat ones

Olive oil- 2 tbsp

Sea salt

#### Method

Pour the olive oil into a heavy bottomed pan, heat over medium heat and add the garlic, frying it until palely golden. Reduce the heat to medium low, add the spelt berries and toast for around 6 minutes stirring regularly, until some of the berries start popping and the grains smell fragrant. Pour over the water, bring to the boil and reduce to a simmer. Cover and leave to cook for 40-45 minutes, until the spelt is soft but still chewy and by no means falling apart.

Take out the larger vegetable pieces and strain through a fine mesh sieve. Reserve the spelt for a salad, for instance. Season the stock to taste with sea salt.

### **• Mushroom pâté**

Chestnut mushrooms, washed under the tap and finely sliced- 250g

A mix of dried ceps and hedgehog mushrooms- 5g

Dry white wine- a dash

Water- a tablespoon

Sunflower seed and chestnut mushroom miso\*\*- 1/2 tsp

Red onion, finely chopped- a half

Olive oil- a tablespoon

Sea salt

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<sup>2</sup> For more information on how to use a culinary syphon including comments regarding safety, check the following sources: Adrià, F. (2004). Las espumas: Técnica, tipos y usos. International Cooking Concepts; Chef Rudakova. (2020, June 3). 3 Ways To Make CULINARY FOAM with Siphon (MUST-HAVE kitchen tool). [https://www.youtube.com/watch?v=xJrIjw\\_DsJM](https://www.youtube.com/watch?v=xJrIjw_DsJM); iSi Kulinarik: Rezepte. (n.d.). Retrieved January 10, 2023, from <https://www.isi.com/kulinarik/rezepte/espumas>.

Black pepper  
Apple cider vinegar

Place the mushrooms in a large frying pan together with the white wine, olive oil, red onion, and water and put on high heat. The mushrooms will start releasing their water, wait until everything is evaporated and reduce the heat to medium until they and the onions are nicely coloured.<sup>3</sup>

Put the mushrooms and onions into an immersion blender cup, add the miso, a twist of freshly ground black pepper and a tiny bit of apple cider vinegar. Blend with an immersion blender until a homogenous paste is formed. Taste and season with sea salt, miso, black pepper, and vinegar as needed.

### **\*\*Sunflower seed and chestnut mushroom miso<sup>4</sup>**

#### Ingredients

Sunflower seeds, hulled and toasted in an 160°C oven until golden and aromatic- 125g

Citric multigrain koji- 125g

Chestnut mushrooms, fried until golden brown like described in the recipe above, only without the onions and substituting the white wine with water- 44g (about 100g of mushrooms before cooking)

Fine sea salt- 15g

#### Method

Place all the ingredients into a food processor and process to a fine paste. Transfer the miso into a wide-mouth jar, taking care to avoid forming any air gaps by adding just a teaspoon at a time and pressing it down firmly. Once you are finished, smooth the top with the back of a sanitised spoon, and sprinkle generously with fine sea salt. Cut a circle of parchment paper the size of the top of the jar and lay it on top of the salt, then add something to weigh it down (like a sanitised ramekin) and cover the jar with a lid, leaving it slightly ajar.

Ferment for one month at room temperature. When harvesting, remove the lid, ramekin and parchment paper, pour off and reserve any liquid that the miso might have produced (tamari), and scrape off the upper layer, which will be very salty. You can process it again if you want a very smoother paste or leave it as it is.

### **\*\*\*Citric multigrain koji**

#### Ingredients

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<sup>3</sup> This technique for browning mushrooms, which is much more effective than the traditional one, which consists in adding a lot of oil in the beginning until the mushrooms begin releasing their own water, was inspired by the following video: America's Test Kitchen. (2022, December 13). For Better Brownd Meat and Veggies, Just Add Water | Techniquely With Lan Lam. <https://www.youtube.com/watch?v=rzL07v6w8AA>

<sup>4</sup> A note on fermentation: before you ferment anything, make sure that you are familiar with the dangers it may entail, so that you take all the necessary steps to ensure a safe end product. Basic knowledge on dangerous types of bacteria, such as strains of Salmonellae, or C. botulinum, and what types of environment they thrive in is indispensable (good basic sources on this are Redzepi & Zilber, 2018; Shih et al., 2020; Shockey & Shockey, 2019).

Pearled barley- 150g

Whole rye berries- 100g

Pearled spelt- 250g

*Aspergillus luchuensis* (citric koji) spores, dispersed in toasted flour or some kind of starch

### Method

Preheat your oven to 180°C. Put the grains in a cast iron Dutch oven and cover with cold water until, when laying your hand flat on the grains, the water is just above your knuckles. Bring to a boil over high heat, and immediately as it boils, cover the casserole with a tight-fitting lid and put it into the oven. Cook for 90 minutes, then remove from the oven and leave it to rest, covered, for at least an hour<sup>5</sup>.

After the resting period, break apart any clumps of grain that may have formed. Once it has reached a temperature under 30°C, inoculate the grains with the dispersed koji spores by passing a fine mesh sugar shaker filled with them over the barley. Mix everything with a sanitised spoon<sup>6</sup>.

Fill several (or one large) flat perforated food grade plastic containers with the inoculated barley, cover with their (perforated) lids, and put in a fermentation station at 28°C. After 24h, begin monitoring the temperature of the koji, because it will start producing its own heat. Lower the temperature of your fermentation station as needed so that the koji stays between 28-30°C.

Harvest 36 hours after inoculation, if you leave it for longer a very distinct bitter taste will start coming through. The koji will smell fruity, sour, and intensely delicious.

Put in the fridge to cool down and use within the next 48h, or freeze for up to one month.

## • **Beetroot chip**

### Ingredients

Beetroot, washed and scrubbed, but unpeeled- 2 small ones

Olive oil- 1 tbsp

Fine sea salt

### Method

Preheat the oven to 190°C. Very finely slice the beetroot in a food processor with a mandolin attachment. Put in a bowl with the olive oil and salt to taste, mix everything together, and spread a single layer of beetroot slices on a baking sheet lined with a silicone mat. Bake for 15 minutes, then

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<sup>5</sup> This method of cooking grain for koji, as well as most other koji-related recipes in this text are inspired by the following book: Shih, R., Umansky, J., & Katz, S. E. (2020). *Koji alchemy: rediscovering the magic of mold-based fermentation*. Chelsea Green Publishing, as well as Shockey, K., & Shockey, C. (2019). *Miso, tempeh, natto, & other tasty ferments: a step-by-step guide to fermenting grains and beans*. Storey Publishing.

<sup>6</sup> The idea of using a fine mesh sugar shaker to disperse koji spores is taken from the following book: Redzepi, R., & Zilber, D. (2018). *The Noma guide to fermentation*. Artisan.

turn the slices and leave them in the oven for 10 more minutes (begin checking after 5 to make sure they don't burn). Turn the heat off and leave in the oven for 5 more minutes. Let cool completely before storing in an airtight container.

## • **Wholegrain spelt and cold-pressed sunflower oil paratha**

### Ingredients

Wholegrain spelt flour- 125g, plus more for dusting

Water- 94g

Fine sea salt- 1/2 tsp

Cold-pressed sunflower oil- 6 tbsp

### Method

Mix the flour and salt in a large bowl, then add 2 tablespoons of the sunflower oil and rub it in. Add the water and mix with a fork until it becomes difficult to continue doing so. Use your hands to obtain a homogenous dough. Cover the bowl with a plate and leave to rest for 30 minutes to an hour, then knead the dough for about 10 minutes. Let sit for another 30 minutes. Divide the dough into 8 balls with the help of a dough scraper.

Set a cast iron skillet over medium-high heat.

Dust your kitchen surface with more spelt flour, then flatten a dough ball with your hands, and then with a rolling pin until fairly thin. Brush its surface with sunflower oil, then fold the upper third over leaving one third of the original surface exposed. Brush the newly exposed surface with oil, then fold the lower third up. Again, brush the newly exposed surface with oil, then fold the right third over leaving the left third exposed, and lastly also fold over the left third, leaving you with a small squarish piece of dough. Dust with flour and roll it out evenly and thinly.

Gently lift the paratha and place it on the heated cast iron skillet. Cook for 30 seconds, until the surface dries out, then turn the paratha over and cook for another 30 seconds. Turn it over again, cook for 15 seconds, and repeat this action 4 more times. The paratha should have light brown spots, and be slightly crispy on the outside and soft on the inside.

Place the finished paratha on a plate and cover with another, upturned plate. Clean the pan with a dry paper towel to prevent the flour that might be stuck to it from burning. Prepare and cook the other 7 parathas the same way.

Wrap in aluminium foil and, ideally, reheat in a moderate oven for 15 minutes when the parathas are to be eaten.

## Reference list

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