

Global Soundscape 1: Fruits & Herbs

recipes for featured fruits & herbs

Hello everyone,

Thank you for joining the Global Soundscapes 1 livestream on Saturday 14th November. I really enjoyed playing for you and hope you also enjoyed the hour together!

In case anyone has any fruits/herbs left over from the sessions, below are a number of delicious recipes that may be fun to explore. I hope you'll enjoy them!

For those who may be interested, the music performed on livestream are compiled in the Spotify Playlist:

https://open.spotify.com/playlist/1irD5zxQAad3PiC4rqYhGc?si=4vSdOgfVQa2S_miwqwTUDQ

All tunes can also be found on Apple Music!

With all warm wishes,
Belle

~ Recipes ~

Goji Berry & Ginger Tea
Rambutan Smoothie
Lemon Lime Coconut Quench
Lemon & Parsley Prawn Pasta
Fig & Kale Salad
Peach Fool & Peach Jelly

Goji Berry & Ginger Tea

Serving: 1

Ingredients:

- 1 tablespoon of dried goji berries
- 1/2 piece fresh ginger root peeled and sliced (optional)
- 1 mug or cupful boiling water

Instructions:

1. Place the dried goji berries and ginger (if used) in the bottom of a mug or tea cup.
2. Pour boiling water into the cup.
3. Steep several minutes until the water cools and looks like a weak tea.
4. Sweeten, if desired, then sip and enjoy!

Recipe Source: <https://wildlyorganic.com/blogs/recipes/goji-berry-ginger-tea>

Rambutan Smoothie

Serving: 1

Ingredients:

- 3 rambutans (peeled and pitted)
- 2 cups coconut meat
- 1 banana

Instructions:

1. Gather the ingredients.
2. Combine all of the ingredients in a blender and process until smooth.
3. Pour into a tall glass and enjoy.

Recipe Source: <https://www.thespruceeats.com/rambutan-fruit-juice-for-pain-relief-2078383>

Lemon Lime Coconut Quench

Servings: 2

Ingredients:

- 2 tablespoon fresh lemon juice
- 2 tablespoon fresh lime juice
- 1½ cups coconut water
- ½ cup water (or more depending on desired concentration)
- 1 tablespoon honey
- ½ teaspoon grated ginger root
- Sea salt to taste

Instructions:

1. Add lemon and lime juice to blender.
2. Add coconut water, water, honey, ginger and sea salt into blender.
3. Blend.
4. Drink up with a smile or keep refrigerated for up to two weeks.

Recipe Source: <https://www.meghantelpner.com/blog/coconut-water-benefits/>

Lemon & Parsley Prawn Pasta

Servings: 2

Ingredients:

- 175g spaghetti
- 2 tablespoon olive oil
- 140g large raw peeled prawn , thawed if frozen
- zest and juice 1 lemon , plus wedges to serve (optional)
- bunch flat-leaf parsley , roughly chopped

Instructions:

1. Boil the pasta. Meanwhile, heat the oil in a large pan, add the prawns, then quickly fry until they are evenly pink.
2. Throw in the lemon zest and juice, parsley, 2 tbsp of the pasta cooking water and salt and pepper, then heat through.
3. Drain the spaghetti, add to the pan, then toss everything together. Serve with lemon wedges, if liked.

Recipe Source: <https://www.bbcgoodfood.com/recipes/lemon-parsley-spaghetti>

Fig and Kale Salad

Servings: 4

Ingredients:

- 115 grams kale (about 3 cups packed, stems removed and cut into large bite-sized bits)
- 2 tablespoons lemon juice
- 1 ripe avocado
- 1 teaspoon sea salt
- 1 carrot (shredded)
- 1 small yellow zucchini (diced)
- 2 cups leaves (mixed greens, etc. of choice: curly endive, arugula, spinach)
- 8 fresh figs (your favorite variety, cut into wedges)
- 1/4 cup ground flaxseed

Instructions:

1. Rinse and dry the kale, carrot, zucchini, greens, and figs, and prepare according to the ingredient list.
2. Place the kale into a large bowl and add the lemon juice, avocado, and sea salt. Using very clean hands, massage the ingredients together until kale is wilted and avocado and salt have been evenly distributed.
3. Toss in the shredded carrot and zucchini and then add the 2 cups mixed greens leaves. Gently fold in the figs with the flaxseed as well as the rest of the ingredients and eat immediately.

Recipe Source: <https://www.thespruceeats.com/fig-and-kale-salad-3371517>

Peach Fool & Peach Jelly

Servings: 4

Ingredients:

- 2 White Peaches
- 2 cups Water
- 2 to 3 tablespoons Lemon Juice
- 1/2 cup Caster Sugar
- 100ml Rosé Wine OR Lemonade
- 1 tablespoon (12g) Gelatin Powder
- 2 to 3 tablespoons Water
- 1/2 cup Thickened Cream (whipped)
- 2 to 3 tablespoons Caster Sugar
- Extra Peach for topping (optional)

Instructions:

1. Sprinkle Gelatine Powder over 2-3 tablespoons of Water in a small bowl. Allow to sit for 5-10 minutes.
2. Cut each Peach into quarters with skin on, remove stone, and place in a saucepan. Add Water, Sugar and Lemon Juice to the saucepan and simmer for 10 to 15 minutes until soft. *Note: The cooking time depends on how ripe the peaches are.
3. Transfer cooked Peaches to a bowl and set aside. Add Gelatine paste to the hot syrup in the saucepan and mix well until Gelatine dissolves. Add Lemonade or Rosé Wine, and mix well. Pour it into serving glasses and cool to set in the fridge.
4. Make Peach Fool. Remove skin from the cooked Peach wedges, and mash or process until desired texture is achieved, smooth or coarse. Add Sugar and mix, then combine with whipped Cream.
5. Place the peach fool on the set jelly, then arrange some Peach pieces on top.

Recipe Source: <https://www.hirokoliston.com/peach-fool-peach-jelly/s>