



# EAT CALIFORNIA

Vibrant recipes from the West Coast

VIVIAN LUI





## SUNRISE CHIA SMOOTHIE BOWL

There are Californian eateries that strictly focus on bowls. This version combines the freshness of a smoothie with the creaminess of a chia pudding. Creating your own bowl at home allows you to hone your design skills with the myriad of toppings.

1 tablespoon chia seeds  
170 ml (5½ fl oz/¾ cup) nut (see page 55), seed or coconut milk  
½ banana, sliced  
100 g (3½ oz) mixed berries  
1 teaspoon grated ginger  
Grated zest of 1 lime  
Pinch of sea salt flakes

### Toppings:

Sliced seasonal fruit, chopped nuts, toasted coconut, ground linseeds (flax seeds)

**erves 1** **prep** 5 mins + overnight chilling & freezing  
**cook** none

Place the chia seeds and 60 ml (2 fl oz/¼ cup) of the milk in a small container and stir to combine, then chill in the fridge overnight.

Lay a piece of plastic wrap or greaseproof paper in a soup bowl. Add the banana and berries to the bowl and freeze overnight. The frozen bowl will keep your breakfast perfectly chilled and the frozen berries will lend a good consistency.

In the morning, add the chia mixture, remaining milk, the frozen fruit, ginger, lime zest and salt to a blender and process until smooth. Transfer to the frozen bowl and enjoy with toppings of choice.



## BAKED EGGS WITH FORAGED GREENS & HERBS

A take on shakshuka, this utilises the various greens growing in California in a different way than just salad – foraged from the wild or a farmers' market. The herbs add another layer of freshness to the cooked vegetables.

2 tablespoons unsalted butter

3 tablespoons extra virgin olive oil, plus extra for drizzling

2 small leeks, chopped

Sea salt flakes and freshly ground black pepper

300 g (10½ oz) mixed foraged greens, such as mustard greens, watercress, purslane and rocket (arugula), chopped

375 g (13 oz) mixed cherry tomatoes, halved if large

30 g (1 oz) parmesan cheese, grated, plus extra to serve

1 teaspoon sumac

8 large eggs

2 handfuls of mixed wild herbs or flowers, such as chervil, wild fennel, mustard flowers, radish flowers

4 thick slices good-quality crusty bread, toasted, to serve

**serves 4   prep 5 mins   cook 20 mins**

Preheat the oven to 200°C (400°F).

Place a large cast-iron frying pan over medium heat. (It should be large enough to fit 8 eggs.) Add the butter, 1 tablespoon of the olive oil, the leeks and season. Cook for 5 minutes until softened. Add the remaining 2 tablespoons olive oil and stir in the mixed greens in 2 batches to wilt, about 1 minute each, and season. Add the tomatoes, cheese and half the sumac and stir to combine.

Make 8 wells and crack the eggs into them. Transfer the pan to the oven and bake for 10–12 minutes until the whites are just set, rotating the pan once halfway through. Top with a drizzle of olive oil, then sprinkle with the remaining sumac, the herbs or flowers and cheese, if liked. Season and serve immediately with bread.



## CALIFORNIA GRAIN BOWL

Grain bowls are a popular way to showcase heirloom grains and farmers' market bounty. They have become a staple at many eateries throughout California. This breakfast version is a cosy way to start the day but is suitable for lunch or dinner.

125 g (4½ oz) buckwheat  
135 g (5 oz) rye grains  
1.15 litres (38 fl oz) vegetable stock (see page 197)  
4 tablespoons extra virgin olive oil  
Sea salt flakes  
4 large eggs  
1 shallot, finely sliced  
225 g (8 oz) mixed mushrooms, sliced  
170 g (6 oz) spinach, thick stems removed  
150 g (5½ oz) pickles (see page 209)

**serves 4** **prep** 10 mins + overnight soaking  
**cook** 50 mins

Soak the grains overnight. They can be soaked together. The next morning, drain the grains and shake off any excess liquid.

Bring the stock to a simmer in a small saucepan. Reduce the heat to low to keep warm.

Heat a large sauté pan over medium heat. Add 2 tablespoons of the olive oil and stir in the grains to coat. Add 1 teaspoon salt and a ladleful of stock. Stir frequently for 5 minutes until almost all the liquid is absorbed. Add another ladleful of stock and repeat until all the stock is used up, about 30–35 minutes. The mixture will be slightly creamy but still have a little bite from the rye grains. Turn off the heat and cover. A splash of water can be added to reheat just before serving.

While the grains are cooking, bring a small saucepan of water to the boil. Use enough water to cover 4 eggs by 2.5 cm (1 in). Lower the eggs into the water and simmer for 6 minutes. Transfer the eggs to an ice bath. Gently crack the eggs all around and leave to cool just enough to handle. Peel and set the eggs aside.

Heat a large frying pan over medium–high heat. Add the remaining 2 tablespoons olive oil, the shallot, mushrooms, ½ teaspoon salt and ¼ teaspoon pepper and cook for 5–8 minutes until the mushrooms are golden. Stir in the spinach to wilt. Season lightly.

Divide the grains among 4 bowls and serve with the eggs, vegetables and pickles.



## MORNING GREEN SHAKE

The stereotype that it's always summer in California is not true. For gloomier days, the tropical flavours of this shake can make you feel as if you are on a sunny beach. The hemp seeds give texture and something to chew – great if this is your main breakfast.

160 g (5½ oz) chopped  
pineapple

160 g (5½ oz) chopped mango

60 g (2 oz) frozen coconut meat

30 g (1 oz) chopped kale

8 mint leaves

60 ml (2 fl oz/¼ cup) coconut  
water

Pinch of sea salt flakes

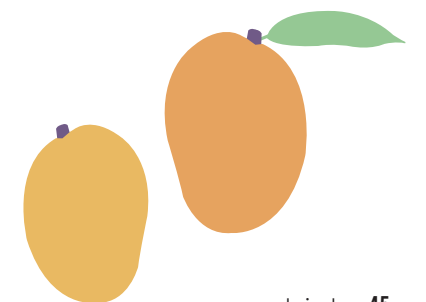
Few pinches of hemp seeds

**serves 1** **prep** a few hours or overnight chilling

**cook** none

Chill or freeze the fruits overnight depending what texture of smoothie you prefer. Freezing will lend a lovely icy texture without having to use ice and the smoothie getting watered down.

Blend all the ingredients, except the seeds, in a high-speed blender until smooth. Top with the seeds for a slightly nutty crunch.





## CALIFORNIA TUNA BOWL

The fresh seafood and greens available make it easy to recreate this Californian version of the Hawaiian poke bowl. For different seasonal variations, opt for shellfish and other vegetables with a crunch.

190 g (6½ oz) quinoa

2 tablespoons toasted sesame oil

2 tablespoons extra virgin olive oil

1 tablespoon soy sauce

Grated zest and juice of 2 lemons

450 g (1 lb) sushi-grade tuna, diced

280 g (10 oz) chopped crunchy greens such as sugar snap peas, broccolini, asparagus

100 g (3½ oz) small leafy greens such as rocket (arugula), pea shoots, spinach

1 short cucumber, finely sliced

6 radishes, finely sliced

140 g (5 oz) pickled carrots, sliced (see page 209)

40 g (1½ oz) pumpkin seeds, toasted

Sea salt flakes and freshly ground black pepper

2 tablespoons sesame seeds, toasted, to serve

**serves 4** **prep** 15 mins + 10 mins cooling

**cook** 20 mins

Toast the quinoa in a small saucepan for 3–5 minutes until fragrant, stirring a few times. Add 350 ml (12 fl oz) water and bring to a simmer. Cover and reduce the heat to medium-low and cook for 13–15 minutes until all the water is absorbed. Remove from the heat and keep covered for another 5 minutes. Fluff and leave to cool for 10 minutes.

Place the sesame and olive oils, soy sauce, lemon zest and juice, ½ teaspoon salt and ½ teaspoon pepper in a small bowl and whisk to combine.

Divide the quinoa, tuna, crunchy and leafy greens, cucumber, radishes, pickles and pumpkin seeds among 4 bowls. Season lightly and serve with the dressing and sesame seeds.





## SALMON BURGER

Local wild salmon has pristine flavour and colour. The richness of the fish pairs well with the punchy herbs and pickles.

Grated zest and juice of  
1 lemon

1 small shallot, diced small

2 celery stalks, diced small,  
plus inner celery leaves

1 large egg, lightly beaten

2 tablespoons wholegrain  
mustard

110 g (4 oz) mayonnaise

10 g (¼ oz) fresh breadcrumbs

680 g (1½ lb) skinless salmon,  
cut into bite-sized pieces

3 tablespoons extra virgin  
olive oil

50 g (1¾ oz) soft herbs, such as  
parsley, chervil, chives, wood  
or regular sorrel

150 g (5½ oz) Half Sour Pickles,  
sliced, plus extra to serve (see  
page 209)

4 soft buns, toasted

Sea salt flakes and freshly  
ground black pepper

**serves 4** **prep 15 mins** **cook 10 min**

Place the lemon zest, shallot, diced celery, egg, mustard, 1 tablespoon of the mayonnaise and the breadcrumbs in a food processor and pulse to combine. Add the salmon, 2 teaspoons salt and 1 teaspoon pepper and pulse a few times just until everything is lightly mixed. Do not over-process. There should still be some larger pieces of salmon. Form the mixture into 4 patties.

Heat a large cast-iron frying pan over medium-high heat. Add 2 tablespoons of the olive oil and cook the patties for 3–4 minutes on each side until deep golden and just cooked through.

Place the celery leaves and herbs in a medium bowl and lightly dress with 1 tablespoon of lemon juice and the remaining olive oil. Season. Spread the remaining mayonnaise on the bottom bun, top with the salmon patty, herb salad, pickles and the other half of the bun. Serve with more pickles, if liked.



## ROASTED WINTER SQUASH BOWL

Some Californians enjoy the change of the seasons to the cooler climates. They pull on their sweaters, head to the market and dig in to the earthy and nutty flavours of autumn squash and mushrooms.

130 g (4½ oz) hazelnuts

900 g (2 lb) pumpkin (winter squash), seeded and cut into thick wedges

450 g (1 lb) mixed mushrooms, ends trimmed, left in large clusters or whole

1 small red onion, cut into 8 wedges

10 thyme sprigs

2 lemons, 1 finely sliced, zest and juice of other

185 ml (6 fl oz/¾ cup) extra virgin olive oil, plus extra for drizzling

1 bulb garlic, halved crossways

185 g (6½ oz) wheat berries, rinsed

1 small bunch of rocket (arugula)

Sea salt flakes and freshly ground black pepper

**serves 4   prep 10 mins   cook 1 hour 5 mins**

Preheat the oven to 180°C (350°F). Toast the hazelnuts on a baking sheet for 10–15 minutes until deep golden and the skins are starting to split. Leave to cool slightly, then use a dish towel to rub as much of the skins off as possible. Roughly chop. Wipe off the baking sheet and return to the oven on the bottom rack. Increase the heat to 220°C (425°F).

Add the squash, mushrooms, onion, 5 thyme sprigs and the lemon slices to a large bowl and toss with 60 ml (2 fl oz/¼ cup) of the olive oil. Season with 2 teaspoons salt and 1 teaspoon pepper. Transfer to the preheated baking sheet. Place the garlic halves on a small piece of foil and drizzle with olive oil. Join the halves back together and wrap tightly. Place in the corner of the baking sheet. Roast the vegetables on the bottom rack for 45–50 minutes until the squash is tender and the vegetables are caramelised in spots, tossing every 15 minutes.

Meanwhile, bring a small saucepan of salted water to the boil. Add the wheat berries and simmer for 40 minutes, or until tender yet still retain some bite. Drain.

Carefully remove the garlic halves. Squeeze out the roasted cloves into a large bowl, mash and discard the skins. Add the lemon zest and juice, the leaves from the remaining thyme sprigs, the remaining olive oil, ½ teaspoon salt and ¼ teaspoon pepper and whisk to combine. Add the wheat berries and toss well.

Serve the vegetables with the dressed wheat berries, rocket and hazelnuts. Season lightly.