

Cover crop crackers with cowpea and mustard greens hummus, miso pickled mustard seeds and honey roasted cowpeas

BUCKWHEAT CRACKERS

50 crackers

1 cup buckwheat flour

½ cup raw buckwheat, soaked (overnight or at least for an hour)

¼ cup sunflower seeds

½ tsp baking powder

1 ½ tbsp nutritional yeast

¼ cup rapeseed oil + a little more

2 tbsp water

Sea salt flakes

Dried fenugreek leaves

1. Preheat the oven to 160° fan/180° regular oven.
2. Roast sunflower seeds in a dry pan until golden brown.
3. Combine buckwheat flour, sunflower seeds, nutritional yeast, baking powder and salt in a large bowl. Mix very well, using your hands. Crush some of the buckwheat.
4. Add rapeseed oil and water and continue to mix until it forms a dough. Be patient, it will feel a little messy at first. Add a little more oil, water or flour as necessary.
5. Place the dough on a sheet of baking paper. Spread it with your hands until fairly flat, then cover with another piece of baking paper and roll into a very thin sheet with a rolling pin (a clean glass bottle will do as well). Pay attention to the middle as it tends to be thicker than the sides.
6. Take the top layer of the baking paper off. Combine sea salt flakes and fenugreek leaves using a pestle and mortar, or your fingers, and sprinkle over the dough. Add some extra salt flakes.
7. Cover with the baking paper and roll once again. Take off the baking paper.
8. Either cut the dough into rectangles or bake whole and break it into smaller pieces when cool.
9. Bake for about 18-23 minutes. They are done when golden and crisp. Let cool and store in a dry place.

COWPEA AND MUSTARD GREEN HUMMUS

For 50 crackers

1 cup boiled black eye beans or one 400g can, rinsed and drained

2 garlic cloves

Juice from 1 lemon

¼ cup rapeseed oil

½ cup tahini

A small bunch of fresh mustard greens (ca 25 g)

1 green chili (depending on strength)

Ground cumin

Sea salt flakes

Black pepper

Water

1. Wash the mustard greens and chop off any thick stems. Put a few leaves aside.
2. Combine beans, mustard greens, tahini, crushed garlic, finely chopped chili, cumin, salt and pepper in a large bowl. Turn around with a spoon.
3. Mix using a hand blender (a fork might do as well...) until roughly blended. It should be sticky but not too smooth.
4. Add oil and most of the lemon juice, mix with a spoon.
5. Keep mixing and carefully add water until texture is light and fluffy. Add more spices and lemon juice to taste.
6. Done! Store in the fridge in airtight container.
7. Shred remaining mustard greens finely and keep in an airtight contained lined with some kitchen roll soaked in water. These will be used for garnish.

MISO-PICKLED MUSTARD SEEDS

For 50 crackers

2 tbsp yellow mustard seeds

2 tbsp white wine vinegar

2 tsp white miso

Dash of honey

Water

1. Combine mustard seeds, vinegar, miso and honey in a pot.
2. Cover with water and bring to boil.
3. Simmer for about 5 min, stirring constantly and adding more water as necessary. Texture should be similar to caviar.
4. Let cool and store in the fridge in airtight container.

HONEY ROASTED COWPEAS

For 120 crackers

1 cup boiled black eye beans or one 400g can, rinsed and drained

1-2 garlic cloves, crushed

Rapeseed oil

Sea salt flakes

Black pepper

Runny honey

1. Preheat the oven to 200° fan/220° regular oven.
2. Spread the beans on a baking sheet lined with baking paper.
3. Toss with garlic, rapeseed oil, sea salt flakes, black pepper and a little honey.
4. Bake in the oven for about 15 min, stirring every now and then.
5. After 15 min, take out the beans and drizzle with more honey. Put back in oven for another 8 min or so, until crispy but not burned.
6. Store in a dry place.

ASSEMBLE

1. For the picnic, bring crackers, hummus, mustard seeds, roasted beans and shredded mustard greens kept in separate containers.
2. When time to serve, put crackers on a tray or large plate.
3. Use a small spoon to scoop hummus onto the crackers, about a teaspoon per cracker.
4. Garnish with finely shredded mustard greens.
5. Place 2-3 roasted beans on top/side of the hummus and greens.
6. Add a little miso pickled mustard seeds on top.
7. Done!

