

David and Charlotte Bailey serve only nutritious, unrefined wholefoods from their London street-food van, Wholefood Heaven.

This book is a celebration of naturally healthy, unprocessed ingredients and flavors from around the world. Featuring more than 65 recipes for vegetarian and vegan meals, including breakfasts and drinks, the recipes are either presented as easy-to-eat bowl food (all the nutrients you need for a healthy meal in one), or can be cooked in a single pot (ideal for camping or cooking away from home).

WHOLEFOOD HEAVEN IN A BOWL

DAVID &  
CHARLOTTE  
BAILEY



GIBBS  
SMITH

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VEGETARIAN AND VEGAN RECIPES  
FROM LONDON'S POPULAR FOOD TRUCK

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- ¼ tsp turmeric
- ½ cup/4 fl oz water
- 2 cups/18 fl oz almond milk
- 2 tbsp coconut oil
- 2 tsp honey or your choice of sweetener

## GOLDEN MILK

We certainly can't take the credit for this ancient yogic drink, but it's one of our all-time favorite drinks and this is our preferred way of making it. More and more people are cottoning on to the benefits of turmeric – well known for centuries in the Ayurvedic tradition as being a powerful anti-inflammatory, great for your joints and brilliant for boosting liver function – and this is a great way to get lots of it into your diet. It's also a fantastic cappuccino substitute if you're trying to cut down on coffee.

You can prepare a larger quantity of the turmeric paste in advance, as it keeps well in the fridge.

1. Place the turmeric and water in a pan and bring to the boil. Boil for about 8–10 minutes, or until it's formed a paste. Place to one side.
2. Slowly bring the almond milk and coconut oil to the boil; as soon as the milk comes to the boil, remove it from the heat. Stir in the turmeric paste and the honey and enjoy.





## BUDDHA BOWL

Now what exactly *is* a Buddha bowl? We first heard the term coined by an American chef friend of ours and thought it was a very cool concept that we interpreted as a healthy bowl of your favorite stuff. It was on this premise that we devised our signature Buddha Bowls, which fast became the lynchpin of our street food business, and for the past six years we've dished up thousands of them at markets, festivals and events up and down the country.

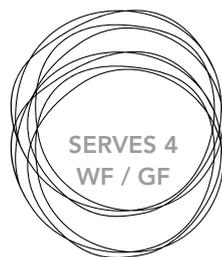
Every bowl contains Massaman-style curry with new potatoes, pineapple and soya chunks, carrot and kimchi pickle, flash-steamed seasonal greens, omega seed sprinkle and short-grain brown rice; grilled halloumi is optional. While the whole shebang takes quite a lot of work, it's well worth it if you've got time – remember that the kimchi needs to be made at least a week or two in advance. The curry paste can also be made in advance and kept in a sealed container in the fridge for up to 3 days. Alternatively, you can use a shop-bought Massaman paste or kimchi (or both) to speed it up. Just make sure they're veggie, as they often have fish sauce or shrimp paste lurking in them. We hope you enjoy it – come and see us at our van if you ever fancy an original!

### For the Massaman-style paste

2 cloves  
1 tbsp coriander seeds  
6 black peppercorns  
½ cinnamon stick  
4 green cardamom pods, seeds only  
1 tsp cumin seeds  
¼ tsp freshly grated nutmeg  
1 tbsp vegetable oil  
2 sticks lemongrass, chopped  
5 garlic cloves, crushed  
2 tbsp chopped galangal  
5 dried red chillies, deseeded  
2 tbsp chopped cilantro  
3½ oz/100g shallots, roughly chopped  
Ingredients continue overleaf >>

1. To make the curry paste, put the cloves, coriander seeds, peppercorns, cinnamon, cardamom seeds and cumin in a hot dry wok and lightly toast for a couple of minutes or so. Transfer to a coffee grinder or pestle and mortar and grind to a powder. Add the nutmeg.
2. Heat the vegetable oil in the wok, then add the lemongrass, garlic, galangal, dried chillies, cilantro and shallots. Sauté for about 10 minutes over a high heat until the mixture starts to turn golden, adding a splash of water if it gets too dry. Transfer to a blender, add the spice mix and 4 tablespoons of water and blend to a smooth paste.
3. When you're ready to get the curry going, gently melt the coconut oil in a pan, add the curry paste and cook for a minute or so, stirring regularly, then add the palm sugar and cook for a further 5 minutes. Pour in the coconut milk, add the tamari and star anise and bring to the boil, then reduce the heat and simmer for about 10 minutes, stirring occasionally. Method continues overleaf >>





SERVES 4  
WF / GF

2 tbsp olive oil  
1 onion, chopped  
3 garlic cloves, crushed  
salt and black pepper  
¼ tsp turmeric  
½ tsp mild curry powder  
1½ cups/10½ oz short-grain  
brown rice  
¾ cup/5½ oz red lentils  
2 cups/18 fl oz vegetable stock  
3 cups water  
2 stems kale, roughly shredded  
1 sprig tarragon, leaves plucked and  
roughly chopped  
9 oz halloumi, cut into 8 slices  
(optional)  
4 eggs, boiled and cut into quarters  
3 sprigs parsley, chopped  
1 lemon, cut into 4 wedges

## KEDGEREE

Kedgerree is a great example of an Anglo-Indian dish and it makes a brilliant one-pan breakfast. It originated from the traditional Indian *khichdi*, a dish of split peas and rice that we've included in our soups and stews section (page 56), but the addition of eggs and herbs such as tarragon and parsley (and flaked fish too, of course, in the more traditional version) makes clear the British influence. We love to pimp it up with some grilled halloumi, making it Anglo-Indian-Cypriot!

1. Heat the olive oil in a large casserole dish or Dutch oven, add the onion and sauté for a couple of minutes, stirring occasionally. Add the garlic and a pinch of salt and cook for a further couple of minutes. Then stir in the turmeric and curry powder and cook for another minute or so.
2. Add the rice and lentils and pour in the vegetable stock and water, cover and cook over a medium heat for about 30 minutes, stirring occasionally. Turn the heat down if you find it's starting to catch.
3. Remove the lid and cook over a low heat for 5–10 minutes, stirring occasionally, until the rice and lentils are fully cooked and the mixture has dried out a bit. Add the kale and tarragon and continue cooking for a couple of minutes. Season to taste with salt and pepper.
4. If using, place the halloumi slices in a hot pan or skillet and cook until golden on both sides. Remove from the pan, cut into cubes and stir them through the kedgerree.
5. Transfer to serving plates and add one egg to each portion along with some parsley and a wedge of lemon to garnish.





## HONEY-ROASTED CARROT SALAD WITH BULGUR WHEAT, WALNUTS, POMEGRANATE SEEDS AND LABNEH

SERVES 2  
VO

1 lb heirloom carrots,  
cut in half lengthways (if using regular  
carrots cut into finger-length batons)  
2 tbsp olive oil  
2 sprigs thyme, leaves plucked  
salt and black pepper  
4 tsp runny honey  
 $\frac{3}{4}$  cup/4½ oz bulgur wheat,  
cooked and cooled  
2 tbsp chopped parsley  
2 tbsp chopped mint  
2 tsp lemon juice  
3 tbsp labneh (see page 120)  
6 tbsp/1¾ oz walnuts, toasted  
seeds from ½ pomegranate

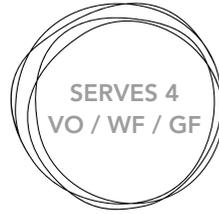
Heirloom carrots are a beauty to behold, especially if you can get them in different colors. But ordinary carrots are also delicious in this recipe.

Labneh is a favorite ingredient of ours, a strained yogurt widely used in eastern Mediterranean cuisine (see page 120). Super thick and with a bold tang, it's well worth hunting down, but if you struggle to find it, natural yogurt also works well.

1. Preheat the oven to 400°F/200°C/Gas 6. Line a roasting tray with waxed paper.
2. Put the carrots in a mixing bowl, add 4 teaspoons of the olive oil, the thyme leaves, and a pinch of salt and pepper and mix well. Transfer to the lined roasting tray and roast for about 40 minutes, turning them around occasionally until they've started to take on some color. Drizzle over the honey and roast for a further 10 minutes or so.
3. Meanwhile, place the cooked bulgur in a mixing bowl and combine with the parsley and mint, the remaining 2 teaspoons of olive oil, the lemon juice and a touch of salt and pepper.
4. Place the bulgur mix in a serving bowl and top with the carrots, labneh, walnuts and pomegranate seeds.

**Vegan option** Use agave in place of honey and a plant-based yogurt in place of labneh.

## MEXICAN BEAN POT BOWL WITH CITRUS CHARD



SERVES 4  
VO / WF / GF

1 tbsp olive oil  
2 small onions, chopped  
3 garlic cloves, crushed  
1 green pepper, diced  
1 tbsp dried oregano  
salt and black pepper  
1 tsp sweet paprika  
½ dried chipotle chilli, soaked in hot water until soft, drained and chopped  
1 tsp ground cumin  
1 (14.5 oz) can chopped tomatoes  
1 (14 oz) can black beans, drained  
1 (14 oz) can red kidney beans, drained  
1⅓ cups/14 fl oz water  
2½ oz soya chunks, soaked in hot water until soft, drained  
1 corn on the cob, kernels removed  
handful cilantro, chopped, plus extra to garnish

### For the citrus chard

1 tbsp olive oil  
7 oz chard, roughly chopped  
½ lime

### To serve

short-grain brown rice or quinoa, cooked  
4 lime wedges  
⅓ cup/5fl oz sour cream

This is a really hearty bowl of food, loaded with a classic combination of black beans and kidney beans, peppers, corn and tomatoes, spiced up with smoky chipotle chilli. The citrus greens add a zesty lightness to the dish as well as a vitamin boost. We love rainbow chard, both for its taste and its cheery looks, but normal chard is fine, as is kale, black kale or any other favorite greens.

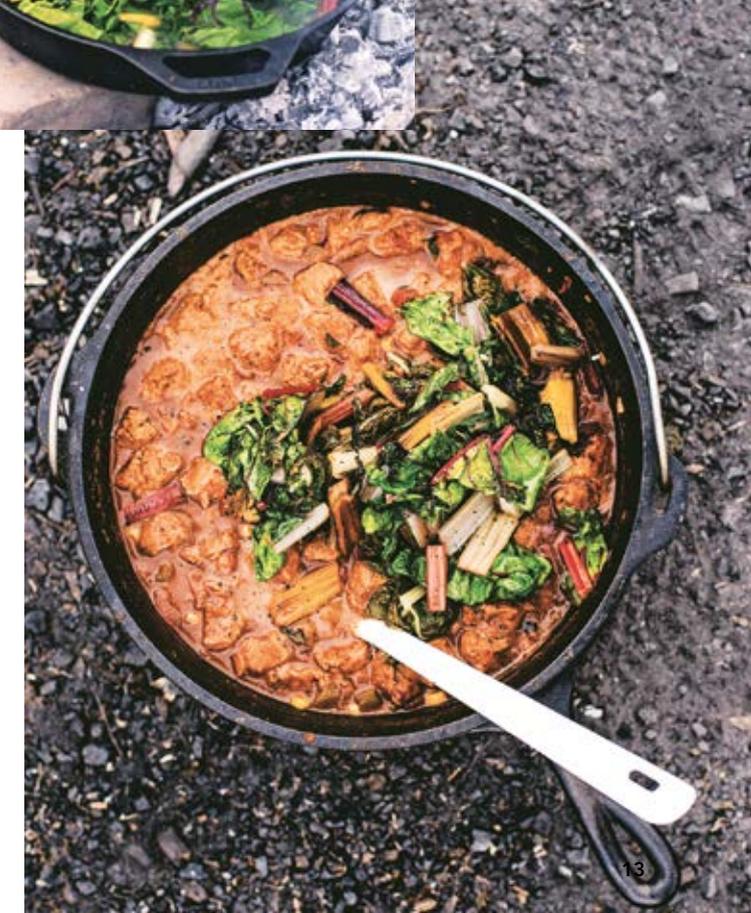
1. Put the olive oil and onions in a large pan or Dutch oven and sauté over a high heat for a couple of minutes. Add the garlic, green pepper, oregano and a little salt and pepper and sauté for a few more minutes, stirring regularly until the vegetables have taken on a little color. Stir in the paprika, chipotle, cumin, tomatoes, black beans, kidney beans and water. Cover with a lid and bring to the boil, then turn the heat down to low and simmer for about 1 hour, stirring occasionally.

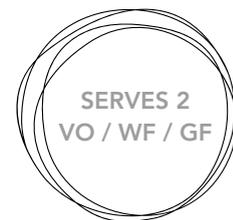
2. Add the soya chunks and simmer for about 25 minutes. Add the corn and cilantro and simmer for 5 minutes. Taste and adjust the seasoning.

3. When the bean pot is nearly ready, prepare the citrus chard: heat the olive oil in a wok over a high heat, add the chard and cook for a couple of minutes, moving the greens around regularly and adding a generous pinch of salt and pepper. Squeeze over the lime juice.

4. Serve the bean pot over rice or quinoa, with the citrus chard on the side. Garnish with a lime wedge, a dollop of sour cream and some cilantro.

**Vegan option** Omit the sour cream or use a substitute.





## TANDOORI PANEER BOWL WITH PINEAPPLE PACHADI AND RED RICE

We serve halloumi with our signature Buddha bowls and it really does seem to be the cheese that nobody can get enough of, but we reckon paneer has a similar kind of a vibe going on. Paneer is a fresh, unsalted cheese that is a star ingredient in many south Asian cuisines; understandable, as its soft milky flavor works so well with the otherwise strong flavors of those cuisines. It's also super-versatile: it doesn't melt, so it can be skewered, crumbled or cut into cubes and added to soups or curries. It's easy enough to track down these days, or you can make your own, using whole milk and a muslin cloth.

In this dish the spiced paneer is served alongside nutty-tasting red rice and creamy *pachadi* – a yogurt-based south Indian condiment. The red rice looks incredible but you can use any rice of your choice.

**1.** Begin by making the spice mix for the paneer. Toast the coriander seeds in a hot dry pan until they are aromatic and then put them in a mixing bowl along with the paprika, turmeric, cumin, chilli powder, pepper, salt and cardamom. Mix and then transfer to a coffee grinder or pestle and mortar and grind to a powder. Tip the powder back into the mixing bowl, add the garlic, ginger, olive oil and lemon juice and mix thoroughly. Add the paneer cubes and thoroughly coat with the spice mix, cover with plastic wrap and leave to marinate for at least 30 minutes – ideally longer (even overnight in the fridge if you're very organized).

**2.** Preheat the grill to 400°F/200°C.

**3.** Meanwhile, make the *pachadi*. Place the pineapple in a pan with the water, cumin, turmeric and chilli powder, cover with a lid and bring to the boil. Once boiling, turn the heat down to medium and cook for 15 minutes or so, stirring occasionally. If it gets too dry, add a little more water. Transfer three quarters of the mix to a blender, pulse until smooth and then pour back over the remaining pineapple. Add the coconut and a touch of salt and pepper and leave to cool for 5 minutes.

Method continues overleaf >>

### For the tandoori paneer

- ½ tsp coriander seeds
- 1 tsp smoked paprika
- 1 tsp turmeric
- 1 tsp ground cumin
- ½ tsp chilli powder
- ½ tsp ground black pepper
- ½ tsp salt
- 1 green cardamom pod, seeds only
- 2 garlic cloves, crushed
- ½ oz fresh root ginger, grated
- 1 tbsp olive oil
- juice of 1½ lemons
- 1 cup paneer, cut into about 15 cubes

### For the pineapple pachadi

- ½ pineapple, peeled and cut into small chunks
- scant ½ cup/3½ fl oz/water
- ¼ tsp ground cumin
- ½ tsp turmeric
- ½ tsp chilli powder
- ½ cup/1½ oz desiccated coconut
- salt and black pepper
- ½ tbsp coconut oil
- ½ tsp mustard seeds
- 10 curry leaves
- generous ¾ cup/7oz/natural yogurt

### To serve

- 1½ cups/9 oz red rice, cooked
- 4 sprigs cilantro
- 2 lemon wedges