



Brunch Bites

Note: you can make the batter ahead.

EGG HOPPERS:

Ingredients

3 cups rice flour
1 tsp sugar
1/4 tsp baking soda
1 tsp active dry yeast
2 1/2 cups coconut milk
1 3/4 cups green coconut water
1 tsp salt
Oil for frying
Eggs (depending on how many you are making)

SAMBOL:

Ingredients

6 eschalots
2 long red chilies
2 dried red chilies
3 cm piece of ginger
3 garlic cloves
1 tsp turmeric
1/4 cup (60ml) sunflower oil
1 punnet (250 grams) cherry tomatoes
1 tbsp sugar
1 tbsp vinegar
1 tsp soy sauce

Method

Before you start, make sure that all the ingredients are at room temperature and bear in mind that the batter needs resting time.

Add the yeast to the green coconut water kept at room temperature, and wait

for it foam.

Place the flour, sugar, baking soda, and green coconut water and yeast concoction in the blender and blitz till you have a smooth, runny batter. Cover and let the batter rest for 2 hours. Add the coconut milk, and salt-mix the batter until fully incorporated. Chill for at least an hour. It is better if chilled overnight.

Heat a small 8" rounded, non-stick wok on high heat and grease lightly with oil.

Pour 1/3 cup of the batter onto the pan, and immediately start swirling to cover the inside surface and bottom of the wok. Pour any extra batter back into the batter bowl.

You only want a very thin coat. Cook for a minute or until the edges start to take some colour. Crack an egg right in the centre of the hopper with a pinch of salt, cover and cook for three minutes or until the egg whites have cooked completely, but the yolk is still silky and

runny. The hopper should be soft in the middle, but crispy around the edges.

Use a thin spatula to lightly loosen off the wok, and carefully shift the hopper onto a plate. Repeat with the rest of the batter. You can omit the egg if you want, because a plain hopper with some sambol can be just as delicious!

To make the Sambol, finely chop the eschalots, red chilies, dry chilies, the ginger, and the garlic. Toss together with the turmeric. Add some oil to a pan and heat. Add the chilly mixture to the pan and fry until soft. Then add the tomatoes, sugar, soy sauce and vinegar and blend till smooth. Add extra sugar or soy sauce to adjust to your taste. Serve together with the hopper and a wedge of lime.

Note: Don't worry if you can't get the "bowl" shape of the hopper the first time, it might take some practice, but the by-products taste great too!



Next up is the Spanakopita - hailing from Greece, a beautiful spinach and cheese filled phyllo pastry pie. I absolutely love the sweet and tangy dance of flavours in this recipe, and I'm certain you will too.

PHYLLO DOUGH

Ingredients

4 cups of all-purpose flour
100 ml olive oil
20 ml white wine vinegar
2 1/2 tsp granulated sugar
1 1/2 teaspoons salt
210 ml water
200 ml olive oil, for brushing
Some olive oil
3 spring onions
1 stalk leek
1 kilo spinach
1 large white onion
1/2 bunch mint
1 bunch coriander
Grated zest of 1 lemon
500 g feta cheese, crumbled
500 g cream cheese or ricotta cheese
Generous amount of freshly ground pepper
Salt

Method

For the pastry-

Preheat oven to 190* C.

Meanwhile, beat the flour, olive oil, vinegar, sugar, salt and water for 5 minutes in a mixer, using the hook attachment. If you don't have a mixer, mix with your hands