

Recipe leaflet / Whole Earth Foods.

Contributors

Whole Earth Foods.

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BAKED PEARS IN RED WINE (Serves 4)

Ingredients

4 ripe dessert pears
1/4 pint (150ml) red wine
1 jar Whole Earth Organic Plum Jam
1 oz (25g) raisins
1/2 tsp cinnamon

Method

Preheat oven to 190C / 375F / Gas 5

Carefully peel the pears with a sharp knife, leaving the stalks on. Cut a slice off the base of each pear to make them stand up. Place them in an ovenproof casserole dish.

In a measuring jug, mix the remaining ingredients and pour into the bottom of the dish, surrounding the pears. Cover with foil and bake for 30 minutes.

Serve immediately.

ORANGE MARMALADE BREAD PUDDING (Serves 6)

Ingredients

12 slices wholemeal bread, with crusts removed
1 oz (25g) non-hydrogenated margarine
1 jar Whole Earth Organic Orange Marmalade
2 oz (50g) flaked almonds
1/4 pint (150ml) orange juice

Method

Preheat oven to 190C / 375F / Gas 5

Spread slices of bread with margarine and enough marmalade to make up rounds of sandwiches. Cut each diagonally into 4 pieces and arrange in the bottom of a lightly greased, ovenproof dish.

Toast the almonds under a grill, or in the oven, until golden brown. Sprinkle them over the bread slices.

In a measuring jug, blend together the remaining marmalade and the orange juice. Pour this over and bake for 30 minutes, until the bread is crispy on top.

Serve hot with natural yogurt.

PLUM & WALNUT TEABREAD (Makes a 1 lb (454g) loaf)

Ingredients

3 oz (75g) non-hydrogenated margarine
1 jar Whole Earth Organic Plum Jam
2 oz (50g) sultanas
2 oz (50g) raisins or prunes, pitted and chopped
4 oz (100g) dates, chopped
4 oz (100g) wholemeal flour
1 tsp baking powder
1/4 tsp baking soda
1/4 - 1/2 tsp mixed spice
2 oz (50g) walnuts, chopped
a few walnut pieces, to decorate



Method

Preheat oven to 160C / 325F / Gas 3

Melt the margarine in a saucepan and blend in 9 oz (250g) of the jam, until smooth. Add the dried fruit and cook gently on a low heat until the fruit is soft. Leave to cool for a little while.

Meanwhile, combine the flour, baking powder, soda, spice and walnuts together in a mixing bowl. Add the fruit mixture to the dry ingredients and mix well. Pour into a greased 1 lb (454g) loaf tin and smooth the surface with the back of a spoon. Bake for 35 - 40 minutes until firm to touch. Remove from the tin when cool enough to handle.

Serve warm as a pudding with natural yogurt or a nut cream. Alternatively, leave to cool completely before decorating with walnut pieces.

Gently warm the remaining jam in a saucepan. Using a pastry brush, glaze the nuts and the top of the cake with the heated jam.

THE WHOLE EARTH PHILOSOPHY

With all the foods we produce, we make flavour our number one priority. Then we check every ingredient to make 100% sure that there are no hidden residues or additives that we don't want to see in the finished product. This means no added sugar or artificial ingredients of any kind.

We believe that a diet based upon wholefoods such as wholewheat bread, pasta, brown rice, vegetables and beans ensures that your nutritional needs are satisfied without overdependence on animal and dairy foods or excessive use of fats, sugars, salt and refined ingredients.

We have done our best to ensure that Whole Earth Foods are made to the high standards that we have established and maintained unbendingly for over two decades.



ORGANIC
INGREDIENTS

100% Natural

☒ NO PRESERVATIVES

NO SUGAR ADDED

☒ NO ARTIFICIAL INGREDIENTS

RECIPE

LEAFLET

THE FLAVOUR OF THE NINETIES

The 1990's is the decade in which the connection between individual health and the health of the planet is becoming ever clearer. Junk food and chemical agriculture are now clearly seen to be the root causes of the destruction of the rain forest and the pollution of the environment, undermining the delicate balance of life on earth.

For more than twenty years, Whole Earth Foods has followed a basic set of principles - that the foundation of health and happiness comes from eating a balanced diet of wholesome, natural food.

It is heartening to see that the total acreage under organic cultivation is increasing every year. Commonly used insecticides and weedkillers are now being replaced by less damaging alternatives. But there is still a long way to go, and little time to get there.

Whole Earth has built up a relationship of trust and cooperation with organic farmers the world over, enabling us to offer over 21 products that contain organic ingredients, all of which are certified by internationally recognised control organisations.

The Whole Earth name symbolises a commitment to the broader environment. We believe that a diet which is low in animal products and which uses organic ingredients wherever possible is the one way that the individual can make a positive contribution to the future of the planet while enjoying delicious, healthy food.

The recipes in this new leaflet reflect our continuing commitment to using organic ingredients whenever possible, and all the recipes are suitable for vegetarians and diabetics.

We would like to thank Dawn Stock and Judith Tyler for their contributions to the recipes.

FREE CASES FOR YOUR RECIPES

Send us your favourite recipes using Whole Earth products.

We are always on the lookout for new ways of making delicious dishes with Whole Earth products. If you have a favourite recipe you'd like to share with us, please send it in to us. If we use it in a recipe leaflet or on our packaging we will send you a FREE CASE of EVERY Whole Earth product used in the recipe.

Whole Earth Foods Ltd

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STARTERS

MARINATED MUSHROOMS (Serves 4)

Ingredients

1 tbs (15ml) olive oil
1 small onion, finely chopped
2 cloves garlic, crushed
4 tbs (60ml) Whole Earth Vinaigrette Dressing
2 tbs (30ml) Whole Earth Organic Tomato Ketchup
1/4 pt (150ml) water
2 tsp (5ml) thyme
8 oz (200g) button mushrooms
freshly ground black pepper

Method

Heat oil in a saucepan and gently fry onion and garlic until soft. Add the rest of the ingredients except for the mushrooms. Bring to the boil and gently simmer for 10 minutes, stirring occasionally.

Place mushrooms in a bowl and pour over the marinade, stirring well. Leave to cool, cover and refrigerate for 6-8 hours, stirring occasionally. The mushrooms can be kept for up to 3 days before use.

To serve, gently warm through in a saucepan. Transfer to individual dishes and sprinkle with freshly ground black pepper. Delicious with slices of Whole Earth bread or wholemeal bread.

AVOCADO FILLED WITH PASTA SALAD (Serves 4)

Ingredients

1 1/2 oz (30g) Whole Earth Organic Wholewheat Spirals, cooked
3 tbs (45ml) Whole Earth Lemon Garlic Dressing
1/2 red pepper
2 sticks celery
3 spring onions
freshly ground black pepper
sprigs of fresh parsley and celery leaves to garnish
2 ripe avocado pears, cut in half, stones removed.

Method

Place pasta in a bowl and stir in the dressing. Finely chop vegetables and mix them in. Season with black pepper.

Fill the centre of each avocado with the pasta salad. Serve in individual dishes garnished with sprigs of parsley and celery leaves.

TOFU SATAY WITH PEANUT SAUCE (Serves 4)



Ingredients

12oz (350g) tofu
For the marinade:
2 fl oz (50ml) groundnut oil
1 small onion, finely diced
1 garlic clove, crushed
juice of 1/2 lemon
1/2 tsp fennel seeds
1 tbs soya sauce

For the sauce:

1 tbs groundnut oil
1 small onion, finely diced
1" (2.5 cm) root ginger, peeled and crushed
5 fl oz (150 ml) vegetable stock
4 oz (100g) Whole Earth Organic Crunchy or Smooth Peanut Butter
1 tbsp desiccated coconut
juice of 1/2 lemon
freshly ground black pepper

Method

Drain excess liquid from tofu and cut tofu into 1/2" (12mm) cubes. Mix together all the marinade ingredients and carefully add the tofu cubes. Cover and chill for 1 hour. Carefully thread the tofu onto small skewers and cook under a hot preheated grill for about 10 minutes or until golden. Baste with the marinade and turn occasionally.

Meanwhile, prepare the sauce. Heat the oil in a small saucepan and fry the onion and ginger until tender. Add the remaining ingredients and heat gently, stirring well to blend the ingredients.

Serve hot with the tofu satay — a delicious way to start a meal.

WHOLE EARTH INSTANT MINESTRONE (Serves 6)

Ingredients

2 tbs vegetable oil
1 onion, finely chopped
1/2 can Whole Earth Organic Baked Beans
1/2 jar Whole Earth Organic Italiano Sauce with Mushrooms
1 Whole Earth Organic Garden Vegetable Pasta Pot
1 1/2 pints (900 ml) vegetable stock
2 tbs Whole Earth Kensington Sauce

Method

Heat the oil in a large saucepan, saute the onions for 5 minutes. Add all the other ingredients, including the Garden Vegetable Pasta and contents of the sachet. Simmer for 15 minutes, stirring occasionally. Serve with a sprinkling of grated vegetarian cheese and hot garlic bread.



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PEANUT BUTTER AND TOMATO SOUP (Serves 3-4)

Ingredients

1 tbs sunflower oil
1 onion, finely chopped
1 garlic clove, crushed
1 medium carrot, finely grated
1/2 - 1 tsp turmeric powder
1 tsp mixed herbs
3 tbs soy sauce
2 tbs Whole Earth Organic Smooth Peanut Butter
2 tbs Whole Earth Organic Tomato Ketchup
1 1/2 pts (900ml) vegetable stock
1/2 tsp yeast extract
1 oz (25g) wholewheat flour
2 fl oz (50ml) cold water

Method

Heat oil in a large saucepan, add the onion, garlic and carrot, fry gently until soft but not browned. Add the turmeric, herbs and soy sauce, stir well, cover and cook on a low heat for 5 minutes.

Remove lid, stir in the peanut butter and tomato ketchup. Gradually blend in the stock and yeast extract, bring to the boil, cover and simmer for 15 minutes.

Blend the flour with cold water and add to the soup stirring continuously until thickened. Simmer for 2-3 minutes and serve.

E. Williams, Liverpool.

FAST FELAFEL (Makes 24)

Ingredients

1 x 300g can Whole Earth Organic Hummus Tahini
2 oz (50g) soya flour
2oz (50g) wholewheat flour
1/2 tsp cayenne pepper
1 tsp freshly chopped parsley
vegetable oil for frying

Method

Mix together the hummus, flours, cayenne pepper and parsley. Divide the mixture into 24 even pieces and form into small balls.

Heat the vegetable oil to 160C/320F and deep fry 6 balls at a time for 3-4 minutes or until golden brown. Drain and serve as a starter or as part of a main meal.

Mrs M. Phillips, East Grinstead, W. Sussex

GOLDEN CORN NUT ROAST (Serves 6)

Ingredients

125g (1/2 packet) Whole Earth Organic Corn Flakes
1 x 300g can Whole Earth Organic Hummus Tahini
2 tbs (30ml) Whole Earth Organic Peanut Butter
1/3 jar Whole Earth Organic Italiano Sauce
2 medium onions, finely chopped
Olive oil

Method

Saute onions in olive oil, mix with other ingredients.

Place in greased loaf tin and bake at 180C/350F for 30 minutes.

GUARANTEED THE BEST CORN FLAKES YOU EVER TASTED

- They are the only 100% wholegrain cornflakes
- They taste delicious
- We're helping organic farmers to farm for the future

If you do not prefer them to ordinary cornflakes write telling us why and we will refund your purchase price and postage. This guarantee does not affect your statutory rights.

They contain no residual chemicals from storage, fumigation, processing or preservation. All ingredients are tested for radioactive residues. We never use irradiated ingredients in any Whole Earth product.

For a special taste treat, mix a couple of spoonfuls of Whole Earth Strawberry Jam with some soya milk and pour it over your Whole Earth Organic Cornflakes.



MAIN MEALS

PEANUT PASTA (Serves 4)

Ingredients

8 - 10oz (225 - 300g) wholewheat pasta shapes
1 tbs (15ml) oil
1 large onion, finely chopped
1 clove garlic, crushed
1 tsp (5ml) chilli powder
4 tbs (60ml) Whole Earth Organic Crunchy Peanut Butter
1 tbs (15ml) Whole Earth Organic Tomato Ketchup (optional)
2 tbs lemon juice
1/4 pint (150ml) water
freshly ground black pepper

Method

Cook the pasta in lightly salted boiling water for 12 - 15 minutes. Drain well. Meanwhile, saute the onion and garlic in a saucepan until soft. Stir in the chilli powder and then add the peanut butter, ketchup and lemon juice, mixing well until evenly combined. Gradually add the water, stirring after each addition. Bring to the boil slowly, stirring all the time until the sauce thickens. Season.

Transfer the pasta to a serving dish and pour over the peanut sauce. Serve with any green vegetable.

Jean Lockley, Headington, Oxon.

STUFFED PEPPERS WITH SPICY TOMATO SAUCE (Serves 4)

Ingredients

4 medium green peppers
1 tbs sunflower oil
1 onion, diced
6 oz (175g) continental lentils, soaked, cooked and drained
1 x 16 oz (454g) jar Whole Earth Organic Italiano Sauce
3 tbs chopped parsley
freshly ground black pepper
2 bayleaves
1 tsp paprika

Method

Cut the top off each of the peppers and remove the seeds. Blanch the pepper shells and lids for 5 minutes in boiling water. Drain and place in an ovenproof dish.

Heat oil in a saucepan and fry the onion until tender but not browned. Add the lentils, 4 tbs of Italiano Sauce and 1 tbs of parsley. Stir together, season with black pepper and bring to the boil. Divide the filling between the peppers and replace lids. Cover with foil and bake in a preheated oven at 200C / 400F / Gas 6, for 30 minutes.

To make the sauce

Place the remaining Italiano sauce and parsley into a saucepan. Add the bayleaves and paprika, mix well and heat gently for 5 minutes. Remove bayleaves before serving with the cooked stuffed peppers.

BEAN & PEPPER CHILLI (serves 4)

Ingredients

2 tbs (30ml) vegetable oil
1 large onion, finely chopped
1 clove garlic, crushed
1 green pepper, deseeded and finely chopped
1 - 2 tsp (5 - 10 ml) chilli powder
1/2 jar Whole Earth Organic Italiano Sauce
1 can Whole Earth Organic Baked Beans
15.5 oz (440g) can red kidney beans, drained
freshly ground black pepper
thin slices of raw green pepper, to garnish

Method

Gently fry the onion and garlic in a large pan until softened but not browned. Add the green pepper and chilli powder and fry for a further 5 minutes.

Stir in the Italiano Sauce, baked beans and kidney beans. Simmer gently on a low heat for 15 - 20 minutes. Season with freshly ground black pepper.

Serve on a bed of cooked brown rice, garnished with slices of raw green pepper.

CRISPY AUBERGINE LAYER (Serves 4 - 5)

Ingredients

5 tbs (75ml) olive oil
3 medium sized aubergines
6 oz (175g) non-hydrogenated margarine
12 oz (350g) wholemeal breadcrumbs
4 oz (100g) chopped nuts
2 tbs chopped parsley
1 jar Whole Earth Organic Italiano Sauce

Method

Slice the aubergines in 0.5 cm (1/4") pieces. Heat 1 tbs of oil in a large frying pan and gently fry the slices of aubergine a few at a time, adding more oil when required until golden brown on both sides. Drain on absorbent kitchen towel.

Using the same pan, melt the margarine and gently toast the breadcrumbs and nuts until golden brown, stirring all the time. Mix in the parsley.



In a lightly greased 3 pint ovenproof dish, spoon a thin layer of Italiano Sauce followed by a layer of aubergines, and breadcrumb mixture. Continue the layers, finishing off with a layer of sauce and then breadcrumbs on top of this.
Bake in a preheated oven, 180C / 350F / Gas 4, for 35 - 40 minutes, until heated through.
Serve immediately with a crisp green salad.

BONFIRE PASTIES (Makes 16)

Ingredients

For the Pastry:

- 16 oz (450g) plain wholemeal flour
- 4 oz (100g) Whole Earth Organic Smooth Peanut Butter (or Whole Earth Three Nut Butter)

Unsweetened soya milk, to mix

For the Filling:

- 1 tbs sunflower oil
- 1 onion, finely chopped
- 2 tbs wholemeal flour
- 1 - 2 tsp curry powder
- 1 x 440g can Whole Earth Organic Baked Beans
- 1 lb (450g) cooked potatoes, finely diced
- freshly ground black pepper
- Unsweetened soya milk, to glaze

Method

To make the pastry, mix together the flour and peanut butter. Add the soya milk a little at a time, mixing well to form a dough. Cover and leave to rest in a cool place.

Heat the oil in a saucepan and fry the onion until tender, not browned. Add the flour and curry powder and cook gently for a minute. Stir in the baked beans and cook until the sauce thickens. Add the potato, season with black pepper and leave to cool.

Divide the pastry into 16 equal pieces and roll each piece into a 12.5cm (5") circle, on a lightly floured surface.

Evenly divide the filling between the pastry circles, brush the edges with soya milk. Fold over the pastry to form a pasty, press to seal. Brush with soya milk to glaze, transfer onto greased baking trays and bake in a preheated oven at 220C / 425F / Gas 7, for 20 - 25 minutes.

Serve hot or cold.

Mrs F M Heighway, Cheltenham, Glos.

VEGETABLE & BEAN STIR FRY (Serves 2)

Ingredients

- 2 tbs sunflower oil
- 1 onion, sliced
- 1 clove garlic, crushed
- 2.5cm (1") root ginger, peeled & crushed
- 2 green peppers, sliced
- 4 oz (100g) mushrooms, sliced
- 3 spring onions, sliced
- 2 celery sticks, sliced
- 1 x 440g can Whole Earth Organic Baked Beans
- 2 tbs soy sauce

Method

Heat oil in a wok or large frying pan and fry the onion, garlic and ginger until tender but not browned. Add the remaining vegetables and stir-fry for a further 5 minutes. Add the baked beans and soy sauce, mix well and heat thoroughly, stirring constantly.

Serve immediately with rice or noodles.

Miss Bigg, Eltham, London.

BEAN PIE ITALIANO (Serves 4)

Ingredients

- 2 lb (900g) potatoes, peeled
- 1 tbs sunflower oil
- 1 onion, chopped
- 1 clove garlic, crushed
- 1/2 - 1 tsp chilli powder
- 2 tsp oregano
- 1 x 454g jar Whole Earth Organic Italiano Sauce
- 1 x 14 oz (400g) can chick peas, drained
- 1 x 440g can Whole Earth Organic Baked Beans
- 1 oz (25g) wholemeal flour
- 2 fl oz (50ml) cold water
- 4 fl oz (125ml) unsweetened soya milk

Method

Boil potatoes in water for 15 minutes, or until cooked. Meanwhile heat the oil in a large saucepan and fry the onion and garlic until tender, but not browned. Add the chilli powder, oregano, Italiano Sauce and chick peas to the onion mixture. Bring to the boil and simmer for 5 minutes.

Add the baked beans to the Italiano mixture and heat gently. Blend the flour with the water, stir into the sauce and simmer until thickened.

Drain cooked potatoes and mash with the soya milk until smooth. Pour the Italiano bean sauce into a 4 pt (2.3 ltr) casserole dish.

Carefully spoon the potato over the top of the sauce and grill under a hot preheated grill for 5 minutes, or until browned.

Tip: Sprinkle a little grated cheese over the top of the mashed potato before grilling.

Mary Willis, London, W1.



RATATOUILLE (serves 4)

Ingredients

- 8 oz (225g) aubergine, diced
- sea salt
- 2 tbs sunflower oil
- 1 onion, sliced
- 2 cloves garlic, crushed
- 1 yellow pepper, diced
- 1 green pepper, diced
- 4 oz (100g) mushrooms, sliced
- 8 oz (225g) courgettes, sliced
- 1 x 454g jar Whole Earth Organic Italiano Sauce

Method

Spread the diced aubergine in a single layer on a plate, sprinkle with sea salt, cover with another plate and weigh down with a heavy object. Leave for at least 20 minutes to allow any bitter liquids to be drawn out of the aubergine. Rinse well in cold water, then dry on kitchen paper. Heat oil in a large saucepan and fry the onion and garlic until tender. Add the remaining vegetables and fry gently for a further 5 minutes.

Add the Italiano Sauce and mix well. Bring to the boil, cover and simmer for 30 minutes, stirring occasionally.

Serve hot in bowls with warmed Whole Earth Wholemeal Bread.

SWEETS

SWISS ROLL (Makes 12 slices)

Ingredients

- 3 free range eggs, separated
- 5 oz (125g) banana, peeled and mashed
- 2 oz (50g) plain wholemeal flour
- 1 oz (25g) ground almonds
- 1/2 tsp almond essence
- 2 tbs dessicated coconut, unsweetened
- 4 oz (100g) Whole Earth Jam

Method

Line an 8" x 12" (20cm x 30cm) swiss roll tin with greaseproof paper and lightly oil.

Whisk the egg yolks until pale and creamy, then whisk in the banana.

Whisk the egg whites until stiff and fold in. Carefully stir the flour, ground almonds and almond essence into the banana and egg mixture. Pour the cake mixture into the cake tin, spreading evenly.

Bake in preheated oven 220C / 425F / Gas 7, for 7 - 10 minutes until golden. Turn out onto a sheet of greaseproof paper, sprinkled with the coconut. Carefully remove the greaseproof paper from the sponge. Spread jam evenly over the sponge and roll up tightly from the shortest side. Leave to cool, covered by a piece of greaseproof paper.

When cool, remove paper, slice and serve.

Adapted from Elbie Lebrecht's Living Without Sugar, Grafton, £3.99.

WINTER PUDDING (Serves 4 - 6)

Ingredients

- 2 - 3 pears, peeled, cored and sliced
- 6 fl oz (175ml) water
- 1/2 jar Whole Earth Blackcurrant Jam
- 1/2 jar Whole Earth Raspberry Jam
- 4 - 6 oz (100 - 175g) Whole Earth Bread, thinly sliced

Method

Poach the pears in the water for 5 - 8 minutes, until tender but not too soft. Drain away the water then add the jams to the pear slices and mix well.

Cut the crusts off of the bread. Line the base and sides of a 1 pint (600ml) pudding basin with the bread slices. Pour in the stewed fruit mixture and cover with a slice of bread. Cover with a plate, place a weight on the top and leave in a cool place for at least 4 hours.

Turn out and serve with natural yogurt.

A. Sims, Mitcham, Surrey

APRICOT - CHOCOLATE FUDGE (Makes 20 pieces)

Ingredients

- 8 oz (200g) Whole Earth Organic Crunchy Peanut Butter
- 8 oz (200g) Whole Earth Apricot Jam
- 2 oz (50g) sunflower seeds
- 2 oz (50g) sesame seeds
- 4 oz (100g) cocoa powder, sieved
- a little apple juice to moisten

Method

Blend the peanut butter, jam, seeds and sieved cocoa powder in a liquidizer, or by hand, until smooth and evenly mixed.

If the mixture is too stiff, add a little apple juice to moisten, but do not allow it to become too sloppy.

Spoon the mixture into a lightly oiled 7" x 7" (18cm x 18cm) baking tin and press down firmly using the back of a spoon or a palette knife.

Cover with foil and place in the refrigerator for 2 - 3 hours, or until set firm.

Cut into squares when ready to eat and store in the refrigerator.

Miss Z Reechi, London, W1.

