

# Nibbling in Jute

*The cookbook of sweets and snacks of the "spinach" island*

## ▼ Pancake variations

### Coastal Jutean cuisine

*Traditional, with coconut flour*

1/8-1/6 cup (~30-40 g) coconut flour

Six average-sized eggs

1 cup of coconut milk

Coconut oil

*Traditonal, with green banana flour*

3/8 cup (~90 g) green banana flour

Four average-sized eggs

1 cup of coconut milk

Coconut oil

Stir together well, heat up coconut oil in a pan and pour the batter onto it when it's sizzling hot.

After roughly half a minute, use a spatula to turn the pancake around and fry the other side. Repeat until the batter is used up. Serve with banana slices, hot chocolate and/or a fruit preserve.

### Klambari cuisine

*Traditional, with cheese*

½ cup of maize/rice flour

Four average-sized eggs

½ cup of rice milk

Vegetable oil

Cheese

Tomatoes + salt (hearty option)

honey (sweet option)

Stir together well, heat up oil in a pan and pour the batter onto it as soon as it's sizzling. Again, after roughly half a minute, use a spatula to turn the pancake around and start frying the other side. Put grated or sliced cheese on it, wait until it's molten, and serve with either salted and spiced tomato slices or honey.

## ▼ Warm and cold fruit-based desserts

### Coastal Jutean cuisine

*Hot banana mash with chocolate*

2-3 bananas

1/4-1/3 of a standard chocolate bar (30-45 % cocoa),

(broken into ½ in (~1 cm) long pieces)

Cinnamon

Sweetener (optional)

Coconut oil

Mash bananas in a bowl or similar. Heat up coconut oil in a pan, pour the banana mash onto it, stir around to let it be cooked evenly. Add in chocolate pieces until they have molten. Stir again, and

serve on a plate with cinnamon and sweetener (if desired) sprinkled on top of the banana parts.

### *Watermelon fruit "pizza"*

Recipe to follow.

#### Klambari cuisine

##### *Apple porridge with walnuts and rice*

1 cup applesauce

½ average-sized apple, pitted and sliced

¼ cup short-grain rice

2 cups water

¼ cup walnut pieces

Honey

Instructions to follow

##### *Fried apples with honey and dried pears*

##### *Pumpkin-rice cookies*

1-2 cup pumpkin preserves

1-2 cup rice flakes (whole grain, if possible, alternatively rolled oats)

1/4 cup walnut pieces

Honey (optional)

Mix together in a bowl or similar to create a batter, and put tablespoon-sized servings of it on a sheet of baking paper in the oven. Bake for 15 minutes at 350 °F / 180 °C

## ▼ Nuts

#### Coastal Jutean cuisine

##### *Peanut-coconut cream with almonds*

¼ cup peanut butter (100 % peanuts, unsalted)

½ cup coconut cream (alternatively 1 cup coconut milk)

2 Tbsp almonds

2 Tbsp sweetener

¾ Tbsp cinnamon

Chill coconut cream/milk over night. Scoop out the thick part that set at the top, (use the liquid for other recipes) Whisk it up to create a firmer consistence, and then mix in peanut butter and 1 Tbsp sweetener. Garnish with almonds, cinnamon and the rest of the sweetener. Can also be used as a spread.

#### Klambari cuisine

##### *Nut bars with dried apples, puffed rice and honey*

Recipe to follow.