

# Hemp Recipes



## **Hemp drink**

There are 2 ways of making this drink either with un-hulled or hulled seeds.

You can vary the ratios depending on your taste and texture preference.

100g un-hulled hemp seeds

400ml water

*blender, sieve, muslin*

Add the hemp and water to a blender and blend for around a minute or until smooth with no visible husks.

Place the muslin cloth into a sieve or colander over a large bowl or jug and pour in the milk.

Squeeze the cloth to get out as much of the milk as you can.

Add the husk pulp to your compost.

If you have a very good high powered blender you may find there is very little husk left after blending and none to remove. It depends how smooth you want the end product.

Store in a glass bottle in the fridge for up to 2/3 days

100g hulled hemp seeds

500ml water

*blender*

Blend well. Will keep in the fridge for up to 2/3 days

## **Chocolate hemp drink**

*serves 2*

75g hulled hemp seeds

½ litre water

2 teaspoons raw cacao powder

1 teaspoon honey

Blend well together. Will keep in the fridge for up to 2/3 days

## **Buckwheat & hemp breakfast**

*serves 1*

handful of sprouted buckwheat

1 dessertspoon pumpkin seeds

1 dessertspoon sunflower seeds

1 teaspoon honey

120 ml hemp drink

seasonal fruit

(blackberries, chopped apple, poached rhubarb, strawberries)

1 heaped tablespoon hulled hemp seeds

Soak the buckwheat and seeds with the honey in the hemp drink overnight.

Serve topped with your chosen fruit and hemp seeds.

## **Hemp 'cheese'**

225g shelled hemp seeds

550ml water

1 teaspoon salt

1 teaspoon cumin

¼ teaspoon chilli powder

Place all the ingredients in a blender and blitz for a minute. Place into a pan and slowly bring to the boil, stirring all the time. The mixture will separate into 'curds and whey'.

Simmer gently for 2–3 minutes until most of the liquid has evaporated.

Place a piece of cheesecloth over a sieve sitting on a bowl and tip the mixture into the cloth. Gather up the cloth ends and tie up securely with a piece of string.

Hang up over a bowl to drain overnight. Remove from the cheesecloth and refrigerate.

## **Spiced pumpkin soup with smoked chilli & garlic hemp cream**

*serves 4*

- 1 litre vegetable stock
- 1 tablespoon olive oil
- 2 onions diced
- 2 garlic cloves, finely chopped
- 2 teaspoons cumin seed
- 1 teaspoon coriander seed
- 3 teaspoons grated ginger
- ¼ teaspoon cayenne pepper
- 1 kilo pumpkin, chopped
- 1 medium sized potato, chopped
- 4 spoonfuls of smoked chilli-garlic hemp cream

Lightly toast the cumin and coriander seed in a small pan until they release their aroma. Tip into a pestle & mortar and grind.

Put the oil with a tablespoon of water into a soup pot, add the onion and cook gently until tender and the water has evaporated. Add the cumin, coriander, ginger, cayenne pepper and garlic. Stir well, then tip in the pumpkin, potatoes and stock, bring to boil. Simmer gently until tender.

Purée the soup in a blender until smooth, using a little extra stock if necessary.

Warm through and serve with a dollop of

### *Smoked chilli & garlic hemp cream*

- 125g shelled hemp seeds
- 110ml water
- ¼ teaspoon smoked chilli powder
- 1 clove garlic chopped

Process all the ingredients in food processor until smooth and creamy. Stores well in fridge 2/3 days.

## **Summer salad with raspberry hemp dressing**

*serves 4*

4 handfuls of summer salad leaves  
2 handfuls sprouted green lentils  
small handful of chopped parsley  
8 mint leaves, finely shredded  
8 basil leaves, finely shredded  
small handful of chopped fennel  
handful of dulse  
8 tablespoons raspberry & hemp oil dressing  
handful of hemp  
nasturtium flowers

Place the leaves, sprouts, herbs & dulse in a bowl, add the dressing and gently toss together. Divide between 4 bowls and top with hemp seeds & nasturtium flowers.

### *Raspberry & hemp oil dressing*

2 tablespoons raspberry apple cider vinegar  
6 tablespoons hemp oil  
1 teaspoon chopped thyme  
½ teaspoon sea salt  
good twist black pepper  
good pinch chilli

Mix all the ingredients together

### *Raspberry apple cider vinegar*

Fill a jar with just picked raspberries, cover with apple cider vinegar and leave to infuse in a cool dark place for a month. Strain and bottle.

## **Sushi with horseradish hemp cream**

serves 4

300g short grain brown rice or sushi rice

1 tablespoon rice vinegar

½ teaspoon honey

4 toasted nori sheets

handful sprouted lentils

1 medium carrot cut into matchsticks

2 celery sticks cut into matchsticks

4 tablespoons horseradish hemp cream

handful flat leaf parsley roughly chopped

Put the rice in a small pan with 600ml water. Bring to the boil, lower the heat and cook until the water is absorbed and the rice is tender. Stir through the vinegar and honey and leave to cool.

Lay a nori sheet on a sushi mat, shiny-side down. If you do not have a mat you can use greaseproof paper.

Cover with rice leaving a 1cm border at the top and bottom. Put a layer of vegetables over the rice then sprouted lentils, horseradish cream and parsley.

Fold the bottom edge of the seaweed over the filling, then roll it up firmly. Dampen the top border with a little water to help seal the roll. Repeat to make 4 rolls.

If you do not want to serve straight away the sushi will sit in the fridge for a few hours.

### *horseradish hemp cream*

125g shelled hemp seeds

110ml water

1 dessertspoon grated fresh horseradish

¼ teaspoon salt

good twist black pepper

Process all the ingredients in food processor until smooth and creamy. Any leftover will store well in fridge 2/3 days.

## **Hemp seed pesto**

150 g shelled hemp seeds

2 cloves of garlic chopped

1 tsp salt

¼ tsp freshly ground black pepper

2 large handfuls basil leaves

200ml hemp oil

Place the hemp, garlic, salt, pepper, basil and half the hemp oil in a blender and pulse a few times, slowly add enough oil to mix to a soft paste. Store in a clean jar topped with a little oil for up to 2 weeks in the fridge.

Delicious with seasonal salad leaves or wilted kale

## **Hemp seed chutney**

200g whole hemp seeds

50g coriander leaves

4 green chillies roughly chopped

8 cloves peeled and chopped cloves of garlic

2 tsp lemon juice

1 tsp cumin powder

½ tsp salt

¼ tsp freshly ground black pepper.

Heat a pan and dry roast the hemp seeds, tossing and stirring all the time to prevent burning until the seeds are fragrant and crackling. Cool and then grind in a processor. Add remaining ingredients to processor and blend to a smooth paste.

### **Chocolate hemp brownie with chocolate hemp sorbet**

350g bitter dark chocolate broken into small pieces

350g butter, preferably unsalted

6 large eggs

275g rapadura sugar

275g ground almonds

75g shelled hemp seeds

8 x 12 x 1 tin buttered & lightly sprinkled with rice flour

Oven 180°C

Combine the chocolate and the butter in a saucepan and melt carefully, over a low heat, stirring all the time with a wooden spoon. Beat the eggs and sugar together in an electric mixer until pale, creamy and thick. Stir the chocolate mixture into the egg mixture. Fold the almonds and hemp into the mixture and bake in the oven for 20 minutes.

### **Chocolate hemp sorbet**

100g bitter dark chocolate

250 ml water

150g sugar

60g raw cacao powder

100ml hemp drink (strained for smoothness)

Place the sugar and water in a saucepan and dissolve over a low heat, bring to the boil and boil for 2 minutes. Remove from the heat, cool slightly then stir in the chocolate and dissolve. Whisk the cacao powder into the hemp milk then add to the syrup mixture. Place the mixture in a container suitable for freezing and freeze until slushy. Remove the mixture from the freezer and whisk until smooth. Place back into the freezer and repeat the process 2 more times, then freeze until ready to use. Alternatively if you have an ice-cream maker, churn and then freeze until ready to use.