Asako Iwama
Lauren Maurer
Jules Gaffney

Color in food is brought into our body first being placed in our mouth. It swells on our tongue and between our teeth.

Color flows down our throat and esophagus into our stomach which grinds its walls and mixes in acids. The small intestine has enzymes and the large intestine has bacteria that finish breaking the color down.

In this way color blends through and is integrated into our body.

Chestnut, pumpkin and farro soup

for 6
from the River Café Cookbook

1kg fresh chestnuts, boiled, peeled + roughly chopped
1kg fresh pumpkin, roasted + roughly chopped
150g farro, soaked in cold water for 1½ hours
100ml. olive oil
1 red onion, peeled + finely chopped
1 head celery, roughly chopped
5 garlic cloves, peeled + chopped
50g fresh rosemary, chopped
2 dried red chilies, crumbled
1l. vegetable stock
Maldon salt + freshly ground black pepper
extra virgin olive oil

Drain the farro, then put it in a pan, cover with cold water + bring to a boil. Cook until the farro expands + is al dente, about 20 min.

Meanwhile, in a heavy saucepan large enough to hold the soup, heat 3TB of the olive oil. Add the onions + celery and fry gently to soften. Add the garlic, rosemary and chili. Cook until the garlic begins to color, then add the chestnuts. Let them cook 5min., then add the pumpkin. Cook for a further 5min., then add the warm vegetable stock + farro. Heat through, check for seasoning, then serve, drizzled with extra virgin olive oil.

Sticky Rice

for 4

2 cups rice (round grain white rice)

2 cups ½ water

Put the rice in a bowl and wash it with cold water. Repeat washing until the water becomes clear. It's very important to wash rice before cooking. Then, drain the rice in a colander and set aside.

Place the rice in a pan or rice cooker and add water. The amount of water is just a little more than the amount of rice. For example, use 1 ⅕ cup of water for 1 cup of rice. Let the rice soak in the water at least 30min.

If you are cooking rice in a pan, cover the pan with a lid and bring to a boil with hight heat. Turn the heat Turn the heat down very low and cook about 10–15 min. Remove the pan from the heat and let it steam for 10min. It's important not to remove the lid right away. Let the rice steam

Green Curry Paste

for 4 from Dean + Deluca

2 teaspoons whole coriander
2 teaspoons whole cumin
1 teaspoon whole black or white peppercorns
1/4 cup chopped shallots
5 to 15 fresh green kii noo chilies, stemmed, seeded and coursely chopped
2 stalks fresh lemongrass (tender parts only), sliced thin
2 Tablespoons minced fresh galangal
1 Tablespoon fresh chopped garlic
2 Tablespoons chopped coriander roots
2 Tablespoons chopped coriander stems
2 Tablespoons chopped coriander leaves
6 Kaffir lime leaves, chopped
~~2~~ teaspoons minced Kaffir lime zest
1 teaspoon shrimp paste
Coarse salt to taste

1. Pound the coriander, cumin + pepper corns to a powder in a large mortar + pestle. Gradually add the shallots, chilies, lemongrass, galangal and garlic + pound to a paste. Pound in the fresh coriander until you have a smooth paste.
2. Add the Kaffir lime leaves + zest and pound to a paste. Transfer the curry paste to a bowl and add the shrimp paste + salt, stirring until smooth. It May be stored, in an airtight container, refigerated for a few weeks.

Baked beetroot with horseradish and almond sauce

for 4 from Moro

1 kg small-medium beetroot, washed carefully without piercing the skin

Horseradish and almond sauce
50g whole blanched almonds
40g finely grated fresh horseradish
1 Ts sherry vinegar
150g double cream
1 Ts milk

Preheat the oven 220°

Wrap the beetroots individually in foil and place directly on the middle shelf of the hot oven. Bake for around 1½-2½ hours, until tender. Remove from the oven and peel when cool enough to handle. Alternatively, boil the beetroot until tender.

About half an hour before the beetroot are ready, prepare the sauce.

Put almonds in a food processor and blitz until fine, leaving a few small chunks for texture. Transfer to a mixing bowl and add the grated horseradish. Stir in the vinegar and season with salt and pepper. Lastly, just before serving, stir in the cream and milk until just mixed.

Check for seasoning.