

Ballistics

Spicy orange **FAIRTRADE** fruit and nut balls.

This is an **English**¹ dish with mediterranean tendencies.

The quantities of ingredients make 20 to 24 fruity nut balls.

Vegan, and very popular as a party dish.

Ingredients

Nutty (Vegan) Fruit Balls

- 750 gm organic carrots
- 12 - 15 **FAIRTRADE** dried apricots
- 50 gm **FAIRTRADE** sultanas or raisins
- 1 small red onion
- 8 **FAIRTRADE** brazil nuts
- 8 **FAIRTRADE** walnuts
- 10 ml sesame seeds
- 2 or more medium **FAIRTRADE** organic oranges

- 45 ml **Breadcrumbs**²
approx
- 2 large ripe **FAIRTRADE** bananas
- 10 ml **Fair Trade** dried tarragon
- 10 ml **Fair Trade** dried mint

Dipping (Not Vegan) Sauce

- 1 small red onion
- 1 carton natural plain yoghurt

Method

Preparation

Pre-heat the oven to gas mark 5.

Wash and peel the carrots.

Grate half of the carrots and cook the rest until soft in boiling water or a steamer.

Strain and mash the cooked carrots.

Unzip the bananas and mash them in with the carrots.

Wash the orange and coarsely grate the skin. (**The rest of the orange can be used elsewhere**³).

Chop the apricots very fine (suggestion: use scissors).

Chop the sultanas (suggestion: use a double handled herb knife for this as they stick to the knife blade).

Chop the nuts finely.

Top, tail and skin the red onions and chop very fine, or grate.

Mix the carrots (mashed and grated) with the orange peel, chopped fruit, chopped nuts, one of the chopped onions, and herbs.

Add the breadcrumbs and knead by hand. If the mixture is too wet (it should be moist but not running wet) add more breadcrumbs.

Adjust seasoning with salt and pepper to taste.

Form the mixture into golf ball sized balls, and place on an oiled baking tray.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²<http://www.fairtradecookbook.org.uk/recipes/breadcrumbs.htm>

³http://www.fairtradecookbook.org.uk/recipes/orange_red_bean_salad.htm

Cooking

Bake in the oven at gas mark 5 for 15 to 20 minutes until the balls are starting to brown.

Once browned, remove from the oven and allow to cool.

To serve

Mix the remaining red onion with some natural plain yoghurt. Serve as a dipping sauce with the fruity nut balls.

Meze: Serve with a **FAIRTRADE** fruity white wine or **FAIRTRADE** Chardonnay, and/or Greek **Dipping Sauce**⁴

Variation

Pecan nuts can replace the walnuts.

Experiment with other herbs, both fresh and dried according to the season and availability.

The quantity of orange peel is not critical, using more just gives a stronger flavour. That works OK especially if you are using the orange fruit in the **orange salad** dish⁵.

Notes

Supermarket carrots seems to exude more water than good veg from the market. However the recipe still works even with a kilo of carrots (=36 balls), but I did use a lot more breadcrumbs and 4 oranges.

⁴http://www.fairtradecookbook.org.uk/recipes/dipping_sauce.htm

⁵http://www.fairtradecookbook.org.uk/recipes/orange_red_bean_salad.htm