



THE OIKOS FELLOWSHIP

Gluten-Free

LOVE KITCHEN





Fruit Platter with Fermented Brown Rice

A simple Tropix Blue snack bowl: fruit + yogurt + fermented brown rice.

Ingredients (1 Serving)

- 1 cup yogurt
- 1/2 cup fermented brown rice
- 2 cups mixed fruit (e.g., mango, strawberry, banana)
- Topping: ground chocolate + nuts (to taste)





Tools

- Cutting board + knife
- Bowl
- Measuring cup (optional)

Prep

1. Wash and dry all fruit.
2. Cut fruit into small cubes (about 1 inch × 1 inch).

Assemble (layering order)

1. Add the cut fruit to your bowl.
2. Pour yogurt over the fruit.
3. Spoon in the fermented brown rice.
4. Sprinkle ground chocolate and nuts on top.

Serve

- Eat immediately for the freshest texture.
- If prepping ahead: keep fruit separate, then assemble just before serving.

Optional variations

- Add a pinch of cinnamon or a drizzle of honey.
- Swap toppings: granola, chia seeds, or shredded coconut.
- Make it colder: chill the bowl for 10 minutes before assembling.



Fermented Brown Rice Recipe

- To make fermented brown rice (red or black), soak the rice for 8-10 hours, cook it, and mix it with yeast (ratio: 1kg rice : 10g yeast).
- Ferment in a sealed jar for 2 to 3 days before use. The finished product has a dark brown color, a naturally sweet taste, a strong aroma, and is good for health.

Ingredients

- 500g brown rice (brown glutinous rice or regular brown rice).
- 5-6g yeast (preferably traditional sweet yeast).
- A little salt.
- Filtered water.

Steps

1. Preparation & Soaking: Wash the brown rice thoroughly and soak it in water for 8-10 hours to soften the grains (because brown rice is harder than white glutinous rice).
2. Cooking: Put the soaked rice in a pot with a little salt, add enough water (less than cooking regular rice), and cook until sticky rice is done.
3. Cooling: Spread the sticky rice on a tray to cool completely. Hot sticky rice will kill the yeast.
4. Mixing the yeast: Crush the yeast, removing any husks (if present). Sprinkle the yeast evenly on both sides of the sticky rice.
5. Fermenting the rice: Place the yeast-mixed sticky rice into a clean glass/plastic jar. Seal tightly and ferment in a cool, airy place, away from sunlight, for 2-3 days.



Flatbread with honey

Gluten-Free Yogurt Flat bread (Pan-Fried)

Ingredients

- 1 cup Greek yoghurt:
- 1 cup gluten-free flour mix:
 - cassava flour
 - almond flour*Use a blend that totals 1 cup.)*
- A pinch of salt
- A small pinch of baking powder
- A small splash of vinegar
- A small amount of gula melaka (gula merah), to taste





Optional (choose as needed)

- A little water or milk, to thin the batter
- 1 egg, for a runnier batter and a bit more structure
- Cheese, to add after cooking
- Butter, for frying

Method

1. Mix the batter. In a bowl, stir together the Greek yogurt, cassava flour, almond flour, salt, baking powder, vinegar, and gula melaka until smooth.
2. Adjust consistency. If you want a thinner, more pourable batter, add a little water or milk, or add 1 egg.
3. Heat the pan. Warm a skillet over medium heat and melt a little butter.
4. Cook the flatbread. Spoon or pour batter into the pan (small rounds are easiest). Fry until set and golden underneath, then flip and cook the other side until cooked through.
5. Finish. Add cheese on top while warm if you want it to melt. Serve hot.

Storage

- Keep leftover batter covered in the fridge. It can be used for the next couple of days.



Magic Sauce with Lime

Use this like soya sauce: drizzle on rice noodles, Pad Thai, stir-fries, veg, eggs, or anything that needs salty + sour + sweet. Keep a bottle of fresh lime juice in the fridge to finish dishes.

Ingredients (Base Sauce)

- Fish sauce (salty)
- Tamarind water (sour)
- Gula Melaka / gula merah (sweet)

Ingredients (Finish)

- Fresh lime juice (preferred to lemon)





Ingredients (base sauce)

- Fish sauce (salty)
- Tamarind water (sour)
- Gula Melaka / gula merah (sweet)

Ingredients (finish)

- Fresh lime juice (preferred to lemon)

Make tamarind water (do this first)

1. Buy tamarind paste.
2. Put a spoonful into a bowl, add water, squeeze/mash, then strain or let solids settle.
3. Use the tamarind water (not the thick paste) in the sauce.

Make gula syrup (so it dissolves)

1. In a small pot, add gula merah (from coconut) + a little water.
2. Warm just until melted.
3. Keep it not too watery.

Mix the sauce (balance the 3 tastes)

1. In a jar/bottle, combine fish sauce + tamarind water + gula syrup.
2. Taste and adjust until it's not too sweet, not too sour, not too salty.
 - If too sweet: add more tamarind water + fish sauce.
 - If too sour: add a bit more gula syrup.
 - If too salty: add more tamarind water.



Store + shake

- Refrigerate.
- Before shaking: tamarind settles at the bottom.
- After taking out of fridge: shake well, then use.

How to use (Pad Thai / rice noodles)

1. Toss cooked noodles with a few spoonfuls of magic sauce.
2. Add proteins/veg as desired.
3. Finish with fresh lime juice to brighten.

If you don't have tamarind

- Substitute: black Japanese vinegar
(different flavor, but works for the sour note)