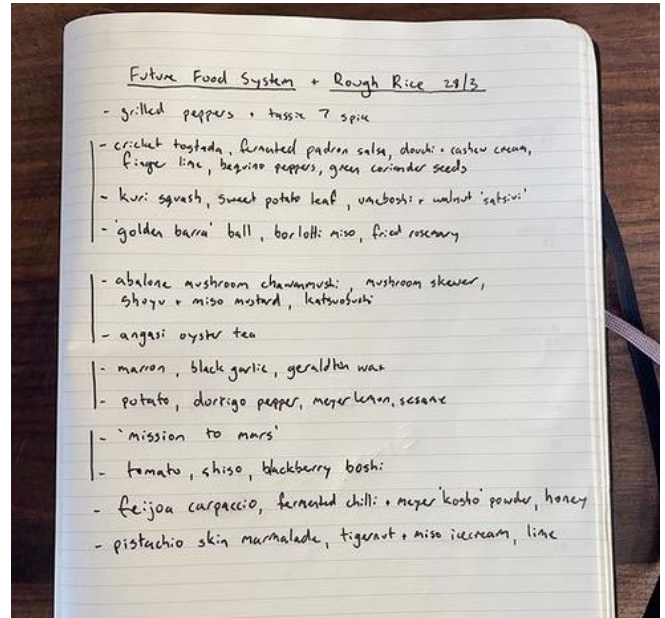


Week Twelve:

Chef and fermentation expert, Adam James made his debut at the Future Food System, creating a special dining experience for guests. And an insight into his menu shared on socials, showcased his incredible interpretation and creativity using a range of ingredients in the house. With dishes ranging from grilled peppers, to a cricket tostada and his famous 'Mission to Mars', Adam cooked culinary creations which have been described as some of the tastiest food Matt has ever eaten.

Adam shared his Mission to Mars dish for the first time as a special treat for Matt, Jo and their guests. The unique fermented dish is created by first boiling water in a pot on the **Miele KM 7897 FL Full-Surface induction cooktop**, the water is then added to a concoction of buckwheat, fermented turmeric and garlic, fermented chilli, brown and koshihikari rice, wakame, quinoa, hemp seeds, hemp protein, saltbush and fermented sugarloaf cabbage and purple carrot. The mixture is then stirred, sealed and rested for 5 minutes. This dish is quick and easy to create once the dry mixture has been combined, especially when using the Miele [TwinBooster](#), which allows you to boil two litres of water in only four minutes.



Jo shared her recent harvest success with buckwheat, explaining how it self-seeded and really took off. Buckwheat is a popular ingredient for those who are gluten free as it provides a smooth nutty grain without the wheat. It also has many health benefits such as being high in protein, fibre and energy. Buckwheat is a versatile ingredient and can be the base of products such as soba noodles and buckwheat bread. The flour has a brown colour flecked with darker bits of hull. You can make any sweet or savoury bread with buckwheat flour in the **Miele DGC 7840 XL Combi Steam Oven** using its *combination mode*. Combining oven function with steam ensures the best bake every time, for bread with an optimum rise and crunchy crust.

We also had a look at a newer ingredient this week: Tofu. Using soybeans grown on the future food roof, Jo created a simple dish that included tofu, peppers and fermented chilli. Topped with ginger flowers, the dish boasts a vibrant orange colouring with a hint of green from the chilli. Tofu is a favourite in the Future Food house adding protein whilst maintaining a simple yet tasty dish. The green peppers were stir-fried on the **Miele KM 7897 FL Full Surface induction cooktop** to seal in maximum flavour, before being added to the tofu.



Last-but-not-least on the menu this week, was a breakfast dish, that is quickly become a regularly morning favourite with the team. As the most important meal of the day, it's crucial for Matt and Jo to be energised as they are on their feet cooking all day, and this rice-based dish does the trick. Inspired by Adam James fermentation knowledge, the team created a fermented brown rice congee breakfast bowl.

Matt was also featured on the Deep in the Weeds podcast this week, sharing a deeper insight into their Future Food System experience, daily culinary creations and everything they have learnt about zero waste.

To listen to the episode, click [here](#). Or, to experience some of the Miele products incorporated in the house and to gain a better understanding of the Future Food System, visit our website [here](#).