

## NICK - ESSENTIAL - BRISTOL



I'm Nick, and for my sins I've been part of the co-op for 15 years. My daughter Isla is a true spawn of Essential - her mother & I met here. And my brother works as a driver, so maybe it's only a matter of time before Isla pitches in...

Anyway, I was a full-time Delivery driver for 10 years and have done a few other things as well since then. I've had many great experiences. There's certainly nowhere like it - a huge (dysfunctional?) family!

In my limited spare time I enjoy proper beer, esoteric heavy rock & psychedelic music, and making fermented foods (sauerkraut, kimchi, sourdough etc).

My greatest achievement at Essential is getting Black Sabbath's 1971 'Master of Reality' lettering on the front cover of the 50th anniversary catalogue!



### Jackfruit Choona Mayo

400g tin of Young Jackfruit, drained  
Half 400g tin of chickpeas, drained  
1/3 Sweet Red, Orange or Yellow Pepper

A chopped tomato

Couple of slices of onion, finely chopped

1 Tbsp Capers, chopped

2-3 Tbsp mayo of your choice

1 tsp Dijon mustard

1 Tbsp or more Nori flakes/Sea

Vegetables for Salad/Sprinkling of

Kelp Powder

Squeeze of Lemon

Yeast Flakes

Black Pepper

Paprika

Salt (smoked if possible) to taste!

Separate Jackfruit chunks with a fork, or mash if you prefer. Mix together with everything else. The traditional sweetcorn goes well if you like it. Lemon wedges, Parsley & a sprinkle of paprika make a nice garnish. This recipe is great on Jacket Potatoes, in a wrap, pitta or sandwich, & also as a pasta salad or side dish. I'm a big fan of our 'Off the Lam' hot Jackfruit Kebab recipe; this makes a nice cool change.

**ESSENTIAL**

*"I remember Harvest in the seventies when I was a kid, and the wonderful and much missed Brillig Arts Centre which was a vibrant and aromatic wonderland to me."*