

#OpenSauce

*Open-source sauce recipes*

Research Bazaar, Australia

March 2, 2015

*At the first ever Research Bazaar, in Melbourne, 2015, delegates from around the world convened in order to teach and learn open-source digital research tools.*

*The event was a resounding success, with many future interdisciplinary collaborations planned. Key to its success was the daily provision of breakfasts, lunches, and sometimes, dinners. Despite attendee pleas, our fearless chef, Nic, refused to divulge her secret recipes.*

*From passion for Open Knowledge and a shitty pun, **#opensauce** was born ...*

# Arribiata pasta sauce

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Submitted by: FIONA TWEEDIE, UNIVERSITY OF MELBOURNE

“ All measurements are rough guesses. I don't measure things when I make pasta sauce. ”

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## Ingredients (4-6 people)

1. *1 400g can crushed tomatoes*
2. *2 tablespoons olive oil*
3. *1 small onion*
4. *1 clove garlic*
5. *1 sprig rosemary*
6. *1 small red chilli or 1 tsp chilli flakes*
7. *1 tablespoon lemon juice*
8. *2 tablespoons cream (plain yoghurt will do instead)*
9. *Salt and pepper to season*

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## Method

1. Chop the onion and garlic finely.
2. Chop the rosemary finely. Deseed and chop the chilli.
3. Heat the olive oil in a saucepan. Add onion, fry until soft
4. Add garlic, rosemary and chilli, fry until fragrant
5. Add can tomatoes.
6. Season with salt and pepper to taste
7. Once bubbling, reduce heat and stir in lemon juice
8. Stir in cream.
9. Warm through but do not allow to boil.

Serve over pasta of your choice.

# Fermented chilli sauce

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Submitted by: DANIEL McDONALD, UNIVERSITY OF MELBOURNE

“Nothing beats #openauce”, he argued, fermentedly. ”

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## Ingredients

1. *Chillis (of your favourite variety)*
2. *Garlic (offensive quantity)*
3. *Raw sugar*
4. *White or brown vinegar*
5. *Salt*
6. *Hip mason jars*

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## Method

Fermentation is a surprisingly joyous and meditative process. Fermentation not only renders your sauce tasty and shelf-stable, but also involves the growing and killing of tiny creatures.

1. Buy as many chillis as you can carry home from the market. Any variety is fine, but the sauce will be especially tasty if you use habeneros or jalapeños.
2. Use a food processor to turn , plus garlic, into a paste. Chopping them up by hand is not recommended, as it takes a very long time, chilli juice will be lost, and you will accidentally touch your eyes at some point and be in agony.
3. Once chillis and garlic are turned into a paste, Add salt until the sauce tastes slightly undersalted. Because you will eventually reduce the sauce, you should not salt to taste.
4. Add raw sugar. Add so much that the sauce is about 30 per cent sweeter than you like, because the fermentation process will reduce the sweetness quite drastically.
5. Pour paste into hip mason jars, and cover with something that breathes, like cheesecloth. Put the jar(s) far away from the reach of pets and children.
6. After uni, muddle the sauce a little with a spoon. Don't leave the spoon in the sauce, though.
7. After a few days, you should begin to see bubbling. If mold grows on the surface of the sauce, simply remove it with a spoon.
8. When bubbling has subsided (usually after aroun two weeks), your sauce has fermented. Put it in a pot and bring it to a near-boil. Try to hold your breath.
9. Add vinegar to the pot. White and brown vinegars are both alright. White may do more to preserve the vibrancy of your sauce colour, but brown may result in a more complex flavour.
10. Allow your sauce to reduce slowly. Hold your breath here too.
11. Once sauce is of a desirably consistency, taste it, and add salt as needed.
12. Return sauce to hip mason jar. It can now life in your pantry.

# Mango curry sauce

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Submitted by: SCOTT RITCHIE, UNIVERSITY OF MELBOURNE

“ There are things that are worse than this. ”

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## Ingredients

1. *1 Large can of mango*
  2. *1 tblsp. Turmeric powder*
  3. *1 tsp. Chilli Powder*
  4. *Salt*
  5. *1 tsp. Sugar*
  6. *Curry Leaves*
  7. *1 tsp. Mustard seeds*
  8. *Dried red whole chillis*
  9. *1 tblsp. fenugreek seeds*
  10. *greek yoghurt*
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## Method

Add oil to a pot and put on high heat. Add one of the mustard seeds to the pot and cover with lid. Once mustard seed pops, add a pinch to the pot and recover. Wait until all have popped, then reduce heat to medium.

Add canned mango to the pot, and bring to boil. Separately, put a small pan on low heat. Fry dried chillies, curry leaves, chilli powder, and tumeric until tumeric turns from bright yellow to golden brown.

**Warning:** if pan is too hot, the chilli powder will start to burn. This experience is a lot like gassing yourself. Once fried, add spices to pot of mango, and add salt and sugar to taste. Add fenugreek as well. Reduce heat to a simmer, and break down mango with wooden spoon.

Once mango is broken down into a thick soup, take off heat and leave to sit until cooled. Once cooled to room temperature, stir in greek yoghurt until curry becomes a light yellow color (but not white: this means you've added too much greek yoghurt). It's important to wait until the curry has cooled for this last step, otherwise the yoghurt may curdle. Transfer to fridge, and serve cold with other dishes.

# Salad dressing

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Submitted by: ANNA VARGHESE, UNIVERSITY OF MELBOURNE

“ Great for both green salad and roast root vegetable salad! ”

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## Ingredients

1. *Pistachio nuts*
  2. *Tarragon leaves*
  3. *Coriander*
  4. *Olive oil*
  5. *An orange*
  6. *A green or red chilli*
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## Method

1. Grind half a cup of pistachio nuts
2. Blend half a cup of tarragon leaves and half a cup of coriander with 2 tablespoons of oil,  
Add juice from one orange
3. Add half a chilli finely chopped
4. Blend all these things together
5. If too thick, add more oil or juice to get the consistency you want.

# Spiced yoghurt sauce

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Submitted by: ANNA VARGHESE, UNIVERSITY OF MELBOURNE

“ A traditional recipe from Kerala. ”

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## Ingredients

1. *1–2 cups Greek yoghurt*
  2. *1 tsp mustard seeds*
  3. *1 tsp cumin*
  4. *1 tsp turmeric*
  5. *½*
  6. *Garlic (crushed)*
  7. *Grated ginger (one small knob)*
  8. *Vegetable oil*
  9. *10 curry leaves*
  10. *Salt to taste*
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## Method

1. Fry 1 tsp of mustard seeds with a lid over the top (until they pop) in some vegetable oil.
2. Add 10 curry leaves, 1 tsp of cumin, 1 tsp of turmeric and half a tsp of chilli
3. Add 1 clove of garlic (crushed) and a small knob of grated ginger.
4. Wait til pan cools, then gradually stir in some greek yoghurt (e.g. 1-2 cups)
5. Add salt to taste. Yoghurt should become a lovely yellow colour. Sauce can be added to barbecued fish, chicken, or cooked chickpeas, or can be used as a dip.

# Whole spice salad dressing

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Submitted by ANNA VARGHESE, UNIVERSITY OF MELBOURNE (on behalf of YOTAM OTTENLENGHI)

“ a quote here? ”

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## Ingredients

1. *1 tsp mustard seeds*
  2. *2 tsps crushed coriander seeds*
  3. *1 tbs Olive oil*
  4. *Green vegetables (snow peas, asparagus, green beans, etc.)*
  5. *Baby spinach*
  6. *A green or red chilli, finely chopped*
  7. *Fresh tarragon*
  8. *Lemon/orange zest*
  9. *1 tsp Nigella seeds*
  10. *Salt and pepper (to taste)*
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## Method

1. Fry one tsp of mustard seeds and 2 tsps of crushed coriander seeds (hear them pop)
2. Add a tablespoon of oil to the mixture once off the heat.
3. Steam and blanch green vegetables (snow peas, asparagus, green beans etc.) and soak in cold water and drain - they need to be crisp. Put in a salad bowl with some baby spinach leaves.
4. Add one chilli (finely chopped), a handful of chopped fresh tarragon and zest of one lemon (or orange), salt and pepper.
5. Lastly add one tsp of Nigella seeds - toss all ingredients.



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