



Živa's Seed

Sprouted sunflower & pumpkin seeds · Wild ramp pesto



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INGREDIENTS

Sunflower seeds

150 g, raw

Pumpkin seeds

100 g, raw

Wild ramps (ramson)

100 g, leaves only

Toasted pine nuts

40 g

Parmesan

30 g, finely grated

Cold-pressed hemp oil

60 ml

Lemon juice

1 tbsp, freshly squeezed

Fleur de sel

to taste

Micro pea shoots

1 punnet — to finish

Elderflower pearls

12 — to finish

METHOD

01 · Sprout the seeds

Rinse sunflower and pumpkin seeds under cold water. Soak for 8 hours. Drain, spread on a damp cloth, cover loosely. Leave at room temperature for 24 hours, rinsing every 8 hours. Seeds should show a small tail — the living seed. Use on the day the tail appears.

02 · Wild ramp pesto

Blanch ramp leaves in boiling salted water for 20 seconds. Refresh in iced water immediately to fix the vivid green. Squeeze dry. Blend with pine nuts, parmesan, lemon juice, and hemp oil to a loose pesto. Season with fleur de sel. Retain some texture — do not over-blend.

03 · Plate

Press sprouted seeds into a ring mould to form a compact cylinder. Unmould at the centre of a wide white plate. Spoon ramp pesto over and around in flowing strokes. Add elderflower pearls and micro pea shoots. Finish with drops of hemp oil and fleur de sel.

Chef's note — The sprout is life made visible. Živa does not preserve — she begins.

Every seed on this plate was alive this morning.