



Christmas **RECIPE BOOK**

**Exclusive recipes from
MasterChef winner Brent Owens**

SIDES

MAINS

DESSERT



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**Chirnside
Park**

by The GPT Group

BUDGET 3 BEAN AND GREEN BEAN SUPERFOOD SALAD - SERVES 6



This is a delicious recipe that I discovered when cleaning out my pantry. I put everything together and it turned out to be amazing. Really cheap, really tasty and extremely healthy. This one will be used all year round I'm sure. This makes a large quantity and for good reason. The family will be coming back for more. Little tip, if you're making this ahead of time of the night before, leave the lime juice and olive oil out until ready to serve. Enjoy!

INGREDIENTS

- 1 x 400g can red kidney beans, rinsed and drained
- 1 x 400g can butter beans, rinsed and drained
- 1 x 400g can cannellini beans, rinsed and drained
- 300g green beans, cut into 1cm chunks
- 1 red onion, finely diced
- 1 cup (30g) fresh coriander, washed and roughly chopped
- 2 red chillies, seeds removed and finely diced
- 1 x 250g punnet cherry tomatoes, halved
- 4 corn cobs, husk removed
- 1 avocado, cut into small cubes
- Juice of 3 limes
- 2 tablespoons olive oil

INSTRUCTIONS

1. Place a large saucepan, $\frac{1}{2}$ filled with water onto the boil. Once boiling, add the corn and boil for 3 minutes. Remove onto paper towel to absorb any excess moisture.
2. Heat a large frying pan over high heat. Add cooked corn and chargrill the outside for 2 -3 minutes. Remove and set aside to cool.
3. In a large bowl, add all the beans, onion, coriander, chillies, tomatoes and avocado. Cut the kernels off the corn husk and add to salad. Add lime juice, olive oil and season to taste. Serve immediately.

CHRISTMAS CRANBERRY CAULIFLOWER SUPERFOOD RAW RICE SALAD WITH BEETROOT HUMMUS - SERVES 6



“What a mouthful! I wanted to include all of these descriptions because this is an all-in-one, nutrition-packed superfood fantasy. It’s completely raw, retaining all of the vegetables’ natural benefits and takes a maximum of 20 minutes to prepare. The inclusion of beetroot will confuse your guests and keep them guessing what’s actually in it – plus it adds to the Christmas colour theme. I also like to sauté my cauliflower in a large frying pan with some coconut oil to get that toasted nutty flavour.”

INGREDIENTS

- 1 head cauliflower, roughly 800g, tough core removed
- 1 x 250g tub of cherry tomatoes, roughly chopped
- 1 Lebanese cucumber, deseeded and finely chopped
- 1 red onion, finely diced
- 1 large red chilli, finely diced, seeds removed if you don't want heat
- ½ cup roasted pine nuts
- ½ cup toasted pistachio nuts, roughly chopped
- ¼ cup dried sultanas
- ½ cup dried cranberries
- 1 cup flat leaf parsley, finely diced
- ½ cup fresh mint leaves, roughly torn
- 1 pomegranate, halved lengthways
- 1 x 400g can diced beetroot
- 1 x 400g can chickpeas
- Juice of 1 lemon
- 1 heaped tablespoon tahini paste
- 1 large clove garlic, minced
- 1 tablespoon olive oil

Dressing

- 3 tablespoons good quality olive oil
- 1 teaspoon pomegranate molasses
- Juice of 1 lemon

INSTRUCTIONS

1. Cut cauliflower into small florets and place into a large food processor. Blitz until small and fine, resembling cous cous. Pour into salad bowl.
2. Add half of the beetroot and toss to coat. This will change the colour of the cauliflower to the deep rich purple beetroot colour.
3. Add tomatoes, cucumber, onion, chilli, nuts, sultanas, cranberries, parsley and mint.
4. Hold the pomegranate, cut side down, in the palm of your hand. Using the back of a spoon, hit the outer skin with some force to remove all the individual pearls inside and let fall between your fingers into the salad.
5. Place the chickpeas, lemon, remaining beetroot, tahini, garlic and olive oil into a small food processor. Blitz until smooth. Taste, season and serve on the base of your salad.
6. For the dressing, in a small jar, combine the olive oil, pomegranate molasses and lemon. Shake to combine then season with salt. The dressing should be really tangy. Pour over salad just before serving, toss to coat and serve. Garnish with some fresh mint leaves, parsley leaves and top with pomegranate pearls.

WHITE WINE BRAISED FENNEL WITH ORANGE AND THYME - SERVES 6



“ A quick and easy side dish to complement any Christmas main dish, especially the Braised Pork Belly recipe. ”

INGREDIENTS

- 2 large fennel bulbs, cut lengthways into 8 wedges
- 2 large brown onions cut into lengthways quarters
- ½ cup (125ml) dry white wine
- 2 cups (500ml) vegetable stock
- 2 sprigs fresh thyme
- Zest of 1 orange

INSTRUCTIONS

1. Place a large frying pan onto high heat. Once hot, add 1 tablespoon olive oil and season the oil with salt
2. Place fennel and onion in one even layer around the pan. Caramelize for 2 minutes on each side then add the white wine. Reduce for 1 minute then add stock, fresh thyme and half the orange zest.
3. Cook, covered for 15 minutes, then remove lid and cook for a further 10 minutes or until liquid has evaporated.
4. Add remaining orange zest and serve. A great side to the braised pork belly.

GRILLED PRAWNS WITH SALSA VERDE - SERVES 4



“Prawns are a staple at my family Christmas table. Get your hands dirty and have fun with it. By roasting the prawns in their shells you maintain the juiciness and add that rich crustacean flavour that we love in seafood. Pair that with the zingy freshness of the Salsa Verde (that you can prepare the night before) to cleanse your palate after each mouthful. Quick, simple and incredibly tasty.”

INGREDIENTS

- 400g fresh prawns, roughly 10
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- ½ teaspoon cayenne pepper
- Few sprigs of fresh thyme

For the salsa verde- makes 1 cup

- ½ cup extra virgin olive oil
- 2 cloves garlic
- 1 cup (30g) fresh basil leaves
- 1 tablespoon capers, rinsed and drained
- 1 anchovy fillet
- 1 cup (30g) flat leaf parsley
- Juice and zest of 1 lemon
- Salt and pepper to taste

INSTRUCTIONS

1. Place prawns, olive oil, paprika, cayenne pepper and thyme into a large bowl. Toss to coat thoroughly and set aside to marinate for 30 minutes.
2. Pre-heat the grill setting on your oven. Lay prawns flat on a large baking tray lined with greaseproof paper. Grill on one side for 4-6 minutes then remove, ready to serve.
3. For the salsa verde, add all ingredients except olive oil into a small food processor. Blitz into a fine paste. Add olive oil and blitz again. Season to taste and set aside to serve.
4. Serve prawns on a large serving plate, top with salsa verde, some extra capers, a drizzle of olive oil and some fresh basil leaves.

CHILLI SPICED GRILLED BARRAMUNDI - SERVES 8



Another crowd pleaser! The wow factor of a whole fish cooked on the bone is undeniably the best way to maximize flavour. The Aussie Barra has medium to firm flesh which will ensure the fish holds together. Present this whole and in the centre of the table for the family to serve up themselves. You'll impress yourself!

INGREDIENTS

- 2 x 700g whole barramundi, cleaned, gutted and scaled
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 cloves garlic
- 6 long red chillies, seeds removed if you want less heat
- ½ teaspoon salt
- 1 tablespoon olive oil
- Juice of ½ lemon
- 1 tablespoon white sugar
- 2 tablespoons Greek style yogurt
- Olive oil spray

INSTRUCTIONS

1. Place cumin, coriander, garlic, chillies, salt, olive oil, lemon and sugar into a small food processor. Blitz until a fine paste is formed. Add yogurt and pulse again to combine.
2. Remove fish from fridge and make 3 slashes across the thickest part of the flesh. Pour over marinade and massage into fish with hands. Let stand for 20 minutes.
3. Pre-heat oven to 220C. Lightly spray the outside of the fish with some olive oil spray. Once oven is hot, add fish and roast on either side for 8 minutes.
4. Turn grill on and grill for 2 more minutes either side to crisp the skin. Remove and let rest for a further 5 minutes.
5. Garnish with some fresh lemon wedges and serve with my Cauliflower Superfood Salad.

PINE MAPLE AND THYME GLAZED HAM - SERVES 10-12



“Christmas isn’t Christmas without a glazed ham in the middle of the table. It’s easy to get bored of the same old flavour combinations. Remember ham steaks and pineapple? Well, that’s my inspiration for this flavour bomb. I’ve created this sweet and sticky glaze that will keep the guests coming back for more.”

INGREDIENTS

- 1 smoked leg of ham, roughly 1.5-2kgs
- 1 large pineapple, peeled, cored and cut into 6 pieces
- 1 cup (150g) brown sugar
- 100ml pure maple syrup
- 2 sprigs fresh thyme leaves
- 1 cinnamon quill
- 3 green cardamon pods
- Cloves for studding

INSTRUCTIONS

1. Pre-heat oven to 180C (160C fan forced)
2. Heat a large non-stick frying pan over medium heat. Once hot, add pineapple pieces and cook for 3 minutes on either side. Place cooked pineapple pieces into a blender. Liquidize until fine. Pass through a fine sieve and pour into a small saucepan. Add brown sugar, maple syrup, thyme, cinnamon and cardamon. Bring to the boil and reduce for 5 minutes. Remove from heat.
3. Using your fingers to separate the skin and fat, peel the outer skin off the leg of ham, trying to keep as much of the fat intact as possible. Score fat, 1cm apart on the diagonal then stud the cross sections with cloves.
4. Place onto a large roasting rack. Using a pastry brush, coat the entire outside of the leg and place into the oven to roast for 90 minutes, basting with pinemaple mixture every 15 minutes. Remove and serve.



CRISPY, CRUNCHY AND MELTINGLY TENDER ROAST PORK BELLY AND CIDER SAUCE - SERVES 4

“ This new take on the ever-popular pork belly is sure to impress family and friends! ”

INGREDIENTS

- 1kg pork belly
- 2 tablespoons salt
- 2 cups (500ml) dry apple cider
- 2 brown onions, halved
- 1 head of garlic, halved
- 2 cups (500ml) beef stock
- 1 cup of ice
- 1 tablespoon apple cider vinegar

INSTRUCTIONS

1. Score the pork skin 1cm apart diagonally, trying to avoid cutting into the flesh. Cover the skin with salt and rub into the score marks. Set aside in a cool dry place for 2 hours. After 2 hours, wipe off all the salt and moisture with paper towel.
2. Pre-heat oven to 180C (160C fan forced).
3. In a large roasting tray add the halved onions and garlic. Place pork belly on top of vegetables then fill the sides with cider and stock ensuring the skin has no contact with liquid. Place into the pre-heated oven for 90 minutes then increase temperature to 220C (200C fan forced) for a further 20 minutes to crisp the skin.
4. Remove pork and set aside to rest for 30 minutes. Meanwhile pour remaining liquid through a fine sieve into a bowl full of ice. This will remove the fat from the liquid.
5. Strain again into a small saucepan over high heat. Add apple cider vinegar then bring liquid to the boil and reduce by half. Season with salt and pepper. Cut pork into 1cm slices and serve with a side of my White Wine Braised Fennel recipe.

ROAST TURKEY CROWN WITH A SPICED CRANBERRY CHUTNEY - SERVES 6



I feel as though roasting a whole turkey is quite intimidating for most home cooks. It was always a dish that I loved to eat but was scared to tackle. A turkey crown is the whole turkey with the legs and wings removed. I've used the crown in this recipe which makes cooking the breasts perfectly a lot easier and there's a chance that all the delicious meat will get eaten, saving on wastage. Just remember, if you're unsure whether or not the bird is cooked, poke your knife into the thickest part of the meat and if the juices run clear, it's done. You can buy frozen turkeys on the crown at most supermarkets. If it is frozen, let thaw in the fridge for 3 days prior to cooking. The spiced chutney is a great sauce for this dish. It has all the flavours of Christmas, the tart cranberries and the sweetness from the molasses. I make mine a week before to let the flavours develop and so that it's another job out of the way.

INGREDIENTS

- 1 turkey on the crown, roughly 3kg
- 12 slices streaky bacon
- 1 tablespoon unsalted butter, room temperature

For the cranberry chutney

- 250g dried cranberries
- Zest of 1 orange
- Juice of 2 oranges (1/2 cup)
- 1/2 cup water
- 1 cinnamon quill
- 1 star anise
- Pinch of ground cloves
- Pinch of freshly ground nutmeg
- 3 tablespoons molasses

INSTRUCTIONS

1. Pre-heat oven to 200C (180C fan forced)
2. Place oven rack into the lowest shelf so that the turkey is sitting in the centre of the oven.
3. Remove turkey from the fridge at least 1 hour before cooking.
4. Pat turkey dry with paper towel. Rub butter all over the outer layer, season with salt and lay the streaky bacon crossways over the breasts.
5. Place onto a roasting rack in a large roasting tray. Cover loosely with a layer of greaseproof paper and then a layer of aluminium foil.
6. Roast for 90 minutes then remove the foil and bacon for the remaining 30 minutes to crisp the skin.
7. Remove from oven and let rest for at least 1 hour.
8. Place all ingredients into a saucepan over high heat. Bring to boil, reduce heat to medium and cook for 12 minutes or until liquid has almost evaporated.
9. Using a stick blender, blitz mixture for 3 seconds to thicken up. Season to taste, remove star anise and cinnamon. Serve.

FROZEN STRAWBERRY MOUSSE CUPS WITH WHITE CHOCOLATE SNOW AND HIDDEN TREASURES - SERVES 4



“ We all love getting presents at Christmas and I especially enjoy seeing my nieces and nephews' excited faces when there is a surprise involved. Add hidden treasures into this Christmas-themed dessert to give an element of surprise as this is a great dish for the kids to get into. The treasures can be anything you choose. I have listed what I added into mine but you can be as creative as you want. This is a great recipe to prepare a few nights before the big day. ”

INGREDIENTS

- 1 x 200g block white chocolate, grated to serve
- Fresh strawberries to serve
- Fresh mint to serve

For the frozen strawberry mousse

- 4 x 250g punnets of fresh strawberries
- 1 cup thickened cream
- ½ cup Greek yogurt
- 2 tablespoons pure maple syrup
- A few drops of vanilla extract

Hidden surprises

- Raspberry jellies
- Dark chocolate chunks
- Blueberries

INSTRUCTIONS

1. Place the strawberries into a food processor and blitz for 1 minute. Pass mixture through a fine sieve into a bowl. Add lemon juice.
2. In a large bowl, add yogurt, maple syrup, vanilla and berry puree. Stir to combine.
3. Beat cream until firm peaks form then fold into yogurt mixture. Gently spoon mixture into serving cups then insert hidden treasures (raspberry jellies, chocolate chunks, blueberries, or anything you fancy!). Place into freezer to set for minimum 2 hours.
4. Remove from freezer 1 hour before serving to soften slightly. Top mousse with white chocolate shavings, fresh mint and berries. The family will love this.

SUPER SIMPLE COFFEE AND AMARETTO MOUSSE CUPS WITH CHOC, CHERRY AND GINGER NUT - SERVES 4



“ Make these the night before so that all you need to do before serving is top with some fresh cherries, choccy and crumbled biscuit. Keep this one for the adults. ”

INGREDIENTS

- 1 x 200g block 70% dark chocolate, grated to serve
- 125g ginger nut biscuits (4 per person), lightly crushed to serve
- 16 cherries, pitted and chopped into small chunks to serve
- Fresh mint leaves to serve
- 1 teaspoon icing sugar to serve

For the coffee amaretto mousse

- 1 x 400g can sweetened condensed milk
- 1 tablespoon instant coffee granules
- 2g gold leaf gelatine
- 1 cup thickened cream
- 1 tablespoon icing sugar
- 1 tablespoons amaretto liquor

INSTRUCTIONS

1. In a small bowl, add gelatine leaf and cover with cold water. Let stand for 2 minutes to soften.
2. Meanwhile, add milk and coffee to a small saucepan over medium heat. Gently whisk until granules are fully dissolved. Add softened gelatine sheet, stir to combine and remove from heat. Let cool to room temperature. Once at room temperature, stir through amaretto liquor then place mixture into a large bowl.
3. In a separate bowl, using an electric beater on medium speed, whisk cream until soft peaks form, about 2 minutes. Add icing sugar and continue to beat until peaks are firm and icing sugar is dissolved, a further minute.
4. Gently fold the whipped cream into the milk/coffee mixture, one third at a time, working quickly to retain as much air as possible.
5. Gently spoon mixture into 4 individual serving glasses and place into fridge to set.
6. Once set and ready to serve, fill and decorate glasses with remaining ingredients, dust with the icing sugar and enjoy each indulgent mouthful.