

Tried and Tested



Contents

1	Finger Food	3
	Caramelised Onion Tarts	4
	Roast Beef Canapes	5
	Corn Fritters	6
	Chicken Satays	7
2	Breakfast/Brunch	8
	Boston Style Baked Beans with Ham	9
	Buttermilk Pancakes	10
3	Main Dishes	11
	Dukkah Crusted Chicken with Morrocan Tomato Cardomon Sauce	12
	Beef Paprikash	14
	Poh's Nonya Chicken Curry	16
	Lime and cumin chargrilled chicken with mango chilli salsa	18
	Lamb and Cardomom Pilaf	19
	Laksa	20
4	Vegetarian Main Dishes	22
	Sweet Potato and Spinach Pasta Rotolo	23
5	Salads	25
	Roast Tomato, Wild Rocket and Macadamia Salad	26
	Fattoush (Middle Eastern bread salad)	27
	Tuna Pasta Salad	28
6	Dips and Extras	29
	Tomato Tapenade	30
	Hummus	31
	Tomato Kasundi	32
	Caramelised Onion	33
7	Desserts	34
	Ricotta Custards with Macerated Strawberries	35
	Sticky Date Pudding with Butterscotch Sauce and Almond Praline	36
	Baked Strawberry Cheesecake	38

[Return to contents](#)

Pear and Almond Upside Down Cake	40
Blueberry Boy Bait	41
Raspberry & Orange Upside-Down Cake	43
Lemon Syrup Cake	44
Chai-spiced cakes with Earl Grey tea syrup	45
8 Side Dishes and Extras	47
Spiced Sweet Potato Mash	48
Coconut Rice	49
Espinacas con Garbanzos (Spinach & Chickpeas)	50
Spicy Potatoes with Pappadums	51
Super Easy Flatbreads	52
9 Sauces and Dressings	53
Quick Satay Sauce	54
Jamie Olivers Satay Sauce/Marinade	55
Salad Nicoise Anchovy Dressing	56

Chapter 1

Finger Food

Caramelised Onion Tarts

Directions

1. Make the balsamic onion jam as directed in the [recipe](#) on page [33](#)
2. Spoon mixture into pre-made pastry cases and top with crumbled feta, goats cheese or blue cheese.

Roast Beef Canapes

Ingredients

- 30cm-long baguette bread
- olive oil cooking spray
- 200g sliced rare roast beef, cut into strips
- 200g roasted red capsicum, thinly sliced
- Horseradish mayonnaise
- ½ cup whole-egg mayonnaise
- 1 tablespoon horseradish cream
- 1½ teaspoons Dijon mustard

Directions

1. Preheat oven to 180C. Trim ends from bread. Cut into 24, 5mm-thick slices. Place bread slices, in a single layer, on 2 oven trays. Spray with oil. Bake for 8 to 10 minutes, swapping trays over halfway through cooking, or until light golden. Remove to a wire rack to cool completely.
2. Make horseradish mayonnaise: Combine mayonnaise, horseradish cream and mustard in a small bowl. Season with salt and pepper.
3. Top each bread slice with roast beef. Dollop with horseradish mayonnaise and top with capsicum. Season with pepper. Serve immediately.

Corn Fritters

Ingredients

- 420g can corn kernels, drained
- 1 cup or 150g self-raising flour
- 2 shallots, trimmed and sliced
- 2 eggs
- ¼ cup or 60ml milk
- Butter, to grease

Directions

1. To make the fritters, combine corn kernels, flour and shallot in a bowl. Make a well in the centre and add the eggs and milk. Stir gradually incorporating liquid with dry ingredients until combined.
2. Lightly grease a frying pan with butter. Heat over a medium-low heat. Cook 2 corn fritters at a time - 1/4 cup corn mixture makes 1 fritter. Cook for 2-3 minutes each side, or until golden.
3. Set aside. Repeat with remaining mixture

Chicken Satays

Ingredients

- 1 cup coconut cream
- 2 tbsp. good-quality mild curry powder
- 4 garlic cloves
- 2 tbsp. brown sugar
- 40ml (2 tbsp.) Thai fish sauce
- 4 tbsp. chopped coriander root and stem
- 1kg chicken breast fillets, cut into 2cm pieces

Directions

1. Place coconut cream, curry, garlic, sugar, fish sauce and coriander in a blender and process until smooth. Place chicken in a non-metallic bowl, add marinade and stir well. Cover and refrigerate overnight.
2. The next day, thread 3-4 pieces of chicken on each skewer, and then grill until cooked through. Serve on platters with mango chutney, if desired.

Chapter 2

Breakfast/Brunch

[Return to contents](#)

Boston Style Baked Beans with Ham

Ingredients

- 400g dried cannellini beans
- 2 tsp vegetable oil
- 1 large onion finely diced
- 1.5 kg ham hock
- 1 bay leaf
- 60 ml molasses
- 80 g brown sugar
- 160 g tomato paste
- 2 tbsp Worcestershire sauce
- 1 tsp mustard powder
- 1 garlic clove

Directions

1. Soak the beans in a large saucepan of water overnight. Drain well, rinse and drain again.
2. Heat the oil in a large saucepan and brown the onion for 5 minutes or until golden. Add the beans, ham hock, bay leaf and 3 litres of water and bring to the boil. Reduce the heat and simmer for 1 hour, stirring occasionally. Drain Reserving the liquid.
3. Combine 3 cups of the reserved bean liquid with the molasses, brown sugar, mustard, Worcestershire sauce, tomato paste and garlic and pour into saucepan. Add enough of the remaining cooking liquid to cover the beans. Cover and cook over low heat for 3 hours, stirring occasionally and turning the ham hock halfway through.
4. Remove the ham hock and cut the meat from the bone. Cut the meat into smallish chunks then return the dish and stir to combine. Cook uncovered for 30 minutes, or until the sauce is thick and syrupy.
5. Serve with thick toast and poached eggs.

Buttermilk Pancakes

Ingredients

- $\frac{1}{4}$ cup caster sugar
- $\frac{1}{4}$ teaspoon bicarbonate of soda
- 1 cup self-raising flour, sifted
- $1\frac{1}{4}$ cups buttermilk
- 1 egg

Directions

1. Combine dry ingredients in a bowl and whisk together.
2. Whisk egg and buttermilk in a separate bowl.
3. Mix the egg/buttermilk mixture into the dry ingredients being careful not to over beat.
4. Heat fry pan and fry in a little butter. (Use a little under $\frac{1}{4}$ cup of batter per pancake)

Chapter 3

Main Dishes

[Return to contents](#)

Dukkah Crusted Chicken with Moroccan Tomato Cardamom Sauce

Ingredients

- 50g dukkah
- 10 basil leaves, chopped
- 2 tbsp. grated orange rind
- 6 (about 130g each) skinless chicken breasts
- 1 cup (250ml) buttermilk
- ½ cup (125ml) reduced-salt chicken stock
- Juice of 1 orange
- Lemon wedges, to serve

Moroccan tomato & cardamom sauce

- 2 tbsp. olive oil
- 1 large onion, finely chopped
- 3 garlic cloves
- 3cm piece ginger, grated
- 2cm piece fresh turmeric*, grated
- 8 green cardamom pods, lightly crushed
- 2 kaffir lime leaves
- 1 cinnamon stick
- 5 roma tomatoes, peeled, seeds removed, finely chopped
- 400g canned chopped tomatoes
- 2 tsp. palm sugar

Directions

1. For the sauce, heat the olive oil in a pan over medium heat; add the onion and cook, stirring occasionally, until tinged golden. Add the garlic, ginger, turmeric and salt, and then cook for 1-2 minutes, stirring. Add cardamom, kaffir lime leaves, cinnamon stick, and the fresh and canned tomatoes. Cook for 20-25 minutes, stirring occasionally, until thickened.
2. Add palm sugar and season to taste. Remove, discard the kaffir lime leaves and cinnamon, and set aside.
3. Preheat the oven to 180C.
4. Combine the dukkah, basil and orange rind in a bowl. Dip the chicken breasts in buttermilk, and then roll in the dukkah mixture.

5. Place in a shallow baking dish and pour the chicken stock and orange juice around the chicken. Bake in the oven for 30 minutes or until just cooked through and browned.

To serve, slice each chicken breast into 4 pieces and fan out on plates. Serve with lemon wedges and a dollop of the sauce.

Beef Paprikash

Ingredients

Paprikash

- 750g chuck steak,
- fat trimmed off, cubed
- 1 large of 2 medium onions,
- finely sliced
- 2 tbsp. plain flour seasoned
- with white pepper
- 2 or 3 tbsp. oil
- 150g button mushrooms, wipe clean
- 2 or 3 tsp. Hungarian paprika,
- depending on strength
- 1 tsp. Dijon-style mustard
- 1 tsp. sugar
- 500ml veal, chicken or vegetable stock
- 2 tbsp. sour cream (or creme fraiche)

Cabbage

- ½ small cabbage
- with outer leaves removed
- 50g bacon cut into small pieces
- 2 tsp. olive oil
- 2 or 3 tsp. white mustard seeds

Directions

Paprikash

1. Dust steak with the seasoned flour.
2. In a large saucepan, brown in half the oil over very high heat (do not allow to stew).
3. Remove to a bowl with slotted spoon or tongs.
4. In the same pan, brown the mushrooms, and remove to bowl (adding more oil if necessary).
5. Fry the onion until well cooked and browned.
6. Stir in paprika and cook a further minute or so.

7. Add mustard and sugar. Stir in.
8. Add stock and stir in. Add sour cream and stir in. Fold in beef and mushrooms.
9. Turn down heat, put on lid and allow to simmer very slowly.

Cabbage

1. Cut cabbage into thin slices, remove hard core.
2. Fry mustard seeds gently in the oil until they start popping.
3. Stir in bacon, and cook two minutes. Stir in cabbage leaves.
4. Allow cabbage to cook for 5 or 6 minutes over medium heat, tossing from time to time.

Degree of difficulty: Low Keepability: Paprikash keeps for a couple of days in the refrigerator. Cabbage is best eaten immediately. Wine companion: Full bodied red wine, Shiraz or Cabernet Sauvignon.

Poh's Nonya Chicken Curry

Ingredients

- 3 tbs coriander seeds
- 1 tsp cumin seeds
- 1 tsp fennel seeds
- 15 dried chillies, deseeded, soaked in hot water, drained and chopped
- 270g red eschallots, roughly chopped
- 3 cloves garlic
- 20g belachan, toasted*
- 25g fresh turmeric root
- 3 tbs coconut cream
- 6 - 7 sprigs of curry leaves
- 4 tbs veg oil
- 1 star anise
- 2 whole cloves
- 1 cinnamon stick
- 1½ kg chicken thigh fillets
- 300g baby chat potatoes peeled and halved
- 2 birds eye chillies, de-seeded and halved lengthways
- 400ml coconut milk
- 1 tbs salt
- 1 tsp sugar
- 100ml coconut cream
- 2 pandan leaves, shredded lengthways and knotted

Directions

1. To begin making the curry, dry toast the coriander, cumin and fennel seeds in a frypan until fragrant and beginning to smoke Tip into mortar and pestle or electric spice grinder and grind to a powder. Set aside.
2. To make the spice paste or rempah you may do it the old fashioned and very very effective way or blitz the ingredients in a mini food processor. If you are using the mortar and pestle, start by pounding a small amount of the prepared, dried chillies and adding small handfuls at a time, all the while pounding thoroughly to a fine paste. Continue to add and pound the eschallots, garlic, belachan and turmeric in the same manner until all are a homogenous, fine paste. If using a mini food processor still exercise the same patience and pulverize only small amounts of the ingredients at a time, to achieve a fine paste.

3. Heat vegetable oil in a heavy based saucepan or wok, to a medium heat. Toast star anise, cloves and cinnamon stick for about 20 seconds. Add spice paste and saute for about six to ten minutes, or until the sauce is very fragrant and the oil is separating from the rempah. Add coconut cream, pandan leaves and curry leaves and keep cooking until very fragrant. You will know when the paste is ready when the oil begins to separate from the mixture and rising to the surface.
4. Add chicken pieces and stir for one minute. Add potatoes, coconut milk, salt and sugar. Cover and simmer until chicken and potatoes are tender. Add coconut cream and birds eye chillies and simmer for a further five minutes. Serve with roti and or steamed jasmine rice.

* Shortcut Toast belachan in a toaster. Note: turn electricity off before retrieving your foil. Simply chop the belachan as finely as possible, scatter thinly onto a double layer foil, fold into a tidy flat parcel and press down slightly all over. Toast in a regular toaster a few times until the belachan is fragrant , dry and crumbly.

Lime and cumin chargrilled chicken with mango chilli salsa

Ingredients

- 1 cup basil leaves
- 1 tbsp cumin seeds, toasted
- 2 garlic cloves, crushed
- Juice of 1 lime
- Grated zest of 2 limes
- 2 mangoes, sliced
- 1 cup mint leaves
- 1 tbsp olive oil
- 1 long red chilli, thinly sliced
- ¼ tsp salt
- 1 large Coles RSPCA Approved whole chicken, cut into 4 pieces



Directions

1. Preheat oven to 210C or 190C fan. Use a mortar and pestle to pound garlic, cumin seeds and salt until a coarse paste forms. Stir in lime zest, lime juice and oil. Rub all over chicken.
2. Preheat an ovenproof chargrill pan on high. Cook the chicken, skin-side down, for 2-3 mins or until charred. Turn and cook for 1 min to seal. Place pan in oven and bake for 30 mins or until chicken is cooked through.
3. Combine the mango, chilli, basil and mint in a bowl. Cut the chicken into smaller pieces and transfer to a platter. Drizzle over the pan juices and serve with the salsa.

Lamb and Cardomom Pilaf

Ingredients

- 1kg lamb, 2-3cm dice
- 1 tsp curry powder
- 1 brown onion,diced
- 150 grams celery, diced
- 150 grams (about 1) carrot, peeled and diced
- 2 cloves garlic, finely chopped
- 1 tbsp grated fresh ginger
- 1½ cup basmati rice
- 150 ml dry white wine
- 750 ml warm chicken stock
- 1 tsp cardomom seeds
- 50 grams butter (optional)
- 2 tbsp chopped parsley
- 1 tbsp chopped mint

Directions

1. In a bowl, toss the cubes of lamb in the curry powder and place in the refrigerator for 2 hours. When you are ready to cook remove the bowl from the fridge and reheat oven to 160C or 150C fan forced.
2. Warm 2 tbsp olive oil over a medium heat and add the chopped onion, carrot, celery and garlic. Cook for about 10 minutes until softened but not browned. Remove the vegetables from the pot and set aside.
3. In the same pot over medium high heat brown the lamb in 2 tablespoons of olive oil. Add the grated ginger and season with salt and pepper.
4. Turn the heat down, and add the cooked vegetables, the rice, the wine, the chicken stock and the caramon seeds to the pot. Stir, season with a little salt and pepper and bring just to the boil.
5. Cover the dish and place in the oven for around 45 minutes, or until all the liquid has been absorbed.
6. To finish, add the butter (if using) and fluff the pilaf with a fork. Sprinkle over the chopped parsley and mint and serve immediately.

Laksa

Ingredients

- 1 tablespoon peanut oil
- 750ml (3 cups) Campbell's Real Stock Chicken
- 500ml (2 cups) coconut milk
- 300g pkt dried rice noodles
- 2 single chicken breasts, steamed, sliced
- 1 pkt bean sprouts, straggly ends trimmed
- 4 spring onions, diagonally sliced
- 1/2 cup Vietnamese mint leaves
- 1/2 cup coriander leaves
- Fried eschallots, to serve*



Laksa paste

- 4 large dried chillies, soaked in hot water
- 3 eschallots, preferably Asian (red), peeled, chopped
- 2 garlic cloves
- 3cm piece fresh ginger
- 2 small red chillies, seeded, chopped
- 4 stems lemongrass (white part only), sliced
- 8 macadamia nuts
- 1 teaspoon shrimp paste
- 2 teaspoons ground turmeric
- 2 teaspoons ground coriander
- 1 teaspoon palm or brown sugar
- 3 tablespoons peanut oil

Directions

1. To make the laksa paste, drain the chillies and place in a food processor with the eschallots, garlic, ginger, red chillies, lemongrass, nuts, shrimp paste, turmeric, coriander, sugar and peanut oil. Whiz in the processor until everything is finely chopped and forms a paste. This paste can be kept in a glass jar in the fridge until needed.
2. Heat the peanut oil in a wok over medium heat. Add the spice paste and stir-fry for about 5-6 minutes until fragrant.
3. Add the chicken stock and coconut milk, and stir to combine. Bring to the boil, then decrease heat to medium-low and simmer for 5 minutes, stirring occasionally.

4. Meanwhile, soak the dried rice noodles in a large bowl of boiling water for about 5 minutes until soft. Drain. Divide the noodles among serving bowls and place chicken on top. Ladle over the hot soup.
5. Garnish with the bean sprouts, spring onions, Vietnamese mint leaves, coriander and fried eschallots.

Chapter 4

Vegetarian Main Dishes

[Return to contents](#)

Sweet Potato and Spinach Pasta Rotolo

Ingredients

- 1 butternut squash (roughly 1.2kg) (Substitute Sweet Potato)
- 1 red onion
- olive oil
- 1 teaspoon dried thyme
- 500 g frozen spinach
- 1 whole nutmeg, for grating
- 4 cloves of garlic
- 1 x 700 ml jar of passata
- 6 large fresh free-range pasta sheets (roughly 15cm x 20cm each)
- 50 g feta cheese
- 20 g Parmesan cheese

Directions

1. Preheat the oven to 180C/350F/gas 4. Cook the squash whole on a roasting tray for around 1 hour 30 minutes, then remove from the oven. Meanwhile, peel and roughly chop the onion, put it into a medium pan on a medium-low heat with a lug of oil, the thyme and a pinch of salt and pepper, and cook for 10 minutes, stirring occasionally. Stir in the frozen spinach, cover with a lid and allow to slowly cook for another 15 minutes, or until the liquid has evaporated, then remove from the heat. Cut the squash in half, discard the seeds and skin, then mash up with a fork. Keeping them separate, season both the squash and spinach to perfection with salt, pepper and a grating of nutmeg. If substituting sweet potato rub the sweet potato all over with oil and place on a baking tray in the oven. Bake for around 45 minutes to 1 hour depending on the size of the sweet potato. Skewer with a toothpick to check them but the skins should be loosened and slightly blackened when cooked.
2. Peel and finely slice the garlic, then put it into a shallow 28cm casserole pan on a medium heat with a splash of oil and fry for a couple of minutes, or until lightly golden. Pour in the passata, then add a splash of water to the empty jar, swirl it around and pour it into the pan. Bring to the boil, simmer for just 3 minutes, then season to perfection.
3. On a clean work surface, lay out the pasta sheets facing lengthways away from you. Working quickly so your pasta doesn't dry out, brush them with water, then evenly divide and spread the squash over the sheets. Sprinkle over the cooked spinach and crumble over the feta. Roll up the sheets and cut each one into 4 chunks, then place side by side in the tomato sauce. Finely grate over the Parmesan, then pick

the sage leaves (if using), toss in a little oil and scatter over the top. Bake for 35 to 40 minutes at the bottom of the oven until golden and crisp. Delicious served with a fresh green salad.

Chapter 5

Salads

[Return to contents](#)

Roast Tomato, Wild Rocket and Macadamia Salad

Ingredients

- 3 small vine-ripened tomatoes
- Sea Salt
- 300g wild rocket leaves
- 100g macadamia nuts, roasted, chopped
- 1 tsp. sugar
- 50ml olive oil
- 50ml macadamia nut oil*
- 40ml (2 tbsp.) white wine vinegar
- 1 tsp. Dijon mustard
- 2 tsp. Australian honey



Directions

1. Cut tomatoes into quarters; add sugar, salt and pepper. Heat a non-stick pan on high heat and fry tomatoes cut-side down until slightly charred. Set aside to cool.
2. Place the rocket, tomato and macadamias in a serving bowl.
3. Place remaining ingredients in a bowl and whisk to combine. Toss the dressing through the salad and serve.

Fattoush

(Middle Eastern bread salad)

Ingredients

- 3 small pita breads, halved
- 120ml (6 tbsp.) olive oil
- 2 garlic cloves, crushed
- 1 lemon, juiced
- 2 tbsp. chopped flat-leaf parsley
- 2 tbsp. chopped coriander leaves
- 2 tbsp. chopped, fresh mint leaves
- 1 red onion, sliced
- 5 tomatoes, seeded, cut into 1-2cm dice
- 1 telegraph cucumber, peeled, seeded, diced into 1-2cm cubes
- 2 small green capsicums, seeded, diced into 1-2cm cubes



Directions

1. Preheat oven to 190C.
2. Brush bread pieces with 2 tablespoons of the oil. Place on a baking tray and bake for 10-15 minutes until crisp and golden. Transfer to a plate lined with paper towel to drain and cool.
3. Combine the garlic, lemon juice, remaining olive oil and herbs in a large bowl and season with salt and pepper. Add the onion, tomato, cucumber and capsicum and toss to combine. Just before serving, break the bread into rough pieces, add to the salad and toss well. Serve with grilled meat or fish.

Tuna Pasta Salad

Ingredients

- 500g spiral pasta
- 1 tin (400g) of tuna
- 6 Sundried tomatoes cut into small strips
- 1 handful (20) kalamata Olives, sliced
- 2 Baby cos lettuce
- Grated parmesan cheese
- 50 g pine nuts
- 6 eggs.
- Anchovy Dressing from [Salad nicoise recipe](#) on page 56.

Directions

1. Hard boil the eggs and leave to cool (in a sink of cold water)
2. Toast the pine nuts in a dry frypan and set aside to cool.
3. Cook pasta according to directions, and cool under running water.
4. Drain the pasta well and place in large bowl with a little oil or some of the salad dressing. Toss lightly to prevent the pasta from sticking together.
5. Add the chopped olives, sundried tomato strips and the remainder of the dressing and mix well.
6. Peel the eggs and half or quarter them as desired
7. Line bowls with the baby cos lettuce leaves and spoon in the pasta salad mixture.
8. Garnish with eggs, pinenuts and parmesan cheese.

Chapter 6

Dips and Extras

[Return to contents](#)

Tomato Tapenade

Ingredients

- 110g (1 cup) drained sun-dried tomatoes
- 2 garlic cloves, peeled
- ½ cup firmly packed fresh basil leaves, washed, dried well
- 3 anchovy fillets, drained
- 3½ tbs extra virgin olive oil
- 1½ tsp Worcestershire sauce

Directions

1. Combine sun-dried tomatoes, garlic cloves, basil leaves and anchovy fillets in the bowl of a food processor and process until roughly chopped.
2. Add 3 tbs of the extra virgin olive oil and Worcestershire sauce and process until smooth and well combined.
3. Spoon mixture into hot sterilized jars, cover surface of tapenade with the remaining extra virgin olive oil and seal immediately. Store in the fridge for up to 3 months.

Hummus

Ingredients

- 600g canned chickpeas, drained, rinsed
- 3 garlic cloves, crushed
- 100ml olive oil
- 2 tbs tahini paste*
- 1 tsp ground cumin
- Juice of 1 lemon
- Toasted Turkish bread, to serve



Directions

1. Place the chickpeas, garlic, olive oil, tahini paste, cumin and lemon juice in a food processor and process until combined. Add 1/4 cup (60ml) of water and process again until quite smooth.
2. Place hummus in a bowl and serve with toasted Turkish bread.

Tomato Kasundi

Ingredients

- 60ml sunflower oil
- 1 tablespoon black mustard seeds
- 1 tablespoon turmeric
- 2 tablespoons cumin
- 2 teaspoons chilli powder
- ¼ cup peeled, grated fresh ginger
- 4 crushed garlic cloves
- 1 seeded, finely chopped green chilli
- 30ml of malt vinegar
- 2x 400g cans diced tomatoes
- ⅓ cup brown sugar
- 1 teaspoon salt
- 130ml malt vinegar

Directions

1. Heat 60ml sunflower oil in a large saucepan until hot. Add 1 tablespoon black mustard seeds, 1 tablespoon turmeric, 2 tablespoons cumin and 2 teaspoons chilli powder. Cook, stirring, for 5 minutes to release the flavours.
2. Add ¼ cup peeled, grated fresh ginger, 4 crushed garlic cloves, 1 seeded, finely chopped green chilli and 30ml of malt vinegar and cook for 5 minutes.
3. Add two 400g cans diced tomatoes, ⅓ cup brown sugar, 1 teaspoon salt and 130ml malt vinegar and simmer for 1-1½ hours.
4. The kasundi is ready when the oil comes to the top.

Caramelised Onion

Ingredients

- 1 kg red (or brown) onions, peeled
- 1 tsp. sea salt
- ½ tsp. freshly ground black pepper
- 2 bay leaves
- 2 rosemary sprigs
- 100 ml olive oil
- 150 g soft brown sugar
- 100 ml dry white wine
- 75 ml red wine vinegar (Use balsamic vinegar instead)

Directions

1. Cut the onions in half and slice finely (a boring task, but think of all the pleasure ahead). In a heavy fry pan, toss the onion in the olive oil. Cook over gentle heat until the onions start to colour. Add the salt, pepper, bay leaves and rosemary sprigs, cover and cook over gentle heat for 20 minutes until soft and wilted.
2. Remove the lid and add the sugar, wine and vinegar. Bring to the boil, stirring, then reduce the heat and cook, uncovered, for a further 20 to 30 minutes until the liquid has been absorbed by the onions, and they are soft and sticky. You'll need to stir fairly constantly towards the end of cooking time to avoid scorching.
3. Pick out the bay leaves and rosemary and discard. Spoon the relish into a clean, dry, sterilised jar, leave to cool, then seal tightly. Will keep in the fridge for 2 weeks.

Chapter 7

Desserts

[Return to contents](#)

Ricotta Custards with Macerated Strawberries

Ingredients

- 300 g fresh ricotta
- ½ cup (125ml) thickened cream
- 1 egg, plus 2 extra yolks
- ⅓ cup (4 tbs) honey
- 2 tbs roughly chopped almonds

Macerated strawberries:

- 250g strawberries, hulled, halved if Large
- 1 tbs caster sugar
- ¼ tsp finely grated orange zest
- 1 tbs balsamic vinegar

Directions

1. Preheat the oven to 150°C.
2. For the macerated strawberries, place in a bowl and sprinkle with sugar
3. Combine the orange zest and balsamic vinegar. Pour over the strawberries and toss to coat. Set aside.
4. Firmly press ricotta through a coarse sieve into a bowl using a spatula or the back of a spoon. Scrape the underside of the sieve frequently. Gently fold in the cream and set aside.
5. Place egg, egg yolks and honey in a bowl and whisk until honey is incorporated and mixture is light and fluffy. Fold the egg mixture gently into the ricotta mixture.
6. Place four ½-cup (125ml) ramekins or ovenproof ceramic cups in a baking dish. Fill each ramekin with the ricotta mixture and top with the almonds. Fill the baking dish with enough boiling water to come halfway up the sides of the ramekins, then carefully place the baking dish in the oven. Bake for about 45 minutes or until the mixture is just set. Cool slightly then chill custards for 1 hour or until ready to serve.
7. Serve the chilled ricotta custards with the macerated strawberries.

Sticky Date Pudding with Butterscotch Sauce and Almond Praline

Ingredients

- 180g dates, pitted and roughly chopped
- 1¼ cups (310ml) water
- ½ tsp bicarbonate of soda
- ¾ cup (165g) firmly packed brown sugar
- 60g butter, softened chopped
- 2eggs
- 1 cup (150g) self-raising flour

Almond praline

- ½ cup (110g) caster sugar
- ¼ cup (35g) slivered almonds Butterscotch sauce
- 50g butter
- 1 cup (220g) brown sugar
- 1 cup (250ml) cream
- 1 tsp vanilla extract

Directions

1. Preheat oven to 180 °C (160 °C fanforced). Lightly grease eight (½ cup capacity) metal dariole moulds.
2. Place dates and water in a saucepan and bring to the boil over a high heat. Remove from the heat. Add bicarbonate of soda, stir until dates start to break down, set aside to cool, stirring occasionally.
3. Beat butter and sugar in a bowl using a hand beater, gradually add eggs one at a time, beat until light and fluffy.
4. Add date mixture, stir to combine. Carefully fold through sifted flour, divide mixture evenly between the eight moulds, until ⅔ full.
5. Place moulds in a baking tray, carefully pour water in tray until it comes up ⅓ of the side of the moulds. Bake in oven for 40 minutes or until golden and skewer comes out clean.

6. Meanwhile, for the almond praline, combine sugar and 2 tablespoons water in a saucepan over medium heat and cook caramel without stirring, swirling pan, until deep golden. Scatter almonds onto a baking paperlined oven tray, pour over caramel and cool until set. Break praline into pieces.
7. For the butterscotch sauce, combine butter, sugar, cream and vanilla in small saucepan over low heat until butter melts and sugar dissolves. Bring sauce to the boil, reduce heat and cook for 56 minutes or until sauce thickens slightly.
8. To serve, invert the hot pudding onto a serving plate, top with butterscotch sauce and shards of praline.

Baked Strawberry Cheesecake

Ingredients

- 1½ cups scallywag/golliwog biscuit Crumbs
- 3 Tbsp. sugar
- ⅓ cup butter or margarine, melted
- 4 packs (250g each) PHILADELPHIA Cream Cheese/or Woolworths Homebrand, softened
- 1 cup sugar
- 1 tsp. vanilla
- 4eggs

Stawberry Topping

- 2 punnets (250g each) of strawberries
- 1 tablespoon cornstarch
- 2-3 tablespoon water

Directions

1. Pre-heat oven to 160 °C
2. MIX biscuit crumbs, 3 tbsp. sugar and butter; press onto bottom of 23cm spring-form pan.
3. BEAT cream cheese, 1 cup sugar and vanilla with mixer until well blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.
4. BAKE 55 min. or until centre is almost set.
5. Cool in the oven with the door open to avoid splitting.
6. Loosen cake from rim of pan. Refrigerate 4 hours.

Strawberry Topping

1. Cut the strawberries into smaller pieces (Reserve 14 - 12 for decorating)and place into a saucepan on the stovetop. Bring to a boil, stirring continuously for about 10 minutes. Add a small amount of water to start if needed.
2. Add 1 cup of sugar to the mixture and stir until the sugar has melted.
3. Mix the cornstarch with 2-3 tablespoons of water or until runny. Add the cornstarch to the strawberries, stirring continuously as the mixture boils for another 5 minutes. Remove from the stovetop.

4. Allow the strawberry sauce to cool (place into an ice bath for faster cooling) and then blend it in a blender until smooth.

Pear and Almond Upside Down Cake

Ingredients

- 180g brown sugar
- 270g unsalted butter, softened
- 300g caster sugar
- 3 eggs
- 1 $\frac{2}{3}$ cups (250g) plain flour
- 1 $\frac{1}{2}$ tsp baking powder
- 1 tsp ground cinnamon
- $\frac{1}{2}$ tsp ground nutmeg
- 80g almond meal
- 1 cup (250ml) buttermilk
- 4 ripe pears (such as beurre bosc), peeled, cored, cut into 2cm-thick slices
- Thick cream, to serve



Directions

1. Preheat oven to 180C (not fan-forced).
2. Grease and line base of a 26cm cake pan with baking paper. Sprinkle brown sugar over base. Melt 100g butter and pour over brown sugar. Top with overlapping pear slices. Place remaining butter and caster sugar in bowl of electric mixer, beat for 5 minutes until light and fluffy.
3. Add eggs one at a time, beating well after each addition. Sift together flour, baking powder and spices, fold into egg mixture with almond meal.
4. Stir in buttermilk, then mix to form a smooth batter. Carefully spread over pears.
5. Place pan on a baking tray, cook for 1 hour and 20 minutes.
6. Cover loosely with foil if cake begins to brown too quickly. Remove and cool for 30 minutes. Run a knife around sides of pan and carefully invert onto a plate.
7. Serve with thick cream.

Blueberry Boy Bait

Ingredients

- 2 cups plus 1 teaspoon all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon table salt
- 250g unsalted butter (2 sticks), softened
- $\frac{3}{4}$ cup packed light brown sugar
- $\frac{1}{2}$ cup granulated sugar
- 3 large eggs
- 1 cup whole milk
- $\frac{1}{2}$ cup blueberries, fresh or frozen



Topping

- $\frac{1}{2}$ cup blueberries, fresh or frozen (do not defrost)
- $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{2}$ teaspoon ground cinnamon

Directions

1. Preheat oven to 180 °C (170 °C fan-forced).
2. Grease and 13 x 9 inch baking pan
3. Whisk two cups flour, baking powder, and salt together in medium bowl. With electric mixer, beat butter and sugars on medium-high speed until fluffy, about two minutes.
4. Add eggs, one at a time, beating until just incorporated and scraping down bowl.
5. Reduce speed to medium and beat in one-third of flour mixture until incorporated; beat in half of milk.
6. Beat in half of remaining flour mixture, then remaining milk, and finally remaining flour mixture.
7. Toss blueberries with remaining one teaspoon flour. Using rubber spatula, gently fold in blueberries. Spread batter into prepared pan.
8. Scatter blueberries over top of batter.
9. Stir together sugar and cinnamon and sprinkle over batter.

10. Bake 45 to 50 minutes or until a toothpick inserted into centre of cake comes out clean.
11. Cool in pan for 20 minutes then turn out and place on a serving platter.

Raspberry & Orange Upside-Down Cake

Ingredients

- Melted butter, to grease
- 175g butter, chopped, room temp.
- 155g (¾ cup) caster sugar
- 2 tsp finely grated orange rind
- 3 eggs
- 150g (1 cup) self-raising flour, sifted
- 75g (½ cup) plain flour, sifted
- 100g almond meal
- 80ml (⅓ cup) fresh orange juice
- 300g frozen raspberries
- 3 tsp demerara sugar
- Double or whipped cream, to serve



Directions

1. Preheat oven to 180 °C. Brush a 24cm (top measurement) fluted non-stick ring pan with melted butter to grease. Line the base with non-stick baking paper.
2. Use an electric beater to beat the butter, caster sugar and orange rind in a large bowl until pale and creamy. Add the eggs, 1 at a time, beating well after each addition. Fold in the combined flour, almond meal and orange juice.
3. Arrange half the raspberries in the base of the prepared pan. Top with half the cake mixture. Repeat with remaining raspberries and mixture. Tap on the benchtop to settle. Smooth the surface. Bake for 50-55 minutes or until a skewer inserted into the centre comes out clean. Set aside for 10 minutes to cool.
4. Run a flat-bladed knife carefully around the inside edge of the pan. Turn the cake onto a cake stand or serving platter.
5. Sprinkle with demerara sugar. Slice and serve with cream.

Lemon Syrup Cake

Ingredients

- 125g butter,softened.
- 1½ cup caster sugar
- 1 large lemon, rind finely grated, juiced
- 2 eggs
- 1½ cup self-raising flour, sifted
- ½ cup milk

Directions

1. Preheat oven to 180 °C. Grease and line a 6 cm deep, 19 x10 cm base loaf pan.
2. Use an electric beater to beat the butter, 1 cup of caster sugar and lemon rind in a large bowl until pale and creamy. Add the eggs, 1 at a time, beating well after each addition.
3. Add half the flour and half the milk and stir gently to combine. Fold in the remaining flour and milk.
4. Spoon mixture into loaf pan and bake for 45-50 minutes.
5. Combine remaining sugar and ⅓ cup of lemon juice and bring to the boil.
6. Pour over hot loaf while still in pan. Stand in pan until cooled.

Chai-spiced cakes with Earl Grey tea syrup

Ingredients

- 125g butter,softened.
- 1 cup (200g) brown sugar
- 3 eggs
- $\frac{1}{2}$ cup (75g) plain flour
- $\frac{1}{4}$ cup (40g) self-raising flour
- $\frac{1}{2}$ cup (45g) desiccated coconut
- $\frac{1}{4}$ cup (60g) natural yoghurt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground fennel
- $\frac{1}{2}$ teaspoon ground cardamom
- $\frac{1}{2}$ teaspoon ground cloves
- Pinch ground white pepper
- 4 Earl Grey tea bags
- 1 cinnamon stick
- 2 cardamom pods, bruised
- 1 cup (250ml) boiling water
- $\frac{1}{2}$ cup (100g) caster sugar



Directions

1. Preheat oven to 160 °C. Grease twelve 1/2-cup (125ml) capacity loaf or friand pans.
2. Use an electric mixer to beat the butter and sugar in a medium bowl until pale and creamy.
3. Add the eggs, one at a time, beating well between each addition until just combined.
4. Add the flours, coconut, yoghurt, cinnamon, ginger, fennel, cardamom, cloves and pepper and stir to combine.
5. Spoon into the prepared pans and smooth the surface.
6. Bake in preheated oven for 20-25 minutes or until a skewer inserted in the centres comes out clean. Remove from oven and turn onto a wire rack to cool completely.

7. Meanwhile, place the tea bags, cinnamon stick and cardamom pods in a medium saucepan and pour over the boiling water. Set aside for 5 minutes to infuse. Remove and discard the tea bags. Add the sugar and place over low heat. Cook, stirring, for 2 minutes or until sugar dissolves. Increase heat to high and bring to the boil. Cook for 5 minutes or until syrup thickens slightly. Pour over the warm cakes to serve

Chapter 8

Side Dishes and Extras

[Return to contents](#)

Spiced Sweet Potato Mash

Ingredients

- 2 Sweet Potatoes, approximately same size and thickness
- 1 tsp. Cumin seeds
- 1 tsp. Caraway seeds
- Juice of 1 lemon

Directions

1. Preheat oven to 180 C and line an oven tray with baking paper.
2. Rub oil liberally over the skin of the sweet potatoes and bake in the oven for 40-60 minutes depending on thickness of the sweet potatoes. Remove from the oven and allow to cool for 15-20 minutes.
3. Dry roast the seeds in a small frypan and grind finely in a mortar and pestle
4. Make a shallow cut lengthways and peel the skin from the sweet potato.
5. Place the sweet potato in a bowl and mash coarsely with a fork
6. Add the ground spices and mix. Add lemon juice to taste.

Can be served immediately at room temperature, or refrigerated and reheated later.

Coconut Rice

Ingredients

- 1 cup basmati rice
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 1 pinch saffron (about 5-6 threads)
- 1 cup chicken broth
- 3/4 cup coconut milk

Directions

1. In a pot that has a tight-fitting lid, over high heat, add the rice, olive oil, salt, and saffron. Stirring with a wooden spoon, heat for 2-3 minutes until a few rice grains begin to brown on the edges. OPTIONAL: You may want to add a few ounces of shredded coconut at this stage.
2. Being careful to avoid flare-ups and spill-overs, add the chicken broth and coconut milk to the hot pan. It will sizzle and bubble vigorously!
3. Stir to loosen any rice on the bottom or sides of the pot and reduce the heat to low. Put on the lid and cook for 13 minutes.
4. When 13 minutes are up, turn off the heat and let the covered rice sit for 5 minutes.
5. Remove the lid and fluff with a fork before serving with any Asian, Polynesian, or Indian dish.

Espinacas con Garbanzos (Spinach & Chickpeas)

Ingredients

- 2 420g cans of chickpeas, drained and rinsed
- 6 tablespoon olive oil
- 450g spinach, washed
- A hefty 1-inch slice from a country loaf or about 2 slices from sandwich loaf bread (2.5 ounces or 75 grams), crusts removed and cut inset small cubes
- ½ cup (4 ounces) tomato sauce
- 3 garlic cloves, thinly sliced
- 1/2 teaspoon ground cumin
- Pinch of red pepper flakes
- 1 ½ tablespoons red wine vinegar
- ½ teaspoon smoked paprika**
- Salt and freshly ground black pepper
- Lemon juice, to taste

Directions

1. Place a large saucepan over medium heat and add half the olive oil. When it is hot, add the spinach with a pinch of salt (in batches, if necessary) and stir well. Remove when the leaves are just tender, drain in a colander and set aside.
2. Heat 2 more tablespoons olive oil in a frying pan over medium heat. Fry the bread for about 5 minutes or until golden brown all over, then the remaining tablespoon of oil and the garlic, cumin and pepper. Cook for 1 minute more or until the garlic is nutty brown.
3. Transfer to a food processor, blender or mortar and pestle along with the vinegar, and mash to a paste. Return the mixture to the pan and add the drained chickpeas and tomato sauce. Stir until the chickpeas have absorbed the flavors and are hot. Season with salt and pepper.

If the consistency is a little thick, add some water. Add the spinach and cook until it is hot. Check for seasoning and serve with paprika on top, or on fried bread toasts (as the Spanish do).

Spicy Potatoes with Pappadums

Ingredients

- 750g potatoes, peeled, cubed
- 3 tbs ghee (see Notes)
- ½ tsp turmeric
- 2 tbs panch phora
- 1 tbs ground cumin
- 6 fresh curry leaves
- 1 garlic clove, crushed
- 1 tbs grated fresh ginger
- 6 large pappadums
- 60ml (¼ cup) lemon juice
- ¼ cup chopped fresh coriander
- Tomato kasundi (see [related recipe](#) on page 32) and yoghurt, if desired, to serve



Directions

1. Place the potatoes in a saucepan of salted water and bring to the boil (alternatively steam them). Cook until just tender. Drain and set aside.
2. Heat a tablespoon of the ghee in a medium frying pan. Add the dry spices, curry leaves, garlic and ginger and cook over medium heat for 1 minute, stirring until the flavours are released. Transfer to a bowl and set aside. Add 1 tablespoon of ghee to the pan; when it has melted, add potatoes (in 2 batches if necessary) and cook until golden. Return spice mixture to pan and cook for a further minute. Cover and set aside.
3. Heat remaining ghee in a small frying pan over high heat. Carefully place 1 pappadum in the hot oil (press with tongs to help hold the shape) and fry for 2-3 seconds each side until fully expanded. Use tongs to transfer to paper towel to drain. Repeat with remaining pappadums.
4. Add the lemon juice and coriander to the potatoes and reheat gently over low heat for 1-2 minutes.
5. Place a pappadum on a serving plate, top with some spicy potatoes and the tomato kasundi. Add a dollop of yoghurt.

Super Easy Flatbreads

Ingredients

- 350g self-raising flour, plus extra for dusting
- sea salt
- 1 tsp baking powder
- 350g natural yoghurt



Directions

1. Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together.
2. Dust a clean work surface with flour, then tip out the dough.
3. Knead for a minute or so to bring it all together (this isn't a traditional bread recipe, so you don't need to knead it for long just enough time to bring everything together).
4. Dust a clean work surface and rolling pin with flour, then divide the dough in half, then divide each half into 6 equal-sized pieces (roughly the size of a golf ball).
5. With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
6. Use a knife to cut 6 lines into the centre of each round, leaving about 3cm at each end.
7. Place the griddle pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until bar-marked and puffed up, turning with tongs.
8. Brush the flatbreads all over with herby garlic butter as they come off the griddle, then pile onto a serving board so everyone can dig in and help themselves.

Note that these work just as well without the baking powder or the cutlines in the centre.

Chapter 9

Sauces and Dressings

Quick Satay Sauce

Ingredients

- 250 ml (9 fl oz/1 cup) pineapple juice
- 250 g (9 oz/1 cup) peanut butter
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 2 tablespoons sweet chilli sauce
- 60 ml (2 fl oz/ ¼ cup) soy sauce

Directions

1. Combine the pineapple juice, peanut butter, garlic powder, onion powder, sweet chilli sauce and soy sauce in a small saucepan.
2. Stir over medium heat until the mixture is smooth and heated through.
3. Add a little water for a thinner sauce, if preferred.
4. Reheat in a saucepan over medium heat before serving.

Jamie Olivers Satay Sauce/Marinade

Ingredients

- Bunch of coriander root and stem (save the leaves)
- 1 large red chilli, de-seeded
- 1 clove of garlic
- 2 cm piece of fresh ginger
- Zest of 2 limes, juice of 1 lime
- 1-3 tbsp Soy sauce (add to taste for saltiness)
- 3 tbsp. Crunchy peanut butter
- Water as needed to thin sauce

Directions

1. Combine ingredients in a blender until you have a paste. Use the second limes juice to adjust acidity and add soy sauce for saltiness.
2. Add water a little at a time to achieve spooning consistency.

Salad Nicoise Anchovy Dressing

Ingredients

- 20 ml/4 tsp. Dijon mustard
- 50 g anchovy fillets
- 1 clove garlic crushed
- 60 ml/3 tbsp white wine vinegar
- Olive oil

Directions

1. Place all ingredients in a blender with a cutting blade and process to combine.
2. While the blender is still running add the olive oil in a thin steady stream until the dressing is thick and creamy.