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gitFOOD

gitFOOD

awesome recipe book

version 1.5.2

<https://foodgit.github.io>

Last updated on 12th of January, 2024

snacks

Banana Bread

Ingredients

- 1½ cups (225g) plain flour
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ½ cup (110g) caster sugar
- 1 egg
- ⅓ cup (80ml) sunflower oil
- 1 tsp vanilla extract
- 4 ripe bananas, mashed
- 65g pecan nuts, roughly chopped
- Butter and/or honey to serve



Method

1. Preheat oven to 180°C (fan forced). Grease and line the base of a 900ml loaf pan.
2. Sift the flour, baking powder, cinnamon, and sugar with 1 tsp of salt into a large bowl. In a separate bowl, combine the eggs, oil and vanilla.
3. Add to the dry ingredients with banana and pecans, and fold until *just* combined - do not overmix.
4. Place into the loaf pan and bake for 50 minutes or until golden brown. Allow to cool for 10 minutes, then remove and slice thickly. Serve spread with butter and/or drizzled with honey.

Tips

- Seemed to require up to 15 minutes extra in the oven for the centre to firm up.

baked

dessert

snack

vegan

vegetarian

Banana Oat Cookies



Ingredients

- 2 ripe bananas
- 1 cup rolled oats (or toasted muesli for a more interesting, slightly crunchy version)
- $\frac{1}{3}$ cup walnuts or pecans

Optional Ingredients

- 2 tsp instant coffee granules (banoffee version)
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{3}$ cup dark choc chips
- $\frac{1}{4}$ cup raisins
- Peanut butter (to serve)

Method

1. Preheat oven to 180°C (fan forced). Line a baking tray with baking paper. Mash the bananas in a bowl with a fork.
2. Add the oats, chopped nuts and any optional addins.
3. Mix together well with a fork or wooden spoon.
4. Using a tablespoon, take some of the mixture and roll it into a ball. Place it onto the lined baking tray, and flatten with your hand to make a cookie.
5. Place the baking tray in the oven and bake for 10 minutes. Flip cookies and bake 2-3 more minutes, to solidify the undersides of the cookies. Transfer cookies onto a wooden board to cool.

Tips

- Plop a dollop of peanut butter on top before baking for a bit of spice.
- Add 2 tsp coffee granules to the mix before shaping for a banoffee version.
- Swap out the rolled oats for a toasted muesli (with or without fruits and nuts included) for a slightly fancier spin on the recipe.
- Drizzle melted chocolate on top, or dip cookies into a bowl of melted dark chocolate after cooking for a chocolatey version.

baked chocolate coffee easy great healthy simple snack vegan vegetarian

Caramel Slice

Ingredients

Coconut Biscuit Base

- 1 cup (150g) plain (all-purpose) flour, sifted
- ½ cup (40g) desiccated coconut
- 125g unsalted butter, melted
- ½ cup (90g) brown sugar

Caramel Filling

- 125g unsalted butter, chopped
- 2 x 395g cans sweetened condensed milk
- ⅓ cup (115g) golden syrup

Chocolate Topping

- 200g dark chocolate, chopped
- 1 tbsp vegetable oil

Method

1. Preheat oven to 180°C. Place the flour, coconut, butter and sugar in a bowl and mix to combine. Using the back of a spoon, press the mixture into the base of a lightly greased 20cm x 30cm tin lined with non-stick baking paper and bake for 15–20 minutes or until golden.
2. While the base is cooking, make the caramel filling.
3. Place the butter, condensed milk and golden syrup, in a medium saucepan over medium heat. Whisk until the butter is melted and cook, whisking frequently, for 5–7 minutes or until the mixture has thickened slightly (see tip).
4. Pour the caramel over the cooked base, spread evenly with a palette knife and cook for 15–20 minutes or until golden. Cool slightly and refrigerate until cold.
5. To make the chocolate topping, place the chocolate and oil in a heatproof bowl over a saucepan of simmering water, and stir until melted and smooth. Pour the chocolate over the caramel mixture and spread evenly. Refrigerate for 30 minutes, or until firm. Using a warm knife, cut into slices or squares to serve. Makes 20 squares



Tip

- When stirring the caramel, scrape the sides and bottom of the pan so the mixture doesn't stick.
- Try making the base from your favourite biscuits. Just take the equivalent weight of biscuits (around 280g), blend them coarsely in a blender, and combine with butter as per step 1. Biscoff & Digestives are some examples that work well!



Last updated 28 Jul 2022, 13:06:22

amazing

baked

chocolate

dairy

long prep time

snack

vegetarian

Chocolate Chip Cookies (Donna Hay Style)

Ingredients

- 180g unsalted butter, softened
- $\frac{3}{4}$ cup (135g) brown sugar
- 1 tsp vanilla extract
- 2 eggs
- 2 cups (300g) plain flour, sifted
- 1 tsp baking powder, sifted
- 150g dark chocolate, chopped

Method

1. Preheat oven to 180°C. Place the butter, sugar and vanilla in the bowl of an electric mixer and beat until pale and creamy. Gradually add the eggs and beat well. Add the flour and baking powder and beat until a smooth dough forms. Fold through the chocolate.
2. Roll 2 tablespoonfuls of the mixture into balls, place on baking trays lined with non-stick baking paper and press to flatten. Bake for 12–15 minutes or until golden. Allow to cool on the trays. Makes 12.

Last updated 3 May 2023, 13:26:40

baked chocolate dairy snack

Chocolate Chip Cookies (Neiman Marcus Style)

Ingredients

- ½ cup unsalted butter
- 1 cup packed brown sugar
- 3 tbsp white sugar
- 1 egg
- 2 tsp vanilla extract
- 1¾ cups plain flour
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- 1½ tsp instant espresso coffee powder
- 1½ cups semisweet chocolate chips

Method

1. Preheat oven to 190°C. Grease a cookie sheet.
2. In a medium bowl, cream together the butter, brown sugar and white sugar until smooth. Beat in the egg and vanilla. Sift together the flour, baking soda, baking powder, salt and espresso powder; stir into the creamed mixture. Finally, stir in the chocolate chips.
3. Drop dough by heaping tablespoonfuls onto the prepared baking sheet. Cookies should be 4 to 5 cm apart. You should have 12 to 15 large cookies.
4. Bake for 8 to 10 minutes in the preheated oven. For crispier cookies, bake 2 minutes longer. Remove from baking sheets to cool on wire racks.

Last updated 17 Jun 2023, 16:50:16

[amazing](#) [baked](#) [chocolate](#) [coffee](#) [dairy](#) [snack](#)

Rock Cakes

Ingredients

- 1½ cups self raising flour
- 1 teaspoon baking powder
- 115g butter
- 115g sultanas
- 50g mixed peel
- 75g caster sugar
- 2 eggs
- 1-3 tbsp of milk

Method

1. Sift flour & baking powder into a large bowl. Rub in butter with fingers until it resembles bread crumbs. Stir in fruit & peel, sugar.
2. Beat eggs & milk & mix into dry ingredients adding more milk if mixture is too dry.
3. Place tablespoons of mixture onto a greased or papered tray, leaving spreading space. Sprinkle with sugar on top.
4. Bake 15-20 mins until golden at 200°C. Allow to cool, then hook in!

Tips

- A very basic recipe & I find that eating them on the day of making is best cause they stale quickly, but if any are left put into an airtight container.

Last updated 11 Sept 2021, 11:55:10

baked dairy family snack vegetarian

breakfast

Banana Pancakes

Ingredients

- 1 ripe banana
- 1 egg
- 2 tbsp wholemeal self-raising flour
- [optional] 1 tsp cacao (or cocoa) powder

Method

1. Mash banana in a medium bowl until smooth. Whisk in egg, then flour until smooth. Set aside for 5 minutes.
2. Lightly spray a medium non-stick frying pan with oil and heat over medium heat. Spoon 2 tablespoons batter into pan and spread out with the back of a spoon until 1cm thick. Repeat with remaining batter to make 2 more pancakes.
3. Cook for 1–2 minutes or until golden. Turn and cook for 1–2 minutes or until pancakes are golden and cooked through. Serve.

Tips

- Try mixing in a teaspoon of cacao when adding the flour for a chocolatey variation

breakfast fast fried simple stovetop vegetarian

French Toast with Whipped Cream Cheese

Ingredients

Bread batter

- 1 loaf of sliced sourdough, slightly older will hold together best. Other breads may work well too.
- 6 eggs
- 1½ cups milk
- 2 tsp vanilla extract
- ½ tsp cinnamon
- ½ tsp salt

Whipped cream cheese

- 150ml cream
- ~50g cream cheese
- 1½ tbsp icing sugar

Method

1. Whip the cream, cheese and sugar for maybe 5-10 mins (probably longer with a hand-whisk) until it gets really thick and floofy. Refrigerate until serving.
2. Combine batter ingredients and whisk well in a shallow, wide bowl. The salt component supposedly helps it absorb into the bread(?)
3. Preheat pan with butter, medium-high to high heat. If the heat is too low, the egg wont completely set, and too high and the outside will blacken, so try a single piece of toast or two before cooking a panful
4. Soak a few pieces of bread in the batter for 20-30 seconds and transfer direct from bowl to hot frying pan
5. Cook for 4-5 minutes, flipping a few times, until it looks a bit like a cooked, browned pancake.
6. Slap it on a plate, with the cream and maple syrup or whatever toppings you like and enjoy!

Variations

- Many other toppings, including icing sugar, ice cream, chocolate syrup, berries, agave nectar. Anything that's good on a pancake will probably be great here.

amazing

breakfast

dairy

dessert

fried

large quantity

messy

mine

vegetarian

Pikelets

Ingredients

- 2 cups self raising flour
- 2 eggs
- 2 tablespoons of golden syrup
- Milk
- Butter
- Lemon juice

Method

1. Mix all the wet ingredients together - you'll have to beat hard but not for long, to blend the syrup into mix. Then add enough milk to get a thick, runny batter.
2. Use butter to cook them in (all this butter!!!). A tablespoon full for each one & cook in moderately hot pan until the bubbles appear & turn, they should be golden brown. A squeeze of lemon juice & a sprinkle of sugar is delicious when hot - butter (again) or margarine spread on when cold.

Last updated 11 Sept 2021, 11:53:57

breakfast dairy dessert family fried vegetarian

lunch

Beef Stir Fry

Ingredients

- 1 tbsp olive oil
- 500g beef, sliced into strips (about 1cm wide)
- 1 onion, sliced or diced
- 2 cloves garlic, minced
- 1 tsp dried ginger
- 1 tsp chilli flakes
- 2 capsicums, sliced
- 2 cups green vegetables
- 1-2 cups cabbage, sliced
- 1 tbsp honey
- 3 tbsp soy sauce
- 2 tbsp lemon juice
- 450g hokkien/egg noodles

Method

1. Add 1 tbsp oil to a large, deep frypan or wok on medium-high heat. Add the onion, garlic, ginger and chilli. Cook for 3 minutes.
2. Add beef pieces and cook for about 5 minutes, until browned thoroughly. The onion will be very soft and the beef should be reasonably tender.
3. In a separate bowl, mix together soy sauce, lemon juice and honey.
4. Add vegetables/capsicum/cabbage, along with the noodles. Add the honey soy mixture and stir well until everything is well coated in the sauce, and cook for 3-5 minutes.

Tips

- The honey soy sauce can be replaced entirely with a store bought sauce mix (think Teriyaki, Chinese Stir Fry, etc), or experimented with for many variations on flavour.
- You can easily omit adding the noodles during step 4, and serve over cooked rice, or over noodles instead.
- The vegetables can be swapped around to nearly anything available in your area/season.
- Beef can easily be swapped out with thinly sliced chicken or pork. Reduce the cooking time of step 2 to around 4 minutes accordingly.

Serves: 4-5

asian beef dinner lunch pasta stovetop versatile

Creamy Chorizo & Tomato Pasta

Ingredients

- 400g fresh linguine (shells or other short pasta for portable version)
- 1 tbsp olive oil
- 150g chorizo, sliced
- 2 cloves garlic, crushed
- 400g can crushed tomatoes (or pasta sauce)
- ½ bag baby spinach (70g)
- 100ml cooking cream cheese
- Capsicum and/or mushrooms as per tastes
- Parmesan or tasty cheese to serve

Method

1. Cook pasta until al dente.
2. While pasta is cooking, heat olive oil in a large frying pan to medium heat.
3. Add chorizo and fry a few minutes on each side until brown.
4. Stir in garlic and fry for one minute, pour in tomatoes and stir again.
5. Once tomatoes are bubbling, add the spinach and incorporate into sauce.
6. When spinach has wilted, add the cream cheese and stir through sauce.
7. Add drained pasta to the pan and make sure it is all covered in sauce.
8. Serve immediately with parmesan/tasty cheese on top and season to taste.

[boiled](#) [dairy](#) [italian](#) [lunch](#) [pasta](#) [sides](#) [stovetop](#)

Kimchijeon (Kimchi Pancakes)

Ingredients

- 1 cup thinly sliced, fully-fermented kimchi
- 1-2 spring onions (two if thin and small)
- ¼ medium onion
- cooking oil with high smoke point for pan frying
- [optional] 90g minced pork

Batter Mix

- ¼ cups plain flour or buchimgaru (Korean pancake premix) or swap ¼ cup of plain flour with sweet rice flour or corn/potato starch
- 2-3 tbsp juice/liquid from kimchi
- 1 cup icy cold water
- [optional] 1-2 tsp gochujang (Korean chili pepper paste) or gochugaru
- [optional] 1 lightly beaten egg

Dipping Sauce (combine all ingredients)

- 1 tbsp soy sauce
- 1 tsp vinegar
- 1 tbsp water
- ½ tsp sugar
- pinch of black pepper

Method

1. Thinly slice the kimchi, about 1-1½ cm thick. Cut the spring onions into about 5 cm pieces. If the white part is thick, cut in half lengthwise. Thinly slice the onion.
2. In a large bowl, combine the flour (or pancake mix) with the liquid from kimchi, the optional gochujang/gochugaru and egg, and water, a little bit at a time. Start with dissolving the gochujang with water, and mix everything together. Do not over mix.
3. Add a little more water if the batter is too thick. The batter should flow easily from a spoon.
4. Stir in the kimchi, spring onions, onion and the optional protein of your choice.
5. Heat one tablespoon of oil in a non-stick pan over medium heat. Ladle the mixture into the pan, and spread it evenly into a thin round shape. Cook until the edges turn light golden brown, about 3 minutes. Turn it over, and add more oil to the sides of the pan. Gently swirl the pan to distribute the oil under the pancakes. Press the pancake down with a spatula. Cook until the other side is nicely browned and crispy, 2 to 3 minutes.
6. Repeat the process until there is no remaining batter. Serve hot with a dipping sauce, if desired.

Tips

- Use juice/liquid from kimchi if at all possible.
- Use icy cold water.
- The batter should be thin enough to flow easily from a spoon.
- Spread the batter thin when pan frying.
- Use a generous amount of oil.
- Increase the heat a little to crisp up the pancakes at the end of pan-frying.

dinner

easy

fried

korean

lunch

stovetop

vegan

vegetarian

dinner

Beef & Guinness Casserole



Ingredients

- 1.5kg stew beef, trimmed and cut into around 4 cm pieces
- 2 tbsp plain white flour, seasoned with sea salt and cracked black pepper
- 1 tbsp olive or vegetable oil
- 4 tbsp butter
- 500ml good quality beef stock
- 1 tbsp tomato puree
- 4 large onions, peeled and sliced coarsely
- 225g carrots, peeled and sliced
- 225g celery, roughly chopped
- 500ml Guinness (I used extra stout, not draught). Any stout should do
- 5 thyme sprigs
- A few sprigs of flat leaf parsley or a small bay leaf, to garnish
- Sea salt and cracked black pepper



Method

1. Prepare the beef

Preheat the oven to fan 170°C. Toss the beef in the seasoned flour to coat, shaking off any excess. In a large casserole dish, heat the oil and melt 3 tablespoons of the butter over a high heat. Add the beef to the pan and quickly brown in batches. Be careful not to crowd the pan as the beef will stew instead of sear and caramelize. Remove the seared beef to a plate. Reduce the heat to low and add 100ml of the beef stock to deglaze, scraping the residue off the base to save the caramelized flavor. Stir in the tomato puree and then turn the heat off.



2. Saute the onions

In a frying pan, melt the remaining butter over a medium heat. Add the onions and saute for 10 minutes or until softened. Tip the onions out of the pan and set aside. To the same pan, add the carrots and celery and sauté for 5 minutes, stirring occasionally. Deglaze this pan with a little of the stock and add to the casserole.



3. Combine and braise

Add the meat, onions, carrots and celery to the casserole dish with the Guinness and remaining stock. Add the thyme sprigs and stir all together to ensure everything is well distributed. Bring the casserole to the boil over a high heat, then cover and braise in the oven for 3 hours, checking periodically that it's not drying out and adding more stock (or water) if necessary. Check the meat with a skewer or knife to see if it's tender; it should be soft and easily come apart. Season to taste.



4. Optional

To thicken for use in other recipes later, reduce heat to 140°C and partially uncover lid. Cook a further 1 hour to reduce liquid, and make beef extra tender.



Leftover Casserole Uses

- pies
- pasties
- shepherd's pie
- savory rice
- pasta bake
- wraps
- jaffles/toasties
- fajitas/enchiladas
- sloppy joes
- baked potatoes



Last updated 25 Jun 2023, 19:55:10

amazing baked beef casserole dinner guinness irish large quantity long cook time
long prep time messy tricky

Beef Lasagna

Ingredients

- 1 tbsp olive oil
- 1 onion, finely diced
- 1 clove garlic, crushed or 1 tsp minced garlic
- 500g minced beef
- 5 tbsp (65g) tomato paste
- 800g canned tomatoes
- 2 cups (500g) liquid beef stock
- 2 tsp dried Italian herbs (oregano, parsley, etc)
- 250g mozzarella cheese, shredded
- 50g Parmesan cheese, grated
- 375g packet fresh lasagna sheets
- Salt and pepper to taste

Method

1. Preheat oven to 180°C (fan forced). Lightly grease a large baking dish.
2. Heat the olive oil in a saucepan or deep frying pan. Add the diced onion and minced garlic and cook until soft and translucent.
3. Add the beef mince, breaking the clumps apart with a spoon, and cook until browned.
4. Stir through the tomato paste, canned tomatoes, beef stock, and herbs. Season with salt and pepper.
5. Bring to the boil and then cover and simmer for 15-20 minutes, stirring occasionally.
6. Spoon ½ cup of the bolognese sauce into the bottom of the prepared dish.
7. Layer with the fresh lasagna sheets and ¼ of the shredded mozzarella cheese.
8. Repeat with the meat, lasagna sheets, and mozzarella until you have 4 layers, finishing with a mozzarella layer. Sprinkle over the grated parmesan cheese.
9. Bake in the oven for 30-40 minutes or until cooked through.
10. Leave to stand for 5 minutes before serving.

baked beef dairy dinner easy italian pasta stovetop

Beef Stroganoff

Ingredients

- 600g beef pieces
- 2 tbsp oil
- 1 large onion
- 300g mushrooms, sliced coarsely
- 3 tbsp (40g) butter
- 2 tbsp flour
- 2 cups (500ml) beef stock
- 1 tbsp dijon mustard
- ⅔ cup (150ml) sour cream
- Salt and pepper to taste

Method

1. Sprinkle beef with a pinch of salt and pepper
2. Heat 1 tbsp oil in a large skillet over high heat. Scatter half the beef in the skillet. Quickly spread it with tongs. Leave untouched for 30 seconds to brown. Turn beef quickly (as best you can). Leave untouched for 30 seconds to brown. Immediately remove onto a plate. Don't worry about pink bits showing, it can remain raw inside at this stage.
3. Add remaining 1 tbsp oil and repeat with remaining beef.
4. Turn heat down to medium high. Add butter, melt. Then add onions, cook for 1 minute, then add mushrooms.
5. Cook mushrooms until golden. Scrape bottom of fry pan to get all the golden bits off (good flavouring).
6. Add flour, cook, stirring, for one minute.
7. Add half the broth while stirring. Once incorporated, add remaining broth.
8. Stir, then add sour cream and mustard. Stir until incorporated (don't worry if it looks split, sour cream will melt as it heats).
9. Bring to simmer, then reduce heat to medium low. Once it thickens to the consistency of pouring cream (3-5 minutes), adjust salt and pepper to taste.
10. Add beef back in (including plate juices). Simmer for 1 minute, the remove from stove immediately.
11. Serve over rice or pasta.

beef dairy dinner russian stovetop

Fritters

Ingredients

Lamb

- Leftover roast lamb or whatever cold cooked meat (eg. ham , chicken etc.)
- Vegies, any sort you want, usually
 - corn
 - carrots
 - peas
 - a bit of onion or shallots

Batter

- 2 cups self raising flour
- pinch of salt & pepper
- 1 or 2 eggs
- Milk

Method

1. Mix all the batter ingredients into a thick liquid - not too runny.
2. Add your choice of stuff to go in & fry a tablespoon size in a combination of olive oil & butter, on a moderate heat.
3. Turn them when bubbles start to form & pop on top - they should be golden brown.
4. Once again tomato sauce is great on top!!! The butter gives a great flavour & the olive oil stops it from burning - you might have to add more of these to the pan after each batch.

- Last updated 14 Aug 2021, 12:14:10*

chicken dairy dinner family fried ham lamb leftovers vegetables

Lamb Chop Casserole

Ingredients

- Forequarter or chump chops
- 1 onion, sliced
- 2 carrots, sliced
- 1 tbsp Worcestershire sauce
- 1 tbsp white vinegar
- ¼ cup tomato sauce
- Salt & pepper
- 1 tbsp brown sugar

Method

1. Cut fat off chops. Chuck into a plastic bag of plain flour & rub around to coat chops. Brown them in olive oil & drain.
2. Put browned chops into a baking dish. Mix all ingredients & add water, enough to blend & just come nearly to top of chops.
3. Cover & slow cook - till cooked!!!

Last updated 15 Apr 2023, 23:37:57

[aussie](#) [baked](#) [battered](#) [casserole](#) [dinner](#) [family](#) [fried](#) [lamb](#)

Rissoles

Ingredients

Place into a large bowl:

- 500g minced steak
- 1 onion, chopped
- 1 piece of bread, pulled into little bits, crust & all
- 1 egg
- Pinch salt & pepper
- About ¼ cup tomato sauce

Method

1. Put a heap of plain flour on a plate
2. Wet your hands & stick them into the mix, & mix & mix & squeeze & mix
3. Grab about a ¼ cup of mix & roll into a ball
4. Roll & pat in the flour - you can do this one at a time or do the rolling then the flouring.
5. Fry in moderately hot olive oil until very brown.
6. I turn them about 4 times & give them a squash just as I put them in pan.
7. I also add chopped parsley & a bit of garlic but these aren't in the original recipe.
8. I reckon good ol tomato sauce is the best but do what takes your fancy.
9. I reckon mashed potatoes & whatever veg you want - the spuds are great to clean your plate of sauce & bits of rissoles - yum!

Last updated 14 Aug 2021, 12:16:49

[aussie](#) [beef](#) [dinner](#) [easy](#) [family](#) [fried](#)

dessert

Apple Crumble

Ingredients

Filling

- 3 medium apples, peeled, cored, and sliced (about 2mm or so thick)
- ¼ cup water
- 1 tbsp lemon juice
- 1 tbsp brown sugar
- [optional] ¼ tsp ground cinnamon

Crumble

- ⅓ cup plain flour
- ⅓ cup brown sugar
- ⅓ cup rolled oats
- 60g butter, chopped
- [optional] ¼ tsp ground cinnamon
- [optional] ¼ tsp ground nutmeg

Method

1. Preheat oven to 180°C/160°C fan forced. Combine apples, juice, sugar, cinnamon, and water in small saucepan over medium heat. Cook, stirring for 5 minutes or until apple is slightly softened. Leave in the pan to soak/soften.
2. To make the crumble, combine the flour, sugar, oats, cinnamon, nutmeg, and butter in a bowl. Use your fingertips to rub the butter into the flour mixture until the mixture resembles breadcrumbs.
3. Transfer the apples into a 3 cup capacity ovenproof dish, draining off most of the liquid. Sprinkle crumble mixture over the apples. Bake in oven for 25-30 minutes or until golden brown.
4. Serve warm with custard, icecream or whipped cream.



Tips

- Soften the butter for a few seconds in the microwave if it's too solid to squish between fingertips reasonably easily. It should remain solid and not at all runny for the crumble.
- Using brown sugar will give the dish a slightly rich, caramelized taste and colour, but caster sugar can be easily swapped in for a lovely variation!

baked dessert stovetop vegan vegetarian



Baked Rice Custard

Ingredients

- 4 eggs
- $\frac{1}{3}$ cup (75g) caster sugar
- $\frac{1}{2}$ tsp vanilla extract
- 2 cups (500ml) milk
- 300ml cream
- $\frac{1}{3}$ cup (50g) raisins
- $1\frac{1}{2}$ cups cold, cooked, white medium-grain rice
- 1 tsp ground cinnamon

Method

1. Preheat oven to 180°C (or 160°C for fan-forced). Grease a 1.5 litre (6-cup) baking dish.
2. Whisk eggs and sugar, and extract in medium bowl until combined. Whisk in milk and cream. Gently stir in raisins and rice.
3. Pour mixture into dish. Place dish inside large baking dish (nest first dish inside a larger one). Pour enough boiling water into the larger baking dish to come halfway up sides of dish.
4. Bake for 30 minutes, whisking lightly with fork under skin occasionally. Sprinkle with cinnamon.
5. Bake a further 20 minutes. Serve warm or cold.

Last updated 15 Apr 2023, 23:37:57

baked dairy dessert rice vegetarian

Rice Pudding

Ingredients

- $\frac{2}{3}$ cup rice long grain or short grain, uncooked
- 4 cup milk
- $\frac{1}{3}$ cup sugar
- 1 tsp vanilla extract

Method

1. DO NOT USE THE CUP THAT COMES WITH THE RICE COOKER, use a regular measuring cup!
2. Put the rice and milk in the rice cooker bowl and stir to combine.
3. Close the cover and set for the Porridge cycle.
4. When the machine switches to the "Keep Warm" cycle, open the rice cooker, and add the sugar and vanilla, and stir until combined.
5. Close the cover and reset for a second Porridge cycle. Stir every 15 to 20 minutes until the desired consistency is reached. Rice mixture will thicken as it cools. If it comes out too thick, just add more milk.
6. Serve warm or let cool slightly and refrigerate for at least 1 hour.
7. When cold, cover with plastic wrap and store for up to 4 days.

Last updated 24 Oct 2020, 20:02:33

dairy dessert easy rice rice cooker vegetarian

Sticky Date Pudding with Butterscotch Sauce

Ingredients

Pudding

- 340g dates, seeded and chopped
- 1½ cups (375ml) boiling water
- 1½ tsp sodium bicarbonate (bicarbonate of soda)
- 150g unsalted butter, chopped
- 1 cup (175g) brown sugar
- 3 eggs
- 1½ cups (225g) self-raising flour
- [optional] 1 tbsp instant coffee (coffee version)
- [optional] ½ tsp salt flakes (salted caramel version)

Butterscotch Sauce

- 80g unsalted butter, chopped
- 1½ cups (265g) brown sugar
- 1 cup (250ml) single (pouring) cream

Method

1. Preheat oven to 160°C. Place the dates, water and bicarbonate of soda in a medium bowl and set aside for 5 minutes. Place the date mixture, butter, sugar and eggs in a food processor and process until well combined. Sift the flour over the date mixture and process until smooth.
2. Pour the mixture into a lightly greased 20cm square cake tin lined with non-stick baking paper and cook for 55–60 minutes or until cooked when tested with a skewer. Allow to cool in the tin for 10 minutes before turning out onto a wire rack.
3. To make the butterscotch sauce, place the butter and sugar in a medium saucepan over high heat and stir until the sugar has dissolved. Gradually add the cream, stirring to combine. Bring to the boil and cook for 6–8 minutes or until thickened slightly.
4. Slice the sticky date pudding into squares and serve warm or at room temperature, drizzled with the butterscotch sauce.

Tips

- For a coffee sticky date pudding, add 1 tablespoon of instant coffee granules in with the dates in step 1.
- For a salted caramel sticky date pudding, add ¼ teaspoon salt flakes to the butterscotch sauce. Sprinkle with extra salt to serve.
- You can freeze the pudding (before saucing). Just wrap in non-

stick baking paper and freeze in an airtight container for up to one month. Simply reheat at 160°C when ready to serve.

Serves 6-8

amazing baked british coffee dairy dessert stovetop vegetarian

sides

Cheesy Potato Pockets

Ingredients

- 4 large potatoes
- 300g grated cheese (any melty cheese you have will do)
- 1 tbsp of wholegrain mustard
- Salt and pepper to taste
- [optional] 2 spring onions, sliced
- [optional] Jalapenos, sliced
- [optional] Sundried tomatoes, chopped
- [optional] Feta cheese, crumbed

Method

1. Place potatoes in a baking dish and bake at 180°C for 1 hour.
2. Remove potatoes from the oven and cut them in half. With a spoon, scoop out the flesh and place it into a bowl.
3. In the bowl add cheese, spring onions, mustard, salt, and pepper, and any additional/optional ingredients, mashing everything together.
4. Fill the potato skins with the cheesy potato mixture and sprinkle some cheese on top.

aussie

baked

cheesey

potato

sides

vegetarian

Chicken Tenders

Ingredients

Chicken

- 500g thigh fillet chicken, sliced into strips, around 3cm thick

Batter

- eggs
- ranch dressing

Crumb coating

- cornflake crumbs
- pepper
- garlic salt
- paprika
- curry powder
- chilli powder
- mustard powder

Method

1. Preheat airfryer to 180°C
2. Take your sliced chicken strips and place them all on a chopping board. Use a meat tenderiser to soften and increase their surface area (to pick up more flavouring)
3. Lightly beat together ranch dressing with eggs in a large bowl
4. In a second large bowl, stir together the dry ingredients and put it next to your batter bowl.
5. One at a time, take a chicken strip, dip it a couple of times in the egg batter, and hold it above the bowl for a couple of seconds, until it stops dripping. Lay it in the crumb bowl and lightly turn it until it is completely coated in crumbs and seasoning. Lay it out on a plate, not touching the other strips.
6. Repeat step 5 for the remaining strips.
7. Place your battered chicken into air fryer (in batches if you don't have space), keeping them as long and straight as you can manage. Bake for 12 minutes, turning once or twice

Tips

- These survive reheating *extremely* well, from both fridge and freezer, so consider making a larger batch and freezing your extras for a rainy winter's night
- While battering and crumbing, try to keep one hand on "dry" and the other "wet" bowls and ingredients, you will prevent a



lot of messy cleanup and clumpy seasoning.

- The seasoning is largely up to you, just be sure to include either breadcrumbs or cornflake crumbs, and some type of salt.
- Discard the leftover seasoning as it will be a health hazard to eat.
- Leftover batter can be cooked in the air fryer (around 7-8 minutes) in muffin pans for tasty mini omlettes.

Last updated 26 Jun 2023, 14:17:00

airfryer amazing battered chicken crumbed messy mine sides

Coconut Saffron Rice

Ingredients

- ¼ tsp saffron threads
- 1 tbsp Sauvignon Blanc, or substitute white vinegar, room temperature
- 2 tsp peanut oil
- 2 cups uncooked white basmati rice
- 1¾ cup coconut milk
- 2 cups water
- 2 to 3 tbsp dry shredded coconut
- 1 tsp sea salt
- 1 tsp agave nectar (or ½ tsp of sugar)
- ½ tsp turmeric
- ¼ tsp cumin

Method

1. In a small bowl, soak saffron threads in warm wine for 5 minutes while you complete step 2.
2. In a large saucepan, heat peanut oil over a medium heat until it begins to shimmer, about 2 minutes. Stir in rice, mixing with a wooden spoon until all of the grains are coated with peanut oil. Fry for 1 minute, stirring constantly. Place the remaining ingredients in the pot with the rice and oil, taking care not to get caught in the napalm-like splattering that will inevitably happen. Gently stir ingredients, making sure that nothing sticks to the bottom while everything comes to a boil.
3. Once liquid achieves a boil, reduce heat to low. Place lid on pot, slightly askew to allow some steam to escape. Stir occasionally to make sure rice doesn't stick to bottom of pan and the sugar in the coconut milk doesn't burn. Allow to simmer *very* gently for 15-20 minutes, or until rice is tender. You do not want the coconut milk, which is high in sugar, to burn. 4. Remove from heat and cover pot. Allow to sit for 5 minutes - it can actually sit like this for up to an hour. Fluff with a fork when you're ready to serve.

Variation

- While hot, mix rice with finely chopped carrots, mint, and mango, then chill in the refrigerator for a great whole grain summer salad.

Last updated 25 Jun 2023, 10:17:20

expensive rice sides stovetop thai vegan vegetarian

Pasta Bake

Ingredients

- 500g mince
- 1 onion, chopped
- 1 can crushed tomatoes
- 2 tbsp of tomato paste
- 1 cup beef stock
- Salt & pepper
- Grated carrot & zucchini, for extra nutrients
- Grated tasty cheese

Method

1. Cook till onion and veg are soft.
2. Thicken with cornflour or gravy mix & set aside.
3. Cook whatever pasta you want, Mum always used shells, medium sized. Soft!
4. Mix all together & put into a greased casserole dish or tray & sprinkle with copious amounts of tasty cheese.
5. Cook in moderately hot oven until cheese melts & turns a golden brown colour. Yum!

Last updated 17 Jun 2023, 17:17:27

baked beef cheesy dairy pasta sides

Potato Bake

Ingredients

- 60g butter
- ¼ cup plain flour
- 2⅓ cups milk
- 2 cups grated tasty cheese
- 1.2kg Sebago potatoes, peeled, thinly sliced

Method

1. Preheat oven to 180°C. Grease a 6cm deep, 24cm square baking dish.
2. Melt butter in a heavy-based saucepan over medium heat. Add flour. Cook, stirring constantly, for 2 minutes, or until bubbly. Remove from heat. Slowly add milk, stirring constantly until well combined. Return to heat. Cook, stirring, until sauce comes to the boil.
3. Add 1½ cups of cheese. Stir to combine.
4. Arrange one-third of potatoes, overlapping slightly, over base of baking dish. Sprinkle with salt and pepper. Spoon one-third of the cheese sauce over potatoes. Repeat twice. Sprinkle with remaining cheese. Bake for 1 hour, or until potatoes are tender and top is golden. If top begins to brown too much, cover with foil.

Last updated 24 Oct 2020, 19:44:12

baked cheesy dairy potato savoury sides vegetarian

extra stuff

Hommmus

Ingredients

- 425g can (or 1½ cups cooked) chickpeas, rinsed and drained
- ½ tsp baking soda (if you're using canned chickpeas)
- ¼ cup lemon juice (from 1½ to 2 lemons), more to taste
- 1 medium-large clove garlic, roughly chopped
- ½ tsp fine sea salt, to taste
- ½ cup tahini
- 2 to 4 tablespoons ice water, more as needed
- ½ tsp ground cumin
- 1 tbsp extra virgin olive oil
- [optional garnishes] olive oil/zhoug sauce/ground sumac/paprika/fresh parsley

Method

1. Place the chickpeas in a medium saucepan and add the baking soda. Cover the chickpeas by several (5 to 10) cm of water, then bring the mixture to a boil over high heat. Continue boiling, reducing heat if necessary to prevent overflow, for about 20 minutes, or until the chickpeas look bloated, their skins are falling off, and they're quite soft. In a fine mesh strainer, drain the chickpeas and run cool water over them for about 30 seconds.
2. Meanwhile, in a food processor or high-powered blender, combine the lemon juice, garlic and salt. Process until the garlic is very finely chopped, then let the mixture rest so the garlic flavor can mellow, ideally 10 minutes or longer.
3. Add the tahini to the food processor and blend until the mixture is thick and creamy, stopping to scrape down any tahini stuck to the sides and bottom of +the processor as necessary.
4. While running the food processor, drizzle in 2 tablespoons ice water. Scrape down the food processor, and blend until the mixture is ultra smooth, pale and creamy. (If your tahini was extra-thick to begin with, you might need to add 1 to 2 tablespoons more ice water.)
5. Add the cumin and the drained chickpeas to the food processor. While blending, drizzle in the olive oil. Blend until the mixture is super smooth, scraping down the sides of the processor as necessary, about 2 minutes. Add more ice water by the tablespoon if necessary to achieve a super creamy texture.
6. Taste, and adjust as necessary. Add another ¼ teaspoon salt for more flavor or extra lemon juice for more zing.
7. Scrape the hommus into a serving bowl or platter, and use a spoon to create nice swooshes on top. Top with garnishes of your choice, and serve.

healthy

messy

protein

tricky

vegan

vegetarian

Peri Peri Marinade

Ingredients

- 2 tbsp Peri Peri powder (or other powdered chilli spice)
- ½ cup olive oil
- 1 tsp lemon juice
- 1 pinch salt

Method

1. Combine ingredients and coat chicken before barbecuing

Tips

- For a milder version use 2 tbsp Peri Peri with 250g yoghurt.
- Use Peri Peri powder over oven wedges and serve with sour cream.
- Combine 1 tbsp Peri Peri powder with 300ml sour cream to use as a dipping sauce or as a topping for stuffed potatoes.

portuguese

vegan

Roasted Capsicum

Ingredients

- Capsicum
- Olive oil

Method

1. Cut the capsicum in half, removing the seeds and white membrane.
2. Place skin side up on a cooking tray. Spray with cooking oil, or drizzle with olive oil.
3. Pop the tray under a hot grill for 10 minutes, or until the skins have blistered and blackened slightly.
4. Fold the lining foil up and over the capsicum while it is still on the tray. This will cause them to steam, making it easier to peel away the skin.
5. Leave for 10 minutes, or until cool enough to handle. Using your fingers, peel away the skins.

Tips

- If you're not using them immediately, place your capsicums in a resealable jar and cover with olive oil.
- They'll store in the fridge for two weeks, or you can freeze them for up to two months.

grilled

vegan

vegetarian

