

# THE AUSTRALIAN Women's Weekly food



## TIPS FOR BEGINNERS

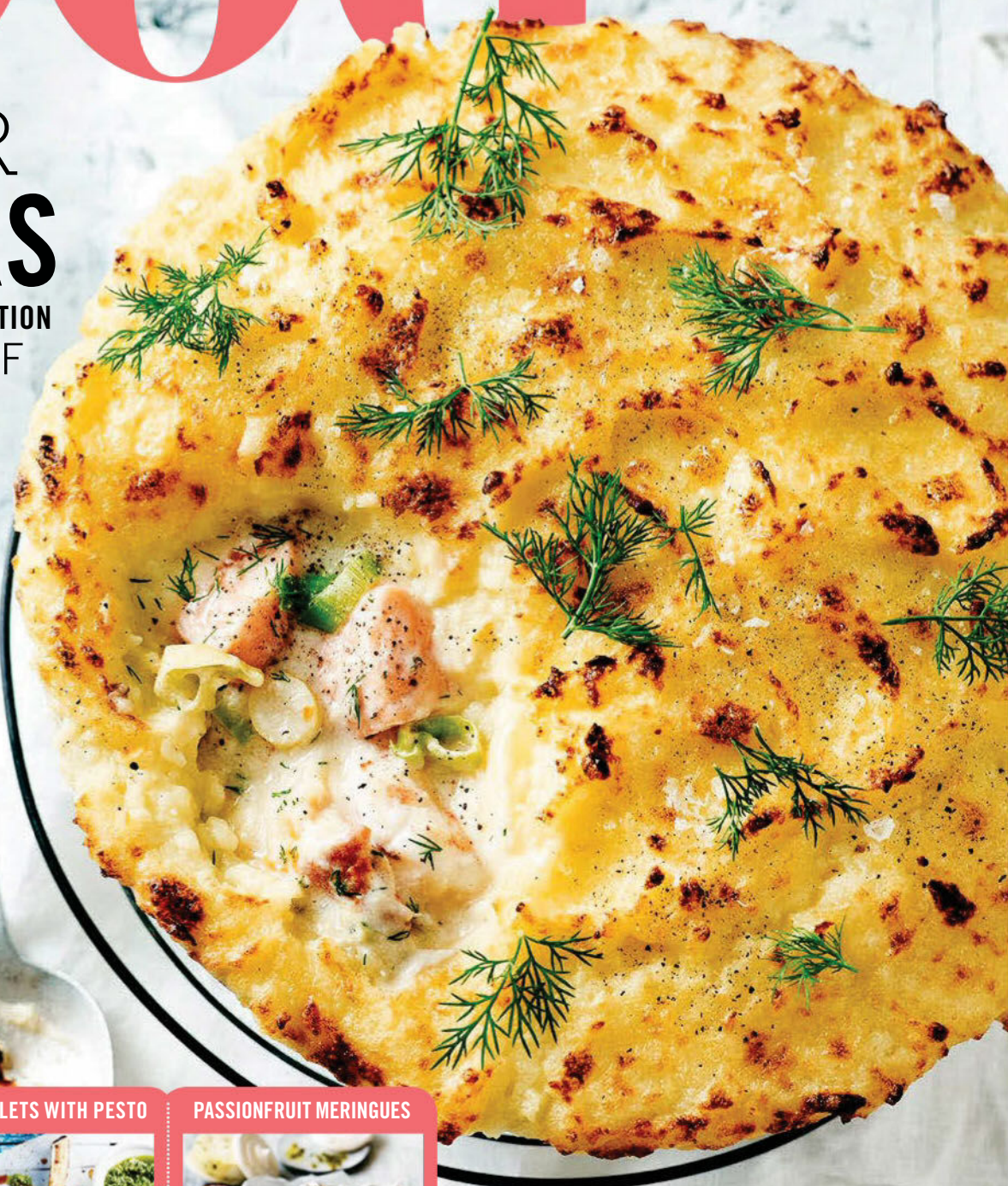
YOUR MUST-HAVE COOKERY COLLECTION  
FOR THE HOME CHEF

# 120

EASY RECIPES

### Step-by-step BACK TO BASICS

- MARVELLOUS MERINGUES
- EGGS FOR EVERYONE
- DELICIOUS DINNERS



GRILLED LAMB SALAD



VEAL CUTLETS WITH PESTO



PASSIONFRUIT MERINGUES



Make Our Cover

**CREAMY FISH  
& PRAWN PIE**

TURN TO PAGE 6

LOADS MORE INSIDE!





CAPTURE

FRESH GARDEN

Flavour

IN A JAR

In 3  
Simple  
Steps

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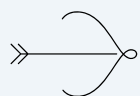
3 ENJOY IT Gift It STORE IT!

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## A Letter From Amanda



We all have to start somewhere, and my cooking journey started when I was around 10 years old, flipping pancakes in an electric skillet at primary school one afternoon during our weekly cooking class. I thought I was the ant's pants! But I soon realised that

*I wasn't because pancakes are meant to be thick and fluffy, not thin, dark brown and rubbery – but, hey, I tried!*

*At 12, I was sent to boarding school, and I'm sure the food served up pushed me into wanting to cook good food for all to enjoy. So when I left school, I did my chef apprenticeship, which has since taken me and my knife set around the world and across several magazines. In the '90s, my cookery journey saw me sailing into The Australian Women's Weekly Test Kitchen and Pamela Clark's warm baking embrace. I was quickly whipped into line and taught to think as a home economist (people who measure ingredients, as opposed to chefs who cook with their hands). A lot has changed since flipping pancakes at primary school, but some things remain the same, such as my desire to entice people's tastebuds with the love of food.*

*With this, our beginners' issue, my aim is to entice everyone, from the novice home cook to the pastry chef, to sharpen their knives and chant, "Food brings people together." And, for the budding little chefs out there who are too young to sharpen their own knives, they can role-play with our little chefs' party, page 114.*

*To get cracking, turn to page 94 for eggs any style. We take your hand and show you how easy it is to cook one of breakfast's main ingredients. Then it's time to think about the rest of the day. My favourite main meal this month would have to be the Creamy Fish & Prawn Pie, our cover recipe, page 6.*

*We also crank up the oven to bake some easy types of bread, page 26. There's nothing better than taking a little cooped-up stress out by kneading dough – and the smell of freshly baked bread wafting through the house is divine.*

*For many, the thought of making a meringue causes hysteria, but our dreamy meringue desserts, page 12, are super easy, and, with trusty steps, your masterpieces will dazzle. Then you definitely will be the ant's pants!*

*Amanda*

EDITOR





# No. 25 CONTENTS



## HUMMUS HEROES

The humble chickpea is elevated to a meal-must with these side dishes that are packed with protein and other nutritional goodies. Spread's the word!



## THE RICE IS RIGHT

No more glugginess, no more chewiness – perfect rice every time becomes the basis for delicious dishes, from Italian risotto to Indian biryani.



## CRUNCH TIME

Want to attract budding cooks into the kitchen? Start them with something they will love to make as well as eat – biscuits, from trad faves to something a little different.



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## COOK THE COVER

Our Creamy Fish & Prawn Pie is what food dreams are made of. Just follow our easy recipe and success is guaranteed, even for new cooks. See page 6.

PHOTOGRAPHER  
JOHN PAUL URIZAR  
STYLIST  
SOPHIA YOUNG  
PHOTOCHIEF  
ANGELA DEVLIN



## AIR APPARENT

Whip up marvellous meringue every time with our step-by-step, fail-safe guide. Use it in delectable desserts that are sure to get your guests talking.



## MAIN EVENT

It's centre stage in a meal, but you don't need to get dramatic about preparing a main course. From one-pot dinners to stir-fries, keep it simple with these star turns.



## MUSHROOM MOMENTS

Ornamental, textural and packed with earthy flavours, mushrooms are endlessly versatile – use them in tasty side dishes or as vegetarian mains.



## FAST & FABULOUS

You may be short on time, but you don't need to be short on inspiration. Create your own midweek adventures with these quick and easy dishes.



## EGGS-CEPTIONAL!

With an egg in the fridge, you have a meal in the house. Boiled, scrambled, poached: we show you how to get cracking with this nutritional powerhouse.



## GETTING SAUCY

From curry pastes to harissa, we present seductive ways to spice up your meals.

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MONTH



## SCALE NEW HEIGHTS

Flavour gets the thumbs up and gluten the thumbs down with these inspiring recipes. Why not try this flavoursome Fish Tortilla with Tomato & Avocado Salsa?



## SERVES TWO

Got someone to impress? Use your new cooking skills to great effect with these delicious dishes for two that will let you display your food-prep prowess.



## LITTLE WONDERS

Share around the chefs' hats, aprons and mixing bowls, and get the kids to cater for their own party. We show how entertaining the littlies can really be child's play.



## SLICE OF THE ACTION

Master that universal favourite, the cheesecake, and everyone will be sweet on you! We show you how to get it right every time - and add your own special twist.

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# On the cover

PHOTOGRAPHER **JOHN PAUL URIZAR** STYLIST **SOPHIA YOUNG** PHOTOCHEF **ANGELA DEVLIN**

Even the novice cook will be able to whip up this mouth-watering pie that's a sure-fire winner. There'll be oohs and aahs as the diners delve beneath the creamy mash to reveal the creamy seafood filling.

## CREAMY FISH & PRAWN PIE

PREP + COOK TIME 1 HOUR 30 MINUTES

SERVES 6

400g skinless boneless salmon fillets  
400g skinless boneless firm white fish fillets  
400g smoked fish (trout, haddock or cod)  
400g uncooked medium prawns  
1 litre (4 cups) milk  
1 medium leek (350g), sliced thinly  
1 stalk celery (150g), sliced thinly  
80g butter  
½ cup (75g) plain flour  
2 tablespoons finely chopped fresh dill  
2 teaspoons finely grated lemon rind  
1 tablespoon lemon juice  
30g butter, extra, chopped finely  
2 sprigs fresh dill, extra

### POTATO MASH TOPPING

1.2kg desiree potatoes, chopped  
⅓ cup (80ml) milk, warmed  
90g butter, chopped

- 1 Cut salmon and white fish into 3cm pieces. Remove skin from smoked fish and flake into large pieces. Peel and devein prawns.
- 2 Place milk, leek and celery in a large saucepan over medium heat;

bring to a simmer. Add salmon and white fish; simmer, uncovered, over low heat, for 10 minutes or until fish is cooked through. Strain milk mixture over a large bowl; reserve milk. Transfer fish and vegetables to a medium bowl.

- 3 Meanwhile, make the potato mash topping.
- 4 Preheat oven to 180°C/160°C fan.
- 5 Heat butter in same cleaned saucepan over medium-high heat, add flour; cook, stirring, until mixture thickens and bubbles. Gradually add reserved milk; whisk until mixture boils and thickens. Add cooked fish, smoked fish, prawns, dill, rind and juice; stir to combine. Season. Remove from heat.
- 6 Transfer seafood mixture to a 3-litre (12-cup) ovenproof dish; top with potato mash topping. Using a fork, swirl mash in a decorative pattern; dot with extra butter.
- 7 Bake pie for 45 minutes or until heated through and mash is golden. Serve topped with extra dill.

### POTATO MASH

Boil, steam or microwave potato until tender; drain. Mash potato with warmed milk and butter in a large bowl until smooth; season to taste.



## COOK'S NOTES

*Try flathead or ling for the firm white fish fillets, as these will hold together.*

*Make individual pies in 6 x 2-cup ovenproof dishes. Bake for 20 minutes.*









# MEET OUR EXPERTS

The culinary team behind *The Weekly's* wonderful recipes and cookbooks has a wealth of experience.



**PAMELA CLARK**

**EDITORIAL & FOOD DIRECTOR, AWW COOKBOOKS**

"I've been working on *The Weekly's* cookbooks since 1969 and my love for food hasn't changed. From the concept to testing, tasting, photography, editing and production - it still gives me a thrill to hold a new book in my hand."



**SOPHIA YOUNG**

**STYLE DIRECTOR, AWW COOKBOOKS**

"As a Style and Food Concept Director, I combine my practical knowledge with my flair for all things creative. I'm passionate about eating for nourishment and love testing my latest creations on my husband."



**LOUISE PATRIOTIS**

**FOOD EDITOR, FOOD STUDIO**

"My love of good food has set the foundation for a career in food media spanning almost 30 years. What I love most about food and cooking is that it brings people together - it's an expression of love."



**ALEXANDRA ELLIOTT**

**FOOD EDITOR, AWW COOKBOOKS**

"Working at *The Weekly* since 1989, I've seen many food fads come and go. Good food, however, is always in fashion. For me, fresh classic food stands the test of time and never fails to impress."



**FRANCES ABDALLAOUI**

**FOOD DIRECTOR, THE AUSTRALIAN WOMEN'S WEEKLY**

"An avid cook with an ever-evolving fondness for baking, I truly believe that good food is mostly about fresh Australian produce cooked simply with a generosity of care and spirit."



**DOMENICA REDDIE**

**FOOD EDITOR, AWW COOKBOOKS**

"I come from a large Italian family, where food was a way of life and everything was made from scratch. My fondest memories are picking tomatoes to make passata and eating pasta with the masses."



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# FOOD BITES

COMPILED BY REBECCA BALKIN



## AN OLDIE, BUT A GOODIE

To celebrate its 120th birthday, vanilla producer Queen has released limited-edition Master Blended Pure Vanilla Extract, inspired by those classic bottles we know so well (left). For more, visit [queen.com.au](http://queen.com.au)



## A LITTLE CULTURE

Healthy snack – you don't see those words together often. In two flavour combos, chocolate and vanilla, and strawberry and vanilla, Twisted frozen yoghurt is a nutritious treat on the go. Packed with live probiotics, it's gluten-free, low fat and has no artificial flavours or sweeteners. It comes in a four pack, with two tubs of each of the two flavours. From your nearest Woolworths or About Life.



## FONDANT EMBRACE

Become a top-tier cake decorator and get smooth results every time with Satin Ice fondant. Spotlight is now stocking the US sweet sensation that's sure to be your one-way ticket to cake decorating success. Choose from pre-coloured varieties or tint it yourself – it's easy to mould, roll, cut and shape, making cake decorating a breeze. For more products and inspiration, visit [spotlightstores.com.au](http://spotlightstores.com.au)

## THANKS A MILL!

Enjoy the daily grind with the timeless and sophisticated CrushGrind Paris mill. With an EasyFill feature – no unscrewing required – and a durable ceramic mechanism, these Danish-engineered kitchen mills take gourmet to the next level. For more, visit [albi.com.au](http://albi.com.au)



*The mechanism lifts up for easy refilling.*





## SUPERBALL

Want a balanced, healthy breakfast, but you're too busy to prepare it? Hummingbird's Blendsies balls come to the rescue. They deliver essential ingredients and vitamins in handy superfood balls that you add to a smoothie. Simply select one of the five flavours, such as Cleanse or Energy, add fruit and liquid, then blend and you're set to go.

For stockists, visit [hbird.co](http://hbird.co)

## WIN A \$150 VOUCHER TO THE MEAT & WINE CO

Do you have a favourite meat dish? Share the recipe with us and you could win a \$150 voucher to The Meat & Wine Co steakhouse. With locations in Sydney and Melbourne, the African-inspired restaurant chain has revitalised its menu, focusing on premium meats skilfully matched with speciality wines, taking into account, for example, the marble score of the meat. For more information and steakhouse locations, visit [themeatandwineco.com](http://themeatandwineco.com)

For your chance to win, send the recipe for your favourite meat dish to The Meat & Wine Co Competition, AWW Food magazine, Level 1, 54 Park Street, Sydney, NSW 2000 or email [awwfoodmag@bauer-media.com.au](mailto:awwfoodmag@bauer-media.com.au) with The Meat & Wine Co Competition in the subject line. Include your name, address and daytime contact number.



Terms & Conditions: Competition opens 06/03/2017 at 00:01 (AEDT) and closes 02/04/2017 at 23:59 (AEDT). Open to Australian residents. Entrants under the age of 18 years must have prior parental or legal guardian consent to enter. One entry permitted per person. This is a game of skill; chance plays no part in determining the winner. For full terms and conditions, go to: [www.bauer-media.com.au/terms/competition-terms](http://www.bauer-media.com.au/terms/competition-terms). Please see contents page for location of Bauer Media's privacy notice. If you do not want your information given to any organisation not associated with this promotion, please indicate this clearly on your entry. The Promoter is Bauer Media Pty Ltd (ABN 18 053 273 546).

## WHAT'S ON THIS MONTH



### FUN IN THE PARK

Discover the delectable delights Sydney has to offer at the 2017 Taste of Sydney. Returning to Centennial Park over four foodie-filled days, March 9-12, it will indulge your senses as well as your tastebuds, as you enjoy exquisitely crafted food by some of Australia's top chefs. For more, [sydney.tastefestivals.com](http://sydney.tastefestivals.com)

### TASSIE TREATS

Turning 25 this year, A Taste of the Huon has become a firm Tassie favourite, its stunning Huon Valley setting being as much a drawcard as the fresh food. A showcase for local produce, it delivers wonderful tastes over a relaxed weekend in the crisp country air, March 12-13. For more, [tasteofthehuon.com](http://tasteofthehuon.com)



### SAMPLING THE HIGH LIFE

On Victoria's Flinders foreshore, the Labor Day weekend Peninsula Piers & Pinots festival combines wine tasting (around 60 regional pinots on offer), local food produce and live music with a yacht race. Get your taste of the high life on March 12. For more, visit [mpva.com.au](http://mpva.com.au)

If you have a food event coming up, please email us at [awwfoodmag@bauer-media.com.au](mailto:awwfoodmag@bauer-media.com.au)





# Marvellous Meringues

Master the technique of  
whisking your way to creating  
the perfect meringue with  
these easy desserts





To save time, you can use bought meringue nests, which are available from most supermarkets.

SERVES 6

### PASSIONFRUIT & MANGO YOGHURT VACHERIN

RECIPE  
ON PAGE 16





## CHOCOLATE, TAMARILLO & BERRY PAVLOVA

PREP + COOK TIME 2 HOURS (+ COOLING)

SERVES 10

80g dark chocolate, chopped coarsely  
4 egg whites  
1 cup (220g) caster sugar  
1 tablespoon cornflour  
1 teaspoon white vinegar  
250g cream cheese, softened  
2 teaspoons vanilla extract  
 $\frac{1}{4}$  cup (40g) icing sugar  
300ml thickened cream

### TAMARILLO & BERRY COMPOTE

4 tamarillos (465g), cut lengthways into four slices  
1 cup (150g) blueberries  
 $\frac{1}{3}$  cup (150g) caster sugar  
 $\frac{1}{2}$  cup (125ml) water  
 $\frac{1}{4}$  cup (80g) cherry or strawberry jam

- 1 Preheat oven to 120°C/100°C fan. Line an oven tray with baking paper. Mark an 18cm circle on paper; place, marked-side down, on tray.
- 2 Place the chocolate in a small heatproof bowl over a small saucepan of simmering water (don't allow bowl to touch water); stir until just melted. Cool slightly.
- 3 Beat the egg whites in a small bowl with an electric mixer until soft peaks form. Gradually add caster sugar, beating until dissolved after each addition, and the mixture is thick and glossy.
- 4 Fold cornflour and vinegar through meringue mixture; place half the melted chocolate in small spoonfuls on meringue. Dollop large spoonfuls of meringue mixture inside marked circle on tray; top with remaining chocolate in small spoonfuls. Using a palette knife, gently swirl chocolate into meringue.
- 5 Bake meringue for 1½ hours or until dry to the touch. Turn oven off, leave meringue to cool in oven with door ajar.



6 Meanwhile, make tamarillo and berry compote.

7 Beat cream cheese, extract and icing sugar in a small bowl with an electric mixer until smooth. Gradually beat in the cream until smooth and combined.

8 Just before serving, place pavlova on a serving platter; spoon cream cheese mixture on pavlova, then top with tamarillo and berry compote.

### TAMARILLO & BERRY COMPOTE

Place the tamarillos, blueberries, sugar and the water in a medium saucepan over medium heat; bring to a simmer. Simmer for 5 minutes or until tamarillos and blueberries have released juices. Using a slotted spoon, transfer tamarillos and the blueberries to a small bowl. Stir jam into the juices in pan; bring to the boil. Boil for 5 minutes or until mixture thickens. Pour syrup over fruit. Cool completely.

## COOK'S NOTES

*To check that you have beaten the meringue sufficiently, rub a little of the mixture between your fingers – it should feel silky smooth, without any grainy sugar crystals.*

*The pavlova can be made a day ahead; store in an airtight container at room temperature. The compote is best made close to serving*

### STEP-BY-STEP PAVLOVA

#### A MELTING CHOCOLATE

Stir the chopped chocolate in a small heatproof bowl over a small saucepan of simmering water until melted and smooth. It's important that the bowl doesn't touch the water – if any trace of water does come in contact with the chocolate, it will seize, and you will have to start again.

#### B ARRANGING THE MERINGUE

Dollop large spoonfuls of meringue mixture inside the marked circle on the oven tray. Drop small spoonfuls of the remaining melted chocolate on top, then gently swirl the chocolate into the meringue.



#### C FRUITY COMPOTE

Place sliced tamarillos, blueberries, caster sugar and the water in a medium saucepan. Simmer the mixture for 5 minutes, then transfer fruit to a small bowl with a slotted spoon. Stir jam into the juices left in the pan, then boil until mixture thickens. Pour syrup over the fruit and allow to cool completely.

#### D CREAMY FILLING

Beat the softened cream cheese, icing sugar and vanilla extract in a small bowl with an electric mixer until mixture is smooth. Gradually pour in the thickened cream, beating until the mixture is smooth and combined.





### PASSIONFRUIT & MANGO YOGHURT VACHERIN

**PREP + COOK TIME 1 HOUR 45 MINUTES**  
**(+ FREEZING & COOLING) SERVES 6**

- 1 litre (4 cups) mango and coconut frozen yoghurt, softened slightly**
- ⅓ cup (80ml) passionfruit pulp**
- 3 egg whites**
- ¾ cup (165g) caster sugar**
- ½ teaspoon vanilla bean paste**
- ¾ teaspoon white vinegar**
- 1 small mango (300g), chopped finely**

- Grease a deep 22cm round cake pan; line base with baking paper.
- Combine softened yoghurt and passionfruit in a large bowl. Spoon yoghurt mixture into pan; level surface. Freeze for 2 hours or until firm. Cut six 7cm rounds from the frozen yoghurt. Return to freezer for 15 minutes.
- Meanwhile, preheat oven to 120°C/100°C fan. Line two baking trays with baking paper. Mark 12 x 7cm circles on paper; turn paper, marked-side down, on trays. Lightly grease paper, dust with a little cornflour; shake off excess cornflour.
- Beat egg whites in a small clean bowl with an electric mixer until soft peaks form. Gradually add sugar; beat until sugar dissolves between additions and mixture is glossy and stiff. Fold in vanilla bean paste and vinegar until combined. Using a 1cm plain piping nozzle, pipe meringue evenly over marked circles.
- Bake meringues for 1 hour or until dry to touch. Turn oven off; cool in oven with door ajar.
- To assemble, place half the meringue discs on serving plates. Top with yoghurt rounds, then remaining meringue discs. Serve with mango.

### PEANUT BUTTER & CARAMEL MOUSSE MERINGUE CAKE

**PREP + COOK TIME 1 HOUR 40 MINUTES**  
**(+ REFRIGERATION & COOLING) SERVES 8**

- 3 egg whites**
- 1 cup (160g) icing sugar**
- 3 teaspoons cornflour**
- ¾ cup (100g) ground almonds**
- 3 teaspoons powdered gelatine**
- 2 tablespoons cold water**
- ½ cup (140g) smooth peanut butter**
- ½ cup (170g) canned Caramel Top'n'Fill**
- 1 cup (250ml) thickened cream**
- 1½ cups (375ml) thick cream**
- 1 tablespoon icing sugar, extra**

#### PEANUT CARAMEL SAUCE

- ½ cup (110g) caster sugar**
- 2 tablespoons water**
- 1 cup (250ml) thickened cream**
- ⅓ cup (70g) smooth peanut butter**
- ⅓ cup (45g) coarsely chopped roasted peanuts**

- Preheat oven to 160°C/140°C fan. Lock the bases in two 22cm springform pans upside down; grease, then line the base and side of each pan with baking paper.
- Beat egg whites in a small bowl with an electric mixer until soft peaks form. Gradually add sifted icing sugar, beating until thick and glossy. Beat in cornflour and ground almonds until well combined. Divide mixture between pans; smooth surfaces with a palette knife.
- Bake meringues for 40 minutes, swapping pans from top to bottom halfway through cooking time, or until crisp and dry. Cool in oven with door ajar.

- Meanwhile, make the peanut caramel sauce.
- To make the mousse, sprinkle gelatine over the water in a small bowl; stand for 5 minutes. Whisk peanut butter, Caramel Top'n'Fill and the thickened cream in a small saucepan over low heat for 2 minutes or until well combined. Increase heat to medium; bring to the boil. Remove from heat; stir in gelatine mixture until dissolved. Transfer to a medium bowl; cool. Whisk thick cream just until soft peaks form; fold into peanut butter mixture.
- Spoon mousse on one meringue in pan. Remove second meringue from pan; place on top of mousse. Refrigerate for 4 hours or until set.
- Before serving, dust cake with extra icing sugar. Serve topped with peanut caramel sauce.

#### PEANUT CARAMEL SAUCE

- Stir sugar and the water in a small saucepan over low heat, without boiling, for 2 minutes or until sugar dissolves. Increase heat. Boil for 10 minutes, without stirring, or until mixture becomes a golden brown caramel. Remove from heat. Allow bubbles to subside; add cream. Return pan to heat; stir until smooth then stir in peanut butter and peanuts. Cool.



SERVES 8

**PEANUT BUTTER &  
CARAMEL MOUSSE  
MERINGUE CAKE**

RECIPE  
OPPOSITE

**TOP TIP**

The meringue layers can be made up to 3 days ahead; store in an airtight container at room temperature.





MAKES 8

**LITTLE SALTY  
CARAMEL  
MERINGUE PIES**

RECIPE  
OPPOSITE





### LITTLE SALTY CARAMEL MERINGUE PIES

PREP + COOK TIME 1 HOUR (+ REFRIGERATION, COOLING & STANDING) MAKES 8

395g can sweetened condensed milk  
30g butter  
¼ cup (90g) golden syrup or treacle  
2 teaspoons sea salt flakes  
¼ cup (60ml) pouring cream

#### PASTRY

1 cup (150g) plain flour  
⅓ cup (55g) icing sugar  
90g butter, chopped  
1 egg yolk  
1 tablespoon iced water, approximately

#### MERINGUE

4 egg whites  
1 cup (220g) caster sugar

- 1 Make pastry.
- 2 Grease eight 8cm round loose-based fluted flan pans. Divide pastry into eight portions. Roll a portion of pastry at a time between sheets of baking paper until large enough to line pans. Ease pastry into pans, press into sides; trim edges. Prick bases with a fork. Place on an oven tray; refrigerate for 20 minutes.
- 3 Meanwhile, preheat oven to 180°C/160°C fan.
- 4 Line pastry with baking paper; fill with dried beans or rice. Bake for 10 minutes. Remove paper and beans; bake for a further 5 minutes or until browned. Cool.
- 5 Stir the condensed milk, butter, syrup and salt in a small heavy-based saucepan over medium heat for

12 minutes or until caramel-coloured. Stir in cream. Spread the filling into the pastry cases.

- 6 Make meringue; spoon meringue onto tarts.
- 7 Bake tarts for 5 minutes or until browned lightly. Stand for 20 minutes before serving.

#### PASTRY

Process the flour, icing sugar and butter until crumbly. Add egg yolk and enough of the water, while processing, for the ingredients to just come together. Briefly knead dough on a floured surface until smooth. Enclose pastry with plastic wrap; refrigerate for 30 minutes.

#### MERINGUE

Beat egg whites in a small bowl with an electric mixer until soft peaks form. Gradually add sugar, beating until sugar is dissolved after each addition and mixture is thick and glossy.





## TOP TIPS

Use 800g canned chickpeas instead of dried; drain, reserving  $\frac{1}{2}$  cup of liquid to thin hummus, if needed.

Did you know you can also use this water (aquafaba) instead of egg whites for a vegan meringue?



# Heavenly *hummus*

PHOTOGRAPHER JOHN PAUL URIZAR

STYLIST SOPHIA YOUNG PHOTOCHEF ANGELA DEVLIN

Packed with goodness, the humble chickpea, aka the garbanzo bean – yes, it's really another bean – can become a delicious dip in no time. While we have used dried chickpeas, if time's precious, use a canned variety instead. And don't forget chickpeas are not just for hummus – these protein powerhouses can become the basis for a fabulous, nutritious side dish, or even a main, in just a few steps.

## BASIC HUMMUS

**PREP + COOK TIME 1 HOUR 15 MINUTES**  
**(+ SOAKING) MAKES 3 CUPS**

**1 cup (200g) dried chickpeas**  
**1 clove garlic, crushed**  
**¼ cup (70g) tahini**  
**¼ cup (60ml) lemon juice**  
**¼ cup (60ml) olive oil**

- 1 Soak chickpeas in cold water overnight. Drain.
- 2 Place drained chickpeas in a large

saucepan with plenty of water. Bring to a simmer over high heat; simmer, uncovered, for 1 hour or until tender. Drain; reserve ½ cup of cooking liquid and ¼ cup of whole chickpeas.

- 3 Process remaining chickpeas and reserved cooking liquid until smooth. Add garlic, tahini, lemon juice and olive oil. Season.

- 4 Serve topped with reserved chickpeas and a little extra olive oil.





1

## *Green hummus*

Make Basic Hummus (recipe on page 21), without reserving any whole chickpeas. Add  $\frac{1}{2}$  cup firmly packed coriander leaves and  $\frac{1}{2}$  cup firmly packed mint leaves; process hummus mixture until smooth. Serve topped with  $\frac{1}{3}$  cup crumbled fetta, and extra coriander and mint leaves. Drizzle with a little extra olive oil. Serve with salted crispbread.





2

## *Carrot hummus*

Make Basic Hummus (recipe on page 21), without reserving any whole chickpeas. Heat 2 tablespoons olive oil in a frying pan over medium heat; cook 1½ cups grated carrot, ¾ teaspoon crushed coriander seeds and ¾ teaspoon ground turmeric, stirring, for 5 minutes or until soft. Add carrot mixture to hummus; process until smooth. Sprinkle with sumac. Drizzle with oil. Serve with crusty bread.





3

### *Seed & spice hummus*

Make Basic Hummus (recipe on page 21), without reserving any whole chickpeas.

Heat 2 tablespoons olive oil in a small frying pan over medium heat. Cook 2 tablespoons pepitas, 1 teaspoon ground cumin, 1 teaspoon sesame seeds and 1 teaspoon crushed coriander seeds, stirring, for 2 minutes or until toasted. Serve hummus drizzled with a little extra oil. Sprinkle with spice mixture and strips of lemon rind. Serve with char-grilled bread.





4

## *Hummus with pomegranate lamb*

Make Basic Hummus (recipe on page 21), without reserving whole chickpeas. Heat 2 tablespoons olive oil in a frying pan over high heat; cook 200g minced lamb, 1 crushed garlic clove, 2 tablespoons pomegranate molasses and  $\frac{1}{2}$  teaspoon allspice, stirring, for 15 minutes or until lamb is almost crisp. Spoon lamb mixture over hummus; top with 2 tablespoons pomegranate seeds and baby coriander leaves. Serve with char-grilled flatbread.







# Bread winners



PHOTOGRAPHER **CATH MUSCAT** STYLISTS **OLIVIA BLACKMORE & SOPHIA YOUNG**  
PHOTOCHIEF **KIRSTEN JENKINS & ARUM SHIM**

Yeast for the senses: bread making is an age-old practice that people fall in love with, given the chance. Once you've kneaded the dough, watched it prove and enjoyed the enticing baking aroma, you'll always rise to the occasion.



## DO-AHEAD

Bread can be made a day ahead. In fact, the bread tastes better the next day.

## Bread For Beginners



1¼  
HOURS

### DARK BREAD

RECIPE  
ON PAGE 29



## COOK'S NOTES

### DARK BREAD

*A little like pumpernickel, but with hints of cocoa and molasses, this complex-tasting bread is wonderfully versatile. It complements smoked salmon beautifully.*



## TOP TIPS

It's not necessary to swap the trays around in a fan-forced oven, as the fan will circulate the heat evenly.

To freeze baked loaves, cool bread as quickly as possible, pack in quality freezer bags, expel all air, and freeze as quickly as possible.

Slice the bread before you freeze it – then you can take out as much as you need each time.

## Bread For Beginners



**MAKES  
3 LOAVES**

**DARK BREAD**

**RECIPE  
OPPOSITE**





## DARK BREAD

**PREP + COOK TIME 1 HOUR 15 MINUTES**  
 (+ STANDING) **MAKES 3 LOAVES**

- 4 teaspoons (14g) dried yeast**
- 2 teaspoons caster sugar**
- 2 cups (500ml) warm water**
- ½ cup (125ml) extra virgin olive oil**
- ¼ cup (95g) molasses**
- 1 tablespoon caraway seeds**
- 1 teaspoon cumin seeds, toasted**
- ½ cup (75g) sunflower seeds**
- 2 large carrots (360g), peeled, grated coarsely**
- 1 cup (170g) fine cornmeal**
- 3 cups (450g) rye flour**
- 2 cups (300g) plain flour**
- ⅓ cup (35g) dutch-processed cocoa**
- 1 tablespoon fine salt**
- ½ cup (75g) plain flour, extra**

- 1** Whisk yeast, sugar and the warm water in a large bowl until yeast is dissolved. Cover; stand in a warm place for 10 minutes or until mixture is frothy.
- 2** Stir oil and molasses into yeast mixture, then seeds, carrot, cornmeal

and sifted flours, cocoa and salt to form a slightly sticky dough. Turn dough onto a well-floured surface; knead for 10 minutes or until smooth, dusting the surface frequently with the extra plain flour. Place dough in a large oiled bowl. Cover; stand in a warm place for 2 hours or until dough has doubled in size.

**3** Turn dough out onto a floured surface; divide into three portions. Knead each portion until smooth and then shape into a 12cm round. Place on three oven trays lined with baking paper; cover with clean tea towels, stand in a warm place for 45 minutes or until dough has risen slightly.

**4** Preheat oven to 200°C/180°C fan. Dust loaves with a little more plain flour, then, using a small, floured, sharp knife, make five or six slashes, in both directions, across each loaf.

**5** Bake bread for 40 minutes, swapping trays between shelves halfway through cooking time (see tip) or until the bread sounds hollow when tapped. Transfer loaves to wire racks to cool. Leave at least 45 minutes before eating.

## STEPS

### A. ACTIVATING YEAST

The liquid added to yeast should be warm (about 26°C) in order to activate the yeast. If it's too cool, it will retard its growth; if it's too hot, it will kill the yeast. Combine dried yeast, caster sugar and the warm water in a large bowl until the yeast is dissolved. Stand in a warm place for 10 minutes or until the mixture is frothy.

### B. HOST OF INGREDIENTS

There are a host of unexpected ingredients added to the yeast mixture to create this specialty bread: molasses, caraway and cumin seeds, sunflower seeds, cornmeal, rye flour and cocoa – plus grated carrot for moisture.

### C. MIXING THE DOUGH

Stir the oil and molasses into the yeast mixture, then the seeds, grated carrot, cornmeal and sifted flours, cocoa and salt until it forms a slightly sticky dough.

### D. BAKING LOAVES

Dust the risen loaves with a little more plain flour, then make five or six slashes across each loaf in both directions. Bake for 40 minutes, swapping the trays halfway through cooking time, or until the loaves sound hollow when tapped. Cool loaves on wire racks for at least 45 minutes before eating.



*"There's nothing quite like homemade bread – start with an easy recipe and see just how quickly you can turn out a lovely loaf for all to enjoy."*

**Pamela Clark, Editorial & Food Director, AWW Cookbooks**



## BRIOCHE

PREP + COOK TIME 1 HOUR  
(+ STANDING & REFRIGERATION)  
MAKES 1 LOAF

*You will need to start this recipe the day before.*

**4 teaspoons (14g) dried yeast**  
**⅓ cup (80ml) warm water**  
**¼ cup (55g) caster sugar**  
**4 cups (600g) plain flour**  
**1 teaspoon fine salt**  
**5 eggs, beaten lightly**  
**250g butter**  
**1 egg, beaten lightly, extra**  
**1 tablespoon caster sugar, extra**

**1** Whisk yeast, the warm water and 1 tablespoon of the caster sugar in a small bowl until yeast dissolves. Cover; stand in a warm place for 10 minutes or until mixture is frothy.  
**2** Sift flour, salt and remaining caster sugar into a large bowl, then add yeast mixture and egg; stir until just combined. Turn dough out onto a floured surface, knead for 10 minutes or until dough is smooth and elastic.  
**3** Divide butter into 10 equal portions. Knead each portion of butter into dough, kneading well after each addition, until all the butter is incorporated and dough is smooth and glossy. Place

dough into a large bowl; cover, refrigerate overnight.

**4** Preheat oven to 200°C/180°C fan. Divide dough into three equal portions; roll each portion into a 45cm length. Place the dough lengths on a large greased oven tray; cross lengths over and under each other into a plait. Cover; stand in a cool place for 1 hour or until dough has nearly doubled in size.

**5** Brush plait with extra egg; sprinkle with extra sugar. Bake brioche for 10 minutes. Reduce heat to 180°C/160°C fan; bake for a further 20 minutes or until golden and brioche sounds hollow when tapped.



## Bread For Beginners

MAKES  
1 LOAF

**BRIOCHE**

RECIPE  
OPPOSITE





MAKES  
12

**SEEDED  
BAGELS**

RECIPE  
OPPOSITE





## SEEDED BAGELS

PREP + COOK TIME 1 HOUR (+ STANDING)

MAKES 12

3 teaspoons (10g) dried yeast  
1 tablespoon caster sugar  
1 cup (250ml) warm milk  
½ cup (125ml) warm water  
3 cups (450g) plain flour  
3 teaspoons fine salt  
1 tablespoon caster sugar, extra  
1 egg yolk  
1 teaspoon water, extra  
1 tablespoon poppy seeds  
2 teaspoons caraway seeds  
2 teaspoons sesame seeds  
2 teaspoons linseeds  
2 teaspoons flaked sea salt

1 Whisk yeast, sugar, milk and the water in a large bowl until yeast is dissolved. Cover; stand in a warm place for 10 minutes or until mixture is frothy. Stir in sifted flour, salt and extra sugar, in two batches, to form a firm dough.

2 Turn dough out onto a floured surface. Knead for 10 minutes or until dough is smooth and elastic. Place dough in a large oiled bowl. Cover; stand in a warm place for 1 hour or until doubled in size.

3 Turn dough out onto a floured surface, knead until smooth. Divide dough into 12 portions; form each into a ball. Press your index finger into the centre of each ball to make a hole, rotating the ball with finger until the hole is a third the size of the bagel. Place bagels, 3cm apart, on greased oven trays. Cover; stand in a warm place for 15 minutes or until risen.

4 Preheat oven to 200°C/180°C fan. Working in batches of four, drop bagels, one by one, into a large saucepan of boiling water, ensuring they don't touch. Boil for 1 minute; turn bagels over, boil for a further minute. Using a slotted spoon, transfer bagels to greased oven trays. Repeat with remaining bagels.

5 Brush tops of bagels with combined egg yolk and the extra water; sprinkle with combined seeds and sea salt. Bake for 20 minutes or until golden. Cool on a wire rack.



## COOK'S NOTES

### SEEDED BAGELS

*A good bagel should have a chewy texture, something that is often not found in commercial bagels.*

*A proper bagel is first boiled, and then baked, to achieve its unique, distinctive texture.*





# MAKE A MEAL

Hungry for ideas? Satisfy the family and get your cooking repertoire off to a flying start with these step-by-step meals.

PHOTOGRAPHER **DEAN WILMOT** STYLIST **LOUISE BICKLE** PHOTOCHEFS **JANE COLLINGS & EMMA McCASKILL**





## Dinners For Beginners

### 5 TOP THINGS TO REMEMBER WHEN PUTTING TOGETHER A MAIN MEAL

**1** It's all in the timing – when you have a few different components to your meal, the cooking times may vary. You need to be able to time it so that everything is still hot when you put it on the dinner table. This takes some pre-planning and practice.

**2** Don't try and be too ambitious when cooking for a group of people. Simple food cooked well is always more popular than a complicated dish that hasn't quite worked.

**3** When cooking for four or more people, one-pot dishes make life easier in the kitchen. Lasagne,

shepherd's pie and stroganoff are all great options and can be served with a side of steamed vegetables or a simple salad.

**4** Tidy up as you go. Keep the benchtops and the rest of the preparation area clean and tidy as you work. Wipe up any spills or grease spots that occur during cooking as you go. This way, you won't have to tackle a messy kitchen after you've sat down to enjoy your meal.

**5** Make sure you taste your food as you prepare it. Be careful when seasoning with salt that you don't add too much, as you can't account for everyone's salt preference. It's better for a dish to be under-seasoned than over-seasoned.

### TABLE TALK

Family dinners are a perfect opportunity to catch up on what everyone in your family has been up to. Try and eat dinner at the table to encourage conversation, instead of eating in front of the television.





### SANG CHOY BOW

PREP + COOK TIME 40 MINUTES SERVES 4

- 2 teaspoons sesame oil
- 1 small brown onion (80g),  
peeled and chopped finely
- 2 cloves garlic, crushed
- 2cm piece fresh ginger (10g),  
peeled and grated
- 500g pork mince
- 2 tablespoons water
- 125g fresh shiitake mushrooms,  
chopped finely
- 2 tablespoons light soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon lime juice
- 2 cups (160g) bean sprouts
- 4 green onions, sliced thinly
- $\frac{1}{4}$  cup coarsely chopped fresh  
coriander
- 12 large iceberg lettuce leaves,  
with white parts cut off

- 1 Place oil in a wok. Turn the stove on to medium-high and heat the wok. Add the brown onion, garlic and ginger; use a wooden spoon to stir-fry until the onion is soft. Add the mince; stir-fry for 6 minutes or until mince is browned, breaking up any large lumps with the back of the spoon.
- 2 Add the water, mushroom, soy sauce, oyster sauce and lime juice; stir-fry until mushroom is tender. Take the wok off the heat. Stir in the bean sprouts, green onion and coriander.
- 3 Arrange the lettuce leaves on a large platter. Spoon the mince mixture into the lettuce leaf "cups".

#### STEP-BY-STEP SANG CHOY BOW

- A** To grate ginger, run the peeled ginger across a microplane or the smallest holes of a box grater.
- B** Before you start stir-frying, make sure you have all the ingredients measured, weighed and chopped.
- C** Stir-fry the mince mixture until browned, breaking up any large lumps with the back of the spoon.





## SALMON WITH CREAMY DILL SAUCE

PREP + COOK TIME 25 MINUTES SERVES 4

2 teaspoons olive oil  
4 x 220g salmon fillets, skin still on  
1 small brown onion (80g),  
peeled and chopped finely  
1 cup (250ml) pouring cream  
1 tablespoon coarsely chopped  
fresh dill

1 Place the oil in a large frying pan. Turn the stove on to medium-low and heat the pan. Add the salmon, with the skin-side down; cook for 5 minutes or until skin is crisp. Use

tongs to turn salmon over; cook for a further 3 minutes for medium-rare or until the fish is cooked the way you like it. Lift the salmon out of the pan. Transfer to a large plate; cover with foil to keep it warm.

2 While the fish is cooking, place the onion and cream in a small saucepan. Turn the stove on to medium and heat the cream mixture until it is boiling. Turn down the heat and let it simmer, without a lid, for 8 minutes or until it has become slightly thick. Take the saucepan off the heat; stir in the dill.

3 Serve the salmon with the creamy dill sauce.

### STEP-BY-STEP SALMON

**A** Cook the salmon fillets, skin-side down, until skin is crisp, then turn over and cook the other side.

**B** When the cream sauce has thickened slightly, remove the pan from the heat and stir in the dill.





## TOP TIP

Stews made from lamb and beef always taste better the next day, so you could add the potato topping the day after cooking the meat.





### SHEPHERD'S PIE

PREP + COOK TIME 1 HOUR 10 MINUTES MAKES 4

cooking oil spray

20g butter

1 small brown onion (80g),  
peeled and chopped finely

1 small carrot (70g),  
peeled and chopped finely

¼ teaspoon dried mixed herbs

2 cups (375g) finely chopped  
cooked lamb

2 tablespoons tomato paste

1 tablespoon tomato sauce

1 tablespoon worcestershire sauce

1 cup (250ml) beef stock

1 tablespoon plain flour

2 tablespoons water

#### POTATO TOPPING

2 large potatoes (600g),  
peeled and chopped coarsely

40g butter

2 tablespoons warm milk

- 1 Preheat the oven to 200°C/180°C fan. Spray the inside of four 1-cup (250ml) ovenproof dishes with cooking oil; place dishes on an oven tray.
- 2 Make the potato topping.
- 3 Meanwhile, place the butter in a medium saucepan. Turn the cooktop to medium and melt the butter. Add the onion and carrot; stir with a wooden spoon for 3 minutes or until the onion is soft. Add the mixed herbs and lamb; stir for 2 minutes. Add the tomato paste, tomato sauce, worcestershire sauce and stock; stir to mix them in. Mix the flour and the water in a small jug with a teaspoon. Add the flour mixture to the saucepan; stir until the mixture is boiling and thick. Pour the lamb mixture into the ovenproof dishes.
- 4 Spoon the potato topping on top of the lamb mixture in dishes. Place

the tray of pies into the oven and bake for 20 minutes or until toppings are browned and pies are heated through. Take the pies out of the oven and leave for 5 minutes before serving.

#### POTATO TOPPING

Cook the potato by boiling, steaming or microwaving until it is tender. Transfer to a colander over the sink and drain off the water. Put the potato back into the pan or into a large bowl; add the butter and milk. Use a potato masher to mash until smooth.

#### STEP-BY-STEP SHEPHERD'S PIE

**A** Mash the cooked potato, butter and milk together until smooth.

**B** Add the flour and water mixture to the lamb mixture; cook, stirring, until mixture boils and thickens.

**C** Spoon the potato topping on top of the lamb mixture in dishes.



### COOK'S NOTES

#### SHEPHERD'S PIE

*This is a great way to use up the leftovers from a roast lamb dinner. If you don't have any leftover roast lamb, you can use 375g lamb mince instead. Add it in the same step of the recipe and cook it, stirring with a wooden spoon, breaking up any large lumps, for 6 minutes or until browned.*



### SESAME CHICKEN STIR-FRY

PREP + COOK TIME 40 MINUTES SERVES 4

**350g bean thread vermicelli noodles**  
**1 tablespoon sesame seeds**  
**1 tablespoon peanut oil**  
**2 chicken breast fillets (400g),  
sliced thinly**  
**1 medium brown onion (150g),  
peeled and sliced thinly**  
**1 clove garlic, crushed**  
**280g broccolini, chopped coarsely**  
**2 tablespoons fish sauce**  
**1 tablespoon sweet chilli sauce**  
**2 tablespoons dark soy sauce**  
**4 green onions, sliced thinly**  
**1 cup (80g) bean sprouts**

**1** Place the noodles in a medium heatproof bowl. Pour in enough boiling water to cover; stand noodles for 5 minutes or until tender. Drain the noodles in a colander or sieve over the sink.

**2** Heat a wok over medium heat. Add sesame seeds; stir constantly with a wooden spoon for 2 minutes or until light brown. Using a large spoon, transfer sesame seeds to a small bowl.

**3** Add half the oil to the wok. Increase heat to high. Add the chicken and stir-fry, in batches, for 2 minutes or until browned and cooked. Transfer chicken to a heatproof bowl.

**4** Heat the remaining oil in the wok. Add the brown onion, garlic and broccolini; stir-fry for 3 minutes or until the onion is soft.

**5** Return chicken to the wok. Add the noodles, sesame seeds, fish sauce, sweet chilli sauce, soy sauce, half the green onion and half the bean sprouts; stir-fry for 2 minutes or until heated through.

**6** Spoon the stir-fry into four bowls; top with remaining green onion and bean sprouts.

#### STEP-BY-STEP STIR-FRY

**A** Cover noodles with boiling water in a medium heatproof bowl. Stand for 5 minutes or until the noodles are tender.

**B** Cook the sesame seeds in a hot, dry wok, stirring constantly for 1 minute or until lightly golden brown.

**C** Cook the chicken, in batches, for 2 minutes or until browned all over. Place the cooked chicken in a heatproof bowl.

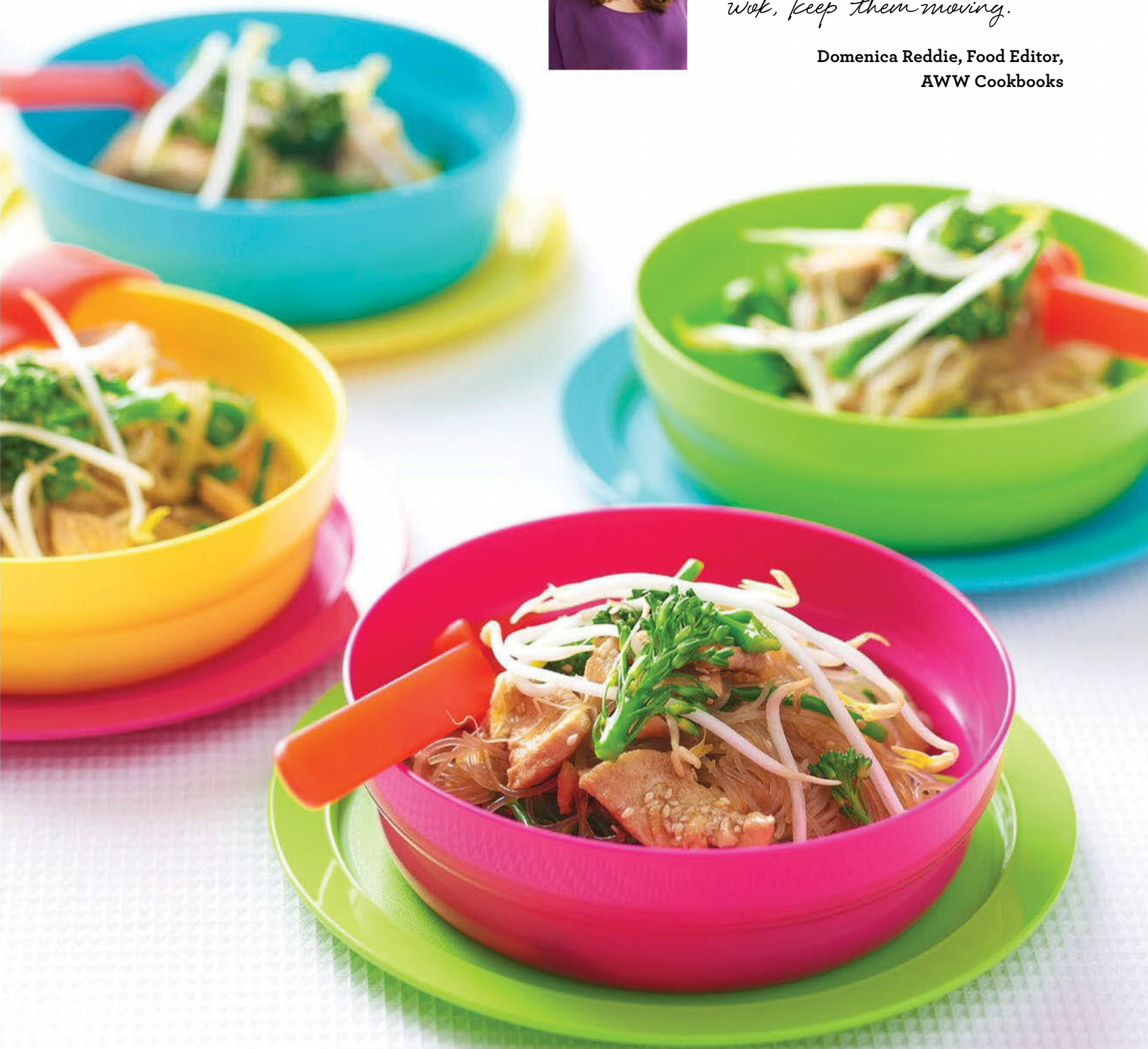






*"The key to cooking a great stir-fry is that once the ingredients hit the wok, keep them moving."*

**Domenica Reddie, Food Editor,  
AWW Cookbooks**





# ON THE BOIL

For every novice cook, the concept of cooking rice can be daunting. But never fear – here, we show you how to cook a delicious variety of rice dishes from around the world.



45  
MINUTES

**SPICED VEGETABLE  
BIRYANI**

RECIPE  
ON PAGE 47





## TOP TIPS

Tempeh is made from fermented cooked soy beans and is high in protein. If you can't find tempeh, use firm tofu instead.

Use a mandoline to cut pineapple into very thin slices.

Satay sauce will thicken on standing.

30  
MINUTES

### RICE PATTIES & TEMPEH SATAY SALAD

RECIPE  
ON PAGE 44





## CHICKEN & THYME RISOTTO

PREP + COOK TIME 45 MINUTES SERVES 4

- 2 x 200g chicken breast fillets
- 1 tablespoon teriyaki marinade
- 2 teaspoons finely grated orange rind
- 2 tablespoons olive oil
- 2 cloves garlic, crushed
- 1 medium brown onion (150g), chopped finely
- 1½ cups (260g) arborio rice
- 3 cups (750ml) chicken stock
- 2 tablespoons coarsely chopped fresh lemon thyme, plus extra, to serve
- 150g baby spinach leaves

- 1 Combine chicken with marinade and rind in a small bowl; toss chicken to coat.
- 2 Heat half the oil in a large saucepan over medium heat; cook the garlic and onion, stirring, for 5 minutes or until onion softens. Add rice and stock; bring to the boil. Reduce heat; simmer, covered, for 15 minutes, stirring halfway through cooking. Remove from heat; cover.
- 3 Meanwhile, heat remaining oil in a large frying pan over medium heat; cook chicken for 5 minutes each side or until cooked through. Cover; rest for 5 minutes, then slice thinly.
- 4 Stir thyme into risotto. Serve risotto on a bed of spinach, topped with chicken and extra thyme.

## Rice For Beginners

### RICE PATTIES & TEMPEH SATAY SALAD

PREP + COOK TIME 30 MINUTES (+ STANDING)

SERVES 4

- 250g fresh tempeh, cut into 5mm-thick slices
- 2 tablespoons kecap manis
- 1 tablespoon finely chopped fresh lemon grass
- 250g packet microwave brown rice
- 2 tablespoons peanut oil
- ¼ medium pineapple (300g), peeled, cored, sliced very thinly crossways
- 1 lebanese cucumber (130g), seeded, chopped coarsely
- 250g cherry tomatoes, halved
- 1 cup (80g) bean sprouts, trimmed
- 2 green onions, cut into long, thin strips
- 1 cup loosely packed fresh mint leaves

#### SATAY SAUCE

- ½ cup (140g) crunchy peanut butter
- 2 tablespoons kecap manis
- ¼ cup (60ml) water
- 1 cup (250ml) coconut cream
- 1 teaspoon chilli flakes
- 2 tablespoons lime juice

- 1 Combine tempeh, kecap manis and lemon grass in a small bowl. Stand for 10 minutes.
- 2 Meanwhile, heat rice following packet directions. Process rice for 30 seconds or until starting to break down and becoming slightly sticky. Heat oil in a large frying pan over medium-high heat. Shape level tablespoons of rice into small patties; cook patties, in batches, for 2 minutes each side or until lightly browned and crisp. Drain on paper towel.
- 3 Make satay sauce.
- 4 Cook tempeh in same frying pan for 30 seconds each side or until browned.
- 5 Arrange rice patties and tempeh on a large serving platter with pineapple, cucumber, tomato, bean sprouts, green onion and mint. Serve with satay sauce.

#### SATAY SAUCE

Stir peanut butter, kecap manis and the water in a small saucepan over low heat for 2 minutes or until melted and smooth. Add coconut cream and chilli; bring to a simmer, stirring constantly. Remove from heat; stir in juice.

### NASI GORENG

PREP + COOK TIME 40 MINUTES SERVES 4

- 720g cooked medium king prawns
- 2 tablespoons peanut oil
- 175g dried chinese sausages, sliced thickly
- 1 medium red capsicum (200g), sliced thickly
- 2 cloves garlic, crushed
- 2 teaspoons grated fresh ginger
- 1 teaspoon shrimp paste
- 2 fresh long red chillies, sliced thinly
- 4 cups (600g) cold cooked white long-grain rice (see tip)
- 2 tablespoons kecap manis
- 1 tablespoon light soy sauce
- 4 green onions, sliced thinly
- 4 eggs

- 1 Shell and devein prawns, leaving tails intact.
- 2 Heat a quarter of the oil in a wok over high heat; stir-fry sausage, in batches, for 2 minutes or until browned. Remove from wok.
- 3 Add half the remaining oil to wok; stir-fry capsicum, garlic, ginger, paste and three-quarters of the chilli for 2 minutes or until soft. Add prawns and rice; stir-fry for 2 minutes or until prawns are heated. Return sausage to wok with sauces and half the onion; stir-fry until heated and combined.
- 4 Place the remaining oil in a large frying pan over medium heat; fry eggs, one side only, until just set.
- 5 Divide nasi goreng between bowls, top each with an egg; sprinkle with remaining onion and chilli.



## TOP TIPS

Nasi goreng, which translates as “fried rice” in Indonesia and Malaysia, was originally created to use up leftover rice.

-----  
You'll need to cook 2 cups (400g) jasmine rice the day before making this recipe. Spread it in a thin layer on a tray and refrigerate it overnight. Or you can use bought ready-cooked rice.

-----  
Dried chinese pork sausages (lap cheong) and shrimp paste (belachan) are both sold in Asian grocers and the Asian section of most supermarkets.

40  
MINUTES

### NASI GORENG

RECIPE  
OPPOSITE



## Rice For Beginners

### TOP TIPS

Preserved lemons are available from delicatessens and some supermarkets.

If you don't have a mandoline, use a vegetable peeler to peel the carrots lengthways into ribbons.

To toast fennel seeds, stir seeds in a dry frying pan over medium heat for 2 minutes or until fragrant.

Dressing can be made up to 2 days ahead; refrigerate in the jar.

45  
MINUTES

### BABY CARROT & BLACK RICE SALAD

RECIPE  
OPPOSITE



## BABY CARROT & BLACK RICE SALAD

PREP + COOK TIME 45 MINUTES SERVES 6

- $\frac{2}{3}$  cup (130g) black rice
- 400g multi-coloured baby carrots, trimmed
- 250g baby rocket leaves, torn
- 1 cup loosely packed fresh mint leaves
- 1 cup (160g) almonds, roasted, chopped coarsely

### PRESERVED LEMON DRESSING

- 1 tablespoon finely chopped preserved lemon rind
- $\frac{1}{3}$  cup (80ml) lemon juice
- $\frac{1}{2}$  cup (125ml) olive oil
- 1 clove garlic, crushed
- 2 teaspoons fennel seeds, toasted, crushed lightly
- 2 teaspoons ground cumin
- 1 teaspoon sweet paprika
- $\frac{1}{4}$  teaspoon cayenne pepper
- 1 teaspoon honey

- 1 Cook rice in a large saucepan of boiling water, uncovered, for 30 minutes or until tender; drain. Rinse under cold running water; drain well.
- 2 Meanwhile, make the preserved lemon dressing.
- 3 Using a mandoline or V-slicer, thinly slice the carrots.
- 4 Place carrots and rice in a large bowl with rocket, mint, almonds and preserved lemon dressing; toss gently to combine.

### PRESERVED LEMON DRESSING

Remove and discard flesh from preserved lemon. Rinse rind well; chop finely. Place rind in a large screw-top jar with remaining ingredients; shake well. Season.



*"The deep, dark colour of black rice is due to high levels of anthocyanin, a powerful antioxidant. Like brown rice, it has a mild nutty taste."*

**Frances Abdallaoui, Food Director,  
The Australian Women's Weekly**

## SPICED VEGETABLE BIRYANI

PREP + COOK TIME 45 MINUTES SERVES 4

- 1 tablespoon vegetable oil
- 1 clove garlic, crushed
- 1 medium brown onion (150g), sliced thinly
- 2 teaspoons garam masala
- 400g can diced tomatoes
- 1 medium potato (200g), cut into 1cm pieces
- $\frac{1}{2}$  cup (125ml) water
- 1 medium red capsicum (200g), sliced thinly
- 1 medium brown onion (150g), extra, chopped finely
- $1\frac{1}{2}$  cups (300g) basmati rice
- 8 cardamom pods, bruised
- $\frac{1}{2}$  teaspoon chilli powder
- $\frac{1}{4}$  teaspoon ground turmeric
- $1\frac{1}{2}$  cups (375ml) water, extra
- $\frac{1}{4}$  cup (40g) sultanas
- 1 medium carrot (120g), cut into long, thin strips
- 1 medium zucchini (120g), cut into long, thin strips
- 1 lebanese cucumber (130g), peeled into ribbons
- $\frac{1}{4}$  cup (20g) roasted flaked natural almonds
- $\frac{1}{3}$  cup loosely packed fresh coriander sprigs
- $\frac{1}{3}$  cup loosely packed fresh small mint leaves

- 1 Heat half the oil in a large saucepan over medium-high heat; cook garlic and sliced onion, stirring, for 5 minutes or until onion softens. Add garam masala; cook, stirring, for 1 minute. Stir in tomatoes, potato, and the water; bring to the boil. Reduce heat; simmer, covered, for 10 minutes. Add capsicum; simmer, covered, for a further 10 minutes or until vegetables are tender.
- 2 Meanwhile, heat remaining oil in a medium saucepan over medium-high heat; cook extra chopped onion, stirring, for 4 minutes or until soft. Add rice and spices; cook, stirring, for 1 minute or until fragrant. Stir in the extra water and sultanas; bring to the boil. Reduce heat to very low; simmer, covered, for 15 minutes or until rice is just tender and the water is absorbed. Remove from heat. Stand, covered, for 5 minutes. Fluff with a fork to separate grains.
- 3 Combine carrot, zucchini and cucumber in a medium bowl. Season.
- 4 Place half the rice mixture in serving dishes; top with vegetable mixture, then remaining rice mixture and carrot mixture. Sprinkle with nuts and herbs.



## Rice For Beginners

### THE WORLD OF RICE

The size of rice determines what types of dishes it is suitable for, and the way it is cooked. Each country favours particular varieties for its own cuisine.

#### ARBORIO

An Italian medium-grain white rice, this has a very high starch content, which makes it the ideal rice to use for risotto, as the starch gives the dish its classic creaminess. Calrose rice can be used if arborio rice is unavailable.

#### BASMATI

This fragrant long-grain rice is best served with Indian dishes. It's available in white and brown.

#### JASMINE

A fragrant long-grain rice, it's best served with Thai and Chinese dishes.

#### SUSHI

A short-grain rice, it cooks to tender softness with just enough cling to be eaten with chopsticks. Perfect for sushi and Asian-style rice desserts.

#### BROWN

Because only the outermost hull is removed, brown rice still retains most of its nutritional value.



It's the healthiest option when it comes to rice and can be served with pretty much any dish that you serve regular white rice with. Brown rice takes longer to cook than white rice.

#### BLACK

This dark-coloured grain goes purple when cooked. It's mostly used in porridges and desserts, as it's a medium-grained glutinous rice.

#### MICROWAVE

Available in a variety of types of rice, it's already cooked and only needs to be reheated. It's ideal to use as a back-up when you're running short on time.

### DID YOU KNOW?

Wild rice is not a true rice at all. It's actually the seed of an aquatic water grass. Wild rice takes longer to cook than rice and has a chewy texture.

For fried rice, it's best to cook the rice the day before. Spread it on a tray lined with baking paper, cover with paper towel and refrigerate overnight.

Uncooked rice makes a perfect weight when blind-baking pastry. Cool completely after each use and store in an airtight container in a cool, dark place.

### COCONUT RICE PUDDING & POACHED PEARS

PREP + COOK TIME 30 MINUTES SERVES 4

*Pear poaching liquid can be used in smoothies and to moisten cakes and soak oats for bircher muesli.*

- 2 cups (500ml) clear apple juice**
- 1 cinnamon stick**
- 2 medium pears (460g), peeled, quartered lengthways**
- 500g packet 90-second microwave brown rice**
- 1½ cups (375ml) light coconut milk**
- ⅓ cup (75g) firmly packed brown sugar**
- 1 teaspoon ground cinnamon**
- 1 teaspoon vanilla bean paste**
- 2 tablespoons honey**
- ⅓ cup (55g) dried apricots, chopped finely**
- 1 cup (280g) greek-style yoghurt**

- 1** Place juice and cinnamon stick in a small saucepan. Bring to the boil. Add pears, reduce heat to medium; cook for 10 minutes or until fruit is just tender. Remove pears from pan; reserve cooking liquid for another use, discard cinnamon stick.
- 2** Combine rice, coconut milk, ⅓ cup of the sugar, ground cinnamon and vanilla bean paste in a medium saucepan. Bring to a simmer; simmer over low heat, stirring, for 5 minutes or until heated through.
- 3** Meanwhile, combine honey and remaining 2 tablespoons sugar in a small frying pan over medium heat, stirring until sugar dissolves. Add apricot; cook, stirring, for 2 minutes or until coated and heated through.
- 4** Divide the rice pudding among bowls; top with the pear, yoghurt and apricot mixture.







30  
MINUTES

**COCONUT RICE  
PUDDING & POACHED  
PEARS**

RECIPE  
OPPOSITE



# Mushrooms

APPLES  
BANANAS  
FIGS  
FUJI FRUIT  
GRAPES  
GUAVA  
KIWIFRUIT  
LIMES  
MANGOSTEENS  
NASHI  
ORANGES (VALENCIA)  
PASSIONFRUIT  
PAWPAWS  
PEARS  
PLUMS  
POMEGRANATES  
QUINCES  
TAMARILLOS

**AUTUMN**  
*fruits*

**AUTUMN**  
*vegetables*

ASIAN GREENS  
BEANS  
BROCCOLI  
CAPSICUMS  
CUCUMBERS  
EGGPLANTS  
LETTUCES  
OKRA  
ONIONS  
POTATOES  
PUMPKINS  
SWEETCORN  
TOMATOES  
WITLOF  
ZUCCHINI

WHAT'S IN SEASON?  
WHAT'S IN SEASON  
WHAT'S IN SEASON



## TOP TIPS

You can use button mushrooms, instead of Swiss browns, for a milder flavour.

-----  
Serve orecchiette with a green salad.

50  
MINUTES

MUSHROOM  
ORECCHIETTE  
WITH GREMOLATA  
CRUMBS

RECIPE  
ON PAGE 54



1  
HOUR

POTATO GNOCCHI  
WITH MUSHROOMS  
& THYME

RECIPE  
OPPOSITE



*"The secret to sautéing mushrooms is to preheat the frying pan before popping in the butter or oil and mushrooms. Stir only occasionally so the mushrooms colour and the flavour is concentrated."*

Sophia Young, Style Director, AWW Cookbooks



# All the right buttons

Little wonder we love mushrooms. They're tactile and ornamental, their flavours clean and earthy, and, for versatility, they're hard to cap!

## TYPES

There are 17 styles of fresh mushrooms available in Australia, some more readily available than others. The most common are white mushrooms, labelled as button, cups and flats, which are all the same variety but vary in size; and brown mushrooms, labelled as portobello and Swiss brown. Specialty mushrooms, such as chestnut, enoki, king brown, oyster, shiitake and shimeji, are becoming more popular and are available from specialty grocers and some Asian supermarkets. Dried mushrooms are available year round, the common white variety and porcini being the most popular. All dried mushrooms need to be soaked in water before using.

## CHOOSING

Choose mushrooms that are firm with a pleasant earthy aroma. Mushroom surfaces should be dry, but not dried out or wrinkly.

## STORING

Mushrooms bruise easily, so handle with care. Store in a paper bag in the fridge for up to 5 days. But beware that they can absorb odours if stored close to pungent items. Mushrooms can be frozen whole for about a month if raw, or sauté in butter and freeze for about 3 months in an airtight container. They will go a little soggy once defrosted, so use in casseroles or soups.

## POTATO GNOCCHI WITH MUSHROOMS & THYME

**PREP + COOK TIME 1 HOUR (+ REFRIGERATION)**

**SERVES 4**

*Try using a variety of mushrooms such as flat, cup, button, portobello, oyster and enoki, keeping small mushrooms whole or halved and large types sliced. Cooking the potatoes whole with the peel on keeps them dry and fluffy – doing this helps to create lightly textured pillows of gnocchi.*

**2 tablespoons olive oil**  
**375g assorted mushrooms, sliced**  
(see note above)  
**2 teaspoons finely chopped fresh lemon thyme**  
**2 cloves garlic, crushed**  
**300ml pouring cream**  
**½ cup (25g) finely grated parmesan**  
**2 teaspoons fresh lemon thyme sprigs, extra**

### POTATO GNOCCHI

**500g desirée potatoes, unpeeled**  
**1 egg, beaten lightly**  
**15g butter, melted**  
**2 tablespoons finely grated parmesan**  
**1 cup (150g) plain flour, approximately**

**1** Make potato gnocchi.  
**2** Heat oil in a large frying pan over high heat; cook mushrooms and thyme, allowing the mushrooms to brown well before turning occasionally, for 5 minutes or

until golden. Add garlic; stir for 30 seconds or until softened. Add cream; bring to the boil. Reduce heat; simmer, uncovered, for 5 minutes or until sauce thickens. Stir in half the parmesan. Season to taste.

**3** Meanwhile, cook gnocchi, in batches, in a large saucepan of boiling water until gnocchi float to the surface and are cooked through. Remove from pan with a slotted spoon to a bowl; cover to keep warm.

**4** Once all gnocchi are cooked, add to mushroom sauce; stir gently. Serve topped with remaining parmesan and extra thyme sprigs.

### POTATO GNOCCHI

Boil whole potatoes until tender; drain. When cool enough to handle, peel away skins. Mash potatoes, using a ricer or potato masher, in a medium bowl; stir in egg, butter, parmesan and enough flour to make a firm dough. Divide dough into four portions; roll each portion on a floured surface into 2cm-thick ropes. Cut each rope into 2cm pieces. Place gnocchi, in a single layer, on a lightly floured tray; cover, refrigerate 1 hour.



### MUSHROOM ORECCHIETTE WITH GREMOLATA CRUMBS

PREP + COOK TIME 50 MINUTES SERVES 4

30g butter  
1 tablespoon olive oil  
1 medium brown onion (150g),  
chopped finely  
2 cloves garlic, crushed  
½ cup (125ml) white wine  
200g swiss brown mushrooms, sliced  
300ml pouring cream  
200g sliced pancetta  
500g orecchiette pasta

#### GREMOLATA CRUMBS

30g butter  
1 ciabatta roll (100g), torn coarsely  
2 cloves garlic, crushed  
2 tablespoons chopped fresh  
flat-leaf parsley  
1 lemon, rind cut into thin strips

- 1 Heat butter and oil in a medium frying pan; cook onion and garlic, stirring, for 5 minutes or until onion is soft. Add wine to pan; boil, uncovered, for 2 minutes or until reduced by half. Stir in mushroom; cook, stirring occasionally, over medium heat, for 5 minutes or until softened. Add cream, stir over medium heat for 2 minutes or until thickened slightly. Season to taste; cover to keep warm.
- 2 Meanwhile, preheat oven to 180°C/160°C fan. Place pancetta, in a single layer, on an oven tray lined with baking paper. Bake for 10 minutes or until golden and crisp.
- 3 Make gremolata crumbs.
- 4 Cook pasta in a large saucepan of boiling salted water for 10 minutes or until just tender. Drain, reserving ¼ cup (60ml) of cooking liquid. Return pasta to pan.
- 5 Add hot mushroom sauce to pasta; toss gently to combine. If mixture is a little thick, add some of

the reserved pasta liquid. Serve pasta topped with crumbled pancetta, and gremolata crumbs.

#### GREMOLATA CRUMBS

Heat butter in a small saucepan over medium heat; add torn bread and garlic. Cook, stirring, for 2 minutes or until bread is golden brown. Remove from heat; top with parsley and rind.

### WILD RICE, CHICKEN & MUSHROOM SALAD

PREP + COOK TIME 50 MINUTES SERVES 4

¾ cup (150g) wild rice  
1 medium orange (240g)  
2 teaspoons honey  
1 tablespoon fresh thyme leaves  
1 clove garlic, crushed  
2 tablespoons olive oil  
2 small chicken breast supremes  
(skin on) (500g)  
400g portobello mushrooms  
350g watercress, leaves picked  
1 medium red onion (170g),  
sliced thinly

#### FIG DRESSING

3 dried figs (50g), sliced thinly  
½ cup (125ml) freshly squeezed  
orange juice  
1 tablespoon red wine vinegar

- 1 Preheat oven to 180°C/160°C fan.
- 2 Place rice in a medium saucepan with enough cold water to cover; bring to the boil. Reduce heat to medium; simmer for 30 minutes or until tender. Drain well; rinse under cold water.
- 3 Meanwhile, finely grate rind from the orange into a small bowl. Cut the top and bottom from the orange; cut off the white pith, following the curve of the fruit. Cut down both sides of

## DID YOU KNOW?

Store-bought mushrooms do not need washing or peeling. Just wipe off dirt using a paper towel and trim the ends of the stems.

Mushrooms can be cooked whole, sliced or chopped, depending on the variety. They absorb flavours, which makes them ideal to cook with aromatics, such as garlic, ginger, chilli or herbs, as well as olive oil and butter. Larger flat mushrooms are ideal for stuffing. Mushrooms like enoki and oyster are also delicious in stir-fries.

the white membrane to release each segment. Set aside.

- 4 Combine grated rind, honey, thyme, garlic and half the oil in a large bowl; add chicken, toss to coat in marinade. Toss mushrooms in remaining oil; season. Arrange chicken mixture and mushrooms on an oven tray. Roast for 25 minutes or until just cooked through. Remove chicken; rest, covered, for 5 minutes. Slice thinly.

- 5 Make fig dressing.

- 6 Combine rice with half the dressing; top with chicken, mushrooms, watercress, onion and orange segments. Serve drizzled with remaining dressing.

#### FIG DRESSING

Place figs and juice in a small saucepan; bring to the boil. Reduce heat to low; simmer, covered, for 5 minutes. Stir in vinegar; cool.



## TOP TIPS

Wild rice is a long, dark brown grain that has a nutty texture and holds its shape well during cooking.

-----  
Chicken supremes are chicken breast fillets with skin on, available from butcher and chicken shops.

50  
MINUTES

## WILD RICE, CHICKEN & MUSHROOM SALAD

RECIPE  
OPPOSITE







SOFT POLENTA  
WITH MUSHROOM  
RAGU

## SOFT POLENTA WITH MUSHROOM RAGU

PREP + COOK TIME 30 MINUTES SERVES 4

30g butter

500g cup mushrooms, sliced thickly

3 cloves garlic, crushed

$\frac{1}{2}$  cup (125ml) vegetable stock

150g goat's cheese

$\frac{1}{4}$  cup loosely packed fresh flat-leaf  
parsley leaves

### SOFT POLENTA

2 cups (500ml) milk

2 cups (500ml) vegetable stock

1 cup (170g) instant polenta

40g butter, chopped

$\frac{3}{4}$  cup (60g) finely grated parmesan

- 1 Heat butter in a large frying pan over high heat; cook mushroom, stirring occasionally, for 5 minutes or until browned lightly and most of the liquid has evaporated. Season. Add garlic; cook, stirring, for 30 seconds or until fragrant. Stir in stock; bring to the boil. Reduce heat; simmer, uncovered, for 2 minutes or until most of the liquid has evaporated. Season to taste; cover to keep warm.
- 2 Meanwhile, make soft polenta.
- 3 Pour polenta immediately onto a serving board or plate; using the back of a spoon, make slight hollows in polenta. Spoon mushroom over polenta using a slotted spoon; drizzle with some of the pan juices. Top with small chunks of goat's cheese; sprinkle with parsley. Serve with extra mixed herbs, if you like.

### SOFT POLENTA

Bring milk and stock to the boil in a large saucepan. Gradually add polenta, stirring constantly. Reduce heat; cook, stirring frequently, for 10 minutes or until polenta is quite thick. Stir in butter and parmesan. Season to taste.





## FREE-FORM MUSHROOM & CHEESE TART

PREP + COOK TIME 35 MINUTES SERVES 4

60g butter  
 2 tablespoons olive oil  
 400g swiss brown mushrooms, sliced thinly  
 400g button mushrooms, sliced thinly  
 2 shallots (50g), chopped finely  
 200g spring onion and chive cream cheese, softened  
 2 eggs  
 ½ cup (40g) finely grated parmesan  
 2 sheets frozen puff pastry, thawed  
 ¼ cup coarsely chopped fresh flat-leaf parsley  
 1 egg, extra, beaten lightly  
 100g fresh ricotta, crumbled coarsely (see cook's notes)  
 12 small fresh thyme sprigs  
 ½ cup (120g) smooth packaged ricotta (see cook's notes)  
 ¼ cup loosely packed fresh flat-leaf parsley sprigs

- 1 Preheat oven to 220°C/200°C fan. Line two oven trays with baking paper.
- 2 Heat half the butter and half the oil in a large heavy-based frying pan over high heat. Add half the mushrooms and half the shallots; season. Cook, stirring occasionally, for 4 minutes or until mushrooms are golden. Transfer to a medium bowl. Repeat with remaining butter, oil, mushrooms and shallots.
- 3 Meanwhile, process cream cheese, eggs and parmesan until smooth.
- 4 Place a pastry sheet on each oven tray. Spread cream cheese mixture evenly between sheets, into a 16cm round, leaving a 4cm border; top with mushroom mixture and chopped parsley. Brush the border with a little of the extra egg. Fold in pastry corners, then remaining sides to

partially cover the filling and create a rim. Brush pastry rim with a little more egg. Sprinkle crumbled ricotta and thyme over filling.

5 Bake tarts for 15 minutes or until pastry is puffed and golden. Serve tarts topped with spoonfuls of smooth ricotta and parsley sprigs.



## COOK'S NOTES

### FREE-FORM MUSHROOM & CHEESE TART

*You will need to buy two types of ricotta for this recipe: use fresh, dry ricotta, cut from a wheel at the deli counter to crumble over the tart before cooking, and the smooth variety sold in tubs to spoon on the tart just before serving.*

*You can use a garlic and herb flavoured cream cheese instead of the spring onion and chive flavour, if you prefer.*

*For the best flavour, ensure mushrooms are browned well. Use a heavy-based frying pan and avoid moving the mushrooms around too much while they're cooking – allow them to catch and brown before stirring. If you don't have a heavy-based pan, heat the pan first before adding the oil and butter.*







*Vital vegies*

# MASH HITS

Everyone loves a good mash – but why confine yourself to the humble spud? As well as this classic, we show you other options to add to your repertoire.

PHOTOGRAPHER LOUISE LISTER STYLIST KATE BROWN PHOTOCHEF ANGELA DEVLIN

## 1 CAPSICUM MASH

PREP + COOK TIME 30 MINUTES SERVES 4

Quarter 2 medium red capsicums; discard seeds and membranes. Roast under a hot grill, skin-side up, until skin blisters and blackens. Cover with plastic food wrap for 5 minutes; peel away skin. Blend capsicum until smooth. Meanwhile, boil, steam or microwave 1kg coarsely chopped peeled floury potatoes until tender; drain. Mash potato; stir in  $\frac{1}{2}$  cup hot pouring cream and 20g softened butter. Add capsicum; stir until combined. Season to taste.

## 2 POTATO MASH

PREP + COOK TIME 30 MINUTES SERVES 4

Place 1kg coarsely chopped peeled floury potatoes in a medium saucepan; add enough cold water to barely cover potato. Boil, over medium heat, for 15 minutes or until potato is tender; drain. Using the back of a wooden spoon, push potato through a fine sieve into a large bowl. Stir 40g butter and  $\frac{3}{4}$  cup hot milk into potato, folding gently until mash is smooth and fluffy. Season to taste. To serve, top the mash with a few small dabs of butter.



3

4

### 3 ORANGE SWEET POTATO MASH

PREP + COOK TIME 30 MINUTES SERVES 4

Boil, steam or microwave 500g coarsely chopped peeled orange sweet potato and 500g coarsely chopped peeled floury potatoes together until tender; drain. Mash in a large heatproof bowl. Combine  $\frac{1}{4}$  cup chicken stock and 40g butter in a saucepan over medium-high heat until butter is melted. Stir into potato mixture until combined. Season to taste.

### 4 PUMPKIN MASH

PREP + COOK TIME 30 MINUTES SERVES 4

Boil, steam or microwave 500g coarsely chopped peeled floury potatoes and 500g coarsely chopped peeled pumpkin together until tender, then drain. Mash potato and pumpkin together, then stir in 30g butter. Season to taste.





## Biscuits For Beginners

### TOP TIPS

Substitute milk or white chocolate for dark chocolate.

For choc-nut cookies, replace a third of the chocolate with roasted coarsely chopped nuts, such as hazelnuts, walnuts, pecans or macadamias.

30  
MINUTES

### CHOCOLATE CHIP BISCUITS

RECIPE  
ON PAGE 63



# Creative *bakes*

Easy and quick to make, and with a quirky touch, our biscuits are a great way to introduce kids to baking.

PHOTOGRAPHER **LOUISE LISTER** STYLIST **VIVIEN WALSH**  
PHOTOCHEF **SHARON KENNEDY**



1 HOUR

GIANT PIZZA  
BISCUITS

RECIPE  
ON PAGE 64



## TOP TIPS

Piñatas will keep in an airtight container for up to 1 week.

It's best to use food colouring pastes rather than liquids.

Roll, cut and bake one portion of dough at a time. While those biscuits are cooking, roll and cut the next batch, ready for the oven.

The surface of the royal icing must be covered with plastic wrap and then damp paper towel or a tea towel to stop it drying out.

If properly covered and sealed, royal icing will keep at a cool room temperature or in the fridge for several days.



1 HOUR

PINÑATA  
BISCUITS

RECIPE  
OPPOSITE



### PIÑATA BISCUITS

**PREP + COOK TIME 1 HOUR (+ REFRIGERATION  
& STANDING) MAKES 8 PIÑATA STACKS**

*You need a 7cm and a 5cm star-shaped cutter, plus a paper piping bag (see right).*

**250g butter, softened**  
**½ cup (110g) caster sugar**  
**2½ cups (375g) plain flour**  
**pink, green, yellow and blue food colouring**  
**¼ cup (55g) baby M&M's**  
**¼ cup (60g) small jelly beans**

#### ROYAL ICING

**1½ cups (240g) pure icing sugar**  
**1 egg white**  
**1 teaspoon lemon juice**

- 1 Preheat oven to 180°C/160°C fan. Grease two oven trays; line with baking paper.
- 2 Beat butter and sugar in a medium bowl with an electric mixer until pale and creamy. Stir in sifted flour until a firm dough forms; gently knead on a lightly floured surface until smooth. Divide dough into four equal portions; tint pink, green, yellow and blue. Flatten each portion into a disc; wrap separately in plastic wrap, refrigerate for 30 minutes or until firm.
- 3 Roll one dough portion between sheets of baking paper until 3mm thick. Using the 7cm cutter, cut out 10 stars (re-roll dough scraps if necessary). Using the 5cm cutter, cut a star from the centre of six stars; you don't need the small cut-out stars.
- 4 Place whole stars and hollow stars on separate oven trays. Bake hollow stars for 7 minutes and whole stars for 10 minutes or until a biscuit can be pushed gently on the tray without breaking. Cool on trays.
- 5 Meanwhile, roll and cut stars, as above, from remaining coloured dough portions.

6 Make royal icing. Three-quarters fill a paper piping bag with royal icing; cut a small hole from the tip of the bag.

7 To assemble piñatas (use alternating colours for a pretty effect), place a whole biscuit on the work surface. Pipe icing around the edge of the star; top with a hollow star; pipe the icing around the edge of the hollow star, and top with another hollow star. Repeat and top with another hollow star; stand until set. Fill the cavity with combined M&M's and jelly beans. Pipe icing around the edge and top with a whole biscuit to enclose the lollies. Continue layering until all biscuits are used. Stand biscuits for 1 hour to set.



#### ROYAL ICING

Sift the icing sugar through a fine sieve. Lightly beat the egg white in a small bowl with an electric mixer until mixture is just broken up – don't whip it into peaks. Beat in the icing sugar, a tablespoon at a time, to get the required consistency. When the icing reaches the right consistency, stir in the juice.

#### HOW TO MAKE A PAPER PIPING BAG

**A** Cut a square of baking paper in half to form a triangle. Hold apex of triangle away from you; wrap one point around to form a cone, wrap the other point round to line up.

**B** Wriggle the points of the triangle until they line up perfectly. Staple the bag to secure the points in place. No hole should be visible at the base.

### CHOCOLATE CHIP BISCUITS

**PREP + COOK TIME 30 MINUTES MAKES 44**

**250g butter, softened**  
**1 teaspoon vanilla extract**  
**¾ cup (165g) caster sugar**  
**¾ cup (165g) firmly packed brown sugar**  
**1 egg**  
**2½ cups (335g) plain flour**  
**1 teaspoon bicarbonate of soda**  
**375g dark chocolate Melts, chopped coarsely**

- 1 Preheat oven to 180°C/160°C fan. Grease three oven trays; line with baking paper.
- 2 Beat butter, extract, sugars and egg in a bowl with an electric mixer until light and fluffy. Transfer mixture to a large bowl; stir in sifted flour and bicarb, in two batches. Stir in chocolate.
- 3 Roll tablespoons of mixture into balls; place 5cm apart on trays.
- 4 Bake for 15 minutes or until golden; cool on trays.



### GIANT PIZZA BISCUITS

**PREP + COOK TIME 1 HOUR (+ REFRIGERATION, STANDING & COOLING) MAKES 24 "WEDGES"**

*You need a 3cm round pastry cutter.*

**125g butter, softened**  
**⅓ cup (75g) caster sugar**  
**1 teaspoon vanilla extract**  
**1 egg**  
**2 cups (300g) plain flour**  
**¼ cup (30g) custard powder**  
**⅓ cup (110g) strawberry jam**  
**8 red sour straps (80g)**  
**5 yellow musk sticks (35g)**  
**8 spearmint leaves (40g)**  
**10 Chicos (45g) or black jelly beans**  
**100g white chocolate Melts**

- 1 Preheat oven to 180°/160°C fan. Grease three oven trays; line with baking paper.
- 2 Beat butter, sugar and extract in a small bowl with an electric mixer until smooth and pale. Add egg; beat to combine. Stir in sifted flour and custard powder until a soft dough forms. Shape dough into a disc, wrap in plastic wrap; refrigerate for 1 hour.
- 3 Divide dough into three equal portions. Using a rolling pin, roll out one portion at a time between sheets of baking paper until 20cm round. Place rounds on oven trays. Cut rounds into 8 wedges each (but don't separate the wedges).
- 4 Bake "pizzas" for 15 minutes or until lightly golden and they can be pushed gently without breaking. Cut pizzas into slices again (in case the wedges have baked together, but don't separate). Stand biscuits on tray for 10 minutes before transferring to a wire rack to cool.
- 5 Spread jam over pizzas leaving a 1cm border. To make "salami", use the pastry cutter to cut rounds from the sour straps. To make "pineapple pieces", cut musk sticks widthways into 3mm slices. To make "olives",

cut spearmint leaves and Chicos widthways into thin slices.

- 6 Place two slices of "salami" on each pizza biscuit; scatter with "pineapple pieces" and "olives".
- 7 Melt white chocolate. Spoon into a small zip-top bag; snip end and drizzle chocolate over pizza to make "melted cheese". Stand at room temperature until set.

### LEMON DAISY BISCUITS

**PREP + COOK TIME 40 MINUTES**  
**(+ REFRIGERATION & STANDING) MAKES 16**

*You need a 6cm flower-shaped cookie cutter.*

**180g butter, softened**  
**⅓ cup (60g) icing sugar**  
**1 teaspoon vanilla extract**  
**1 tablespoon grated lemon rind**  
**1¼ cups (185g) plain flour**  
**⅓ cup (60g) cornflour**  
**16 yellow mini Mentos**  
**2 tablespoons caster sugar**

- 1 Preheat oven to 170°C/150°C fan. Grease two oven trays; line with baking paper.
- 2 Beat butter, sifted icing sugar, extract and rind in a small bowl with

an electric mixer until smooth. Stir in combined sifted flour and cornflour to form a smooth dough. Flatten dough into a disc, wrap in plastic wrap; refrigerate for 1 hour.

- 3 Roll dough between sheets of baking paper until 1cm thick. Using the flower cutter, cut out shapes. Gather dough scraps; repeat rolling and cutting until all dough is used.
- 4 Place flowers on a chopping board; using a small knife, make cuts either side of the petals, cutting towards the centre of the flower to make individual petals (see steps). Place flowers on oven trays, turning petals up on their sides.
- 5 Bake for 13 minutes, then lightly push a lolly into the centre of each daisy; bake for a further 2 minutes or until lightly golden.
- 6 Sprinkle daisies with caster sugar; stand on trays for 10 minutes before transferring to a wire rack to cool.

#### HOW TO MAKE DAISIES

- A** Place flowers on a board; using a small knife, cut either side of the petals, cutting towards the centre of the flower, to make individual petals.
- B** Place the flowers onto oven trays lined with baking paper, carefully turning the petals up on their sides (do this gently so as not to tear them).





## TOP TIPS

Biscuits will keep in an airtight container for up to 1 week.

Don't use boiled lollies for the centres as they will melt during cooking. You can vary the lollies used, but gelatine-based ones (jelly babies and the like) are probably best.

40  
MINUTES

LEMON DAISY  
BISCUITS

RECIPE  
OPPOSITE







*"Taking cues from the classic retro biscuit of yesteryear, our version has an extra-chocolatey twist - and it's absolutely scrumptious."*

**Frances Abdallaoui, Food Director, *The Australian Women's Weekly***





### CHOC-MALLOW WHEELS

PREP + COOK TIME 1 HOUR

(+ REFRIGERATION, COOLING & STANDING)

MAKES 14

*You need a 7cm round fluted cutter.*

**125g butter, softened**

**¾ cup (165g) firmly packed brown sugar**

**1 egg**

**1½ cups (225g) plain flour**

**¼ cup (35g) self-raising flour**

**¼ cup (25g) dutch cocoa**

**250g packaged raspberry and vanilla marshmallows**

**¼ cup (80g) raspberry or cherry jam**

**375g dark chocolate Melts**

**1 tablespoon vegetable oil**

**1** Beat butter, sugar and egg in a bowl with an electric mixer until combined. Transfer to a medium bowl; stir in sifted flours and cocoa, in two batches.

**2** Knead dough on a lightly floured surface until smooth. Roll between sheets of baking paper until 3mm thick. Wrap in plastic wrap; refrigerate for 30 minutes.

**3** Preheat oven to 180°C/160°C fan. Grease two oven trays; line with baking paper.

**4** Using a biscuit cutter, cut 28 rounds from the dough; place 3cm apart on trays. Bake for 12 minutes or until firm. Cool on wire racks.

**5** Place half the biscuits, base-side up, on an oven tray. Using scissors, cut 28 of the marshmallows in half horizontally. Press four marshmallow halves, cut-side down, onto each biscuit base on the tray. Bake for 2 minutes.

**6** Meanwhile, spread ½ teaspoon of jam over bases of remaining biscuits; press immediately onto the top of the softened marshmallow. Stand for 20 minutes or until marshmallow is firm.

**7** Melt the chocolate (see steps) in a medium heatproof bowl over a medium saucepan of simmering water (don't let water touch base of bowl). Remove from heat; stir in oil. Hold each mallow wheel on its side; dip into chocolate, spinning around like a wheel to cover side (see steps), then place on a wire rack. Spoon more of the chocolate over the top and use a metal spatula to smooth. Remove excess chocolate using the spatula. Stand until set, then turn over and cover base with chocolate. Stand biscuits on a wire rack or tray covered in baking paper until chocolate sets.

#### HOW TO COAT IN CHOCOLATE

**A** To melt chocolate, place in a heatproof bowl over a saucepan of barely simmering water (don't let water touch base of bowl). Stir until smooth; remove from heat.

**B** Hold each choc-mallow wheel on its side; dip into chocolate, spinning around like a wheel to cover side, then place on a wire rack, before spooning more chocolate over the top.



### COOK'S NOTES

*Uniced biscuits will keep in an airtight container for up to 3 days. Completed mallow wheels will keep for up to 2 days in an airtight container at a cool room temperature.*

*Dutch cocoa is cocoa powder that has had an alkaline added, giving it a rich colour and deep full chocolate flavour. It is available from major supermarkets.*







# *Weeknight* WONDERS

Feed the hungry hordes with  
mains that are high in flavour  
and low on fuss.





MONDAY

FRESH TOMATO  
PIZZA

RECIPE  
ON PAGE 71



## TOP TIPS

Use the best-quality beef for carpaccio and keep it well chilled. To save time, ask the butcher to trim the beef for you.

-----  
Pecorino is a hard Italian sheep's milk cheese, similar to parmesan, which may be used instead if you prefer.

TUESDAY

SUMAC BEEF  
CARPACCIO WITH  
BASIL OIL

RECIPE  
OPPOSITE



### SUMAC BEEF CARPACCIO WITH BASIL OIL

PREP + COOK TIME 30 MINUTES (+ FREEZING)

SERVES 6

500g beef fillet

1½ teaspoons ground sumac

2 teaspoons finely chopped thyme

½ cup (40g) shaved pecorino

¼ cup (25g) chopped walnuts, toasted

⅓ cup fresh micro red-veined sorrel

#### BASIL OIL

¼ cup firmly packed fresh basil leaves

½ cup (125ml) olive oil

1 tablespoon white balsamic vinegar

- 1 Place beef onto a board; season well with cracked pepper, some sea salt, the sumac and thyme, rubbing evenly all over. Using your hands, press beef into a thick log; roll up tightly in plastic wrap, twisting ends to tighten. Tie a knot in each end. Freeze for 6 hours.
- 2 Meanwhile, make basil oil.
- 3 Peel back half the plastic wrap from beef; using a sharp knife, slice beef as thinly as possible. Arrange the beef, in a single layer, on a large serving platter; season. Drizzle with basil oil; sprinkle with pecorino, walnuts and sorrel. Serve immediately.

#### BASIL OIL

Place basil in a small heatproof bowl, pour boiling water over the leaves; stand for 5 seconds. Drain. Refresh basil in another bowl of iced water; drain well. Pat basil dry with paper towel. Heat oil in a small saucepan over low heat for 2 minutes. Remove pan from heat; stir in basil. Blend or process oil mixture with vinegar until smooth; season to taste. Cover surface with plastic wrap.



*"Sumac adds a deliciously tangy lemon flavour to this recipe. It can also be used with chicken or lamb, or even sprinkled over a salad."*

Louise Patniotis, Food Editor, Food Studio

### FRESH TOMATO PIZZA

PREP + COOK TIME 35 MINUTES (+ STANDING)

SERVES 4

½ cup (130g) bottled tomato

pasta sauce or passata

400g mixed baby heirloom tomatoes,  
chopped coarsely

150g buffalo mozzarella, torn

1 tablespoon olive oil

2 teaspoons balsamic vinegar

1 clove garlic, chopped finely

1 tablespoon pine nuts, toasted

¼ cup loosely packed small fresh  
basil leaves

¼ cup (20g) shaved parmesan

#### PIZZA DOUGH

1½ cups (225g) "00" flour, bread  
flour or plain flour

1 teaspoon (4g) dried yeast

1 teaspoon caster sugar

1 teaspoon fine table salt

1 tablespoon olive oil

½ cup (125ml) warm water,  
approximately

- 1 Make pizza dough.
- 2 Preheat oven to 240°C/220°C fan. Grease two pizza trays; place in heated oven.
- 3 Divide dough in half; roll each half on a floured surface into 15cm x 40cm ovals. Place dough on trays; spread with pasta sauce.

4 Bake pizzas for 15 minutes or until bases are browned and crisp.

5 Top pizzas with tomato and mozzarella; drizzle with oil and balsamic. Top with garlic, pine nuts, basil and parmesan.

#### PIZZA DOUGH

Combine flour, yeast, sugar and salt in a medium bowl; make a well in the centre. Stir in oil and enough of the water to mix to a soft dough. Knead dough on a floured surface for 10 minutes or until smooth and elastic. Place dough in a large oiled bowl. Cover; stand in a warm place for 1 hour or until dough doubles in size.



## COOK'S NOTES

#### FRESH TOMATO PIZZA

*Baby heirloom tomatoes are available from most supermarkets and greengrocers. Make the pizzas close to serving.*



## TOP TIPS

Barbecued duck is available from takeaway Chinese restaurants and some Asian grocery outlets.

-----  
You can also use barbecued or roast pork or chicken for this recipe.

WEDNESDAY

### ORIENTAL-STYLE DUCK ROLLS

RECIPE  
ON PAGE 74



THURSDAY

**PRAWN, PUMPKIN  
& PEPITA PESTO  
PASTA**

RECIPE  
ON PAGE 74





### ORIENTAL-STYLE DUCK ROLLS

PREP + COOK TIME 45 MINUTES (+ STANDING)  
SERVES 4

- ½ cup (110g) caster sugar
- ½ cup (125ml) rice wine vinegar
- ⅓ cup (80ml) water
- 1 small carrot (70g), cut into long, thin matchsticks
- ¼ small daikon (100g), cut into long, thin matchsticks
- ¾ chinese barbecued duck (750g)
- 2 sourdough baguettes
- 60g chicken liver pâté
- ¼ cup (75g) japanese mayonnaise
- 2 green onions, cut into long, thin strips
- ¼ cup loosely packed fresh coriander sprigs
- 1 long fresh red chilli, seeded, cut into long, thin strips
- soy sauce, to serve

1 Place sugar, vinegar and the water in a small saucepan over high heat; cook, stirring, without boiling, for 2 minutes or until sugar dissolves. Bring to the boil; remove pan from heat. Place carrot and daikon in a heatproof bowl; pour hot vinegar mixture over the vegetables. Stand for 1 hour.

2 Preheat oven to 220°C/200°C fan. Remove flesh and skin from duck; discard bones. Shred duck into pieces. You will need 375g of duck meat.

3 Place duck meat, in a single layer, in an ovenproof dish; cover with foil. Place in oven for 10 minutes or until hot.

4 Cut each baguette into 6 pieces; split each piece lengthways through the top without cutting all the way through. Spread 1 teaspoon of the pâté on one cut side and 1 teaspoon of the mayonnaise on the other side. Fill bread with duck, drained vegetables, green onion, coriander and chilli. Serve with soy sauce.

### PRAWN, PUMPKIN & PEPITA PESTO PASTA

PREP + COOK TIME 40 MINUTES SERVES 4

- 800g kent pumpkin, cut into thin wedges
- 1 medium red capsicum (200g), quartered
- 1 medium yellow capsicum (200g), quartered
- 2 tablespoons olive oil
- 1kg uncooked medium king prawns, shelled and deveined, tails intact
- 375g dried pappardelle pasta
- 120g fresh ricotta, crumbled
- 1 tablespoon pepitas (pumpkin seeds), toasted

#### PEPITA PESTO

- ⅓ cup (65g) pepitas, toasted
- 1 clove garlic, quartered
- 60g baby spinach leaves
- ¼ cup (20g) finely grated parmesan
- ¼ cup (60ml) olive oil

1 Preheat oven to 200°C/180°C fan. Line an oven tray with baking paper.

2 Place pumpkin and capsicum on tray; drizzle with half the oil. Bake for 20 minutes or until just tender.

3 Meanwhile, make pepita pesto.

4 Heat remaining oil in a large frying pan over high heat; cook prawns, stirring, for 3 minutes or until changed in colour and cooked through.

5 Cook pasta in a large saucepan of boiling water until just tender. Drain, reserving ½ cup (125ml) of the cooking liquid. Return pasta to pan.

6 Add pepita pesto to pasta with pumpkin, capsicum, prawns and reserved cooking liquid; toss to combine. Serve sprinkled with ricotta and pepitas.

#### PEPITA PESTO

Blend pepitas, garlic, spinach and parmesan until coarsely chopped. With motor operating, add oil in a thin, steady stream until combined. Season. Cover with plastic wrap.

### LAMB & BLACK BEAN STIR-FRY

PREP + COOK TIME 30 MINUTES SERVES 4

- 1 tablespoon peanut oil
- 500g lamb back strap (eye of loin), sliced
- 300g broccolini, trimmed
- 300g green beans, halved crossways
- 300g snow peas
- ⅔ cup (160ml) water
- ½ cup (125ml) black bean sauce
- 4 green onions, cut into 5cm lengths
- 3 teaspoons sambal oelek

1 Heat half the oil in a wok over high heat; stir-fry lamb, in batches, for 2 minutes or until browned all over. Remove from wok.

2 Add remaining oil to wok; stir-fry broccolini, beans, snow peas and half the water for 2 minutes or until tender. Remove from wok.

3 Return lamb to wok with black bean sauce and the remaining water; stir-fry until lamb is heated through. Return vegetables to wok with green onion and sambal oelek; stir-fry to combine.



### COOK'S NOTES

#### PRAWN PUMPKIN & PEPITA PESTO PASTA

*Pesto can be made up to 3 days ahead; cover the surface directly with plastic wrap to prevent it discolouring. Store in the fridge. Buy fresh ricotta from the deli; it should be moist.*





FRIDAY

**LAMB & BLACK  
BEAN STIR-FRY**

RECIPE  
OPPOSITE





# FAMOUS FIVE

With lashings of seasonal vegetables, crisp herbs and juicy meats, our midweek meals are a breezy adventure.





25  
MINUTES

## GRILLED LAMB SALAD

RECIPE  
ON PAGE 79





## TOP TIPS

Use regular beef mince, not lean, for a juicier patty.

Patties and sauce can be prepared a day ahead.

30  
MINUTES

### MAPLE & CHEDDAR BEEF BURGERS

RECIPE  
OPPOSITE



## GRILLED LAMB SALAD

PREP + COOK TIME 25 MINUTES (+ STANDING)

SERVES 4

⅓ cup (100g) quince paste  
1 tablespoon water  
1 medium red onion (170g), sliced thinly  
1 teaspoon caster sugar  
2 tablespoons white wine vinegar  
600g lamb backstrap  
2 lebanese cucumbers (260g)  
250g haloumi, torn  
1 cup fresh coriander leaves, torn  
100g mesclun  
½ cup (75g) pomegranate seeds  
lemon wedges, to serve

### LEMON DRESSING

⅓ cup (80ml) extra virgin olive oil  
¼ cup (60ml) lemon juice

- 1 Stir quince paste and the water in a small saucepan over medium heat for 2 minutes or until melted and smooth.
- 2 Combine onion, sugar and vinegar in a large bowl.
- 3 Brush lamb with quince paste mixture. Cook lamb on a heated oiled grill plate (or grill or barbecue) over medium-high heat for 3 minutes each side for medium-rare or until cooked to your liking. Remove from heat; rest, covered, for 10 minutes, then slice thinly diagonally.
- 4 Meanwhile, make lemon dressing.
- 5 Drain most of the vinegar from onion mixture. Using a vegetable peeler, peel cucumber into long, thin ribbons. Add cucumber to onion mixture with haloumi, coriander, mesclun, pomegranate seeds and half the lemon dressing; toss gently to combine. Layer salad and lamb on a large platter; drizzle with remaining dressing. Serve with lemon wedges.

### LEMON DRESSING

Whisk ingredients in a small jug; season to taste.



## COOK'S NOTES

### GRILLED LAMB SALAD

*Fresh pomegranate seeds can sometimes be found in the fridge section of supermarkets or good greengrocers. If they're not available, cut a whole pomegranate in half crossways; hold it, cut-side down, in the palm of your hand over a bowl, then hit the outside firmly with a wooden spoon. The seeds should fall out easily; discard any white pith that falls out with them. Pomegranate seeds will keep in the fridge for up to a week.*

*Quince paste can be found in the cheese section of supermarkets and delis. Use plum paste or marmalade instead, if you like.*

## MAPLE & CHEDDAR BEEF BURGERS

PREP + COOK TIME 30 MINUTES MAKES 4

500g beef mince  
¼ cup (60ml) maple syrup  
2 cloves garlic, crushed  
2 teaspoons celery salt  
1 egg  
¾ cup (75g) dried packaged breadcrumbs  
2 tablespoons dijon mustard  
2 tablespoons olive oil  
4 slices vintage cheddar (160g)  
4 large burger buns, split  
60g baby rocket leaves

### CABBAGE SALAD

250g red cabbage, shredded finely  
⅓ cup (100g) mayonnaise  
2 teaspoons lemon juice

### MAPLE BARBECUE SAUCE

⅓ cup (95g) barbecue sauce  
2 teaspoons maple syrup

- 1 Make cabbage salad, then maple barbecue sauce.
- 2 Combine mince, maple syrup, garlic, celery salt, egg, breadcrumbs and half the mustard in a large bowl. Shape mixture into four patties.
- 3 Heat oil in a frying pan over medium heat; cook patties for 3 minutes. Turn patties, top with cheese; cook for a further 3 minutes or until cooked through.
- 4 Preheat a char-grill pan over high heat. Place buns, cut-side down, in pan for 30 seconds or until charred and golden. Spread buns with remaining mustard. Sandwich with patties, cabbage salad, rocket and maple barbecue sauce.

### CABBAGE SALAD

Place ingredients in a medium bowl; toss gently to combine. Season to taste.

### MAPLE BARBECUE SAUCE

Combine ingredients in a small bowl.



## TOP TIPS

Store tomatoes at room temperature rather than in the fridge, which alters the texture and spoils the flavour. To accelerate ripening, place in a paper bag with a ripe banana.

-----  
You can prepare this salad in advance; store the pasta and tomato mixture separately until ready to serve, as the tomatoes will soften the pasta.

15  
MINUTES

### PASTA SALAD WITH TOMATO & CRISP PROSCIUTTO

RECIPE  
ON PAGE 82



30  
MINUTES

**FISH PROVENCALE  
WITH HERBED  
TOMATOES**

RECIPE  
ON PAGE 82





## PASTA SALAD WITH TOMATO & CRISP PROSCIUTTO

PREP + COOK TIME 15 MINUTES SERVES 4

300g large spiral pasta  
6 medium tomatoes (1kg)  
2 tablespoons baby capers, rinsed, drained  
½ cup coarsely chopped fresh flat-leaf parsley  
⅓ cup lightly packed fresh basil leaves  
½ cup (125ml) extra virgin olive oil  
8 slices prosciutto (120g)

- 1 Cook pasta in a large saucepan of boiling salted water for 10 minutes or until just tender. Drain. Place the cooked pasta in a large serving bowl.
- 2 Halve tomatoes; squeeze juice and seeds over pasta. Coarsely chop tomato flesh; add to a small bowl with capers, herbs and oil; toss gently to combine. Season to taste.
- 3 Heat a large non-stick frying pan over medium heat. Cook prosciutto, in batches, for 1 minute each side or until golden and crisp. Drain on paper towel. Cool slightly.
- 4 Just before serving, crumble prosciutto over salad.

## FISH PROVENCALE WITH HERBED TOMATOES

PREP + COOK TIME 30 MINUTES SERVES 4

*We used blue-eye trevalla in this recipe, but you can use any firm white fish, such as perch or ling.*

300g brussels sprouts, trimmed, halved  
⅓ cup (80ml) olive oil  
4 x 150g firm white boneless fish fillets  
2 medium zucchini (240g), sliced thinly lengthways  
250g cherry tomatoes  
1 tablespoon coarsely chopped fresh flat-leaf parsley  
1 tablespoon coarsely chopped fresh tarragon  
1 tablespoon coarsely chopped fresh dill

- 1 Boil, steam or microwave brussels sprouts until just tender; drain.
- 2 Heat 1 tablespoon of the oil in a large non-stick frying pan over high heat. Season fish. Cook fish for 5 minutes each side or until browned and cooked through. Remove from pan; cover to keep warm.
- 3 Add 2 tablespoons of the remaining oil to same pan; heat over medium-high heat. Cook zucchini and brussels sprouts, turning, for 3 minutes or until lightly browned. Season to taste.
- 4 Meanwhile, heat remaining oil in a medium frying pan over medium heat. Add tomatoes; cook, covered, stirring occasionally, for 8 minutes or until tomatoes start to break down. Remove pan from heat. Add half the herbs; season to taste.
- 5 Serve fish, tomatoes and vegetables sprinkled with remaining herbs.

## SPICY WHITE BEAN PANZANELLA

PREP + COOK TIME 20 MINUTES SERVES 4

160g wholegrain sourdough bread  
cooking oil spray  
1 medium lemon (140g)  
2 x 400g cans cannellini beans, drained, rinsed  
250g heirloom cherry tomatoes, halved  
2 lebanese cucumbers (260g), chopped  
1 small red onion (100g), sliced thinly  
½ cup (60g) pitted sicilian olives, halved  
1 fresh long red chilli, sliced thinly  
1 cup loosely packed fresh basil leaves, torn  
120g soft goat's cheese, crumbled  
¼ cup (60ml) olive oil  
⅓ cup (80ml) red wine vinegar  
1 clove garlic, crushed

- 1 Preheat oven to 220°C/200°C fan. Line a large oven tray with baking paper.
- 2 Roughly tear bread into bite-sized pieces, place on tray; spray with cooking oil. Bake for 5 minutes or until golden and crisp.
- 3 Using a zester, remove rind from lemon in long, thin strips.
- 4 Place bread in a large bowl with rind, beans, tomato, cucumber, onion, olives, chilli, basil and half the cheese; toss gently to combine.
- 5 Combine oil, vinegar and garlic in a small bowl; season to taste. Spoon dressing over salad; top with remaining cheese. Serve immediately.







20  
MINUTES

## SPICY WHITE BEAN PANZANELLA

RECIPE  
OPPOSITE

### TOP TIPS

Our take on the traditional Italian salad, panzanella, includes cannellini beans and cheese to beef up the protein content, making it more of a main meal than a side salad.

-----  
You can use marinated fetta instead of goat's cheese, if you like.

-----  
If you prefer, skip the cheese and stir through a can of flaked drained tuna.

-----  
If you don't have a zester, you can finely grate the lemon rind instead.





25  
MINUTES

**LEMON GARLIC  
LAMB KEBABS**

RECIPE  
ON PAGE 86



# FEEL-GOOD *Fare*



Food without gluten need not mean food without imagination – let us inspire you.

PHOTOGRAPHER **JOHN PAUL URIZAR**  
STYLISTS **ANNETTE FORREST & VIVIEN WALSH**  
PHOTOCHefs **EMMA BRAZ & SARAH HOBBS**



20  
MINUTES

**ASPARAGUS  
& MINT OMELETTE**

RECIPE  
ON PAGE 86



## ASPARAGUS & MINT OMELETTE

PREP + COOK TIME 20 MINUTES SERVES 4

- 2 baby new potatoes (80g), cut into 5mm cubes
- 340g asparagus, ends trimmed
- 2 cups (240g) frozen peas
- 4 eggs
- ½ cup coarsely chopped mint leaves
- 2 tablespoons olive oil
- 2 slices gluten-free bread, toasted

- 1 Cook potato in a small saucepan of boiling water for 3 minutes. Add asparagus and peas; cook for 1 minute or until asparagus is bright green and potato is tender. Drain. When cool enough to handle, cut the asparagus in half, then finely chop the stems.
- 2 Lightly whisk eggs in a medium bowl; stir in potato, peas, mint and chopped asparagus.
- 3 Heat 2 teaspoons of the oil in a small non-stick frying pan on high; cook a quarter of the egg mixture, for 2 minutes, pulling in the egg with a spatula to help it cook quickly. Fold over; slide onto a warm serving plate. Repeat with remaining oil and egg mixture to make four omelettes.
- 4 Serve omelettes with remaining asparagus and toast.



## COOK'S NOTES

### LEMON GARLIC LAMB KEBABS

*If using wooden skewers, soak in water for 30 minutes.*

*Add 2 teaspoons chopped rosemary to garlic mixture.*

## LEMON GARLIC LAMB KEBABS

PREP + COOK TIME 25 MINUTES SERVES 4

- 8 x 15cm stalks fresh rosemary
- 800g lamb fillets, cut into 3cm pieces
- 3 cloves garlic, crushed
- 2 tablespoons olive oil
- 2 teaspoons grated lemon rind
- 1 tablespoon lemon juice

### GREEK SALAD

- 375g grape tomatoes, quartered
- 2 lebanese cucumbers (260g), halved lengthways, cut into wedges
- 1 medium red capsicum (200g), chopped coarsely
- 1 medium red onion (170g), sliced thinly
- ¼ cup (40g) pitted black olives, halved
- 200g fetta, crumbled
- 2 teaspoons small oregano leaves
- ¼ cup (60ml) extra virgin olive oil
- 2 tablespoons cider vinegar

- 1 To create skewers, remove leaves from the bottom two-thirds of each rosemary stalk, then sharpen trimmed ends to a point.
- 2 Thread lamb onto the rosemary skewers; brush with combined garlic, oil, rind and juice. Cover; refrigerate until required.
- 3 Make Greek salad.
- 4 Cook kebabs on a heated oiled grill plate (or grill or barbecue) over medium heat for 10 minutes, turning and brushing with remaining garlic mixture, until cooked.
- 5 Serve kebabs with Greek salad.

### GREEK SALAD

Combine ingredients in a large bowl.

## CAULIFLOWER PIZZA BITES

PREP + COOK TIME 45 MINUTES MAKES 24

- 300g cauliflower florets, chopped
- ½ cup (60g) ground almonds
- ¼ cup (30g) finely grated vintage cheddar
- 1 teaspoon finely chopped rosemary
- 1 teaspoon finely chopped oregano
- 1 egg, beaten lightly
- 2 lebanese eggplants (120g)
- 2 medium zucchini (240g)
- 1 tablespoon olive oil
- 1 cup (150g) canned crushed tomatoes
- 1 clove garlic, crushed
- 20g fetta, crumbled
- ¼ cup (40g) pine nuts, toasted
- 2 tablespoons oregano leaves, extra

- 1 Preheat oven to 220°C/200°C fan. Grease two flat-based 12-hole (2-tablespoon/40ml) patty pan trays; line bases with small rounds of baking paper.
- 2 Pulse cauliflower in a food processor until it resembles fine crumbs; transfer to a large bowl. Add ground almonds, cheddar, herbs and egg; season and combine well. Spoon mixture into holes; press firmly on base and side to form a tart shell. Bake for 10 minutes or until golden and crisp.
- 3 Meanwhile, thinly slice eggplants and zucchini (3mm), lengthways. (Use a mandoline if you have one.) Cook vegetables on a heated oiled grill plate or frying pan for 2 minutes or until lightly charred. Transfer to a medium bowl; add oil and season.
- 4 Combine tomatoes and garlic in a small bowl. Spoon 1 teaspoon of tomato mixture into each tart shell; top with grilled vegetables and fetta.
- 5 Return to oven and bake for a further 5 minutes or until fetta is golden. Loosen each pizza from the pan, using a butter knife. Serve topped with pine nuts and extra oregano.





45  
MINUTES

## CAULIFLOWER PIZZA BITES

RECIPE  
OPPOSITE

### TOP TIPS

Use any leftover cheese you have in the fridge.

Make a double batch of bases; freeze half for next time.

Pizza bites can be made a day ahead and reheated in the microwave, on a plate lined with paper towel, on High (100%) for 1 minute. Then stand for 2 minutes before serving.



## TOP TIP

To segment lemons, cut off the rind with the white pith, following the curve of the fruit. Cut down either side of each segment close to the membrane to release the segment.

## Lifestyle Food

## COOK'S NOTES

### CHERMOULA TUNA, CHICKPEA & BROAD BEAN SALAD

*Buy sashimi grade tuna for this recipe. Swap the tuna for salmon, if you like.*

*For a smoother chermoula paste, add 1 tablespoon of warm water.*

30  
MINUTES

### CHERMOULA TUNA, CHICKPEA & BROAD BEAN SALAD

RECIPE  
OPPOSITE



## CHERMOULA TUNA, CHICKPEA & BROAD BEAN SALAD

PREP + COOK TIME 30 MINUTES

(+ REFRIGERATION) SERVES 4

400g piece tuna steak  
2 cups (300g) frozen broad beans  
200g green beans, cut into thirds  
2 x 400g cans chickpeas, rinsed  
1 cup flat-leaf parsley leaves  
2 medium lemons (280g), segmented  
2 tablespoons lemon juice  
2 tablespoons olive oil

### CHERMOULA

1 small red onion (100g), chopped  
1 clove garlic, chopped  
2 cups coriander leaves, chopped  
2 cups flat-leaf parsley, chopped  
2 teaspoons ground cumin  
2 teaspoons smoked paprika  
2 tablespoons olive oil

- 1 Make chermoula; reserve three-quarters, to serve.
- 2 Place tuna in a shallow dish with remaining chermoula; toss to coat. Cover; refrigerate for 30 minutes.
- 3 Place broad beans in a heatproof bowl, cover with boiling water; stand for 2 minutes. Rinse in cold water. Peel.
- 4 Steam or microwave green beans until tender; drain, rinse in cold water.
- 5 Cook tuna on a heated oiled grill plate (or grill or barbecue) over medium heat for 2 minutes each side or until slightly charred on the outside but still rare in the centre. Cover; stand for 5 minutes. Slice tuna across the grain.
- 6 Combine broad beans, green beans, chickpeas, parsley and lemon segments in a bowl with combined juice and oil.
- 7 Serve tuna with salad; top with the reserved chermoula.

### CHERMOULA

Blend or process ingredients until just combined.



PESTO LAMB  
WITH ZUCCHINI  
& ALMOND SALAD

## PESTO LAMB WITH ZUCCHINI & ALMOND SALAD

PREP + COOK TIME 20 MINUTES SERVES 4

$\frac{1}{2}$  cup (90g) pesto  
4 lamb rump steaks (600g)

### ZUCCHINI & ALMOND SALAD

3 medium zucchini (360g),  
cut into thin ribbons  
 $\frac{1}{3}$  cup (45g) blanched almonds,  
halved, roasted  
1 fresh small red chilli, chopped finely  
2 tablespoons extra virgin olive oil  
1 tablespoon lemon juice

- 1 Combine pesto and lamb in a large bowl. Cook lamb on a heated oiled grill plate (or grill or barbecue) over medium heat for 3 minutes each side or until cooked as desired. Remove lamb from heat; cover loosely with foil and rest for 5 minutes.
- 2 Make zucchini and almond salad.
- 3 Thickly slice the lamb; serve with salad.

### ZUCCHINI & ALMOND SALAD

Place ingredients in a large bowl; toss gently until zucchini is well coated in dressing. Season.





BEEF STIR-FRY WITH CARROT & CUCUMBER PICKLE

### BEEF STIR-FRY WITH CARROT & CUCUMBER PICKLE

PREP + COOK TIME 20 MINUTES SERVES 4

- 500g packet microwave brown rice
- 2 tablespoons olive oil
- 4 eggs, beaten lightly
- 1 clove garlic, crushed
- 1 tablespoon grated fresh ginger
- 400g lean minced beef
- 1 tablespoon gluten-free oyster sauce
- 4 cups (320g) shredded cabbage
- ½ cup shredded mint leaves
- 2 green onions, sliced thinly

#### CARROT & CUCUMBER PICKLE

- ⅔ cup (160ml) rice wine vinegar
- ⅓ cup (75g) caster sugar
- ¼ teaspoon dried chilli flakes
- 1 medium carrot (120g), cut into matchsticks
- 2 lebanese cucumbers (260g), seeded, cut into matchsticks

- 1 Cook rice according to instructions.
- 2 Make carrot and cucumber pickle.
- 3 Heat 1 teaspoon of the oil in a wok over high heat; add a quarter of the egg, swirl wok to make a thin omelette. Cook,

uncovered, for 1 minute or until egg is just set. Remove from wok; roll tightly, cut into thick strips. Repeat using 3 teaspoons of the oil and remaining egg to make three more omelettes. Roll tightly; cut into thick strips.

- 4 Heat remaining oil in wok over high heat; stir-fry garlic and ginger for 30 seconds or until fragrant. Add mince; cook, stirring, for 6 minutes or until mince is browned. Add sauce; stir-fry until heated through. Remove from wok.
- 5 Stir-fry cabbage in wok (add a little water, if needed) for 2 minutes or until tender. Return mince to wok with rice and mint; stir-fry until hot.
- 6 Drain carrot and cucumber pickle; serve rice topped with pickle, omelette and green onion.

#### CARROT & CUCUMBER PICKLE

Combine vinegar, sugar and chilli flakes in a small bowl until sugar dissolves. Add carrot and cucumber; toss to combine.

### FISH TORTILLA WITH TOMATO & AVOCADO SALSA

PREP + COOK TIME 20 MINUTES SERVES 4

- 1 tablespoon smoked paprika
- ½ teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 12 flathead fillets (1.2kg) or firm white fish fillets
- 1 tablespoon olive oil
- 312g packet (12) gluten-free white corn tortillas

#### TOMATO & AVOCADO SALSA

- 2 medium tomatoes (240g), seeded, chopped finely
- 1 large avocado (320g), flesh diced
- 1 small red onion (100g), halved thinly sliced
- ⅓ cup coriander leaves, plus extra, to serve

#### CHILLI LIME DRESSING

- 1 tablespoon lime juice
- 2 teaspoons caster sugar
- 1 fresh small red chilli, seeded, sliced thinly
- 1 tablespoon olive oil

- 1 Combine paprika, cayenne pepper and cumin in a small bowl; rub all over fish.
- 2 Heat oil in a medium frying pan over high heat; cook fish, in batches, for 5 minutes, turning occasionally, or until cooked through. Remove from pan; cover to keep warm.
- 3 Wipe pan clean with paper towel. Heat pan over high heat; cook tortillas, one at a time, for 30 seconds each side or until heated through. Remove from pan; cover with foil to keep warm.
- 4 Make tomato and avocado salsa, then chilli lime dressing.
- 5 Serve fish in tortillas with tomato and avocado salsa. Drizzle with chilli lime dressing. Scatter with extra coriander.

#### TOMATO & AVOCADO SALSA

Place ingredients in a large bowl; toss gently to combine.

#### CHILLI LIME DRESSING

Combine ingredients in a small bowl.



## COOK'S NOTES

#### BEEF STIR-FRY WITH CARROT & CUCUMBER PICKLE

Omit rice and serve in lettuce leaves, if you like.

To cook brown rice, boil ¾ cup of brown rice in a large pan of boiling water for 25 minutes or until tender; drain well.





20  
MINUTES

FISH TORTILLA  
WITH TOMATO &  
AVOCADO SALSA

RECIPE  
OPPOSITE



Use a zesting tool to make thin strips of lime rind, if you have one.

## FROZEN PEACH LASSI

PREP + COOK TIME 10 MINUTES (+ FREEZING)

SERVES 4

*Lassi is a yoghurt-based drink from India. Our frozen version here transforms it into a cooling dessert.*

- 2 cups (365g) drained canned peach slices in natural juice**
- 1 cup (280g) low-fat gluten-free plain yoghurt**
- ½ cup (125ml) buttermilk**
- 2 tablespoons honey**
- 2 teaspoons finely grated lime rind**
- 2 teaspoons lime juice**
- 1 cup (180g) drained canned peach slices in natural juice, extra**
- 1 teaspoon grated lime rind, extra**

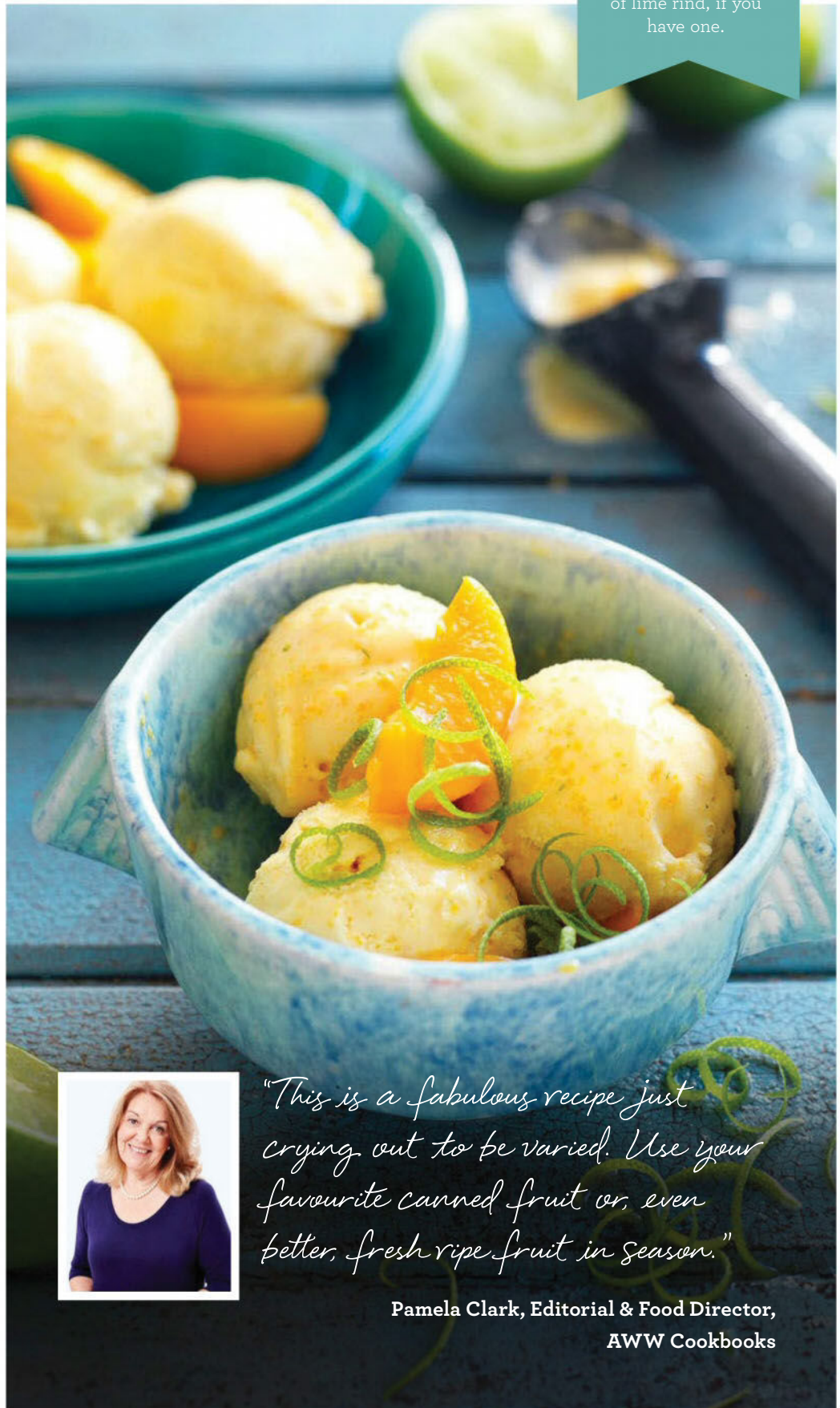
- 1 Blend or process peach slices until smooth.
- 2 Whisk peach puree with the yoghurt, buttermilk, honey, rind and juice in a large bowl.
- 3 Pour mixture into a 1-litre (4-cup) container; level surface. Cover tightly with foil; freeze for 3 hours or overnight.
- 4 Transfer lassi to a large bowl; beat with an electric mixer until smooth. Return to container; level surface, cover. Freeze for a further 3 hours or until firm. (Or churn lassi in an ice-cream machine according to the manufacturer's instructions.)
- 5 Serve scoops of frozen lassi with extra peach slices and extra rind.



## COOK'S NOTES

### FROZEN PEACH LASSI

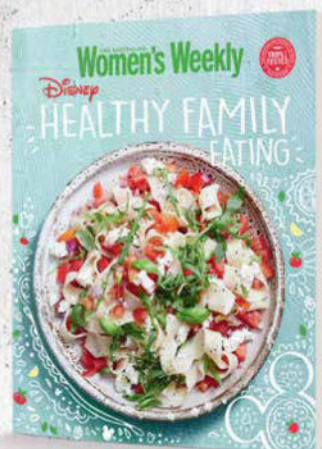
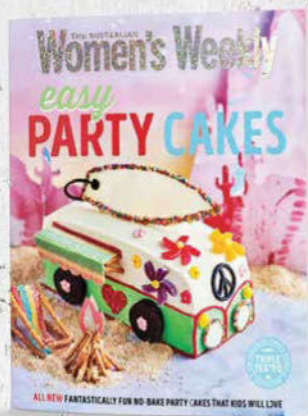
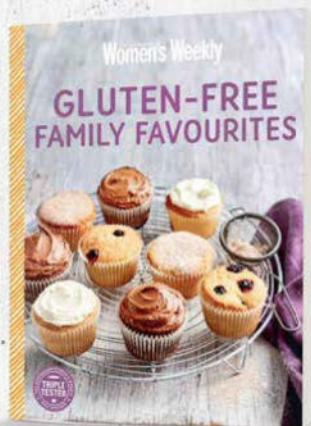
*You will need a 1kg container of peach slices in natural juice for this recipe. You could also use canned plums or mangoes.*



*"This is a fabulous recipe just crying out to be varied. Use your favourite canned fruit or, even better, fresh ripe fruit in season."*

**Pamela Clark, Editorial & Food Director,  
AWW Cookbooks**





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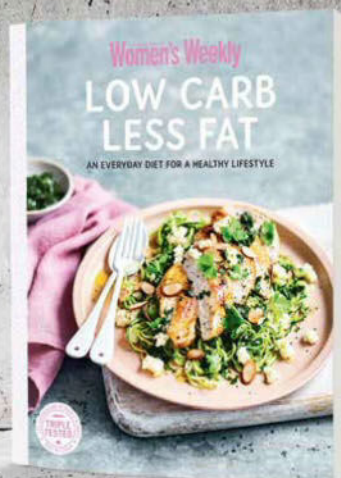
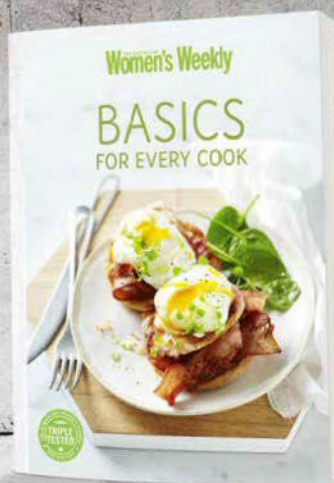


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## STORING EGGS

Whole eggs absorb smells from the fridge through their shell, so keep them in their carton or place in a covered container.

To prevent opened egg yolks drying out, place in a container, cover with water, then a lid or plastic wrap. Refrigerate for up to three days. Drain off the water before use.

## Eggs For Beginners

# GET CRACKING

PHOTOGRAPHER **DEAN WILMOT** STYLIST **LOUISE BICKLE**

PHOTOCHIEF **JANE COLLINGS & EMMA McCASKILL**

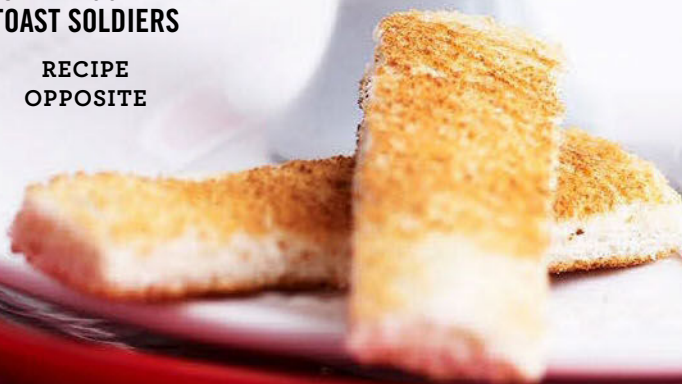
Boiled and served with toast soldiers or whisked into your favourite omelette, eggs are incredibly good for you and provide some of the world's simplest and most delicious meals.



10  
MINUTES

### BOILED EGG WITH TOAST SOLDIERS

RECIPE  
OPPOSITE







## ALL ABOUT EGGS

### HOW TO TELL IF AN EGG IS FRESH

The fresh egg experiment: to check the freshness of a raw egg, place it in a bowl of water. Fresh eggs will sink to the bottom, while stale eggs will float with the big end up. Always crack eggs into a small bowl or cup, one at a time, before adding to the mixture, just in case one of the eggs is not fresh.

### EGG SHELL COLOUR

Eggs are either brown or white.

**Myth** Brown eggs are healthier than white eggs.

**Myth** The colour of the shell determines the colour of the yolk.

**Fact** There is no difference in taste or nutrition between a brown egg and a white egg. The colour is determined by the breed of chicken that lays the egg.

## BOILED EGGS WITH TOAST SOLDIERS

PREP + COOK TIME 10 MINUTES SERVES 4

**4 eggs, at room temperature**  
**4 slices white bread**  
**30g butter, softened**

- 1 Place eggs into a medium saucepan; add enough cold water to cover the eggs. Put the saucepan on the heat; use a wooden spoon to stir the water constantly until it boils. This will ensure that yolks are in the centre of the eggs when they are cooked.
- 2 Boil, uncovered, for 3 minutes for a set egg white and soft yolk or 5 minutes for hard-boiled.
- 3 Meanwhile, toast the bread, then spread it with softened butter. Using a bread knife, cut crusts off the toast, then cut into four strips ("soldiers").
- 4 Empty the hot water out of the saucepan into the sink, being careful not to crack the eggs; hold the saucepan under cold running water for 1 minute or until the eggs are cool enough to hold. This will stop a dark ring forming around the yolks. Serve the eggs in egg cups with toast "soldiers".



A



B



C

## STEPS

**A** Cover the eggs with water in saucepan. Stir constantly, over heat, until the water boils.

**B** Use a bread knife to cut the crusts off the buttered toast. Cut each slice of toast into four "soldiers".

**C** Use a butter or small serrated knife to cut the tops off boiled eggs, so you can dip the toast into the yolks.





*"The humble egg is so versatile. Try these no-fuss recipes for a quick, delicious and nutritious meal that can be eaten at any time of the day."*

**Domenica Reddie, Food Editor, AWW Cookbooks**



## TOMATO, FETTA & BACON FRITTATAS

PREP + COOK TIME 40 MINUTES MAKES 6

cooking oil spray  
2 rindless bacon slices (130g),  
chopped coarsely  
100g fetta, crumbled  
 $\frac{1}{4}$  cup (20g) finely grated parmesan  
 $\frac{1}{3}$  cup coarsely chopped fresh basil  
6 eggs  
 $\frac{2}{3}$  cup (160ml) pouring cream  
9 grape tomatoes (150g),  
cut in half lengthways  
basil leaves, extra, to serve

1 Preheat oven to 180°C/160°C fan. Grease a 6-hole ( $\frac{3}{4}$ -cup/180ml) texas muffin pan with cooking oil spray. Using

a small bowl or muffin pan as a guide, cut six circles of baking paper large enough to line the base of each pan hole.

2 Divide bacon, fetta, parmesan and basil between pan holes. Break eggs, one at a time, into a small bowl, then pour into a large jug. Whisk until they are mixed well. Add the cream; whisk to combine. Pour the egg mixture into the pan holes. Place three tomato halves on top of each frittata.

3 Bake frittatas for 25 minutes or until egg is set. Take pan out of the oven; leave it for 5 minutes. Use a palette knife to loosen the edges of frittatas before carefully turning them out onto a board. Remove baking paper from bases of frittatas before serving topped with basil leaves.

## STEPS

**A** Trace six circles onto baking paper, using a small bowl or base of the muffin pan as a guide.

**B** Divide bacon, cheeses and basil between the lined pan holes, then carefully pour in the egg mixture.

**C** Use a palette knife to loosen the edges of the cooked frittatas before turning them out of the pan.





## Eggs For Beginners

### TOP TIP

Lining the base of each pan hole with baking paper makes it easier to remove the cooked frittatas. Using a pencil, trace circles around the base of the pan or a small bowl (the same size as the pan holes) onto baking paper, then cut them out with scissors. Place the circles into the pan holes, making sure the sides with the pencil marks are facing down.







## COOK'S NOTES

### SCRAMBLED EGGS

*To make perfectly creamy scrambled eggs, remove the pan from the heat of the stove when the eggs are just beginning to set. The heat of the pan will continue to cook the eggs to the perfect stage before serving.*

## SCRAMBLED EGGS

PREP + COOK TIME 20 MINUTES SERVES 4

8 eggs

½ cup (125ml) pouring cream

2 tablespoons finely chopped  
fresh chives

30g butter

1 Break eggs, one at a time, into a small bowl, then pour into a large jug. Whisk until they are well mixed. Add the cream and chives; whisk to combine.

2 Melt the butter in a medium frying pan over medium heat. When the butter is foaming, add the egg mixture; wait for a few seconds, then use a wooden spoon to gently spread the egg mixture over the base of the pan. Cook, stirring gently, scraping egg mixture along the base of the pan, until the egg mixture just begins to set. Serve the scrambled eggs immediately with buttered toast, if you like.

## STEPS

**A** Heat the butter in the frying pan until it is foaming and bubbling, then pour in the egg mixture.

**B** Cook the egg, scraping the mixture along the base of the pan, until the egg just begins to set.





### SPINACH, HAM & POACHED EGGS ON TOAST

PREP + COOK TIME 20 MINUTES SERVES 4

1 tablespoon white vinegar

4 eggs

½ turkish pide

75g baby spinach leaves

150g shaved ham

1 Half-fill a large frying pan with water; bring to the boil over high heat. Add vinegar. Break one egg into a small bowl or cup, then slide the egg into the pan of boiling water, being careful not to break the yolk. Repeat, one at a time, with the rest of the eggs. When all the eggs are in the pan, allow the water to boil again. Put a lid on the pan. Turn off the heat; leave for 4 minutes or until the yolks are covered with a light film of set egg white.

2 Meanwhile, cut bread in half horizontally so you have two thick slices, then cut each piece in half to make four pieces in total; toast the cut sides under a preheated grill. Top toasted sides of bread with spinach and ham.

3 Place a piece of paper towel on a plate. Use a slotted spoon to lift one egg out of the water, resting the spoon on the plate to soak up the poaching liquid. Repeat, one at a time, with the rest of the eggs.

4 Place the eggs on top of the ham; serve immediately.

### STEPS

**A** Break one egg into a small bowl, then carefully slide the egg into the pan of boiling water.

**B** Use a slotted spoon to lift cooked eggs from pan. Rest the spoon on paper towel to soak up the poaching liquid.



### COOK'S NOTES

#### POACHED EGGS

*The biggest challenge in poaching is to avoid the whites going wispy. First up, make sure your eggs are fresh, as fresh eggs have thicker whites.*

*Break each egg into a cup or bowl first, add a drop of vinegar, then slide each egg gently into the water.*





## TOP TIPS

If you don't like smoked salmon, you can use the same amount of shaved ham instead.

Hold some paper towel with a pair of tongs and wipe the pan clean before making each omelette.

Use a pair of kitchen scissors to snip the chives finely.





## Eggs For Beginners

### SMOKED SALMON & CREAM CHEESE OMELETTE

PREP + COOK TIME 25 MINUTES SERVES 4

- 8 eggs
- 125g spreadable cream cheese, softened
- 20g butter
- 2 tablespoons finely chopped fresh chives
- 2 tablespoons finely chopped fresh flat-leaf parsley
- 100g sliced smoked salmon

1 Break eggs, one at a time, into a small bowl, then pour into a large jug. Add 2 tablespoons of the cream cheese; whisk until well combined.

2 Melt a quarter of the butter in a small frying pan (measuring 16cm across the base) over medium heat. When the butter is foaming, pour a quarter of the egg mixture into the pan; tilt the pan so the egg mixture spreads and covers the base. Cook the omelette over

medium heat for 4 minutes or until it is almost set.

3 Place the chives and parsley into a small bowl; mix together. Put a quarter of the salmon, a quarter of the herb mixture and a quarter of the remaining cream cheese on top of one half of the omelette. Use an egg slide to lift the plain half of the omelette and fold it over the filling. Carefully slide the folded omelette onto a serving plate; cover with foil to keep warm.

4 Repeat Steps 2 and 3 to make three more omelettes.

### STEPS

**A** Heat the butter in the frying pan until it is foaming, then pour in a quarter of the egg mixture.

**B** Add a quarter of the fillings to the top of half of the omelette. Use an egg slide to fold omelette in half.

**C** Carefully slide the folded omelette from the pan onto a serving plate.



### DID YOU KNOW...

- An egg ages seven times quicker when left on the bench than when it is properly stored in the fridge.
- To tell if an egg is hard-boiled or raw, spin it! If the egg spins easily, it is hard-boiled, but if it wobbles, it's raw.
- A hen requires around 24 hours to produce an egg. Thirty minutes later, she starts all over again.
- Free-range eggs are produced by chickens with access to outdoor areas with vegetation, although they are kept mainly indoors. They are able to wander around and exercise and are not locked up in cages.
- Organic eggs are laid by chickens that have outdoor access during the day and are free to run around in natural vegetation. They are fed organic grains without pesticides, fertilisers or herbicides, and they are not given hormones or chemicals to fatten them up and make them grow bigger.
- Cage eggs, also known as standard eggs, are laid by chickens kept in small cages and not given room to exercise. The chooks are also fed hormones and chemicals to make them produce lots of eggs. These eggs, unfortunately, are the most common ones you'll find at the supermarket; they also tend to be cheaper.







# 4 ways with ASIAN GREENS

PHOTOGRAPHER **JOHN PAUL URIZAR**  
STYLIST **SOPHIA YOUNG** PHOTOCHEF **ANGELA DEVLIN**

So versatile in side dishes and stir-fries, and a breeze to cook, Asian greens – from choy sum to wombok – are sizzlers of the stovetop.

## 1 CHOY SUM & CRISP TOFU

PREP + COOK TIME 20 MINUTES SERVES 4

Cut 300g drained firm tofu into 2.5cm cubes. Heat  $\frac{1}{4}$  cup vegetable oil in a wok over medium heat. Fry tofu, in two batches, turning, for 6 minutes or until crisp; drain on paper towel. Trim ends from 450g choy sum; cut in half. Drain all but 2 tablespoons of oil from wok. Heat oil in wok over high heat; stir-fry 1 thinly sliced clove garlic and a 4cm piece ginger cut into matchsticks, for 1 minute. Add choy sum stems; stir-fry for 1 minute. Add choy sum leaves and 250g halved cherry tomatoes; stir-fry for 1 minute. Add tofu and 2 tablespoons tamari; toss to heat.





## 2 WOMBOK SALAD CRUNCH

PREP + COOK TIME 15 MINUTES SERVES 6

Coarsely chop  $\frac{1}{2}$  wombok (1kg). Cut 2 medium carrots into matchsticks with a mandoline or julienne peeler. Combine 1 tablespoon sesame oil, 1 tablespoon vegetable or olive oil,  $\frac{1}{4}$  cup rice wine vinegar, 1 clove crushed garlic and  $\frac{1}{2}$  small seeded, finely chopped fresh red chilli in a small bowl. Heat  $1\frac{1}{2}$  tablespoons vegetable oil in a wok until almost smoking. Add the wombok; toss for 1 minute or until slightly wilted. Remove from heat; stir in carrot, dressing,  $\frac{1}{2}$  cup fresh thai basil leaves and 2 tablespoons toasted sesame seeds.

## 3 GAI LAN & OYSTER SAUCE

PREP + COOK TIME 15 MINUTES SERVES 4

Place 4 thinly sliced cloves garlic and  $\frac{1}{4}$  cup peanut oil in a wok over medium heat. Once oil starts to sizzle, stir garlic for 2 minutes or until golden; remove with a slotted spoon. Discard all but  $1\frac{1}{2}$  tablespoons oil from wok. Trim 600g gai lan; cut in half. Cook stems in a large pan of boiling water for 1 minute. Add gai lan leaves to pan; cook for 30 seconds or until leaves and stems are almost tender. Drain. Heat reserved oil in wok over high heat, add gai lan,  $\frac{1}{4}$  cup oyster sauce and 2 tablespoons soy sauce; stir-fry for 2 minutes. Serve topped with garlic and thinly sliced red chilli. Serve with lime wedges.

## 4 SNAKE BEANS & RICE

PREP + COOK TIME 15 MINUTES SERVES 4

Cut 500g snake beans into 10cm lengths. Cook in a large saucepan of boiling water for 3 minutes or until tender; drain. Place  $1\frac{1}{2}$  tablespoons lime juice, 1 tablespoon each fish sauce, kecap manis and peanut oil, 2 teaspoons grated palm sugar and  $\frac{1}{2}$  finely chopped fresh red chilli in a screw-top jar; shake well. Heat 2 tablespoons peanut oil in a wok over medium heat, add 500g ready-cooked packaged jasmine rice; stir-fry for 3 minutes or until heated through. Add snake beans,  $\frac{1}{4}$  cup finely chopped unsalted peanuts and dressing; toss well to combine.





# Two's COMPANY



Learn a trick or two here, then  
impress someone special with  
your new-found cooking skills.

PHOTOGRAPHER **BEN DEARNLEY** STYLIST **VIVIEN WALSH**  
PHOTOCHefs **CHARLOTTE BINNS-McDONALD & ALICE STOREY**





30  
MINUTES

**VEAL CUTLETS  
WITH ORANGE  
SWEET POTATO  
MASH & BEANS**

RECIPE  
ON PAGE 107





30  
MINUTES

**ZA'ATAR CHICKEN  
SCHNITZEL  
& SALAD**

RECIPE  
OPPOSITE



### ZA'ATAR CHICKEN SCHNITZEL & SALAD

PREP + COOK TIME 30 MINUTES SERVES 2

*Za'atar is a Middle Eastern spice blend often containing thyme, sumac, sesame seeds and salt. It's available from major supermarkets and delis. To make your own, combine 1 teaspoon dried thyme with ½ teaspoon lightly crushed sesame seeds and ¼ teaspoon each sumac and salt. For a vegetarian option, sprinkle haloumi slices with za'atar and pan-fry over medium heat for 1 minute each side.*

- 2 x 200g fresh crumbed chicken schnitzels
- 2 teaspoons za'atar
- 2 tablespoons red wine vinegar
- 1 tablespoon extra virgin olive oil
- 2 teaspoons honey
- 1 clove garlic, crushed
- 6 trimmed red radishes (90g), sliced thinly
- 125g cherry tomatoes, halved
- 1 lebanese cucumber (130g), chopped coarsely
- 400g can chickpeas, rinsed, drained
- ½ cup fresh mint leaves
- 2 lemon wedges
- 2 pita breads, char-grilled

- 1 Preheat oven to 200°C/180°C fan. Line an oven tray with baking paper.
- 2 Place schnitzels on oven tray; sprinkle with za'atar. Bake, turning halfway, for 12 minutes or until golden. Stand for 5 minutes, then slice thickly.
- 3 Meanwhile, combine vinegar, oil, honey and garlic in a large bowl; season. Add radish, tomato, cucumber, chickpeas and mint; toss gently to combine.
- 4 Top salad with schnitzel. Serve with lemon wedges and pita bread.

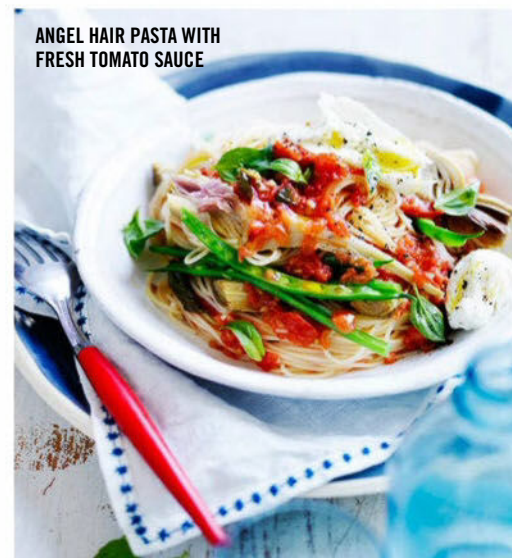
### VEAL CUTLETS WITH ORANGE SWEET POTATO MASH & BEANS

PREP + COOK TIME 30 MINUTES SERVES 2

*So you don't have to separate the green beans from the sweet potato after cooking, place a metal sieve into the saucepan and add the beans to that, then cook as instructed.*

- 1 large orange sweet potato (500g), cut into 3cm pieces
- 200g green beans, trimmed
- 40g butter, chopped
- 2 tablespoons light olive oil
- 2 veal cutlets (250g)
- 1 clove garlic, thinly sliced
- 125g cherry tomatoes, quartered
- 2 tablespoons basil pesto

- 1 Place sweet potato in a medium saucepan of cold water and bring to the boil, reduce heat; cook, covered, for 8 minutes. Add green beans; cook for a further 2 minutes or until tender. Drain; separate beans from sweet potato. Return sweet potato to pan; mash with butter until smooth. Season to taste; cover to keep warm. Halve beans lengthways.
- 2 Meanwhile, heat half the oil in a medium frying pan over medium-high heat. Cook veal for 5 minutes each side for medium or until cooked to your liking. Remove from pan; rest, loosely covered with foil, for 5 minutes.
- 3 Heat the remaining oil in same pan over medium heat. Add garlic and beans; cook for 1 minute or until garlic is lightly golden. Season to taste.
- 4 Serve veal with mash, bean mixture, tomato and pesto.



### ANGEL HAIR PASTA WITH FRESH TOMATO SAUCE

PREP + COOK TIME 25 MINUTES SERVES 2

- ¼ cup (60ml) extra virgin olive oil
- 2 cloves garlic, chopped finely
- 6 medium firm tomatoes (900g), halved, grated coarsely
- 1½ teaspoons caster sugar
- 1 cup fresh basil leaves, torn
- 250g angel hair pasta
- 120g green beans
- 150g jar marinated artichoke hearts, drained, quartered
- 125g buffalo mozzarella
- 2 teaspoons extra virgin olive oil, extra

- 1 Heat oil in a saucepan over medium heat. Add garlic, tomato, sugar and half the basil; stir well to combine. Cook for 10 minutes to allow flavours to infuse. Season to taste.
- 2 Meanwhile, cook pasta and beans in a large saucepan of boiling water until pasta is almost cooked; drain, cut beans in half crossways.
- 3 Add artichokes and pasta to pan with sauce; toss gently to combine.
- 4 Divide pasta among bowls, tear the mozzarella over the top; sprinkle with remaining basil, and drizzle with extra oil.



20  
MINUTES

**SPICED SEAFOOD  
COCONUT CURRY**

RECIPE  
ON PAGE 110





### TOP TIP

An Indian speciality, lime pickle is a mixed pickle condiment of limes that adds a hot and spicy taste to meals; it is available in Indian food shops.



30  
MINUTES

### PUMPKIN SAMOSA FRITTERS

RECIPE  
ON PAGE 110



### SPICED SEAFOOD COCONUT CURRY

PREP + COOK TIME 20 MINUTES SERVES 2

**200g vongole (clams)**  
**1 small bunch fresh coriander**  
**1 tablespoon vegetable oil**  
**½ teaspoon ground cumin**  
**1 teaspoon ground turmeric**  
**1 baby fennel bulb (130g), sliced thinly**  
**270ml can coconut milk**  
**¾ cup (180ml) chicken stock or water**  
**3 teaspoons fish sauce**  
**2 teaspoons caster sugar**  
**2 teaspoons lime juice**  
**6 large uncooked prawns, peeled,**  
**leaving tails intact**  
**250g firm white fish fillets,**  
**cut into 3cm pieces**  
**steamed jasmine rice, to serve**  
**1 lime, cut into wedges**  
**warm flatbread, to serve**

- 1 Soak vongole in a medium bowl of cold water for 3 minutes; drain. Trim roots from coriander leaving 2cm of stem attached; wash well, then chop finely. Pick ¼ cup of coriander leaves. (Reserve rest of bunch for another recipe.)
- 2 Heat oil in a large saucepan over medium heat. Cook spices, fennel and coriander root, stirring, for 4 minutes or until fragrant and lightly caramelised.
- 3 Increase heat to high; add vongole to pan, stir to combine, then cover with a lid. Cook for 2 minutes, shaking the pan occasionally, or until the vongole open. Remove vongole and set aside.
- 4 Stir coconut milk and stock into pan; bring to the boil. Stir in fish sauce, sugar and juice. Add the remaining seafood; cook, stirring, for 2 minutes or until just cooked through. Return vongole to pan.
- 5 Spoon rice into bowls. Top with curry. Sprinkle with coriander leaves. Serve with lime wedges and bread.

### PUMPKIN SAMOSA FRITTERS

PREP + COOK TIME 30 MINUTES SERVES 2

*Use ready-chopped pumpkin available from supermarkets and some greengrocers to save time. You could also microwave the pumpkin. The mixture is quite soft so, if time permits, place the patties into the freezer for 10 minutes to firm them before cooking.*

**200g butternut pumpkin, chopped**  
**coarsely**  
**½ x 250g packet 90-second microwave**  
**brown rice, uncooked**  
**¼ cup (30g) frozen peas**  
**1 small carrot (70g), grated coarsely**  
**2 teaspoons mild curry powder**  
**1 teaspoon finely grated fresh ginger**  
**⅓ cup (25g) dried breadcrumbs**  
**2 tablespoons vegetable oil**  
**⅓ cup (95g) greek-style natural**  
**yoghurt**  
**2 tablespoons hot lime pickle**  
**2 tablespoons fresh mint leaves**

- 1 Cook pumpkin in a medium saucepan of boiling water until tender. Drain, return to the pan; mash until smooth. Stir rice, peas, carrot, curry powder, ginger and breadcrumbs into pumpkin. Season.
- 2 Using oiled hands, form 6 x ¼ cups of mixture into patties. Heat oil in a large frying pan over medium heat. Cook patties, in batches, for 2 minutes each side or until golden.
- 3 Serve with yoghurt, pickle and mint leaves. Accompany with a spinach and tomato salad, if you like.

### GREEK PORK SKEWERS WITH CRUSHED WHITE BEANS

PREP + COOK TIME 30 MINUTES SERVES 2

**2 tablespoons extra virgin olive oil**  
**1 medium onion (150g), sliced thinly**  
**1 clove garlic, sliced thinly**  
**½ cup (125ml) dry white wine**  
**1½ x 400g cans white beans, rinsed,**  
**drained**  
**1 cup (250ml) chicken stock**  
**2 tablespoons lemon juice**  
**2 tablespoons coarsely chopped**  
**fresh oregano**  
**1 teaspoon finely grated lemon rind**  
**2 cloves garlic, halved, extra**  
**2 tablespoons red wine vinegar**  
**2½ tablespoons loosely packed fresh**  
**oregano leaves, extra**  
**350g pork fillet, diced into 3cm pieces**  
**2 tablespoons fresh flat-leaf parsley**  
**lemon wedges and strips of**  
**lemon rind, to serve**

- 1 Heat 1 tablespoon of the oil in a saucepan over medium heat. Add onion and sliced garlic to pan; cook, stirring, for 6 minutes or until tender. Add wine, stir to combine; add beans and stock. Bring to a simmer; cook, stirring occasionally, for 15 minutes or until thickened. Crush beans with a fork, stir in lemon juice and chopped oregano; season to taste. Cover to keep warm.
- 2 Meanwhile, process remaining oil, rind, halved garlic, vinegar and extra oregano leaves until mixture forms a paste; season. Combine pork and oregano mixture in a medium bowl; thread pork onto skewers.
- 3 Heat an oiled grill pan (or grill or barbecue) over medium heat; cook skewers, turning occasionally, for 6 minutes or until cooked through. Serve with crushed beans, sprinkled with parsley and lemon rind. Accompany with lemon wedges.



30  
MINUTES

**GREEK PORK  
SKEWERS WITH  
CRUSHED WHITE  
BEANS**

RECIPE  
OPPOSITE







*"Make use of quality convenience products, such as fresh ravioli, to put together delicious and easy midweek dinners in no time."*

Alexandra Elliott, Food Editor, AWW Cookbooks

### MINESTRONE WITH BEEF RAVIOLI

PREP + COOK TIME 25 MINUTES SERVES 2

*Ravioli is available in the refrigerated section of most supermarkets. For a vegetarian minestrone, use spinach and ricotta ravioli. If freezing the soup, don't add the ravioli. Sprinkle the soup with a pinch of dried chilli flakes if you don't have chilli oil.*

2 teaspoons extra virgin olive oil  
½ small brown onion (40g),  
chopped finely  
1 clove garlic, crushed  
2 teaspoons finely chopped fresh  
rosemary leaves  
1 small carrot (70g), chopped finely  
1 trimmed celery stalk (100g),  
chopped finely  
400g can diced tomatoes  
2 cups (500ml) vegetable stock  
1 teaspoon caster sugar  
150g fresh beef ravioli  
2 tablespoons shaved parmesan  
1 teaspoon chilli oil  
1 tablespoon fresh flat-leaf  
parsley leaves  
crusty bread, to serve

1 Heat oil in a medium saucepan over medium heat. Cook onion, garlic, rosemary, carrot and celery for 5 minutes or until soft.

2 Add tomatoes, stock and sugar; season. Bring to the boil; cook for 5 minutes. Add the ravioli, cook for a further 5 minutes or until the ravioli is tender.

3 Divide soup and ravioli among bowls. Top with parmesan, chilli oil and parsley. Serve with bread.







## CORN CHIP NUGGETS

### INGREDIENTS:

- 400g Mission White or Yellow Corn Chips, crushed
- 2 eggs, beaten
- 500g chicken, diced

### INSTRUCTIONS:

1. Blends corn chips in food processor
2. Beat egg
3. Dip cubes of meat in egg then coat in crushed corn chips
4. Shallow fry until golden (or cooked through)

**TIP:** Can substitute any meat, tofu or halloumi cheese



**TROLLS IS NEW TO BLU-RAY™  
AND DVD ON MARCH 15<sup>TH</sup>**

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### INVITATION

For a simple and fun invitation, buy a small wooden spoon for each child, or any kitchen utensil you like, and attach the party details to it.



### TABLE DECORATIONS

Cover the table with a crisp white tablecloth. We added a runner made from blue and white gingham fabric long enough to run the length of the table. You can hem it, if you

like, or just make sure the sides are cut straight and there are no frayed edges. Set the table with white plates and cups and silver cutlery. Place a chef's hat at each place setting. Place

glass mixing bowls, containing the pizza toppings, along the centre of the table. You could also add some cookbooks to the table to help create a foodie atmosphere.





# KIDS IN THE KITCHEN



A birthday celebration for a bunch of budding chefs may sound like a recipe for disaster, but we've got the ingredients for this party sorted.

## Party

PHOTOGRAPHER **JOHN PAUL URIZAR** STYLIST **SARAH DENARDI**  
PHOTOCHEF **ANGELA MUSCAT**

### DRESS-UPS

Every chef needs a clean uniform, so supply each guest with a tea towel and a couple of pegs so they can clip the tea towel to their clothes. Buy paper chef's hats (available from kitchen-supply shops) and make them smaller by stapling them in at the back of the headband (use your child's head as a reference). When the kids arrive, get them to write their names on the front of their own chef's hat using a black marker pen.

### ACTIVITIES

Bring out the chef in every child by helping them make their own pizza. Start by placing a mini pizza base at each place setting, sitting it on a piece of baking paper with the child's name on it. The chefs can top the pizzas with their choice of ingredients from the mixing bowls. An adult can pop the pizzas in the oven and, once they're cooked, each chef can munch on their own creation or swap slices with the other partygoers.



GIVE EACH CHEF A "TEA TOWEL APRON". THEY'RE CHEAP TO MAKE AND LOOK VERY PROFESSIONAL.



## PARTY FOOD

*Give the would-be chefs a chance to get creative. They could whisk their own juice, then whip up the pizza toppings. Prizes could be awarded for the most original and most colourful but, best of all, the kids can eat what they make – or share it if they like.*

### MINI PIZZAS WITH 3 TOPPINGS

PREP + COOK TIME 40 MINUTES

MAKES 12

1 cup (280g) tomato paste  
12 x 225g mini pizza bases

#### HAM & PINEAPPLE

1½ cups (150g) pizza cheese  
150g leg ham, chopped coarsely  
1 cup (180g) drained canned pineapple pieces

#### VEGETARIAN

1½ cups (150g) pizza cheese  
½ cup (120g) coarsely chopped char-grilled capsicum  
50g button mushrooms, sliced thinly  
¼ cup (30g) seeded black olives, sliced thinly  
⅓ cup (50g) drained semi-dried tomatoes, chopped coarsely

#### CHICKEN, BROCCOLI & SWEET CHILLI

1 cup (85g) small broccoli florets  
1½ cups (150g) pizza cheese  
2 cups (320g) shredded cooked chicken  
¼ cup (60ml) sweet chilli sauce

- 1 Preheat oven to 200°C/180°C fan.
- 2 Spread 1 tablespoon of the tomato paste over each pizza base. Place the bases on oven trays; sprinkle with



*"A chef's party is lots of fun, as kids – including picky eaters – love having input into what they eat."*

Alexandra Elliott, Food Editor, AWW Cookbooks



WATERMELON & RASPBERRY JUICE

toppings, as instructed below. Bake pizzas for 20 minutes or until browned.

**HAM AND PINEAPPLE** Sprinkle 1 cup of the cheese over four bases. Top with ham, pineapple, then the remaining cheese.

**VEGETARIAN** Sprinkle 1 cup of the cheese over four bases. Top with capsicum, mushroom, olives and tomato, then the remaining cheese.

**CHICKEN, BROCCOLI & SWEET CHILLI** Get an adult to drop broccoli into a small saucepan of boiling water; return to the boil, drain. Sprinkle 1 cup of the cheese over four bases. Top with chicken and remaining cheese. Serve sprinkled with broccoli and sweet chilli sauce.

### WATERMELON & RASPBERRY JUICE

PREP TIME 10 MINUTES SERVES 12

4kg watermelon  
3½ cups (875ml) chilled lemonade  
½ cup (125ml) raspberry cordial  
12 mini whisks (or one per child)

- 1 Remove skin and seeds from melon; chop flesh coarsely. With the help of an adult, push flesh through a juice extractor or blend or process, in batches, until mushy.
- 2 Strain juice into large jug; stir in lemonade and cordial.
- 3 Just before serving the juice, add a small whisk to each glass to use as a stirrer, as the juice will separate on standing.



## Kids' Party

### TOP TIPS

Each of the toppings makes enough for four pizza bases.  
-----

Put out small bowls of topping for the kids to make their own pizza.

40  
MINUTES

### MINI PIZZAS WITH 3 TOPINGS

RECIPE  
OPPOSITE





## Kids' Party

### DO AHEAD

Un-iced biscuits can be made 3 days ahead; store them in an airtight container.

Freeze un-iced biscuits between layers of freezer wrap for up to 1 month. Thaw biscuits at room temperature for 1 hour.



40  
MINUTES

GINGERBREAD  
BISCUITS

RECIPE  
OPPOSITE





Noodle boxes make great goodie bags. Fill them with homemade biscuits or chef-themed keepsakes.



## GINGERBREAD BISCUITS

PREP + COOK TIME 40 MINUTES  
(+ REFRIGERATION) MAKES 20

125g butter, chopped  
 $\frac{1}{3}$  cup (75g) firmly packed brown sugar  
 $\frac{1}{2}$  cup (175g) golden syrup  
3 cups (450g) plain flour  
2 teaspoons ground ginger  
2 teaspoons ground cinnamon  
 $\frac{1}{2}$  teaspoon ground cloves  
2 teaspoons bicarbonate of soda  
1 egg, beaten lightly  
1 teaspoon vanilla extract  
sparkling cachaous

### ROYAL ICING

2 egg whites  
3 cups (480g) pure icing sugar  
various food colourings

- 1 Preheat oven to 180°C/160°C fan; grease and line two oven trays.
- 2 Combine butter, sugar and golden syrup in a small saucepan; stir over low heat for 5 minutes or until smooth. Cool for 5 minutes.

- 3 Sift flour, spices and bicarb into a large bowl; add butter mixture, egg and extract, stir until combined.
- 4 Knead dough on a floured surface until smooth. Roll dough between sheets of baking paper until 5mm thick; refrigerate for 10 minutes.
- 5 Using round-, heart- and also star-shaped cutters, cut out shapes from dough; place on trays.
- 6 Bake for 10 minutes or until browned. Cool on trays.
- 7 Meanwhile, make royal icing.
- 8 Decorate biscuits by spreading or piping with royal icing; decorate with cachaous.

### ROYAL ICING

Beat egg whites in a small bowl with an electric mixer until frothy; gradually beat in sifted icing sugar, a tablespoon at a time, until stiff peaks form. Tint the icing with your favourite colour. Keep icing covered with a damp cloth, or enclosed tightly in plastic piping bags; the icing will develop a crust once it's exposed to the air.

## TAKE-HOME TREATS

When the kids leave your house after a fun food-filled day, give them a treat that will inspire them to cook up a storm in their own home. Buy a medium-sized cardboard noodle box (from party shops or kitchen-supply shops) for each child and fill them with homemade biscuits or cooking-themed goodies (see below). Close the box and place a cookie cutter on top. Tie the cutter to the box using kitchen twine.

### BICKIE BONANZA

Fill the take-home treat box with plain and sweet biscuits. And don't forget to add the gingerbread biscuits that the kids made and decorated – if they haven't all been eaten already!

### GOODIE BAGS FOR CHEFS

There are many small, inexpensive cookbooks and plenty of cheap cooking utensils for sale. So instead of biscuits for take-home treats, send the chefs home with a cookbook for kids, a spatula, mini muffin pan, plus their "tea towel apron", to keep their culinary ambitions alive.



It's a good idea to sketch a chef's hat on grease-proof paper to use as a cutting guide on the cake.

## CHEF'S HAT CAKE

**PREP + COOK TIME 2 HOURS 30 MINUTES**  
**(+ COOLING) SERVES 12**

*This cake requires a bit of patience, but is well worth the effort as it looks so impressive. A candy thermometer takes the guesswork out of the frosting, but if you don't have one, make sure you follow the recipe carefully.*

**5 x 340g packets buttercake mix**  
**35cm x 40cm prepared board**  
**1 black licorice strap**

### FLUFFY FROSTING

**1½ cups (330g) caster sugar**  
**½ cup (125ml) water**  
**3 egg whites**

- 1 Preheat oven to 160°C/140°C fan. Grease and line a deep 30cm square cake pan.
- 2 Make cakes according to directions on packets, pour into pan; smooth surfaces. Bake for 1 hour 45 minutes or until a skewer inserted into the centre comes out clean. Stand the cake in pan for 5 minutes, then transfer to a wire rack to cool.
- 3 Using a serrated knife, level cake top. Turn cake cut-side down. Following the chef's hat shape (pictured), cut hat from cake (see tip).
- 4 Make the fluffy frosting. Spread the cake all over with frosting; position cake on prepared board.
- 5 Cut half the licorice strap into thin strips; use to outline hat and hat band. Cut remaining licorice strap into 1cm squares; position on cake to make a chequerboard hat band.

### FLUFFY FROSTING

Combine sugar and the water in a small saucepan; stir over low heat, without boiling, for 2 minutes or until the sugar dissolves. Boil, uncovered, without stirring, for 3 minutes or until the syrup is slightly thick.



(If a candy thermometer is available, the syrup is ready at 114°C.) Remove pan from heat, allow bubbles to subside; test by dropping 1 teaspoon of the syrup into a cup of cold water. When ready, the syrup will form a ball of soft, sticky toffee when rolled gently between your fingertips. The syrup should not be changed in colour. While syrup is boiling, beat egg whites in a small bowl with an electric mixer until stiff; keep beating (or whites will deflate) until syrup

reaches the correct temperature. When syrup is ready, and bubbles have subsided, pour a very thin stream onto the egg whites with mixer operating on medium speed. (If syrup is added too quickly, frosting will not thicken.) Continue to beat until frosting stands in stiff peaks; frosting should be barely warm by this stage.







GET INTO THE  
**JUNGLE  
BOOGIE**

PLAN YOUR NEXT PARTY AT

**SPOTLIGHT**





## TOP TIP

Beat the heat – always wear gloves when seeding lots of chillies, and make sure not to touch your face with your fingers.

30  
MINUTES

HOT & SPICY  
HARISSA

RECIPE  
OPPOSITE





# Sauces

## FOR COURSES

Go on, get a little saucy – add flavour, spice and colour to your meals with these easy pastes and sauces.

### HOT & SPICY HARISSA

PREP + COOK TIME 30 MINUTES MAKES 1½ CUPS  
KEEPS 3 WEEKS

*This harissa is hot, but not as fiery as many sauces; to decrease the heat even more, seed some or all of the chillies, as these contain most of the heat.*

2 medium red capsicums (400g)  
2 tablespoons ground cumin  
1 tablespoon ground coriander  
20 fresh small red thai chillies  
(110g), stalks removed  
10 cloves garlic, quartered  
6 fresh coriander roots  
1 teaspoon coarse cooking salt  
2 tablespoons olive oil

- 1 Preheat oven to 200°C/180°C fan.
- 2 Quarter capsicums; discard seeds and membranes. Roast capsicum, skin-side up, until skin blisters and blackens. Cover with plastic wrap or baking paper; stand for 5 minutes, then peel away skin.
- 3 Meanwhile, place spices in a small frying pan over medium heat; cook, stirring continuously, for 1 minute or until fragrant.
- 4 Blend or process capsicum, spices, chillies, garlic, coriander roots and salt until smooth. With motor operating, gradually add oil in a thin, steady stream; blend until combined.
- 5 Spoon harissa into a jar; seal and store in the fridge.



### COOK'S NOTES

#### HOW TO USE

*As a marinade for grilled chicken and meat; stir a little through yoghurt or mayonnaise and serve as a spicy dipping sauce; or use as a condiment on its own with grilled chicken or fish.*



### RED CURRY PASTE

PREP + COOK TIME 25 MINUTES (+ STANDING)  
MAKES 1 CUP KEEPS 1 WEEK FREEZE 1 MONTH

- 20 dried long red chillies
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon hot paprika
- 2cm piece fresh ginger, chopped finely
- 3 cloves garlic, quartered
- 1 medium red onion (170g),  
chopped coarsely
- 1 stalk fresh lemon grass (white part  
only), sliced thinly
- 2 tablespoons coarsely chopped fresh  
coriander root and stem mixture
- 2 teaspoons shrimp paste
- 1 tablespoon peanut oil

1 Place chillies in a small heatproof bowl or jug, cover with boiling water; stand for 15 minutes, drain.  
2 Meanwhile, place ground coriander, cumin and paprika in a small frying pan over medium heat; cook, stirring continuously, for 1 minute or until fragrant.  
3 Blend or process chillies and spices with ginger, garlic, onion, lemon grass, coriander root and stem mixture and shrimp paste until mixture forms a paste. Add oil; continue to blend until smooth. Spoon paste into a jar, cover with a thin layer of oil; seal and refrigerate.

#### USE THIS WITH

Red curries using barbecued duck, pineapple and tomato; or as the base for stir-fries and soups, especially pumpkin.

### GREEN CURRY PASTE

PREP + COOK TIME 25 MINUTES (+ STANDING)  
MAKES 1 CUP KEEPS 1 WEEK FREEZE 1 MONTH

*Green curry pastes tend to be more aromatic and fresh tasting than red – both can be hot, but much depends on the individual recipe and the chillies.*

- 2 teaspoons coriander seeds
- 2 teaspoons cumin seeds
- 10 fresh long green chillies,  
chopped coarsely
- 10 fresh small green chillies,  
chopped coarsely
- 1 teaspoon shrimp paste
- 1 clove garlic, quartered
- 4 green onions, chopped coarsely
- 1 stalk lemon grass (white part only),  
chopped finely
- 1cm piece fresh galangal,  
chopped finely
- ¼ cup coarsely chopped fresh  
coriander root and stem mixture
- 1 tablespoon peanut oil

1 Place coriander seeds and cumin seeds in a small frying pan; stir continuously over medium heat for 1 minute or until fragrant. Using a mortar and pestle, finely grind the seeds.  
2 Blend or process spices with chillies, shrimp paste, garlic, onion, lemon grass, galangal and coriander root and stem mixture for 1 minute or until mixture forms a paste. Add oil to paste; continue to blend until smooth. Spoon paste into a jar, cover with a thin layer of oil; seal and refrigerate.

#### USE THIS WITH

Green curries using chicken or fish.

### YELLOW CURRY PASTE

PREP + COOK TIME 25 MINUTES (+ STANDING)  
MAKES 1 CUP KEEPS 1 WEEK FREEZE 1 MONTH

*This is the mildest of curry pastes, with similarities to Indian curry pastes.*

- 2 dried long red chillies
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- 2 fresh yellow banana chillies (250g),  
chopped coarsely
- 1 teaspoon finely chopped fresh  
turmeric
- 2 cloves garlic, quartered
- 1 small brown onion (80g),  
chopped finely
- 1 stalk lemon grass (white part only),  
chopped finely
- 2 teaspoons finely chopped fresh  
galangal
- 1 tablespoon coarsely chopped fresh  
coriander root and stem mixture
- 1 teaspoon shrimp paste
- 1 tablespoon peanut oil

1 Place red chillies in a small heatproof bowl or jug, cover with boiling water; stand for 15 minutes, then drain.  
2 Meanwhile, place ground coriander, cumin and cinnamon in a small frying pan; stir continuously over medium heat for 1 minute or until fragrant.  
3 Blend or process spices and red chillies with remaining ingredients until mixture is smooth. Spoon paste into a jar, cover with a thin layer of oil; seal and refrigerate.

#### USE THIS WITH

Milder curries using chicken, beef or seafood, and in combination with coconut milk or cream.



## TOP TIPS

Homemade pastes lend freshness and flavour nuances to your dishes.

Before you start making any of these delicious pastes, see “Sterilising information” (p127) and “Step-by-step curry pastes” (p126).







## STEP-BY-STEP CURRY PASTES

**A** For red curry paste, place chillies in a small heatproof bowl; cover with boiling water and stand for 15 minutes before draining.

**B** Coarsely chop the red onion, thinly slice the lemon grass, finely chop ginger and quarter garlic. Coarsely chop some of the roots and stems of the coriander to get 2 tablespoons.

**C** When making green curry paste, toast the coriander and cumin seeds in a small frying pan until fragrant. Then, using a mortar and pestle, finely grind the spices.

**D** Blend or process spices with chillies, shrimp paste, garlic, onion, lemon grass, galangal and coriander mixture until a paste is formed.

**E** To make yellow curry paste, coarsely chop coriander roots and stems and banana chillies; quarter garlic; and finely chop turmeric, onion, lemon grass and galangal, then blend with other ingredients to form a paste.

**F** Spoon curry pastes into jars and cover with a thin layer of oil; seal and refrigerate. They will keep for 1 week in the fridge, or freeze for 1 month.



## STERILISING INFORMATION

Sterilising your jars properly is important for preserving these pastes. Not only does proper sterilisation prolong the life of your product, it is also extremely important in preventing foodborne bacteria from causing severe illness.

## STERILISING JARS

It's important the jars be as clean as possible; make sure your hands, the preparation area, tea towels and cloths, etc, are clean, too. The aim is to finish sterilising the jars and lids at the same time the preserve is ready to be bottled; the hot preserve should be bottled into hot, dry, clean jars. Any jars that aren't sterilised properly can cause deterioration of the preserves during storage.

Here are three methods for sterilising jars. First up, always start with cleaned, washed jars and lids.

### 1 PUT BOTH THE JARS AND LIDS

through the hottest cycle of your dishwasher, but without using any detergent.

### 2 LIE THE JARS DOWN

in a boiler with the lids, cover them with cold water, then cover the boiler with a lid. Bring the water to the boil over high heat and boil the jars for 20 minutes.

### 3 STAND THE JARS UPRIGHT

without touching each other on a wooden board on the lowest shelf in the oven. Turn the oven to the lowest possible temperature, close the oven door and leave the jars to heat through for 30 minutes.

Remove the jars from the oven or dishwasher with a towel, or from the boiling water with tongs and

rubber-gloved hands; the water will evaporate from hot wet jars quite quickly. Stand the jars upright and not touching each other on a wooden board, or a bench covered with a towel to protect and insulate the bench.

Pour hot preserves into hot jars until the jars are filled to the top (in most cases, unless indicated otherwise by the recipe). Secure the lids tightly, hold the jars firmly with a towel or an oven mitt while doing this, then leave the preserves at room temperature to cool before labelling and storing.

## STORAGE

Preserves should be stored in a cool, dark place. In days gone by, this could have been a dark corner under a house, a well-ventilated pantry,

a corner of a garage or laundry, or even a cave. The area you choose needs to have a constant air flow and be dry, cool and dark – when a preserve is exposed to light during storage, it will discolour. Anywhere dank, musty or mouldy will cause preserves to deteriorate. If the climate you live in is hot, wet and/or humid, the safest place to store preserves is in the fridge. If mould does develop on any preserve, throw the preserve in that particular jar away (the mould may not have developed in every jar in the same batch). The visible mould will be on the top of the preserve, but the mould will have penetrated the preserve within the jar – it is not safe to eat any food that has become mouldy during storage. Once a jar of any preserve is opened, always store it in the fridge.





If you don't like a lot of heat, remove the seeds and membranes from the red chillies.

## SWEET & SPICY MUHAMMARA

PREP + COOK TIME 30 MINUTES KEEPS 2 WEEKS

MAKES 4½ CUPS

*So you've mastered harissa and curry pastes, now you can try muhammara, an irresistible dip of Syrian origin that's also found in Turkey.*

- 4 medium red capsicums (800g)
- 2 fresh long red chillies
- 1 cup (70g) coarse sourdough breadcrumbs
- 1 cup (100g) walnuts, roasted
- 3 cloves garlic
- 2½ tablespoons pomegranate molasses
- 2 tablespoons extra virgin olive oil
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon lemon juice
- 2 tablespoons water, approximately
- 1 tablespoon extra virgin olive oil, extra
- 2 tablespoons chopped walnuts, roasted, extra

1 Cook capsicums on a heated barbecue or char-grill pan, turning occasionally, for 10 minutes or until skin is charred and blackened and the flesh is tender. (Don't be afraid to allow the skin to become heavily blackened.) Transfer to a bowl, cover with plastic wrap; stand until cool enough to handle. Carefully cut capsicum open, drain away any hot juices; peel and remove seeds.

2 Process capsicum, chillies, breadcrumbs, walnuts, garlic, molasses, oil, paste, cumin and the juice until smooth. Add the water if required to thin to the desired consistency; season to taste. Spoon into an airtight container or jar; seal and store in the fridge. Drizzle with extra oil and top with extra walnuts, to serve.



### VEGETARIANS

Vegetarians will find this a useful sauce to have on hand to drizzle over roasted large mushrooms teamed with haloumi, or as a spread with a difference in sandwiches.

### TRY THIS

Use as a sauce for lamb kofta and kebabs stuffed into pitta pockets; or serve with toasted mountain bread.





# THE AUSTRALIAN Women's Weekly food

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## TOP TIPS

"Tofutti Better Than Cream Cheese" is a tofu-based dairy-free cream cheese substitute available in the refrigerated section of supermarkets and health food stores.

If you're not dairy intolerant, use cream cheese instead of the tofutti, and butter instead of the dairy-free spread.

-----  
This brownie can be made a day ahead; store in an airtight container in the fridge.



SWIRL THE CHEESECAKE  
BROWNIE MIXTURE IN THE PAN  
BEFORE BAKING TO CREATE A  
MARBLED EFFECT.



# Delectable DESSERTS

With our helpful tips and step-by-step instructions, you'll soon be whipping up cheesecakes like a pro. Don't be afraid to give these a go – just remember our recipes are triple-tested.



**GLUTEN-FREE  
DARK CHOCOLATE  
CHEESECAKE  
BROWNIES**

**RECIPE  
ON PAGE 133**





## EQUIPMENT & TIPS

### 1 SPRINGFORM PANS

The cheesecake maker's greatest ally is the springform pan, as it eliminates all the uncertainties of turning the cheesecake out. If you want to transfer the cheesecake from the pan's base to a serving plate, it's a good idea to reverse the base of the springform pan before pressing in the crust. To make doubly certain of being able to remove the cheesecake from the base, cover the base with aluminium foil cut to the diameter of the pan. The way that springform pans are measured does vary sometimes. The measurement we use is the one stamped on the bottom of the pan. If the crumb mixture is lining the base and side of the springform pan, there's no need to grease the pan. If it's only covering the base of the pan, you should also grease the side. For an extra-smooth side to an unbaked "biscuit base-only" cheesecake, remove the base of the pan then drape a piece of plastic wrap over the lightly greased sides of the pan. Position and secure the base back into the pan, stretching the wrap neatly and leaving a little of the wrap hanging over the edge of the pan.

### 2 CRUMB BASE

Blend, process or crush the biscuits finely for the best cutting results. Melt the butter, without overheating it, then stir the butter evenly through the crumbs. Tip the biscuit mixture into the pan, press about a third of the mixture over the base, and remaining mixture up the side of the pan, using a straight-sided glass to firm the crumbs.

### 3 MAKING, BAKING AND COOLING

For a smooth-textured filling, have the cream cheese and all the other ingredients at room temperature

before mixing. Use the correct-sized pan and other equipment, such as measuring cups, and add the ingredients in the order the recipe recommends. Don't overbeat mixtures that contain cream and mascarpone cheese as the mixture might curdle. At the end of the specified cooking time, the cheesecake might appear soft in the centre. However, it will firm as it cools.

An overbaked cheesecake has a grainy texture and is inclined to shrink, crack and become dry as it cools. You can help prevent the cheesecake from shrinking, sinking in the middle or cracking as it cools by cooling it in the oven. Turn the oven heat off, leave the oven door ajar and let the cheesecake stand undisturbed in the oven until it is cool. When cool, refrigerate it until it sets firmly. Larger cheesecakes benefit from being refrigerated overnight. Not only will this make the cheesecake easier to cut, but its flavour will also be better developed.

### 4 REMOVING FROM THE PAN

Release the catch on the side of the springform pan and remove the outer ring. Slip a large spatula or egg slice under the crust, then slide the cheesecake onto a plate. Neaten the crumb crust by trimming with a sharp knife; work carefully to avoid breaking the crust and, using a pastry brush, sweep off any crumbs that drop onto the filling.

### 5 CUTTING TIME

After removing the cheesecake from the pan to a serving plate, use a large, hot, dry, sharp knife to cut the cheesecake.



FROM TOP: A springform pan is your best friend when it comes to making cheesecakes. Use a straight-sided glass to firm the crumbs in the pan. Cut the cheesecake with a large, sharp, heated, dry knife.



## GLUTEN-FREE DARK CHOCOLATE CHEESECAKE BROWNIES

**PREP + COOK TIME 1 HOUR 45 MINUTES**  
**(+ COOLING) MAKES 24 PIECES**

*This brownie is gluten-free, dairy-free and nut-free.*

dairy-free spread, for greasing  
150g dairy-free dark chocolate, chopped coarsely  
150g dairy-free spread  
1¼ cups (275g) caster sugar  
2 free-range eggs, beaten lightly  
2 teaspoons vanilla extract  
½ cup (75g) tapioca flour  
½ cup (65g) gluten-free self-raising flour  
⅓ cup (35g) dutch-processed cocoa  
227g Tofutti Better Than Cream Cheese, softened  
1 tablespoon caster sugar, extra  
2 teaspoons dutch-processed cocoa, extra

- 1 Preheat oven to 160°C/140°C fan. Grease a deep 22cm square cake pan; line base and sides with baking paper.
- 2 Stir chocolate and dairy-free spread in a medium saucepan over low heat for 5 minutes or until chocolate melts and mixture is smooth. Remove from heat; cool for 5 minutes.
- 3 Stir sugar into chocolate mixture; add eggs and half the extract, stir to combine. Stir in the sifted flours and cocoa until combined. Pour the mixture into the pan.
- 4 Combine Tofutti, extra sugar and remaining extract in a small bowl. Drop large spoonfuls of Tofutti mixture over chocolate mixture. Using a flat-bladed knife, gently swirl through mixtures to create a marble pattern.
- 5 Bake for 1¼ hours or until a skewer inserted in the centre comes out clean. Cool in pan. Dust with extra cocoa; cut into 24 squares.



## DOUBLE-CHOC MOUSSE CHEESECAKE

**PREP + COOK TIME 1 HOUR (+ REFRIGERATION)**  
**SERVES 12**

125g plain chocolate biscuits  
75g butter, melted  
3 teaspoons powdered gelatine  
¼ cup (60ml) water  
500g cream cheese, softened  
½ cup (110g) caster sugar  
2 eggs, separated  
1 cup (250ml) pouring cream  
150g dark chocolate, melted  
100g white chocolate, melted  
2 tablespoons pouring cream, extra  
150g dark chocolate, extra, melted

- 1 Grease and line base and sides of a 22cm springform pan with plastic wrap.
- 2 Process biscuits until fine. Add butter; process until combined. Press the mixture over base of pan. Refrigerate for 30 minutes.
- 3 Make filling by sprinkling gelatine over the water in a small heatproof

- jug; stand jug in a small saucepan of simmering water. Stir until gelatine dissolves; cool for 5 minutes.
- 4 Beat cream cheese, sugar and egg yolks in a medium bowl with an electric mixer until smooth; beat in cream. Stir in the dark chocolate and gelatine mixture.
- 5 Beat egg whites in a small bowl with an electric mixer until soft peaks form; fold into cheese mixture. Pour filling into pan.
- 6 Combine white chocolate and extra cream in a small jug. Swirl white chocolate mixture through cheesecake mixture. Refrigerate overnight.
- 7 Spread extra dark chocolate over baking paper into a 20cm square. When set, break chocolate into small pieces.
- 8 Remove cheesecake from pan. Position the chocolate pieces around the cheesecake, pressing lightly onto the side.





ITALIAN RICOTTA  
CHEESECAKE

## ITALIAN RICOTTA CHEESECAKE

PREP + COOK TIME 2 HOURS  
(+ COOLING & REFRIGERATION) SERVES 16

90g butter, softened  
¼ cup (55g) caster sugar  
1 egg  
1½ cups (185g) plain flour  
¼ cup (35g) self-raising flour  
sifted icing sugar, to serve

### FILLING

1kg fresh ricotta  
1 tablespoon finely grated lemon rind  
¼ cup (60ml) lemon juice  
1 cup (220g) caster sugar  
5 eggs  
¼ cup (40g) sultanas  
¼ cup (80g) finely chopped glacé  
fruit salad

- 1 Grease a 28cm springform pan.
- 2 Beat butter, sugar and egg in bowl with an electric mixer until combined.
- 3 Stir in half the sifted flours, then work in the remaining flour with your

hand. Knead pastry lightly on a floured surface until smooth. Wrap dough in plastic wrap; refrigerate for 30 minutes.

- 4 Press pastry over base of pan; prick with a fork. Place on oven tray; refrigerate for 30 minutes.
- 5 Preheat oven to 200°C/180°C fan.
- 6 Cover pastry with baking paper, fill with beans or rice; bake for 10 minutes. Remove paper and beans; bake for a further 15 minutes or until browned lightly. Cool.
- 7 Reduce oven temperature to 160°C/140°C fan.
- 8 Make filling.
- 9 Pour filling into pan; bake for 50 minutes. Cool cheesecake in oven with door ajar.
- 10 Refrigerate cheesecake for 3 hours or overnight. Dust the cheesecake with sifted icing sugar. Serve with ice-cream if you like.

### FILLING

Process cheese, rind, juice, sugar and eggs until smooth; stir in fruit.

## BERRY & RICOTTA CHEESECAKE

PREP + COOK TIME 1 HOUR 30 MINUTES  
(+ REFRIGERATION & COOLING) SERVES 8

200g amaretti biscuits  
2 tablespoons caster sugar  
75g butter, melted  
250g strawberries, sliced  
150g raspberries  
2 teaspoons icing sugar

### RASPBERRY RICOTTA FILLING

500g cream cheese, chopped  
300g fresh ricotta (see tips)  
1 cup (220g) caster sugar  
½ cup (80ml) milk  
3 eggs  
125g raspberries

- 1 Grease a 20cm springform pan. Line base and side with baking paper.
- 2 Process biscuits and caster sugar until fine. With motor operating, gradually add butter until well combined. Press biscuit mixture over base of pan using the back of a spoon. Place pan on an oven tray; refrigerate for 30 minutes.
- 3 Preheat oven to 150°C/130°C fan.
- 4 Make raspberry ricotta filling; pour filling into pan.
- 5 Bake cheesecake for 50 minutes or until cooked around the edge and slightly wobbly in the middle. Turn oven off; cool cheesecake in oven for 1 hour with the door ajar. Refrigerate for at least 4 hours or overnight, until firm.
- 6 Just before serving, top the cheesecake with combined berries; dust with icing sugar.

### RASPBERRY RICOTTA FILLING

Process the cream cheese, ricotta, sugar and milk until smooth. Add eggs; process until combined. Transfer mixture to a large bowl; fold in raspberries.





## Cheesecakes For Beginners

1½  
HOURS

### BERRY & RICOTTA CHEESECAKE

RECIPE  
OPPOSITE

### TOP TIPS

Amaretti are small Italian biscuits made from almonds, available from delis and supermarkets.

Buy firm fresh ricotta from the deli; don't use packaged ricotta.

Lock the base of the springform pan upside down so it's level. This will make it easy to remove the cheesecake from the base.





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# HIGH Flyer

Topped with Italian meringue and layered with passionfruit cream and strawberries, this cake is a stunner.

PHOTOGRAPHER CATH MUSCAT STYLIST OLIVIA BLACKMORE PHOTOCHEFS KIRSTEN JENKINS & ARUM SHIM





### STRAWBERRY & PASSIONFRUIT LAYER CAKE

PREP + COOK TIME 1 HOUR 50 MINUTES  
(+ COOLING) SERVES 12

250g butter, softened  
2 cups (440g) caster sugar  
1 teaspoon vanilla extract  
4 eggs  
2 cups (300g) plain flour  
¼ cup (35g) self-raising flour  
¾ cup (180ml) milk  
750g strawberries  
1 tablespoon icing sugar  
**PASSIONFRUIT CREAM**  
600ml thickened cream  
2 tablespoons icing sugar  
⅓ cup (80ml) passionfruit pulp

#### MERINGUE FROSTING

⅔ cup (150g) caster sugar  
1 tablespoon glucose syrup  
2 tablespoons water  
3 egg whites  
1 tablespoon caster sugar, extra

- 1 Preheat oven to 160°C/140°C fan. Grease three 20cm round sandwich cake pans; line bases with baking paper.
- 2 Beat butter, sugar and extract in a large bowl with an electric mixer until light and fluffy. Beat in eggs, one at a time. Fold in sifted flours and milk, in two batches. Divide the mixture evenly among pans.
- 3 Bake cakes for 35 minutes or until a skewer inserted into each centre comes out clean. Leave cakes in pans for 5 minutes before turning, top-side down, onto wire racks to cool.
- 4 Meanwhile, make passionfruit cream.
- 5 Reserve 10 of the strawberries; thinly slice remaining strawberries. Split the cold cakes in half. Place one cake layer on a plate or cake

stand; spread with one-fifth of the passionfruit cream, top with one-fifth of the sliced strawberries, then with another cake layer. Repeat layering, finishing with a cake layer.

6 Make meringue frosting.

7 Spread frosting over top and side of cake. Just before serving, decorate with reserved strawberries and dust with sifted icing sugar.

#### PASSIONFRUIT CREAM

Beat cream in a small bowl with an electric mixer until soft peaks form. Using a whisk, stir in sifted icing sugar and passionfruit.

#### MERINGUE FROSTING

Stir sugar, glucose and the water in a small saucepan over medium heat until the sugar dissolves. Bring to the boil; boil for 3 minutes or until the syrup reaches 116°C on a sugar thermometer (or when a teaspoon of syrup, dropped into a cup of cold water, forms a soft ball when a small amount of mixture is

rolled between your fingers). Remove the syrup from heat to allow bubbles to subside. Meanwhile, beat the egg whites in a small bowl with an electric mixer until soft peaks form; beat in the extra sugar until dissolved. While motor is operating, pour in the hot syrup in a thin, steady stream; beat on high speed for 5 minutes or until meringue mixture is thick.

## STEPS

### A LEVELLING THE SURFACE

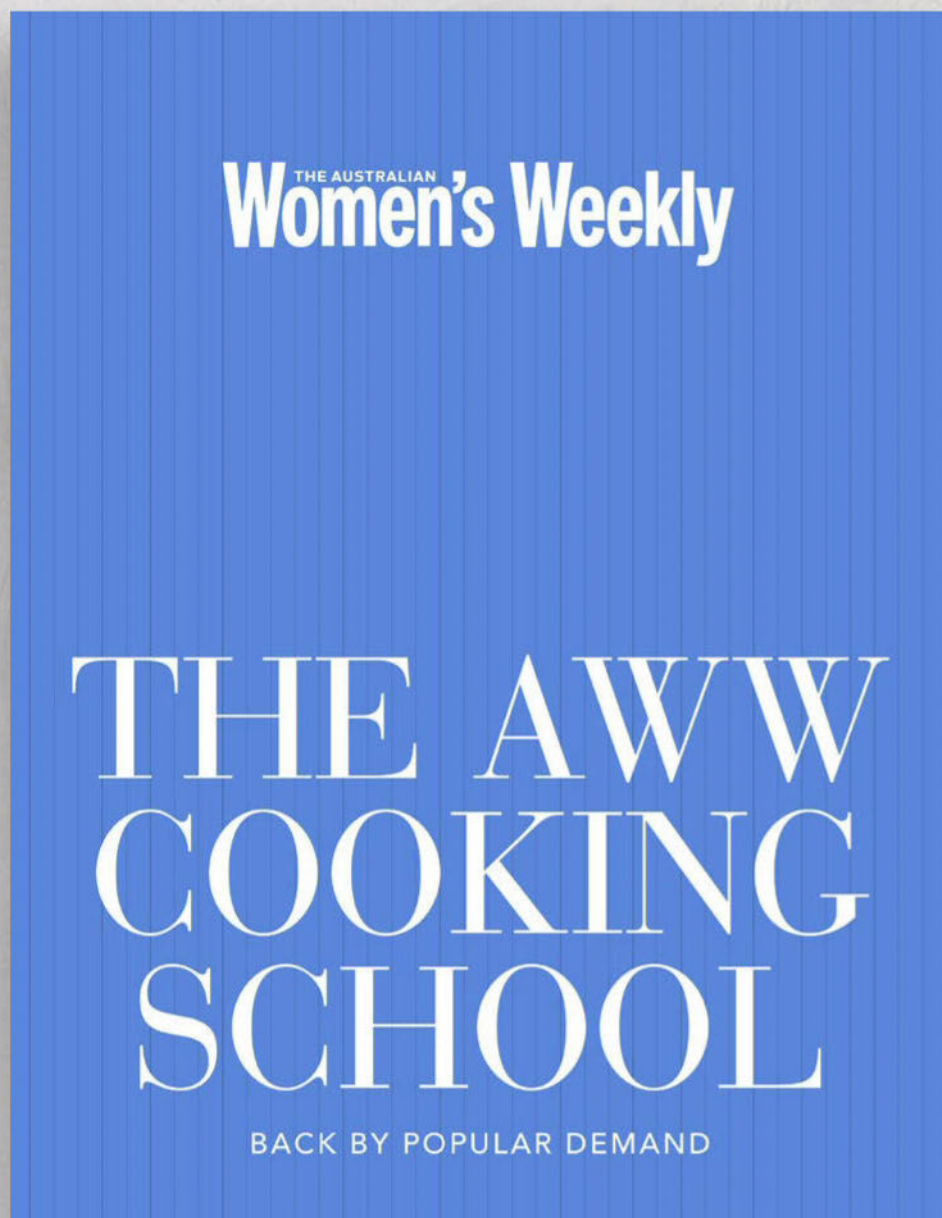
Make sure you divide the cake mixture evenly among the three cake pans, then level the surface with a spatula. For blue-ribbon success, the cakes need to be the same size after baking for neat, even layers.

### B MERINGUE FROSTING

Make sure you dissolve sugar before bringing syrup to the boil. Use a palette knife to spread top and side of cake evenly.







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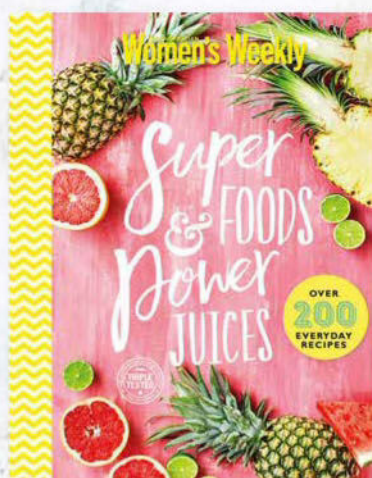
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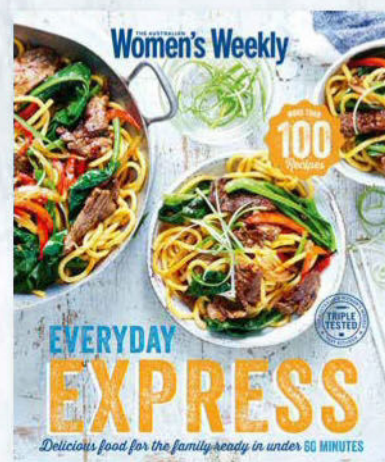




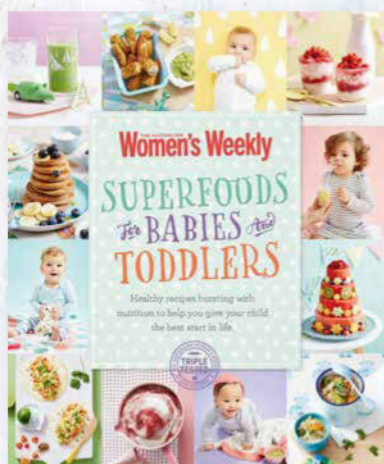
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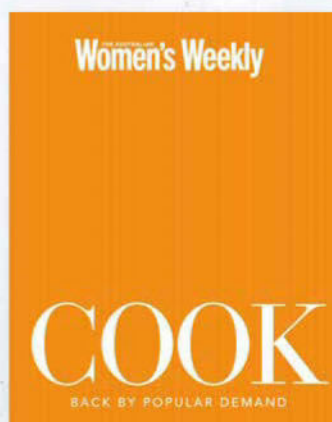
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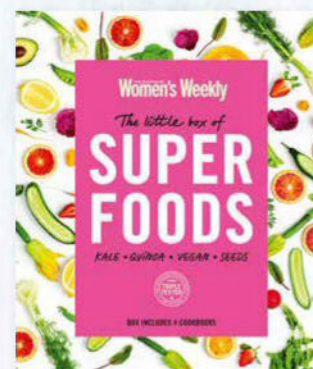
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• THANK YOU • SEE YOU AGAIN NEXT MONTH •



# Conversion Chart

## MEASURES

One Australian metric measuring cup holds approximately 250ml; one Australian metric tablespoon holds 20ml; one Australian metric teaspoon holds 5ml.

The difference between one country's measuring cups and another's is within a two- or three-teaspoon variance, and will not affect your cooking results. North America, New Zealand and the United Kingdom use a 15ml tablespoon.

All cup and spoon measurements are level. The most accurate way of measuring dry ingredients is to weigh them. When measuring liquids, use a clear glass or plastic jug with the metric markings.

The imperial measurements used in these recipes are approximate only. Measurements for cake pans are approximate only. Using same-shaped cake pans of a similar size should not affect the outcome of your baking. We measure the inside top of the cake pan to determine sizes.

We use large eggs with an average weight of 60g.

## DRY MEASURES

METRIC	IMPERIAL
15G	½ OZ
30G	1 OZ
60G	2 OZ
90G	3 OZ
125G	4 OZ (¾ LB)
155G	5 OZ
185G	6 OZ
220G	7 OZ
250G	8 OZ (½ LB)
280G	9 OZ
315G	10 OZ
345G	11 OZ
375G	12 OZ (¾ LB)
410G	13 OZ
440G	14 OZ
470G	15 OZ
500G	16 OZ (1 LB)
750G	24 OZ (1½ LB)
1KG	32 OZ (2 LB)

## LIQUID MEASURES

METRIC	IMPERIAL
30ML	1 FLUID OZ
60ML	2 FLUID OZ
100ML	3 FLUID OZ
125ML	4 FLUID OZ
150ML	5 FLUID OZ
190ML	6 FLUID OZ
250ML	8 FLUID OZ
300ML	10 FLUID OZ
500ML	16 FLUID OZ
600ML	20 FLUID OZ
1000ML (1 LITRE)	1¾ PINTS

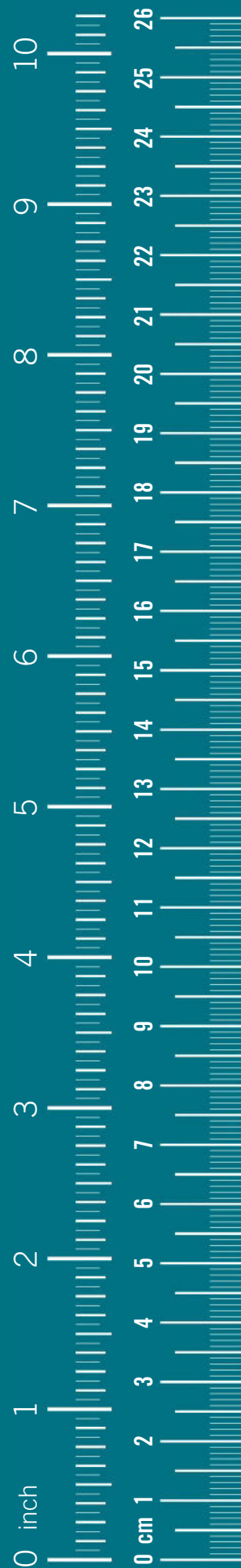
## LENGTH MEASURES

METRIC	IMPERIAL
3MM	⅜ IN
6MM	¼ IN
1CM	½ IN
2CM	¾ IN
2.5CM	1 IN
5CM	2 IN
6CM	2½ IN
8CM	3 IN
10CM	4 IN
13CM	5 IN
15CM	6 IN
18CM	7 IN
20CM	8 IN
22CM	9 IN
25CM	10 IN
28CM	11 IN
30CM	12 IN (1 FT)

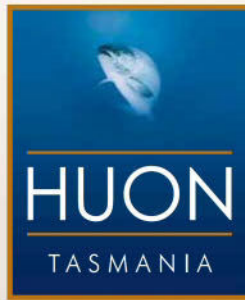
## OVEN TEMPERATURES

The oven temperatures in this book are for conventional ovens; if you have a fan-forced oven, decrease the temperature by 10-20 degrees.

	°C (CELSIUS)	°F (FAHRENHEIT)
VERY SLOW	120	250
SLOW	150	300
MODERATELY SLOW	160	325
MODERATE	180	350
MODERATELY HOT	200	400
HOT	220	425
VERY HOT	240	475







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