**Clare’s Cookbook**

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DIPS, NIBBLES

# PAT’S CHEESY BICKIES

Process all ingredients except coconut and roll into small balls. Cover with coconut. Bake in 150ºC oven for 20 minutes.

*125g butter*

*125g self-raising flour*

*125g cheese*

*pinch cayenne*

*coconut*

# TAB NABS

Heat peanut oil and fry garlic, turmeric, cumin, coriander and chilli powder. Add rice bubbles, potato straws, peanuts, currants, pumpkin seeds and other things. Cool and store in airtight jar.

# TIM’S SOY ALMONDS

Preheat a 25 cm pyrex dish for 2 minutes in microwave. Cover bottom with one layer of almonds and microwave for 5-6 minutes till some almonds pop (brown). Liberally coat almonds with light soy sauce and microwave for another 2 minutes until all soy sauce is absorbed. Drain on paper towel and allow to cool before storing.

# SUGARED SPICY NUTS

Place nuts on flat tray, bake in moderate oven 5 to 10 minutes, or until lightly roasted. Place in 28 cm x 18 cm lamington tin. Beat egg white until soft peaks form, gradually beat in sugar and cinnamon. Stir in cooled melted butter. Pour mixture over nuts, mix well. Bake in moderately slow oven 30 minutes, stirring every 10 minutes. Cool, store in airtight container. (200g of each of the nuts works.)

*125g whole blanched almonds*

*125g pecan nuts*

*1 egg white*

*⅓ cup sugar*

*½ teaspoon cinnamon*

*60g butter*

# BUTTERED BRAZIL NUTS

Place sugar, water and glucose into saucepan, stir over low heat until sugar dissolves. Bring to boil and boil steadily to 112°C or when a small quantity of syrup, dropped into cold water, moulds easily with the fingers into a soft ball. Add butter and rum, boil again until mixture is light golden brown, approximately 15 minutes. Remove from heat, drop in nuts; lift nuts out one at a time, place on greased oven slide to set.

*3 cups sugar*

*1 cup water*

*1 tablespoon liquid glucose*

*30g butter*

*2 tablespoons rum*

*250g shelled brazil nuts*

# FRENCH ONION SOUP DIP

Mix well and chill. Serve with savoury biscuits.

*1 packet French Onion Soup*

*1 carton sour cream*

# MEXICAN DIP

Spread medium hot Salsa Dip over the bottom of a shallow dish and freeze. Mix a carton of sour cream with a packet of taco seasoning and spread over frozen base. Cover top with finely sliced avocado, grated cheese, chopped tomato and finely chopped onion. Serve with corn chips.

# TARAMASALATA

Cut the crusts off the bread slices and soak in the milk for 5 minutes, then squeeze dry. Blend together with the cods roe, the lemon juice, the grated onion and crushed garlic until all the ingredients are thoroughly combined. Add the oil gradually, beating it in one tablespoon at a time, making sure that it is well combined before adding more. Beat hard until the taramasalata holds its shape. Season to taste with freshly ground pepper and more lemon juice if necessary. Pile into a bowl and chill in the refrigerator. Serve garnished with a black olive with Melba toast or hot toast.

*12 slices white bread*

*2 cups milk*

*250g tarama or cods roe (available in jars)*

*½ cup lemon juice*

*1 large onion, peeled and grated*

*2 garlic cloves, crushed*

*1½ cups olive oil*

# BAGNA CAUDA

Heat butter and oil together in a shallow pan, add garlic and stir over medium heat until garlic is soft but not brown. Remove pan from heat and add anchovies. Return to low heat and continue cooking, stirring well with a wooden spoon, until anchovies have dissolved to a paste. Taste and season with salt if necessary. Keep hot over a candle warmer or other burner, and serve surrounded by cold, crisp raw vegetables.

*250g butter*

*4 tablespoons olive oil*

*4 cloves garlic, crushed*

*6 anchovy fillets, finely chopped*

# AIOLI

*4 fat cloves garlic*

*salt*

*1 egg yolk*

*1 cup olive oil*

*1 tablespoon lemon juice*

Crush garlic to a pulp with ¼ teaspoon salt. Beat in egg yolk, then 3 tablespoons olive oil drop by drop, then lemon juice. Beat in remaining oil a little at a time. Mixture should be smooth and thick, like mayonnaise. Taste and adjust seasoning. Serve with crisp raw vegetables.

# HAWAII DIP

Mash the avocado with a silver fork. Gradually add the lemon juice and the oil. Season with salt, pepper and horseradish. If the mango and pawpaw chutney has large pieces of fruit in it, mash or cut these finely. Add last, and then taste for seasoning. Either fill this dip back into the avocado shells or fill into a small bowl. Score the top with the prongs of a fork. Cover and keep refrigerated. It is best used within about 6 hours of making. Serve either with fingers of hot toast or as a dip with potato crisps.

*1 small ripe avocado*

*2 teaspoons lemon juice*

*1 tablespoon peanut or vegetable oil*

*¼ teaspoon salt, little black pepper*

*3 teaspoons horseradish relish*

*2 tablespoons mango and pawpaw chutney*

# HOUMMOS

*350g chickpeas*

*1 teaspoon cumin*

*1 clove garlic, peeled*

*1 teaspoon salt*

*freshly ground pepper*

*200 ml extra virgin olive oil*

Cover the chickpeas with water and leave to soak overnight. The following day, cook the chickpeas in boiling salted water until tender, and drain. In a food processor, puree the chickpeas with the cumin, garlic, salt and pepper, then slowly drizzle in the olive oil as if you were making mayonnaise.

# MARGIE PEAS' CAVIAR DIP

Hard boil 6 eggs. Mash with melted butter and pepper and salt and spread across bottom of shallow bowl. Mix a carton of sour cream with finely chopped shallots. Spread on top of eggs. Make a beautiful pattern with red and black caviar and chopped parsley.

# GUACAMOLE

Blend all ingredients together.

*1 avocado*

*sour cream*

*onion juice or ¼ onion chopped*

*lemon juice*

*pepper and salt*

# GRAVLAX

Scale and fillet trout and wipe dry. Lay first half skin down in glass or porcelain dish and sprinkle with all the other ingredients. Lay second half skin up tail to head of bottom piece. Cover with foil or greaseproof paper and cover with weight and store in a cool place 24 to 48 hours - the longer the better. Baste in own juice, including inside, occasionally. Slice thinly.

*2 large trout*

*4 tablespoons chopped dill (1 tablespoon dried dill)*

*2 tablespoons raw sugar*

*2 tablespoons rock salt*

*1 teaspoon ground white pepper*

*2 tablespoons brandy*

# GRAVLAX SPIRALS

Place ricotta cheese, dill and yogurt in bowl. Mix to combine. Set aside. Spread lavash bread with mustard. Top with salmon. Spread with ricotta mixture - leave 10 cm at one short end uncovered. Sprinkle with lemon juice and black pepper to taste. Starting at the covered short end, roll up firmly. Wrap in plastic food wrap. Refrigerate for several hours or until ready to serve. To serve, cut rolls into 2 cm thick slices. Arrange attractively on a serving platter. Makes 20.

*½ cup / 125g reduced-fat ricotta cheese*

*3 tablespoons chopped fresh dill*

*½ cup / 100g low-fat natural yoghurt*

*2 slices lavash bread*

*¼ cup / 60 ml honey mustard*

*100g gravlax, smoked salmon or smoked ocean trout*

*lemon juice*

*freshly ground black pepper*

# TZATZIKI

Place cucumber and salt in a medium bowl and let stand for 20 minutes. Gently squeeze out excess liquid. Combine the yoghurt, prepared cucumber, garlic, oil and lemon juice in medium bowl; mix well. Refrigerate until ready to serve. Serve with lamb and salads.

*3 Lebanese cucumbers, peeled, grated coarsely*

*1 teaspoon salt*

*500g Greek-style yoghurt*

*4 cloves garlic, crushed*

*2 tablespoons extra virgin olive oil*

*1 teaspoon lemon juice*

# PEKING DUCK ROLLS

Open out the pancakes on a bench. Using a pastry brush, spread hoi sin sauce over each pancake. Top with some warm duck meat, spring onion, cucumber and sesame seeds. Roll pancakes into cigar shapes. Cut in half on the diagonal to serve, if you wish.

*12 mandarin pancakes*

*¼ cup hoi sin sauce*

*1 cup Chinese roasted duck meat (skin on), warmed*

*1 cup spring onions (cut into thin lengths)*

*1 cup cucumber (cut into thin lengths)*

*1 tablespoon toasted sesame seeds*

# PUMPKIN DIP

Put the pumpkin in a saucepan with 150ml water and simmer for about 10 minutes or until soft. Season well with salt and pepper. Mash the pumpkin with a fork until smooth then set aside. Dry-roast the caraway and cumin seeds in a small frying pan over a medium-high heat for a couple of minutes, until aromatic. Crush the toasted seeds using a pestle and mortar. Add the garlic, chilli and a pinch of salt and work into a smooth paste. Add the spice mixture to the pumpkin along with the lemon juice. Mix through, then stir in the olive oil. Serve either hot or cold as part of a mezze, accompanied by lots of hot pita bread.

*500g pumpkin, peeled, seeded and cut into 2 cm cubes*

*salt and freshly ground pepper*

*1 teaspoon caraway seeds*

*1 teaspoon cumin seeds*

*3 garlic cloves, finely chopped*

*1 fresh red chilli, seeded and finely chopped*

*juice of 1 lemon*

*60-100ml extra virgin olive oil*

# COUNTRY STYLE TERRINE

Combine the meats and fat, garlic, quatre epices, pepper, salt and liqueurs in a container and leave to marinate in the fridge overnight. The following day, pre-heat the oven to 160ºC. Add the parsley, chervil, thyme and rosemary to the mixture. Take a 28 cm x 8 cm x 8 cm terrine mould and line with the pancetta slices. Spoon the mixture into the mould, pressing down firmly. Put a lid on the terrine dish, place in a baking dish of boiling water in the oven for about 1½ hours (or until the meat reaches 68ºC and is cooked). Remove. Allow to cool for 30 minutes. Cover the meat with baking paper, put a firm weight on top and leave overnight in the fridge before turning out.

*700g pork mince*

*200g chicken liver, minced*

*300g pork fat, diced*

*½ garlic clove, crushed*

*½ teaspoon quatre epices*

*½ teaspoon black pepper*

*15g salt*

*25 ml Cognac*

*15 ml port*

*15 ml sherry*

*½ bunch parsley, chopped*

*½ bunch chervil, chopped*

*4 sprigs thyme, leaves removed*

*2 sprigs rosemary, leaves removed*

*5 slices pancetta*

# EGG AND BACON CUPS

*1 teaspoon olive oil or butter*

*12 thin rindless bacon rashers or ham slices*

*12 free range eggs*

*2 teaspoons whipping cream*

*sea salt and freshly ground black pepper*

*4 tablespoons grated parmesan*

Heat oven to 180°C. Lightly oil or butter each mould of a muffin tray. Line each mould with bacon or ham. Break an egg into each one. Drizzle with cream. Scatter with sea salt, pepper and parmesan cheese. Bake for 15 to 20 minutes until the egg is just set and starting to shrink from the sides. Remove from the oven and leave to cool for 5 minutes. Run a knife around each egg tart to loosen it, then remove to a wire tray. Eat warm or at room temperature with a fresh herb salad (try a mix of flat leaf parsley, dill, basil, chervil and a little oregano). Makes 12.

# MINCED LAMB KEBABS WITH GARLIC MINT YOGURT

Process mince, onion, cumin, coriander and parsley until smooth. Shape 2 level teaspoons of mixture into a ball. Repeat with remaining mixture. Thread balls onto skewers; cover, refrigerate several hours or overnight. Heat oil in pan, add kebabs, cook until browned all over and cooked through; drain on absorbent paper. Cover, refrigerate several hours or until required. Serve kebabs with garlic mint yogurt. To make yogurt, combine all ingredients and mix well.

*500g minced lamb*

*1 onion, grated*

*1 teaspoon ground cumin*

*1 teaspoon coriander*

*2 tablespoons chopped fresh parsley*

*2 tablespoons oil*

*Garlic Mint Yogurt:*

*1 cup plain yogurt*

*2 tablespoons chopped fresh mint*

*1 clove garlic, crushed*

# SUSHI

*2½ cups short or medium grain white rice*

*2½ cups cold water*

*5 cm piece kombu (dried kelp), optional*

*Dressing:*

*4 tablespoons rice vinegar or mild white vinegar*

*3 tablespoons sugar*

*2½ teaspoons salt*

*2 tablespoons mirin or dry sherry*

Wash rice several times in cold water and allow to drain for 30 minutes, then put into a saucepan with measured water. If dried kelp is used, wash it well in cold water and add it to the pan. Bring to the boil quickly, cover pan, turn heat very low and steam for 15 minutes without lifting lid. Remove from heat and let it stand, still covered, for a further 10 minutes. Discard kelp and turn rice into a large bowl. Have ready the dressing ingredients, mixed together until sugar dissolves completely. Pour over the rice. Mix gently but thoroughly and cool quickly to room temperature.

# CAMEMBERT ROLL

*150g can camembert*

*125g cheddar cheese*

*2 tablespoons mayonnaise*

*2 teaspoons French mustard*

*6 shallots*

*pepper*

*125g smoked almonds*

Remove rind from camembert, put camembert and grated cheddar cheese, mayonnaise, mustard, finely chopped shallots and pepper in small bowl of electric mixer, beat until combined. Form cheese mixture into log shape, roll in finely chopped almonds. Wrap cheese log in aluminium foil, refrigerate until firm. Can be made several days in advance.

# VIETNAMESE SPRING ROLLS

*100g rice vermicelli*

*1 tablespoon vegetable oil*

*1 clove garlic, chopped*

*3 shallots, chopped*

*450g crabmeat*

*2 tablespoons fish sauce*

*1 teaspoon sugar*

*¼ teaspoon black pepper*

*15 mint leaves*

*15 basil leaves*

*24 spring roll wrappers*

Bring 6 cups water to a boil, add rice sticks and cook for three to four minutes. Drain and set aside. In a large wok or frying pan, heat oil. Sauté garlic and onion. Add crabmeat, stirring constantly. Season with fish sauce, sugar, pepper, mint leaves and basil leaves. Cook for 4 to 5 minutes, stirring frequently. Add the cooked rice sticks, stirring well. Remove from heat. Wrap in wrappers and serve with Spicy Peanut Sauce.

# SANDWICHES

### PESTO AND TOMATO

Process basil, pine nuts, parmesan and garlic until smooth. Add oil in a thin stream while motor is operating; process pesto until combined. Divide pesto equally among 20 slices of bread; top 10 with bocconcini and 10 with tomatoes. Spread remaining 10 slices with mayonnaise on both sides; sandwich each between the bocconcini and tomato slices.

*1 cup firmly packed basil leaves*

*⅓ cup (50g) pine nuts, toasted*

*¼ cup (20g) finely grated parmesan cheese*

*1 clove garlic, crushed*

*¼ cup (60 ml) olive oil*

*300g bocconcini cheese, thinly sliced*

*6 medium (450g) egg tomatoes, thinly sliced*

*¾ cup (180 ml) mayonnaise*

### GRILLED PEPPER, FETA AND OLIVE PASTE

*4 large (1.4 kg) red peppers*

*600g feta cheese*

*1 cup (250 ml) olive paste*

*125g butter, softened*

Quarter peppers, remove seeds and membranes. Grill peppers, skin side up, until skin blisters and blackens. Peel away skin. Cut cheese into 7 mm slices, grill on one side until browned. Divide olive paste equally over 20 slices of bread. Top 10 using all the cheese; top other 10 slices using all the peppers. Spread remaining 10 slices with butter on both sides; sandwich each between the cheese and pepper slices.

# PESTO CHEESECAKE WITH CARAWAY CRACKERS

Cover base of 20 cm springform tin with foil, grease base and side, sprinkle with breadcrumbs. Beat cheeses in small bowl with electric mixer until light, add pepper and eggs one at a time; beat until combined. Divide mixture in half. Add pesto to half of mixture, and tomatoes and chives to remaining half; mix well. Spread pesto mixture over base of prepared tin, top evenly with tomato mixture, sprinkle with nuts. Place tin on oven tray, bake in moderately slow oven about 50 minutes or until set; cool. Cover, refrigerate until firm. Serve at room temperature with caraway crackers.

*2 tablespoons stale breadcrumbs*

*375g packaged cream cheese*

*¾ cup (150g) ricotta cheese*

*½ teaspoon seasoned pepper*

*3 eggs*

*½ cup (125 ml) bottled pesto*

*¼ cup (25g) drained chopped sun-dried tomatoes*

*1 tablespoon chopped fresh chives*

*¼ cup (40g) pine nuts*

# PRAWNS WITH CHIVE MAYONNAISE AND COCKTAIL SAUCE

*Chive Mayonnaise:*

*2 egg yolks*

*½ teaspoon French mustard*

*1 tablespoon lemon juice*

*1 cup oil*

*2 teaspoons chopped chives*

*2 teaspoons chopped parsley*

*2 tablespoons cream, approximately*

*Cocktail Sauce:*

*¼ cup mayonnaise*

*¼ cup tomato sauce*

*1 tablespoon brandy*

*2 teaspoons Worcestershire sauce*

*⅓ cup sour cream*

*few drops Tabasco sauce*

Combine egg yolks, mustard and half the lemon juice in small bowl of electric mixer, beat until pale and thick. Gradually add oil in a very thin stream, while mixer is operating on medium speed. Beat until oil is completely absorbed. When all oil has been added, beat in remaining lemon juice, chives, parsley and enough cream to give smooth consistency. (Keeps for up to 2 weeks.) Combine all ingredients in bowl, beat until smooth.

# BAKED EGGPLANT FRITTATA

*Frittata:*

*2 large eggplants*

*salt*

*½ cup flour*

*peanut oil*

*200g shredded mozzarella cheese*

*6 large eggs, beaten lightly with ½ cup of grated parmesan*

*Rich Tomato and Basil Sauce:*

*1 tablespoon olive oil*

*1 medium onion, diced finely*

*½ tablespoon chopped parsley*

*½ cup Italian peeled tomatoes*

*500g ripe tomatoes, peeled and chopped roughly*

*¼ cup basil leaves, torn into small pieces*

*salt and freshly ground pepper to taste*

Slice the eggplants lengthwise into 1 cm slices. Salt them lightly and leave to drain in a colander for at least 30 minutes. *To make the tomato and basil sauce:* in a large Teflon-coated frying pan or non-stick sauté pan, heat the olive oil over medium heat and fry the onions until they are just beginning to turn golden. Stir in the parsley. Add the remaining ingredients, bring to the boil and simmer gently for about 30 minutes uncovered, until the liquid has evaporated. Stir the sauce from time to time to break up the large pieces of tomato and prevent the sauce from sticking. *To make the frittata:* rinse and pat dry the eggplant slices then lightly flour them. Pour the peanut oil into a large, deep frying pan to a depth of 1 cm and fry the eggplant until golden on both sides (don't overcrowd the pan, fry one layer of eggplant at a time). Drain on paper towels. Arrange the eggplant in a radial pattern in the base of a deep frying pan or baking dish, and around the sides of the pan so that the eggplant slices overhang the sides of the pan. Cover the base layer with some tomato and basil sauce and a ⅓ of the mozzarella. Carefully cover with about ¼ of the egg mixture. Repeat the layering twice more and finish with a layer of eggplant. Fold the overhanging eggplant over the top and drizzle with the remaining quarter of egg mixture. If necessary, whisk more eggs (without cheese) and pour over the top. Bake the frittata in a preheated 190°C oven for about 40 minutes or until the egg is set. Remove and allow to cool (do not refrigerate). Turn out the frittata upside-down on to a serving plate and serve warm or at room temperature.

# RED CURRY FISH CAKES

*1 kg redfish fillets*

*1 egg*

*2 tablespoons chopped fresh coriander*

*2 teaspoons sugar*

*100g green beans, thinly sliced*

*oil for deep frying*

*Red Curry Paste:*

*1 small red Spanish onion, chopped*

*3 cloves garlic, crushed*

*2 tablespoons chopped fresh lemon grass*

*3 teaspoons chopped fresh coriander root*

*2 teaspoons dried chilli flakes*

*1 teaspoon galangal powder*

*1 teaspoon grated lime rind*

*½ teaspoon shrimp paste*

*1 dried kaffir lime leaf*

*3 teaspoons paprika*

*½ teaspoon turmeric*

*½ teaspoon cumin seeds*

*3 teaspoons oil*

Blend or process fish, egg, coriander, sugar and ⅓ cup of red curry paste until well combined and smooth. Combine fish mixture and beans in bowl, mix well. Roll 2 level tablespoons of mixture into a ball, flatten slightly; repeat with remaining mixture. Just before serving, deep fry fish cakes in hot oil until well browned and cooked; drain on absorbent paper. Curry paste: Blend or process all ingredients until smooth.

# SPICY MEAT PATTIES

Process 500g minced beef with shrimp paste, garlic, ginger, chilli, ground coriander, shredded coconut, mint leaves and an egg. Fry in hot oil and serve warm with a peanut sauce.

ENTREES

# HUNGARIAN PANCAKES

*60g butter*

*1 small onion, finely chopped*

*1 tablespoon paprika*

*1 cup Béchamel sauce*

*125g small mushrooms, trimmed and sliced*

*185g can of crab, drained and flaked*

*¾ cup cream*

*salt and freshly ground pepper*

*¼ cup brandy*

*8 basic pancakes*

*30g grated Parmesan cheese*

Melt half the butter, add the onions and cook slowly for 10 minutes or until soft. Stir in the paprika and cook gently for 2 minutes. Add the Béchamel sauce and continue cooking over a low heat for 5 minutes. Allow mixture to cool slightly. Sauté the sliced mushrooms in remaining butter and add half of them to the paprika sauce with the crab, half the cream, salt, pepper and a little brandy to taste. Fill the pancakes with this mixture and roll them up and arrange in a buttered ovenproof dish. Warm remaining brandy, set alight and pour over remaining mushrooms, shake over heat until the flames die out and then add remaining cream. Cook until it thickens slightly, and spoon over pancakes. Sprinkle with cheese and bake in a moderate oven (170°C) for 10 to 15 minutes until glazed.

# STEAMED SCALLOPS ON THE HALF-SHELL WITH GINGER AND GREEN ONION

*6 scallops, loosened from the shell*

*½ green onion, cut into fine slivers*

*1 cm ginger, peeled and cut into fine shreds*

*1 red chilli, cut into 6 fine slices*

*soy sauce for drizzling*

Place the scallops in a bamboo or other steamer, on the shell. Pop some green onion, ginger and one slice of chilli on top of each and steam for about 2 minutes or until they’ve changed colour but are not shrunken and overcooked. Place on a serving plate, reserving all the juice in the shell, and drizzle each with some soy.

# BASIL FRITTATA WITH SMOKED SALMON, BASIL AND HORSERADISH CREAM

*1-2 teaspoons horseradish cream*

*250 ml (1 cup) sour cream*

*6 eggs*

*80 ml (⅓ cup) cream*

*⅓ cup shredded basil*

*40g (½ cup) grated parmesan*

*salt and freshly ground black pepper*

*oil*

*16 slices smoked salmon*

*100g rocket*

Mix horseradish and sour cream. Set aside. Lightly beat the eggs, then add the cream, basil, parmesan, salt and pepper. Heat a medium-sized, heavy-based frying pan over a medium-high heat. Add a splash of oil and pour in the egg mix. Lower heat and cook for four to five minutes, or until mostly set. Finish under a grill or in a hot oven. Allow to cool. Slide the frittata out of the pan while still warm. Cut into eight wedges. Arrange one wedge on each plate and top with one slice of smoked salmon. Top with another piece of frittata, rocket and another slice of smoked salmon. Finish with a dollop of horseradish cream.

# GINGER CHILLI PRAWNS

*2 tablespoons oil*

*750g large shelled prawns with the tails left on*

*2 cloves garlic, pressed*

*1 teaspoon chopped fresh ginger*

*1 teaspoon crushed chilli*

*1 tablespoon chopped, fresh coriander*

Heat the wok and add the oil. Fry the prawns with the garlic, ginger and chilli, tossing them well until the prawns turn pink and are cooked through. Add the coriander and serve the prawns as an entree.

# TETSUYA’S CONFIT OF OCEAN TROUT

*350g ocean trout, filleted*

*100 ml grapeseed oil*

*80 ml olive oil*

*½ tablespoon ground coriander*

*½ teaspoon white pepper*

*10 whole leaves basil*

*3 stalks thyme*

*¼ teaspoon finely chopped garlic*

*2 stalks celery, finely chopped*

*2 small carrots, finely chopped*

*3 tablespoons chopped chives*

*4 tablespoons kombu, finely chopped*

*½ teaspoon sea salt*

*2 tablespoons ocean trout caviar*

*Fennel salad:*

*¼ bulb fennel, shaved*

*1 teaspoon lemon juice*

*salt and pepper*

*½ teaspoon lemon-scented oil*

*Parsley oil:*

*leaves from ¼ bunch Italian parsley*

*100 ml olive oil or grapeseed oil*

*½ tablespoon salted capers, rinsed and drained*

Skin the ocean trout and cut crosswise into 70g-80g pieces – they should weigh no more than 100g. In a little tray, immerse the ocean trout in grapeseed oil and olive oil with the coriander, pepper, basil, thyme and garlic. Cover and allow to marinate for a few hours in the fridge. If you do not want to use too much oil, paint the surface of the fish with oil and press on the herbs. To cook the fish, first preheat the oven to the absolutely lowest setting possible. Take the fish out of the oil and allow to come to room temperature. Chop the celery and carrots and place on the base of a baking tray. Put the ocean trout on top and place in the oven. Cook with the door open so that the fish cooks gently. Paint the surface every few minutes with the marinade. Depending on the size and thickness of the fish, cooking takes 7-8 minutes (no more than 10 minutes). When you touch the end part, your finger should just go through the flesh. The flesh should not have changed colour at all, but remain a brilliant orangey-red, and feel lukewarm to the touch. Remove the fish from the oven and allow to cool down immediately. Lift out of the tray and allow to come to room temperature. To make the parsley oil, puree the parsley with the olive oil in a blender. Add the capers and blend. To make the fennel salad, finely slice the fennel on a mandolin. Toss with the lemon juice, salt and pepper to taste, and some lemon-scented oil or lemon zest. Sprinkle the top of the fish with finely chopped chives, kobu and a little sea salt. To serve, place some fennel salad on the base of the plate. Put the ocean trout on top and drizzle a little parsley oil all around. Dot the ocean trout caviar at regular intervals, and serve.

# MIGI’S SHRIMPI SAMSØ

For each person take: 1 slice of white bread with crusts removed and buttered on both sides (right into the corners!)\*. Top with shelled prawns (schoolies are great and if you use bigger ones, remove guts and slice or cut up), pepper and salt. Spread with large spoonful of sour cream. All this can be done well in advance and kept in fridge. \*If doing for only a couple of people put on individual ovenproof plates but if making a quantity liberally grease an oven slide and put slices on them. You will then only have to butter one side of the bread. Heat oven to 200°C. Beat sufficient egg whites to cover each slice of bread (1 for 1 or 2, 2 for 3 or 4, 3 for 5 and even 4 for 6 - they don't froth up so much when there are more of them). Fold in finely grated cheese, about a cupful for 4 egg whites (sorry - not very explicit!). Put in oven for 10 minutes or until nicely browned.

*white toast bread*

*egg whites*

*sour cream*

*prawns*

*white pepper and salt*

*samsø cheese (or edam, or any soapy cheese)*

# JILL RICHARDSON'S SALMON MOUSSE

*9 flat teaspoons gelatine*

*½ cup cold water*

*large tin pink salmon*

*large tin red salmon*

*¼ cup vinegar*

*1 tablespoon sugar*

*1 teaspoon dry mustard*

*1 can tomato soup*

*3 sticks celery roughly chopped*

*2 bottles capers, drained*

*1 large onion roughly chopped*

*½ green pepper roughly chopped*

*½ cup whipped cream*

*salt and pepper*

Slake gelatine in cold water till dissolved. Warm soup with vinegar, sugar and mustard; blend salmon with the roughly chopped celery, capers, onions and capsicum. Add gelatine to soup mixture and stir till dissolved then add all the blended ingredients. Cool and fold in whipped cream. Pour into lightly oiled mould and chill. Serve with sour cream and very finely peeled and sliced cucumber.

# SMOKED TROUT AND HERB FRITTATA

Preheat oven to 150°C. Whisk together the eggs and cream in a bowl. Add the spring onion, trout, herbs and parmesan. Season with salt and pepper and stir to combine. Melt the butter in a 26 cm frying pan (with an ovenproof handle) and add the egg mixture. Cook over very low heat, gently pulling the frittata away from the sides of the pan occasionally, until the base and sides are set (this can take up to 30 minutes). Transfer to the oven for 20 minutes until cooked through. Cut the frittata into wedges and serve warm with crème fraiche, salmon roe and chopped herbs, to garnish.

*8 eggs*

*400 ml cream*

*4 spring onions, finely chopped*

*200g smoked trout, flaked*

*1 tablespoon chopped chervil*

*1 tablespoon chopped fresh chives*

*1 tablespoon chopped fresh tarragon*

*¼ cup grated parmesan*

*1 tablespoon unsalted butter*

*200 ml crème fraiche*

*50g jar salmon roe*

*extra chopped fresh herbs, to garnish*

# DOLMADES

*1 onion*

*2 tablespoons olive oil*

*500g lean minced steak*

*1 egg, beaten*

*⅓ cup rice*

*2 teaspoons chopped fresh mint*

*2 cups stock*

*salt and pepper*

*cabbage or vine leaves*

*1 teaspoon molasses (optional)*

*1 tablespoon tomato paste*

Chop onion and fry in oil until soft. Mix together meat, egg, onion, rice, mint, 1 teaspoon salt and a good grinding of black pepper. Remove core from cabbage and carefully remove leaves. Drop cabbage or fresh grape leaves into a large pan of boiling water for 2-3 minutes to soften. Drain and rinse with cold water. Cut off any tough stems. Place a spoonful of meat mixture on leaf and roll up, folding ends in to seal in filling. Vine leaves will take only 1 teaspoonful of mixture. Arrange, folded side down, in saucepan making more than one layer if necessary. Mix molasses, tomato paste and stock (may be made with stock cubes) and pour over dolmades. Cover and simmer for 45 minutes.

# ROZZIE BOWDEN’S SCALLOP MOUSSE WITH AVOCADO

*2 large ripe avocados*

*2 to 2½ level teaspoons gelatine dissolved in 2 tablespoons hot water*

*2 teaspoons very finely grated white onion*

*pinch salt*

*2 tablespoons lemon juice*

*few drops Tabasco or chilli sauce*

*¼ cup chopped fresh herbs (mixture of parsley, mint, chives)*

*Scallop Mousse:*

*500g Tasmanian scallops*

*1½ cups water*

*pinch salt*

*2 level tablespoons gelatine*

*1 tablespoon finely chopped shallots (white bulb only)*

*½ cup thousand island dressing*

*300 ml jar thickened cream, lightly whipped*

Smooth out avocado flesh in a food processor or place into a bowl and mash well, then beat until smooth. Stir in dissolved gelatine, lemon juice, onion, Tabasco, herbs and salt. Spread into the base of a 5 cup glass or teflon loaf pan (don't use a steel pan as it will rust and discolour the mousse). Poach the scallops in the water with pinch salt for five minutes. Remove scallops with a slotted spoon and place into bowl of food processor. Pour cooking broth into a jug, measure out 1¼ cups and return to saucepan. Sprinkle over the gelatine and whisk with a fork to dissolve. Chop scallops finely in the food processor then add gelatine mixture slowly, mixing well. Empty this mixture into a bowl, add shallots, thousand island dressing and whipped cream. Mix together lightly then add to the loaf pan over avocado layer. Refrigerate until firmly set (preferably overnight). To release from pan, dip briefly into warm water then turn out carefully onto a flat plate. If serving the mousse sliced as an entree this quantity will serve 10. If passed around with crisp biscuits and crudités for a party or with cocktails it would serve as many as 50.

# SMOKED FRESH RAINBOW TROUT EN CROUTE WITH HORSERADISH, DILL AND CAPER SAUCE

*2 large fresh rainbow trout (each fish should serve 4)*

*salt*

*2 bunches fresh dill*

*filo pastry*

*melted butter*

Horseradish, Dill and Caper Sauce

*2 tablespoons softened butter*

*2 egg yolks*

*1 cup cream*

*salt and pepper*

*1 tablespoon prepared horseradish, well drained*

*3 teaspoons tiny French capers*

*2 to 3 tablespoons chopped fresh dill*

*8 small sprigs fresh dill for garnish*

Rub fish inside and out with salt. Smoke in a smoker with dill for about 8 minutes. Allow to cool, then run a knife down centre of each fish and peel back and remove skin. Carefully remove fillets from bones and cut each fillet in two. You will have four pieces of fish from each trout. Brush 4 layers of filo pastry with melted butter and stack one piece on top of the other (you should be able to wrap 5 or 6 pieces from this prepared sheet). See that fish is well covered, but do not use too much pastry. Roll up each piece of fish and fold in the edges of pastry. Place on a baking tray, with seam side down. Brush again with butter. Bake in pre-heated 230°C oven for 7 to 9 minutes or until light brown. Serve with sauce and garnish with dill.

Sauce: Whisk together softened butter, egg yolks and cream. Continue whisking until sauce thickens slightly, then add salt and pepper, horseradish, capers and dill. Stir together with a spoon. Serve warm with trout and garnish with a sprig of dill.

# MIGI'S MUSHROOMS IN A BAG

*make up 6 large crepes (25 cm) using a basic crepe mixture*

Filling:

*9 medium sized mushrooms*

*60g butter*

*1 medium sized white onion, finely diced*

*2 rashers bacon, chopped finely*

*salt and pepper*

*1 tablespoon cream*

To finish:

*½ cup finely diced or grated gruyere*

*30g butter*

Remove the stalks from the mushrooms. Melt 30g of butter and sauté 6 only of the mushroom caps for a minute until slightly softened. Put aside. Dice stalks finely and also cut up the remaining 3 mushrooms into thin slices. Melt the other 30g butter, add the onion, bacon, mushroom pieces and sauté until softened, seasoning with salt and pepper. Lastly, add the cream and leave aside to cool slightly. Place a teaspoon of the filling on each crepe; top with a whole mushroom and then the remaining filling divided between them. Cut some long, thin strips of foil and fold over to form a double thickness, about the size of string. Use this like a tie to hold the top of the crepe so it forms a little sack. This may sound difficult but is quite easy to do. Sprinkle the top of the crepes with gruyere. Melt the butter and trickle this over the top. Place them gently in a buttered, shallow, ovenproof dish. They can be kept like this for 12 hours. Bake in a moderate oven, 180-190°C, for 10 to 12 minutes. Serve with Tomato Wine Sauce.

Tomato Wine Sauce:

*60g butter*

*1 small white onion, finely diced*

*1 large ripe tomato, cut in rough pieces*

*1 teaspoon sugar*

*salt and pepper*

*½ cup white wine*

Melt butter, cook onion until softened, add tomato, seasonings and wine, and simmer until tomato is cooked. Sieve or put through mouli. Keep aside. Can be made and refrigerated for 24 hours.

# MUSHROOMS AND PRAWNS WITH CURRY MAYONNAISE

Mix mayonnaise, sour cream, tomato paste, curry paste, lemon juice, shallots and salt and pepper. Cover and stand in refrigerator. Immediately before serving add mushrooms and prawns. Spoon equal portions into lettuce cups and serve with brown bread and butter.

*⅔ cup mayonnaise*

*4 tablespoons sour cream*

*2 tablespoons tomato paste*

*2 teaspoons mild curry paste (start with 1 teaspoon and taste mayonnaise)*

*1 teaspoon lemon juice*

*1 dessertspoon chopped shallots*

*salt and pepper*

*250g fresh baby mushrooms, sliced*

*250g prawns, peeled and cleaned*

*6 lettuce cups*

# TIROPITES - SPINACH TRIANGLES

Lay the filo pastry flat on a damp tea towel and cover with a second damp tea towel so that the pastry will not dry out. Cook the spinach according to the packet directions but do not add any butter. Drain it thoroughly and press lightly with a spoon to remove all the excess liquid. Fry the onions in the butter until golden brown. Combine the eggs, shallots, cheese, nutmeg and parsley. Add the onion, spinach and season with salt and pepper to taste. Cut each sheet of filo pastry in half lengthwise. Fold each piece in two lengthwise and brush with melted butter. Place a teaspoon of the filling in one corner of the pastry strip. Fold corner of pastry over the filling until it meets the folded edge forming a triangle. Continue to fold pastry over in triangles until you have come to the end of the pastry strip. Brush the top of the triangle with melted butter. Place on an ungreased baking tray and cook in a moderately hot oven (190°C) for 45 minutes or until puffed and golden brown.

*250g filo pastry*

*315g packet frozen spinach*

*2 onions, finely chopped*

*30g butter*

*½ cup finely chopped shallots*

*250g feta cheese, chopped*

*1 teaspoon ground nutmeg*

*½ cup finely chopped parsley*

*salt*

*freshly ground black pepper*

*125g unsalted butter*

*3 eggs beaten*

# SU HONG'S MACADAMIA NUTS AND SPINACH TERRINE

*10 macadamia nuts*

*2 large onions*

*2 cloves garlic*

*½ tablespoon turmeric*

*½ teaspoon chilli powder*

*1½ teaspoons salt*

*1½ tablespoons brown sugar*

*4 eggs*

*2 tablespoons cornflour*

*2 cups milk*

*1 packet coconut cream (block) (200g)*

*1 packet frozen spinach (defrosted)*

Blend macadamia nuts, onions, garlic, turmeric, chilli powder, salt and brown sugar. Heat 2 tablespoons oil and fry till aromatic. Combine with beaten eggs, cornflour (slaked with milk), milk, melted coconut cream and spinach in a mixing bowl. Pour mixture into a greased cake tin and bake for 1¼ hours at 160°C.

# SWEETCORN FRITTERS WITH AVOCADO SALSA

*420g can corn kernels, drained, rinsed*

*½ cup plain flour*

*2 eggs, lightly beaten*

*1 tablespoon finely chopped fresh chives*

*2 green onions, finely sliced*

*2 tablespoons olive oil*

*Avocado salsa:*

*1 avocado, chopped*

*1 tablespoon lemon juice*

*½ red capsicum, finely chopped*

*½ small red onion, finely chopped*

*1 tablespoon chopped fresh coriander leaves*

*1 tablespoon sweet chilli sauce*

Combine corn, flour, eggs, chives and onion in a bowl. Heat oil in a large, non-stick frying pan over medium heat. Using 1 tablespoon mixture per fritter, cook 8 fritters for 4 minutes each side or until golden and cooked through. Transfer to a plate lined with paper towel. Repeat with remaining mixture to make 16 fritters. Cool. Place in an airtight container. Cover. Refrigerate. Make avocado salsa: Combine avocado and lemon juice in an airtight container. Refrigerate. Place capsicum, onion, coriander and sweet chilli sauce in a bowl. Stir to combine. Transfer to a separate airtight container. Refrigerate. To serve: Combine avocado mixture and capsicum mixture in a bowl. Microwave fritters on medium for 1 to 2 minutes or until heated through. Serve fritters topped with salsa.

SOUPS

# STOCKS:

### VEGETABLE STOCK

*1 teaspoon unsaturated oil*

*1 clove garlic, crushed*

*1 shallot, chopped*

*1 carrot, chopped*

*½ cup / 45g sliced mushrooms*

*1 stalk celery, including top, chopped*

*½ cup / 70g sliced fennel*

*⅓ cup / 50g sliced leeks*

*1 sprig fresh parsley*

*1 sprig fresh thyme*

*1 bay leaf*

*½ teaspoon crushed black peppercorns*

*4 cups / 1 litre water*

*100 ml dry vermouth*

Place oil, garlic and shallot in a stockpot or large saucepan over a low heat. Cook, stirring, until garlic is soft, but not brown. Add carrot, mushrooms, celery, fennel, leeks, parsley, thyme, bay leaf, peppercorns, water and vermouth. Bring to the boil. Reduce heat. Simmer for 45 minutes. Skim foam from top as necessary and add water as required to maintain constant volume. Strain. Cool as quickly as possible. Cover. Chill overnight. Lift fat from surface. Discard. Refrigerate or freeze.

### CHICKEN STOCK

*2 kg chicken bones*

*4 litres water*

*2 onions, peeled and chopped*

*3 carrots, peeled and chopped*

*2 celery stalks, chopped*

*2 leeks, white part only, chopped*

*3 stalks of parsley*

*8 peppercorns*

*1 bay leaf*

Rinse chicken bones and place them in your largest pot with the water. Bring to the boil, then reduce heat and simmer for 10 minutes, skimming off any froth that rises. Add onions, carrots, celery, leeks, parsley stalks, peppercorns and bay leaf and simmer for 2 to 3 hours, skimming occasionally. Strain into a bowl, discarding bones and vegetables, and leave to cool. Refrigerate overnight, to allow any fat to rise to the surface. A good chicken broth will have a jelly-like consistency when cold. When ready to use or freeze, remove fat. For a more intense flavour, cook again at a high simmer to reduce liquid by half. Makes 4 litres.

### FISH STOCK

Remove the gills from the fish heads as well as any blood or guts still in the fish. (Removing the gills from the fish is very important: the stock seems to be bitter when they are left in.) Wash the fish well under running water. Put all the ingredients in a large pot and cover with a lid. Bring to the boil and simmer for no more than 1 hour (too much boiling will also make the stock bitter). Strain through a fine strainer. There should be approximately 2 litres of fish stock. If there is more, put the stock into a clean saucepan and reduce. Transfer the stock to a bowl and refrigerate. It should set to a light jelly and there will be some fat to skim. If the stock is for making sauces, reduce to 1 litre as this will make a richer concentrate to add to the sauce. No salt is added until the soup or sauce is made as usually fish stock or glaze is well flavoured. The rich or sticky look and thickness you see in a good soup or sauce is the stock or ‘essence’.

*3 kg fish heads and bones (snapper or bream)*

*2 sticks of celery, chopped*

*2 large carrots, chopped*

*2 large onions, peeled and chopped*

*2 litres cold water*

*500 ml white wine*

*a little pepper*

### VEAL STOCK

*1 kg veal shanks, sawn into small pieces*

*1 kg beef brisket, sawn into small pieces*

*1 pig’s trotter, sawn in half*

*2 tablespoons olive oil*

*3 onions*

*6 cloves garlic, crushed\*

*2 carrots, sliced*

*2 leeks, sliced*

*2 sticks celery, sliced*

*6 mushrooms, chopped*

*2 large tomatoes, unpeeled and halved crosswise*

*1 bay leaf*

*1 sprig thyme*

*a few black peppercorns*

Preheat oven to 200°C. Place all meat in a baking dish and sprinkle with oil. Roast for 20 minutes, then turn meat over. Roast for another 20 minutes – during this time meat will become golden brown. Slice 2 of the onions and add to baking dish with garlic and all vegetables except tomatoes. While vegetables and meat are browning, cut remaining unpeeled onion in half crosswise. Fry onion and tomato halves, cut-side down, in a lightly oiled heavy-based frying pan until cut sides are very dark. Remove bones, meat and vegetables from baking dish, put in a stockpot and add onion and tomato. Cover generously with cold water, then bring to simmering point and skim very well. When no more scum rises, add herbs and peppercorns and maintain a bare simmer for 8 hours. Strain and allow to cool, then remove any fat that has risen. Boil to reduce or concentrate the flavour, if desired, and refrigerate for 2-3 days, or freeze.

# ARTICHOKE SOUP

Peel artichokes. Slice onion and chop carrot and soften without colouring in butter. Slice the artichokes, and add to other veges. When soft add stock, chopped parsley and pepper and salt and simmer for 15 to 20 minutes. Blend and strain. When ready to serve, bring to boil and add cream.

1 kg Jerusalem artichokes

1 large onion

1 carrot

parsley

pepper and salt

50g butter

1 litre chicken stock

75 ml cream

# ARTICHOKE SOUP

Lightly fry some finely chopped onion, carrot, celery and minced garlic in a few tablespoons of olive oil. Add a few mashed, peeled Italian tomatoes and a substantial amount of peeled and sliced Jerusalem artichokes. Bring to the boil, season and simmer gently until cooked. Potatoes can be added if desired, as well as any herbs such as rosemary, parsley or coriander.

# PARSNIP SOUP

*1 tablespoon Sharwood's curry paste or 12 teaspoons curry powder*

*3 tablespoons olive oil*

*1 medium onion, peeled and chopped*

*750g young parsnips, peeled, trimmed and sliced*

*430g can Campbell's beef consommé diluted with 1 can water or the equivalent amount of fresh veal or chicken stock*

*salt and cracked pepper*

*150 ml fresh cream*

In a large heavy pot over medium heat, melt the curry paste or powder in the olive oil. Add the onion and sauté until soft but not coloured. Add the parsnips and, with the lid on, sweat until the vegetables are tender. Pour in the diluted consommé and simmer until the vegetables are cooked and the consommé nicely flavoured. Season with salt and pepper to taste. Remove from the heat and carefully mix the hot soup in batches in a blender, adding the cream as you blend. Pour into a container, cover and chill until required. This soup can be served cold or hot and will freeze successfully.

# GREEN PEA SOUP

Melt the butter in a heavy-based saucepan and gently cook the onion until soft, but not browned. Add the peas and mint and stir well. Cover and continue cooking for about 20 minutes over low heat, stirring occasionally until the peas are very soft. Remove from the heat and set aside to cool. In a food processor, put equal amounts of the peas and the chicken stock and process until as smooth as possible. Repeat the process until all the ingredients are blended. Put the soup in a saucepan and add the cup of cream. Cook over low heat until almost simmering, about 20 minutes. Season to taste and adjust the thickness of the soup with water, if desired. The soup can be sieved to make it extra smooth. Serve the soup hot or cold.

*30g butter*

*1 small brown onion, peeled and chopped finely*

*750g shelled green peas*

*3 large mint sprigs*

*600 ml chicken stock*

*½ cup cream*

*salt and pepper*

# VICHYSSOISE

Heat the butter slowly and add finely sliced leeks. Cover and shake the pan gently over moderate heat for about 15 minutes or until leeks are softened and pale yellow. Do not brown. Add finely sliced potatoes, celery, parsley, stock and seasoning. Bring to the boil stirring, and then simmer for 30 minutes or until all the vegetables are well cooked. Blend or strain and then cool. Add cream and refrigerate until quite cold. Serve with chopped chives sprinkled on top.

*30g butter*

*white part of a bunch of leeks*

*3 or 4 potatoes*

*1 stick of celery*

*parsley and chives*

*1 litre strong chicken stock*

*salt and pepper*

*nutmeg*

*250 ml cream*

# PUMPKIN SOUP

*1 kg pumpkin*

*1 large tomato*

*1 small onion*

*1 small sweet potato*

*1 large carrot*

*2 egg yolks*

*1 litre boiled milk*

*butter*

*1 teaspoon sugar*

*1 chicken or vegetable stock cube*

*salt and pepper*

Peel pumpkin and cut in 6 cm lengths. Halve tomato and cut onion in thin slices. Put all in a saucepan with closely fitting lid. Do not add any liquid. Put saucepan in a slow oven for 1 hour. Blend and strain. Put puree into a saucepan and dilute with hot milk and add stock cube. Season with salt, pepper and sugar. Mix yolks of egg in a basin and dilute with a little cold milk, remove the saucepan from fire, mix a little of the hot soup to the eggs, and then add the eggs to the soup. Stir for a few minutes and serve with croutons.

# MIGI'S SPINACH SOUP

*1 packet frozen spinach*

*1 litre chicken stock (stock cubes and water)*

*sour cream*

Thaw spinach and stir into chicken stock. Bring to boil and add big blob sour cream to each serving.

# PUMPKIN AND COCONUT CREAM SOUP

Heat oil in pan, add garlic, shallots, chillies, lemon grass and paste, cook, stirring, until shallots are soft. Add stock cubes and water, bring to boil, add pumpkin, simmer, covered, for 10 minutes. Stir in coconut cream, simmer, covered, for 5 minutes or until pumpkin is tender. Add prawns, stir until heated through. Serve soup sprinkled with basil.

*1 tablespoon oil*

*1 clove garlic, crushed*

*4 green shallots, chopped*

*2 small fresh red chillies, chopped*

*1 tablespoon chopped fresh lemon grass*

*½ teaspoon shrimp paste*

*2 small chicken stock cubes, crumbled*

*2 cups boiling water*

*500g pumpkin, chopped*

*400 ml can coconut cream*

*250g cooked small prawns, shelled*

*1 tablespoon shredded fresh basil*

# PUMPKIN AND CUMIN SOUP WITH COCONUT MILK

In a deep large saucepan heat oil and butter over a slow heat. Add onions and garlic and cook for 5 minutes or until onions are translucent. Add pumpkin, carrot, potato and cumin. Cover and cook for 20 minutes, stirring occasionally. Add stock and thyme and bring to the boil, skimming stock if necessary. Simmer until pumpkin is soft, add grated ginger. Puree mixture in a food processor. Pass soup through a sieve, add coconut milk, sugar and season to taste. Gently reheat and serve with a warm crusty bread roll.

*1 tablespoon oil*

*20g butter*

*1 medium onion, diced*

*2 garlic cloves, crushed*

*800g pumpkin, diced*

*1 small potato, diced*

*1 medium carrot, diced*

*3 teaspoons ground cumin*

*750 ml chicken or vegetable stock*

*2 sprigs of fresh thyme*

*1 tablespoon ginger, finely grated*

*125 ml coconut milk*

*1 tablespoon sugar*

*salt and pepper to taste*

# PEA SOUP

Put peas in pot with the bones and the veges and add about 4 litres of water. Cook till all combined (about 4 hours). If using first suggestion of veges, add chopped mint before serving*.*

*500g yellow split peas*

*bacon bones*

*veges like carrots, onions, turnip, etc or potatoes and chopped chillies*

# CHICKEN MULLIGATAWNY

Cut chicken into joints and put into a large saucepan with sufficient water to cover. Add salt, peppercorns, celery leaves and 1 onion peeled and stuck with the whole cloves. Bring to the boil on high heat, then turn heat low, cover and simmer for 30 minutes. Add coriander, cumin, fennel, turmeric, garlic, ginger, cinnamon and tomatoes and simmer for a further hour or until the chicken is tender. Strain stock in a large bowl. When chicken is cool enough to handle, cut the flesh into dice and return to the stock. Slice the remaining onion. Wash out pan in which chicken cooked, dry it well and in it heat the ghee or dripping. Fry the curry leaves and sliced onion until the onion is well browned, then pour stock into pan and let it come to the boil. Reduce heat, stir in coconut milk and when soup returns to simmering point again remove from heat. Taste and add lemon juice to sharpen the flavour. If necessary add more salt. Serve hot.

*1 steaming chicken*

*8-10 cups water*

*2 teaspoons salt*

*½ teaspoon whole black peppercorns*

*few celery leaves*

*2 medium onions*

*4 whole cloves*

*1 tablespoon ground coriander*

*1 teaspoon ground cumin*

*1 teaspoon ground fennel*

*½ teaspoon ground turmeric*

*2 cloves garlic, chopped*

*1 teaspoon finely grated fresh ginger*

*1 x 5 cm stick cinnamon*

*500g ripe tomatoes, diced*

*½ teaspoon ghee or dripping*

*10 curry leaves*

*1 cup thick coconut milk*

*lemon juice to taste*

# ICED CURRY CREAM SOUP

*125g finely chopped shallots*

*25g butter*

*1 level tablespoon curry paste*

*25g flour*

*l litre vegetable or chicken stock*

*1 strip lemon rind*

*1 small bay leaf*

*1 small dessertspoon arrowroot*

Cream:

*1 wineglass port*

*1 teaspoon curry paste or powder*

*1 good dessertspoon apricot jam or puree from dried apricots*

*2 tablespoons whipped cream or evaporated milk*

Soften shallots in some of the butter, then add curry paste. Cook 4-5 minutes. Add the rest of the butter, then the flour, and pour on the stock. Bring to boil, add lemon rind, and bay leaf, simmer 20 minutes, strain and return to the rinsed pan to reduce if necessary. Then add the arrowroot slaked with a tablespoon of cold water and reboil. Strain again, cool then chill. Serve with a spoonful of the following cream in each cup. For the cream: Mix the port and curry paste or powder together and simmer until reduced to half quantity. Leave till cold, mix with the puree or jam, strain, then beat into cream.

# TOMATO SOUP WITH BASIL AND CROUTONS

*60g butter*

*1 onion, sliced*

*1.5 kg very ripe tomatoes, seeded and roughly chopped*

*1 litre chicken stock*

*2 tablespoons potato flour*

*salt*

*freshly ground black pepper*

*slices of day-old bread stick*

*olive oil*

*1 clove garlic*

*2 tablespoons freshly chopped basil leaves*

Melt butter and gently sauté onion in a large saucepan until softened. Add tomatoes, cover and cook gently until tomatoes are very soft – about 20 minutes. Pass through the medium disc of a food mill and return to pan. Add stock, heat to simmering point. Mix potato flour to a smooth cream with a little cold water. Stir a good ladleful of soup into potato flour mixture, then return it to pan. Stir until soup returns to a simmer. Cook for another 15 minutes, add salt and pepper. Pass through the finest disc of a food mill, or for the smoothest texture, whiz in a blender. Brush bread stick slices with oil on one side, grill, then swipe with cut garlic clove. Return soup to boiling point, ladle into bowls, scatter with basil and offer garlic croutons separately.

# TOMATO AND ORANGE SOUP

*1 kg tomatoes, washed, peeled, halved and seeded*

*1 onion, peeled*

*1 carrot, sliced*

*a strip of lemon peel*

*1 bay leaf*

*6 peppercorns*

*30g butter*

*3 tablespoons plain flour*

*4½ cups chicken stock*

*rind and juice of ½ orange*

*salt and pepper to taste*

*½ cup cream*

Place the tomatoes in a saucepan with the onion, carrot, lemon peel, bay leaf and peppercorns. Cover and cook for about 30 minutes until the tomatoes are soft and pulpy. Rub through a sieve or puree in an electric blender or food processor. Rinse out the saucepan, melt the butter and add the flour. Cook over low heat for 1 minute, stirring all the time. Take off the heat and stir in the stock gradually. Add the sieved tomato puree. Return to the heat and bring to the boil. Simmer for 5 minutes. Meanwhile, cut the orange rind into needle shreds. Drop them into boiling water and drain immediately, rinsing under cold water. Add the strained orange juice to the soup and season with salt and pepper. Pour into bowls, swirl in a little cream if using and sprinkle with the orange rind.

# ROZZIE BOWDEN’S LAKSA

Fry ginger and chilli in oil and then add the laksa paste and fry for a few minutes. Add chicken and stir till covered and colour changes. Add water and stock cube and simmer to reduce a bit. Add carnation milk and cook together. Add chopped bok choy stalks and simmer for a couple of minutes. Add coconut milk and the roughly chopped bok choy leaves. Add fish sauce to taste. While the soup is cooking, cook some noodles. Put noodles in bowl when cooked and pour on the soup etc. NB:Once you add the carnation milk DO NOT STIR. Mix around a bit by shaking the saucepan every now and then. If you stir it will CURDLE. Garnish with coriander if you like – or Vietnamese mint leaves. Can also add bean sprouts.

*1 red chilli, chopped*

*1-2 teaspoons grated ginger*

*2 generous dessertspoons good Laksa Paste from Asian Food store. I use*

*Por Kwan brand and it is reliably good & is the most important ingredient*

*2 chicken thigh fillets sliced – or green prawns (approx 250g)*

*1-2 baby bok choy*

*¾ cup of water with chicken stock cube*

*1 small can light and creamy Carnation milk (200g)*

*approx ⅓ cup lite coconut milk*

*1 dessertspoon oil*

*1 tablespoon fish sauce – or more if like*

*100g rice vermicelli*

*handful of bean sprouts*

# ROSIE’S SOUPS:

### SPANISH POTATO AND LEEK SOUP

Cook cut up and washed leeks in butter in heavy pan until they fall apart. Add garlic and cut up potato. Cook a little in the butter than add chicken stock and cook a further 10-20 minutes (nice with green beans in as well).

*2 leeks*

*2 or 3 potatoes (with skins on)*

*several cloves garlic*

*chicken stock (or water or vegetable stock)*

### GREEN BEAN AND VEGETABLE SOUP WITH PESTO

Heat oil in large pan and fry leeks and garlic for 5 minutes. Add potato, celery and thyme and fry further 10 minutes until golden. Stir in flageolet beans with their liquid and the vegetable stock. Return to boil. Cover and simmer gently for 20 minutes. Add the courgettes, French beans and broad beans and cook for a further 10 minutes. Season to taste. Serve with a spoonful of pesto or with French bread and extra grated parmesan if wished.

*2 tablespoons extra virgin olive oil*

*1 leek sliced*

*2 garlic cloves, crushed*

*1 potato, diced*

*1 celery stick sliced*

*1 tablespoon chopped fresh thyme*

*salt and pepper*

*1 425g can flageolet beans*

*600 ml vegetable stock*

*1 courgette sliced*

*50g French beans, halved*

*125g frozen broad beans*

*1 quantity pesto*

### BUTTERNUT AND LENTIL SOUP

*(can be doubled with 3 or 4 cloves garlic)*

*1 carrot*

*4 celery stalks*

*garlic*

*½ butternut pumpkin*

*1 tablespoon butter*

*½ cup red lentils*

*2 litres vegetable stock*

Peel carrot and butternut and wash celery. Roughly chop vegetables then dice finely in food processor. Melt butter in stockpot and add vegetables. Stir for a minute or two before adding the rinsed lentils and stock. Bring to boil and boil gently for 50 minutes. Season with salt and pepper.

### HOT LENTIL SOUP

*450g red lentils, rinsed*

*50g butter*

*2 medium onions, chopped*

*2 garlic cloves, chopped*

*2 celery sticks, chopped*

*1 x 400g can tomatoes*

*1 chilli, seeded and chopped, optional*

*1 teaspoon chilli powder, optional*

*1 teaspoon paprika*

*1 teaspoon ground cumin*

*1 teaspoon salt (? more)*

*2 litres stock or water*

Place lentils in bowl of water. Melt butter in large saucepan over low heat and sauté onions, garlic and celery until softened. Drain lentils and add them to vegetables with tomatoes. Stir well and add remaining ingredients. Cover and simmer gently for about 2 hours. Stir to prevent sticking.

### MINESTRONE

Heat oil in large pan. Sauté onion, garlic and carrots for about 5 minutes. Add remaining vegetables and herbs. Stir well, then add stock or water, salt and bay leaves. Bring slowly to boil and add tomatoes. Reduce heat and simmer for about 1½ hours. If desired add pasta about ½ way through cooking time.

*4 tablespoons olive oil*

*2 medium onions, sliced*

*2 garlic cloves, chopped*

*2 medium carrots, sliced*

*100g red kidney beans, soaked overnight and drained*

*2 celery sticks with leaves, sliced*

*1 chilli, seeded and sliced*

*1 green pepper, cored, seeded, sliced*

*1 parsnip, peeled and diced*

*2 potatoes, diced*

*100g cabbage, shredded*

*1 tablespoon chopped fresh parsley*

*1.5 litres stock or water*

*1 teaspoon salt*

*2 bay leaves*

*1 teaspoon oregano or basil*

*1 teaspoon nutmeg*

*¼ teaspoon black pepper*

*1 x 350g tin tomatoes*

*125g pasta shells*

*50g grated parmesan*

# BEETROOT SOUP

Boil medium-sized beetroots in plenty of lightly salted water for 1½ hours or until tender. Small beetroots will take only 30 minutes. If beetroot leaves are not too bruised or wilted, wash well, slice finely and leave aside. Cut beetroots into small neat dice. Leave aside 2-3 tablespoons for garnish and put rest into a large saucepan with stock. Bring to simmering point. Simmer very gently for 30 minutes. Blanch leaves in lightly salted water for 2-3 minutes. Drain very well and chop into bite-sized pieces. Just before serving, drop reserved beetroot and blanched leaves into soup and season with salt, pepper and lemon juice. Mix herbs with sour cream and offer separately. The soup can also be served cold.

*3 beetroots, boiled and peeled*

*1.5 litres well-flavoured beef, veal or chicken stock*

*salt*

*freshly ground black pepper*

*juice of 1 lemon*

*1 tablespoon freshly chopped parsley*

*2 teaspoons freshly chopped chives*

*sour cream*

# FENNEL AND MUSSEL SOUP

*1.5kg small mussels*

*1 large head fennel, finely diced (trimmings reserved)*

*1 teaspoon fennel seeds*

*90 ml white wine*

*300 ml fish stock*

*45g butter*

*30g flour*

*300 ml chicken stock*

*75 ml thick cream*

*salt and freshly ground black pepper to taste*

Heat a large saucepan until very hot. Add the mussels, fennel trimmings, fennel seeds, white wine and half the fish stock. Cover and steam open (do not overcook). Refrigerate the mussels. Strain the mussel liquor into a saucepan and bring to a low boil simmer. In a separate saucepan sauté the diced fennel in the butter until soft, but not coloured. Mix in the flour to make a roux and cook, stirring, for 2-3 minutes over a gentle heat. Add the hot mussel liquor to the roux a little at a time, stirring slowly and constantly to prevent lumps forming. Add the chicken stock and remaining fish stock then simmer for 10 minutes to cook the flour thoroughly. Add the cream and season to taste. Remove the beards from the mussels, and the brown foot and white sinew. Take the larger mussels from their shells, leaving a few small ones in their shells for garnish. Chop the mussel meat and add along with the mussels in the shell to the hot soup just before serving.

# LIZZIE’S GREEN PEA AND LETTUCE SOUP

*30g butter*

*1 onion, finely chopped*

*1 small cos lettuce, coarsely chopped*

*1 cup flat-leaf parsley, firmly packed*

*200g peas (400g fresh peas depodded or 200g frozen peas)*

*1 litre chicken stock*

*Pistou:*

*75g whole blanched almonds, roasted*

*⅓ cup tarragon*

*¼ cup oil*

*2 tablespoons crème fraiche*

Soften onion in butter. Add lettuce and parsley and cook till just wilted then stir in peas and stock. Simmer till peas are cooked, cool, blend and strain. Store in the fridge.

Pistou: Combine almonds, tarragon and oil and make into a paste. Transfer to a bowl and stir in crème fraiche.

SAUCES

# HOLLANDAISE SAUCE

Reduce vinegar in small pan until there is 1 dessertspoon. Cool. Beat egg yolks in top of a double boiler, stir in vinegar. Melt butter, cool a bit, and very slowly add to egg mixture making sure mixture does not become too thick because it will split. If it does, remove mixture, beat another egg yolk and slowly add earlier mixture to it. Chopped shallot and salt, pepper and cayenne pepper can be added to vinegar before reducing. (If the mixture splits, another remedy is to stir in an ice block.)

*2 tablespoons white wine vinegar*

*2 egg yolks*

*150g butter*

# BEARNAISE SAUCE

*4 tablespoons white wine vinegar*

*6 peppercorns*

*2 bay leaf*

*1 sprig each of tarragon and chervil*

*1 small chopped shallot*

*2 egg yolks*

*75g butter softened*

*extra nut of butter*

*piece of meat glaze*

*1 small teaspoon each of chopped tarragon and chervil*

*seasoning*

Put the vinegar, peppercorns, bay, tarragon and chervil sprigs, and shallot into a small saucepan. Reduce to a good dessertspoon. Cream the yolks thoroughly together with a nut of butter and a pinch of salt. Thicken slightly in the bain-marie, strain on the vinegar, mix well, and add the softened butter piece by piece as the mixture thickens, stirring continuously with a wooden spatula, and gradually increasing the heat of the bain-marie as for sauce hollandaise. When all the butter is added, stir in the meat glaze with the chopped tarragon and chervil. Adjust seasoning.

# RAY’S BEARNAISE SAUCE

*1 tablespoon tarragon vinegar*

*2 tablespoons cream*

*2 egg yolks*

*125g butter, cubed*

Combine vinegar, cream and egg yolks in heatproof pudding bowl and stir over boiling water, gradually adding butter till mixture is required thickness.

# BREAD SAUCE

Chop 1 small onion and fry gently in butter till soft. Add four slices of bread (with crusts removed and broken into bits) and cover with milk. Stir till thickened and add pepper and salt.

# WHITE SAUCE

Melt butter, remove from heat, stir in flour, nutmeg, salt and pepper. Stir over low heat 1 minute. Add milk, stir until sauce boils and thickens. Reduce heat, cook further 1 minute. Remove from heat, If using, add one lightly beaten egg, beat well.

*90g butter*

*½ cup flour*

*½ teaspoon nutmeg*

*salt and pepper*

*2 cups milk*

*1 egg (optional)*

# PARSLEY SAUCE

Scald milk with onion, peppercorns, and bay leaf. Cool a little, strain. Melt butter or substitute, stir in flour and cook few minutes, stirring; remove from heat, gradually add milk. Bring to boil, stirring, then reduce heat and simmer gently 10 minutes. Season to taste, add parsley and lemon juice.

*50g butter*

*1½ tablespoons plain flour*

*½ litre milk*

*¼ cup finely chopped parsley*

*salt, pepper*

*squeeze lemon juice*

*slice of onion*

*2 peppercorns*

*bay leaf*

# ONION SAUCE

Make a good flavoured white sauce, as for Parsley Sauce, above. At the end of cooking time, season to taste with salt and pepper, add a squeeze of lemon juice, then stir in 2 finely chopped onions which have been cooked in a little water, then strained. Stir in a little finely chopped parsley.

# CLASSIC GRAVY

Deglaze the juices left in a roasting pan after the meat, vegetables and surplus fat have been removed. Place the roasting pan over medium to high heat on the stove. Add liquids, such as red wine, vegetable cooking liquids, stock or water, scraping and stirring the mixture vigorously. You can also add tomato paste, balsamic vinegar, butter or cream. Once all the roasting juices have been absorbed, reduce by boiling for a few minutes. For a thicker gravy, before adding the liquids and other additions, stir a little sifted plain flour or potato flour into the roasting pan. Cook for a few minutes, stirring constantly. Strain into a jug and serve.

# MINT SAUCE

*1 large handful of mint leaves*

*2 tablespoons sugar*

*80 ml vinegar*

*75 ml hot water*

Pound the leaves with half of the sugar. When quite fine add hot water and the rest of the sugar. When dissolved add vinegar. Leave an hour or two before serving. The sauce must be thick with mint.

# APPLE SAUCE

Combine and stir over low heat until apples are mushy.

*4 cups sliced peeled tart apples*

*½ cup water*

*¼ to ½ cup sugar*

*¼ teaspoon ground cinnamon.*

# ROASTED RED CAPSICUM SAUCE

*2 red capsicum, seeded, roasted and peeled*

*2 slices day-old white bread, torn into bits*

*2 cloves garlic, crushed*

*1 cup olive oil*

*freshly ground black pepper*

*sea salt*

In the bowl of a food processor place capsicum, bread and garlic. Process 15-20 seconds until well combined. With motor running slowly add oil in a thin stream. Season generously with pepper and a little sea salt. This sauce is delicious with grilled or roasted meat, fish or poultry. Variation: Add 1-2 tablespoons of fresh thyme or oregano. To roast capsicum: Slice in half, deseed, trim off stalks and membranes. Place capsicum cut side down on a foil-lined baking tray and cook in a preheated 220°C oven for 15-20 minutes or until skins blacken and blister. Remove from oven, cover with a tea-towel and allow to cool. Capsicum skins will slip off easily.

# BASIC TOMATO SAUCE

Cook onion, garlic and bacon gently in butter until onion is soft. Add remaining ingredients, chopping canned tomatoes and removing as many seeds as possible. Simmer, partly covered, for 45 minutes, stirring frequently. Add a little more water if needed. Sauce should be thick, but can be thinned as you wish with beef or chicken stock when you use it. Remove bouquet garni, adjust seasoning and store, covered, in refrigerator or freezer.

*1 large onion, finely chopped*

*2 cloves garlic, crushed*

*2 rashers streaky bacon, rind removed and chopped*

*30g butter*

*1 large carrot, grated*

*1 kg ripe red tomatoes, peeled, seeded and chopped or 1 x 820g can tomatoes*

*½ cup dry white or red wine, or ¼ cup sherry*

*1 bouquet garni*

*salt and freshly ground black pepper*

# BORDELAISE SAUCE

Soften the shallots in a little butter, add the red wine, peppercorns, and thyme. Reduce to half quantity. Add demi-glace and simmer 15 minutes. Skim, strain and add beef marrow. Do not boil, keep hot for 10 minutes. Serve with roast beef, fillet, tournedos.

*1 tablespoon chopped shallots*

*nut of butter*

*½ cup red wine*

*5 or 6 peppercorns*

*small sprig of thyme*

*½ cup demi-glace (scrapings from roasting meat)*

*15g beef marrow*

# SEAFOOD COCKTAIL SAUCE

Whip cream and add Worcestershire sauce and tomato sauce.

# CURRY SAUCE

*2 onions*

*1 clove garlic*

*2 cm piece ginger*

*2 tablespoons oil*

*1 tablespoon Indian curry powder*

*1 teaspoon curry paste*

*1 tablespoon plain flour*

*3 cups chicken stock*

*1 apple*

*1 tomato*

*1 tablespoon red currant jelly*

*salt and pepper*

Finely chop onions, garlic and ginger and cook in oil until soft but not coloured. Add curry powder and stir over heat 3 minutes, then add curry paste and flour and stir further 3 minutes. Stir in stock, add diced apple and chopped tomato and season. Cover and simmer 1 hour, then add red currant jelly. (See Vegetable Curry.)

# CHILLI SAUCE

Place vinegar, sugar and salt in saucepan and reduce by half over low heat. Pound chillies and garlic in mortar until a fine paste forms and chilli and garlic is well mixed; stir into the sauce. Serve at room temperature.

*1 cup white wine vinegar*

*½ cup sugar*

*pinch of salt*

*2 to 3 fresh red chillies*

*1 or 2 cloves garlic*

# SALAD DRESSING

*1 cup oil (olive)*

*⅓ cup wine vinegar (?balsamic)*

*1 teaspoon caster sugar*

*salt and pepper*

*chopped mint*

*chopped parsley*

*chopped chives*

# FRENCH DRESSING

*1 part vinegar*

*3 parts oil*

*salt and pepper*

*garlic crushed*

*mustard*

*brown sugar*

# ROZZIE BOWDEN’S MAYONNAISE

Place the following in blender: ½ cup oil, eggs, vinegar, mustard, sugar and salt and blend till combined. Slowly in a steady stream add the rest of the oil.

*2 eggs (room temperature)*

*1½ cups oil (olive)*

*2 teaspoons dry mustard*

*2 teaspoons sugar*

*1 teaspoon salt*

*3 tablespoons white vinegar*

# FISH MAYONNAISE

To 1 cup Rozzie’s Mayonnaise add 2 teaspoons capers and ½ cup whipped cream**.**

# DILL MAYONNAISE

Stir freshly chopped dill into mayonnaise with drained and chopped capers and serve with fish or mix with small, steamed beetroots, or cooked or raw button mushrooms.

# CHIVE MAYONNAISE

*2 egg yolks*

*½ teaspoon French mustard*

*1 tablespoon lemon juice*

*1 cup oil*

*2 teaspoons chopped chives*

*2 teaspoons chopped parsley*

*2 tablespoons cream, approximately*

Combine egg yolks, mustard and half the lemon juice in small bowl of electric mixer, beat until pale and thick. Gradually add oil in a very thin stream, while mixer is operating on medium speed. Beat until oil is completely absorbed. When all oil has been added, beat in remaining lemon juice, chives, parsley and enough cream to give smooth consistency. (Keeps for up to 2 weeks.)

# MAYONNAISE VARIATIONS

### MUSTARD AND TARRAGON

Add 1 tablespoon Dijon mustard and 2 tablespoons chopped fresh tarragon.

### ROASTED GARLIC

Preheat oven to 160ºC. Wrap 1 small head of garlic in foil and roast for 50 minutes or until soft. Squeeze roasted cloves into mayonnaise.

### TARTARE SAUCE

Add 1 tablespoon chopped drained pickles, 3 teaspoons chopped drained capers, 1 chopped green shallot and 3 teaspoons chopped fresh continental parsley.

### SEAFOOD SAUCE

Add 80 ml (⅓ cup) tomato sauce, 1 teaspoon Worcestershire sauce and a dash of red Tabasco sauce.

### CAESAR DRESSING

Add 5-6 finely chopped anchovy fillets and 1 crushed garlic clove to egg yolk mixture. Add 3 teaspoons lemon juice and whisk in 60 ml hot water after adding oil. Stir in 2-3 tablespoons finely grated parmesan. To serve, toss dressing with torn cos lettuce leaves, crispy bacon and garlic croutons.

# PEGGY BOWDEN'S TOMATO SAUCE

Chop vegetables and fruit (leaving ALL skins on) and put spices in muslin. Boil with vinegar for 2 hours. Next day, squeeze spices lightly into mixture, blend and boil briskly (with lid off) for 1 hour with salt and sugar. Bottle.

*4½ kg tomatoes*

*1 kg green apples*

*1 kg onions*

*1 head of garlic*

*1 litre brown vinegar*

*25g cloves*

*25g allspice*

*25g ground ginger*

*18 g cayenne pepper*

*125g salt*

*1 kg sugar*

# PEANUT SAUCE

Heat oil in a small wok or frying pan and fry garlic flakes for a few seconds until golden (put them in a fine mesh wire strainer and lower them into oil that is not too hot, for they burn easily; the strainer enables them to be lifted out as soon as they change colour). Drain on absorbent paper. Fry onion flakes in the same way, again taking care that they do not burn. Drain and cool. Fry whole chillies until they are puffed and crisp, which should take less than a minute. Remove chillies from pan, drain and cool. Discard stalks and seeds and crumble or chop chillies into small pieces. Set aside with onion and garlic. In oil remaining in pan, fry the trasi, crushing it with the back of the spoon. Add lemon juice and soy sauce. Remove from heat, add peanut butter and stir until well blended. Cool. When quite cold add crisp garlic and onion flakes, crumbled chillies and sugar. Mix thoroughly and put in a screw-top jar to store. Use as is, or mix in enough coconut milk or water to make more liquid consistency. Add salt as required. Note: Fresh garlic and onion can be used instead of dried garlic and onion flakes. Peel 6 garlic cloves and cut into thin slices. Peel and finely slice 1 medium size onion. Fry separately over low heat, removing from heat as soon as they turn golden brown. Drain on absorbent paper and cool. Crumble the crisp garlic slices before adding to sauce.

*7 tablespoons peanut oil*

*1 teaspoon dried garlic flakes or instant minced garlic*

*2 tablespoons dried onion flakes*

*2 large dried chillies*

*1 teaspoon dried shrimp paste (trasi)*

*1 tablespoon lemon juice*

*1 tablespoon dark soy sauce*

*375g crunchy peanut butter*

*1½ tablespoons palm sugar*

# PEANUT SATAY SAUCE

*1 teaspoon sesame oil*

*1 clove garlic, finely chopped*

*2 small red chillies, finely chopped*

*½ cup crunchy peanut butter*

*1 cup water*

*2 tablespoons light soy sauce*

*1 teaspoon lemon juice*

*¼ cup coconut milk*

Heat sesame oil in a small saucepan. Add garlic and chillies and sauté 1 minute. Stir in crunchy peanut butter, water, soy sauce and lemon juice. Heat, stirring until combined and thickened. Fold through coconut milk and serve. Serves 4.

# MAUREEN SIMPSON’S PEANUT SAUCE

*2 shallots, minced*

*2 cloves garlic, minced*

*1 stalk fresh lemon grass, finely chopped*

*1½ tablespoons vegetable oil*

*1 tablespoon red curry paste*

*¼ cup crunchy peanut butter*

*1 tablespoon palm sugar*

*1 tablespoon fish sauce*

*1 cup thin coconut milk*

Put the onion, garlic, ginger and chilli flakes into a food processor or blender. Process until mushy, then empty into a heavy frying pan or saucepan, and add the oil. Smash the stem of the lemon grass, then add to the pan. Fry over a low heat, stirring, for about 5 minutes, or until fragrant. Put the tamarind into a small bowl, pour over the hot water, and work the tamarind with your fingers to dissolve the pulp. Strain the liquid through a sieve, rubbing the sieve to include some of the thick tamarind pulp with the juice. Add the tamarind to the onion mixture in the pan, then add the peanuts, water, brown sugar and Ketjap Manis. Simmer over a low heat for about 10 minutes, stirring often, until the sauce thickens (add extra water if necessary). Add sufficient lemon juice to suit your taste, then add a little salt if necessary.

# SPICY PEANUT SAUCE

*2 shallots, minced*

*2 cloves garlic, minced*

*1 stalk fresh lemon grass, finely chopped*

*1½ tablespoons vegetable oil*

*1 tablespoon red curry paste*

*¼ cup crunchy peanut butter*

*1 tablespoon palm sugar*

*1 tablespoon fish sauce*

*1 cup thin coconut milk*

In a saucepan sauté shallots, garlic and lemon grass in oil until soft. Add red curry paste and cook 1 minute until fragrant. Add peanut butter, palm sugar, fish sauce and coconut milk. Cook over medium heat until thick and syrupy (about 15 minutes). Add water if sauce is too thick.

# WASABI MAYONNAISE

*½ cup mayonnaise*

*2 shallots finely chopped*

*2 teaspoons lime juice*

*1½ teaspoons wasabi (or to taste)*

Combine all ingredients in bowl.

# ROZZIE BOWDEN’S APPLE MINT JELLY

Chop apples roughly including peel and core and put into large saucepan with water and a bunch of mint. Simmer till apples are soft and pulpy. Add the vinegar, bring to boil and simmer for 5 minutes. Pour into a jelly bag and strain into a bowl overnight. Do not squeeze or press the bag. Measure the juice and put back into preserving pan adding 2 cups of sugar for every 2½ cups of juice. Bring to boil and stir to dissolve the sugar and boil rapidly till setting point is reached. Skim. Add the colouring (a little goes a long way) and finely chopped mint leaves and leave for 5 minutes before stirring gently and pouring into jars. \*I make a rosemary version of this which I think is nice and more versatile. It turns a sort of orangey pink colour and does not need any artificial colouring.

*1½ kg cooking apples*

*2½ cups water*

*bunch of fresh mint*

*2½ cups of white vinegar*

*sugar*

*green colouring*

*3 tablespoons chopped fresh mint leaves*

# MARINADES

Marinate boned lamb in a mixture of yoghurt, chopped mint, garlic, olive oil, lemon juice, pepper and salt.

Loosely stuff a turkey with a mixture of olive oil, breadcrumbs, thyme, pine nuts and chopped preserved lemon rind. For wonderfully succulent meat rub the skin with butter, pepper and salt and roast in a hooded barbecue.

Marinate baby octopus in verjuice, flat-leaf parsley, white wine and olive oil, then barbecue quickly until the flesh is opaque.

Stuff sardines with a mixture of chopped tomatoes and parsley. Add lime juice and salt, wrap in vine leaves and grill.

Mix chopped anchovy fillets and finely chopped black olives with butter, and serve with grilled fish.

Marinate chicken or beef cubes on skewers in equal parts of soy sauce and mirin, with wasabi and sugar to taste.

Mix together red wine, diced onion, oregano, oil, crushed garlic with pepper and sea salt for a beef fillet marinade.

Mix ground cumin and coriander with olive oil, lemon juice, torn kaffir lime leaves, red onion and black pepper for a marinade for chicken or lamb.

Make an Asian-inspired marinade for pork or chicken: mix soy sauce, sesame oil, grated ginger, eschalots, coriander leaves, lime juice and palm sugar.

To make a dry marinade for pork, grind sea salt, peppercorns, coriander seeds, bay leaves and chopped orange zest together with a mortar and pestle.

Marinate chicken livers in chopped eschalots, Madeira and fresh sage. Sear the livers on a hotplate until just pink.

Grill pide bread with a squeeze of lemon and a sprinkling of sea salt.

Make a fresh tomato salsa by mixing chopped tomato, chopped red onion, vinegar and a little sugar.

Make aioli to serve with fish: whisk together 4 crushed garlic cloves, 2 egg yolks, season, then slowly drizzle in 250 ml olive oil, whisking constantly until thick.

# NAM JIM SAUCE

In a large pestle and mortar, crush the garlic with the salt, add the coriander and chillies and roughly pound. Stir in the sugar, fish sauce, lime juice and finely chopped shallots.

*2 tablespoons fish sauce   
3 tablespoons freshly squeezed lime juice   
2 garlic cloves   
2 tablespoons palm sugar   
2-3 red shallots or half a small red onion chopped   
3-4 bird’s eye chillies (to taste)   
2 tablespoons chopped coriander leaves or 1 fresh root*   
*pinch of salt*

# RICE WINE VINAIGRETTE

Whisk all ingredients in a bowl or jar. Great with oysters.

*1 teaspoon finely grated ginger*

*4 tablespoons rice wine vinegar*

*1 teaspoon castor sugar*

*1 teaspoon soy sauce*

*6 tablespoons grapeseed oil*

*2 tablespoons olive oil*

*½ tablespoon lemon juice*

SEAFOOD

# POACHED SALMON

*½ lemon*

*1 bay leaf*

*6 celery leaves*

*4 black peppercorns*

*medium carrot, cut into large pieces*

*½ onion*

*1½-1¾ kg fresh salmon, filleted and skinned*

Place lemon, bay leaf, celery leaves, peppercorns, carrot and onion into a fish kettle or baking dish large enough to hold the salmon. Lay the salmon on top and add just enough water to just cover it. Bring slowly to the boil, reduce the heat and poach gently for 8-12 minutes, depending on the thickness of the fish. (It is much better to take if off too early as it can always be put back. The salmon should still be bright orange-pink in the centre at the thickest part. It should be only just cooked or it will break. It is perfectly safe to eat it this way). Remove salmon carefully from poaching liquid and cool to room temperature.

# COLD SALMON WITH LEMON AND DILL MAYONNAISE

Preheat the oven to 200ºC. Wipe the salmon carefully with a clean, damp cloth. Put the fish on a large sheet of heavy-duty foil in a baking dish and pour over the white wine. Fill the body cavity of the salmon with the dill, a few lemon slices and some chopped shallots, and season well with salt and pepper. Scatter the remaining shallots and lemon slices over the fish, season with salt and pepper, then wrap the foil around the fish, sealing the edges well. Add water to the baking dish to a depth of 2.5 cm. Cook the fish in the preheated oven for about 40 minutes. To glaze, remove from the oven and set aside to cool. Unwrap the fish, strain and reserve the juices that have gathered in the foil. Very carefully remove the skin from the salmon, making sure that no flesh is removed. Transfer the fish to a serving platter and pour the reserved poaching liquid into a jug. Dissolve the gelatine in the hot liquid and set aside until it begins to thicken, then spoon a little over the fish. Refrigerate the salmon, then spoon over another layer of warm glaze. Repeat, building up layers of glaze until the fish is well covered. (Alternatively, if time is of the essence, the salmon can simply be skinned, cooled and served without glazing at room temperature.) To make the mayonnaise put the egg yolks, mustard, lemon juice and salt and pepper in a food processor and process until smooth. Mix the oils together and, with the motor running, add the oil in a very slow, steady stream and process until emulsified. Stir in the dill and transfer the mayonnaise to a serving bowl. Cover and refrigerate until ready to serve. Serve portions of the cold salmon and pass the dill mayonnaise separately.

*3 kg whole Atlantic salmon, cleaned*

*1 cup white wine*

*½ bunch dill*

*1 lemon, sliced*

*8 shallots, chopped finely*

*salt and freshly ground white pepper*

*1 tablespoon gelatine*

Mayonnaise:

*4 egg yolks*

*1 tablespoon Dijon mustard*

*2 tablespoons lemon juice*

*salt and pepper to taste*

*250 ml olive oil*

*250 ml peanut oil*

*3 tablespoons chopped dill*

# BARBECUED FISH

Clean and scale fish. Slash flesh in 5 cm wide strips down to bone. Blend together butter, salt, coriander and cumin. Spread in slashes on both sides of fish. Pour boiling water over banana leaves to soften, and cut leaves from centre rib. If fish is large put a long skewer lengthwise through fish. This holds it firm for turning. Wrap in banana leaves, then in a large sheet of heavy aluminium foil. Put fish on grid over hot coals. Allow 20 minutes for a 1 kg fish or 30 minutes for a 2 kg fish. Turn fish every 5 minutes.

*1-2 kg whole fish*

*125g butter*

*1 teaspoon salt*

*2 teaspoons ground coriander*

*1 teaspoon ground cumin*

*fresh banana leaves*

# CLARE’S ASIAN UNGUENT FISH

Boil chicken stock in frying pan with ginger, lemon grass, chillies, lemon peel and garlic. Strain good bits out. Boil fish in stock for 5-6 minutes. Take fish out. Chuck ¾ of stock out. Add good bits, shallots, coriander, palm sugar and soy sauce and cook for a little tiny while. Pour sauce over fish and serve. Serve with steamed rice for good sauce absorbency.

*white fish fillets (perch?)*

*slivered ginger (lots)*

*shallots - not as many as Jannie thinks (4 diagonally sliced!)*

*chillies - chopped*

*lemon grass - chopped*

*1 clove garlic - chopped*

*1½ cups chicken stock*

*lemon peel*

*coriander*

*Kikkoman Soy Sauce*

*2 tablespoons palm sugar*

# TEN-MINUTE FISH CURRY

Remove any bones or skin from fish and chop into bite-size chunks. Heat ghee or oil and fry fenugreek, garlic and ginger for three minutes. Add coriander, cumin, cayenne and turmeric, and fry for two minutes, stirring. Roughly chop tomatoes, add to pan with juices. Cover and simmer until sauce thickens slightly. Taste for salt and pepper. When ready to serve, slip in the fish pieces and cook for barely five minutes. At the last minute, remove from the heat and add yoghurt. Stir through, top with coriander and serve with a big bowl of rice. Serves four.

*750g good, firm-fleshed fish, for example, snapper or rockling*

*2 tablespoons ghee or vegetable oil*

*1 teaspoon ground fenugreek*

*2 garlic cloves, crushed*

*1 tablespoon grated fresh ginger*

*1 teaspoon ground coriander*

*1 teaspoon ground cumin*

*1 teaspoon cayenne powder*

*1 teaspoon turmeric powder*

*2 cans tomatoes with their juices*

*salt and pepper to taste*

*½ cup plain yogurt*

*a few springs fresh coriander*

# MOULES MARINIÈRE

Scrape and clean mussels in several changes of water, discarding any that are not shut tightly. Put into a wide pan with shallots, herbs, pepper, half the butter and the wine. Cover the pan and cook over a high heat for 5 minutes, shaking the pan now and then. Remove the mussels as soon as they open, discarding half of each shell. Arrange the mussels in the remaining shells on warm soup plates. Strain liquid through a sieve, return to the pan with the remaining butter mixed with the flour and boil rapidly until thickened slightly. Pour over the mussels and sprinkle with chopped parsley. Serve at once with crusty bread, creamy butter and dry white wine. Variation: Replace the butter with ½ cup of cream. Add to the reduced mussel liquid and boil rapidly for several minutes before pouring over mussels.

*1 kg fresh mussels*

*4 shallots, finely chopped*

*4 parsley stalks*

*1 bay leaf*

*sprig of thyme*

*freshly ground black pepper*

*60g butter*

*2 cups dry white wine*

*1 teaspoon flour*

*little chopped parsley*

# ASIAN MUSSELS

*½ bottle white wine*

*3 cups fish stock*

*2 stalks lemon grass, tied together*

*6 kaffir lime leaves*

*1 bunch coriander, with roots*

*3 red chillies, seeded and sliced*

*8 eschalots, peeled and sliced finely*

*5 cm piece ginger, peeled and cut into julienne*

*fish sauce to taste*

*48 mussels, scrubbed well and beards removed*

*½ cup torn mint leaves*

Place wine and fish stock in large saucepan with lemon grass, lime leaves and roots and stems of the coriander (reserve the leaves). Bring to the boil, reduce the heat and simmer for 10 minutes. Stir in the chillies, eschalots, ginger and fish sauce. Add the mussels and cook, stirring frequently, until they open, removing them with a slotted spoon to a bowl as they do so. Discard any mussels that do not open. Remove and discard the lemon grass and the coriander roots and stems. Stir the mint and coriander leaves into the hot broth and taste for fish sauce. Divide the mussels between four bowls, pour over the hot broth and serve immediately.

# SATE UDANG

Shell and devein prawns. Put lemon juice, coconut milk, sambal oelek, trasi, soy, sugar, lemon rind and garlic crushed with the salt into a bowl and stir well until sugar dissolves. Add prawns, stir and marinate for 15 minutes or longer. If leaving for longer than 1 hour, cover and refrigerate. Thread 3 or 4 prawns on bamboo skewers which have been soaked in water for a few hours. Brush lightly with oil and grill over hot coals or under preheated griller until prawns are lightly browned. Meanwhile simmer left over marinade briefly, stirring constantly. Add more coconut milk or soy sauce to taste if necessary and serve as a sauce.

*50g raw prawns*

*3 tablespoons lemon juice*

*½ cup thick coconut milk*

*½ teaspoon sambal oelek*

*½ teaspoon dried shrimp paste (trasi)*

*1 tablespoon dark soy sauce*

*1 teaspoon palm sugar*

*finely grated rind of 1 lemon*

*2 small cloves garlic*

*1 teaspoon salt*

*vegetable oil*

# SUZI HOLLEBONE'S SCALLOP SALAD

Poach scallops in wine, water and bouquet garni a few minutes. Strain and cool. Slice mushrooms, peel and chop cucumber, chop artichokes into quarters, ball melon. Add chopped shallots, lemon rind and juice, salt and pepper, mint and olive oil and mix. Refrigerate.

*1 kg scallops*

*300 ml white wine*

*300 ml water*

*1 bouquet garni*

*125g button mushrooms*

*1 cucumber*

*4 shallots finely chopped*

*1 can artichoke hearts*

*½ rockmelon or honeydew*

*grated rind and juice of 1 lemon*

*½ cup olive oil*

*salt*

*ground black pepper*

*2 tablespoons chopped mint*

# KEDGEREE

*60g butter*

*250g fillet of salmon, skin and bones removed and flesh diced*

*185g boiled rice*

*salt and freshly ground black pepper*

To serve:

*hard-boiled yolks of 2 eggs, chopped*

*hard-boiled whites of 2 eggs, chopped*

*freshly chopped parsley*

Melt the butter in a frying pan and sauté the diced salmon for 5 minutes. Add the boiled rice and salt and pepper, and continue to cook until the rice and salmon is mixed together and heated through. Transfer to a serving dish, sprinkle over the chopped eggs and parsley and serve at once.

# SLOW-COOKED SALMON WITH CORIANDER, LIME AND LEMON GRASS BUTTER

Lime and lemon grass butter: Trim the lemon grass so you’re left with about 7 cm of base. Peel away the coarse outer layers and then chop the heart very finely. Lemon grass is really tough, so even when you think it’s fine enough, chop a bit longer. Put in a bowl with the butter, lime rind and juice, coriander, ginger and salt, and mash them all together. Cover the butter and put it in a cool spot. (Make a bit extra and freeze it.) Run your fingers over each piece of salmon to feel for any obvious little pin bones and pull them out. Wipe a little oil over the base of an ovenproof frying pan or heavy oven tray and lay the fillets in it, skin-side down. Put the pan into a cold oven, then turn the heat to very slow (120°C/100°C fan forced). The fillets will take about 25 minutes to cook. They’re done when the colour changes slightly from translucent to opaque and a small amount of milky liquid seeps out. To serve the salmon, just gloss them with a little melted butter and finish off with lime wedges and coriander, if desired. Serve with jasmine rice.

*4 medium (880g) salmon fillets*

*2 tablespoons olive oil*

*20g butter, melted*

*lime wedges and coriander sprigs, optional*

*Lime and lemon grass butter:*

*1 stalk fresh lemon grass*

*125g unsalted butter at room temperature*

*2 teaspoons finely grated lime rind*

*1 teaspoon lime juice*

*2 tablespoons finely chopped fresh coriander*

*1 teaspoon finely chopped fresh ginger*

*salt to taste*

# SMOKED TROUT, AVOCADO AND SNOWPEA SALAD

Remove skin and bones from trout and flake flesh into medium sized pieces. Blanch snowpeas in boiling lightly salted water for 30 seconds, then drain and refresh under cold running water. Drain well and spread on paper towel to dry. Thinly slice cucumbers lengthways and place in a large bowl with celery. Add lettuce torn into bit-sized pieces. Add trout, avocado and snowpeas to cucumbers and season with salt and pepper. Gently toss with mayonnaise. Divide salad among 4 serving plates and top with eggs. Scatter with parsley and serve with lime.

*2 smoked trout (about 800g)*

*300g snowpeas, trimmed*

*3 small Lebanese cucumbers*

*1 stick celery, finely sliced*

*2 baby cos lettuce*

*1 avocado, peeled, seeded and thinly sliced*

*salt flakes and cracked black pepper*

*¾ cup mayonnaise*

*4 hard-boiled eggs, peeled and quartered*

*½ cup flat-leaf parsley*

*limes*

# TROUT BAKED IN FOIL

Baking a trout in foil is a good way of cooking a large trout or fillets because it keeps the fish nice and moist. This recipe uses the basic ingredients but you can add almost anything you like for a bit of variety. Place a large sheet of aluminium foil into a baking tray and place the trout on the foil. Make a few diagonal cuts in the trout skin to help the flavours penetrate and then season inside and out with the other ingredients. Wrap the foil loosely around the fish to make a foil parcel, folding the edges over to seal in the juices. Bake in a preheated oven at 180°C for 35-45 minutes per kg. Fillets, being thinner, only need about the half the regular cooking time.

*1-1½ kg cleaned trout (or trout fillets)*

*60g butter  
few slices of lemon*

*selection of fresh herbs (thyme, parsley, chives, etc)*

*salt and pepper to taste*

*glass of white wine (optional)*

# FRIED CHILLI CRABS

Wash crabs well, scrubbing away any mossy patches on the shell. Remove hard top shell, stomach bag and fibrous tissue and with cleaver chop each crab into 4 pieces, or 6 pieces if they are large. Heat a wok, add oil and when oil is very hot fry the crab pieces until they change colour, turning them so they cook on all sides. Remove to a plate. Turn heat to low and fry the ginger, garlic and red chillies, stirring constantly, until they are cooked but not brown. Add the sauces, sugar, soy sauce and salt, bring to the boil, then return crabs to the wok and allow to simmer in the sauce for 3 minutes, adding very little water if sauce reduces too much.

*2 medium size raw crabs*

*½ cup peanut oil*

*2 teaspoons finely grated fresh ginger*

*3 cloves garlic, finely chopped*

*3 fresh red chillies, seeded and chopped*

*¼ cup tomato sauce*

*¼ cup chilli sauce*

*1 tablespoon sugar*

*1 tablespoon light soy sauce*

*1 teaspoon salt*

# BARBECUED CALAMARI

Place calamari tubes in large bowl. Using a mortar and pestle, grind coriander, chillies, salt and garlic into a thick paste, then add lime juice and pulp, palm sugar and fish sauce. Fold marinade through calamari and marinate for 2 hours. Once marinated, place calamari in a plastic bag with flour and shake until covered. Dip calamari in egg mix, then in breadcrumbs. Heat oil on a barbecue plate (or in a large fly pan) and cook calamari until golden. Serve with lemon wedges and tartare sauce and a sprinkling of sea salt.

*1 kg calamari tubes, sliced about 5 mm thick*

*1 bunch coriander*

*2 long red chillies*

*1 teaspoon sea salt*

*3 cloves garlic*

*3 limes*

*1 tablespoon palm sugar*

*2 tablespoons fish sauce*

*½ cup flour*

*2 eggs, lightly beaten*

*1 cup breadcrumbs*

*2 tablespoons vegetable oil*

CHICKEN & DUCK

# SOY SAUCE CHICKEN

Verbatim from John Bowden

Thaw and wash chicken - dry - cut off surplus fat from arse and skin from neck - make sure holes are open both ends. Put rest of the ingredients in pot and bring to boil - put on rubber gloves and introduce birds - run the liquid right through them - up the arse and out the neck - tits down. Bring back to boil. Reduce to very slow - simmer for 30 minutes - turn over tits up for the last 10 minutes (our teacher turned the heat right off and just left it in the hot liquid for 30 minutes - I have not the courage to do this). I, with the aid of rubber gloves and my chopper, dissect them into a warm dish and serve it on the table (people help themselves) and the bloody gutses always eat the lot. I served with it rice and a chop suey. Let liquid cool - next morning take off fat and put in deep freeze. I have used mine at least eight times. I have twice added another star anise - ginger and once a bit more soy to brighten it up. Eat hot or cold of course. The recipe says if hot top the serving pieces with 3 tablespoons of the mixture to which has been added 1 tablespoon of water or white wine and a few drops of sesame oil (I have not done this - will do so next time though it might overdo the flavour - perhaps I won't).

*Chicken 1 - I used 2 Number 12 for 6 people (ample)*

*Soy Sauce - Bottle*

*Mushroom Soy - ½ Bottle*

*Water - 1 Pint*

*Sugar - 4 ozs (I didn't use - should improve it)*

*Star Anise 1*

*Ginger - 1 thick slice (skin and all bashed)*

*Sherry/Brandy - 2 tablespoons (I didn't use)*

# SPICED CHICKEN

To make the marinade put the first 7 ingredients into a food processor and blend until smooth. Wash the chicken, removing any excess fat, and dry. Place in a baking dish and prick all over the surface of the skin with a skewer. Spoon the marinade over the surface of the chicken and inside the cavity. Marinate in the refrigerator for at least 2 hours. To make the spice mixture, preheat the oven to 200°C. Spread the spices and almonds on a baking tray and roast for 5-10 minutes, or until the almonds are lightly coloured. Grind the ingredients to a paste with a blender or mortar and pestle. Fry the onion and garlic in the ghee until golden brown, then add to the ground spice mixture and blend to a rough paste. Spread the mixture over the chicken and inside the cavity, then truss the chicken. Pour 300 ml water around the chicken and roast for 30 minutes. Reduce the temperature to 180°C and cook for a further 30 minutes, or until the juices run clear when the thigh is pierced with a skewer. Baste occasionally. Serve the chicken with the pan juices and sprinkled with coriander leaves.

Marinade:

*3 cloves garlic, peeled*

*1 thumb-sized knob ginger, peeled*

*2 medium green chillies, seeded*

*½ teaspoon chilli powder*

*½ teaspoon ground turmeric*

*1 teaspoon salt*

*250g natural yoghurt*

*1.5 kg free-range chicken*

Spice Mixture:

*2 tablespoons coriander seeds*

*5 cloves*

*4 green cardamom pods*

*5 cm stick cinnamon*

*6 peppercorns*

*2 blades mace*

*50g blanched almonds*

*2 medium onions, peeled and chopped finely*

*3 cloves garlic, peeled and chopped finely*

*30g ghee*

*coriander leaves*

# JUICY ROAST TARRAGON CHICKEN

Preheat oven to 190°C. Discard all excess fat from the chicken, then rub the softened butter into the skin. Put the chicken into a small baking dish (not too large as the juices will evaporate). Sprinkle the chicken evenly with the soaked tarragon, then add the sherry and ¼ cup of the chicken stock. Bake breast-side down in the oven for 30 minutes, then turn over and cook for a further 1-1¼ hours, basting oven. Cover the breast with foil if it browns too much. Using a separate baking dish, roast potatoes in butter or oil for 1 hour. Test the chicken to make sure it is cooked by piercing the legs with a fine skewer; the juices should run clear and show no signs of pink. The best place to test is where the thigh joins the body; this always takes the longest time to cook. Remove the chicken from the oven and transfer to a hot plate; keep covered with foil while making the gravy. Pour the juices from the baking dish into a large heatproof jug; add some ice cubes so that any fat rises to the surface for skimming. Melt the butter in the baking dish, then add the spring onion and cook gently for a minute. Sprinkle in the flour, then stir with a wooden spoon. Add the skimmed juices and the remaining chicken stock, then stir until boiling. Add extra water if necessary, season with salt and pepper to taste, then add the chives. Carve the chicken, then serve onto hot plates and spoon over the chicken gravy. Mushroom sauce:If you wish, you can add mushrooms to the chicken gravy. Slice 100g firm button or Swiss brown mushrooms and sauté with the spring onion in the baking dish. Stir in the flour, then add the skimmed juices and the remaining chicken stock. Stir until boiling to make a delicious mushroom sauce.

*large (1.6 kg) chicken*

*1 tablespoon softened butter*

*1 level teaspoon dried tarragon soaked in 1 tablespoon boiling water*

*¼ cup cream sherry or white wine*

*1 cup chicken stock*

*4 potatoes, peeled and halved*

*butter or oil, for roasting*

*3-4 ice cubes*

*1 level tablespoon butter*

*2 spring onions (white part only), very finely sliced*

*2 level teaspoons plain flour*

*salt and freshly ground black pepper, to taste*

*1 tablespoon finely chopped fresh chives*

*100g button mushrooms, sliced*

# SPICED ROAST CHICKEN

*1.6 kg chicken*

*60g butter, melted*

*2 tablespoons soy sauce*

*2 tablespoons honey*

*4 cinnamon sticks*

*4 star anise*

*4 cardamom pods, bruised*

*4 cloves garlic, peeled*

Halve chicken by cutting down backbone and breastbone. Place chicken halves on sheets of baking paper. Combine butter, soy sauce and honey and brush well over chicken. Top chicken with cinnamon sticks, star anise, cardamom and garlic. Fold paper over chicken and seal. Place chicken in a baking dish and bake in a preheated 200°C oven for 35 minutes or until chicken is tender and cooked through. Serves 4.

# RAY’S CAPSICUM CHICKEN

*chicken drumsticks*

*1 chorizo sausage chopped into 1" pieces*

*1 clove garlic chopped*

*1 onion, sliced*

*tin chopped tomatoes*

*splash white wine*

*3-4 bay leaves*

*1 red and 1 yellow capsicum cut into thick slices*

*3 tablespoons olive oil*

Put all into baking dish, chicken skin side up. Drizzle with olive oil. Cook at 200ºC for 1½ hours and serve with bread.

# ROAST SPICED CHICKEN

Preheat oven to 180ºC. Grind the cumin, coriander, fennel, pepper and sea salt in a coffee grinder or mortar and pestle to a fine powder. Alternatively, substitute 1 teaspoon of powdered spice for each tablespoon of whole spice. Add cinnamon to spice mix. Reserve. To make stuffing, cut crust off bread and discard. Tear bread into rough chunks about 20 cent size and toast in the oven until golden brown, about 10 minutes. Increase oven heat to 200ºC. Heat olive oil, season and gently fry the onion, garlic and bay leaves until soft, about 15 minutes. Place raisins and tea bags in a bowl and cover with boiling water. Soak for 20 minutes, strain away liquid an discard tea bags. Place bread in a large bowl and stir through cooked onions and tea-soaked raisins. Check seasoning then stuff chickens. Place them on roasting trays and drizzle with a little olive oil. Rub spice mix into chicken skin. Roast in oven for 55 minutes. Allow to rest 20 minutes in a warm place before carving. They can be served cold. *Note:* The stuffing can be made in advance but should be cooled completely before the chickens are stuffed.

*1 tablespoon cumin seeds*

*1 tablespoon coriander seeds*

*1 tablespoon fennel seeds*

*1 tablespoon white peppercorns*

*1 tablespoon sea salt*

*1 teaspoon ground cinnamon*

*1 loaf sourdough bread*

*180 ml olive oil*

*3 medium brown onions, diced*

*250g raisins*

*4 tea bags*

*6 cloves garlic, peeled and diced*

*3 bay leaves*

*sea salt*

*freshly ground white pepper*

*5 x 1.2 kg chickens*

*olive oil*

# CHICKEN AND MUSHROOM CASSEROLE

Heat butter and oil in frying pan, add chicken pieces, cook gently until chicken is golden brown on all sides. Remove chicken from pan. Drain off half the fat in pan, add sliced mushrooms, sauté gently for 2 minutes. Add flour, stir until combined. Remove pan from heat. Add undiluted chicken soup, water and wine, stir until combined. Return pan to heat, stir until sauce boils and thickens. Stir in cream. Add salt, pepper and rosemary. Put chicken pieces into ovenproof dish, pour over sauce. Cover, bake in moderate oven 60 minutes or until chicken is tender. Add parsley, chopped shallots and drained artichoke hearts, stir until combined. Return to oven for a further 5 minutes. Remove rind from bacon, cut each rasher into 3, roll up, secure with small wooden skewers. Put under griller until crisp. Remove skewers, put rolls on top of casserole to serve.

*1.5 kg chicken*

*60g butter*

*1 tablespoon oil*

*470g can cream of chicken soup*

*1 cup water*

*1 cup dry white wine*

*½ cup cream*

*1 tablespoon plain flour*

*250g mushrooms*

*¼ teaspoon dried rosemary*

*salt, pepper*

*370g can artichoke hearts*

*3 rashers bacon*

*2 tablespoons chopped parsley*

*6 shallots*

# CHICKEN PAPRIKA

Cut chicken into pieces and dry with a paper towel. Season with salt. Heat oil in a heavy sauté pan with a lid and fry chicken pieces, skin side down first, until golden all over. Remove and keep warm. Finely chop onions and add to pan with crushed garlic. Cook gently until soft and light golden. Stir in paprika and flour and cook for a few minutes, taking care not to burn paprika. Stir in chicken stock and bring to the boil. Return chicken pieces to the pan, cover and simmer gently for about 25 minutes or until chicken is tender. Blend in sour cream and reheat for a few minutes. Serve with buttered noodles or boiled rice. Serves 4.

*size 18 Chicken*

*salt*

*2 tablespoons oil*

*2 onions*

*1 clove garlic*

*1 tablespoon sweet paprika*

*1 tablespoon plain flour*

*1 cup chicken stock*

*⅔ cup sour cream*

# CHICKEN MARBELLA

In a large bowl combine chicken pieces, garlic, oregano, salt and pepper, vinegar, oil, prunes, olives, capers, caper liquid and bay leaves. Cover and allow to marinate overnight. Heat oven to 180°C. Arrange chicken in a shallow pan and spoon over marinade. Sprinkle with brown sugar and pour wine around chicken. Bake 50 minutes to 1 hour, basting frequently. Transfer to serving platter, moisten with pan juices and sprinkle parsley or coriander over chicken. Pass remaining sauce in a bowl or sauce boat. Serves 10 to 12.

*4 x No 14 chickens jointed*

*1 head garlic, peeled and crushed*

*¼ cup oregano*

*salt and ground pepper to taste*

*½ cup red wine vinegar*

*½ cup olive oil*

*1 cup seedless prunes*

*½ cup green olives, seeds removed*

*½ cup capers and a little liquid from capers*

*6 bay leaves*

*1 cup brown sugar*

*1 cup white wine*

*¼ cup finely chopped parsley or coriander*

# SOUR CREAM CHICKEN

Brush chicken pieces with melted butter, put into a baking dish lightly greased. Bake in a moderately hot oven about 45 minutes, or until pieces are tender. Remove chicken from dish. Pour off fat, leaving about 2 tablespoons, add the onions and cook gently on top of the stove until soft and transparent. Add flour, stir over moderate heat for a minute, add salt, pepper and the stock, cook, stirring, until boiling. Add the tarragon and vermouth, simmer for 2 minutes, stir in sour cream and cook very gently for a minute. Replace chicken pieces, simmer until chicken pieces are reheated.

*1.5 kg chicken pieces*

*2 medium sized onions, chopped finely*

*2 tablespoons flour*

*salt, pepper*

*1¼ cups chicken stock*

*½ teaspoon dried tarragon*

*3 tablespoons dry vermouth*

*¾ cup sour cream*

# CARDAMOM CHICKEN

Dry chicken legs on paper towels. Combine garlic, salt, ginger, cardamom, nutmeg, pepper and chilli and rub over chicken legs. Allow to stand for 1 hour. Heat butter and oil in frying pan and fry chicken until golden-brown. Add almonds and cook for 2 minutes. Stir in water, cover and simmer over low heat for about 15-20 minutes or until chicken is cooked. Serve chicken on a bed of boiled rice, garnished with egg and tomato slices.

*6 chicken legs (or thigh fillets)*

*1 clove garlic, crushed*

*½ teaspoon salt*

*1 teaspoon chopped fresh ginger*

*1 teaspoon ground cardamom*

*½ teaspoon nutmeg*

*½ teaspoon black pepper*

*½ teaspoon chilli powder*

*1 tablespoon butter*

*2 tablespoons oil*

*½ cup toasted almonds*

*½ cup water*

Garnish:

*1 hard-boiled egg, sliced*

*2 tomatoes, sliced*

# TANDOORI CHICKEN

Marinate chicken in all ingredients for 24 hours. Grill chicken pieces (or barbecue or cook in oven on rack). Serve with sauce made with 3 tablespoons yoghurt mixed with ½ teaspoon cumin and 2 tablespoons mint.

For 2 kg chicken pieces:

*juice of ½ lemon*

*1 teaspoon garam masala*

*garlic paste (more)*

*ginger paste (less)*

*1 tablespoon oil*

*1 tablespoon yoghurt*

*1½ tablespoons Pataks Tandoori Paste (or Sharwood's)*

*salt*

# BUTTER CHICKEN

Marinate as for Tandoori Chicken. Cook in baking dish in moderate oven with marinade mixture. Remove from oven. Fry one small chopped onion in butter till transparent. Add ½ cup chopped fresh coriander. Fry 1 minute. Add 3 tablespoons tomato ketchup (tomato sauce). Add cooked chicken and gravy and fry 1 minute. Just before serving add 500 ml thickened cream. DON'T BOIL. Sprinkle with sliced almonds to garnish. Butter Chicken Variation:Follow above instructions, but omit Tandoori Paste and add chilli powder to taste. Omit Tomato Ketchup from butter sauce.

# SOY GRILLED CHICKEN

Combine all ingredients except chicken. Allow chicken to marinate in mixture 4-5 minutes. Grill skin side down, 12 cm from heat for 15-20 minutes, brushing occasionally with marinade. Turn and grill until tender.

*½ cup salad oil*

*1 tablespoon lemon juice*

*½ teaspoon oregano*

*1 clove garlic, crushed*

*3 tablespoons soy sauce*

*¼ teaspoon salt*

*pinch pepper*

*1 size 10 chicken, split in halves*

# AYAM PANGGANG PEDIS

Cut the chicken into serving pieces and score the skin and flesh to allow flavours to penetrate. Blend all the other ingredients and rub the chicken well with this marinade, cover and leave for 1 hour or refrigerate and leave for longer. Preheat a griller or prepare a barbecue and have the coals glowing hot. Cook chicken at a good distance from the source of heat so that the chicken is cooked right through before skin gets too brown. Brush with marinade or extra oil and keep turning chicken pieces. Test for doneness by piercing thigh joint with a sharp knife. Juice that runs out should be clear, not pink.

*1.5 kg (3 lb) roasting chicken (I buy chicken breasts on the bone)*

*2 teaspoons salt*

*3 teaspoons ground black pepper*

*3 teaspoons sambal oelek or ground fresh red chilli*

*2 tablespoons finely grated onion*

*2 cloves garlic, crushed*

*2 tablespoons dark soy sauce*

*2 teaspoons palm sugar or substitute*

*2 tablespoons lemon juice*

*2 tablespoons peanut oil*

# GRILLED MARINATED CHICKEN (GAI YANG)

Pound the garlic, coriander roots, peppercorns and salt in a mortar until a fine paste forms. Rub the chicken all over with the paste and place in a non-corrosive vessel. Pour over the soy sauce and coconut milk, cover and refrigerate for 3 to 4 hours. Remove the chicken from the marinade and grill under a hot griller until cooked and brown all over. Place on a serving plate with fresh red chillies and coriander leaves and serve at once.

*4 cloves garlic, peeled*

*2 coriander roots*

*5 black peppercorns*

*pinch of salt*

*No 14 chicken, cut into serving size pieces*

*2 tablespoons light soy sauce*

*little coconut milk*

To serve:

*seeded and sliced fresh red chillies*

*coriander leaves*

# GRILLED CHICKEN CURRY WITH SPICY COCONUT SAUCE

*2 tablespoons oil*

*4 chicken marylands*

*1 medium onion, finely chopped*

*1 clove garlic, crushed*

*1 tablespoon finely chopped fresh lemon grass*

*2 tablespoons ground coriander*

*1 tablespoon ground cumin*

*1 teaspoon ground cardamom*

*½ teaspoon ground cloves*

*½ teaspoon chilli powder*

*2 x 400 ml cans coconut cream*

*1 tablespoon light soy sauce*

*¼ cup chopped fresh coriander*

Heat oil in large saucepan, add chicken (I used 1 kg thigh fillets cut in half), cook over high heat for about 5 minutes or until chicken is browned all over, turning frequently. Remove chicken from pan. Add onions (I used two) to pan, stir over medium heat for about 3 minutes or until onion is soft. Stir in garlic (I used two cloves), lemon grass (I used lemon rind), ground coriander, cumin, cardamom, cloves and chilli powder, stir over medium heat further minute. Add chicken to pan, turn chicken to coat with spice mixture. Stir in coconut cream and sauce, bring to boil, reduce heat, cover, simmer for about 15 minutes or until tender. Remove chicken from sauce, cook chicken under hot grill until crisp and browned all over. Boil sauce, uncovered, until reduced by a third, stir in fresh coriander; mix well. Serve sauce over chicken. (I didn't do the last bit and the curry was still excellent. I think grilling would be nicer though.)

# CHICKEN HOI SIN

*1 kg chicken wings*

*2 stock cubes*

*3 tablespoons soy sauce*

*1 teaspoon sugar*

*1 clove garlic, crushed*

*3 tablespoons hoi sin sauce*

*2 tablespoons sherry*

*3 tablespoons oil*

Wash wings and cook in stock until tender. Drain. Combine rest of ingredients, add wings, and marinate overnight. Put rack in baking dish, place wings across and bake till cooked, approximately 20 minutes.

# TARRAGON CHICKEN

Cut chicken into serving sized pieces. Chop shallots, slice mushrooms. Melt butter in pan, add shallots, cook 30 seconds, add tarragon and chicken pieces, cook over low heat 2 minutes. Stir in mushrooms. Cook gently until heated through.

*cooked chicken*

*3 shallots*

*250g mushrooms*

*30g butter*

*1 teaspoon dried tarragon leaves*

# MALAYSIAN CHICKEN CURRY

Soak the dried chilli in 2 tablespoons boiling water for 30 minutes. Pound into a rough paste with the ginger, garlic and salt. Add curry powder and set aside. Bash the lemon grass to soften it. Heat the oil in a large fry pan and fry onion until golden. Add the pounded mixture and fry for 2 minutes. Add the chicken and fry for 5 minutes until it is well coated with the spices. Add the cinnamon sticks, star anise, curry leaves, lemon grass, coconut milk, water, salt and sugar and simmer gently for 30 minutes until chicken is tender. In the meantime, roughly chop the potatoes and cook in simmering salted water for 15 to 20 minutes until just cooked. Drain well, add to the curry and simmer for 5 minutes. Serve with rice. Serves 4.

*2 teaspoons dried red chilli flakes*

*1 tablespoon grated fresh ginger*

*3 garlic cloves, crushed*

*½ teaspoon salt*

*2 tablespoons Malay curry powder*

*2 lemon grass stalks, white part only*

*3 tablespoons peanut oil*

*1 onion, finely chopped*

*10 to 12 assorted chicken pieces*

*2 cinnamon sticks*

*3 star anise*

*8 curry leaves (optional)*

*400 ml coconut milk*

*1 cup water*

*½ teaspoon salt*

*2 teaspoons soft brown sugar*

*4 medium potatoes, peeled*

# CHICKEN TERIYAKI

Follow recipe for Beef Teriyaki, but substitute 4-6 half breasts of chicken, boned but with skin left on, for the steaks. After marinating, grill skin side up for 2-3 minutes or until a light golden brown. Dip again into sauce and grill other side 2-3 minutes, then dip a third time into sauce and grill skin side up until a rich brown. Cut into strips and reassemble to serve. Glaze and garnish as for Beef Teriyaki.

# CHICKEN WITH GREEN PEPPERCORNS

Melt butter and place in small baking dish, arrange chicken breasts in dish, sprinkle with salt, pepper and lemon juice. Cover dish with aluminium foil, bake in moderately hot oven 15 minutes or until chicken is tender (cooking time will depend on thickness of chicken breasts). While chicken is cooking, drain peppercorns and rinse under warm water. Heat extra butter in small pan, add peppercorns and cook 1 minute. Remove chicken breasts from baking dish, arrange on serving platter, keep warm. Reduce remaining pan drippings to 1 tablespoon by simmering over gentle heat for 1 to 2 minutes. Add pan drippings to peppercorns along with combined egg yolks, cream, sour cream and mustard. Stir over low heat until sauce thickens; do not boil; add salt and pepper. Spoon sauce over chicken.

*4 chicken fillets*

*30g butter*

*salt, pepper*

*1 tablespoon lemon juice*

*2 tablespoons canned green peppercorns*

*15g butter, extra*

*2 egg yolks*

*¼ cup cream*

*2 tablespoons sour cream*

*1 teaspoon French mustard*

# AMAH’S CHICKEN CURRY

*For the onion rings:* Heat the ghee in a skillet and sauté onion rings over medium heat until golden and crisp (about 2-3 minutes). Remove onion rings and drain on paper towels. *For the curry:* Grind the garlic and ginger to a smooth paste in a mortar. Heat the oil in a wok and stir-fry the ground paste and chopped onion until fragrant (2-3 minutes). Add the minced curry leaf and stir-fry for 1 minute. Increase the heat to high, add the chicken pieces and stir-fry for 2-3 minutes, until the meat changes colour. Combine the curry powder ingredients and stir-fry until well mixed. Pour in 1 cup of the coconut milk, cover and simmer for 3-5 minutes. Stir in the remaining coconut milk, reduce the heat to low and simmer uncovered until the curry has thickened (3-5 minutes). Add the whole curry leaves and season wit the sugar (if desired), salt and pepper, stirring well to combine. Taste and adjust the seasonings as desired and remove from the heat. Transfer to a serving bowl, top with the fried onion rings and drizzle the lime juice over the top. Serve immediately with steamed rice.

*3 cloves garlic, peeled*

*3 cm fresh ginger, peeled and sliced*

*2 tablespoons oil*

*1 onion, finely chopped*

*1 stalk curry leaves, plucked and minced*

*1 kg boneless chicken thigh fillets, sliced into bite-sized pieces*

*2 cups (500 ml) thick coconut milk*

*6-8 whole curry leaves*

*1 tablespoon sugar (optional)*

*1 teaspoon salt, or to taste*

*½ teaspoon ground white pepper*

*Fresh juice of 1 lime*

*Fried onion rings:*

*2 tablespoons ghee or butter*

*2 small onions, thinly sliced into rings*

*Amah’s curry powder:*

*3 tablespoons coriander seeds, dry-roasted and ground*

*1 tablespoon cumin seds, dry-roasted and ground*

*1 tablespoon ground red pepper*

*2 teaspoons ground turmeric*

*2 teaspoons ground white pepper*

*1 teaspoon ground cassia or cinnamon*

# CHICKEN WITH MUSHROOMS

Pound chicken breasts out lightly. Coat lightly with flour seasoned with salt and pepper. Heat butter in frying pan, add a few pieces of chicken, cook gently until light golden brown, remove from pan, repeat with remaining chicken. Remove from pan. Add sliced mushrooms and crushed garlic to pan, cook for 3 minutes. Add water, wine, mustard and crumbled stock cubes, stir until combined. Return chicken to pan, bring to simmering point. Cover pan, simmer gently for 20 minutes. Remove chicken from pan, keep warm. Remove pan from heat, gradually add combined sour cream, egg yolks, cornflour and stir until combined. Season with salt and pepper. Return pan to heat stir until sauce just comes to simmering point. Simmer very slowly for 2 minutes. Return chicken to pan, simmer further 2 minutes. Add chopped shallots just before serving.

*12 chicken fillets*

*flour*

*salt, pepper*

*125g butter*

*250g small mushrooms*

*2 cloves garlic*

*1 cup water*

*1½ cups dry white wine*

*1 teaspoon French mustard*

*3 chicken stock cubes*

*¾ cup sour cream*

*4 egg yolks*

*1 teaspoon cornflour*

*6 shallots*

# CLARE’S CHICKEN PARCELS

*chicken breasts (one each)*

*pancetta (two slices each)*

*filo pastry (two sheets each)*

*sundried tomatoes*

*mushrooms*

*parsley (lots)*

*white wine*

*parmesan (preferably fresh)*

*cream*

*sour cream*

*eggs (one for every two or three people)*

*salt and pepper*

*butter*

Melt a slab of butter and fry chicken with salt and pepper to taste (remember pancetta is very salty). Turn stove down and add thinly sliced mushrooms and a splash of white wine. While mushrooms are softening, beat eggs in a bowl and add equal amounts of sour cream and cream, about a quarter of a cup of grated parmesan, and finely chopped parsley. Mix well and stir into chicken. When sauce thickens, add thinly sliced sundried tomatoes and pancetta. Remove from heat. To make parcels, lay out a sheet of filo pastry, brush all over with melted unsalted butter, lay out another sheet on top, brush with butter and fold in half. Divide chicken into equal portions and place each in the middle of the filo square in a rectangular blob. Fold up edges, brushing with butter between each fold. Bake at 180°C for twenty minutes.

# CHICKEN SATAY WITH PEANUT SAUCE

*750g chicken breasts*

*2 cloves garlic*

*2 coriander roots*

*1 stick lemongrass, chopped*

*3 red shallots*

*1 tablespoon fish sauce*

*1 tablespoon palm sugar*

*2 teaspoons tamarind puree*

*½ cup coconut cream*

*1 teaspoon ground turmeric*

*1 tablespoon red curry paste*

Peanut sauce:

*350 ml coconut cream*

*3 teaspoons red curry paste*

*1 small red chilli finely chopped (or to taste)*

*1½ tablespoons caster sugar*

*1½ tablespoons fish sauce*

*1½ teaspoons tamarind puree*

*50g roasted peanuts, chopped*

Peanut sauce: Heat coconut cream in a small saucepan and bring slowly to the boil. Add curry paste and chilli and cook, stirring for 2-3 minutes or until fragrant. Add sugar, fish sauce and tamarind puree. Simmer for about 5 minutes, add peanuts and stir for 3-4 minutes. Slice chicken breasts into strips about 2 cm wide and place in a large bowl. Combine garlic, coriander roots, lemongrass and shallots in a food processor and process until finely chopped. Add fish sauce, palm sugar and tamarind puree and process briefly. Add coconut cream, turmeric and curry paste and process until smooth. Pour marinade over chicken strips and toss to combine. Cover and rest in the refrigerator for at least one hour. Soak bamboo skewers in cold water for 10 minutes. Thread drained chicken pieces onto skewers. Grill or barbecue chicken, basting with remaining marinade until cooked and tender. Serve with peanut sauce and sliced Lebanese cucumber tossed with coriander leaves. Serves 4.

# CHILLI CHICKEN WITH BASIL AND COCONUT CREAM

*500g chicken breast fillets*

*2 tablespoons oil*

*1 onion, finely chopped*

*2 tablespoons finely chopped small fresh red chillies*

*1 cup shredded fresh basil*

*2 tablespoons fish sauce*

*1 teaspoon chopped fresh coriander root*

*1½ teaspoons sugar*

*1 cup coconut cream*

Remove excess fat from chicken, cut chicken into 1 cm strips. Heat oil in wok, add onion and chillies, stir-fry until onion is soft. Add chicken, stir-fry until chicken is tender. Add basil, sauce, coriander and sugar, stir-fry for 1 minute. Add coconut cream, stir mixture until heated through.

# GREEN CHICKEN AND POTATO CURRY

*2 tablespoons green curry paste*

*1 x 400 ml can coconut milk*

*4 (about 500g) chicken thigh fillets, cut into 3 cm pieces*

*350g sebago (washed) potatoes, peeled, cut into 2 cm pieces*

*4 fresh kaffir lime leaves*

*⅓ cup loosely packed fresh coriander leaves*

*3 teaspoons fish sauce*

*2 teaspoons finely chopped palm sugar*

*steamed jasmine rice, to serve*

Heat a wok over medium heat until just smoking. Add the curry paste and cook, stirring, for 1-2 minutes or until fragrant. Add the coconut milk and stir until well combined. Add the chicken, potatoes and lime leaves to the wok and bring to the boil over high heat. Reduce heat to medium and cook, uncovered, stirring occasionally, for 10 minutes or until the chicken is just cooked through. Remove from heat and stir in the coriander leaves, fish sauce and palm sugar. Serve immediately with steamed jasmine rice.

# MARINATED CHICKEN

*4 chicken breasts*

*4 teaspoons onion powder*

*4 teaspoons garlic powder*

*4 teaspoons paprika*

*4 teaspoons grated lemon and lime zest*

*8 tablespoons lemon and lime juice*

*Sauce:*

*½ cup white wine*

*1 cup chicken stock*

*½ cup veal stock*

*1 tablespoon coriander*

*20g butter*

Combine marinade ingredients in a bowl, pour over the chicken breasts and marinate for 1 hour. Pan fry the chicken in a little butter until brown on both sides, then place in a baking dish and bake in a moderate oven for seven minutes. For the sauce, place wine in a saucepan and reduce by half, add chicken stock and reduce by half again, then add the veal stock and cook for 10 minutes. Add the coriander and butter.

# CHICKEN AND COCONUT CURRY

Combine soy, cumin, curry paste, turmeric, garlic, sweet chilli sauce and lemon grass in a bowl. Add chicken and stir well. Cover and refrigerate overnight (or during the day) to marinate. Place marinated chicken, peanut butter, coconut milk and lime leaves in a saucepan and cook over low heat, stirring occasionally, for 20-25 minutes or until chicken is cooked through. Garnish with extra coriander and serve with coconut rice.

*6 tablespoons soy sauce*

*2 tablespoons ground cumin*

*3 tablespoons mild curry paste*

*1 tablespoon ground turmeric*

*2 garlic cloves, crushed*

*4 tablespoons sweet chilli sauce*

*3 sticks lemon grass, finely chopped*

*4 (130g each) single chicken breasts, cut into 2 cm pieces*

*5 tablespoons crunchy peanut butter*

*300 ml coconut milk*

*2 fresh kaffir lime leaves*

*chopped fresh coriander, to garnish*

*coconut rice, to serve*

# JESSIE'S YAKITORI

*3 breast fillets of chicken*

*½ cup Japanese soy sauce*

*½ cup mirin or dry sherry*

*2 cloves garlic, crushed*

*1 teaspoon finely grated fresh ginger*

*cooked rice*

*1 head broccoli, divided into flowerets*

*1 packet Chicken real stock*

*¼ cup vegetable oil*

*3 teaspoons sugar*

*3 spring onions, finely sliced*

Cut chicken into squares and marinate in a mixture of soy, mirin, garlic and ginger for 30 minutes. Wash the rice, drain well and cook. Drain pieces of chicken well, reserving marinade. Heat oil and fry broccoli and chicken until golden brown. Just before serving sprinkle onion pieces over chicken. Arrange hot cooked rice in a large bowl or individual bowls and put chicken pieces and broccoli on top of rice. Add reserved marinade to the stock, bring to the boil with sugar. Pour over the rice and chicken and serve immediately.

# CREAMY CHICKEN SALAD

Cut chicken into strips. Melt butter, add onions, curry powder, sambal oelek and cook till soft. Remove from heat. Combine sour cream, mayonnaise, water and curry mixture and mix well. Combine all and chill.

*1 large barbecued chicken*

*2 sticks celery, sliced*

*½ cup raisins*

*½ cup shredded coconut, toasted*

*lettuce leaves*

*25g butter*

*4 spring onions sliced*

*2 teaspoons curry powder*

*1 teaspoon sambal oelek*

*¾ cup sour cream*

*½ cup mayonnaise*

*¾ cup water.*

# CHICKEN, BASIL AND DRIED TOMATO SALAD

Brush the chicken fillets lightly with oil and place in an ovenproof dish. Cover and bake at 220°C for about 12-15 minutes or until just cooked. Transfer the chicken to a plate until cooled to room temperature. Do not refrigerate. Put the dressing ingredients into a screw-top jar and shake until well blended. Diagonally slice each chicken fillet into thirds and arrange in one layer on a lettuce leaf. Top the chicken with a layer of chopped prosciutto, toasted pine nuts, avocado, tomatoes and basil. Drizzle the dressing over the salad and serve at room temperature.

*6 medium chicken fillets*

*vegetable oil*

*60g prosciutto ham, cut into 2 cm squares*

*¼ cup pine nuts, toasted in oven*

*½ cup sliced dried tomatoes*

*2 tablespoons chopped fresh basil*

*1 avocado, sliced*

*1 lettuce, mignonette, oak or butter*

Dressing:

*1 tablespoon Balsamic vinegar*

*4 tablespoons oil from tomatoes*

*½ teaspoon Dijon Mustard*

*salt and freshly ground pepper, to taste*

# COLD CURRIED CHICKEN

*2 small roasting birds*

*tarragon (1 or 2 sprigs for each bird)*

*50g onion and 50g carrot (if to be poached) or butter for roasting.*

Sauce: (make day before)

*1 large onion*

*3-4 tablespoons butter*

*2 tablespoons good curry powder*

*3 tablespoons flour*

*900 ml chicken stock*

*lemon juice*

*2 tablespoons redcurrant jelly or apricot jam*

*225 ml cream*

*boiled rice*

Put a sprig or two of tarragon inside each bird and gently roast. Prepare sauce: finely chop the onion, soften it in butter, add curry powder, fry for a few minutes, add flour, mix and pour on chicken stock. Simmer 30-40 minutes. Add a good squeeze of lemon juice and redcurrant jelly. Mix well and strain. When cold beat in enough cream to soften the flavour. Pour over chicken and leave for some hours before serving. Serve with boiled rice.

# CHICKEN AND CAULIFLOWER KORMA CURRY

*1 tablespoon vegetable oil*

*6 chicken thigh fillets, sliced*

*1 red onion, sliced*

*150g cauliflower florets*

*1 x 540g jar Patak’s Korma Simmer Sauce*

*½ cup frozen baby peas*

*¼ cup chopped coriander*

*cooked rice and pappadums, to serve*

Place oil in a large saucepan on high heat. Brown chicken in batches and set aside. Reduce heat to medium and add onion. Cook for 2 minutes, until softened. Return chicken to pan and add cauliflower, simmer sauce and 1 cup water. Simmer for 10 minutes. Add peas and simmer for another 5 minutes. Remove from heat and stir through coriander. Serve with rice and pappadams.

# POLLO CON ERBE ALLA GRIGLIA

Combine the garlic, wine, oil, herbs, vinegar and lemon juice. Prick all over with a fork. Place in a non-corrosive vessel, pour over oil/herb mixture, cover and refrigerate 6 to 8 hours, turning regularly. Remove the poussins from the marinade and barbecue or roast in a preheated 180°C oven for 30 minutes, then finish cooking on a barbecue. Drizzle a little olive oil and balsamic vinegar over the cooked birds.

*1 tablespoon finely chopped garlic*

*¾ cup dry white wine*

*140 ml olive oil*

*mixed fresh herbs such as parsley, sage and rosemary*

*1 tablespoon balsamic vinegar*

*juice of 2 lemons*

*6 x No 5 poussin*

*balsamic vinegar*

*olive oil*

# ARMENIAN CHICKEN KEBABS

*1 large spoon pepper paste*

*1 little spoon paprika*

*½ spoon cumin*

*½ spoon cinnamon*

*1 spoon salt*

*1 spoon oregano*

*1 spoon mint*

*olive oil*

Combine ingredients. The listed quantities are for 1 kg of chicken.

# DUCKLINGS WITH ORANGE

Season ducklings with salt, rub all over with butter, place a few strips of orange rind in ducklings and put in baking dish. Roast in hot oven (200ºC) for 15 minutes, then reduce heat to moderate (175ºC) and cook until tender, for about 1½-2 hours. Baste frequently with butter while cooking. Peel rind from oranges very thinly, using a potato peeler, and cut rind into very fine shreds. Cover with hot water, simmer 3 minutes, strain, cool and reserve for garnish. Remove pith from oranges and cut into sections. Sprinkle with brandy and leave until required. Serve with creamy potatoes or Rice Pilaf and garnish with orange sections, shreds of orange peel and watercress. Serves 6. Orange sauce: Remove duck from pan, pour off all but 2 tablespoons butter and drippings. Add sugar and allow to caramelise a pale golden colour. Add flour and cook a few minutes until light brown. Stir in stock (this should be made with feet, neck, etc) and cook gently until thickened. Strain into saucepan. Add wine, orange juice and seasoning. Cook gently for 5-10 minutes. Add a few of the blanched shreds of orange rind and a few tablespoons port wine for an extra touch.

*2 size 15 ducklings*

*salt*

*2 large oranges*

*90g butter*

*1 tablespoon brandy*

*extra oranges for garnish*

Orange sauce:

*1 teaspoon sugar*

*1 tablespoon plain flour*

*1 cup stock or water*

*½ cup dry white wine*

*juice of 2 oranges*

*salt and pepper*

# ROAST DUCK CURRY

Preheat the oven to 200ºC. Set aside 4 meaty pieces of duck for serving. Flake the remaining meat off the bone, discarding the bones, skin and fat. Set aside. Heat the olive oil in a large sauté pan and cook the onion until soft. Add the curry powder and fry until fragrant. Add the coconut milk and cream and bring to a gentle simmer. Add the flaked duck and heat through. Meanwhile, cook the peas and potatoes in boiling salted water until just tender. Drain and add to the curry. Season. Place the duck pieces in the oven for 10 minutes. Remove and submerge slightly in the sauce. Serve with boiled or steamed rice and blanched pencil leeks and garlic chives tossed together.

*1 whole Chinese roast duck, cut into 8 pieces*

*1 tablespoon olive oil*

*1 onion, finely chopped*

*4 tablespoons good quality curry powder (medium heat)*

*400 ml tin coconut milk*

*250 ml cream*

*1 cup peas, fresh or frozen*

*4 medium potatoes, peeled and diced*

*sea salt and freshly ground black pepper*

# STIR-FRIED CHINESE ROAST DUCK WITH SNOW PEAS AND NOODLES

Heat oil in wok over high heat, add ginger and garlic and stir-fry for 30 seconds. Add green onions and snow peas and stir-fry for 1 minute. Add duck, stir-fry another minute and then add water, soy sauce and oyster sauce, bring to the boil and stir-fry till duck is heated through. Transfer to 4 serving bowls and top with cucumber. Serve with steamed rice or noodles.

*2 tablespoons vegetable oil*

*1 tablespoon finely chopped ginger*

*1 clove garlic, finely chopped*

*4 green onions, sliced*

*2 cups snow peas, trimmed*

*1 Chinese roast duck, boned and sliced*

*¼ cup water*

*2 tablespoons light soy sauce*

*2 tablespoons oyster sauce*

*1 Lebanese cucumber, very finely sliced*

*steamed rice or noodles*

# DUCK CONFIT

Combine the salt, sugar, pepper, garlic, herbs and spices. In a non-reactive tray lined with baking paper, evenly sprinkle some of the salt mixture to cover, place the duck legs on top and sprinkle as much again over the duck legs. (Use only a third of the salt mixture, otherwise the duck will be too salty). Pack tightly, cover and refrigerate for 16-24 hours. Thoroughly rinse off the salt mixture under cold running water and pat dry with paper towels. With a heavy knife or chopper, cut off the knuckles. Place a piece of baking paper in the bottom of a casserole or deep roasting dish followed by the duck legs so they fit in snugly (no more than two deep). Heat the duck fat and pour over the legs. Cover with baking paper and foil or a tight-fitting lid and leave to cook overnight at 90ºC for 10 hours or until the duck is tender. Remove from the oven and cool completely before refrigerating or remove the duck from the fat and reheat on a roasting tray lined with baking paper in a hot oven until crisp.

*1 cup rock salt*

*2 tablespoons sugar*

*1 teaspoon freshly ground black pepper*

*4 cloves garlic, sliced*

*6 bay leaves, crushed*

*6 sprigs fresh thyme*

*1 teaspoon ground or fresh minced ginger*

*1 teaspoon ground nutmeg*

*pinch of ground cloves*

*6 duck legs*

*1 kg rendered duck fat*

# PAN-SEARED DUCK BREASTS

Combine the oil, thyme, vinegar and some pepper in a bowl and marinate the duck breasts overnight. Take the breasts from the marinade and season with a little flaky sea salt. Place the breasts skin side down in a non-stick pan over low heat. Leave until the skin starts to caramelise and crisp (around 10 minutes). Be careful not to burn. This will render a lot of fat from the skin; discard any excess. When the skin is nice and crisp turn the breasts over and cook until medium rare. Do not overcook or the meat will be tough and dry. Rest the duck for about 5 minutes before slicing thinly across the grain.

*2 tablespoons extra virgin olive oil*

*1 tablespoon thyme leaves*

*1 tablespoon berry vinegar*

*freshly ground black pepper*

*2-3 duck breasts*

*flaky sea salt to taste*

# GLAZED ROASTED DUCK

Preheat the oven to 120ºC. Remove the parson’s nose and a small amount of the surrounding area because the oil glands located there can ruin the flavour of the duck. Remove the neck and the last two joints of the wings and rinse the duck inside and out, drying thoroughly with paper towels. Season liberally with salt and pepper, both inside and out, and place the orange, onion, cinnamon and ginger in the cavity. Truss legs with kitchen string. Carefully prick the duck skin and fat all over by inserting a very fine skewer into the skin at an angle almost parallel to the duck. Avoid piercing the flesh. Combine the honey and orange juice in a small bowl, stir and set aside. Roast the duck, breast-side up, on a rack in a baking dish for 2 hours. Remove it from the oven and increase the heat to 200ºC. Wait until the required temperature has been reached before returning the duck to the oven for a further 40 minutes. Brush the honey and orange glaze over the duck 15 minutes before the end of the cooking time. Remove from the oven and set aside to rest for 5 minutes before serving.

*2.5-3 kg whole duck*

*sea salt*

*freshly ground black pepper*

*1 orange, sliced in half*

*1 red onion, quartered*

*2 cinnamon sticks*

*2.5 cm piece of fresh ginger, roughly sliced*

*¼ cup honey*

*1 tablespoon orange juice*

# CHRISTMAS TURKEY

*1 x 4-5 kg turkey*

*salt*

*freshly ground black pepper*

*1 lemon, halved*

*2 cloves garlic, crushed*

*generous sprig of thyme or rosemary*

*butter*

*Bread stuffing:*

*80g butter*

*turkey liver (if present)*

*200g smoked streaky bacon, diced*

*1 large onion, finely diced*

*200g minced pork*

*1 tablespoon marsala, port or Muscat*

*300g fresh white breadcrumbs*

*2 tablespoons freshly chopped parsley*

*1 teaspoon freshly chopped lemon thyme*

*1 teaspoon freshly chopped sage*

*2 eggs*

*salt*

*freshly ground black pepper*

*Redcurrant Glaze:*

*1 cup redcurrant jelly*

*2 tablespoons port wine*

*½ cup brown sugar*

Allow turkey to come to room temperature before cooking it. To prepare the stuffing, heat butter in a frying pan until foaming, then sauté liver until lightly browned. Remove liver from pan. Add bacon and onion to pan and sauté gently until onion has softened. Add pork and sauté until it just changes colour. Tip in marsala. Chop liver and combine in a bowl with contents of pan and remaining ingredients. Preheat oven to 220°C. Wipe and dry bird inside and out with kitchen paper and remove giblets and neck, if present (use these to make a stock or add them to the baking dish to ensure a well-flavoured sauce). Transfer turkey to a baking dish and season very well. Rub inside and out with cut lemon and put garlic and thyme into cavity. Stuff bird loosely, since all stuffings swell when cooking. Rub bird generously with butter and cover an entire baking dish with a well-buttered doubled sheet of foil. Allow 20 minutes per 500g for cooked breast meat and slightly underdone legs (the total cooking time for a 4 kg turkey will be about 2 hours 40 minutes). Remove foil every 20 minutes and baste bird with cooking juices, then replace foil. Reset oven to 180°C after first 40 minutes. Discard foil for final 30 minutes to brown breast. When cooking time has finished, test for doneness by inserting a fine skewer into the thickest part of the breast; the juices should run clear, not pink. Carve off legs, then wrap turkey loosely in a doubled sheet of foil and set aside on a platter in a warm place. Increase oven temperature to 200°C and return legs to oven for a further 30 minutes. While the legs are finishing, scoop out the stuffing, prepare a sauce and finish any vegetables. (Possibly baste in last half hour with Redcurrant Glaze.) **Redcurrant Glaze:** Place all ingredients in a saucepan and heat, stirring, until they are hot and well blended.

# TURKEY HINTS

Preheat oven to 175°C.

Cooking times:

2.25 kg – 1½ hours

4.5 kg – 2 hours

6.75 kg – 2¾ hours

9 kg – 3½ hours

11.5 kg – 4½ hours

When bird is cooked, take it out of the oven and place on a platter. Cover with foil and tea towels and rest it for 30 minutes.

# ROAST TURKEY

Preheat oven to 175°C. Take the turkey out of the fridge well before cooking so that it comes to room temperature. Remove the wing tips. Fill the cavity about three-quarters full with stuffing and put any remainder in a buttered and covered dish to cook separately. Melt the butter and liberally brush the outside of the turkey with it. Season all over with salt and pepper and place breast down in a heavy roasting pan. Roast the turkey according to the cooking chart and remember to baste 2 or 3 times. Turn the turkey over in the last 20 minutes of cooking to brown. To test if the turkey is cooked place a skewer into the thickest bit of the thigh and if the juices run clear it is cooked. Remove to a warm platter to rest and cover with foil and a tea towel. *Stuffing:* Soak bread in the warmed milk. Heat the oil in a pan and cook the onions and bacon until soft and golden. Add to the bread, along with all the other ingredients and mix together with your hands until combined and squishy. *Marmalade:* In a heavy-based pot, book the onions in the oil over a medium heat until brown and soft, stirring often. Add the other ingredients and stir. Cover with a lid. Allow to cool in the pot. After it has cooled, stir well; all the brown tasty bits from the bottom of the pot should have loosened. Serve as an accompaniment to the turkey. Will keep for several days if refrigerated.

*5-6 kg whole turkey*

*120g butter*

*salt and pepper*

*Chestnut, prune and bread stuffing:*

*300g stale white crusty bread, cut into smallish pieces*

*1 cup warm milk*

*4 tablespoons olive oil*

*2 onions, finely chopped*

*2 rashers streaky bacon, chopped*

*2 tablespoons chopped parsley*

*2 tablespoons chopped sage (optional)*

*½ teaspoon grated nutmeg*

*80g prunes*

*150g unsweetened tinned chestnuts, chopped*

*salt and pepper*

*1 egg, beaten*

*Onion and sultana marmalade:*

*3 large onions, thinly sliced*

*4 tablespoons olive oil*

*½ cup sultanas*

*½ cup currants*

*¼ cup orange or cumquat marmalade*

*1 tablespoon sherry or red wine vinegar*

*pinch salt*

# CHRISTMAS TURKEY

Heat the oven to 180ºC. Rinse the turkey and wipe it inside and out with paper towel. Tuck the wings under the turkey, and tie the legs together. Loosen the skin from the breast by sliding your hands between the skin and the meat from the neck end, then push some of the stuffing under the skin to cover the breast – not too tightly as it will expand a little. Stuff the neck cavity, then sew it up with a trussing needle and string or secure with a skewer. Throw the lemon, salt and pepper into the stomach cavity. Wrap the remaining stuffing in aluminium foil. Cover the base of your roasting pan with baking paper and lay the turkey on top of it. Cover the bird with bacon rashers and roast for 2 hours, brushing the turkey with pan juices every now and then. Replace the bacon when it gets too crisp. After 2 hours, drain off the excess fat, turn the pan by 180 degrees to ensure even cooking, and place the foil-wrapped stuffing in the oven. Cook for a further hour. Remove the bacon for the last 30 minutes to crisp the skin. Rest the turkey for 15 minutes in a warm place before carving. *Stuffing:* Melt the butter in a pan, and cook the onion and celery for 5 minutes, without browning. Add the apple and cook for a further 5 minutes. Peel the sausages, discarding the skin. Heat a second pan, pinch the meat into it and fry until golden and lightly crisped. Mix with the onion mix and allow to cool. Roughly chop the bread and whiz in a food processor along with the thyme, parsley, ginger, cinnamon and nutmeg until you have large crumbs. In a bowl, combine the sausage mixture with the rye breadcrumbs, chestnuts, prunes, sea salt and pepper, tossing lightly with your fingers. Add the beaten eggs and toss again until well mixed. It is important the stuffing is thoroughly cool before going into the turkey. If you are making it ahead of time, combine everything except the eggs, adding them when you are ready to stuff the turkey.

*1 fresh or fully thawed 5kg turkey*

*½ lemon*

*Sea salt and freshly ground black pepper*

*500g bacon rashers*

*Spiced rye bread, prune and chestnut stuffing:*

*2 tablespoons butter*

*2 medium onions, finely chopped*

*2 celery stalks, finely chopped*

*1 apple, peeled and diced*

*400g meaty pork sausages (Italian, Toulouse, etc)*

*300g dark rye bread, crusts removed*

*1 tablespoon chopped thyme*

*2 tablespoons chopped parsley*

*1 heaped teaspoon ground ginger*

*1 heaped teaspoon ground cinnamon*

*½ teaspoon ground nutmeg*

*100g peeled and cooked chestnuts, chopped*

*100g pitted soft prunes, chopped*

*sea salt and black pepper*

*2 eggs, beaten*

BEEF

# FILLET OF BEEF

Trim fillet, remove all tissue and skin with sharp knife. Rub meat with salt and pepper. Heat butter in shallow pan and sauté fillet until brown on all sides, turning constantly with 2 spoons about 10 minutes. Warm brandy, ignite and pour over fillet, shake pan and cook until flame dies down. Baste with juices and cook further minute. Place fillet in oven dish. Pour pan juices over and bake further 15-20 minutes in hot oven. Remove beef to hot dish and keep warm. Add wine or stock to pan, scrape up drippings, add 2 teaspoons butter and swirl around pan. Season to taste. Pour into sauce boat.

*1.2 kg beef fillet*

*salt and pepper*

*75g butter*

*¼ cup brandy*

*½ cup wine or stock*

*2 teaspoons butter*

# BEEF PROVENCAL

Trim the beef leaving a little fat on it. Tie with string to keep it in a good shape during cooking and season with pepper. Heat the oil in a baking dish and then add the butter. When hot add the beef and brown well all over. Heat the brandy, set it alight and pour flaming over the beef. Shake the pan until the flames subside. Place in a preheated very hot oven (260°C) and then turn the heat down immediately to hot (215°C). Cook for 25 minutes. While the beef is cooking peel and cut tomatoes in quarters and wash, trim and slice the zucchini into 3.5 cm pieces. Cook for 4 minutes in boiling salted water, drain and refresh until quite cool. Halve the olives and remove the seeds. Combine tomatoes, zucchini and olives together and toss lightly in the Green Herb Vinaigrette. Remove the beef and allow to cool completely. When cold remove the string and carve into 1 cm slices. Arrange around a serving dish and brush with a little of the Green Herb Vinaigrette to keep meat moist. Spoon the salad into the centre of the dish and sprinkle with finely chopped herbs.

*1 kg fillet of beef*

*freshly ground black pepper*

*1 tablespoon olive oil*

*30g butter*

*¼ cup brandy*

*500g tomatoes, peeled*

*250g zucchini*

*60g black olives*

*½ cup Green Herb vinaigrette*

*1 tablespoon mixed freshly chopped herbs such as parsley, basil, oregano and tarragon*

Green Herb Vinaigrette:

*¾ cup olive oil*

*¼ cup white or red wine vinegar*

*1 teaspoon French mustard*

*1 clove garlic, crushed*

*salt, freshly ground black pepper*

*2 tablespoons mixed finely chopped herbs – choose from chives, parsley, basil, oregano and tarragon*

# PEPPERED BEEF WITH TARRAGON BEARNAISE

Remove any fat from beef, tie securely with string to hold beef in shape. Roll beef in combined pepper and cardamom. Place oil in baking dish, heat oil and dish well, add beef. Bake in hot oven 20 minutes or until cooked as desired, cool, cover, refrigerate. Slice when cold, serve with Tarragon Béarnaise. Tarragon Béarnaise:Heat vinegar in pan, simmer until reduced to ⅓ cup, cool. Blend or process egg yolks and vinegar until smooth, gradually pour in hot, bubbly melted butter while blender is operating. Cover, stand at room temperature until required. Beef can be cooked, covered and refrigerated up to 2 days ahead; slice on the day of serving. Sauce can be cooked in the morning; stand covered at room temperature.

*1½ kg piece beef eye fillet*

*2 tablespoons cracked black peppercorns*

*1 tablespoon ground cardamom*

*2 tablespoons oil*

Tarragon Béarnaise:

*½ cup tarragon vinegar*

*10 egg yolks*

*500g butter*

# CHILLI BEAN SPROUT AND BEEF SALAD

Bring a large saucepan of salted water to the boil over high heat. Add the bean sprouts and cook, covered, for 1 minute. Drain and set aside. Combine the soy sauce, vinegar, sesame oil and chilli in a jug. Taste and season with salt and pepper. Heat half the peanut oil in a wok over high heat. Add the capsicum and green shallots and stir-fry for 2 minutes or until capsicum is tender. Add the garlic and cook for a further 1 minute. Transfer the capsicum mixture to a large bowl. Heat half of the remaining oil in the wok until just smoking. Add half the beef and stir-fry for 1-2 minutes or until brown all over. Transfer to the bowl with the capsicum mixture. Repeat with the remaining oil and beef. Drizzle the vinegar dressing over the beef mixture. Add the coriander leaves and bean sprouts. Gently toss to combine. Serve immediately.

*1 tablespoon soy sauce*

*½ tablespoon white vinegar*

*½ teaspoon sesame oil*

*1 fresh birdseye chilli, finely chopped*

*salt & ground white pepper*

*2 tablespoons peanut oil*

*1 red capsicum, halved, deseeded, sliced*

*6 green shallots, ends trimmed, diagonally thinly sliced*

*1 garlic clove, finely chopped*

*400g piece beef fillet, thinly sliced*

*⅓ cup loosely packed fresh coriander leaves*

# BEEF SATAY

Cut meat into cubes and marinate in mixture. Thread onto skewers and barbecue or grill.

*For each half kilo of meat mix:*

*1 tablespoon soy sauce*

*1 dessertspoon lemon juice*

*1 small clove garlic*

*1 dessertspoon oil*

*¾ teaspoon cumin*

*1 fat tablespoon peanut butter*

# SATE MANIS

*750g fillet or rump steak*

*1 tablespoon palm sugar or substitute*

*1 clove garlic, crushed*

*½ teaspoon salt*

*2 tablespoons dark soy sauce*

*1 tablespoon oil*

*1 teaspoon ground cumin*

Cut beef or pork into 2 cm cubes. Thread 4-5 cubes on each bamboo skewer, not pushing them too close together. If skewers have been soaked in cold water for an hour or so beforehand, it prevents them burning when satay is cooked. Combine sugar with garlic, salt, soy sauce, oil and cumin. Stir until sugar dissolves. Pour into a long shallow dish and put satay in the marinade, turning each one so the marinade coats the meat. Cover and refrigerate for a few hours. Cook over glowing coals or under a hot grill for approximately 15 minutes, not too close to the source of heat for pork must be well done, even beef is always well cooked, never rare, in satay. Turn skewers every 5 minutes, and brush with marinade. Serve hot accompanied with satay sauce. Satay Sauce:Combine ½ cup peanut sauce with 2 tablespoons tamarind liquid or lemon juice, 2 teaspoons sambal bajak and 3-4 tablespoons water.

# BEEF TERIYAKI

Trim any fat and gristle from steaks. Sauce: Crush garlic with sugar, then mix with remaining ingredients. Dip both sides of each steak into sauce, then remove from sauce and set aside for 30 minutes. Glaze: Put 3 tablespoons sauce into a small saucepan and add sugar and water. Bring to the boil. Stir cornflour mixture again, and stir into saucepan. Stir until mixture boils and becomes clear; set aside. Heat grill or griddle, brush with oil and cook steak at high heat for about 1 minute each side or until lightly browned. This will give medium-rare steak. To serve, slice each steak into strips and assemble again into original shape. Heat glaze to boiling point and spoon over steaks. Garnish with dab of mustard and a sprig of coriander or parsley.

*6-8 slices fillet steak, each about 5 mm thick*

*oil*

Sauce:

*1 clove garlic*

*½ teaspoon sugar*

*½ teaspoon grated fresh ginger*

*½ cup Japanese soy sauce*

*½ cup mirin*

Glaze:

*2 teaspoons sugar*

*3 tablespoons water*

*1 teaspoon cornflour mixed with 1 tablespoon cold water*

Garnish:

*Wasabe*

# CHINESE SHREDDED BEEF AND ONIONS

Pound beef with back of chopper or large knife. Slice thinly and shred into strips 5 cm long and 6 mm wide. Mix beef with salt, egg white and cornflour. Heat 4 tablespoons oil and fry onions until soft and light brown. Remove to plate. In hot oil, deep fry beef for half a minute, drain. Put beef and onions into 2 tablespoons hot oil, then add wine, sugar and soy sauce. Stir over high heat for 2 minutes. Serve immediately.

*500g fillet of beef*

*1 teaspoon salt*

*1 egg white*

*1 tablespoon cornflour*

*4 tablespoons oil*

*2 onions, thinly shredded*

*oil for deep frying*

*1 tablespoon Chinese wine or dry sherry*

*1 tablespoon sugar*

*1 tablespoon soy sauce*

# THE PERFECT STEAK

Take the 200g steak out of the fridge at least five minutes before cooking. Rub olive oil all over the steak and sprinkle a pinch of sea salt on both sides.

In a heavy-based frying pan, heat 1 teaspoon olive oil until smoking. Place the steak in the pan and cook it over high heat for 2-3 minutes until it’s a golden-brown roasted colour. Turn it over and cook for 2-3 minutes on the other side. It it’s a thick sirloin, turn it on its side to colour for 2 minutes as well.

Remove the steak from the heat and let it rest for 5-6 minutes (or for the same amount of time as you’ve cooked it) on a wire rack in a warm place, to allow the meat to relax.

Once rested, reheat the pan and cook steak for 1-2 minutes each side on a low heat to warm it up again. Or place it in a pan or on a tray in the oven for 2 minutes at 180ºC. Remove, return to the resting rack for another 1-2 minutes. Serve.

# GRILLED STEAK

Crush a very small piece of garlic under a knife with salt. Finely slice and chop 3 or 4 shallots, or a small onion. Melt a bit of butter in a saucepan cook these gently 5-7 minutes. Grill the steak and put the mixture from the pan on top, then quickly melt a little butter in the pan, add a tablespoon of chopped parsley, seasoning, and a dash of lemon juice and pour over the whole.

# FILET MIGNON

Wrap a strip of bacon (rind removed) around small fillet steaks, 3 cm thick. Secure with toothpicks. Sprinkle both sides with salt and pepper and spread with a little butter. Grill for 3-4 minutes on each side for rare and a few minutes longer for medium. Remove toothpicks before serving.

# TOURNEDOS WELLINGTON

Trim fillet steaks of all fat and gristle. Tie string around each steak to keep a neat shape. Season with salt and pepper. Heat 25g butter in a frying pan and sauté steaks for 3 minutes each side. Cool. Remove string. Wash mushrooms, remove stems and reserve for sauce. Slice the caps thinly. Add to pan with remaining butter and cook gently until lightly browned. Add pate and heat thoroughly, stirring. Season with salt and pepper to taste, then blend in brandy. Spread on top of each steak. Roll out half the pastry thinly on a lightly floured surface. Cut into eight circles, 2.5 cm larger than meat. Using a fluted round cutter cut crescent shapes out of pastry scraps and set aside for decoration. Place steaks on the circles of pastry. Brush edges with slightly beaten egg white. Roll out remaining pastry thinly and cut into eight circles, 3.5 cm larger than meat. Gently mould over the meat, pressing edges to seal. Trim edges. Brush pastry with slightly beaten egg yolk and arrange pastry crescents in a pattern on top. Bake in a very hot oven (220°C) for 15 minutes until pastry is golden. **Madeira Sauce**: Finely chop mushroom stems and cook gently in melted butter in a saucepan for 5 minutes until softened. Add finely chopped shallot and season to taste. Stir in flour, cook, stirring, for 2 minutes longer. Stir in beef stock, bring to the boil stirring, and add Madeira. Bring to the boil again and simmer for 5-6 minutes, stirring occasionally. Strain sauce and, if necessary, add more salt and pepper. Serve hot. (Tournedos Wellington may be prepared well in advance. Have beef cooked and covered with pastry, ready to glaze and decorate before baking. Refrigerate if keeping overnight.)

*8 fillet steaks, cut 4 cm thick*

*salt and pepper*

*50g butter*

*125g small mushrooms*

*200g good liver pate or Latvian liverwurst*

*1 tablespoon brandy*

*500g commercial puff pastry*

*1 egg, separated*

Madeira Sauce:

*mushroom stems*

*25g butter*

*1 shallot*

*salt and pepper*

*1 tablespoon plain flour*

*2 cups beef stock or water and beef stock cubes*

*½ cup Madeira or dry sherry*

# STEAKS WITH BRANDY CREAM SAUCE

Heat 60g of the butter in frying pan, add steaks, cook until done as desired. Remove from pan, keep warm. Add remaining 60g butter to pan, stir until melted. Add crushed garlic, sauté 1 minute, add mustard, stir until smooth. Add brandy, water, salt and pepper, stir until sauce boils, add cream, reduce heat, simmer 1 minute. Serve steaks with sauce spooned over.

*125g butter*

*4 fillet steaks*

*1 clove garlic*

*2 teaspoons French mustard*

*2 tablespoons brandy*

*2 tablespoons water*

*salt, pepper*

*3 tablespoons cream*

# STEAKS WITH WHISKY CREAM SAUCE

Press steaks to a neat shape, cut bread into rounds about the same size as steaks. Heat butter in pan, add mustard, mix well. Brush bread on both sides with this mustard butter, place on oven tray, bake in moderate oven for 20 minutes or until golden brown. Heat extra butter in pan, add steaks, cook until done as desired. Remove from pan, keep warm. Drain off pan drippings, leaving 1 tablespoon in pan. Add flour, add finely chopped shallot, stir over medium heat a few seconds. Stir in water, stir until sauce boils, add cream, parsley, crumbled stock cube, whisky and lemon juice, reduce heat, simmer 2 minutes.

*2 fillet steaks about 2.5 cm thick*

*2 slices bread about 2.5 cm thick*

*30g butter*

*1 teaspoon French mustard*

*60g butter, extra*

*1 teaspoon flour*

*1 shallot*

*3 tablespoons water*

*¼ cup cream*

*2 teaspoons chopped parsley*

*1 beef stock cube*

*1 tablespoon whisky*

*1 teaspoon lemon juice*

# STEAK WITH GREEN PEPPERCORNS

*6 pieces fillet steak*

*60g butter*

*2 teaspoons oil*

*1 tablespoon flour*

*½ cup dry white wine*

*2 teaspoons dry sherry*

*½ cup water*

*1 beef stock cube*

*½ teaspoon sugar*

*2 tablespoons canned green peppercorns*

*3 tablespoons cream*

Trim steaks, if necessary. Pound steaks lightly. Heat butter and oil in pan, add steaks, cook quickly on both sides to seal in juices, then cook until they are done to taste. Remove steaks, keep warm. Add flour to pan, stir to combine with pan juices. Stir in the wine, sherry, water, crumbled stock cube, sugar and green peppercorns. Stir until sauce boils, reduce heat, simmer 3 minutes, add cream. Pour sauce over steaks.

# CORNED BEEF

If meat is salty, wash and soak in cold water 2 to 3 hours, then place in large saucepan with sufficient warm water to cover. Add onion stuck with cloves, few peppercorns, bay leaf, and quartered carrot. A little brown sugar and dash of vinegar can also be added. Bring slowly to boiling point, then reduce heat until liquid is simmering. Remove scum, cover, simmer until tender, allowing approximately 80 minutes per kilo. Serve with Onion or Parsley Sauce.

*corned silverside*

*1 tablespoon brown sugar*

*1 onion, peeled*

*10 cloves*

*2 bay leaves*

*½ cup malt vinegar*

*10 peppercorns*

*1 carrot, quartered*

# BEEF STROGANOFF

*800g fillet steak*

*25g butter*

*2 medium onions*

*125g mushrooms*

*1 tablespoon tomato paste*

*125 ml sour cream*

*1 tablespoon flour*

*¼ teaspoon pepper*

*pinch salt*

*pinch mustard*

*¼ cup white wine*

*cooked rice*

Melt butter in frying pan, add chopped onions, fry until golden. Add washed, peeled and sliced mushrooms. Cut meat into thin strips about 5 cm long, sprinkle with salt and pepper. Move vegetables to one side of pan, add meat, cook quickly. Combine cream, flour, tomato paste, mustard and white wine; stir into pan. Cover, simmer gently 8 to 10 minutes or until tender.

# STEAK AU POIVRE

Season both sides of each steak with coarsely cracked pepper. Press into the meat with the heel of the hand. Allow the meat to stand for 30 minutes. Heat a very heavy frying pan and add enough oil to cover base with a thin film. When smoking, put in the steaks and cook until well browned on one side. Turn and cook until golden and crusted on the other side. Put 1 teaspoon of butter on each steak, and add salt, sauces and lemon juice to taste. Warm brandy, flame and pour over meat. When flames have died, sprinkle the steaks with parsley and chives. Serve immediately. For a creamy sauce, swirl about 2 tablespoons of cream with the pan juices.

*4 steaks (rump or fillet)*

*1 tablespoon coarsely cracked black pepper*

*little olive oil*

*4 teaspoons butter*

*salt*

*dash hot pepper sauce, optional*

*dash Worcestershire sauce*

*lemon juice*

*2 tablespoons brandy*

*chopped parsley*

*chopped chives*

# STEAKS WITH RED WINE MUSHROOMS

Heat oil in a frypan over medium heat. Add steaks to pan and cook for 3 minutes on each side or until cooked to your liking. While steaks are cooking, heat butter in a frypan over medium heat. Add shallots and garlic to pan and cook for 1 minute. Add mushrooms to pan and toss in hot butter for 1 minute. Add stock, wine, thyme and pepper to pan and allow to simmer until mushrooms are soft and sauce has reduced by half. To serve, place mashed potato on warmed serving plates. Top potato with steak and pour over mushrooms and sauce. Serve immediately. Serves 4.

*1 tablespoon oil*

*4 thick sirloin or fillet steaks*

*1 tablespoon butter*

*4 shallots, chopped*

*2 cloves garlic, crushed*

*200g (3¼ oz) small field mushrooms*

*1 cup beef stock*

*1 cup red wine*

*1 tablespoon thyme leaves*

*cracked black pepper*

*mashed potato to serve*

# ARMENIAN BEEF KEBABS

*1 large spoon red pepper paste*

*1 little spoon paprika*

*1 little spoon salt*

*1 little spoon allspice*

*1 tablespoon lemon juice*

*1 spoon oregano*

*3 onions*

*olive oil*

Combine ingredients. Suitable for 1 kg meat.

# BASIC BEEF STEW

Trim steak and cut into 2.5 cm cubes. Mix flour, salt and pepper and roll cubes of meat in it to coat all over. Heat oil in a heavy frying pan. Add beef, only 1 layer at a time and cook over high heat, turning until brown on all sides. Transfer to a heavy saucepan. Add onion to frying pan and cook slowly until golden. Add bay leaf and some of the hot water. Bring to boil, then add to saucepan with remaining liquid and herbs. Bring to boil again, then reduce heat, cover pan and simmer very gently for about 1½ hours or until meat is almost tender when pierced with a skewer or fork. Stir occasionally to prevent sticking. Remove herbs and bay leave. Serve with vegetables or cool, then cover and store in refrigerator until required. Beef Paprika: Gently heat stew. Mix 2 teaspoons paprika with a small quantity of the gravy, add to pan and stir to combine. Cover and simmer gently until meat is tender. Season to taste. Just before serving spoon 1 cup sour cream into stew and stir to blend well. Heat but do not boil. Serve with hot buttered noodles. Serves 4-6.

*1 kg chuck or blade steak*

*2 tablespoons plain flour*

*1 teaspoon salt*

*pepper to taste*

*2 tablespoons oil*

*1 onion, chopped*

*1 bay leaf*

*1½ cups hot water*

*3 stalks parsley and 3 inch stick of celery, tied together*

*sprig each of thyme and marjoram if available*

# PAT’S RICH BEEF CASSEROLE

*150g speck or 3 rashers bacon*

*2-3 tablespoons olive oil*

*1 large onion, peeled and chopped*

*2 fat cloves garlic, crushed*

*1.5 kg chuck steak*

*2 level tablespoons plain flour*

*½ cup (125 ml) water*

*1 stick celery, finely diced*

*1 large carrot, peeled and chopped into large dice*

*1½ cups (375 ml) dry red wine*

*2 tablespoons brandy*

*50g sachet tomato paste*

*1 bay leaf*

*few sprigs fresh thyme or 2 level teaspoon dried thyme*

*1 level teaspoon salt, or to taste*

*freshly ground black pepper*

*pinch of ground nutmeg*

*375g button or Swiss brown mushrooms, sliced*

*½ cup fresh parsley, chopped*

Preheat oven to 130°-150°C. Cut the speck or bacon into large dice, discarding the rind. Put into a saucepan, cover with cold water and bring slowly to the boil. Simmer for a few minutes then drain, rinse and pat dry. Heat gently in a large frying pan with 1 tablespoon of the oil, until the fat starts to sizzle, then add the onion and garlic. Sauté for five minutes, then transfer to a casserole dish. Trim away any fat from the chuck steak, then cut into fairly large pieces and toss in the flour. Add the remaining oil to a frying pan and brown the meat in two or three batches. Transfer to the casserole dish. Rinse out the pan with the water, scraping with a wooden spoon to include all the crispy bits, then pour over the meat. Add the celery, carrot, wine, brandy, tomato paste, bay leaf and thyme. Season with the salt, pepper and nutmeg. Push the meat down into the liquid, adding a little extra water if necessary to the meat is covered. Cover the dish with a lid and cook in the oven for about 2¼-2½ hours. Sauté the mushrooms quickly in a little extra butter, then stir through the beef. Serve sprinkled with the parsley and accompanied by steaming hot boiled new potatoes and warm, crusty bread to mop up the luscious gravy. A green salad of mixed leaves with a garlicky dressing works well as an accompaniment or, alternatively, serve with boiled green peas. To make the day before:Reduce the cooking time to about 2 hours (so meat doesn’t overcook when reheated) and omit the mushrooms. Cool slightly (no longer than 30 minutes), then refrigerate immediately. Reheat in a slow oven (130°C) until well heated through, then stir in the freshly cooked mushrooms and sprinkle with the freshly chopped parsley. This casserole also freezes well - it will keep for up to 4 weeks. Thaw the frozen casserole in the refrigerator overnight, then reheat carefully.

# SLOW-COOKED BEEF IN RED WINE

*1.5 kg chuck steak, cut into 2 cm chunks*

*5 garlic cloves, sliced*

*2 sticks celery, chopped*

*500 ml (2 cups) red wine*

*400g can chopped tomatoes*

*1 tablespoon olive oil*

*200g French shallots, peeled*

*150g bacon, rind removed, cut into batons*

*250g button mushrooms, trimmed*

*3 teaspoons cornflour*

*sea salt and freshly ground black pepper, to taste*

*2 tablespoons freshly chopped parsley*

Place steak, garlic, celery and wine in a large non-metallic bowl, cover and set aside in the fridge to marinate for at least 3-4 hours, or preferably overnight. Preheat oven to 160°C. Place beef and marinade and tomatoes in a large ovenproof dish, cover and place in oven for 2 hours. Heat olive oil in a large frying pan over a medium-high heat. Add shallots and cook, stirring occasionally, for 5 minutes or until golden. Add bacon and mushrooms and cook for a further 3-4 minutes or until bacon is crisp. Mix cornflour with enough cold water to form a smooth paste. Add the shallots, bacon and mushrooms to the casserole with the cornflour mixture and stir until well combined. Return to the oven for a further 20 minutes. Remove, season with salt and pepper and stir through the parsley. Serve with creamy mashed potatoes and a green salad. Freezing:Allow casserole to cool, then place in plastic containers, cover and freeze until needed. To serve, remove casserole from freezer and allow to thaw in fridge. Place in saucepan and heat gently until warmed through.

# OXTAIL STEW

Roll oxtail in flour mixed with pepper and salt. Cut onions into rings and cover with flour. Brown separately and remove from pan. Make gravy by tipping excess flour into pan and browning well. Add about 1 litre water and stir till thick. Add tomato sauce, Worcestershire sauce, carrots, beef cube, turnip, celery, port (or brown sugar and vinegar), soy sauce. Cook slowly (150°C) for a long time (3-4 hours). It is preferable to serve the next day because there is always a lot of fat and that can be taken off when the stew is cold. Serve with Ray and Jack's pastry squares.

*1 oxtail cut into rounds and as much fat as possible removed*

*2 onions*

*1 cup flour*

*dripping*

*pepper and salt*

*½ cup tomato sauce*

*2 tablespoons Worcestershire sauce*

*1 carrot sliced*

*1 beef cube*

*1 turnip diced*

*2 sticks celery diced*

*½ cup port*

*2 tablespoons dark soy sauce*

# SUSAN'S SHEPHERDS PIE

Slice and chop onions and fry in 2 tablespoons of oil in frying pan. Add mince and brown. Add whole tomatoes, mash with masher, and tomato flakes. Season with pepper and salt and herbs. Cook and simmer 20 minutes. Flatten into pie dish or casserole dish. Boil potatoes till soft. Add dollop of milk, dollop of butter, pepper and salt and nutmeg and mash. Spread onto meat. Sprinkle with parmesan cheese and bake in moderate oven for about 30 minutes till top browns. Longer if you have prepared it early and it needs reheating.

*minced beef*

*2 onions*

*1 tin whole tomatoes*

*tomato flakes*

*pepper and salt*

*mixed herbs or oregano*

*3 large potatoes*

*milk*

*butter*

*nutmeg*

*parmesan cheese*

# BEEF VINDALOO

*500g chuck steak, or blade, or skirt*

*¼ cup cooking oil*

*4 to 5 medium size onions*

*2.5 cm piece of green ginger*

*8 cloves garlic*

*4 cardamom pods*

*6 peppercorns*

*1 cinnamon stick*

*¼ cup water, with 1 beef soup cube added*

*1 tablespoon vinegar*

*2 tablespoons coriander*

*2 teaspoons cumin*

*½ teaspoon turmeric*

*½ teaspoon chilli powder*

*1 teaspoon mustard powder*

*1 teaspoon fenugreek*

*25g tamarind pulp, or 1 tablespoon bottled tamarind sauce*

*1 teaspoon sugar*

*1 teaspoon salt*

Put a piece of tamarind into a small teacup and add boiling water just to cover. Soak for 20 minutes, then strain through a coarse sieve. Cut the meat into small squares, peel and slice the onions - mince finely the garlic and ginger. Into a small bowl, put the coriander, cumin, turmeric, chilli powder, mustard powder, fenugreek, sugar and salt. Add the vinegar and tamarind puree and mix into paste. Heat the oil and fry the pieces of beef until brown - remove and drain on kitchen paper. Next fry the onions for a few minutes, then add the garlic and ginger, also the cardamom pods, peppercorns and cinnamon stick. When onions are brown, return the meat to the pan and add the Vindaloo paste mixture, also the beef broth. Cover and simmer on very low heat for about 1½ hours. Taste for seasoning.

# RENDANG DAGING - DRY FRIED BEEF CURRY

*1.5 kg chuck, blade or round steak*

*2 medium onions, roughly chopped*

*6 cloves garlic*

*1 tablespoon chopped fresh ginger*

*6 fresh red chillies, seeded*

*2 cups thick coconut milk*

*1½ teaspoons salt*

*1 teaspoon ground turmeric*

*3 teaspoons chilli powder, optional*

*2 teaspoons ground coriander*

*2 daun salam or 6 curry leaves*

*1 stem fresh lemon grass or 3 strips of thinly peeled lemon rind*

*1 teaspoon laos powder*

*½ cup tamarind liquid*

*2 teaspoons sugar*

Cut beef into strips about 2.5 cm wide and 5 cm long. Seal in batches in a bit of oil. Put onion, garlic, ginger and chillies in blender container with half cup of coconut milk. Cover and blend until smooth. Pour into a large saucepan and wash out blender with remaining coconut milk. Add to saucepan with all remaining ingredients except tamarind liquid and sugar. Mix well, add meat and bring quickly to the boil. Reduce heat to moderate, add tamarind liquid and cook uncovered, until gravy is thick, stirring occasionally. Turn heat to low and continue cooking until gravy is almost dry, stirring frequently to ensure mixture does not stick to pan. At end of cooking time, approximately 2½ hours, when oil separates from the gravy, add sugar and stir constantly. Allow meat to fry in the oily gravy until it is dark brown. Serve with white rice, one or two vegetable dishes, sambals and prawn crisps.

# BASIC HAMBURGER MINCE

Remove crusts of bread, cut into squares and soak in evaporated milk for 10 minutes, then beat with a fork. Combine meat, bread, salt, pepper, mustard and grated onion in a large bowl. Mix in beaten eggs with a fork. Shape into 8 even-sized patties with wet hands. Preheat grill and grill hamburgers for about 7-10 minutes on each side until cooked.

*4 slices bread*

*¾ cup evaporated milk*

*1 kg minced steak*

*2 teaspoons salt*

*pepper to taste*

*½ teaspoon dry mustard*

*¼ cup grated onion*

*2 eggs*

# SHOOTER’S SANDWICH

‘The wise, “at least among the children of this world”, to use one of Walter Pater’s careful qualifying phrases, travel with a flask of whisky-and-water and what I call a “Shooter’s Sandwich”. This last is made thus: Take a large, thick, excellent rump steak. Do not season it, for that would cause the juice to run out, and in grilling it keep it markedly underdone. Have ready a sandwich loaf one end of which has been cut off and an adequate portion of the contents of which has been removed. Put the steak, hot from the grill, and – but only then – somewhat highly seasoned, into the load; add a few grilled mushrooms; replace the deleted end of the loaf; wrap the loaf in a double sheet of clean white blotting-paper, tie with twine both ways, superimpose a sheet of grease-proof paper, and more twine. Place a moderate weight on top, and after a while add other weights. Let the thing endure pressure for at least six hours. Do not carve it until and as each slice is required. With this “sandwich” a man may travel from Land’s End to Quaker Oats, and snap his fingers at both.’ T Earle Welby, *The Dinner Knell*, Methuen, 1932. I have sometimes made this sandwich and kept it in the refrigerator as an emergency store when packing, moving house, and at other times when, although too busy to cook, everyone needs good nourishing food. For such occasions, as well as for picnics and journeys, T. Earle Welby’s recipe is invaluable.

# SPICED ROAST BEEF

Preheat the oven to 200ºC. Liberally season the surface of the meat and fat with plenty of salt and pepper. Toss all the remaining ingredients in a small roasting pan. Set the pan over moderate heat on the stovetop, bring to a simmer to start the cooking process then place the meat on the onions and put the dish in the oven. Roast for 10 minutes at 200ºC then reduce the heat to 200ºC. Roast for a further 25-35 minutes, depending how rare your guests like their meat. Remove from the oven and transfer the meat to a carving plate, loosely cover with tinfoil to keep warm and set aside to rest. Tip the onions with all the pan juices, removing the star anise pods, into the food processor and lightly pulse to a chunky sauce. Return to the pan and bring to the boil, stirring well. Carve the meat into neat slices, serve with a little sauce and hand the rest around separately.

2 kg beef sirloin in one piece

salt and freshly ground black pepper

3 large red onions, thinly sliced

2 tablespoons extra virgin olive oil

2 whole star anise

several sprigs fresh thyme

375 ml Shiraz

# ROZZIE BOWDEN’S TURKISH BEEF ‘N’ BEANS

Slice onion and cook gently for a few minutes in the oil. Once it has started to brown turn up heat and add meat and brown quickly. Put onion and meat in casserole dish then add to the same pan the tomatoes, paste, capsicum, paprika and stock. Cook and stir till about ⅔ of its volume. Pour over meat and onions and cook in low oven (120°C) for about two hours. Or simmer in heavy pan on top of stove. It should be cooked very slowly – may take longer than 2 hours depending on size of meat chunks. Add rinsed beans from can about 5 minutes before serving to warm through. Serve with a rice pilaf or green vegetables.

*500g lean beef cut in cubes – I used lamb shoulder steak*

*1 medium onion*

*1 tablespoon olive oil*

*1 x 425 can tomatoes*

*1 tablespoon tomato paste*

*4 tablespoons different coloured capsicums – preferably red or yellow*

*½ teaspoon hot paprika*

*1 cup chicken stock*

*1 can of whatever beans you like*

# TRIPE IN THE GENOESE MANNER

Cut the tripe into fine strips about 8-10 cm long. Cut up the onion. Put the oil into a deep pan, add the onion, bay leaf, dripping, and mushrooms, if available. Cook until the onion turns colour, add the tripe and white wine or cider and cover the pan, allowing the wine to reduce gradually. Add tomatoes or tomato puree, crushed garlic, chopped parsley, a pinch of chopped rosemary, seasoning, and grated nutmeg. Allow to cook slowly for about 1 hour. From time to time add a little stock or plain water. When cooked the tripe should have absorbed all the moisture and be of a rich, creamy consistency. If potatoes are to be added they should go in with the tomatoes and then extra liquid will be needed for the cooking. Otherwise the potatoes can be served separately, plainly boiled.

*1 kg tripe previously cooked*

*1 onion (large)*

*150 ml oil*

*1 bay leaf*

*30g dripping*

*a few dried mushrooms soaked first in boiling water and well chopped*

*150 ml dry white wine or dry cider*

*500g tomatoes peeled, pipped, and chopped, or 2 tablespoons tomato puree*

*1 clove garlic*

*seasoning, rosemary, and chopped parsley*

*a little nutmeg*

*a little stock or water*

*a few small potatoes (optional)*

# AUBERGINE PROVENCALE

*3 medium aubergines*

*2 tablespoons olive oil*

*1 medium onion, chopped*

*2 cloves garlic, crushed*

*1 green pepper*

*500g minced steak*

*1¼ teaspoons salt*

*¼ teaspoon black pepper*

*½ teaspoon dried oregano*

*½ cup grated Romano cheese*

*¼ cup dry breadcrumbs*

*2 tablespoons tomato paste*

*1 quantity Basic Tomato Sauce*

Cook aubergines in boiling water, covered, for 15 minutes. Drain and cut in half lengthways. Carefully remove flesh, leaving a shell 1 cm thick. Chop flesh. Heat oil in a heavy frying pan, add onion, garlic and green pepper and saute until just tender. Combine aubergine flesh with sauteed mixture. Add remaining ingredients, except tomato sauce, and mix well. Fill aubergine shells with mixture and place in a greased baking pan. Brush tops with additional oil and bake in a preheated moderate oven (180ºC) for about 45 minutes. Serve with tomato sauce.

LAMB

# LAMB IN ORANGE SAUCE

Put a skewer through the lamb to hold it out in a flat piece. Salt and pepper the meat. Cook the butter, orange juice, marmalade and garlic in a saucepan until just boiling. Brush the lamb all over with this marinade and leave at room temperature for about 6 hours. Place directly on the centre rack in a moderate oven 180°C-190°C, with a tray underneath with a small amount of water in it to catch the juice. This helps to prevent the oven becoming too messy. The lamb will take less time than usual to cook because of the way it is flattened out. Usually 45 minutes to 1 hour is sufficient but this depends on whether you like it really well done or slightly pink in the centre. To Serve: Remove skewers and cut across in thin slices. Serve with spiced jelly, potatoes and one plainly cooked green vegetable. Spiced Jelly: Warm the red currant jelly with the rind and juice of the orange. Add mint when hot and smooth. Remove from the heat and then add vinegar. Chill and leave for 12 hours for the flavours to mature.

*1 butterflied leg of lamb*

*salt and pepper*

*30g butter*

*2 tablespoons orange juice*

*2 tablespoons orange marmalade*

*1 clove crushed garlic*

*Spiced Jelly for Lamb:*

*2 tablespoons red currant jelly*

*rind and juice of 1 large orange*

*1 tablespoon finely chopped mint*

*1 tablespoon white vinegar*

# STUFFED LOIN OF LAMB

Chop 1 shallot (onion) and fry in butter. Chop 250g small mushrooms and fry in butter. Mix onions, mushrooms with breadcrumbs and egg. Add pepper and salt. Stick cloves of garlic between chops, add stuffing and bake in a slow oven (175°C) for 2 hours. Serve with a mushroom sauce.

# ROAST LAMB WITH OREGANO, LEMON AND POTATOES

Place lamb in a large glass or ceramic dish and pour lemon juice over, turning lamb to coat. Combine olive oil, garlic, chopped oregano, 1 teaspoon flaked sea salt and 1 teaspoon cracked black pepper in a small bowl and mix well. Using a spoon or your hand, push 1 tablespoon of garlic mixture into centre of each lamb leg. Rub remaining garlic mixture all over lamb, cover, and refrigerate for 24 hours. Transfer lamb to a large roasting pan, spoon over any herb mixture and juice left in dish, then add white wine or water. Place lamb in a 210°C oven, immediately reduce oven temperature to 170°C and roast for 1½ hours. Add potatoes and extra oregano to roasting pan, season to taste with flaked sea salt and cracked black pepper, then return to oven for 30-45 minutes or until lamb is tender and well browned. Remove lamb from roasting pan and rest in a warm place for 15 minutes. Increase oven temperature to 210°C and return potatoes in same pan to the top shelf in the oven and roast a further 15 minutes or until tender and well browned. Transfer lamb to a large platter with potatoes. Serve potatoes sprinkled with parsley.

*2 1.75-2 kg easy-carve legs of lamb*

*¼ cup lemon juice*

*½ cup olive oil*

*12 cloves of garlic, crushed*

*½ cup (tightly packed) oregano leaves chopped*

*250 ml dry white wine or water*

*1 kg chat potatoes, washed and well dried*

*2 tablespoons torn oregano leaves, extra*

*¼ cup finely chopped flat-leaf parsley*

# STEWED CHOPS

Heat frying pan to very hot. Put lamb neck chops in and sear one side and then turn over and sear the other side (don't use any oil or fat - they make it themselves!). Add two onions sliced, tomato sauce, and a sprinkling of thyme.

# NIECEY’S LAMB WITH ROSEMARY TOPPING

Stick garlic in lamb. Mix oil, rind, juice, paste, pepper, mustard and sugar and whisk till thick and cover lamb with ⅓ of it. Bake for 10 minutes at 180ºC. Brush ½ of the rest of the mixture and bake 10 more minutes. Brush with the rest, sprinkle with thyme, and bake in moderately slow oven (160ºC) for 1 hour. Sprinkle with rosemary and bake for a further 15 minutes or till lamb is tender.

*2kg leg of lamb*

*4 cloves garlic, sliced*

*⅓ cup olive oil*

*1 teaspoon grated lemon rind*

*⅓ cup lemon juice*

*1 tablespoon tomato paste*

*2 teaspoons cracked black pepper*

*1½ tablespoons seeded mustard*

*1 teaspoon sugar*

*2 teaspoons chopped fresh thyme*

*¼ cup chopped rosemary*

# GREEK-STYLE ROAST LEG OF LAMB

*2 kg leg of lamb, bone in*

*small sprigs or oregano, thyme and rosemary*

*garlic cloves, peeled, quartered*

*extra virgin olive oil*

*lemon juice*

*salt and freshly ground black pepper*

Preheat the oven to moderately slow (160°C/140°C fan-forced). Pierce lamb all over with a sharp knife; place in a large baking dish. Press herbs and garlic firmly into cuts. Drizzle lamb with olive oil and lemon juice, and season with salt and pepper. Cook lamb, covered loosely with foil, for 1 hour and 40 minutes (or 20 minutes per 500g plus 20 minutes). Uncover lamb or last 20 minutes of cooking time to brown. Transfer lamb to a serving dish, cover; stand for 10 minutes before carving. Drain fat from pan juices. Combine pan juices with a little more lemon juice to taste. Slice lamb; serve with pan juices.

# JAM CHOPS

*6 chump or shoulder chops*

*Sauce:*

*½ cup currant jelly*

*grated rind of 1 lemon*

*juice of lemon*

*1 tablespoon tomato sauce*

*clove garlic, crushed*

*1½ teaspoons Worcestershire sauce*

*2 tablespoons hot water*

Cook chops in dry hot pan. When nearly cooked pour sauce over and reduce heat slightly, simmer 5-10 minutes. Serve at once.

# HERBED RACKS OF LAMB

Score the lamb with shallow diagonal cuts in a lattice fashion. Combine the first five ingredients for the marinade and pour into a glass, china or enamelled dish large enough to hold the lamb racks. Sprinkle with rosemary. Turn the lamb around in the marinade, cover and allow to stand for at least 2 hours. Turn the racks occasionally so that every part of the meat is impregnated with the flavours. Place the lamb on a roasting rack in a baking dish. Baste with some of the marinade and roast in a moderately hot oven (190°C) for 45-50 minutes, basting from time to time with the remaining marinade. When the lamb is cooked the juice will be clear and the scored fat crisp and golden.

*4 small racks of lamb consisting of 4 cutlets each*

Marinade:

*¾ cup olive oil*

*juice of 1 lemon*

*1 teaspoon salt*

*freshly ground black pepper*

*2 garlic cloves, roughly chopped*

*2 sprigs of rosemary or 1 tablespoon of dried rosemary*

# LAMBS BRAINS IN BLACK BUTTER

First blanch the brains and drain. Season with salt and pepper. Lightly sprinkle with vinegar. Add a few capers and a little chopped parsley whilst keeping the brains warm. Separately heat butter until it becomes ‘black’ in frying pan. Don’t burn too much. Add brains and swirl around quickly and serve.

*brains*

*salt and pepper*

*vinegar*

*capers*

*parsley*

*butter*

# KIDNEYS WITH PASTA

Halve kidneys, fry in butter. Add tablespoon French mustard, tablespoon sour cream, salt, pepper and parsley. Serve with noodles liberally spread with butter and garlic.

# MOUSSAKA

*1 kg minced lamb (lamb leg chops)*

*1 large eggplant*

*salt*

*90g butter*

*1 large onion*

*1 clove garlic*

*470g can whole tomatoes*

*1 cup dry white wine*

*salt, pepper*

*½ teaspoon nutmeg*

*oil for frying*

*185g cheddar cheese*

*½ cup packaged dry breadcrumbs*

*30g butter, extra*

White Sauce:

*90g butter*

*½ cup flour*

*½ teaspoon nutmeg*

*salt and pepper*

*2 cups milk*

*1 egg*

Cut eggplant into 1 cm slices. Arrange on tray. Sprinkle with salt, let stand 25 minutes. Rinse under cold running water to remove salt. Pat dry. Trim fat from chops. Heat butter in large pan. Add meat, peeled, finely chopped onion and crushed garlic. Cook until meat browns well. Add undrained tomatoes; mash with fork or potato masher to reduce to puree. Add white wine, salt, pepper and nutmeg. Bring to boil, reduce heat. Simmer gently, uncovered, until meat is tender and nearly all liquid has evaporated, 45 to 60 minutes. Cook eggplant slices until golden brown; they can be deep fried or shallow fried in oil. Drain well. Arrange in base of greased ovenproof dish. Combine grated cheese and breadcrumbs. Sprinkle one third of mixture over eggplant. Spoon meat sauce over, then spread white sauce evenly. Sprinkle remaining cheese mixture over. Drizzle extra melted butter over. Bake in hot oven 20 to 25 minutes, or until topping is golden brown. Cut into squares to serve. White Sauce: Melt 90g butter, remove from heat, stir in flour, nutmeg, salt and pepper. Stir over low heat 1 minute. Add milk, stir until sauce boils and thickens. Reduce heat, cook further 1 minute. Remove from heat, add one lightly beaten egg, beat well. (This recipe is very oily – to avoid the oiliness, brush eggplant lightly with oil and bake till brown and when the meat mixture is cooked, slant pan and wipe up oil which gathers.)

# GREEK POTATO AND LAMB CASSEROLE

Heat oil and fry garlic, remove and keep aside. Lightly sauté potato slices in oil until golden on both sides. Drain. Mix together lamb, reserved garlic, onion, salt and pepper and then fry in same oil until brown. Arrange alternate layers of potatoes and meat in casserole, ending with a layer of potatoes. Mix tomato puree and stock and pour over. Lay cinnamon stick and bay leaves on top and bake in a moderately hot oven (175°C) for 45 minutes or until tender. Before serving, remove bay leaves and cinnamon stick. Serves 4.

*½ cup olive oil*

*1 clove garlic, crushed*

*1 kg potatoes, peeled and sliced*

*1 kg lamb, minced*

*1 large onion, sliced*

*salt and pepper to taste*

*3 tablespoons tomato puree*

*200 ml stock, or water and stock cube*

*1 inch piece cinnamon stick*

*1-2 bay leaves*

# LEBANESE-STYLE LAMB FILO ROLLS

Preheat oven to 220ºC. Heat 3 teaspoons oil in a frying pan over high heat. Add onion and cook, stirring, for 3-4 minutes or until browned. Reduce heat and add lamb, pine nuts, cumin, cinnamon and salt. Cook, stirring with a wooden spoon to break up any lumps, for 3-4 minutes or until lamb changes colour. Lay filo on a clean work surface. Brush 1 filo sheet with a little remaining oil. Top with 3 filo sheets and brush top with oil. Spread ¼ cup lamb mixture along the longest edge, leaving a 2 cm border. Fold in edges and roll up to enclose filling. Brush with oil and place on a baking tray. Repeat with remaining filo, oil and lamb mixture to make 7 more lamb rolls. Bake for 10-12 minutes or until golden. Serve with homous and tabouleh.

*2 tablespoons olive oil*

*1 large brown onion, chopped*

*450g lamb mince*

*50g pine nuts*

*1¼ teaspoons ground cumin*

*1 teaspoon ground cinnamon*

*¼ teaspoon salt*

*16 filo pastry sheets, halved crossways*

*250g homous*

*250g tabouleh*

# LAMB FILLET IN CHILLI AND COCONUT MILK

Heat oil in pan, add lamb, cook until well browned all over, remove from pan. Combine 2 tablespoons curry paste with chillies in pan, stir over heat for about 2 minutes or until fragrant. Add coconut milk, sauce, sugar, juice and nuts, stir until boiling. Add lamb to pan, simmer, covered, for about 5 minutes or until lamb is tender. Just before serving,stir in coriander. Curry Paste: Combine chillies, lime leaf, galangal, lemon grass, shrimp powder and water in bowl; stand 20 minutes. Drain chilli mixture, discard liquid. Blend or process chilli mixture with remaining ingredients until a coarse paste forms. Recipe can be made several hours ahead. Paste can be made 2 weeks ahead. Once cooked can be stored in fridge or frozen.

*800g lamb fillets (cut thin and malletted)*

*1 tablespoon oil*

*3 small fresh red chillies chopped*

*1½ cups coconut milk*

*2 tablespoons fish sauce*

*1 teaspoon palm sugar*

*2 tablespoons lime juice*

*½ cup peanuts, finely chopped (or ¼ cup peanut butter)*

*2 tablespoons chopped fresh coriander*

Curry Paste:

*3 dried chillies, chopped*

*1 dried kaffir lime leaf*

*½ teaspoon galangal powder*

*1 stem fresh lemon grass, chopped*

*1 teaspoon shrimp powder*

*⅓ cup boiling water*

*4 green shallots, chopped*

*2 cloves garlic, crushed*

*¼ teaspoon ground coriander*

*1 tablespoon fish sauce*

*2 tablespoons crunchy peanut butter*

# ROGHAN JOSH

*750g lean lamb*

*3 dried red chillies, seeded*

*½ cup hot water*

*6-8 cloves garlic*

*1 tablespoon finely chopped fresh ginger*

*2 tablespoons desiccated coconut, toasted*

*2 tablespoons blanched almonds*

*1 tablespoon ground coriander*

*1 teaspoon ground cumin*

*1 teaspoon poppy seeds*

*½ teaspoon ground fennel*

*½ teaspoon ground cardamom*

*¼ teaspoon ground cloves*

*¼ teaspoon ground mace*

*½ teaspoon ground black pepper*

*4 tablespoons ghee or oil*

*1 medium onion, finely chopped*

*4 cardamom pods, bruised*

*½ teaspoon ground turmeric*

*½ cup yoghurt*

*2 ripe tomatoes, peeled and chopped*

*1½ teaspoons salt*

*1 teaspoon garam masala*

*2 tablespoons chopped fresh coriander leaves*

Cut the lamb into large cubes. Soak chillies in the hot water for 5 minutes. Put garlic, ginger, coconut (shake in a dry pan over medium heat to toast), almonds and chillies together with 2 tablespoons of the soaking water in container of electric blender. Put ground coriander, cumin, poppy seeds and fennel in a small pan and shake over low heat for a few minutes until spices darken slightly in colour and give off an aromatic smell. Add to the ingredients in blender. Blend for a few seconds until smooth. Remove from blender container and add the ground cardamom, cloves, mace and pepper. Set aside. Heat ghee in a large heavy saucepan and fry the chopped onion, stirring, until onion is golden brown. Add bruised cardamoms, turmeric and the blended spice mixture and fry, stirring until well cooked and the ghee starts to separate from the spices. Add the yoghurt, a spoonful at a time and stir it in. Add tomatoes and salt, stir and fry for a further 5 minutes, then add the cubed lamb and cook over high heat, stirring and turning meat so that each piece is coated with the spice. Turn heat very low, cover and cook for 1 hour or longer. Lamb should be very tender and liquid almost absorbed. Stir occasionally to ensure that spices don't stick to base of pan. Sprinkle with garam masala, replace lid and cook 5 minutes longer. Serve sprinkled with coriander leaves and accompanied by plain rice or a pilau.

# TANDOORI LAMB CUTLETS

Marinate cutlets in all ingredients for 24 hours. Grill cutlets (or barbecue or cook in oven on rack). Serve with sauce made with 3 tablespoons yoghurt mixed with ½ teaspoon cumin and 2 tablespoons mint.

For 2 kg lamb cutlets:

*juice of ½ lemon*

*1 teaspoon garam masala*

*garlic paste (more)*

*ginger paste (less)*

*1 tablespoon oil*

*1 tablespoon yoghurt*

*1½ tablespoons Pataks Tandoori Paste (or Sharwood's)*

*salt*

# LAMB CURRY

Cut the lamb into large chunks, discarding as much of the fat as possible. Place in a bowl, then add the lemon juice and pepper, and mix well. Cover and refrigerate for 1 hour or overnight. Cook the onion in 1 level tablespoon of the ghee in a large saucepan over a low heat, until glossy and just tinged with gold (keep an eye on it as onions can burn easily). Puree the cooked onion in a food processor to make a paste. Heat the remaining ghee in the same saucepan as used to cook the onion, then add the ginger, garlic and curry powder. Cook very gently, stirring with a wooden spoon, for a minute or so. Add the cardamom seeds, ground cloves, chillies, cinnamon and curry leaves. Add a little more ghee, then add the lamb and fry until sealed, stirring often to coat the fragrant mixture. Add the tomatoes, coconut milk and water. Return the onion paste to the curry, then add the lemon peel, coconut and salt. Add the coriander and mint, then cover the pan and simmer gently for 1-1½ hours, adding extra water if necessary. This curry is best if made a day ahead; store in the refrigerator until needed. Remove any excess ghee from the surface, then gently reheat the curry. Serve with basmati rice, pappadams and the usual accompaniments.

*2 kg leg of lamb*

*1 tablespoon fresh lemon juice*

*2 level teaspoon black pepper*

*2 large onions, peeled and chopped*

*2 level tablespoons ghee or butter, plus a little extra*

*2 level teaspoons grated fresh ginger*

*2 cloves garlic, peeled and crushed*

*2 level tablespoons curry powder*

*1 level teaspoon cardamom seeds, crushed*

*¼ teaspoon ground cloves*

*½ teaspoon ground chillies*

*1 stick cinnamon*

*2 sprigs of curry leaves*

*3 ripe tomatoes, chopped*

*280 ml can of coconut milk*

*1½ cups water*

*strip of fresh lemon peel*

*4 level tablespoons desiccated coconut, dry-roasted until golden*

*1 level teaspoon salt*

*few sprigs of fresh coriander*

*few sprigs of mint*

PORK

# MIGI'S PORK SYLVESTRE

Preheat oven to 190°C. Over a moderate heat, in a heavy ovenproof pot, heat the oil. Pat dry the pork and brown on all sides in the pot. Remove pork, set aside. Clean out pot, then melt the butter and oil in the pot until foaming, stir in onions and carrots. Stir until they begin to brown. Return pork to pot, add beef bouillon, garlic and bouquet garni and bring to simmer. Add ¼ teaspoon salt, cover with waxed paper and lid and set into lower third of oven. After half an hour, turn and baste the meat, sprinkle with ¼ teaspoon salt, and reduce heat to 175°C. Continue to cook for 2-2½ hours longer turning meat and basting every ½ hour and always replacing the waxed paper and lid.

*5 tablespoons oil*

*2 kg boneless roast pork in loaf shape well tied*

*3 tablespoons butter*

*3 tablespoons oil*

*2 large onions cut into eighths*

*2 carrots quartered*

*3 large cloves garlic, unpeeled*

*bouquet garni of ½ bay leaf, 4-6 parsley sprigs, small branch of thyme*

*½ teaspoon salt*

Sylvestre Filling:

*3 tablespoons butter*

*1½ tablespoons oil*

*4 tablespoons shallots, minced*

*800g mushrooms, minced and squeezed dry*

*1 cup cream*

*salt and freshly ground pepper*

Sauce Mornay:

*3½ cups milk*

*5 tablespoons butter*

*7-8 tablespoons flour*

*salt, pepper and nutmeg*

*Yield 4-4½ cups,1½ to coat slices, 2½ for final covering*

Final Assembly:

*350g prosciutto or good ham cut in thin slices*

*½ cup beef bouillon*

*½ cup Swiss cheese coarsely grated*

*½ cup of heavy cream*

Sylvestre Filling: While pork is cooking, prepare the filling and mornay sauce. Melt butter and oil in heavy skillet, add shallots and sauté 2-3 minutes. Add mushrooms and sauté stirring constantly. Season well with pepper and salt. Pour in cream and let it cook slowly while the cream evaporates and the mixture becomes thick. Adjust seasoning. Must be well seasoned.

Sauce Mornay: Make in usual way. Must be very thick at this stage.

Prepare an ovenproof serving platter about 40 cm long and 5 cm deep. When pork is done remove from pot and allow to cool, cut off string. Chill juices in the pot. Carve pork into about 24 slices about 1 cm thick, piling them in the order they were sliced so they can be reformed into a neat platter of overlapping slices. Place the last slice on the ovenproof dish and with a spatula spread a little less than a tablespoon of Mornay sauce over the slice in a thin layer. Press on enough pieces of prosciutto/ham to cover the slice of pork, then spread on about 2 tablespoons mushroom filling. Place next slice of pork against the filled piece so it overlaps and garnish in the same way. Continue until all pork has been used and about 1 cup Mornay sauce remains. Neatly fill in the gaps in the top and sides of pork with the rest of mushroom filling. (*The whole recipe can be made ahead to here.)* Preheat oven to 175°C. Remove fat from chilled cooking juices, add the ¼ cup brown stock and boil. Strain it and remove the vegies and bring again to boil. Taste and correct seasoning. Spoon this sauce over the pork to baste it and cover dish with foil and reheat slowly for about 30 minutes. Put rest of mornay sauce over a moderate heat, stir in cream (sauce has to be thinned but not too much). About 20 minutes before serving (*can be ¾ hour or more*) increase heat to 190°C. Coat the pork generously with Mornay, sprinkle with cheese and return to the upper level of oven until top slightly browned. If pork has to wait, leave in turned off oven it can easily stay 40-50 minutes covered with foil (serves 8 or more).

# CHINESE BARBECUED PORK

*500g pork fillet*

*2 teaspoons sugar*

*salt*

*1 teaspoon five spice powder*

*2 tablespoons red barbecue sauce, or more if liked*

*3-4 teaspoons soy sauce*

*sesame seeds*

*2 tablespoons honey*

Combine all ingredients and brush over pork. Allow to stand for at least 1 hour. Put on rack in baking dish in hot oven (200°C). Reduce heat after 15 minutes and cook for further 20-30 minutes. Baste with drippings every 10 minutes.

# PORK SPARERIBS WITH PALM SUGAR

Soak the tamarind pulp in hot water for 10 minutes then squeeze to release all the pulp from the seeds. Strain. Add chilli powder, pepper, salt, sugar, garam masala and soy sauce and stir to dissolve the sugar. Heat oil in small frying pan until very hot and add meat a little at a time until meat is lightly browned. Lift out and place in baking dish. Pour tamarind mixture over, cover and place in 130°C oven for 1½ hours.

*750g spareribs*

*2 tablespoons tamarind pulp*

*1 cup hot water*

*1 teaspoon chilli powder*

*1 teaspoon garam masala*

*3 tablespoons dark soy sauce*

*½ teaspoon ground black pepper*

*½ teaspoon salt*

*¼ cup chopped palm sugar*

*⅓ cup oil*

# KIKKOMAN SOY SAUCE BOTTLE PORK SPARERIBS

Simmer all ingredients except ribs until slightly reduced. Marinate ribs for one hour. Bake ribs, meaty side up, at 180°C for 10 minutes. When lightly browned, brush with marinade and cover with aluminium foil. Bake for 1-1½ hours longer, brushing several times. To serve, garnish with watercress or parsley and sliced oranges.

*¾ cup each Kikkoman and orange marmalade*

*¼ cup each orange juice and white wine*

*1 piece each garlic and ginger (crushed)*

*pepper to taste*

*1.5 kilograms pork ribs, cut apart*

*(Make this recipe a day ahead as it makes an enormous quantity of fat. After cooking, remove the spareribs from the marinade and then pour the marinade into a container and place in the fridge overnight. Next day remove the fat from the top and put back together with the spareribs. Heat in the oven.)*

# SPICED PORK SPARERIBS

Crush garlic with salt, combine with pepper, five spice powder, honey, sesame oil and soy sauce. Rub all over spareribs. Place in a baking dish and roast in a moderate oven (180°C) for 1½ hours. After 30 minutes turn ribs, add water to pan and continue roasting, basting with liquid every 10 minutes for further 1 hour. Alternatively, heat 1-2 tablespoons peanut oil in large heavy frying pan and brown seasoned spareribs. Add water, cover and simmer 30-35 minutes. Serve hot with boiled rice and a plum sauce. Serves 4-6.

*4 cloves garlic*

*1½ teaspoons salt*

*½ teaspoon ground pepper*

*½ teaspoon five spice powder*

*1 tablespoon honey*

*1 tablespoon sesame oil*

*3 tablespoons soy sauce*

*1.5 kg pork spareribs*

*½ cup water*

# MARINATED PORK CHOPS

Combine all ingredients, except pork chops, in a bowl. Add chops and marinate for one hour or overnight. Preheat a barbecue or grill to a medium heat. Grill chops for 3-4 minutes on each side. Serve with crushed boiled potatoes and a green salad.

*1 cup brown sugar*

*2 tablespoons tomato puree*

*1 medium brown onion, finely chopped*

*3 garlic cloves, finely chopped*

*1 teaspoon ground white pepper*

*1 teaspoon ground fennel seed*

*1 pinch nutmeg*

*2 tablespoons Dijon or seeded mustard*

*½ cup water*

*½ cup olive oil*

*4 pork chops, about 250g each*

# SLOW-ROASTED SHOULDER OF PORK

*1 tablespoon fennel seeds*

*3 cloves garlic, peeled*

*1 tablespoon olive oil*

*2.2-2.5 kg pork shoulder, trimmed to even thickness and skin scored*

*1 tablespoon flaky sea salt*

*½ cup medium-dry sherry*

*3 tablespoons clear fruit jelly or apple syrup*

Preheat the oven to 220ºC. Pound the fennel seeds, garlic and olive oil to a paste in a mortar. Rub the pork flesh with the paste and place flesh down in a roasting dish. Dry the skin well and rub in the salt, massaging well into the scoring lines. Place in the oven for 30 minutes then lower the temperature to 150ºC and roast a further 3 hours until tender. Remove the pork from the dish to a serving platter or board (carefully as it will be very tender so will fall apart easily). Leave to rest uncovered. If the crackling isn’t crisp enough, remove it from the pork and place under the grill for 2-3 minutes (watching carefully) until crisp. Pour off any excess fat, but not juices (the fat will pour off the top), from the roasting dish. Place the roasting dish over a medium heat and deglaze with the sherry. Stir, scraping the tasty bits off the bottom of the dish. Bring to the boil then stir in the jelly or syrup and mix well. Pour into a serving jug. To serve, remove the crackling from the pork and cut into long pieces with a heavy knife. Carve the meat and serve with the crackling, sherry sauce and baked vegetables (see Cazuela Baked Vegetables).

# MARINATED PORK SKEWERS

Place the pomegranate molasses, water, onion, ground and fresh coriander, salt and sugar in a shallow non-metallic bowl and stir until well combined. Add the pork and stir until coated in the marinade. Cover and refrigerate for at least 2-3 hours, but preferably overnight. Preheat a chargrill pan or barbecue on high. Drain any excess marinade from the pork and thread on the prepared skewers. Lightly spray the grill or barbecue with oil. Grill kebabs for 2-3 minutes each side or until lightly charred and cooked to your liking. Garnish with freshly chopped coriander.

*2 tablespoons pomegranate molasses*

*80 ml (⅓ cup) water*

*1 small onion, grated*

*1 teaspoon ground coriander*

*1 tablespoon freshly chopped coriander, plus extra to garnish*

*1 teaspoon sea salt*

*1 teaspoon caster sugar*

*1 kg boneless pork shoulder, trimmed, cut into 2 cm cubes*

*olive oil*

*12 wooden skewers, soaked in cold water*

*olive oil*

# GRILLED PORK WITH WARM CRANBERRY DRESSING AND PISTACHIOS

Preheat the oven to 200°C. Brush the pork with oil and season liberally with salt and pepper. Sear the pork in a hot pan for 1 minute on each side. Then place on a baking tray, putting the pan aside for the cranberry dressing, and cook for 10 minutes. Remove the pork from the oven and slice into 3 pieces. Place green beans and watercress on a serving plate and arrange slices of pork on top. Pour the cranberry sauce over the pork and sprinkle with pistachios. *Dressing:* Add the marsala to the pork pan and deglaze for 30 seconds. Then add the chicken stock and reduce for 5 minutes. Add cranberries and cook for 1 minute.

*6 pork medallions*

*2 tablespoons olive oil*

*sea salt*

*freshly ground black pepper*

*200g green beans, topped and blanched*

*1 bunch watercress*

*¼ cup pistachios, chopped*

*Dressing:*

*¼ cup marsala (or port)*

*1 cup chicken stock*

*½ cup dried cranberries*

# BRAISED CARAMEL PORK BELLY

Preheat oven to 160ºC. Combine all ingredients, except pork, with 2 cups water in a casserole dish. Slowly bring to the boil over low-medium heat. Add pork then cover with a lid and cook in oven for 2½ hours or until very tender. Remove pork from liquid and discard all but ⅓ cup liquid, then refrigerate pork until cooled. For sauce, place sugar and 1 tablespoon water in a heavy-based saucepan and cook over low heat, without stirring, until sugar dissolves and caramelises. Gradually stir in reserved cooking liquid. Add fish sauce, vinegar and chilli and simmer for 1 minute. Preheat grill to high. Cut pork into 2 cm-thick slices flat on a lightly greased oven tray. Grill for 5 minutes or until meat is golden and skin crisp. Serve pork with caramel sauce, extra coriander, bok choy and rice.

*3 cups (750 ml) chicken stock*

*4 cloves garlic, crushed*

*Roots from 1 bunch coriander, washed, chopped, plus extra leaves to serve*

*½ cup (185 ml) kecap manis*

*3 cm piece ginger, thinly sliced*

*2 pieces dried mandarin peel, or 2 strips fresh orange peel*

*3 star anise*

*1 piece cassia bark or cinnamon stick, crumbled*

*1.7 kg piece boneless pork belly*

*Steamed bok choy and jasmine rice to serve*

*Caramel sauce:*

*175g grated dark palm sugar*

*¼ cup (60 ml) fish sauce*

*2 tablespoons rice vinegar*

*1 red birdseye chilli, seeded, finely chopped*

VEAL

# VEAL PARMESAN

Mix flour salt and pepper, garlic salt and paprika together and dust meat. Beat egg and milk and mix parmesan cheese and breadcrumbs. Dip meat first into egg and then into crumbs. Press on firmly with a knife. Heat oil and place chops in and brown on both sides. Place a thin slice of cheese on to each and reduce heat. Place potatoes around, pour tomato sauce in and simmer until tender - about 1 hour.

*1 tablespoon flour*

*salt and pepper*

*½ teaspoon garlic salt*

*¼ teaspoon paprika*

*4 veal loin chops or 4 pieces veal steak*

*1 egg*

*¼ cup grated parmesan cheese*

*1 tablespoon milk*

*½ cup dry breadcrumbs*

*2 tablespoons oil*

*4 slices processed cheese*

*2 kg new potatoes (small)*

*1 cup tomato sauce, puree or soup*

# WIENER SCHNITZEL

Flatten veal steaks. Season with salt and pepper, dip into seasoned flour, into beaten egg and then into breadcrumbs. Place on a flat try and chill for at least 30 minutes. Heat sufficient oil to cover base of heavy frying pan. Add butter and when butter is hot add veal. Cook until golden brown, turning 3 times during cooking. Serve hot with slices of lemon, a few capers, anchovies and hard boiled eggs.

*6 veal steaks, thinly cut*

*salt and freshly ground black pepper*

*2 tablespoons plain flour*

*1 egg*

*6 tablespoons fresh breadcrumbs*

*oil for frying*

*50g butter*

*lemon slices, capers, hard boiled eggs and anchovies*

# VEAL SCALLOPS IN CREAM SAUCE

Beat the veal steaks until they are thin. Trim and cut in half. Melt the butter in a sauté or frying pan and when the foam subsides brown the veal on both sides. Reduce the heat under the pan and add the shallot. When it is soft, add the mushrooms tossing them in the butter for about 3 minutes. Remove and place with the veal. Pour the wine into the pan, raise the heat and reduce wine by half. Add the stock and cream, bring to the boil and then sprinkle in the buerre manie. Stir until the sauce thickens, add the veal and mushrooms, cover and simmer for 4 to 5 minutes. Arrange the veal on a serving dish, spoon over the sauce and sprinkle with tarragon or parsley. Serve with plain steamed potatoes or noodles.

*4 to 6 veal steaks cut from the leg*

*30g butter*

*1 shallot, finely chopped*

*125g white button mushrooms, sliced*

*¾ cup dry white wine*

*½ cup veal stock*

*¼ cup cream*

*2 teaspoons flour blended with 1½ tablespoons butter (buerre manie)*

*1 teaspoon fresh tarragon finely chopped or 1 teaspoon finely chopped parsley*

# VEAL PAPRIKA

Cut veal steaks in half and sprinkle with salt and pepper. Heat oil in a heavy frying pan, add veal and cook quickly over high heat till browned. Transfer veal to hot serving dish and keep warm. Melt butter in same pan, add finely chopped shallots, and sauté until tender, not browned. Stir in paprika and tomato paste. Add wine and cook till reduced almost completely. Gradually stir in sour cream. Combine meat with sauce and heat, do not boil.

*1 kg veal steak*

*salt and pepper*

*3 tablespoons olive oil*

*25g butter*

*4 shallots*

*1 dessertspoon paprika*

*1 tablespoon tomato paste*

*¼ cup white wine*

*1 cup sour cream*

# VITELLO TONNATO

Ask butcher to bone, roll and tie the trimmed veal. Cut anchovy fillets into small pieces. With a sharp pointed knife make holes in surface of meat and insert pieces of anchovy. Place meat in a flameproof casserole with onion, celery, carrots, parsley, cloves and salt and pepper to taste. Put bay leaves on top of the meat. Pour in the wine and sufficient water to cover the meat. If preferred use only water. Bring slowly to the boil, reduce heat, cover and simmer for 1½-2 hours. When veal is tender remove string and allow to cool in the stock. Drain well when cold, put into an earthenware or glass bowl and cover with Tuna Sauce. Cover and marinate overnight. A few hours before serving remove veal from sauce and slice thinly. Arrange slices on serving platter and pour over the sauce thinned with a little veal stock or olive oil. Chill again until ready to serve. Garnish with sliced lemon. Serves 8. Tuna Sauce: Make a thick mayonnaise. Pound tuna with anchovy fillets, capers and lemon juice until smooth. Season with freshly ground black pepper. Combine with mayonnaise and blend in electric blender, adding a little of the veal stock if sauce is too thick.

*1 leg veal (1½-2 kg when boned and rolled)*

*6 anchovy fillets*

*1 onion, sliced*

*2 stalks celery, sliced*

*2 carrots, sliced*

*2 sprigs parsley*

*2 cloves*

*salt and freshly ground black pepper*

*2 or 3 bay leaves*

*1 cup dry white wine*

*lemon slices*

Tuna Sauce:

*½ cup mayonnaise*

*200g tin tuna in oil*

*6 anchovy fillets*

*1 teaspoon capers*

*2 tablespoons lemon juice*

*freshly ground black pepper*

# OSSO BUCCO

Heat oven to 130ºC. Heat oil in an ovenproof casserole to fit meat pieces in one layer if possible. Flour osso bucco and brown. Remove from pan, season with pepper and salt. Deglaze pan with vermouth or wine. Stir in tomato paste, add bay leaf, garlic, lemon peel and anchovies. Replace veal and pour in stock to just cover the meat. Place a piece of baking paper on top of meat, cove the dish and place in oven for 2½ to three hours. The oven can range from 100ºC to 150ºC – the longer and slower the cooking the better. Before serving, the meat can be removed and the sauce reduced. Make gremolata by combining garlic, lemon peel and parsley. Serve osso bucco sprinkled with gremolata.

*vegetable oil*

*flour*

*2 pieces of veal osso bucco meat per person*

*salt, pepper*

*½ cup vermouth or dry white wine*

*2 tablespoons tomato paste*

*bay leaf*

*2 cloves garlic, peeled*

*strip lemon peel*

*2 anchovies*

*chicken stock*

*salt and pepper*

*finely chopped garlic, lemon rind, parsley*

# VEAL AND EGGPLANT CASSEROLE

Pound veal out thinly, cut each steak in half. Coat veal with flour seasoned with salt and pepper. Heat butter and oil in frying pan until very hot. Add veal, a few pieces at a time, and cook very quickly on both sides until light golden brown. Remove from pan. Repeat with remaining veal. Place veal steaks in large shallow ovenproof dish in one layer. To pan drippings add wine, salt and pepper, bring to boil, stir until liquid is reduced by half. Remove from pan, add extra butter, stir until combined. Spoon wine mixture over veal. Spoon prepared Tomato Sauce evenly over veal. Cut eggplant into 1 cm rounds. Coat each side lightly with flour seasoned with salt and pepper. Shallow fry eggplant on each side for 1 minute in hot oil, drain. Overlap eggplant slices on Tomato Sauce. Cover eggplant with thin slices of mozzarella cheese, sprinkle over parmesan cheese. Bake in moderately hot oven for 30 minutes or until golden brown. **Tomato sauce**: Heat butter in pan, add peeled and finely chopped onion and crushed garlic, sauté gently until onion is tender. Add undrained mashed tomatoes, salt, pepper, oregano, basil, tomato paste, water, crumbled stock cubes and sugar, stir until combined. Bring to boil, reduce heat, simmer uncovered for 20 minutes or until mixture is thick.

*6 veal steaks*

*flour*

*salt, pepper*

*60g butter*

*¼ cup oil*

*60g butter, extra*

*½ cup dry white wine*

*2 medium eggplants*

*oil for shallow frying*

*250g mozzarella cheese*

*¼ cup grated parmesan cheese*

Tomato Sauce:

*470g can whole tomatoes*

*1 large onion*

*1 clove garlic*

*30g butter*

*salt, pepper*

*¼ teaspoon oregano*

*½ teaspoon basil*

*2 tablespoons tomato paste*

*½ cup water*

*2 chicken stock cubes*

*½ teaspoon sugar*

# PAN-FRIED VEAL WITH TOMATO, RED WINE AND ASPARAGUS

*4 veal steaks*

*2 tablespoons extra virgin olive oil*

*salt and cracked black pepper*

*2 brown eschalots, chopped*

*1 clove garlic, finely chopped*

*½ teaspoon dried chilli flakes*

*1 x 400g can chopped tomatoes*

*3 tablespoons red wine*

*1 bunch asparagus, trimmed and cut into 4cm pieces*

*2 bocconcini, halved*

*leaves from 4 sprigs oregano*

*2 tablespoons snipped chives*

Brush veal with oil and season with salt and pepper. Heat a very large non-stick pan over medium heat and cook veal for 1-2 minutes until browned on each side. Add eschalots, garlic and chilli and cook for 1 minute. Add tomatoes, wine and asparagus and cook for 3-4 minutes. Add bocconcini and cook, covered, for 2-3 minutes. To serve, place veal and bocconcini on plates. Top with sauce and scatter with herbs. Serve with mash.

VEGETABLES

# ROASTED VEGETABLES

Cook all vegetables separately as follows: place potato wedges on an oven slide, drizzle with a little olive oil, season with sea salt and roast at 200°C for 50 minutes; parsnip and sweet potato, drizzle with a little oil, check seasoning and roast for 45 minutes or until vegetables are tender, browned and crisp. Meanwhile, place capsicum and leek in another roasting pan, drizzle with 2 tablespoons olive oil, sprinkle with thyme and season to taste, then roast at 200°C on bottom shelf of oven for 45 minutes. (Vegetables can be roasted ahead of time and returned to oven for 15 minutes at 180°C to heat through.)

*750g desiree potatoes, cut into wedges*

*600g parsnip, cut into 8 cm-long pieces*

*750g sweet potato, cut into 8 cm wedges*

*3 red capsicum, cut into 2 cm-thick slices*

*3 yellow capsicum, cut into 2 cm-thick slices*

*3 leeks, halved lengthwise and cut into 8 cm lengths*

*1 tablespoon thyme leaves*

# CAZUELA BAKED VEGETABLES

Preheat the oven to 150ºC. Bring a saucepan of water to the boil and boil the potatoes for 5 minutes. Drain and leave in a colander to dry thoroughly. Heat the oil in a cazuela (or in a large frying pan if you will be using a non-stovetop-resistant casserole) over a medium heat and sauté the onions, bay leaves and thyme for 5 minutes. Stir in the potatoes to coat with the oil then remove from the heat. Add the kumara and pumpkin (or place in a casserole and add the potato and onion mixture) along with the hazelnuts. Mix together and season with salt and pepper then pour in the stock. Roast for 1 ½ hours in the oven with the pork. When the pork is removed, turn on the grill and grill the top of the vegetables (watching carefully) for 5 minutes to brown.

*3 medium floury potatoes,*

*peeled and chopped*

*3 tablespoons olive oil*

*2 onions, sliced*

*2 bay leaves*

*2 tablespoons thyme leaves*

*3 kumara, peeled and chopped*

*500g pumpkin, peeled, seeded*

*and chopped*

*½ cup skinless hazelnuts,*

*coarsely chopped*

*salt and freshly ground black*

*pepper*

*¾ cup vegetable stock*

# ROZZIE BOWDEN’S RATATOUILLE

Cook onions and garlic in oil until soft then add aubergine till a bit cooked and then shove the rest of the stuff in and stir occasionally to stop it burning - could need a slurp more oil. It is ready when all is soft but not turned into a mush. I nearly always froze it or cooked it a few days before any event because it kept well and it was one thing that did not have to be done at the last minute.

*large brown onions*

*garlic*

*aubergine, chopped and sprinkled with salt till juices run out and then dry with paper towel*

*green capsicum, zucchinis*

*tomatoes - can use some tinned and some fresh*

*salt and pepper*

*maybe some oregano or basil, not sure*

*olive oil*

# BRAISED VEGETABLES

Heat oil in a large pan and sauté garlic, salt and chilli flakes until aromatic. Add remaining ingredients except pepper and cook over low heat with 1 cup of water, stirring occasionally, until the vegetables are soft. Season to taste.

*2 tablespoons extra virgin olive oil*

*1 clove garlic, crushed*

*seas salt and cracked black pepper*

*1 teaspoon chilli flakes*

*1 bunch silver beet, coarsely chopped*

*200g fresh peas, podded*

*2 zucchini, cut into large rings*

*2 bunches broccolini, ends trimmed*

*100g green beans, ends trimmed*

# GLOBE ARTICHOKES

Allow one per person. Cut thick end off and boil for 30 minutes. Serve with Hollandaise Sauce.

# JERUSALEM ARTICHOKE GRATIN

Par-boil as many artichokes as you need, drain them well, slice fairly thinly and layer in a buttered gratin dish. (Combine them with slices of other par-boiled root vegetables if you like - choose from sweet potatoes, parsnips, celeriac or potatoes.) Pour over some cream (about 300 ml for each kilo of artichokes), season with salt, pepper and some freshly grated nutmeg, and bake in a 180°C oven until lightly browned and bubbling.

# JERUSALEM ARTICHOKES

Toss boiled Jerusalem artichokes with butter, chopped parsley, chopped tarragon, salt and pepper then serve with roast chicken.

Make a quick tasty salad with peeled sliced raw artichokes, sliced ripe tomatoes, extra virgin olive oil, torn basil leaves and lemon juice and serve with crusty bread.

Combine boiled mashed artichokes with chopped garlic and a little melted butter and form into small rissoles then deep-fry in hot oil and serve with spicy barbecued lamb and mint sausages.

Coarsely slice cooked artichokes and layer in an ovenproof dish, drizzle with extra virgin olive oil, sprinkle with tasty cheddar cheese and grill until golden then serve with roast lamb or baked ham.

Chips – peel, dry well and fry in hot oil until golden, sprinkle with sea salt and serve.

# ASPARAGUS WITH SAUCE MALTAISE

Snap off woody ends of asparagus and cook in water with a bit of butter till cooked but firm. To Hollandaise Sauce add grated rind of 1 orange and juice of orange.

# BEANS IN CHIVE BUTTER

Boil, steam or microwave beans until tender, drain. If serving beans hot, toss beans in combined nuts, butter, chives and garlic. If serving beans cold, omit butter and toss beans in combined nuts, a little salad dressing, chives and garlic. (Beans with butter are best made just before serving. Beans with salad dressing can be made a day ahead.)

*1 kg green beans, halved*

*1 kg butter beans, halved*

*½ cup pine nuts, toasted*

*125g butter, melted*

*¼ cup chopped fresh chives*

*1 clove garlic, crushed*

# ROAST CARROTS

Slice peeled carrots about 3 mm thick (cook plenty as they do shrink) and toss in olive oil. Place in a baking dish in a single layer and roast at 180°C for 30 minutes or until deep brown around the edges, turning once. Serve sprinkled with chopped mint, salt and balsamic vinegar.

# CAULIFLOWER AU GRATIN

Cook cauliflower. Make white sauce adding mustard and pepper and salt at end. Pour over cauliflower and put grated cheese over. Cook in hot oven till cheese is browned.

# CAULIFLOWER ROASTED IN OLIVE OIL

Preheat oven to 180°C. Place the cauliflower in a large roasting dish in a single layer and drizzle the olive oil over. Roast the cauliflower for 20-30 minutes, or until golden brown and tender, turning the pieces at least once. Season well and serve hot or at room temperature.

*1 cauliflower, trimmed and cut into small flowerets*

*75 ml virgin olive oil*

*sea salt and freshly ground pepper to taste*

# CAULIFLOWER SAUTÉ

Remove the tough centre core from the cauliflower. Cut the stalk away and cut this into slices. Cut the flowerets up small. Bring the pot of water to the boil and add the cauliflower. Cook only for a few minutes, so that it is still crisp. Drain. Run cold water through the vegetable so it won’t continue cooking. Place on kitchen paper to drain it well. Melt the butter in a frying pan. Add the pine kernels. Cook a minute to coat them with the butter. Add the garlic and cauliflower pieces and a little black pepper and salt if needed. Toss until the cauliflower is hot and the pine kernels golden. Add parsley, toss and serve immediately. Note:You can prepare the cauliflower beforehand by pre-cooking, but only toss with the pine kernels and butter at the last moment before serving.

*½ large or 1 small cauliflower*

*large pot of salted water*

*60g butter*

*2 tablespoons pine kernels*

*1 clove garlic, crushed*

*black pepper*

*a little salt if needed*

*1 tablespoon parsley, finely chopped*

# EGGPLANT

To grill, brush prepared sliced eggplant with olive oil and grill under an overhead griller or on a char grill pan for 3-5 minutes each side.

To fry, dip prepared sliced eggplant in your favourite batter and deep-fry in clean vegetable oil at 175ºC or coat in flour mixed with herbs, spices or cheese and shallow-fry in clean vegetable oil until golden.

To bake: Eggplant soaks up oil like a sponge. Eggplant slices fried in olive oil are delicious but much the same flavour can result using a method that dramatically reduces the quantity of oil absorbed. After salting, rinsing and drying, arrange the pieces in a single layer in a baking dish and add water to come two-thirds up the sides of the slices. Bake at 180ºC for 45 minutes. The eggplant will be soft but not mushy and will look pretty unappetising. Brush the slices with the best olive oil you have and grill for a few minutes on each side, lo and behold, richly browned tender eggplant with a fraction of the oil.

Eggplant salad: Sprinkle grilled eggplant with balsamic vinegar and torn basil leaves and leave to serve cold, even the next day.

Eggplant Vinaigrette: Mix an olive oil vinaigrette with masses of parsley, chives, shallots and chopped capers and an anchovy or two and spoon over grilled eggplant slices. Serve warm or cold.

# LISBETH’S AUBERGINE

Slice aubergine and put in salt with press. After 1 or more hours rinse and dry and fry in oil until soft and brown. Put on kitchen roll and into an oven dish. Chop onions and tomatoes and fry on pan with garlic and salt and pepper. Pour over dish and put into oven for approximately one hour.

*1 aubergine*

*salt*

*oil*

*onions*

*tomatoes*

*garlic*

*salt and pepper*

# EGGPLANT PARMIGIANA

*1 large eggplant*

*salt*

*1 cup dry breadcrumbs*

*2 eggs*

*oil*

*250g mozzarella cheese*

*1 teaspoon dried sweet basil*

*¼ cup grated parmesan cheese*

Tomato Sauce:

*2 tablespoons oil*

*2 cloves garlic*

*2 x 400g cans whole tomatoes*

*2 teaspoons sugar*

*½ cup tomato puree*

*1 cup water*

*1 teaspoon salt*

*pepper*

*½ teaspoon oregano*

*1 bay leaf*

Wash eggplant, slice ½ cm thick without peeling and place in a shallow dish, sprinkling each layer with salt. Cover with a plate and leave 30 minutes. Pour off liquid, wash eggplant and dry well. Roll eggplant in breadcrumbs, then dip into beaten egg and roll again in breadcrumbs. Chill 30 minutes while preparing tomato sauce. Remove eggplant from fridge and fry until golden and tender in 3 mm hot oil. Add more oil if necessary. Drain on paper towels. Cover base of large casserole with some of the tomato sauce. Arrange a layer of eggplant, then sliced mozzarella in dish and sprinkle with basil and parmesan. Repeat layers until dish is full. Bake in moderate oven (175ºC) for 30 minutes. Serve 4-6. Tomato Sauce: Heat oil and gently fry crushed garlic until soft but now brown. Add canned tomatoes with liquid in can, sugar, puree, water, salt, pepper to taste, oregano, and bay leaf, and simmer 15 minutes. Adjust seasoning.

# BAKED SLICED EGGPLANT WITH CHEESE AND A LIGHT TOMATO SAUCE

Heat a large frying pan, add half the oil then half the eggplants and fry quickly until golden brown on both sides. Remove and repeat with the second batch and the remaining oil. Set aside. Cut the cheese into slices about 1 cm thick so each piece is a little smaller than the eggplant slices. To make the tomato sauce, heat a large deep pan and add the extra virgin olive oil. When hot add the onions, garlic and saffron and its water, and fry gently until the onions are golden. Add the tomato passata and the water or chicken stock. Stir well. Mix in the sugar, herbs, salt and pepper, and bring to a gentle simmer for about 20 minutes. Remove from the heat and puree. It should be fairly liquid so if it is too thick, add a little extra water. Taste and adjust the seasoning if necessary. Grease an ovenproof serving dish (about 30 cm x 20 cm) with a little extra olive oil. Layer the eggplant and cheese slices alternately in the dish. Spoon the sauce over the slices so they are completely bathed. Cover with tinfoil or plastic wrap and refrigerate for later. Remove the dish from the fridge about 1 hour before needed to bring it to room temperature then 40 minutes before serving preheat the oven to 180ºC. Place the dish in the oven and bake for 30 minutes or until bubbling and hot. Allow to rest for 3-4 minutes before serving on heated plates.

½ cup light, fruity olive oil

2 large eggplants, quartered lengthwise then sliced 2 cm thick

300g melting-style cheese (eg havarti)

2 tablespoons extra virgin olive oil, plus extra for greasing

2 large onions, very finely chopped

2 cloves garlic, peeled and squashed

pinch of saffron threads, soaked in 2 tablespoons boiling water

500 ml tomato passata or 450g can Italian tomatoes, mashed

½ cup water or chicken stock

pinch of sugar

small bunch fresh basil

several sprigs thyme

salt and freshly ground black pepper

# GRATIN DAUPHINOIS

Slice potatoes very thinly. Rub garlic around inside of ovenproof dish and butter it well. Arrange slices around dish, seasoning each with salt, pepper and nutmeg and sprinkling with grated cheese. Pour cream over layers, sprinkle small pieces of butter over top and sprinkle with remaining cheese. Bake in a preheated moderate oven (180°C) for 1 hour or until potatoes are tender and top golden and crisp.

*1 kg potatoes, peeled*

*1 clove garlic, crushed*

*salt and freshly ground black pepper*

*nutmeg*

*125g Gruyere or Emmenthal cheese, grated*

*1 cup cream*

*30g butter*

# SCALLOPED POTATOES

*(microwave)*

Peel and slice potatoes very thinly. Mix salt, pepper nutmeg and cheese together. Place a layer of potatoes in a casserole dish, sprinkle with cheese mixture, continue placing layers of potatoes and covering with cheese until all mixture is used. Pour in cream or milk, cover and cook on High for 15 minutes until the potatoes are tender. Stand covered 3 minutes. Sprinkle with paprika or chopped parsley, serve hot.

*4 medium size potatoes*

*salt and pepper to taste*

*¼ teaspoon nutmeg*

*1 cup grated cheese*

*⅓ cup cream or milk*

*paprika or parsley for garnish*

# JAN’S SAUTÉED POTATOES

Melt olive oil and/or butter in baking dish. Add crushed garlic and finely chopped fresh rosemary and stir. Add potatoes cut into small chunks. Bake in 200°C oven till brown all over, shaking every 5 minutes or so.

# POTATO TART

Slice the potatoes very thinly using a mandolin or food processor. In a large frying pan, sauté the onion and garlic in the butter until soft. Add the potatoes and toss in the butter for 2 minutes. Grease a 20 cm round cake tin and arrange the potatoes slices in layers, sprinkling with the herbs, salt, pepper and nutmeg between each layer. Bake in a preheated 180°C oven for 40 minutes or until the potatoes are tender and the tart is golden. To serve: Serve the tart cut into wedges and sprinkled with chopped chives.

*12 sebago potatoes, peeled (any firm waxy potato will do)*

*50g chopped onion*

*2 cloves garlic, peeled and chopped*

*100g butter*

*100g mixed chopped fresh herbs (parsley, chives, thyme)*

*salt and freshly ground pepper*

*ground nutmeg to taste*

*chopped chives*

# CREAMY POTATO GRATIN

Preheat the oven to 240°C. Peel the potatoes and cut them into slices, about 1 cm thick and put them into a large saucepan with the milk, cream, onion, minced garlic and salt. Bring to the boil and gently boil until just tender. Use some of the butter to grease a large roasting tin (37 x 30 cm) and then, after removing the onion, pour the almost sludgy milk and potato mixture into it. Dot with remaining butter and cook in the oven for 15 minutes or until the potato is bubbly and browned on top. Remove, let stand for 10-20 minutes and then serve.

*2 kg floury potatoes*

*500 ml milk*

*500 ml double cream*

*1 whole onion, peeled*

*2 cloves garlic, minced*

*1 tablespoon salt*

*approximately 50g unsalted butter*

# CREAMED SPINACH

*1 large bunch spinach*

*60g butter*

*1 onion*

*1 clove garlic*

*salt, pepper*

*½ cup sour cream*

*4 shallots*

*pinch nutmeg*

Wash spinach, remove white stems, chop leaves roughly. Put spinach in pan with approximately ¼ cup hot water. Cover tightly, cook until tender, approximately 5 minutes. Drain, pressing out all moisture. Heat butter in pan, add peeled and chopped onion and crushed garlic, cook until onion in tender. Add spinach, salt, pepper and nutmeg, stir until spinach is heated through. Add sour cream and chopped shallots, cook further 3 minutes.

# EPINARDS A LA CRÈME

Put spinach in a large colander in three or four lots. Pour boiling water over top and toss well to ensure all is wilted. Drain very well and, when cool enough to handle, squeeze dry with your hands and chop finely. Heat butter in a large, heavy-bottomed pot and add spinach. Toss well for a few minutes, then add flour. Mix well and cook over low heat for a few minutes. Add cream, salt to taste and grating of nutmeg. Simmer for 5 minutes until slightly thickened.

*1.5 kg fresh spinach leaves, washed, stems removed*

*3 tablespoons butter*

*2 tablespoons plain flour*

*1 cup thickened cream*

*sea salt*

*freshly grated nutmeg*

# ROAST PUMPKIN AND BASIL CURRY

*1 kg pumpkin*

*2 tablespoons peanut oil*

*1 teaspoon brown mustard seeds*

*1 teaspoon ground coriander*

*1 teaspoon ground turmeric*

*2 garlic cloves, crushed*

*1 tablespoon grated ginger*

*½ teaspoon sea salt*

*1 teaspoon sugar*

*1 cup (250 ml) coconut milk*

*1 cup hot water*

*1 cup picked basil leaves*

*1 tablespoon fish sauce*

*1 tablespoon lime juice*

Heat oven to 200°C. Cut pumpkin into bite-sized chunks and toss in 1 tablespoon of peanut oil. Bake for 30 to 45 minutes until golden and soft. You can do up to this stage beforehand. Heat the remaining oil in a fry pan. When hot, add the mustard seeds and heat them until they start to pop. Add the coriander and turmeric and fry for 30 seconds. Add the garlic and ginger and fry for 30 seconds. Add the roasted pumpkin, sea salt, sugar, coconut milk and hot water and bring to the boil, stirring. Simmer, uncovered, for 10 to 15 minutes, stirring occasionally. You may need to add more hot water as it will thicken quite dramatically as the pumpkin dissolves. Stir in the basil leaves, fish sauce and lime juice and serve with steamed rice. Serves four.

# ALU GOBI

Peel and dice potatoes. Divide cauliflower into flowerets of the same size. Wash vegetables and drain. Heat fat, add the potatoes, cumin seed, ginger, turmeric, chilli and salt and fry for 2 minutes. Add the cauliflower and fry all together for 5 minutes. Cover and cook on a very slow fire till cooked. Sprinkle over freshly ground black pepper and serve. No water should be added.

*250g potatoes*

*1 medium sized cauliflower*

*125g butter or ghee*

*½ teaspoon cumin seed*

*¼ teaspoon ginger powder*

*1 teaspoon turmeric*

*1 teaspoon chilli powder*

*salt to taste*

*½ teaspoon black pepper*

# ROAST SWEET POTATO WITH RED ONION AND HONEY

*2 red onions, unpeeled and quartered*

*1kg sweet potato, peeled and cut into 3cm batons*

*½ teaspoon red chilli flakes*

*3 tablespoons extra virgin olive oil*

*sea salt*

*80 ml honey*

*80 ml red wine vinegar*

*large handful fresh mint leaves*

Preheat the oven to 200°C. Put the onion, sweet potato, chilli, oil and salt in a large baking dish and toss well to coat the vegetables. Roast for 30-35 minutes until the sweet potato is soft and golden. Put the honey and red wine vinegar in a small saucepan, bring to the boil and then simmer for 5 minutes. To serve, put the sweet potato and onion in a serving dish, drizzle with the hone and red vinegar and sprinkle with mint leaves.

# BAKED TOMATOES STUFFED WITH RICE

Bring 200 ml water to the boil in a small saucepan over a high heat. Pour in the rice in a slow thin stream, stir once or twice, and cook briskly uncovered for about 8 minutes, until the rice is softened but still rather resistant to the bite. Drain the rice in a sieve and set aside. Cut a thin slice off the stalk ends of the tomatoes and set aside. Hollow out the tomatoes, remove the inner pulp and discard the seeds. Chop the pulp and set it aside. Sprinkle the tomato cavities with 1 scant teaspoon of salt and drain them, upside down, on kitchen paper. Preheat the oven to 175°C. Make the stuffing in the following way: Heat the oil in a large, heavy frying pan over a moderate heat until a light haze forms above it. Add the onions and cook for about 5 minutes, stirring frequently, until they are soft and transparent but not brown. Stir in the rice, tomato pulp, 6 tablespoons of the tomato puree, the parsley, mint, garlic, pine nuts, oregano, the rest of the salt and a few grindings of pepper. Cook briskly, stirring constantly, until most of the liquid evaporates and the mixture holds its shape almost solidly in the spoon. Arrange the tomatoes, cut side up, in a baking dish large enough to hold them side by side. Fill the tomatoes with the stuffing, packing it in firmly, and cover each tomato with its reserved top. Blend the remaining 3 tablespoons of tomato puree with the remaining 3 tablespoons of water and pour the mixture around the tomatoes. Bake uncovered in the centre of the oven for 20 minutes, basting the tomatoes once or twice with the cooking liquid. Cool and serve directly from the baking dish.

*350 ml water*

*100g uncooked long grain rice*

*6 firm ripe tomatoes, each about 7-8 cm in diameter*

*1½ teaspoons salt*

*5 tablespoons olive oil*

*50g finely chopped onions*

*1 large can tomato puree*

*6 tablespoons finely chopped parsley*

*5 teaspoons finely cut fresh mint*

*1½ teaspoons finely chopped garlic*

*½ cup toasted pine nuts*

*¼ teaspoon oregano, crumbled*

*freshly ground black pepper*

# VEGETABLE CURRY

Make curry sauce (see Sauces). Prepare 1 kg mixed vegetables such as cauliflower, potatoes, carrots, red and green pepper, zucchini, beans, chokoes. Add to sauce after it has simmered 30 minutes. Serve with boiled brown rice.

# LIZZIE'S EXCELLENT VEGETABLE CURRY - TAMATAR ALU BHAJI TARKARI

Wash eggplants and cut in small cubes. Peel and dice the potatoes, peel and chop the tomatoes. Finely chop the onion. Seed and slice the chillies. Wash the spinach in several changes of water, remove tough stalks and roughly chop the leaves. Heat oil in a deep frying pan and let it get smoking hot. Fry the potatoes until golden, remove from pan. Fry the eggplant and remove from pan. Add the onion and fry until soft and golden, add ginger, cumin and turmeric and fry for 1 minute. Add chillies, tomatoes and salt, then add the potatoes, eggplant and spinach. Stir. Cover and cook on low heat until spinach is soft, adding ½ cup water if necessary. Add jaggery or sugar, stir and cook uncovered until liquid evaporates. Serve with rice or chapattis.

*2 small eggplants*

*2 large potatoes*

*2 large ripe tomatoes*

*1 large onion*

*2 fresh green chillies*

*1 bunch spinach*

*3 tablespoons mustard oil*

*1½ teaspoons finely chopped ginger*

*½ teaspoon cumin seeds, crushed*

*½ teaspoon ground turmeric*

*1 teaspoon salt*

*1 teaspoon jaggery or brown sugar*

# GADO-GADO

*400g bean sprouts*

*1 medium cabbage, sliced*

*250g green peas, boiled*

*250g French beans, cut into small chunks*

*500g peanuts, fried and crushed*

*½ teaspoon trasi*

*400 ml coconut milk, thick*

*1 tablespoon lemon juice*

*1 tablespoon brown sugar*

*salt to taste*

*peanut oil as required*

*125g shrimp slices*

*3 large eggs*

*250g potatoes, boiled and thickly sliced*

*500g silver beet*

*4 large cucumbers, sliced*

*3 large red chillies, crushed*

*5 medium onions, chopped*

*1 clove garlic chopped*

*2 cloves garlic crushed*

*1 teaspoon kentjur*

Separately steam the following ingredients over boiling water in a closed pot until the vegetables are cooked but not mushy: cabbage, bean sprouts, silver beet, beans. Fry the onions and the chopped clove of garlic in hot oil until they are brown and crisp. Lightly beat the eggs with salt and freshly ground pepper and then fry them into a thin omelette. Cut the omelette into narrow strips. Soften the trasi with a little water and then mix it with the brown sugar, the two crushed cloves of garlic, the lemon juice, kentjur, red chillies, peanuts and salt. Fry this mixture in a small amount of medium hot oil for approximately five minutes. Add the coconut milk, turn the heat to low and let the whole simmer until the final mixture has become thick and smooth. Stir the sauce continuously to prevent burning. Arrange the steamed vegetables with the potatoes and cucumbers on a large dish, and garnish it with the strips of omelette and the shrimp slices. Pour the peanut sauce over the whole dish and then sprinkle the fried onions over the top.

# JAN’S VEGETABLE CURRY

*1 tablespoon peanut oil*

*1 large onion*

*2 cloves garlic*

*1 teaspoon grated ginger*

*2 teaspoons ground coriander*

*1½ teaspoons turmeric*

*1 teaspoon cinnamon*

*1 teaspoon cumin*

*¼ teaspoon fenugreek*

*½ teaspoon ginger*

*½ teaspoon pepper*

*¼ teaspoon ground cloves*

*½ teaspoon concentrated tamarind*

*¼ teaspoon ground cardamom*

*1 large potato*

*1 large carrot*

*pumpkin*

*sweet potato*

*zucchini*

*celery*

*broccoli*

*cauliflower*

*silver beet*

Chop onions finely and soften with garlic and ginger in oil. Add spices and stir for a few minutes. Add potato, carrot, pumpkin and sweet potato and sweat for 10 minutes. Add remainder of vegetables and cook till soft.

# CARAMELISED SHALLOT TART WITH SHALLOT PUREE

Puree and pastry: Blanch the shallots in boiling water for 2 minutes then refresh in a sieve under cold running water. Put the butter and garlic in a saucepan and sweat the shallots over a gentle heat, stirring often, until soft and tender. Do not brown! In a separate saucepan bring the cream to nearly boiling then add to the shallots, season to taste and puree in a blender. Pass through a fine sieve and set the puree aside or refrigerate until ready for use. Preheat the oven to 200ºC. Cut the pastry into 6 discs about 6 cm in diameter, place on a baking tray lined with baking paper and prick with the point of a knife or fork. Refrigerate for about 30 minutes. Place another piece of baking paper on top of the pastry and another baking try the same size as the bottom one on top. This stops the pastry rising too much and ensures it is all the same height. Bake until golden (about 10 minutes). Cool and set aside until ready to use.

*Puree and pastry:*

*300g shallots, peeled and sliced*

*60g butter*

*2 cloves garlic, peeled and sliced*

*100 ml cream*

*Salt and freshly ground black pepper*

*1 puff pastry sheet*

*Caramelised shallots:*

*500g shallots, peeled*

*250g caster sugar*

*30g butter*

*200 ml berry vinegar*

Boil the shallots in salted water for 6-8 minutes or until tender. Strain and allow to cool slightly then remove and discard the outer layer from each shallot with your fingers. Place the sugar in a saucepan and stir constantly over medium heat until it starts to caramelise. Add the butter and stir until the mixture is golden brown. Add the whole shallots and vinegar, and continue cooking until the shallots are very tender and the liquid coats the back of a spoon. This may take 15-20 minutes. Be very careful as the liquid will be extremely hot. To serve warm the shallot puree in the microwave or in a saucepan on a low heat. Meanwhile, place the pastry discs in the oven to warm through. Heat the caramelised shallots. Place a spoonful of shallot puree on each of 6 warmed plates, put a pastry disc on top and spoon 3 shallots with a little syrup on the pastry.

SALADS

# SPICED CHICKPEA SALAD

*2 tablespoons olive oil*

*1 onion, peeled and chopped*

*2 cloves garlic, crushed*

*1 fresh chilli, seeds discarded then finely chopped*

*1-1½ level teaspoons ground cumin*

*½ level teaspoon ground coriander*

*½ level teaspoon garam masala*

*2 x 300g cans chickpeas, drained*

*rind of 1 lemon, grated*

*1 tablespoon fresh lemon juice*

*fresh coriander, chopped*

*parsley leaves, chopped*

Put the olive oil and onion into a small frying pan and cook over a very gentle heat, stirring frequently with a wooden spoon until the onion is soft and glossy and just starting to turn golden. Add the garlic, chilli, cumin, ground coriander and garam masala and cook a minute longer. Remove from the heat and transfer the onion and spice mixture (including all the oil from the pan) to a mixing bowl. Add the chickpeas, toss the mixture well, then stir in the lemon rind, lemon juice, fresh coriander and parsley.

# POTATO SALAD

*1 kg new or old potatoes*

*6 shallots, finely chopped*

*½ cup French dressing*

*½ cup mayonnaise*

*2-3 sprigs mint*

Boil old potatoes in their skins until just tender, drain and cut into chunks. When using new potatoes scrape and boil until tender, drain. Marinate potatoes with shallots in French dressing while hot. When cold drain and mix with mayonnaise. Sprinkle with chopped mint, or with any of the following.

Celery Seed: Add 2 teaspoons celery seed and mix well before serving.

Red and Green: Add ½ cup sliced radishes and a cup chopped green pepper to potato mixture. Before serving add 1 cup cubed ham and toss well.

Parsley: Add ½ cup washed and finely chopped parsley, ½ cup finely chopped green pepper, ½ cup finely snipped chives or shallots and ½ cup chopped dill pickle.

Sour Cream: Mix ¼ cup mayonnaise with ½ cup sour cream and 1 tablespoon vinegar. Add to potato salad with 1 tablespoon snipped chives. Toss well.

Bacon and Cheese: Add 3 rashers cooked and crumbled bacon, and ½ cup grated Cheddar cheese just before serving.

Roast Beef: Add 1 cup roast beef or luncheon sausage cut into strips.

Egg and Celery: Add 3 hard boiled eggs cut in slices and ½ cup chopped celery. Top salad with sliced eggs.

# RACHEL’S POTATO SALAD

*potatoes*

*minced bacon, cooked*

*hard boiled eggs*

*purple onions*

*S&W Mayonnaise*

*cream and/or sour cream*

*honey seeded mustard*

*mint / parsley / spring onions*

# POTATO SALAD

*2 kg potatoes, cut into 2 cm cubes*

*175g bacon, trimmed and diced*

*½ cup mayonnaise*

*½ cup basic vinaigrette*

*1 tablespoon seeded mustard*

*salt*

*freshly ground white pepper*

*1 red capsicum, finely diced*

*4 eggs, boiled until just set, cut into quarters*

*2 tablespoons chopped chives*

Boil potatoes in plenty of salted water until just cooked. Drain and keep warm. Fry bacon until golden and crispy, drain on paper towel. Mix mayonnaise and vinaigrette, add mustard and season. Place all ingredients in a large bowl, toss gently and serve.

# NEW POTATO SALAD

Boil potatoes in their skins in boiling salted water until tender. Dressing: Place vinegar, mustard and pepper in a small bowl and gradually whisk in olive oil until thick. Stir in herbs and pour into salad bowl. Drain potatoes, then peel and chop. While potatoes are still warm, toss in dressing. Do not chill.

*1 kg new potatoes*

*salt*

Dressing:

*2 tablespoons vinegar*

*1 tablespoon Dijon mustard*

*freshly ground black pepper*

*6 tablespoons olive oil*

*¼ cup chopped mixed fresh herbs (parsley, chives, oregano and mint)*

# NEW POTATO SALAD WITH BASIL DRESSING

Boil or steam potatoes until tender. Drain, place in salad bowl. Place pine nuts (those for dressing as well) on oven tray, toast in moderate oven 5 to 8 minutes, add the 2 tablespoons pine nuts to potatoes with cucumber, pour dressing over, toss lightly. Sprinkle with basil. Basil dressing: Combine basil, garlic, toasted pine nuts and parmesan cheese in processor, process until smooth, add mayonnaise and sour cream, process until smooth.

*500g small new potatoes*

*2 tablespoons pine nuts*

*1 cucumber, sliced*

*2 teaspoons, chopped fresh basil*

*Basil Dressing:*

*1 cup basil leaves, loosely packed*

*2 cloves garlic, crushed*

*2 tablespoons pine nuts, toasted*

*2 tablespoons grated parmesan cheese*

*½ cup mayonnaise*

*¼ cup light sour cream*

# NEW POTATO SALAD WITH HERB VINAIGRETTE

*1.2 kg baby new potatoes, scrubbed*

*2 cloves garlic, crushed*

*salt and freshly ground black pepper to taste*

*1 tablespoon fruit vinegar*

*5 tablespoons extra virgin olive oil*

*3 tablespoons fresh, chopped mixed herbs*

Bring potatoes to the boil in lightly salted water and cook until just cooked. Drain. Whisk garlic, seasonings and vinegar together. Add oil slowly and whisk to amalgamate. Pour over hot potatoes. Toss to dress thoroughly. When cool, add herbs and toss again just before serving.

# ROCKET SALAD

Combine all the dressing ingredients in a screw-top jar and shake well to amalgamate. To serve: Gently toss the rocket with a little dressing, shave over some parmesan cheese and serve at once.

Dressing:

*juice of 2 lemons*

*olive oil*

*salt and freshly ground pepper to taste*

*½ teaspoon sugar or honey (optional)*

To serve:

*3 to 4 bunches rocket, washed and dried*

*parmesan cheese*

# SPINACH SALAD WITH PINE NUT DRESSING

Combine pine nuts, salad or olive oil, vinegar, lemon peel, salt and nutmeg. Toss with spinach.

*½ cup chopped pine nuts*

*¼ cup salad or olive oil*

*3 tablespoons tarragon vinegar*

*¼ teaspoon grated lemon peel*

*½ teaspoon salt*

*dash nutmeg*

*1 large bunch crisp, fresh spinach, stalks removed, torn in pieces*

# LIZZIE'S SPINACH, BACON AND AVOCADO SALAD

*3 rashers lean bacon, finely diced*

*1 clove garlic, crushed*

*oil for frying*

*½ cup pine nuts*

*1 onion, sliced in rings*

*1 avocado, peeled, seeded and sliced*

*lemon juice*

*1 bunch English spinach*

*vinaigrette*

Heat oil and sauté bacon with garlic. Add pine nuts and toss until golden. Drain and allow to cool. Separate onion rings and coat avocado with lemon juice to prevent it from browning. Place spinach leaves in salad bowl, add remaining ingredients and toss with dressing just before service.

# BACON AND PINE NUT SALAD

Toast pine nuts on oven tray in moderate oven for about 5 minutes, cool. Combine endive, roughly torn cost lettuce, pine nuts and shallots in bowl. Cook bacon in pan until crisp, add sugar and dressing, bring to the boil. Serve the hot dressing over salad; serve immediately.

*½ cup pine nuts*

*1 bunch endive, chopped*

*1 cos lettuce*

*6 green shallots, chopped*

*6 bacon rashers, chopped*

*2 teaspoons brown sugar*

*1 cup no-oil French dressing*

# SPINACH, PEAR AND ASPARAGUS SALAD

*2 bunches (about 500g) fresh asparagus*

*2 bunches (about 1.3 kg) English spinach*

*2 firm pears, cored, sliced*

*2 nashi pears, cored, sliced*

*2 cups (200g) pecans or walnuts*

*200g goats’ cheese, chopped*

Dressing:

*½ cup (125 ml) olive oil*

*⅓ cup (80 ml) lemon juice*

*1 teaspoon sugar*

*1 teaspoon French mustard*

*1 teaspoon seasoned pepper*

Cut asparagus in half, add to pan of boiling water, simmer 30 seconds; drain, rinse under cold water, drain well. Combine asparagus, torn spinach leaves, both pears, nuts and cheese in bowl. Just before serving, drizzle with dressing. Dressing:Combine all ingredients in jar; shake well.

# TOMATO BASIL SALAD

*6 medium tomatoes, peeled, sliced*

*2 cucumbers, peeled, sliced*

*2 medium onions, sliced (Spanish)*

*¼ cup white vinegar*

*sprinkling of extra virgin olive oil*

*black pepper*

*2 tablespoons chopped basil*

Layer tomatoes, cucumbers and onions in shallow dish with vinegar, oil, pepper and basil. (Prepare up to 12 hours before required, keep covered in refrigerator.)

# PASTA SALAD

*1 tablespoon oil*

*250g tortiglioni (twists)*

*1 quantity blender mayonnaise*

*2 tablespoons tomato paste*

*½ garlic clove, crushed*

*2 tablespoons finely chopped parsley*

*125g cooked green peas, optional*

Bring a large amount of lightly salted water to the boil, add the oil to prevent it boiling over then pour in the pasta. Cook until just tender, but still firm to the bite, al dente, then run some cold water into the pan to stop cooking. Drain in a colander, shaking it well to get rid of all the water. Combine the mayonnaise, tomato paste and garlic, and mix well, then pour it over the pasta and toss gently until the pasta is coated. Transfer to serving bowl and garnish with the parsley and peas, if using. Serve warm or cold.

# ROASTED VEGETABLE SALAD

Place all the vegetables, onion and whole garlic cloves in a baking dish, pour over the olive oil, sprinkle with salt, pepper and sprigs or rosemary and roast in a preheated 220ºC oven for about 1 hour or until the vegetables are brown, crisp and cooked through. Check the vegetables regularly, moving them around with a spatula, and increase the temperature if they are not browning. Add extra olive oil and adjust the seasoning if necessary. Pile the vegetables into a large serving bowl and serve either hot or cold with sprigs of fresh oregano.

*2 parsnips, peeled and cut into 2.5 cm dice*

*2 carrots, peeled and cut into 2.5 cm dice*

*2 pontiac potatoes, peeled and cut into 2.5 cm dice*

*2 medium size sweet potatoes, peeled and cut into 2.5 cm dice*

*3 Spanish onions, peeled and diced*

*9 cloves garlic, peeled*

*¼ cup extra virgin olive oil*

*sprigs of fresh rosemary*

*salt and freshly ground pepper*

*sprigs of fresh oregano*

# MIXED SALAD LEAVES WITH HAZELNUT DRESSING

*300g mixed salad leaves, washed and dried*

*50g mixed fresh herbs, such as flat-leaf parsley, basil and chives*

*⅓ cup hazelnut oil*

*2 tablespoons extra virgin olive oil*

*1 tablespoon sherry vinegar*

*1 teaspoon honey*

Place salad leaves and herbs in a large salad bowl. Whisk together remaining ingredients and season to taste. Pour dressing over leaves and toss well to combine. Serve immediately.

# CHINESE NOODLE SALAD

Soak noodles in boiling water for about a minute then run cold water into the pan and drain well in a colander, rinsing with cold water to make sure the noodles don’t get soggy. Separate and cut noodles into short lengths and combine with the spring onions, chopped coriander and bean sprouts. Sprinkle dressing ingredients over the noodles and toss well. Chill until needed.

*225 ribbon-style egg noodles*

*6 spring onions, finely sliced*

*6 tablespoons fresh coriander leaves*

*225g fresh bean sprouts, rinsed and brown tails removed if necessary*

Dressing:

*2 tablespoons soy sauce*

*1 tablespoon peanut oil*

*½ tablespoon sesame oil*

*½ tablespoon lime or lemon juice*

# CAESAR SALAD

Mix all dressing ingredients together in a screw-top jar. Shake well and set aside. Bring a saucepan of water to a boil and boil eggs for 4 minutes exactly. In a frying pan, fry bacon in a little oil. Remove from pan. Cut bread into 1 cm cubes and fry in bacon fat, tossing to crisp. Remove from pan and drain on kitchen paper. Peel eggs and cut into large chunks or quarters. Arrange lettuce leaves on a platter. Drizzle with dressing. Turn leaves in dressing and scatter on egg, anchovies, bacon, croutons, cheese and parsley. Eat at once.

*3 eggs*

*1 rasher streaky bacon, sliced or cubed*

*olive oil*

*2-3 slices sourdough bread, crusts removed*

*2 cos lettuce hearts, washed and well dried*

*6 anchovies, cut into strips*

*2 tablespoons freshly grated parmesan cheese*

*2 tablespoons freshly chopped parsley*

Dressing:

*1 teaspoon sea salt*

*¾ teaspoon freshly ground black pepper*

*1 clove garlic, crushed to a fine paste*

*¼ teaspoon mustard powder*

*1 teaspoon Dijon mustard*

*1 teaspoon lemon juice*

*2 tablespoons tarragon or red-wine vinegar*

*½ cup extra-virgin olive oil*

*1 egg*

# NOODLE SALAD

*½ packet rice vermicelli noodles*

*salt*

*500g sugar snap peas*

*1 large red capsicum, seeds and membranes removed, cut in fine julienne*

*3 shallots, chopped finely*

*½ cup coriander leaves*

Dressing:

*2 tablespoons sesame oil*

*3 tablespoons fresh lime juice*

*1 tablespoon fish sauce*

*2 cloves garlic, peeled and chopped finely*

*small knob ginger, peeled and chopped finely*

*3 red chillies, seeded and chopped finely*

Drop the noodles into boiling, salted water and cook for 2 to 3 minutes. Drain and set aside to cool. Steam the sugar snap peas, covered, over simmering water until tender but still crisp and bright green. Drain and cool. Place the noodles, sugar snap peas, capsicum, shallots and coriander in a serving bowl. Mix all dressing ingredients together until well amalgamated, pour over the salad and serve.

# GREEK SALAD

*salad greens such as cos, imperial or iceberg lettuce, endive, chicory, etc*

*onion rings or chopped spring onions*

*sliced radishes*

*tomato wedges*

*cucumber slices*

*sweet pepper strips*

*sliced celery*

*feta cheese*

*black olives*

*anchovy fillets*

*chopped, fresh dill or parsley*

*pickled capers*

Dressing:

*½ cup olive oil*

*¼ cup wine vinegar*

*2 teaspoons chopped fresh oregano or parsley*

*1 clove garlic, crushed*

*½ teaspoon salt*

*½ teaspoon dry mustard*

*freshly ground black pepper*

Wash greens well, shake off excess moisture and wrap in a tea towel. Place in a refrigerator for 1-2 hours to dry the greens and make them crisp. Break up greens, or shred coarsely using a very sharp knife. Place greens in a bowl and add any other ingredients required. Sprinkle on herbs, add dressing just before serving and toss at the table. Dressing: Combine ingredients in a bowl and beat well with a fork or put in a screw top jar, seal and shake well. Beat or shake again just before serving.

# HOI SIN CHICKEN AND EGG NOODLE SALAD

*⅔ cup (160 ml) hoi sin sauce*

*2 tablespoons mild sweet chilli sauce*

*4 cloves garlic, crushed*

*⅓ cup (80 ml) dry sherry*

*8 chicken breast fillets, thinly sliced*

*2 tablespoons vegetable oil*

*375g packet fresh egg noodles*

*300g sugar snap peas*

*2 medium carrots*

*2 medium red peppers*

*2 cups (300g) unsalted roasted cashews*

*2 cups (160g) bean sprouts*

*1 small Chinese cabbage, thinly shredded*

*8 green shallots, chopped*

*½ cup chopped fresh coriander*

*Dressing:*

*¼ cup (60 ml) lemon juice*

*¼ cup (60 ml) sesame oil*

*½ cup (125 ml) light soy sauce*

*2 tablespoons sugar*

*¼ cup (60 ml) light olive oil*

Combine sauces, garlic and sherry in bowl, add chicken; mix well. Cover, refrigerate 1 hour. Heat oil in pan, add undrained chicken in batches, cook until browned and tender; drain on absorbent paper. Add noodles to large pan of boiling water, boil, uncovered, until just tender; drain, rinse under cold water, drain. Boil, steam or microwave peas until just tender; drain, rinse under cold water, drain. Cut carrots and peppers into thin strips. Just before serving, combine chicken, noodles, peas, carrots and peppers with remaining ingredients in bowl, add dressing; mix gently. Dressing:Combine all ingredients in jar, shake well.

# ROCKMELON AND ROCKET SALAD

Place rockmelon, rocket, vinegar, oil and black pepper to taste in a bowl. Toss to combine. Scatter with basil and pine nuts or parmesan cheese shavings.

*2 cups (360g) rockmelon, cubes or balls*

*1 bunch rocket*

*¼ cup/60 ml red wine vinegar*

*1 tablespoon olive oil*

*freshly ground black pepper*

*shredded fresh basil*

*1 tablespoon pine nuts or parmesan cheese shavings*

# ROAST COCONUT AND TURKEY SALAD

Shred all turkey meat and remove skin. Combine coconut cream, palm sugar, fish sauce, garlic and white pepper in a small saucepan. Add turkey meat and simmer for five minutes – do not boil. Add lime juice. Toast shredded coconut in oven until golden. In a bowl, combine coriander and mint leaves, red onion and toasted coconut. Add turkey and fold though. Taste for seasoning, adding a lime juice or fish sauce.

*500g roast turkey*

*400 ml coconut cream*

*1 tablespoon palm sugar*

*1½ tablespoons fish sauce*

*½ teaspoon garlic, crushed*

*¼ teaspoon white pepper*

*1½ tablespoons lime juice*

*1 cup shredded coconut*

*1 cup coriander leaves*

*1 cup mint leaves*

*½ cup red onion, finely sliced*

# GREEN BEAN SALAD

*300 ml olive oil*

*3 medium spanish onions, finely sliced*

*60 ml red wine vinegar*

*sea salt*

*freshly ground white pepper*

*2 kg green beans, topped and tailed*

*750g cherry tomatoes, cut in half*

*3 oranges, segmented*

*1 lemon*

*1 cup pine nuts, toasted*

Heat olive oil and gently cook onions, about 15 minutes. Remove from the heat and add vinegar. Reserve. Cook the green beans in boiling salted water for 5 minutes. Refresh in iced water. Drain and place in a large bowl. Add tomatoes, orange segments and the finely grated rind of the lemon. Toss with onions, vinegar and pine nuts and adjust seasoning.

# GREEN COUSCOUS

Combine couscous, oil, herbs, salt and pepper and add boiling water and leave for 10 minutes covered with foil. Fluff up with a fork and keep warm over a pot of barely simmering water until ready to serve, or cool and serve as a salad, tossed with extra virgin olive oil, lemon juice and halved cherry tomatoes.

*300g instant couscous*

*2 tablespoons extra virgin olive oil*

*2 tablespoons each parsley, mint and coriander (all finely chopped)*

*sea salt*

*pepper*

*500 ml boiling water*

# AVOCADO AND CRESS SALAD

Toss ingredients together in a bowl and serve.

*2 avocados, peeled and diced*

*2 tablespoons finely diced red onion*

*2 tablespoons chopped coriander leaves*

*1 red chilli, finely chopped*

*¼ cup lime juice*

*2 tomatoes, deseeded and diced*

*3 punnets cress micro-leaves, snipped*

*4 drops Tabasco sauce*

*1 tablespoon extra virgin olive oil*

*1 garlic clove, crushed*

*sea salt and pepper to taste*

# PORK, MINT AND CASHEW NUT SALAD

To make the dressing, pound the coriander, garlic and chillies in a mortar and pestle till smashed and fine. Add the sugar and pound, then add zest, tamarind, juices and fish sauce. Taste and adjust if necessary. Heat the pork in an oven briefly to warm through, then slice finely. To make the salad, combine all ingredients in a bowl, add enough chilli dressing to moisten and toss with hands to combine. Pile onto serving plates, and top with a few extra fried shallot and garlic slices.

*400g char siu*

*1 Lebanese cucumber, finely sliced*

*2 red shallots, sliced into quarters lengthwise*

*1 long red chilli, sliced into fine rounds*

*½ cup coriander leaves*

*¼ cup Vietnamese mint leaves*

*½ cup regular mint leaves, finely shredded*

*4 tablespoons cashew nuts (placed in cold water, brought to the boil and simmered for 5 minutes, cooled on a tea towel, then deep-fried)*

*4 tablespoons each fried shallot slices and fried garlic slices (fry thin slices in hot oil until crisp and golden; cool on paper towels and store in an airtight container)*

*4 iceberg lettuce leaves, shredded*

*4 betel leaves, shredded*

*Green chilli dressing:*

*4 coriander roots*

*2 large cloves garlic*

*4 green birdseye chillies*

*75g caster sugar*

*zest of 1 kaffir lime*

*50 ml tamarind liquid*

*150 ml lime juice, strained*

*50 ml fresh mandarin or orange juice, strained*

*50 ml fish sauce*

PASTAS, PIZZAS

# PASTA SAUCES

### BOSCIOLA SAUCE

*120g butter*

*200g ham, diced*

*200g sliced button mushrooms*

*3 tablespoons finely chopped parsley*

*300 ml thickened cream*

*200g grated Parmesan cheese*

*salt and freshly ground pepper*

Melt butter in a heavy frying pan and add diced ham, mushrooms and parsley. Stir over low heat for one minute, then add cream. Add Parmesan cheese, salt and lots of freshly ground pepper.

### TUNA AND MUSHROOM SAUCE

Melt butter in pan, add peeled and finely chopped onion and drained tuna to pan, stir over medium heat until onion is just tender. Chop mushrooms in half, add to pan, toss lightly. Stir in cream, tomato paste, season with salt and pepper. Bring sauce to boil, remove from heat immediately; stir in chopped parsley.

*450g can tuna*

*1 large onion*

*90g butter*

*90g button mushrooms*

*300 ml carton cream*

*2 tablespoons tomato paste*

*salt, pepper*

*1 tablespoon chopped parsley*

### MATRICIANA

Peel onion, chop finely. Remove rind from bacon, cut bacon into thin strips across. Peel and seed tomatoes, chop roughly. Seed chilli, chop finely. Heat oil in pan, add onion and bacon. Stir over medium heat 5 minutes until onion is transparent. Add tomato and chilli, mix well. Simmer sauce gently, uncovered 5 minutes, stirring occasionally. Season with salt and pepper. Serve with grated pecorino or parmesan cheese.

*1 onion*

*6 rashers lean bacon*

*500g ripe tomatoes*

*1 red chilli*

*1½ tablespoons oil*

*salt, pepper*

### CARBONARA

Remove bacon rind and cut into thin strips. Place bacon in frying pan over low heat, cook gently until crisp. Drain off fat from pan, leaving approximately 2 tablespoons bacon fat. Add cream and paprika, stir until combined. Place egg, egg yolk and 30g grated parmesan cheese into bowl, beat until combined. Place fettuccine into pan of boiling salted water, boil uncovered 10 to 12 minutes. Drain, return to pan with butter, toss over low heat until combined. Add bacon-cream mixture, toss until combined. Add egg mixture, toss until combined. Season with pepper. Sprinkle with remaining grated parmesan cheese.

*4 rashers bacon or pancetta*

*⅓ cup cream*

*pinch paprika*

*1 egg*

*1 egg yolk, extra*

*60g grated parmesan cheese*

*30g softened butter*

*pepper*

*250g fettuccine or tagliatelle noodles*

# JESSIE’S PASTA SAUCE

*whole peeled tomatoes or real*

*onion*

*garlic*

*roast capsicum where possible*

*balsamic vinegar*

*basil*

*oregano*

*mashed apple*

*brown sugar*

*chilli sauce (sambal oelek)*

# SIMPLE PASTA RECIPES

Make the most of sweet summer tomatoes by dicing 3 tomatoes, ½ red onion and ¼ cup basil. Mix with olive oil, salt and pepper. Toss with hot pasta and finish with parmesan cheese.

An even easier recipe is to heat 3 tablespoons of olive oil in a frypan. Add 4 cloves sliced garlic and 3 chopped chillies. Cook on a medium heat until garlic is soft. Toss through hot pasta with salt and pepper and parmesan. For a twist, add a few anchovies to the oil as well.

For something fishy, dice about 400g of Atlantic salmon fillet. Pour over ¼ cup lemon juice, 2 tablespoons olive oil, 1 cup grated parmesan, 1 tablespoon chopped dill and salt and pepper. Refrigerate for 30 minutes to allow the salmon to marinate. Then toss the salmon through pasta and top with lots of crispy fried capers. Serve immediately, before the hot pasta cooks the salmon, and serve with lemon wedges.

Another favourite is to roast some peeled and chopped sweet potato or pumpkin until soft. Toss through pasta with roughly chopped baby English spinach leaves, chunks of goat’s cheese and salt and pepper.

Nothing fixes the blues like macaroni and cheese. Boil some macaroni until al dente, drain and return to the pot. Add a big splash of cream or milk, grated cheddar and parmesan cheese, pepper and stir over low heat until the cheese melts and the mix has thickened a little. For a twist, add some mustard or a chopped tomato.

# CREAMY MUSHROOM AND PANCETTA PENNE

Place the pasta in a large pot of boiling salted water and cook for about 10 minutes, or until al dente. Meanwhile, heat the olive oil in a heavy-bottomed pan over medium heat and cook the pancetta for 3 minutes. Add the mushrooms and cook for 2 minutes. Add the cream and most of the thyme (reserve a little to garnish), mix well and bring to the boil. Remove from heat. Drain the pasta and return it to the hot pot. Add the mushroom mixture, toss well and season to taste. Serve topped with shaved parmesan and a little thyme.

*400g dried penne*

*sea salt*

*1 tablespoon olive oil*

*8 thin slices pancetta, torn into small pieces*

*300g field mushrooms, sliced*

*400 ml cream*

*1 tablespoon fresh thyme leaves*

*freshly ground black pepper*

*50g parmesan, shaved*

# AVOCADO AND CRISP PROSCIUTTO PASTA

Heat a large saucepan of water over high heat until boiling. Add the pasta and cook. Drain. Meanwhile, place the avocado, lemon rind, juice, olive oil, salt and pepper in a large mixing bowl. Use a fork to roughly mash the avocado and combine with the lemon juice dressing. Add the hot pasta to the avocado and mix until well coated. Add the torn basil leaves and prosciutto and toss before serving with parmesan shavings.

*2 avocados, peeled and deseeded*

*1 lemon, rind finely grated and juiced*

*½ cup extra virgin olive oil*

*salt and freshly ground black pepper, to taste*

*600g fresh spaghetti*

*1 cup basil leaves, freshly torn*

*8-10 slices prosciutto, grilled until crisp*

*1 cup shaved parmesan*

# ASPARAGUS, PANCETTA AND MUSHROOM LINGUINE

Cook linguine in a large saucepan of lightly salted boiling water for 8-10 minutes or until al dente. Meanwhile heat oil in a large frypan and when hot add garlic, onion and coarsely chopped pancetta. Cook stirring occasionally for 2-3 minutes or until onion is soft. Add mushrooms, asparagus, peas and chicken stock. Cook for 3 minutes or until mushrooms are just tender. Drain pasta and return to pan. Stir in cream and onion mixture and toss gently to combine. Season with salt flakes and ground black pepper and serve immediately with shaved parmesan.

*400g dried linguine*

*2 tablespoons extra virgin olive oil*

*2 cloves garlic, crushed*

*1 medium onion, peeled and cut into wedges*

*8 thin slices pancetta*

*300g sliced mushrooms*

*1 bunch asparagus, cut into 1 cm pieces*

*1 cup frozen peas*

*⅔ cup chicken stock*

*½ cup cream*

*shaved parmesan*

# SPAGHETTI BOLOGNESE

Heat oil in large saucepan, sauté chopped onion and crushed garlic. Mix in meat and fry till meat changes colour. Pour off any surplus fat. Add salt, pepper, bay leaf, sauces, soup and water. Mix well. Bring to boil, reduce heat and simmer covered 45 minutes or till meat is tender.

*1 tablespoon oil*

*4 onions*

*1 clove garlic*

*1½ kg minced steak*

*salt and pepper*

*1 bay leaf*

*½ cup tomato sauce*

*1 dessertspoon Worcestershire sauce*

*420 ml can tomato soup*

*1 soup can water*

# LASAGNE

Cook lasagne. Spread some pieces over dish to cover and top with cheese filling (all ingredients mixed). Next add a layer of Mozzarella, then meat sauce (make sauce above or for an easier sauce follow recipe for Spaghetti Bolognese) and lasagne. Repeat all layers and top with cream sauce. Bake in moderate oven for 30-40 minutes.

*lasagne noodles*

*1 tablespoon olive oil*

*250g mozzarella cheese thinly sliced*

*Meat sauce:*

*250g minced steak*

*250g minced pork*

*2 cloves garlic*

*2 teaspoons fresh basil*

*salt*

*½ tin tomato soup*

*2 tablespoons tomato sauce*

*2 onions finely chopped*

*2 bay leaves*

*½ cup parsley*

*pepper*

*Cheese filling:*

*250g cottage cheese*

*½ cup grated parmesan*

*2 eggs beaten*

*1 tablespoon chopped parsley*

*salt and pepper*

*Cream sauce:*

*white sauce blended with 1 beaten egg*

*¼ cup grated tasty cheese.*

# SHORT’S CHICKEN LASAGNE

Tomato Sauce: Fry 5 largish sliced onions till brown. Quickly brown 8 cloves of crushed garlic. Add 2 teaspoons of basil pesto, some tomato paste, some spices (e.g. teaspoon chilli, some ground pepper, mixed herbs), add some soy sauce, about a tablespoon of chutney and tomatoes (fresh best but tins are OK too). Cook till the sauce is thick.

Chook: Use a couple of chicken breasts and cut into smallish cube. Cook till cooked through in a bit of oil.

Other Stuff: Cut up a bunch of silver beet into shreds, get 2 large packets of grated cheddar and one of mozzarella and integrate (pun), slice up some mushrooms and open a can of olives.

Lasagne assembly: Using a large deep tray put oil in bottom of pan and add thin layer of sauce and some grated cheese and a layer of lasagne pasta. \*\*Spread layer of sauce, add some chicken bits, add some silver beet, add some cheese and a sheet of lasagne\*\* and repeat until lasagne sheets are finished. Spread a layer of sauce over the last lasagne sheet, arrange mushrooms and olives on top with great creative flair, add cheese to cover the top layer and possibly sprinkle with paprika/chilli with stunning effect. Cook for about half an hour, or until lasagne pasta is done. Watch the top layer does not dry out too much.

# PASTITSO

*500g long macaroni*

*4 tablespoons butter*

*¾ cup grated parmesan cheese*

*¼ teaspoon nutmeg*

*salt and pepper*

*3 eggs, lightly beaten*

*Meat Sauce:*

*1 large onion, chopped*

*1 clove garlic, crushed*

*2 tablespoons butter*

*750g minced beef*

*¼ cup tomato paste*

*½ cup dry red or white wine*

*½ cup stock*

*2 tablespoons chopped parsley*

*½ teaspoon sugar*

*salt and pepper*

*Cream Sauce:*

*⅓ cup butter*

*½ cup flour*

*3 cups milk*

*¼ teaspoon nutmeg*

*salt and pepper*

*1 egg, lightly beaten*

Cook macaroni in boiling, salted water until just tender. Drain and return to pan. Melt butter until golden brown and pour over macaroni. Add ½ cup of cheese, nutmeg, salt and pepper to taste and toss well. Leave until cool, add eggs and toss again. Keep aside. Make meat sauce: Gently fry onion and garlic in butter until onion is soft, increase heat and add minced beef. Stir well and cook until meat begins to brown. Add remaining meat sauce ingredients, cover and simmer over gently heat for 20 minutes. Make cream sauce: Melt butter in a saucepan, stir in flour and cook gently for 2 minutes. Add milk all at once and bring to the boil, stirring constantly. Boil gently for 1 minute. Add nutmeg, salt and pepper to taste and cool a little before stirring in beaten egg. Add ½ cup of this sauce to the cooked meat sauce. To assemble Pastitso: Butter a 33 x 23 x 8 cm oven dish. Spoon half of the prepared macaroni evenly in the base and top with the meat sauce. Cover with remaining macaroni, levelling the top. Pour on cream sauce and spread to completely cover macaroni. Sprinkle remaining cheese on to and cook in a moderate oven for 50 minutes until golden brown. Let it stand for 10 minutes before cutting into squares to serve.

# PIZZAS

### QUATTRO FORMAGGIO

Top your pizza dough with a red sauce. Add on these four cheeses: gorgonzola, asiago, mozzarella, and pecorino. Top with some fresh basil

### BLONDE PIZZA

Top your pizza dough with a brush of olive oil or a white sauce. Add mozzarella, provolone, and Parmesan. Sprinkle on some fresh basil

### MEAT LOVERS PIZZA

Top your pizza dough with a red sauce. Layer on Italian sausage, pepperoni, salami, sliced meatballs, and ham. Top with mozzarella cheese.

### VEGGY LOVERS PIZZA

Top your pizza dough with a red or white sauce. Add on mushrooms, green peppers, red onions, marinated artichoke hearts, broccoli, tomatoes, fresh basil, and mozzarella.

### PROSCIUTTO ARUGALA PIZZA

Top your pizza dough with a red sauce, prosciutto, arugula, and mozzarella.

### PIZZA GAMBERO

Top your pizza dough with some pesto. Layer on some shrimp and some roasted red and yellow peppers. Top with mozzarella cheese.

### FRUIT AND HAM PIZZA

Top your pizza dough with some red or white sauce, sliced pear or figs, prosciutto, and some brie or gorgonzola cheeses.

### HEARTY BEEF AND EGGPLANT PIZZA

Top your pizza dough with a basic red sauce, sliced meatballs, fried eggplant, caramelized onions, spinach, gorgonzola and feta cheeses, and some fresh basil.

### PROSCIUTTO AND ASPARAGUS PIZZA

Top your pizza dough with a brushing of olive oil. Then layer on some mild Italian cheese, roasted asparagus slices, and thin slices of prosciutto.

### TANGY NUT PIZZA

Top your pizza dough with a white sauce and some walnuts and blue cheese. This is also good with some salty smoked ham slices.

### HARVEST VEGETABLES PIZZA

Top your pizza dough with some pesto. Layer on roasted eggplant, caramelized onions, roasted potatoes, portobello mushrooms, sweet peppers, and mozzarella cheese.

### NEW YORK STYLE WHITE PIZZA

Top your pizza dough with a brushing of olive oil. Spread the dough with ricotta cheese and sprinkle with minced garlic. Layer shredded mozzarella on top and sprinkle the top with crushed dried oregano. Drizzle with some more olive oil over the top.

### SPECIALTY CHEESE PIZZA

Top your pizza dough with a red or white sauce. Sprinkle on any combination of these cheeses: mozzarella, provolone, Swiss, fontina, cheddar, gorgonzola, asiago, Parmesan, Romano, and pecorino. Top with fresh basil or sage.

### CHEESE BURGER PIZZA

Top your pizza dough with a spread of red sauce. Layer on ground beef, crumbled smoked bacon, red onion rings, and shredded sharp cheddar cheese. When it comes out of the oven, top with shredded iceberg lettuce and chopped tomatoes.

### BARBECUE CHICKEN PIZZA

Top your pizza dough with a white sauce. Drizzle some barbecue sauce over this. Then layer on some sliced chicken, bacon bits, red onion, mozzarella, and provolone.

### CHICKEN POTATO PIZZA

Top your pizza dough with a garlic white sauce, smoked chicken slices, roasted rosemary potatoes, and mozzarella. Drizzle some balsamic vinegar over top before baking.

### GREEK PIZZA

Top your pizza dough with olive oil or a white sauce, spinach, artichoke hearts, kalamata olives, chopped tomatoes, feta cheese, fresh oregano, and fresh cracked pepper.

### PIZZA VERDURE

Top your pizza dough with a brush of olive oil. Layer on sliced Roma tomatoes, pepperoncini, olives, capers, garlic, and mozzarella. Sprinkle with Parmigiano-Reggiano cheese, rosemary, oregano, and a drizzle of balsamic vinegar.

### MEDITERRANEAN PIZZA 1

Top your pizza dough with pesto sauce and slices of fresh tomatoes. Top with feta and mozzarella cheeses, and sprinkle with chopped fresh basil and oregano.

### MEDITERRANEAN PIZZA 2

Top your pizza dough with some olive oil. Layer on some spinach, marinated artichoke hearts, sun-dried tomatoes, fresh garlic, basil, and oregano. Top with feta and mozzarella cheeses.

### MIDDLE EASTERN PIZZA

Top your pizza dough with some hummus. Layer on sliced tomatoes, sliced olives, chopped onions, pepperoncinis, feta cheese, mozzarella cheese, and some fresh basil.

### PIZZA ALLA BISMARK

On your pizza dough, top with tomato sauce or chopped canned tomatoes. Top with sliced and shredded ham, and a raw egg cracked on top. Drizzle with some olive oil and bake. When it emerges, the egg will be cooked sunny side up on the pizza.

### BARBECUE CHICKEN PIZZA ALA CALIFORNIA PIZZA KITCHEN

Top your pizza with barbecue sauce, smoked Gouda, mozzarella, chicken, red onions and chopped coriander.

### CHICKEN MEDITERRANEAN PIZZA

Top your dough with olive oil, chicken, tomatoes, black and green olives, feta, and mozzarella.

### CHICKEN AND GREEN CHILLI PIZZA

Top your crust with green chilli sauce, green chillies, black olives, red onions, tomatoes, chicken, mozzarella, and cheddar.

### PROSCIUTTO AND SAGE PIZZA

Cut 8 slices prosciutto in half lengthways, then in half again; roll up strips. Spread base with tomato pasta sauce, top with prosciutto, chopped sun-dried tomatoes and sage; sprinkle with mozzarella cheese. When baked top with extra sage.

### POTATO AND ROSEMARY PIZZA

Squeeze excess moisture from coarsely grated potato. Heat oil in pan, add potato and two cloves garlic, cook, stirring for about 5 minutes or until potato is soft and lightly browned. Stir in fresh chopped rosemary and fresh chopped parsley. Spread base with tomato pasta sauce, top with potato mixture and sprinkle with grated parmesan cheese. When baked sprinkle with extra rosemary.

### TANDOORI LAMB AND YOGHURT

Combine four lamb fillets, 2 tablespoons yoghurt, 3 teaspoons chopped coriander leaves and Tandoori paste in a bowl, cover and refrigerate for 3 hours or overnight. Grill lamb until browned and tender. Cool. Slice lamb thinly. Spread cooked pastry base with tomato pasta sauce, top with lamb and then extra yoghurt, chopped cucumber and coriander.

### SMOKED SALMON AND CAPERS

Combine 200g ricotta cheese and 3 teaspoons hot water in a bowl; stir in 2 tablespoons finely chopped chives and 3 teaspoons horseradish cream. Spread cheese mixture over baked pastry base and top with 6 slices smoked salmon and 3 teaspoons tiny capers. Sprinkle with dill

RICE

# INDIAN GHEE RICE

Heat ghee or butter in saucepan with lid. Fry half onions until golden brown, add turmeric and stir well for a minute. Add rice and fry a few minutes, stirring until it is golden in colour. Add boiling stock or broth cubes dissolved in boiling water, spices, salt and remaining onions. Stir well, cover tightly and cook on very low heat for 20-25 minutes. Turn off heat, keep covered until ready to serve. A few minutes before serving uncover the pan to allow steam to escape. Fluff up with fork. Garnish with peas. Serves 4-6.

*50g ghee or butter*

*50g onions, finely sliced*

*1 teaspoon turmeric*

*2 cups rice*

*3½ cups stock or water and broth cubes*

*8 peppercorns*

*2 cloves*

*4 bruised cardamom pods*

*2 teaspoons salt*

*1 stick cinnamon*

*1 cup cooked peas*

# SALMON RICE

Fry onions till soft. Drain salmon and add with chopped tinned tomatoes (juice and all), chopped beetroot, corn kernels, peas etc. When all warm add rice and stir. Sprinkle with parsley. Meanwhile make a white sauce and hard boil a few eggs. Put salmon mixture in casserole dish, press in the halved eggs and cover with white sauce. Sprinkle grated cheese over and bake at 200°C until cheese is golden.

*1 large tin salmon*

*2 cups cooked rice*

*1 onion sliced*

*1 tin tomatoes*

*few slices of beetroot*

*1 small tin corn kernels*

*1 small tin peas (or frozen peas)*

*parsley*

*other tins of what you feel like*

# FRIED RICE

Heat the ghee in a large saucepan and add the finely sliced onion. Fry till golden brown, remove from the pan and keep aside. To the hot fat add the washed and drained rice and the spices. Keep stirring and fry for 4 or 5 minutes till the rice appears glazed. Now add the salt and boiling water. The water should be an inch above the rice. Bring to the boil and simmer gently till the water is nearly all absorbed. Put into a very slow oven (125°C) and leave for 20 or 25 minutes till the rice is cooked. Serve garnished with fried onions. Hard boiled eggs cut in slices may also be used as a garnish.

*500g rice*

*125g ghee or butter*

*1 medium onion*

*2 teaspoons salt*

*1 small stick cinnamon*

*1 bay leaf*

*3 peppercorns*

# FRAGRANT COCONUT RICE

*1 cup long-grain rice, washed and drained well*

*2 cups coconut milk*

*1 pandanus leaf, tied in a knot*

*¼ teaspoon salt*

Place the rice in a small saucepan with the remaining ingredients. Bring to the boil, reduce the heat and simmer until all the liquid has been absorbed. Remove from the heat, separate the rice grains with a pair of chopsticks and cover. Set aside for 10 to 15 minutes, remove the pandanus leaf, then serve.

# CHINESE FRIED RICE

*6 dried mushrooms*

*125g cooked chicken*

*125g barbecued pork*

*6 tablespoons oil*

*3 eggs, beaten*

*pinch salt*

*1 cup chopped shallots*

*125g small prawns, shelled*

*6 cups cold, cooked rice*

*salt to taste*

*½ cup cooked peas*

*1 tablespoon Chinese wine or dry sherry*

*¼ cup stock*

*2 teaspoons soy sauce or more to taste*

Soak mushrooms in hot water for 20 minutes. Cut chicken, pork and mushrooms into small squares. Heat 2 tablespoons oil, add pinch salt to eggs and fry like a large omelette, without folding. Cut into small pieces and put on plate. Heat remaining oil and fry shallots, chicken, prawns, pork and mushrooms. Add rice and toss constantly to mix. Season with salt and add omelette and the peas. Mix wine, stock and soy and sprinkle over rice. Mix well and season with salt to taste. Serve hot.

# NASI GORENG

*1 kg long grain rice*

*1 bunch spring onions*

*1 level tablespoon brown sugar*

*5 medium onions, chopped*

*1 level dessertspoon coriander*

*4 cloves garlic, chopped*

*1 teaspoon cumin*

*4 large eggs*

*¼ level teaspoon laos*

*500g pork, diced*

*¾ teaspoon trasi*

*7 large red chillies, chopped*

*75g shrimps*

*2 daun salam leaves*

*peanut oil as required*

*salt to taste*

*fried peanut*

Boil the rice and leave to cool (preferably overnight). Fry the shrimps and the pork separately. Fry the onions, garlic, red chillies, coriander, cumin, laos, trasi, brown sugar, daun salam and salt in some of the used oil until onions are soft. Add the fried pork and shrimps and fry together for another three minutes. Turn the heat to low and gradually add the rice. Stir well until everything is mixed thoroughly. Lightly beat the eggs with a little water, freshly ground black pepper and some salt, and fry this mixture into a thin omelette. Cut the omelette into narrow strips. Put the finished nasi goreng in a conical-shaped mound on a large dish and garnish it with the chopped spring onions and the strips of omelette. Serve the fried peanuts separately in small dishes; one for each person. Also served with the nasi goreng is ketjap from a decanter.

# GREEN RICE

*1 cup (50g) chopped fresh coriander*

*1 fresh mild green chilli, seeded and chopped*

*1 clove garlic, crushed*

*2½ cups (600 ml) low-salt vegetable stock*

*1½ cups (280g) long grain rice*

Place coriander, chilli, garlic and ½ cup (125 ml) of the stock in a blender. Puree. Heat a large, heavy-based saucepan over medium heat. Add rice. Cook, swirling pan, for 30 seconds or until rice is lightly toasted. Stir in coriander mixture and remaining stock. Bring to the boil. Reduce heat. Cover. Simmer for 15-20 minutes or until rice is tender.

# ASPARAGUS RISOTTO WITH SCALLOPS

*1 tablespoon butter*

*1 teaspoon olive oil*

*350g risotto rice, unwashed*

*1 onion, halved and finely sliced*

*1.2 litres chicken or vegetable stock*

*150 ml white wine*

*500g asparagus*

*ground nutmeg*

*sea salt and pepper*

*1 tablespoon butter*

*2 tablespoons grated parmesan*

*1 extra tablespoon olive oil*

*8 sea scallops, trimmed*

*1 tablespoon grated lemon rind*

Heat oil and butter in a heavy saucepan and cook the onion for 10 minutes until soft but not browned. Add rice, stir to coat well. Add wine, stir well as it bubbles and reduces in volume by half. Start adding stock a ladleful at a time, stirring, over medium heat. Add more stock, allowing rice to slowly absorb it and cook in the heat of the liquid. If you run out of stock, add water. Meanwhile, snap off and discard woody ends of asparagus and finely chop all but four spears. Cook chopped and whole asparagus in simmering, salted water for 4 minutes. Drain and cool under cold running water. When rice is cooked, add drained chopped asparagus, nutmeg, salt and pepper and fold through. Beat in butter and cheese, cover and remove from heat. Heat remaining oil and sear scallops 3 minutes on one side and briefly on the other. Divide risotto between four warm plates, arrange scallops and whole asparagus on top and scatter with sea salt, pepper and grated lemon rind.

NOODLES

# SINGAPORE NOODLES

Wash transparent rice noodles. Heat oil in wok, add beaten egg and stir well. Add chopped barbecue pork and prawns. Stir. Add rice noodles. Add curry powder and last of all vegetables (bean sprouts, onions roughly sliced, red and green capsicum etc).

# ROZZIE BOWDEN’S NOODLES

Wash hokkien mee noodles in running water and drain. Marinate shredded chicken fillet in dark soy sauce, hoi sin sauce, Chinese wine, cornflour. Fry in oil and set aside. Next slice or chop and fry: onions, garlic, chillies, carrots. Set aside. Then chop and fry: snow peas, broccoli, celery, green pepper, bean sprouts, shallots (or any other veges). Set aside. Boil together 2 cups chicken stock, ½ cup light soy sauce, ¼ cup hoy sin sauce. When boiling add noodles and cook for 3 minutes. Add all the other ingredients, stir together and serve.

# JAN'S NOODLES

Fry finely sliced chicken which has been marinated in hoi sin sauce, soy sauce, Chinese wine and cornflour. Remove. Fry 4 cloves garlic, finely chopped in ½ cup oil till nearly brown. Add 1 large tablespoon black bean sauce and stir 30 seconds. Add ¼ cup stock (chicken stock cube and water). Stir 30 seconds. Add finely sliced barbecued pork, 3 Chinese sausages sliced, and stir. Add 4 finely chopped chillies. Add sliced celery, chopped spinach and chicken, 2 onions coarsely chopped and stir till combined. Add noodles which have been rinsed in hot water and drained. Stir till heated through.

# SIX-MINUTE SPICY NOODLES

Add just about any vegetables lying about in your fridge, except beetroot. You'll find flat fresh rice sheet noodles (hor fun) in the refrigerator at all good Asian food stores. They will keep for a week or two in yours. Pound or mash garlic and chillies together into a rough paste. Cut rice-flour noodles into strips 1-2 cm wide, place in a heat-proof bowl, cover with boiling water, and leave for five or 10 minutes. Drain. Clean and chop cabbage or vegetables into small pieces. Heat oil in a wok and gently fry garlic and chilli paste for a couple of minutes. Turn up heat and add pork and stir-fry for two minutes. Add cabbage or vegetables and stir-fry for three or four minutes. Add sauces and bean shoots, mix well and stir-fry for two minutes. Add drained noodles, stir through over high heat until hot, and serve on a large warmed platter topped with fresh coriander. Serves 4-6.

*2 garlic cloves, crushed*

*2 red chillies*

*1 packet fresh rice-flour noodles*

*2 tablespoons peanut oil*

*200g minced pork or chicken*

*1 Chinese cabbage or miscellaneous vegetables*

*2 tablespoons light soy sauce*

*2 tablespoons dark soy sauce*

*2 tablespoons oyster sauce*

*200g bean shoots*

*handful of fresh coriander*

# STIR-FRY NOODLES

Cut 300g of meat (beef or pork) into thin shreds and marinate with 1 tablespoon cornflour for 10 minutes. Cut 6 stems of spring onion into 1 inch lengths. Break and wash 500g broccoli. Heat oil in wok and stir-fry 2 crushed garlic cloves until brown then add marinated meat and fry for 20 seconds. Add the broccoli, chopped spring onions, 2 tablespoons soy sauce, 1 tablespoon sugar, 4 tablespoons oyster sauce, noodles and stir-fry for 1 minute. (Serves 4) **or:** Heat noodles in a microwave oven or in boiling water. Serve with your favourite soup, pasta sauces, curry, stew or laksa.

# TEN-MINUTE NOODLES

*1 tablespoon peanut oil*

*2 medium onions, peeled and sliced lengthwise*

*10 cm piece ginger, peeled and cut into three*

*300g chicken thigh meat, in 1 cm dice*

*300g broccoli stems, thinly sliced*

*4½ tablespoons fish sauce*

*about 300g egg noodles*

*fresh coriander, chopped*

*(barbecued pork, sliced - optional)*

Heat the oil in a large saucepan and fry the onion and chunks of ginger until starting to brown. Add the chicken and fry to brown. Toss in the broccoli, 2¼ litres of water and the fish sauce, and bring to the boil. Add the egg noodles and, using a fork to break them up, bring back to the boil. When noodles are cooked, taste for salt (use soy sauce if more salt is needed). Serve with fresh coriander on top and perhaps some deep-fried eschalots (available from Asian grocers.)

# CHAR KWAY TEOW

Add oil to hot pan or wok. Fry sausage, fish balls, shallots and garlic for a few minutes. Add warm rice noodles. Stir and then add soy sauces. Make space at the side of the pan and cook the prawns. Add egg and cook until nearly set at side of pan, gently fold into noodles. Add bean sprouts and garlic chives. Serve immediately. Tip: If the noodles are cold from the fridge, heat them first in the microwave. And only cook enough for one person at a time to avoid the ingredients ‘stewing’ in the pan. It is important to have all ingredients ready and chopped before you start. The pan must be very hot as the dish is cooked quickly over a high heat.

*1 tablespoon oil*

*½ Lup Cheong sausage, sliced*

*4 fish balls, sliced*

*2 shallots, sliced*

*2 cloves garlic, chopped*

*1½ handfuls of fresh rice noodles (approx 300g-400g per person)*

*1 teaspoon dark soy sauce*

*1 teaspoon light soy sauce*

*6 green prawns, peeled*

*1 egg, beaten*

*handful bean sprouts*

*1 tablespoon chopped garlic chives*

# ROAST DUCK WITH EGG NOODLES

*½ Chinese BBQ roast duck*

*400g fresh Hokkien egg noodles*

*3 green (spring) onions*

*2 tablespoons peanut oil*

*1 slice ginger*

*1 garlic clove, smashed*

*2 celery stalks, finely chopped*

*200g bean shoots, rinsed*

*1 carrot, julienned*

*handful snowpeas*

*1 tablespoon Chinese rice wine or dry sherry*

*1 tablespoon hoi sin sauce*

*2 tablespoons oyster sauce*

*2 tablespoons dark soy sauce*

Remove the meat from the duck and finely slice, discarding bones. Place noodles in a heatproof bowl and cover with boiling water. Leave for 30 seconds, drain well and set aside. Finely chop the green onions, keeping green and white parts separate. Heat wok and add oil. Heat the oil and add ginger and garlic to flavour. When golden, discard ginger and garlic. Add celery and the chopped white stems of the green onions. Stir-fry for 2 minutes. Add the duck and stir-fry for 1 minute, then add the drained noodles and toss over high heat, coating them well. Add the bean shoots, toss well and add the rice wine. Then add the hoi sin, oyster and soy sauce and toss well. Add a little salt to taste and the chopped green stems of the green onions, toss well and serve.

# CHILLI BEEF NOODLES

Combine beef, sugar, vinegar and soy sauce in a large bowl. Set aside for 5 minutes. Meanwhile, place noodles in a heatproof bowl and cover with boiling water. Set aside for 5 minutes. Drain and return to bowl. Heat oil in a large wok or frying pan over high heat. Add the beef mixture and stir-fry for 1-2 minutes or until browned. Add bean shoots and mint, and toss well. To serve divide noodles evenly among serving bowls. Top with beef mixture and drizzle with sweet chilli sauce.

*350g piece beef fillet, thinly sliced across the grain*

*1 tablespoon caster sugar*

*1 tablespoon white vinegar*

*2 teaspoons thick sweet soy sauce*

*125g vermicelli noodles*

*2 teaspoons vegetable oil*

*130g (2 cups) bean sprouts*

*¼ cup roughly chopped fresh mint leaves*

*125 ml (½ cup) sweet chilli sauce*

# SPICY PORK AND NOODLE STIR-FRY

Bring a pot of water to the boil, turn off the heat and soak the vermicelli noodles for a few minutes until soft. Rinse under cold running water until cool and then drain. Cut the coriander (use root and 5 cm of the stem, reserving ⅓ cup of the leaves). With a mortar and pestle, pound the coriander root with the garlic, chilli, peppercorns and onion until it forms a paste. Soak the tamarind in 1 cup of warm water for several minutes until softened. Squeeze and work the pulp with your hands to loosen the fibres. Soak for another 30 minutes then strain, pushing the pulp against the strainer to extract the tamarind water. Discard pulp. Heat the peanut oil in a wok over high heat and add the coriander paste. Stir-fry for a few minutes until softened, stirring continuously. Add the pork and lime leaves and stir-fry a few more minutes until the pork is cooked through. Add the palm sugar, fish sauce and tamarind water. Bring to the boil, stirring constantly, and taste – it should taste sweet, salty and sour all at once. If it needs more salt, add a little fish sauce; if it’s too rich add a little water. Add the noodles, mixing them well into the pork sauce, then toss in the cucumber, Thai basil and coriander leaves. Divide into individual bowls and serve immediately.

*100g bean thread vermicelli*

*½ bunch coriander, including roots, washed*

*2 cloves garlic, peeled*

*1 fresh red chilli, roughly chopped (seeded if desired)*

*2 teaspoons white peppercorns (if unavailable use black)*

*¼ red onion or 2 shallots, peeled and roughly chopped*

*100g tamarind pulp*

*3 tablespoons peanut oil*

*250g minced pork*

*5 kaffir lime leaves*

*2 tablespoons grated or chopped palm sugar*

*2 tablespoons fish sauce*

*1 Lebanese cucumber, washed and thinly sliced*

*⅓ cup Thai basil leaves*

PASTRY, PIES

# PASTRY

Place butter, flour and salt in a food processor and process until mixture resembles breadcrumbs. With motor running, add water and process until mixture comes together into a ball. Flatten into a disc and cover in plastic wrap. Chill for 30 minutes before rolling out to line a 23 cm tart pan, or 6 small tart cases. Prick base with a fork and blind bake with beans or pastry weights in a preheated 200ºC oven for 15 minutes. Remove weights and bake for another 5 minutes, until tart is golden. (Add these variations to pastry mix when processing: 2 tablespoons icing sugar and vanilla bean seeds; 1 tablespoon grated lemon rind; 1 tablespoon finely grated parmesan; 1 teaspoon ground cardamom and 2 tablespoons caster sugar.)

*125g chilled unsalted butter, chopped*

*190g (1¼ cups) plain flour*

*pinch of salt*

*2 tablespoons iced water*

# TART PASTRY

*1 cup plain flour*

*3 tablespoons icing sugar*

*½ teaspoon vanilla extract*

*100g unsalted butter*

*1 egg yolk*

Place flour, icing sugar, vanilla, 100g of butter and a pinch of salt in a food processor. Process until it resembles fine breadcrumbs. Add 1 egg yolk and 1 tablespoon water. Process until it forms a smooth ball. Cover in plastic wrap and refrigerate for half an hour. Preheat oven to 180°C. Bring the pastry to room temperature. Lightly grease a 22 cm fluted loose-bottom tart pan. Roll out pastry on a lightly floured surface and press into tart pan. Trim edges. Lay a sheet of non-stick baking paper over pastry and fill with pastry weights or rice. Cook in the oven for 15 minutes. Remove paper and weights and return to the oven for 10 minutes, until dry and crisp. Set aside to cool for 10 minutes. Transfer to a serving plate to cool completely.

# BLIND-BAKED TART SHELL

*2 cups plain flour, sifted*

*½ teaspoon sea salt*

*2 pinches sugar*

*2 tablespoons vegetable shortening*

*115g cold unsalted butter, cut into cubes*

*1 tablespoon baking powder*

*1 egg yolk*

*about ⅓ cup water*

*extra plain flour, for sprinkling*

Combine flour, salt, sugar, shortening and butter in a large bowl. Rub flour, shortening and butter together with your fingertips until mixture is like breadcrumbs. Add baking powder and egg yolk, with enough water to make a smooth, soft dough (it should be pliable but not sticky). Sprinkle lightly with flour, roll into a ball and put in freezer for 1 hour. Preheat oven to 190°C. Roll out dough and use to line a tart tin, pressing dough into sides with your fingertips. Line with a circle of lightly oiled foil and fill with pastry weights or dried beans. Cook in middle level of oven for 8-9 minutes until pastry is set. Remove foil and beans before filling with lemon mixture.

# PUFF PASTRY CASES

Cut pieces of ready made puff pastry into four. Sandwich one piece on top of another and repeat until you have six doubled-up pieces. Place on a non-stick baking tray (or non-stick paper on baking tray). Brush with beaten egg and cook for about 10 minutes at 190°C until puffy and golden brown. Cut open the pie crust and fill with mixture.

# FLAKY PASTRY

Sift flour and salt into a large bowl. Using the largest holes of a grater, grate frozen butter into flour. Gently mix with a knife or flat spatula, making sure all pieces of butter are coated in flour – they should be left in chunky, grated pieces, not worked into mixture. Add about 2 tablespoons of chilled water and lemon juice and mix in with knife. The pastry should come together in clumps; add extra water if necessary. When dough holds together, gently press it into a ball and flatten slightly to form a disc. Gently roll out pastry to an oblong about 1 cm thick. Mark pastry in thirds, fold one end up and the other down over it, envelope style. Press ends together to seal. Cover in plastic wrap and refrigerate for at least 30 minutes. Repeat rolling, folding and chilling one more time before using. Make sure pastry is chilled before using.

*250g plain flour   
¼ teaspoon salt   
150g butter, frozen for 30 minutes before use   
3-4 tablespoons chilled water   
1 tablespoon lemon juice*

# QUICHE LORRAINE

*1 packet frozen puff pastry*

*eggs*

*cream or milk*

*pepper and salt*

*bacon*

*onions*

*cheese*

Thaw pastry, line pie dish or small baking dish. Beat 1½ eggs per person and stir in a dessertspoon cream/milk per egg. Add pepper, salt and chopped, fried bacon. Turn into pastry. Chopped onions, shallots, cheese can be added. Bake at 200°C till brown.

# RAY AND JACK’S PASTRY SQUARES

Thaw a packet of frozen puff pastry (not pre-rolled sort) and lightly roll. Cut into squares and place in hot oven till puffed. Serve with stews.

# QUICHE AUX ASPERGES

*4 eggs*

*1 cup evaporated milk*

*½ cup milk*

*½ teaspoon salt*

*freshly ground black pepper*

*pinch freshly grated nutmeg*

*dash Tabasco sauce*

*1 cup finely grated gruyere cheese*

*25 cm partially baked flan*

*large can drained asparagus spears*

*3 rashers cooked bacon, diced*

Beat eggs with evaporated milk, milk, salt, pepper, nutmeg, Tabasco sauce until fluffy. Stir in cheese. Pour gently into partially baked flan. Arrange asparagus attractively in custard. Sprinkle with bacon. Bake in moderately hot oven 35-40 minutes or until puffed and golden and custard is set. Serves 6-8.

# AVOCADO AND CURRIED MUSHROOM QUICHE WITHOUT A CRUST

*185g mushrooms*

*45g butter*

*2 teaspoons curry powder*

*salt*

*1 avocado, weighing approximately 250g*

*3 tablespoons finely chopped spring onions*

*3 eggs*

*¾ cup thick cream*

*¼ teaspoon salt*

*white pepper*

*3 tablespoons dry white wine*

*1 tablespoon tomato sauce*

Cut the stalks level with the caps of the mushrooms and slice the mushrooms thickly. Melt the butter in a frying pan and cook the mushrooms over a high heat, stirring until just softened. They should take only a minute. Add the curry powder and fry again for a few seconds, seasoning with a pinch of salt. Butter the dish for the quiche (20-23 cm) and add the mushrooms, spreading them evenly over the base. Cut the avocado in half, twist, and it will come away from the stone. With the point of a knife, remove the stone. Peel the avocado and cut into slices. Arrange these over the mushrooms and then scatter the spring onions over the top. Beat the eggs, cream, salt and pepper with the wine and tomato sauce in a basin and pour the mixture over the top of the avocado. Place in a moderate oven (180°C) for approximately 25 minutes or until it has just lightly set in the middle. When ready, remove from the oven and leave to settle for 5 minutes before cutting into wedges. This quiche is excellent served cold but it must be eaten the day it is made.

# SNAPPER PIE

To make the soubise sauce, sweat sliced onions with olive oil and little salt. Cook until the onions take on a very light brown colour, cool, then add fish stock and reduce by half. Add cream, and reduce by half or until a thick cream consistency is reached. Remove from heat. In a separate pan, sweat the diced onion in a little olive oil. Meanwhile, blend the onion cream mixture, then add the cooked diced onion and adjust the seasoning. To assemble, roll pastry ½ cm thick and cut into four ovals which are 3 cm wider than the pie dishes. In each pie dish, spoon about two tablespoons of soubise sauce. Lay 200g of snapper on the sauce, cover with another tablespoon of sauce and a dessertspoon of truffle oil, then lay puff pastry lid and press down the sides. Glaze with egg wash. Cook pies for 25 minutes at 260ºC. Rest for a few minutes before serving. Serve with mashed potatoes and smoked tomatoes.

*800g pink snapper fillet*

*4 dessertspoons white truffle oil*

*1 kg puff pastry*

*500 ml soubise sauce*

Soubise sauce:

*1.2 kg sliced onions*

*1 tablespoon olive oil*

*400 ml fish stock*

*800 ml cream*

*300g diced onion*

# CREAMY CHICKEN PIE

*30g butter*

*2 tablespoons flour*

*1 cup milk*

*leftover cooked chicken*

*2 hard boiled eggs*

*1 tablespoon snipped chives*

*1 tablespoon chopped parsley*

*½ cup cream*

*salt and pepper*

*½ packet puff pastry*

*extra milk*

Melt butter in a heavy saucepan, add flour and mix well. Gradually blend in milk, stirring constantly until thick and smooth. Dice chicken, chop hard boiled eggs and add to sauce with chives, parsley, cream and season with salt and pepper. Pour into a pie dish. Roll out pastry, cover pie dish, brush with milk and make a small hole to allow any air to escape. Bake in a hot even (220°C) for 20-30 minutes until pastry is golden.

# SAUSAGE ROLLS

Cut pastry into two pieces and roll each into a strip 10 cm wide and 30 cm long. Divide sausage meat into two and form each portion into a neat roll 30 cm long. Place a roll of sausage meat in the centre of each strip of pastry, dampen edges with beaten egg, fold pastry over the sausage meat and seal. Mark pastry with the back of a knife and cut each roll into 3 cm lengths. Rinse a large baking tray with cold water and place the sausage rolls on it. Brush pastry with beaten egg. Bake in a very hot oven (220°C) for 10 minutes, reduce heat to moderate (175°C) and bake a further 10 minutes until golden brown. Cool on a wire cooling rack. Keep airtight and heat rolls in a moderate oven (175°C) for 5-8 minutes before serving.

*250g puff pastry (2 pre-rolled sheets)*

*250g sausage mince*

*1 small egg, beaten*

# VAL’S UPSIDE DOWN MEAT PIE

*500g minced steak*

*1 tablespoon oil*

*1 small onion*

*½ green pepper*

*1 stick celery*

*1 cup tomato puree*

*1 tablespoon Worcestershire sauce*

*1 beef stock cube*

*salt and freshly ground pepper*

*pinch sugar*

*Dough:*

*2 cups self raising flour*

*1 teaspoon salt*

*60g butter*

*¾ cup milk*

Brown meat in heated oil. Add chopped onion, green pepper and celery. Cook until onion is golden brown. Stir in tomato puree, Worcestershire sauce, crumbled stock cube and season with salt and freshly ground pepper and sugar. Leave to simmer gently for 20 minutes while making dough. Sift flour and salt into a large bowl. Rub butter into flour with fingertips until mixture resembles fine breadcrumbs. Add milk gradually to make a firm dough. Spread meat mixture in a buttered lamington tin. Roll out dough to fit tin. Place over hot meat mixture and bake in a hot oven 220°C for about 20 minutes. Scone topping should be golden brown. Turn out on to a large serving plate with the meat on top. Cut into large squares to serve. Serve with vegetables or salad. Serves 4-6.

# STEAK AND KIDNEY

Cut onion in quarters then eighths and sauté in pan with oil until softened. Dice the steak, discard any fat, then stir in with the onion over a good heat. Sprinkle over plain flour, then mix in. Add the beer, stock, bay leaves, thyme and crushed juniper berries. Allow to reduce by a third over medium heat. Add the mushrooms and the pieces of kidney and allow mixture to simmer until meat is tender (around an hour and a half). Once cooked, season to taste and allow to stand over very low heat. Cut pieces of ready made puff pastry into four. Sandwich one piece on top of another and repeat until you have six doubled-up pieces. Place on a non-stick baking tray (or non-stick paper on baking tray). Brush with beaten egg and cook for about 10 minutes at 190°C until puffy and golden brown. Cut open the pie crust and fill with mixture.

*1 large onion*

*750g braising steak*

*1 heaped tablespoon plain flour*

*1 cup (300 ml) beer*

*sprig of thyme (or ½ teaspoon dried thyme)*

*2 bay leaves*

*3-4 juniper berries, crushed*

*3 or 4 dried mushrooms, quartered (or fresh ones)*

*150g lamb kidneys (optional), cleaned and diced*

*3 pieces rolled, rich puff pastry (bought ready made)*

*500 ml chicken stock*

*2 tablespoons peanut oil*

*salt and pepper to taste*

*1 egg, gently beaten, for glaze*

# STEAK AND KIDNEY PIE

*250g ox kidney, cut into 1 cm cubes*

*1 kg chuck steak, cut into 22 cm pieces*

*2 onions, chopped*

*2 tablespoons light soy sauce*

*2 cups water*

*1 beef cube*

*½ cup plain flour*

*⅔ cup water*

*1 egg lightly beaten*

*1 sheet rolled puff pastry*

Combine kidney, chuck steak, onions, soy sauce, water and beef cube in crock pot and cook till tender (ages and ages). Blend flour with cooled gravy and add and cook till thickened. Cool. Grease pie dish, add meat. Wipe edge of dish with egg and lay pastry over. Make beautiful patterns on pie top by sticking pastry bits on with egg and then brush whole of top with egg. Cut slit in top. Bake in hot oven 10 minutes and then moderate oven for a further 25 minutes.

# PIZZA DOUGH

Sift the flour and salt into a mound on a work surface and make a well in the centre. Mash the yeast in the water with a fork until very smooth and pour into the well. Incorporate the flour with your fingers to make a soft dough. Knead well, pulling and stretching until it becomes smooth and elastic. Shape into a ball, cut a cross in the top, place in a bowl and cover. Leave to rise in a warm place for about 3 hours until almost doubled in size. Flatten the dough with the palm of your hand and roll out on a lightly floured surface to a circle about 5 mm thick. Brush a baking sheet with oil or line it with baking parchment. Put the dough on it and press out until it covers the area. Make sure the rim is thicker than the centre.

*250g plain flour, preferably Italian type 00, plus extra for dusting*

*¾ teaspoon salt*

*15g fresh yeast*

*120 ml lukewarm water*

*olive oil, for brushing*

# GREEK CHEESE AND SPINACH PIE

*2 x 300g packets frozen spinach, thawed and squeezed very dry or half a bunch fresh spinach washed and stalks removed, then chopped very finely*

*3 tablespoons olive oil*

*2 onions, finely chopped*

*2 shallots, finely chopped*

*1 tablespoon finely chopped parsley*

*2 teaspoons dried dill weed*

*salt and pepper*

*90g unsalted butter*

*125g filo pastry*

*125g feta cheese*

*½ cup thick sour cream*

*1 egg, beaten*

*good grinding of nutmeg*

Heat oil and cook onions and shallots until soft and transparent, stirring occasionally. Add spinach and if fresh cook, covered, for 5 minutes. If frozen, stir and cook a bit. Add parsley, dill, ½ teaspoon salt and a good grinding of pepper and cook, covered for 10 minutes, stirring occasionally. If any liquid remains, remove lid and cook gently until spinach begins to stick to the pan. Cool. *(If using frozen, all this becomes a bit irrelevant!!!).* Melt butter (microwave is excellent for this) and use a little to grease a 17.5 cm sandwich tin or pie plate. Arrange one sheet of the pastry in tin and fold back the overlap to form a double layer. Brush with melted butter and repeat with about three more sheets of pastry. Crumble the cheese and add to the cooled spinach mixture along with the sour cream, egg and nutmeg. Spoon into the pastry lined case. *(I often make the spinach mixture well in advance!!!).* Top with 3 to 4 more sheets of pastry (or 9!!!), brushing each one as before with melted butter. Brush the top sheet of pastry with butter also. Trim off edges of pastry with a sharp knife and bake the pie in a slow oven (150°C) for about 45 minutes or until the pastry is crisp and golden. Serve warm, cut into wedges.

# BASTILLA – MOROCCAN FESTIVE PIE FILLED WITH CHICKEN AND SPICES

Brown the chicken pieces in a heavy-based pan with a little oil. Remove the chicken, then sweat the onions in the same pan until translucent. Increase the heat and add all the spices. Fry them, stirring for 1 minute. Return the chicken to the pan and cover with the stock. Bring to the boil and skim off any impurities. Add the herbs, reduce the heat to a simmer, and cover the pot with a lid. Simmer for about 1 hour or until the meat is tender and falling from the bone. Remove the chicken from the braising liquid and allow to cool, while leaving the liquid to reduce slowly over a gentle heat. When the chicken is cool enough to handle, shred the meat, discarding the bones, season with salt and pepper, then chill in the refrigerator. Reduce the chicken braising liquid until it is quite thick, stirring often to ensure that it doesn’t catch on the bottom of the pot. Remove from the heat and slowly whisk in the beaten eggs. Return to a low heat and carefully stir the mixture until it thickens, but doesn’t become scrambled. (The trick is never to stop stirring.) Transfer to a bowl and check the seasoning. Refrigerate until it sets and forms a paste. To assemble:Preheat the oven to 180°C. Grease a 24- to 26 cm pie dish with the clarified butter. Line half the base with one sheet of filo, then line the other half, ensuring that the sheets overlap each other and hang well over the edges of the pie dish. Brush the sheets with butter and repeat the process. Repeat again, but this time sprinkle a little of the nut mix between the pastry sheets. Keep building the layers of pastry and nut mixture until the pastry is six sheets deep across the entire pie shell. Combine the chicken meat and the egg mixture and season well with salt and pepper. Fill the pastry-lined pie dish with the mixture. Lay a sheet of filo on a bench and brush with butter, sprinkle with the nut mix, and then lay another sheet of filo over the top. Repeat this process twice, so that you have a six-deep stack of filo sheets. Sprinkle any remaining nut mix onto the chicken, then lay the filo stack across the top of the pie. Trim the edges with a pair of kitchen scissors, leaving about a 3 cm overhand. Brush the edges with a little beaten egg and then gently pleat up the layers to seal the pie completely. Brush with more melted butter. Bake the pie until the top is golden and the filling is piping hot (about 30 minutes). Dredge with cinnamon sugar and serve. Bastilla nut mix: Heat the butter in a frypan, add the almonds and roast over a low flame until golden brown. Cool on a tray and refrigerate until cold. Place the nuts in a food processor and pulse until they are finely crushed. Transfer to a bowl, then gently mix in the icing sugar and cinnamon. Cinnamon sugar: Mix together and keep in a sugar shaker.

*6 large chicken Maryland pieces*

*2 brown onions, peeled and finely diced*

*2 teaspoons cinnamon*

*1 teaspoon cumin seeds, roasted and crushed*

*½ teaspoon turmeric*

*¼ teaspoon saffron threads, lightly roasted and crushed*

*1 teaspoon ground ginger*

*2 litres chicken stock*

*2 tablespoons chopped coriander*

*1 tablespoon chopped continental parsley*

*salt and freshly ground black pepper*

*7 eggs (55g size), lightly beaten*

*clarified butter melted*

*1 packet filo pastry*

*bastilla nut mix*

*cinnamon sugar for dusting*

*Bastilla nut mix:*

*50g clarified butter*

*200g flaked almonds*

*½ cup pure icing sugar, sifted*

*2 teaspoons cinnamon*

*Cinnamon sugar:*

*2 tablespoons pure icing sugar, sifted*

*½ teaspoon cinnamon*

# CHICKEN, SAFFRON AND NUTMEG PIE

Place chicken, stock and water in a saucepan and bring to the boil. Reduce heat and simmer for 25 minutes or until chicken is cooked through. Skim as necessary. Remove from heat and allow chicken to cool in the stock. Remove meat from bones, discarding skin, and tear into chunks. Reserve 600 ml of stock. Melt 75g butter in a saucepan and cook seasoned onions until soft, about 10 minutes, and reserve. Melt remaining butter in another saucepan and add flour. Cook until butter is foaming, stirring regularly. Whisking continuously, add reserved stock one third at a time. Bring to the boil between each addition. Stir in nutmeg and saffron. Remove sauce from the heat. Cut a 26-centimetre diameter circle from each filo sheet. Brush eight sheets with olive oil and line a 22-centimetre pie dish to the filo comes up the sides. Spoon in onions and then chicken. Pour sauce over chicken to just cover. Oil remaining filo and place on top, tucking in edges. Brush with oil, score and sprinkle with nutmeg. Bake for 40 minutes or until golden. Allow to sit for 10 minutes before serving with lemon wedges.

*4 chicken marylands*

*1 litre chicken stock*

*500 ml water*

*125g butter*

*2 large brown onions, finely sliced*

*salt*

*pepper*

*60g flour*

*½ teaspoon nutmeg*

*1 teaspoon saffron threads*

*16 sheets filo pastry*

*olive oil*

*2 lemons, cut into wedges*

# CABBAGE, EGG AND DILL PIE

Slice the cabbage finely. Heat the butter in a large sauté pan and add the cabbage. Cover and cook over low heat, stirring occasionally, until the cabbage is wilted. Remove from the heat and drain any excess liquid from the cabbage. Preheat oven to 200°C. In a large bowl combine the cabbage, egg, potatoes, sour cream and dill and season to taste. Place in an oval ovenproof dish (26 x 18 x 5 cm). Join the pastry sheets together by lightly moistening the edge of one piece and overlapping it with the other by about 5 mm. Press lightly along the join and drape the sheet over the dish. Trim the pastry and brush with the egg yolk. Prick the pastry several times with a sharp knife and bake for 25 minutes or until the pastry is deep golden brown and the filling is hot and bubbling.

*2 large Savoy cabbage, tough outer leaves removed*

*50g unsalted butter*

*5 hard-boiled eggs, peeled and chopped*

*400g potatoes, peeled, cooked and diced*

*300 ml sour cream*

*4 tablespoons finely chopped dill*

*salt and pepper to taste*

*2 sheets pre-rolled butter puff pastry*

*1 egg yolk, beaten lightly*

DESSERTS

# CUSTARD

Place 1 cup milk in double boiler and warm. Beat together 1 egg and 1 tablespoon sugar till thick. Add egg to milk and stir. Add vanilla when cooking is finished.

# PANCAKE BATTER

Combine all ingredients.

*125g plain flour*

*15g or more melted butter*

*pinch salt*

*1 egg*

*1 yolk*

*250 ml milk*

# BASIC WAFFLE BATTER

Sift flour, baking powder, salt and sugar into a large bowl. Beat egg yolks with milk and melted butter. Make a well in centre of flour mixture, pour in liquid and with just a few swift strokes combine liquid with flour. The batter will still have small lumps. Beat egg whites until stiff peaks form and fold quickly into batter until barely blended. Cook waffles and serve hot.

*1¾ cups flour*

*2 teaspoons baking powder*

*½ teaspoon salt*

*1 tablespoon sugar*

*3 eggs, separated*

*1½ cups milk*

*90g butter, melted.*

# LEMON WATER ICE

Peel lemon rind very thinly (leaving no white pulp), put in a saucepan with water and sugar, boil 10 minutes, when cold strain, add stiffly beaten whites and lemon juice. Freeze till firm and dry (stirring every hour or so).

*500 ml water*

*200g loaf sugar*

*rind of two lemons*

*juice of 4 lemons*

*white of two eggs*

# TOASTED NUT CASSATA

Line base of 20 cm springform pan with aluminium foil. Combine glace fruit and brandy, mix well. Let stand 10 minutes. Whip cream and sugar until thick, fold in fruit and brandy. Spread cream mixture over base of springform pan, freeze. Put chopped chocolate and butter in top of double saucepan, stir over gently simmering water until melted; cool. Combine half the softened ice-cream and vanilla. Add approximately half a cup of this ice-cream to melted chocolate mixture, mix well. Add chocolate mixture to ice-cream, mix well. The melted chocolate gives the ice-cream a "chocolate chip" texture. Stir in sifted cocoa, mix well. Spread chocolate ice-cream over cream layer; freeze. Spread remaining half-softened ice-cream over chocolate layer. Place almonds in moderate oven 5 minutes or until light golden brown; crush coconut biscuits lightly. Sprinkle combined biscuit crumbs and almonds over top of cassata. Press crumbs and almonds lightly into ice-cream; freeze until firm. Decorate the top with extra whipped cream. (I use more chocolate and more cocoa!)

*½ cup chopped mixed glace fruit*

*2 tablespoons brandy*

*300 ml carton cream*

*2 teaspoons castor sugar*

*125g dark chocolate*

*15g butter*

*2 litre carton vanilla ice-cream*

*1 teaspoon vanilla*

*2 teaspoons cocoa*

*60g slivered almonds*

*60g coconut biscuits*

*300 ml carton cream, extra*

# ORANGE AND CARDAMOM ICE-CREAM

*175g castor sugar*

*½ cup water*

*4 eggs*

*½ cup concentrated orange juice*

*seeds from 5 cardamom pods, crushed*

*300 ml cream*

Bring sugar and water to a boil, stirring until sugar has dissolved. Lightly beat eggs in an electric mixer. Pour on boiling syrup, beating until volume has doubled. Beat in orange juice and cardamom seeds. When well blended, stir in cream. Churn in an ice-cream machine according to the manufacturer’s instructions. Freeze until needed.

# BUTTERSCOTCH SAUCE

Heat the sugar and maple syrup over low heat in a small, heavy-based saucepan, stirring until the sugar dissolves. Remove from the heat and stir in the butter, then the hot water. Allow to cool a little before serving with ice-cream. The sauce can be made in advance. When ready to serve, reheat over a pan of hot water until just warm.

*50g dark brown sugar*

*100 ml maple syrup*

*50g lightly salted butter*

*1 tablespoon boiling water*

# CARAMEL SAUCE

Place all ingredients in saucepan, place over low heat, stir until sugar is dissolved. Simmer until thickened (approximately 5 minutes), stirring occasionally.

*30g butter*

*¾ cup evaporated milk*

*½ cup white sugar*

*1½ cups brown sugar*

# CHOCOLATE AND ORANGE MOUSSE

Melt the chocolate with the water and sugar in a small saucepan over a gentle heat stirring until it is creamy. Let it cool a little and then stir in the butter cut into small pieces and the Cointreau or orange rind. When thoroughly combined stir in the egg yolks which have been lightly beaten. Cool then fold in the stiffly beaten egg whites. Fill small mousse pots. Chill for at least 3 hours before serving. Serve plain or decorated with whipped cream, shaved chocolate or orange rind.

*185g dark chocolate*

*¼ cup water*

*1 tablespoon caster sugar*

*15g butter*

*2 tablespoons Cointreau or 1 tablespoon grated orange rind*

*3 egg yolks*

*3 egg whites, stiffly beaten*

# ROZZIE BOWDEN’S NEGRESS IN CHEMISE

Melt chocolate in double saucepan and add butter and milk and stir till smooth. Take off stove and whip in 4 egg yolks and then put back and stir for one minute. When mixture is just warm fold in 4 stiffly beaten whites and then the whipped cream and gelatine. Line basin with sponge cake about 1.5 cm thick. Fill with the chocolate mixture and keep in the fridge for at least 12 hours before tipping out. Cover with rum flavoured cream (think I used plain) and sprinkle with grated chocolate.

*225g plain dark chocolate*

*600 ml whipped cream*

*1 dessertspoon butter*

*1 tablespoon milk*

*4 eggs, separated*

*1 dessertspoon gelatine dissolved in tablespoon of water to stop it collapsing when you tip it out*

*1 sponge cake*

# CHOCOLATE MOUSSE CAKE

*250g butter*

*½ cup sugar*

*10 eggs*

*250g chocolate (very good quality)*

*2 tablespoons plain flour*

Melt chocolate and butter in double boiler. Beat yolks and sugar over heat until white. Fold in flour and beaten egg whites (beaten to soft peaks). Cook at 180°C for 11 minutes.

# CHARLOTTE LOUISE

Line charlotte mould (7 cup capacity) with plastic wrap. Combine water and sugar in pan, stir over heat, without boiling, until sugar is dissolved. Boil, uncovered, 5 minutes, stir in liqueur; cool. Dip each biscuit into syrup, line side of prepared mould with biscuits. Pour filling into mould, cover, refrigerate 3 hours or overnight. Filling: Sprinkle gelatine over water in cup, stand in small pan of simmering water, stir until dissolved. Combine gelatine mixture, chocolate, butter and rind in bowl. Beat cream in small bowl with electric mixer until soft peaks form; fold into chocolate mixture in 2 batches. Serves 6. (Recipe best made a day ahead; store covered in refrigerator; microwave chocolate, butter and gelatine).

*1 cup water*

*¼ cup castor sugar*

*¼ cup Grand Marnier*

*12 sponge finger biscuits*

*Filling:*

*1 teaspoon gelatine*

*2 tablespoons water*

*250g dark chocolate, melted*

*50g butter, melted*

*2 teaspoons grated orange rind*

*2 x 300 ml cartons thickened cream*

# WHITE CHOCOLATE MOUSSE

Place the white chocolate and water in a heatproof bowl and melt together in the microwave on the lowest setting at 30 second intervals until the chocolate is smooth. (Alternatively, melt the chocolate in the top of a double saucepan over hot water.) Allow the chocolate mixture to cool until a dab of the mixture on your upper lip feels cool. Whip the cream until peaks form, then gently fold the cream and Grand Marnier into the chocolate. Cover, and refrigerate immediately for at least 4 hours before serving.

*250g white chocolate*

*2 tablespoons water*

*1½ cups cream*

*4 tablespoons Grand Marnier*

# CHOCOLATE SAUCE

*250g dark chocolate*

*50g unsalted butter*

*2 teaspoons orange liqueur*

*100 ml cream*

Melt the chocolate in bowl over hot water. Stir in butter and allow to melt. Stir in orange liqueur and cream and continue to stir until it has become a smooth, rich sauce.

# HOT CHOCOLATE SAUCE

Bring the milk, cream and sugar to the boil in a saucepan. Pour over the melted chocolate, stir well, then return the mixture to the pan. Return to the boil for 10-15 seconds then remove from the heat and whisk in the butter.

*300 ml milk*

*4 tablespoons thick cream*

*60g sugar*

*400g chocolate, melted*

*60g butter*

# CREAMY CHOCOLATE SAUCE

Heat milk and chopped chocolate over boiling water. When melted, beat until perfectly smooth. Combine sugar, flour and salt, blend with a little cold milk and stir into chocolate mixture. Cook for 5 minutes, stirring, until thickened. Remove from heat, add butter and vanilla and serve either hot or cold.

*¾ cup milk*

*125g chocolate*

*¼ cup sugar*

*2 teaspoons plain flour*

*pinch salt*

*25g unsalted butter*

*¼ teaspoon vanilla essence*

# SOUFFLÉ AU CHOCOLAT

In a bowl, mix together the flour, 1 egg and add 200 ml milk gradually, beating with a wire whisk until smooth. Put 250 ml milk in a saucepan with caster sugar. Bring to boil and gradually add to the first mixture, while stirring. Return to saucepan and bring back to simmering point. Cook gently for 5 minutes, stirring all the time and taking care to reach all over base of pan. When mixture thickens and begins to come away from sides of the saucepan, remove from heat, add chocolate and stir until melted. Transfer to a large bowl. Slowly add the 6 egg yolks, beat well, then mix in the melted butter. In a clean, dry bowl beat egg whites until stiff, gradually add the extra 50g caster sugar and beat again until thick and glossy. Very lightly fold the egg whites into the chocolate mixture. Brush soufflé moulds with melted butter and dust with caster sugar. Fill just over half full with the soufflé mixture and bake in a preheated hot oven 200°C for 30 minutes or until well risen. Sift icing sugar over the top and serve immediately. Pass a jug of pouring cream separately. This quantity will make 8 large individual soufflés (250 ml size) or 12 small soufflés (180 ml size).

*70g plain flour*

*1 egg*

*200 ml milk*

*250 ml milk*

*10g caster sugar*

*4 tablespoons melted butter*

*6 eggs, separated*

*125g dark cooking chocolate, chopped*

*extra 50g caster sugar*

*extra melted butter and caster sugar for preparing moulds*

*icing sugar for finishing*

# CHOCOLATE FONDUE

Pour cream into a double boiler and add chocolate broken into pieces. Melt over boiling water. Mix well and add liquor and cinnamon. Keep warm over a candle flame or in a fondue pot. Using long skewers or forks, dip into the chocolate small pieces of fruit such as apples, pears, banana, strawberries, marshmallows or cubes of cake, croissant or brioche.

*¾ cup whipping cream*

*375g good quality cooking chocolate*

*brandy or kirsch to taste*

*¼-½ teaspoon cinnamon*

# GULA MELAKA

Wash sago and put to soak in a saucepan with 2 cups water and the cinnamon stick. Chop the palm sugar into pieces and dissolve over very low heat with half cup water. Strain through a fine sieve. Put sago on to cook and simmer, stirring until clear and thick. Add the gula melaka syrup, 1 cup coconut milk and a pinch of salt and continue to cook, stirring constantly, until mixture is very thick. Pour into a wet mould and chill until firm. This will set even without refrigeration, but is nicer chilled. Turn out and serve with extra thick coconut milk with a pinch of salt added, and a small jug of palm sugar syrup for pouring.

*1 cup sago*

*2 cups water*

*1 small stick cinnamon*

*155g palm sugar*

*1 cup thick coconut milk*

*pinch salt*

*extra 1 cup thick coconut milk*

*extra 1 cup gula melaka syrup*

# CREME CARAMEL

Caramel: Put water and sugar in small saucepan over low heat until sugar dissolves. Bring to boil and cook quickly until golden brown. Pour into 15 cm mould or 6 individual moulds. Hold with a cloth and quickly rotate mould till caramel coats sides and base; if using individual moulds, pour a little caramel into the base of each. Custard: Scald cream and milk with vanilla pod. Cool slightly. Beat whole eggs, egg yolks and sugar until well blended, then pour in the cooled milk gradually, stirring constantly. Strain through a fine sieve. Pour custard mixture into caramel lined mould or individual moulds and set in a pan of hot water. Bake in a moderate to moderately slow oven (125°C) for about 45 minutes, or until custard is set and a knife inserted near the centre comes out clean. If cooking in individual moulds bake only for 25 minutes. Cook, then chill in refrigerator for several hours or overnight. Unmould on to serving dish or plates. Serve with pouring cream. Serves 6.

*Caramel:*

*½ cup water*

*1 cup sugar*

*Custard:*

*1 cup cream*

*1 cup milk*

*2.5 cm piece vanilla pod*

*3 eggs*

*2 egg yolks*

*½ cup sugar*

# FRESH FRUIT WITH LIQUEUR CREAM AND PRALINE

*250g strawberries*

*3 medium tamarillos, quartered*

*3 medium figs, quartered*

*10 fresh dates, seeded*

*2 medium carambola, sliced (star fruit)*

*2 medium pears, cored and sliced*

*3 medium kiwi fruit, quartered*

*Liqueur Cream:*

*2 cups mascarpone cheese*

*¼ cup liqueur (Cointreau)*

*2 tablespoons of icing sugar*

*.*

*Praline:*

*½ cup nuts, toasted (macadamias)*

*2⅔ cups castor sugar*

*½ cup water*

Liqueur cream: Beat all ingredients until smooth. Praline: Place nuts on greased oven tray. Combine sugar and water in a small heavy-based pan. Stir over heat without boiling until sugar dissolves. Boil rapidly, uncovered without stirring until lightly browned. Pour toffee mixture over nuts. Leave to set. When cold, blend or process until praline is finely chopped.

# NECTARINES WITH HONEY AND SWEET WINE

Blanch the nectarines in boiling water for a couple of minutes. Lift them out with a slotted spoon, allow to cool a little, then carefully peel off the skin. Place the nectarines, wine and honey in a clean saucepan and bring to the boil. Turn the heat down and simmer for 5 minutes, turning the fruit occasionally. Remove from the heat and leave to cool in the liquid. Serve with a few spoonfuls of poaching liquid and top with a dollop of mascarpone and a drizzle of honey.

*6 nectarines*

*1 cup dessert wine (e.g. Sauternes or botrytis riesling)*

*2 tablespoons honey*

*mascarpone and honey for serving*

# POACHED NECTARINES WITH SPONGE FINGERS

Cut a small cross in the base of each nectarine and place in a large saucepan with the water, vanilla bean, sugar and lemon juice. Bring to the boil, stirring occasionally to make sure the sugar dissolves. Simmer for 1 minute, then turn off the heat. Leave the nectarines to cool in the syrup. Once cool, peel the nectarines. Dip the sponge fingers into the poaching syrup for about 10 seconds and arrange three on each plate. Place a nectarine on top and drizzle with more syrup.

*4 ripe nectarines*

*3 cups water*

*1 vanilla bean, split*

*1 cup caster sugar*

*juice 2 lemons*

*12 sponge finger biscuits*

# ROZZIE BOWDEN’S CARAMEL ORANGES

Allow one orange per person and peel them removing every scrap of white pith. Peel one orange with potato peeler and keep this to cut into match sticks. Heat castor sugar and water, stirring until it melts. Bring to boil, put in orange strips and lemon juice and simmer steadily until thick and deep golden colour (don’t let burn). Slice the oranges crosswise (forming rings not squares) and reform into whole oranges with a couple of toothpicks. Pour over the syrup and leave overnight. Add brandy, kirsch or Grand Marnier. Serve with cream.

*8-10 large navel oranges*

*450g castor sugar*

*300 ml water*

*4 teaspoons lemon juice*

*liqueur*

# WHISKY ORANGES WITH ATHOLL BROSE CREAM

Combine sugar and water in saucepan, stir over heat until sugar dissolves. Bring to boil, reduce heat, simmer 2 minutes. Remove from heat, add whisky, cool. Remove rind from oranges, remove all white pith. Cut oranges into segments, cutting between membranes; do this over bowl, to catch all the juice. Put into bowl, pour cooled syrup over, cover, refrigerate. To serve, spoon oranges and syrup into six individual serving dishes, top with Atholl Brose Cream. Atholl Brose Cream: Whip cream softly. Put honey and whisky into bowl, stir until well combined. Gradually add whisky mixture to cream, beat until thick. Refrigerate until serving time. NB: Oranges can be peeled and put into whisky syrup several days in advance to absorb the flavour of the syrup.

*¾ cup sugar*

*½ cup water*

*¼ cup scotch whisky*

*8 oranges*

*Atholl Brose Cream:*

*1½ cups cream*

*3 tablespoons honey*

*3 tablespoons scotch whisky*

# PASSIONFRUIT FLUMMERY

*1 tbsp gelatine*

*½ cup cold water*

*2 tablespoons flour*

*1 cup sugar*

*½ cup orange juice*

*1 cup hot water*

*1 tablespoon lemon juice*

*½ cup passionfruit pulp*

*cream or ice cream to serve*

Soak gelatine in cold water. Mix flour and sugar in a saucepan, blend to a smooth paste with a little orange juice, then stir in remaining orange juice and hot water. Stir over medium heat until mixture boils. Remove from heat, add soaked gelatine and stir until dissolved. Turn into a mixing bowl and chill until mixture is starting to thicken. Beat until very thick and at least doubled in volume. Add lemon juice and passionfruit, and chill until set. Serves 6.

# RASPBERRY COULIS

Puree raspberries in blender with sugar and put through a sieve to remove seeds.

# PUFF PASTRY WITH STRAWBERRIES AND CREAM

*2 sheets commercial puff pastry*

*1 punnet strawberries, hulled and halved*

*4 tablespoons icing sugar*

*2 tablespoons orange liqueur (e.g. Grand Marnier)*

*1½ cups thickened cream, lightly whipped*

Pre-heat oven to 220°C. Cut pastry into 8 diamond shapes and place on a lightly oiled baking sheet. Place in oven and bake for 5-6 minutes until puffed and golden. Remove from oven and set aside. In a large bowl combine strawberries with half the icing sugar and liqueur. Toss gently. Place a pastry diamond on each of 4 serving plates and top with strawberries. Spoon cream over and top with another diamond. Sift remaining icing sugar over each plate and serve immediately.

# SPICY APPLE STREUSEL

Set oven at moderate 170°C and butter an ovenproof dish. Peel, quarter, core and finely slice the apples into a large bowl. Sprinkle the sugar over, sift the flour and spice straight onto the apples, add almonds and peel and toss all together with the hands. Arrange apples evenly in the prepared dish. Beat egg with rotary beater, add marsala and water, and pour over the apples. Bake for 30 minutes, then sprinkle with the streusel topping and bake a further 15-20 minutes, or until apple slices are tender and topping crisp and golden. Topping: Sift flour and spice into a bowl, stir in the sugar and cut in butter until mixture resembles breadcrumbs.

*4 large cooking apples*

*½ cup sugar*

*½ cup flour*

*½ teaspoon ground cardamom*

*¼ cup slivered or chopped almonds*

*2 tablespoons chopped mixed peel*

*1 large egg*

*½ cup marsala*

*¼ cup water*

*Streusel topping:*

*½ cup flour*

*½ teaspoon ground cardamom*

*3 tablespoons firmly packed brown sugar*

*2 tablespoons butter*

# BAKED APPLES

*6 large Granny Smith or other cooking apples, cored*

*½ cup sugar*

*1 cup water*

*1 teaspoon cinnamon or nutmeg*

Make a slit around the centre of each apple to prevent splitting. Arrange close together in a shallow baking dish. Boil sugar and water together for 2-3 minutes and stir in spice. Pour over apples and bake in a preheated moderate oven (180°C) for 50 minutes to 1 hour, basting often with syrup. Serve warm with custard, cream or ice cream. NB: Cavities of apples may be filled with chopped dates or raisins if wished.

# RAY’S TARTE TATIN

To make pastry process butter and flour, then add other ingredients and continue till it comes together as dough. Make into a round disk and put in fridge for 30 minutes. Smear softened butter over base of 24 cm frying pan with ovenproof handle. Add water and sugar. Peel, quarter and arrange apples peeled side down. Roll out pastry to loosely fit frying pan, pricking all over. Lay pastry on top of apples. Place pan on medium/high heat for 10 minutes, gently shaking, until butter and sugar are caramelised. Bake for 25 to 30 minutes in hot oven (180°C-200°C) or until pastry is golden. Leave tart in pan to firm for 2-3 minutes before inverting onto a plate.

Pastry:

*100g cold butter, cubed*

*1¼ cups plain flour*

*finely grated zest of 1 lemon*

*2 tablespoons sugar*

*2 tablespoons ice cold water*

Topping:

*50g softened butter*

*1 tablespoon water*

*¾ cup sugar*

*3 apples, peeled, cored and sliced*

# BANANA FONDUE

Heat and melt sugar in flaming pan until it is light brown (caramelised). Add butter, fruit juice, Curacao or Grand Marnier. Cook sauce gently over small flame. Cut bananas in half lengthwise and cook 3-4 minutes on moderate flame (turning once only). Pour cognac over bananas. To serve place ice cream on plate and pour sauce over.

*50g sugar*

*35g butter*

*juice of one orange*

*jigger Curacao or Grand Marnier*

*4-8 bananas*

*1 jigger cognac for flaming*

*4 scoops vanilla ice cream*

# POACHED PEACHES

*3 cups water*

*2 cups caster sugar*

*6-8 peaches*

Put the water and sugar into a large saucepan and bring to a simmer, stirring until the sugar has dissolved. Drop the peaches into the syrup and cook gently for about 20 minutes, turning the peaches to ensure even cooking. Remove the peaches from the heat, allow to cool, then transfer the peaches to a bowl and refrigerate until serving time. Before serving, peel the peaches and serve with White Chocolate Mousse.

# BAKED PEACHES

Halve and stone the peaches. Whisk the honey and verjuice in a bowl, then add the vanilla bean and cinnamon stick. Place peaches in an ovenproof dish and pour liquid over them. Bake in a moderate oven for 20 minutes. Serve with a blob of double cream or crème fraiche.

*6 white peaches*

*3 tablespoons honey*

*100 ml verjuice*

*1 cinnamon stick*

*1 vanilla bean, split and seeds scraped*

*double cream or crème fraiche*

# PEARS

### BAKED PEARS

Pears can be baked in the same way as apples. Slice the bottom and scoop out the core. Stand pears in a well-fitting buttered dish that has been generously sprinkled with sugar (brown or white), lemon juice and a vanilla bean or cinnamon stick. cover tightly and bake in a moderate oven for 30 minutes until the juices are running. Then choose between a cup of rich red wine, or a mixture of 1 cup of sugar and 1 cup of water cooked to a deep caramel and 1½ cups red wine vinegar, and pour over the pears. Return to the oven and bake uncovered for a further 30 minutes until skins are wrinkly and the pears test tender when pierced with a fine skewer. Serve with all the juices and some clotted cream. Peeled and halved pears can be added to the baking dish with any rich-flavoured meat, especially pork or duck. They absorb fatty juices and develop gorgeous bronzy tints and will stand up to at least an hour's cooking in a moderately hot oven.

### POACHED PEARS

Poached pears are often dismissed as boring. Not so if you consider some of these possibilities.

Poach peeled pears in a light sugar syrup (2 parts liquid to 1 part sugar) flavoured with cloves and cinnamon, or sliced ginger, lemon myrtle leaves or even a handful of frozen raspberries. Simmer covered until pears are tender. The syrup can be just water and sugar, or half white wine or red wine and water, or half orange juice and water. Pears will take from 30 minutes to 2 hours to cook, depending on variety and ripeness. Cool in the syrup.

Serve poached pears in their syrup with hot chocolate sauce, or with fresh passionfruit, or with vanilla ice-cream

Slice cold poached pears and arrange on a pizza base with pieces of raw ham and nuggets of blue cheese. Bake until bubbling

Dice poached pears and toss with buttered spinach for a delicious side dish with a sautéed chicken breast

Slice poached pears into a gratin dish and top with a rich egg-yolk sabayon made by whisking together 4 egg yolks, 4 tablespoons caster sugar and 1 cup fortified wine such as a richly golden tokay. Whisk all ingredients in a basin over hot water until the sauce is thick and foamy. Spoon over the sliced pears and flash under a hot grill to lightly brown the top..

# POACHED PEARS

*300 ml white wine*

*grated zest and juice of 1 lemon*

*2.5 litres water*

*250g caster sugar*

*1 vanilla bean, split, with the seeds scraped out*

*6 large, slightly under-ripe pears, peeled*

Put all the ingredients except the pears into a large saucepan over medium heat and stir until the sugar is dissolved. Add the pears and simmer for 15-25 minutes or until tender. Serve with chocolate sauce.

# PEARS IN RED WINE

*6 small pears*

*½ cup sugar*

*½ cup red wine*

*½ cup water*

*strip lemon rind*

*1 cinnamon stick*

Peel pears, leaving stalks. Dissolve sugar in wine and water in a saucepan, then add lemon rind and cinnamon and bring to the boil. Boil 1 minute. Arrange pears upright in an ovenproof dish and pour syrup over. Cover and cook in a preheated moderate oven (180°C) until tender, about 1 hour. If pears are very hard, they may take as long as 2 hours. Arrange pears in serving dish and pour over wine syrup. Serve cold, accompanied by whipped cream if desired.

# STUFFED PEARS

Cut pears in half, remove stems and scoop out seeds and cores with a small spoon. Enlarge hole a little to hold stuffing. Stand pears in a buttered oven dish. Divide crushed biscuits between the eight pear halves and fill centres. Put 1 teaspoon butter and 1 teaspoon caster sugar on top of each half. Cook in preheated 200°C oven for 15 minutes. Pour 1 teaspoon brandy over stuffing of each pear and add a little more soft butter. Return dish to oven and cook a further 15 minutes. The pears should be served at room temperature and should be eaten not more than 2 hours after cooking. Serve with whipped cream.

*4 large firm pears*

*24 Italian Amoretti biscuits, crushed*

*8 teaspoons butter*

*8 teaspoons caster sugar*

*8 teaspoons brandy*

*extra butter*

# POIRES BELLE HELENE

*6 small pears*

*½ cup sugar*

*1 cup water*

*1 vanilla bean*

*Chocolate sauce:*

*½ cup drinking chocolate powder*

*1 cup evaporated milk*

*1 tablespoon golden syrup*

*½ teaspoon vanilla*

*2 teaspoons butter*

Combine drinking chocolate with evaporated milk and golden syrup in a saucepan. Bring to the boil, stirring constantly, then simmer for 5 minutes. Remove from heat and add vanilla and butter.

# GLAZED PEARS WITH BUTTERSCOTCH SAUCE AND TOASTED PECANS

For the sauce, combine brown sugar, cream and butter in a small saucepan and stir over medium heat until sugar dissolves and butter melts. Reduce heat an simmer uncovered for three minutes. Cool. Heat oil in a large frying pan and fry pears over medium heat, turning occasionally for about three to five minutes or until browned (time will depend on ripeness). To serve, divide pears evenly between serving plates and add a scoop of vanilla ice-cream, drizzle with butterscotch sauce and scatter with pecans.

1 cup brown sugar

1 cup pouring cream

150g butter, chopped

2 teaspoons olive oil

4 small buerre bosc pears, cut into wedges and cored

vanilla ice cream, to serve

70g toasted pecans, halved

# STRAWBERRY AND RHUBARB CRUMBLE

*500g rhubarb, washed and chopped*

*500g strawberries, wiped and hulled*

*3-4 tablespoons honey*

*1 teaspoon vanilla essence*

*200g plain flour*

*120g caster sugar*

*good pinch of salt*

*120g chilled butter, diced*

Toss the fruit with the honey and vanilla (heat the honey if it is too thick). Press the mixture into the bottom of a large casserole dish. Mix the flour, sugar and salt, then rub in the butter with fingertips until it is crumbly. Chill. Sprinkle the crumble evenly over the fruit, and bake towards the top of a 200°C oven for 30-40 minutes or until it is browned on top. Serve with vanilla ice-cream.

# RAY'S CARAMEL TARTS

Melt butter, sugar, flour and salt. Beat yolks and milk, add. Stir well and cook in double saucepan until thick. Add teaspoon vanilla when cool.

*frozen tart cases*

*Filling:*

*1 cup brown sugar*

*2 tablespoons butter*

*2 egg yolks*

*1 tablespoon flour*

*1 cup milk*

*pinch salt*

# CREAM PUFFS

*Choux Pastry:*

*1 cup plain flour*

*1 cup water*

*125g butter*

*1 teaspoon sugar*

*½ teaspoon salt*

*4 eggs*

*Cream Puffs:*

*1 quantity Choux Pastry*

*icing sugar*

*200 ml cream, whipped and sweetened*

*Creamy Chocolate Sauce:*

*¾ cup milk*

*125g chocolate*

*¼ cup sugar*

*2 teaspoons plain flour*

*pinch salt*

*25g unsalted butter*

*¼ teaspoon vanilla essence*

Pastry: Sift flour on to square of greaseproof paper. Put water, butter, sugar and salt into a medium sized saucepan. Bring to a rapid boil and, using the greaseproof paper as a funnel, pour the flour all at once into boiling mixture. Cook, stirring vigorously with a wooden spoon over gentle heat, until mixture is thoroughly combined and comes away from sides of pan. This process dries the paste and cooks the flour. Remove from heat, transfer to bowl and cool to lukewarm. Beat in eggs one at a time in electric mixer or, if using a wire whisk, beat each egg lightly first. If the paste is very stiff beat an extra egg and add gradually until a pliable consistency is obtained. Beat the paste until well combined, shiny and smooth. Use as required. Puffs: To form puffs, use a pastry bag and plain tube, 1 cm in diameter. Hold bag directly over a lightly greased tray and press small high mounds, leaving space between for spreading. Alternatively, use a spoon to make well-shaped mounds of pastry on the tray. Bake in a hot oven (200°C) for 20 minutes then reduce to moderately hot (175°C) and bake until golden brown and crisp, about 10 minutes longer. If necessary, slit puffs with tip of a sharp knife and let stand in a warm oven for 10 minutes until centres are dry. If larger puffs are desired, it may be necessary to slit them and scoop out uncooked centre with a spoon. Fill with sweetened, whipped cream and dust tops with icing sugar. Serve immediately. Sauce: Heat milk and chopped chocolate over boiling water. When melted, beat until perfectly smooth. Combine sugar, flour and salt, blend with a little cold milk and stir into chocolate mixture. Cook for 5 minutes, stirring, until thickened. Remove from heat, add butter and vanilla and serve either hot or cold.

# RUM PIE

Make a flan case with short pastry, bake blind. Make a custard. Custard: Separate the whites and yolks of the eggs. Beat the yolks with sugar and a pinch of salt till they form a ribbon. Stir in the cornflour, heat the milk and add it gradually to this mixture. Return to pan (preferably a double boiler) and cook till thick. Strain in the gelatine previously dissolved in a little water. Allow to cool, fold in stiffly beaten whites of egg and add rum. Set in a cold place while you prepare the top of the pie. Pie top: Melt the chocolate in the water over gently heat, mix cream, stiffly whipped, with sugar and rum and add cooled chocolate. Cover the pie with this and chill all well.

*Custard:*

*250 ml milk flavoured with a pinch of nutmeg*

*60g sugar*

*2 eggs*

*1½ teaspoons gelatine*

*1 teaspoon cornflour or arrowroot*

*2 tablespoons rum*

*Pie Top:*

*a few spoonfuls of cream*

*a little sugar for sweetening*

*a bar of chocolate*

*2 tablespoons water*

*few drops of rum*

# SAVARIN AU RHUM

Sift flour and salt into a large warmed mixing bowl. Cream yeast, sugar and milk in a small bowl. Make a well in centre of flour and add dissolved yeast mixture. Sprinkle a little of the flour from sides over the top, cover with a cloth and leave in a warm place for 15 minutes. Beat eggs, add to the yeast mixture with softened butter. Mix to a smooth elastic dough, beating vigorously with hand. Cover with a cloth and allow to double in bulk in warm place, approximately 30 minutes. Place mixture into two well-greased 23 cm savarin moulds or ring tins and allow to stand in a warm place until mixture rises to top of moulds. Bake in a hot oven (200°C) for approximately 20 minutes. While still hot, spoon over syrup. Allow to stand for about 30 minutes until syrup has been absorbed. Turn on to serving plate and brush with Apricot Glaze. Before serving, fill centre with whipped cream. Decorate with glace fruits and blanched almonds. Makes 2 savarin, each serving 8 to 10. Syrup: Combine water, sugar and vanilla bean. Stir over heat until sugar dissolves. Bring to the boil and boil for 10 minutes. Add rum. Apricot Glaze: Heat jam with water, stirring until boiling. Add kirsch, then press through a sieve. Note: Savarin may be cooked several weeks before and frozen. (Do not pour the syrup over before freezing). Wrap the cooled savarin completely in foil, then freeze. To thaw remove from freezer the night before. At serving time, heat in a moderately hot oven (175°C) for 15 minutes. Pour hot syrup over and glaze.

*4 cups plain flour*

*½ teaspoon salt*

*25g compressed yeast*

*1½ tablespoons sugar*

*250 ml warm milk*

*4 eggs*

*250g softened butter*

*Syrup:*

*500 ml water*

*2 cups sugar*

*2.5 cm vanilla bean*

*6 tablespoons rum*

*Apricot Glaze:*

*1½ cups apricot jam*

*2 tablespoons water*

*2 tablespoons kirsch or rum*

# APRICOT STICKY TOFFEE PUDDING

Grease 20 cm x 30 cm lamington pan, line with paper. Combine apricots and water in pan, simmer, uncovered, stirring occasionally, over low heat until thick and smooth. Transfer mixture to medium bowl, beat in remaining ingredients using wooden spoon. Pour mixture into prepared pan. Bake in moderate oven about 25 minutes or until cooked through. Serve with caramel sauce. Caramel Sauce: Combine all ingredients in pan, stir over heat, without boiling, until sugar is dissolved. Bring to boil, simmer, uncovered, without stirring, 5 minutes.

*1¼ cups dried apricots, quartered (or dates)*

*2 cups water*

*1 teaspoon bicarbonate of soda*

*60g butter*

*2 eggs*

*¾ cup brown sugar, firmly packed*

*½ cup caster sugar*

*1½ cups self raising flour*

*1 teaspoon vanilla essence*

*Caramel Sauce:*

*1 cup brown sugar, firmly packed*

*½ cup cream*

*125g butter*

# CREPES SUZETTE

*2-3 lumps of sugar*

*1 large orange*

*50g butter*

*25g caster sugar*

*1 tablespoon orange juice*

*1 tablespoon orange Curacao*

*2-3 tablespoons rum*

Take the zest of the orange by rubbing the lumps of sugar over the rind until these are well soaked with the orange oil. Crush the sugar and add to the butter. Work well together, adding caster sugar, orange juice and Curacao. Brush a shallow tin with butter, lay pancakes on it, overlapping them, and brush again with melted butter. When required, put the tin into a hot oven for a few minutes and when the pancakes are thoroughly hot take them off the tin and spread each with orange butte. Roll up, lay in a hot dish. Pour over warmed rum or brandy and ignite.

# BREAD AND BUTTER PUDDING

*½ cup sultanas (or more)*

*2 tablespoons Amaretto or Cointreau*

*1¼ cups milk*

*¼ cup caster sugar*

*1 vanilla pod or teaspoon vanilla essence*

*3 eggs*

*⅔ cup cream*

*butter*

*8 thin slices white bread*

*4 tablespoons apricot jam*

*toasted flaked almonds*

*icing sugar*

Place the sultanas in a small bowl with the liqueur, cover and leave to soak, preferably overnight. Heat the milk, add the sugar and vanilla pod, cover and allow to cool. Remove the vanilla pod. If using essence, add to the milk. Beat the eggs with the cream and stir in the milk, set aside. Butter the bread generously and spread with half the jam. Make into sandwiches, trim off the crusts and cut each sandwich diagonally into quarters. Arrange the sandwiches in a well-buttered 4-cup ovenproof dish and sprinkle with soaked sultanas over the sandwiches. Pour the egg mixture over the bread and allow to soak for at least 30 minutes. Place the dish in a baking pan with enough hot water to come half way up the side of the dish. Bake in a preheated oven 160°C for 50 minutes or until the top is crisp and golden. Heat the remaining apricot jam, adding a little hot water if necessary. Remove pudding from the oven, brush top with jam and sprinkle with toasted almonds. Serve the pudding warm, dusted with a little icing sugar. Serves 6.

# LEMON DELICIOUS

*45g butter, softened and diced*

*¼ cup caster sugar*

*grated zest of 1 lemon*

*3 eggs, separated*

*¼ cup plain flour, sifted*

*1 cup milk*

*¼ cup lemon juice*

*1 tablespoon Cointreau*

*icing sugar*

*candied lemon rind (optional)*

Preheat oven to 160°C and butter 6 small ramekins. Cream together the butter and sugar until pale. Beat in the lemon zest and egg yolks, then fold in the flour, milk, lemon juice and Cointreau. In a separate bowl, beat the eggwhites until firm peaks form. Gently fold the eggwhites into the batter, then spoon the mixture into the ramekins. Place the ramekins in a baking dish and pour in hot water to come halfway up the sides of the ramekins. Bake for 35 minutes. Dust with icing sugar and serve immediately, topped with candied lemon rind, if desired.

# PINEAPPLE UPSIDE-DOWN CAKE

Combine the butter and the brown sugar for decoration and spread it over the base of 1 large or 2 small drip trays. Place the pineapple and cherries in a decorative manner on top. Make the cake by combining all the cake ingredients in a food processor and mix them until they are creamy. Pour this mixture over the pineapple decoration and spread it evenly. Place the cake on the barbecue and cook, with the lid on, for 25-30 minutes, or until golden brown. Turn it out upside down and serve hot or cold with cream or ice cream.

*125g butter*

*1 cup brown sugar*

*400g can pineapple rings or pieces*

*glace cherries*

*2 cups self raising flour*

*1 cup castor sugar*

*125g butter*

*2 eggs*

*½ cup milk*

*1 teaspoon vanilla*

# PAVLOVA

If you have a gas oven, preheat it to very hot (230°C) before starting to mix pavlova. If you have an electric oven, preheat it to slow (150°C). Beat egg whites with salt at high speed until soft peaks form. Add sugar, 1 tablespoon at a time, beating well after each addition. Stop beating when all sugar has been incorporated and fold in vinegar and vanilla. Pile mixture into a greased 20 cm china flan dish and lightly smooth top; *or* pile mixture into a greased 20 cm springform tin and lightly smooth top; *or* cover a baking tray with greased foil (or baking paper), mark a 20 cm circle on it and pile mixture on to the circle; mould up sides with a spatula and make a slight depression on top. If using a gas oven, turn heat to lowest temperature, put pavlova in and bake 1½ hours or until crisp on top and a pale straw colour. If using an electric oven, put pavlova in and bake 45 minutes, then turn oven off and leave with door shut for 1 hour. When pavlova is cooked, remove from oven and cool completely. Remove sides of springform tin, if using. Fill pavlova generously with whipped cream, then with your choice of topping.

*6 egg whites, at room temperature*

*pinch salt*

*2 cups caster sugar*

*1½ teaspoons vinegar*

*1½ teaspoons vanilla*

*whipped cream for filling*

*fruit or other topping of your choice*

# PAVLOVA WITH FRESH BERRIES

Preheat oven to 100ºC. Line a large baking tray with baking paper and draw a 24 cm circle on baking paper. In a large stainless steel or glass bowl, whisk egg whites until soft peaks form. Add one third of the sugar, whisking until sugar is incorporated and mixture becomes thick and glossy. Add another one third of the sugar and continue whisking, then add remaining sugar and cornflour until mixture is thick and glossy and holds its shape. Spoon mixture into drawn circle on baking paper and build up pavlova’s sides until they are quite high, leaving a small dent in the centre. Bake for 2 hours. Turn off oven and leave pavlova to cool overnight with oven door slightly open. Place pavlova on a large platter or cake stand. Whip cream in a bowl until soft peaks form and add icing sugar. Spread pavlova with cream and decorate with strawberries and blueberries. Sprinkle with icing sugar just before serving.

*8 egg whites*

*500g caster sugar*

*1 tablespoon cornflour*

*500 ml (2 cups) thickened cream*

*2 tablespoons icing sugar mixture*

*2 punnets strawberries*

*2 punnets blueberries*

*icing sugar, to serve*

# LEMON MERINGUE PIES

Preheat oven to 220°C. Cut a dozen 10 cm circles from pastry and line a 12-hole non-stick muffin tin. Prick the bases and chill for 30 minutes. Bake for 10 minutes until lightly golden, then cool. Whisk yolks, condensed milk and juice in a bowl and set aside to thicken. In another bowl, beat whites to form soft peaks. Gradually add sugar, still beating, until you have a thick and glossy meringue. Spoon the lemon filling into the pastry cases and top each with meringue, creating little peaks by drawing the spoon up. Bake for 6 minutes or until lightly browned. Cool before serving. Makes 12.

*400g ready-made shortcrust pastry*

*2 large eggs, separated*

*400g condensed milk*

*80 ml lemon juice*

*100g caster sugar*

# CRÈME BRULÉE

Preheat oven to 120°C. Place the cream in a saucepan over a medium heat and add the vanilla bean and seeds. Bring to scalding point, then remove from the heat. Set aside to infuse for 5 minutes. Place egg yolks and sugar in a large bowl and beat until pale. Remove the vanilla pod from saucepan and discard. Pour the hot cream over the yolk mixture and whisk to combine. The whisking process will create foam on the surface. Allow to stand for a few minutes to allow the mixture to settle, then skim foam off with a large spoon. Strain mixture into a large jug. Place 4 ramekins in a deep roasting pan and create a water bath by pouring boiling water into the pan so that it reaches halfway up the sides of the ramekins. Pour cream mixture into ramekins. Ideally it should be almost level with the top of the ramekins although this can be tricky so fill to ¾ then transfer the pan to the oven and top up the mixture when there. Do this with the oven tray extended or spoon remaining mixture into ramekins. Bake in the oven for 50 minutes or until cooked (the crème brulée should have a slight wobble when ready). Carefully remove ramekins from the oven and from the water bath and set aside to cool. When completely cool, cover with plastic wrap and place in the fridge to chill for at least 3 hours, or overnight. When ready to serve, preheat grill to high. Sprinkle 2 teaspoons caster sugar on top of each crème brulée and spread sugar evenly with a knife. Place the crème brulées under the grill until the sugar melts and caramelises. Alternatively this is the time to use your blowtorch.

*600 ml cream*

*1 vanilla bean, split and seeds scraped out, or 1 teaspoon vanilla bean paste*

*6 egg yolks*

*¼ cup caster sugar, plus extra for the tops*

# APPLE AND HAZELNUT STRUDEL

Cut apples into half-centimetre cubes and place in a bowl with sugar, cinnamon, lemon juice, rum and chopped hazelnuts. Mix well. Place pastry on sheet of baking paper. Sprinkle breadcrumbs over and spoon apple mixture evenly, in a flat layer, on middle of pastry sheet. Using sheet of baking paper, roll pastry into a log. Seal log by brushing a little egg yolk on final edge. Carefully lift log onto baking tray and rest in fridge for 20 minutes. Before baking, brush top of pastry with remaining egg yolk. Place in pre-heated 180ºC oven for 35-40 minutes. Allow log to cool a little before cutting.

*300g peeled and cored apples*

*150g caster sugar*

*Small teaspoon ground cinnamon*

*Juice of a lemon*

*1 tablespoon rum*

*60g hazelnuts, roasted, skinned and chopped*

*puff pastry sheets*

*4 tablespoons fine breadcrumbs*

*1 egg yolk*

# JOCE’S RHUBARB CRUMBLE

Put prepared rhubarb into a heavy-based, enamelled cast-iron saucepan with a generous strewing of sugar and a couple of spoonfuls of water, then cover tightly with a lid. Stand the saucepan over medium heat; in 5 minutes lift the lid and stir. The rhubarb will be almost ready. In a few more minutes it will have cooked to a soft puree. Combine puree with an equal quantity of butter-stewed apple chunks and spoon into a buttered dish until two-thirds full and strew with Crumble Topping. Bake at 200°C for 25 minutes until the crumble is golden brown and bubbling at the edges. For a change, replace 2 tablespoons flour in the crumble topping with ground hazelnuts and use cinnamon instead of ginger. *Crumble Topping:* Mix sugar, baking powder and ground ginger. Crumble butter into flour with your fingers to form pea-sized pieces, then toss flour mixture with sugar mixture (do not use food processor).

*1 bunch rhubarb, cut into 3 cm lengths*

*sugar*

*apples*

*butter*

*Crumble Topping:*

*100g brown sugar*

*1 teaspoon baking powder*

*1½ teaspoons ground ginger*

*60g unsalted butter*

*150g plain flour*

# PEAR AND ALMOND TART

Pastry: Pulse the flour and butter together in a food processor until the mixture resembles fine breadcrumbs. Add the salt and a little water (1-2 tablespoons) and pulse again until the crumbs start to join together and become a little sticky. Tip the pastry out on to a clean board and lightly knead to draw it together. Cover with plastic wrap and refrigerate for at least 30 minutes. Roll the pastry out and line a 25 cm loose-bottomed tart ring. Gently press the pastry into the corners and cut away any excess that rolls over the edges. Refrigerate for 10-15 minutes. Alternatively bake blind at 200ºC for 15 minutes. Filling: Preheat the oven to 180ºC and place a baking tray in the oven to heat up. (This will help cook the pastry on the bottom when it is put into the oven.) Place the almonds and sugar in the food processor and blend well. Add the butter in small lumps and process until pale and smooth. Add the eggs one at a time then add the flour and cinnamon, and process briefly just until the mixture comes together. Spread the filling over the base then arrange the pear quarters on top. Place the tart on the heated baking tray in the oven and bake for 15 minutes. Lower the heat to 160ºC and continue baking for 35-40 minutes until the pastry is golden and crisp, and the filling is pale golden brown. Remove from the oven, dust the top with icing sugar and serve with whipped cream.

Pastry:

180g butter, chilled and cut into tiny pieces

240g flour

pinch of salt

Filling:

250g ground almonds

150g caster sugar

200g butter (at room temperature)

3 eggs

100g flour

pinch of ground cinnamon

4 medium pears, peeled, quartered and tossed in the juice of 1 lemon

icing sugar for dusting

# RASPBERRY FILO TARTS

filo pastry

clarified butter

icing sugar

raspberries

sugar

water

Iie cream

Lay a sheet of filo out, paint it with clarified butter and dust heavily with icing sugar. Repeat with two more sheets on top and then place another sheet on top of the lot. Refrigerate for 30 minutes, but into rounds, place rounds on baking paper on oven tray, top with baking paper and another baking tray and bake in 175ºC for 8 minutes. Dot raspberries on tart base and put a dollop of ice-cream on top. Make a sauce by blending some raspberries with some sugar syrup and pour over.

# CHOCOLATE AFTER-DINNER MINT

*Chocolate mousse:* Soften the gelatine in 1 cup cold water. Melt the chocolate in a heatproof bowl set over a saucepan of hot water, stirring constantly. Whisk the eggs and sugar in a mixing bowl with an electric whisk on medium-high speed until the eggs resemble medium peaks. Place the softened gelatine in a small saucepan and melt over a low heat, then slowly add the gelatine to the eggs and sugar mixture, whisking constantly. Make sure that there are no lumps. Using a balloon whisk, slowly incorporate the melted chocolate then gently fold in the semi-whipped cream. *Mint mousse:* Bring the milk and sugar to the boil in a medium saucepan. Once boiling, add the mint leaves and whisk by hand for 20 seconds. Remove from the heat and cover with plastic wrap. Set aside for 15 minutes. Once the mint has infused with the milk and is still hot, add the softened gelatine and strain through a fine sieve into a bowl. Leave the milk to cool then add the semi-whipped cream (before the gelatine has set). *Chocolate topping:* Place the grated chocolate in a heatproof bowl. Heat the double cream in a medium saucepan to a near simmer. Slowly pour the hot cream over the chocolate and stir. Once the chocolate has melted, leave to cool until it is slightly warmer than room temperature. *To assemble:* Place 1½ tablespoons of the chocolate mousse in the base of each serving glass and leave to set in the refrigerator for about 10-15 minutes. Remove from the refrigerator and place 1½ tablespoons of the mint mousse on top of the chocolate mousse layer and return to the refrigerator to set for at least 30 minutes. Pour a little chocolate ganache to cover the mint mousse layer, return to the refrigerator and leave to set for 10 minutes. Decorate with mint leaves and serve after dinner.

*Chocolate Mousse:*

*1 sheet gelatine*

*150g plain dark chocolate*

*2 small eggs*

*1 cup cream, semi-whipped*

*Mint Mousse:*

*1 cup milk*

*generous*

*1 bunch mint*

*2 sheets gelatine*

*1 cup cream, semi-whipped*

*Chocolate topping:*

*150g plain dark chocolate, grated*

*¼ cup cream*

# RASPBERRY BOMBE FAUCHON

Beat 2 egg whites stiff. Beat in ½ cup sugar, 1 tablespoon at a time very thoroughly and add a teaspoon of vanilla. Place this mixture about 2 cm thick on oiled foil on oiled trays and bake for 1½ hours or more in a 110°C oven until the meringue is crisp. Remove from the foil and cool. Beat 300 mls cream mix or whipping cream stiff and add 2 tablespoons of icing sugar mixture and 2 tablespoons of kirsch. Fold in carefully the meringue broken into large pieces. Place in a suitably attractive dish and freeze in the deep freeze until serving time. Serve with the Raspberry Fauchon sauce. To make the Raspberry Fauchon Sauce, add 500g fresh or thawed frozen raspberries to 2 tablespoons of icing sugar mixture. Vitamise smooth and strain or puree through a mouli and then add 2 to 3 tablespoons of brandy. Refrigerate and serve with the bombe. (This quantity serves about 2 or 3 so triple for 8.)

CAKES, BISCUITS

# SCONES

Set oven at very hot (225°C). Sift flour and salt into a bowl. Rub in butter. Make a well in centre and mix in milk, adding more milk if necessary to make a soft dough. Knead lightly and roll out on a lightly floured surface to 2 cm thickness. Cut into rounds with a floured 3 cm cutter. Place on a lightly greased oven slide. Glaze tops only with milk. Bake in a very hot oven (225°C) for 10-15 minutes. Serve warm with butter or jam and cream. Makes 12 scones.

*3 cups self raising flour*

*1 teaspoon salt*

*50g butter*

*1 cup milk, soured with ½ teaspoon lemon juice*

# PIKELET BATTER

*2 cups self raising flour*

*2 eggs*

*1 cup milk*

*2 tablespoons butter*

*1 tablespoon sugar*

*pinch salt*

Sift flour, salt, sugar into basin. Beat eggs separately. Add milk to eggs and beat. Stir liquids into dry ingredients, melt butter and stir into mixture. (Halves easily.)

# SHORTBREAD

Combine the butter and sugar until the mixture is like coarse breadcrumbs. Add the flour and salt and continue to mix for 5 minutes, until a smooth dough forms. It will look a little dry before it all comes together. Shape the dough into a cylinder, about 3 cm in diameter, and roll tightly in foil to form a bonbon. The dough can be frozen at this stage or refrigerated until firm. Cut the roll into 1 cm slices, place on a greased baking tray and cook in a preheated 150°C oven for 35 to 45 minutes or until the shortbread is cooked and turns a pale biscuit colour. Remove from the oven and allow to cool, then store in airtight containers until ready to serve. Note: For a variation, add a cup ground hazelnuts and 2 tablespoons finely grated orange zest when adding the flour.

*250g cold butter*

*½ cup sugar*

*2 cups flour*

*pinch of salt*

# ANNE MOFFAT’S SULTANA BISCUITS

Cream butter and sugar. Beat in syrup and baking soda. Add flour, sultanas and coconut. Roll into balls (don’t flatten). Bake at 150°C for 15-20 minutes.

*170g self raising flour*

*100g butter*

*90g sugar*

*60g sultanas*

*½ tablespoon syrup*

*½ teaspoon baking soda*

*2 tablespoons coconut*

# CUP CAKES

Beat cream, eggs and sugar together for 2 minutes. Add flour. Bake in 200°C oven for 25 minutes. Check after 15 minutes.

*1 cup cream*

*1½ cups sugar*

*4 eggs*

*2 cups self raising flour*

# SUSAN'S SLICE

Cream cheese, butter and sugar. Warm lemon and gelatine till dissolved. Combine. Lay biscuits over alfoil and spread filling over. Cover with a second layer of biscuits. Wrap foil over and freeze.

*250g Philadelphia cream cheese*

*50g butter*

*½ cup sugar*

*juice of 1 lemon*

*2 teaspoons gelatine*

*1 packet Peak Freans Lattice Caramel Waffle biscuits*

# HONEY JOYS

Heat butter, sugar and honey until mixture is frothy. Add Corn Flakes and mix well. Spoon into paper patty cases and bake in a slow oven (125°C-150°C) for 10 minutes. Makes 24.

*90g butter*

*⅓ cup sugar*

*1 tablespoon honey*

*4 cups Corn Flakes*

# ANZAC BISCUITS

Melt butter and syrup over low heat. Add boiling water mixed with soda. Pour into mixed dry ingredients and mix well. Drop teaspoonfuls of mixture on to greased baking trays, leaving room for spreading. Bake in a preheated slow oven (150°C) for 20 minutes. Cool on trays for a few minutes, then remove to wire racks. Store in airtight containers.

*125g butter*

*1 tablespoon golden syrup*

*2 tablespoons boiling water*

*1½ teaspoons bicarbonate of soda*

*1 cup rolled oats*

*¾ cup desiccated coconut*

*1 cup flour*

*1 cup sugar*

# CHOCOLATE CRACKLES

*4 cups rice bubbles*

*1 packet copha*

*250g icing sugar*

*1 cup coconut*

*4 tablespoons cocoa*

Melt copha and stir all together. Spoon into patty pans and refrigerate.

# CHOCOLATE FUDGE

*3 cups melts, 2 cups milk and 1 dark*

*¼ cup butter*

*1 tin condensed milk*

*⅓ cup chopped nuts*

Combine all ingredients and cook in microwave oven on medium for 4 minutes, stirring thoroughly at 2 minutes. Pour into flat lamington tin and refrigerate to set.

# CHOCOLATE BROWNIES

*250g butter*

*1 teaspoon vanilla extract*

*1½ cups sugar*

*½ cup brown sugar*

*4 eggs*

*1⅓ cups plain flour*

*¾ cup cocoa powder*

*½ teaspoon baking powder*

Preheat oven to 170°C. Place butter, vanilla sugar and brown sugar into the bowl of an electric mixer and beat until light and fluffy. Add eggs one at a time and beat well. Sift the flour, cocoa powder and baking powder over the butter mixture and fold through. Pour the mixture into a 23 cm square cake tin, its base lined with non-stick baking paper, and bake for 40-50 minutes or until set. Cool in the tin. Cut into squares and serve with a dollop of chocolate icing or thick cream.

# MERINGUES

Set oven temperature at very slow (95ºC). Brush baking trays lightly with salad oil and dredge with flour. Beat egg whites on a very low speed of electric mixer until frothy. Add cream of tartar and beat on highest speed until peaks hold their shape. Gradually beat in 2 tablespoons of the measured sugar and continue beating for 2-3 minutes. Add all remaining sugar at once, fold in quickly and lightly with a metal spoon. Pipe on to prepared trays or shape with two spoons. Bake for 1½ hours. Ease meringues with spatula and leave in oven further half hour or until dry. When cool store in an airtight container. Serve sandwiched with cream. Makes 4 dozen.

*3 egg whites*

*scant ⅛ teaspoon cream of tartar*

*1 cup castor sugar*

*whipped cream*

# FRIANDS

Heat the oven to 200°C. Melt the butter and allow it to cool. Use 1 tablespoon of the butter to coat 10 moulds. Sift the icing sugar and flour into a bowl, and mix in the almond meal. Lightly beat the egg whites in a separate bowl until frothy, then fold them into the dry ingredients. Add the butter and stir until combined. Add the grated lemon rind and mix well to distribute it. Fill each mould to three-quarters full with the batter, and place on a baking tray in the middle of the oven. Bake for 10 minutes, then turn the tray around, and bake for another 8-10 minutes, until the tops are golden and spring back to the touch. Remove from the oven and leave the friands in the moulds for another 5 minutes, before gently unmoulding onto a wire tray. Allow to cool. Dust with icing sugar to serve. Friands can be stored in an airtight container for up to 3 days, and taste better a day after baking. Makes 10.

*180g butter*

*200g icing sugar*

*60g plain flour, sifted*

*120g almond meal*

*5 egg whites (65g eggs)*

*1 teaspoon grated lemon rind (or orange, or lime)*

*icing sugar for dusting*

# KOKOSBOLLER

Boil sugar and 200 ml water till 120°C (about 6 minutes) and cool slightly. Slake gelatine in boiling water and let stand for 10 minutes. Combine sugar mixture, gelatine and vanilla and beat briskly for 15 minutes. Form mixture into balls and stand on greased baking paper for at least one hour. Melt the chocolate and copha. Drop balls, one at a time, into the mixture, then roll in coconut.

*200 ml water*

*500g caster sugar*

*3 teaspoons gelatine*

*100 ml boiling water*

*½ teaspoon vanilla*

*150g cooking chocolate*

*50g copha*

*desiccated coconut*

# BAKLAVA

Unwrap filo pastry and place one sheet of filo in a buttered 33 x 23 x 5 cm baking dish, brush all over with melted butter and place another sheet on top. Continue adding sheets of filo, buttering in between, until 9 sheets are used. Mix nuts with sugar and spices and sprinkle half over filo. Add 2 more sheets of filo, brushing each with butter. Top with remaining nuts and then 9 more sheets of buttered filo. Trim edges and brush top layer with butter. With a sharp knife, cut through top few sheets of filo to make a diamond pattern. Sprinkle a little water over surface to keep pastry flat while baking, and bake in centre of a preheated moderately slow oven (160°C) for 30 minutes. Move baklava to a shelf placed above centre and bake for a further 30 minutes. If pastry is browning too much, cover with foil, but do not reduce cooking time. Syrup: Place all the ingredients in a saucepan and stir over high heat until sugar dissolves. Bring to the boil and boil over moderate heat for 10 minutes. Strain and cool before using. Spoon syrup over hot baklava as soon as it comes from the oven. Allow to cool, and cut into diamonds to serve.

*20 sheets of filo pastry*

*185g unsalted butter, melted*

*1½ cups finely chopped walnuts*

*¾ cup finely chopped almonds*

*¼ cup caster sugar*

*2 teaspoons cinnamon*

*⅛ teaspoon ground cloves*

*Syrup:*

*2 cups sugar*

*2 cups water*

*2 whole cloves*

*1 x 8 cm cinnamon stick*

*1 tablespoon lemon juice*

*thin strip lemon rind*

*2 tablespoons honey*

# ROZZIE BOWDEN’S CHOCOLATE CAKE

Oven temperature: 175°C. Grease and paper a cake tin. Combine dry ingredients. Make three holes, put butter in one, vinegar in another and vanilla in the last. Pour water over and mix well. Pour mixture into greased tin and cook.

*1½ cups sifted self raising flour*

*3 tablespoons cocoa*

*1 teaspoon baking powder*

*1 cup sugar*

*½ teaspoon salt*

*75g melted butter*

*1 tablespoon vinegar*

*1 teaspoon vanilla*

*1 cup cold water*

# RICH CHOCOLATE CAKE

(Note: This is the best)

*150g good quality dark chocolate, chopped coarsely*

*2 tablespoons Cointreau or Grand Marnier*

*100g unsalted butter, chopped coarsely*

*4 free range eggs, separated*

*½ cup caster sugar*

*100g ground almonds*

*½ teaspoon ground cinnamon*

*pinch salt*

Icing:

*150 ml cream*

*200g dark chocolate, chopped coarsely*

*icing sugar for dusting*

Preheat oven to 160ºC. Grease a 20 cm round cake tin and line the base with baking paper. Place the chocolate, liqueur and butter in a heatproof bowl over a saucepan of gently simmering water. Allow it to melt and stir until combined and glossy. Remove from heat. Whisk the egg yolks with the sugar and add to the chocolate mixture. Add the ground almonds, cinnamon and salt and mix well. Beat the egg whites until firm and fold them into the mixture a spoonful at a time until combined. Pour into the tin. Bake for 40 minutes, or until the cake forms a light crust but is still moist in the centre. Cool in the tin. To make the icing: Bring the cream to the boil. Place the chocolate in a medium bowl, pour over the hot cream and whisk together until smooth. Spread over the top and sides of the cake. Dust with icing sugar and serve with fresh berries (optional).

# CHOCOLATE DESSERT CAKE WITH RASPBERRY COULIS AND CRÈME FRAICHE

*(Nellie’s birthday – 20/12/1995)*

Butter a 25 cm x 5 cm round cake tin (fluted edge if possible, but tin must not have a removable base). Line base with greaseproof paper and butter and flour tin. beat cream until just thick. Add Grand Marnier, Kirsch and cinnamon, and beat until stiff. In another bowl beat chocolate until it is light in colour. Over warm water beat eggs and sugar until sugar has dissolved; continue beating until mixture is thick and creamy in colour. Fold chocolate mixture carefully into egg mix and then into cream, folding carefully until completely amalgamated. Pour into prepared tin and place in baking dish filled with boiling water. The water should come half way up side of cake tin. Bake on centre shelf of 180°C oven for 1 hour. Remove and cool cake in tin on a wire rack. The cake will sink a little as there is no flour to hold it up. when cold turn out on to a plate and dust with icing sugar. Serve with raspberry coulis and a dollop of whipped cream and crème fraiche. This cake is very rich. Serves 12. Crème Fraiche: Combine and heat until just lukewarm, and pour into a jar. Allow to stand until cream has thickened (from 12 to 24 hours). Cover and store in refrigerator. Raspberry Coulis: Puree raspberries in blender with sugar and put through a sieve to remove seeds.

*225 ml crème fraiche or thick cream*

*50 ml Grand Marnier*

*50 ml Kirsch*

*½ teaspoon ground cinnamon*

*675g dark chocolate, melted over hot water and cooled*

*8 eggs*

*½ cup brown sugar*

*icing sugar to dust cake*

*Crème Fraiche:*

*300 ml cream*

*2 tablespoons buttermilk*

*Raspberry Coulis:*

*500g fresh or frozen raspberries*

*a little sugar*

# GUDRON’S MISSISSIPPI MUD CAKE

Preheat oven to 150°C. Combine butter, chocolate, sugar, hot water and whisky in a saucepan over low heat. Blend until chocolate has melted and the mixture is smooth. Transfer chocolate mixture into a mixing bowl. Sift together flours and cocoa, add to the chocolate mix and then the eggs, beat until smooth. Pour into a medium sized greased cake tin and bake for 1 hour (I usually leave it there for 2 and then turn the oven off!!!). To make the icing, put the first five ingredients in a saucepan and gently heat until chocolate has melted. Mix well. Remove from stove and add the butter. Beat this in and add the grog. Pour icing over the cooling cake (I usually wait until it is cold or the bloody stuff runs off onto the plate too much!!).

*1½ (250g) cups butter*

*1 cu (150g) p dark chocolate*

*2 cups caster sugar*

*1 cup hot water*

*¼ cup whisky*

*1½ cups plain flour*

*¼ cup self raising flour*

*¼ cup cocoa*

*3 eggs, lightly beaten*

Icing:

*1 large slab chocolate*

*3 teaspoons caster sugar*

*6 tablespoons cream*

*2 tablespoons cocoa*

*4 tablespoons drinking chocolate*

*4 tablespoons butter*

*splash of whisky*

# CINNAMON TEA CAKE

*1 egg separated*

*½ cup sugar*

*½ cup milk*

*½ teaspoon vanilla essence*

*1 cup self raising flour*

*Topping:*

*25g butter, melted*

*½ teaspoon cinnamon*

*1 tablespoon sugar*

Grease an 18 cm sandwich tin. Set oven temperature at moderately hot (175°C). Beat egg white stiffly, add egg yolk. Gradually beat in sugar, beating well between additions. Mix milk and vanilla and add a little at a time. Gently stir in sifted flour and melted butter. Pour into prepared tin and bake in a moderately hot oven (175°C) for 20-25 minutes. While hot brush with butter and sprinkle with sugar and cinnamon mixed together. Serve warm or cold with butter.

# JOCE & STEVE'S POPPYSEED CAKE

Melt butter. Add sugar, egg yolks, sour cream and orange rind. Beat until light and fluffy. Stir in the sifted flour and poppy seeds. Beat egg whites until they hold firm, and fold into mixture. Turn batter into a buttered and floured large kugelhopf mould and bake 1 hour in a preheated 160°C oven. Allow to rest 10 minutes after unmoulding on a cake rack. The syrup: boil all ingredients together for 5 minutes and pour over the hot cake. Cool and store, covered, in the refrigerator.

*250g butter*

*200g caster sugar*

*3 egg yolks, beaten*

*200g sour cream*

*grated rind of 1 orange*

*1¾ cups self raising flour*

*200g ground poppy seeds*

*3 egg whites*

*Syrup:*

*¾ cup sugar*

*juice and rind of 2 oranges and 2 lemons cut into very fine strips*

# JAY PONT'S PEAR CAKE

*Crumble:*

*2 cups flour (plain)*

*1 cup brown sugar*

*1 teaspoon cinnamon*

*¼ teaspoon nutmeg*

*¼ teaspoon salt*

*½ cup butter*

*Cake:*

*fresh pears or tinned pear halves*

*1 cup sour cream*

*1 teaspoon bicarbonate soda*

*1 beaten egg*

*mixed nuts*

Mix together and crumble. Put half in cake tin and pat down. Cover with pear halves. Add sour cream mixed with bicarbonate and 1 beaten egg to remaining crumble mixture. Spread over top and sprinkle with nuts. Bake in 175°C oven for one hour or more depending on the number of pears.

# ROZZIE BOWDEN’S RICH CHOCOLATE TORTE

Allow the eggs to reach room temperature. Preheat oven to 170°C. Combine the eggs and sugar. Add the remaining ingredients. Place batter into a 25 cm cake tin lined with silicon paper and bake for 50 minutes.

*7 eggs*

*1 cup caster sugar*

*500g melted dark chocolate*

*1 cup double cream*

# ROSA'S CHEESECAKE

Crumble biscuits, add melted butter, press into springform tin. Beat all ingredients together until sugar has gone. Bake at 175°C for ½-¾ hour. Spread with whipped cream and sprinkle with chocolate.

*1 packet Nice biscuits*

*½ packet ginger nuts*

*½ cup melted butter*

*6 packets Philadelphia cream cheese (little)*

*1 cup sugar*

*2 eggs*

*vanilla*

*rum or brandy*

# LEMON ICING

Combine all the ingredients in a mixing bowl or food processor, and beat until smooth and creamy. Use immediately.

*50g Philadelphia cream cheese*

*2 level tablespoons soft butter*

*2 teaspoons fresh lemon juice*

*finely grated rind of 1 lemon*

*2 cups icing sugar mixture, sifted*

# CHOCOLATE ICING

Place butter, water and sugar into a pan on low heat and stir until smooth. Beat in icing sugar and cocoa and refrigerate for a few minutes or until spreadable.

*85g butter*

*2 tablespoons water*

*¼ cup caster sugar*

*¾ cup icing sugar*

*2 tablespoons cocoa powder*

# PEGGY BOWDEN’S TURKISH DELIGHT

Mix the gelatine in 1 cup of cold water then add one and a half cups boiling water and bring to boil, stirring. Add the sugar and boil gently for 10 minutes – don’t stir too much. Take off stove and add green colouring and peppermint essence. Pour into tin to set (can be in fridge). Cut into squares and roll in icing sugar. Can be stored in cupboard or fridge.

*1 kg sugar*

*60g gelatine*

*1½ cups boiling water*

*green colouring*

*peppermint essence*

*icing sugar mixture*

# BLUEBERRY MUFFINS

*2 cups self-raising flour*

*½ cup sugar*

*1½ cups blueberries (or other fruit)*

*1 cup natural yoghurt*

*1 egg, lightly beaten*

*2-3 tablespoons melted butter*

*½ cup milk*

Heat the oven to 190°C. Grease a 12-hole muffin tin. Mix the flour together with the sugar and blueberries. In a separate bowl mix together the yoghurt, egg and butter. Add wet ingredients to dry, then stir in the milk. Mix lightly, spoon into the muffin tins and bake in the centre of the oven for about 18 to 25 minutes. Test with a skewer.

# LAMINGTONS

*4 eggs*

*¾ cup (165g) caster sugar*

*1 cup (150g) self raising flour*

*1 tablespoon cornflour*

*⅓ cup (80 ml) boiling water*

*1 teaspoon butter*

*2 cups (180g) desiccated coconut, approximately*

*Chocolate Icing:*

*4 cups (500g) icing sugar mixture*

*½ cup (50g) cocoa powder*

*15g butter*

*⅔ cup (160 ml) milk*

Preheat oven to moderately hot. Grease lamington pan; line base and both long sides with baking paper. Beat eggs in small bowl with electric mixer until thick and creamy; gradually add sugar, beating until dissolved between each addition. Transfer mixture to large bowl. Sift flour and cornflour together three times. Fold triple-sifted flours into egg mixture; stir in combined water and butter. Pour mixture into prepared lamington pan; bake in moderately hot oven about 25 minutes. Turn sponge onto wire rack to cool. Trim crusts on all sides to make an 18 cm x 27 cm rectangle; cut rectangle into 3 cm squares (54 squares in all). Dip squares in chocolate icing; drain off excess, toss squares in coconut. Place lamingtons on wire rack to set. Chocolate Icing: Combine sifted icing sugar and cocoa in large heatproof bowl; stir in butter and milk. Stir over pan of simmering water until icing is of coating consistency.

# COCONUT BISCUITS

Cream butter and sugar. Beat in egg. Add sifted flour and coconut (and almonds if adding). Roll into balls and press flat between hands, the flatter the crunchier. Place on greased oven trays – or use baking paper, allowing for a little spreading. Bake in moderate oven, 180ºC, for 10-12 minutes. Optional: Reduce coconut to half cup and substitute with 100g toasted slivered almonds.

*125g butter*

*1 egg*

*1 cup coconut*

*1 cup sugar*

*2 cups self raising flour*

# MACADAMIA CHOCOLATE MERINGUE CAKE

Beat the egg yolks and sugar until pale and thick. Melt the chocolate in a bowl over hot water and beat the 2 egg whites until they form stiff peaks. Stir the chocolate through the egg yolk mixture with the lemon juice and rind, then fold in the egg whites. Butter and flour a 23 cm springform cake tin, pour in the mixture and bake in a preheated 180ºC oven for 30 minutes. Beat the 8 egg whites until they form soft peaks, then gradually add 160g sugar and beat until it forms stiff peaks. Combine ground nuts and remaining sugar and fold into egg white mixture. Remove the cake from the oven and spread the beaten egg whites on top of the cake. Sprinkle with the macadamia nuts and return to the oven to bake for a further 20 minutes. Remove the cake from the oven and set aside to cool. Serve cut in slices with thick cream.

*8 egg yolks*

*170g caster sugar*

*100g good quality chocolate, broken into small pieces*

*2 egg whites*

*juice and finely grated rind of ½ lemon*

Topping:

*8 egg whites*

*250g caster sugar*

*200g macadamia nuts, half chopped and the other half finely ground*

# CROQUEMBOUCHE NOEL

*Choux pastry:* Place the water and butter in a saucepan over a gentle heat until the butter has melted. Bring to the boil. Remove from the heat and add the flour all at once. Beat until smooth, place back on a gentle heat and beat until the mixture leaves the sides of the saucepan. Turn the mixture on to a plate to cool. Whisk the eggs together lightly and then add by degrees to the cooled mixture, beating thoroughly after each addition. When all the eggs have been added the finished choux pastry should be smooth and shiny and hold its shape. Using a piping bag with a 1 cm plain tube, pipe small mounds (or drop in heated teaspoonfuls) on to a greased baking tray. Preheat oven to moderately hot (190°C) and then raise the heat to hot (200°C) and bake for 20 minutes until each puff is quite firm and the centre well dried out. Place on a wire rack. *Toffee:* Combine sugar and water in large saucepan and stir over low heat to dissolve the sugar. When completely dissolved bring to the boil and boil briskly until the mixture starts to change colour. Do not stir once the mixture starts to boil. *To assemble cake:* Cut a small slit in the side of each puff and fill with pastry cream, forcing the cream through a pastry bag fitted with a small round tube. Pierce each choux puff with the point of a small, sharp, knife and dip it into the toffee. With another small knife remove the toffee coated choux puffs to a flat plate, arranging them as you dip them in toffee in a circle about 18 cm in diameter. Arrange the second row of puffs in the crevices of the first circle. *Pastry cream:* Break the yolks into a bowl, add the sugar gradually and beat well. Add the sifted flours with about ¼ cup of the milk. Bring the remaining milk to the boil, pour on to the yolks, blend and then return this mixture to the saucepan. Stir over a low heat until it comes to boiling point. Draw aside. Whip the egg white stiffly, put about a quarter of the pastry cream in the egg white and fold in the egg white carefully. Return the mixture to the saucepan. Cook over a gentle heat for a few minutes, folding the mixture over occasionally to blend and adding vanilla essence. Turn into a bowl to cool. *For decoration:* Dip the base of thin slices of angelica cut into the shape of leaves and red glace cherries into toffee and arrange around the croquembouche. If finishing with spun sugar do this at the very last minute. Spun sugar: Put the ingredients into a saucepan, allow the sugar to dissolve over a low heat, then bring to the boil and allow to cook rapidly without shaking or stirring until it reaches hard crack (158°C). Set the pan in a larger saucepan of hot water. Coat the backs of two wooden spoons with the toffee, put them back to back, then gently pull apart and as a thread begins to run with the spoons are raised begin to ‘throw’. This is done with loose movements of the wrists, bringing the spoons back and forth together again. As you get a bundle of threads arrange on cake. Continue until all the syrup is used up. Note: Do not attempt to make this spun sugar during very humid weather.

*Choux pastry:*

*¾ cup water*

*90g butter*

*1 cup plain flour, sifted*

*3 whole eggs*

*Pastry cream:*

*2 egg yolks*

*½ cup caster sugar*

*2 teaspoons cornflour*

*3 teaspoons plain flour*

*1 cup milk*

*1 egg white*

*few drops vanilla essence*

*Toffee:*

*2 cups sugar*

*2 cups water*

*glace cherries and Angelica leaves for decoration*

*Spun Sugar*

*125g loaf sugar*

*¼ cup water*

# CARROT CAKE IN A BAKING DISH

*5 eggs*

*1¾ cups caster sugar*

*1½ cups sunflower oil*

*2 cups plain flour*

*1 cup self-raising flour*

*2 level teaspoons bicarbonate of soda*

*3 level teaspoons ground cinnamon*

*pinch of salt*

*1 cup chopped walnuts*

*½ cup raisins or sultanas*

*3 cups grated carrot (usually 3 very large carrots)*

*1 quantity lemon icing*

*finely chopped walnuts*

Preheat oven to 170°-180°C. Grease baking dish or a 28 x 25 x 5 cm large cake tin and line with brown paper and an inner layer of baking paper. Break the eggs into a large mixing bowl. Add the sugar and give a few stirs with a wooden spoon to start the sugar dissolving. Add the oil, then sift in the flours, bicarbonate of soda, cinnamon and salt. Stir a couple of times with the spoon, then add the walnuts, raisins and carrot. Stir to mix the ingredients evenly, but do not beat. Pour into the prepared baking dish and spread evenly. Bake in the oven for about 1½ hours. Test by inserting a fine skewer into the centre of the cake to make sure it’s cooked, then remove from the oven and allow to cool in the tin. Remove from the tin, carefully remove the paper, then ice with lemon icing and sprinkle with walnuts (if using). Note: This cake cuts well, so it’s ideal for a twenty-first birthday or wedding. For a two-tiered cake to serve 100 people, double the previous recipe and bake in two tins. For the bottom tier, use a 25 x 25 x 9 cm deep tin and bake for about 2 hours. For the top tier, use a small tin 15 x 15 x 7 cm, and bake for about 1-1½ hours.

# SPONGE SANDWICH

Preheat the oven to 180ºC. Brush 2 x 20 cm sandwich tins with melted butter, dust with flour then line the bases with baking paper. Sift the flour and salt together 3 times. Separate the eggs. Beat the whites stiffly, and add the sugar gradually, beating until thick. Add the yolks, and gently fold into the egg mixture. Fold in the sifted flour, lightly and evenly. Fold in the melted butter and hot water quickly and lightly. Turn into the prepared tins and bake for 20-25 minutes. Cool on a wire rack.

*4 eggs*

*1 teaspoon butter, melted*

*1 cup caster sugar*

*1½ cups self-raising flour*

*4 tablespoons hot water*

*¼ teaspoon salt*

MISCELLANEOUS

# CURRY ACCOMPANIMENTS

### CUCUMBERS IN SOUR CREAM

Peel and slice 3 cucumbers very thinly. Sprinkle lightly with salt and stand for at least 20-30 minutes. Pour off all liquid that collects, pressing out as much as possible. Combine in a small bowl a carton of light sour cream, 1 clove garlic, crushed, ½ teaspoon finely grated fresh ginger. Stir in a few drops lemon juice. Combine with sliced cucumbers and chill before serving. If liked, sprinkle with a little paprika. NB: Yogurt may be substituted for the sour cream.

### COCONUT SAMBAL

In a bowl combine ¾ cup desiccated coconut, 2-3 tablespoons hot milk, 1 small onion, finely chopped, lemon juice and salt to taste. Add enough paprika to give a pink colour, and if a hot sambal is desired, a pinch of chilli powder. Mix well together and pile in a small bowl.

### TOMATO AND MINT CHUTNEY

Scald and peel 4 firm ripe red tomatoes. Dice and mix with 4 tablespoons chopped mint, 2 tablespoons lemon juice, salt to taste, and if liked a dash of hot pepper sauce or a pinch of chilli powder.

# YORKSHIRE PUDDING

Make batter one hour ahead and cook when the beef roast is resting. Sift 1 cup of flour with 1 teaspoon of salt into a large bowl. Make a well in the centre, break in 2 eggs and add 300 ml milk. Whisk to a smooth batter, starting in the centre and incorporating more of the flour from the outside as you go. Set aside to rest. Preheat the oven to 220°C. Pour 3-4 tablespoons of pan drippings from the meat into a baking dish (about 25 cm x 30 cm). Place in the oven and leave until smoking-hot. Pour in the batter and bake, without opening the oven door, for 20 minutes. Cut into squares and serve at once.

# PYTT I PANNE

Chop frankfurts. Dice potatoes, slice onions. Heat oil in fry pan, add onion, fry till brown and remove from pan. Add potatoes and stir till crisp and cooked. Add frankfurts and onions and cook all together for 5 minutes. Serve.

# OMELETTE

Beat eggs with fork or whisk only enough to blend yolks and whites thoroughly. Add salt and pepper to taste. Put butter in omelette pan and put over moderate heat. As butter melts and foams, tilt pan to film bottom and sides, and when foam has almost subsided and butter starts to colour, pour in eggs. With fork or spatula pull edges of egg mass towards centre as it thickens. The liquid part will run into vacant spaces. Repeat until there is no more liquid but eggs are still very soft. Spoon on prepared filling. Lift handle of pan so that omelette rolls over on to warmed plate. Smear top with a little extra butter and serve immediately.

*3 eggs*

*salt and freshly ground pepper*

*1-2 teaspoons butter*

*extra butter*

# SCOTCH EGGS

Shell eggs. Add hot pepper sauce and Worcestershire sauce to sausage mince and mix well. Divide meat mixture into 6 equal portions. Dust eggs lightly with flour mixed with salt and pepper, cover each egg with sausage mince, pressing and moulding on well. Brush with beaten egg and roll in breadcrumbs. Chill for at least 1 hour. Heat oil for deep frying and cook eggs until golden brown. Remove and drain on absorbent paper. Cool and chill, before packing.

*6 hard boiled eggs*

*few drops hot pepper sauce*

*few drops Worcestershire sauce*

*500g sausage mince*

*½ cup plain flour*

*salt and pepper*

*beaten egg*

*breadcrumbs*

*oil for deep frying*

# OVEN DRIED TOMATOES

Place a cake rack on oven shelf. Halve tomatoes lengthways. Arrange cut side up on rack. Bake at 100°C for 7-9 hours or until tomatoes have shrivelled and are leathery. Move tomatoes on the outside edges of the rack to the centre after 4 hours, to allow all tomatoes to dry evenly. Allow the tomatoes to cool. Place tomatoes in a jar with rosemary sprigs. Pour in oils and cover tomatoes completely, as exposure to air may cause them to mould. Tap jar sharply on a bench to make air bubbles rise. Store tomatoes in a cool dark place or in refrigerator and use while oil tastes fresh. Oil from the tomatoes can be used in salad dressing.

*1½ kg fresh Roma tomatoes (egg shaped)*

*2 sprigs rosemary*

*½ cup sunflower oil*

*¾ cup light olive oil, combined*

# BEER BATTER

Whisk ingredients until smooth. Add ground spices (pepper, turmeric, cumin) or substitute 2-3 tablespoons chickpea flour or ground rice for an equivalent quantity of self-raising flour for a change. This batter produces a very crisp coating for most deep-fried food. Recipe halves easily.

*250g self raising flour*

*½ cup beer*

*1 cup cold water*

# MARGIE PEAS’ SECRET CAPSICUM JAM

Boil ½-1 hour. To serve, Light Philly cream cheese, rice crackers.

*1 red capsicum, finely chopped*

*1 green capsicum, finely chopped*

*1½ cups brown sugar*

*1½ cups brown vinegar*

*garlic*

*sambal oelek*

# CHILLI JAM

Place all the ingredients in a saucepan, bring to the boil and cook over high heat until it jells or reaches 150°C on a sugar thermometer. Remove from the heat, take the lemons out of the jam with a slotted spoon and discard and set the jam aside to cool. Store the jam in covered, sterilised jars in the refrigerator or in a cool place.

*500g hot red chillies (not birdseye), seeded and sliced*

*500g white onions, peeled and sliced finely*

*1 kg white sugar*

*1 lemon, quartered*

# WHITE BREADCRUMBS

Use two day old bread. Remove crusts from bread slices, lay out in a single layer and leave to dry in a cool, dark place overnight, or place in a single layer on a baking tray and dry in a preheated 120°C oven for 20 minutes, but do not brown. Break into large pieces, place in a food processor and process until a crumb forms, or place in a large, sealed sandwich bag and roll with a rolling pin until a crumb forms. Use for coating fish, chicken, veal and cooked vegetables before frying, or for binding meatball or meatloaf mixtures. Store in an airtight container in a dry, dark place for up to one month.

# BROWNED BREADCRUMBS

Follow steps for making dried white breadcrumbs, then spread crumbs out in a thin layer on baking trays and toast in a preheated 180°C oven for 15-20 minutes, until golden brown.

# MARGARITA

Shake all ingredients in a cocktail shaker half-filled with ice. Strain into a martini glass. Garnish with lemon zest. Rim the glass in salt if you wish.

*45 ml Tequila*

*15 ml Grand Marnier*

*45 ml lime juice*

*15 ml lemon juice*

*lemon zest, to garnish*

# WATERMELON MARGARITA

*2 parts Tequila*

*1 part triple sec*

*4 parts fresh watermelon juice*

*ice*

# SERUNDENG

In a bowl mix the coconut, onion, garlic and ginger. Heat peanut oil in a wok or frying pan and fry the trasi, crushing it with the frying spoon, for a minute or two on low heat. Add coconut mixture and fry on medium low heat, stirring constantly, until coconut is golden brown. Add coriander, cumin, salt, tamarind liquid and continue stirring and frying on very low heat until coconut is dry and crisp. Allow to cool, then mix in peanuts.

*1 cup desiccated coconut*

*1 small onion, very finely chopped*

*1 clove garlic, crushed*

*1 teaspoon finely grated fresh ginger*

*½ teaspoon dried shrimp paste (trasi)*

*2 tablespoons peanut oil*

*1 teaspoon ground coriander*

*1 teaspoon ground cumin*

*1 teaspoon salt*

*1 tablespoon tamarind liquid*

*1 cup roasted unsalted peanuts*

# OVEN TEMPERATURES (gas)

*Very slow 120°C*

*Slow 140-150°C*

*Moderately slow 160°C*

*Moderate 180°C*

*Moderately hot 190°C*

*Hot 200-230°C*

*Very hot 250-260°C*

# QUATRE EPICES

*Quatre épices* is a spice used mainly in France, but also found in the Middle Eastern kitchen. The name literally means "four spices"; the spice mix contains ground pepper (white, black, or both), cloves, nutmeg and ginger. Some variations of the mix use allspice instead of pepper, or cinnamon in place of ginger. The blend of spices will typically use a larger proportion of pepper (usually white pepper) than the other spices, but some recipes suggest using roughly equal parts of each spice. In French cooking it is typically used in soups, stews, vegetable preparations and also in sausages and salamis. The recipe for the cinnamon form of Quatre épices is thus: 2 tablespoons ground black pepper, or a combination of 1/2 tablespoon white and 2-1/2 tablespoons black pepper, 2 tablespoons ground cloves, 2 tablespoons ground nutmeg, 2 teaspoons ground cinnamon Mix together, use in recipes that call for it.

# SPICE QUANTITIES

### INDIAN

4 teaspoons coriander seed

3 teaspoons turmeric

2 teaspoons cinnamon

2 teaspoons cumin

½ teaspoon fenugreek

½ teaspoon ginger

½ teaspoon pepper

¼ teaspoon chilli

¼ teaspoon cloves

¼ teaspoon tamarind paste

¼ teaspoon cardamom

pinch saffron (8-10 strands)

### MOROCCAN

*5 teaspoons coriander seed*

*3 teaspoons turmeric*

*3 teaspoons paprika*

*2 teaspoons cumin*

*1 teaspoon cinnamon*

*¼ teaspoon ginger*

*¼ teaspoon cloves*

*⅛ teaspoon pepper*

*⅛ teaspoon chilli*

### AFRICAN

*6 teaspoons coriander seed*

*5 teaspoons cumin*

*2 teaspoons allspice*

*1 teaspoon ginger*

*½ teaspoon pepper*

*½ teaspoon fenugreek*

### MIDDLE EASTERN

*5 teaspoons paprika*

*2 teaspoons pepper*

*2 teaspoons cumin*

*2 teaspoons coriander seed*

*1 teaspoon sumac*

*½ teaspoon cassia*

*¼ teaspoon cloves*

*¼ teaspoon cardamom*

### MEXICAN

*5 teaspoons paprika*

*3 teaspoons cumin*

*2 teaspoons oregano*

*2 teaspoons chilli*

*2 teaspoons coriander leaf*

### INDONESIAN

*6 teaspoons coriander seed*

*5 teaspoons cumin*

*3 teaspoons fennel seed*

*2 teaspoons cassia*

*2 teaspoons turmeric*

*½ teaspoons lemongrass*

*½ teaspoons galangal*

*½ teaspoon ginger*

*¼ teaspoon pepper (black, cubeb and long)*

*¼ teaspoon cloves*

*¼ teaspoon chilli*

### MALAYSIAN

*5 teaspoons coriander seed*

*3 teaspoons cumin*

*3 teaspoons fennel seed*

*2 teaspoons cinnamon*

*2 teaspoons turmeric*

*¼ teaspoon pepper*

*¼ teaspoon chilli*

*¼ teaspoon ginger*

*¼ teaspoon galangal*

### THAI

*6 teaspoons coriander leaf*

*3 teaspoons kaffir lime leaf*

*2 teaspoons lemongrass*

*½ teaspoon green chilli*

*½ teaspoon garlic*

*½ teaspoon galangal*

*½ teaspoon ginger*

### CHINESE

*8 teaspoons star anise*

*3 teaspoons fennel seed*

*2 teaspoons cassia*

*2 teaspoons Sichuan pepper*

*1 teaspoon cloves*

*1 teaspoon ginger*

### JAPANESE

*5 teaspoons sansho (Sichuan pepper leaves)*

*3 teaspoons black sesame*

*2 teaspoons mustard seed*

*2 teaspoons salt*

*½ teaspoon wasabi*

*½ teaspoon various types of dried seaweed*

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