**Clare’s Cookbook**

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DIPS, NIBBLES

# TERRINE OF MIXED MEATS

*250g veal mince*

*250g pork mince*

*250g chicken livers, cleaned*

*1 medium white onion, diced finely*

*1-2 cloves garlic, diced finely*

*1 tablespoon butter*

*salt to taste (about 1 level teaspoon)*

*1 rounded teaspoon quatre-epices*

*6-8 juniper berries, crushed*

*30 ml brandy*

*freshly ground black pepper*

*250g bacon, thinly cut, rind removed*

*2-3 fresh bay leaves*

If you have a friendly butcher, order the veal, pork an chicken livers minced together to a medium grind. Otherwise, chop the chicken livers finely, add to the veal and pork and mix together very well. Gently saute the onion and garlic in the butter until translucent, then add with the butter to the meats. Add the salt (remember, the bacon will add salt flavour), quatre-epices, juniper berries and brandy. Mix very well with your fingers and saute a tablespoon of the mixture in the pan in which you have cooked the onion. Taste for flavour and adjust, adding pepper if desired. Preheat the oven to 175º. Line a terrine, approximately 30 cm x 10 cm, with the bacon, leaving sufficient length for the bacon to encase the meats like a parcel (if making portable terrines, use two 1-litre preserving jars with lids. Oil the jars first so that the bacon lining will stick). The bacon lining, however, is optional and the terrine mixture can simply be cooked in a lightly oiled vessel. Spoon the meat mixture into the lined terrine, level with a spatula and fold over the ends of the bacon to form a covered parcel. Lay the bay leaves on the top. Cover the terrine with a lid or with aluminium foil and cook in a bain-marie (a baking dish of hot water) in the centre of the oven for about 1¼ to 1½ hours or until the juices run clear and the meat begins to shrink away from the sides of the vessel. Remove the cover for the final 30 minutes of cooking. Remove from the oven and leave to cool uncovered. Cover and refrigerate for at least 24 hours to allow the flavours to develop.

# SPICED NUTS

*1 teaspoon each cumin seeds, coriander seeds and fennel seeds*

*1 egg white*

*15g caster sugar*

*450g mixed nuts, such as raw cashews, natural almonds and unsalted peanuts*

*50g pumpkin seeds*

*2 teaspoons paprika*

*1 teaspoon dried chilli flakes*

*finely grated rind of 1 lemon*

Preheat oven to 150ºC. Pound whole spices in a mortar and pestle until coarsely ground, then set aside. Whisk egg white in a large bowl until firm peaks form (1-2 minutes), gradually add sugar and whisk to combine. Stir in remaining ingredients and 3 teaspoons sea salt, spread on an oven tray and roast, stirring occasionally, until golden (15-20 minutes). Set aside to cool then break into pieces and serve. Will keep in an airtight container for a week.

# SUGARED SPICY NUTS

*125g whole blanched almonds*

*125g pecan nuts*

*1 egg white*

*⅓ cup sugar*

*½ teaspoon cinnamon*

*60g butter*

Place nuts on flat tray, bake in moderate oven 5 to 10 minutes, or until lightly roasted. Place in 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.

# PIZZA SHORTBREAD ROUNDS

*1 cup (150g) plain flour*

*2 tablespoons self-raising flour*

*125g butter, chopped*

*1 cup (125g) grated tasty cheddar cheese*

*¼ cup (20g) grated parmesan cheese*

*8 slices mild Danish salami, finely chopped*

*¼ cup (40g) pimiento-stuffed green olives, finely chopped*

*1 tablespoon water, approximately*

*¾ cup (180 ml) sour cream*

*¼ cup chopped fresh chives*

Either place all ingredients except the sour cream and chives into a food processor and process until a stiff ball forms or sift flours into bowl, rub in butter. Stir in cheeses, salami and olives, add enough water to mix to a soft dough. Divide dough into 2 portions, shape each portion into a log 4 cm in diameter, wrap in foil, twist ends firmly. Refrigerate until firm. Cut rolls into 5 mm slices, place slices in single layer on oven trays lined with baking paper. Bake, uncovered, in 180ºC for oven about 20 minutes or until lightly browned. Stand biscuits on trays 2 minutes before placing on wire rack to cool. Top each biscuit with ½ teaspoon sour cream, sprinkle with chives.

# AIOLI

*3 egg yolks*

*2 garlic cloves, crushed*

*sea salt*

*2 tablespoons lemon juice*

*375 ml half olive oil and half extra-virgin olive oil*

*freshly ground white pepper*

Put a saucepan large enough to hold a stainless steel bowl on a bench. Place a tea towel around the inside edge of the pan and place the bowl on top of the pan to hold it steady while you whisk. Put the yolks in the bowl and whisk. Add the garlic, sea salt and lemon juice and while whisking slowly drizzle in the oil. As the emulsion starts to form, add the oil in a steady stream. Don’t let the oil sit on the surface as this can cause the aioli to split. Add a grind of pepper and check for salt and lemon juice.

ENTREES

# TOMATO TART

*1 sheet frozen butter puff pastry, thawed*

*150g fontina cheese, thinly sliced*

*1 egg, lightly beaten*

*3-5 large ripe tomatoes, sliced*

*1 tablespoon pine nuts*

*4 sprigs oregano*

*1 tablespoon extra virgin olive oil*

*sea salt and cracked black pepper*

Preheat oven to 220º. Cut out a 23-24 cm round from the pastry sheet using a dinner plate as a guide. Place on a paper-lined baking tray and top with the cheese, leaving a 1 cm border around the edge. Brush border with beaten egg. Arrange sliced tomatoes in overlapping layers on pastry, leaving the border free. Scatter with the pine nuts and bake for 15-20 minutes or until pastry is golden and cooked. Scatter with oregano leaves, drizzle with olive oil and season with salt and pepper. Serve immediately.

# SWEETCORN FRITTERS WITH AVOCADO SALSA

*525g fresh corn kernels cut from 3 large corn cobs*

*1 small red onion chopped*

*2 eggs*

*15g chopped coriander leaves*

*125g plain flour*

*1 teaspoon baking powder*

*sea salt*

*freshly ground black pepper*

*vegetable oil for frying*

*Avocado salsa:*

*2 ripe avocados diced*

*15g coriander leaves*

*2 tablespoons lemon juice or lime juice*

*2 tablespoons finely chopped spring onions*

*1 tomato quartered, seeded and finely sliced*

*dash Tabasco sauce*

*sea salt*

*freshly ground black pepper*

Preheat oven to 120ºC. Place 2 cups of corn kernels and the onion, eggs, coriander, flour, baking powder, salt and pepper in a food processor and process until combined. Place in a large bowl, add the remaining corn and stir to combine. Heat 1 tablespoon of the vegetable oil in a non-stick frying pan over a medium to high heat. When the oil is hot, drop 2 heaped tablespoons of mixture per sweetcorn cake into the pan and cook in batches of three for 1 minute each side. Drain on paper towels and keep warm in the oven while you are making the rest of the cakes. Serve with avocado salsa. Salsa: Place all the ingredients in a bowl and stir very gently to combine.

# TABBOULI

*4 large tomatoes, diced*

*4 Lebanese cucumbers, peeled, seeded and diced*

*1 bunch shallots*

*1 cup coarsely chopped flatleaf parsley*

*1/3 cup chopped fresh mint*

*Dressing:*

*4 large cloves garlic*

*½ cup lemon juice*

*1 tablespoon sumac*

*1 tablespoon olive oil*

*½ cup (125 ml) water*

*cracked black pepper to taste*

Combine the tomato, cucumber, green onion, parsley and mint in a large bowl and toss with half the dressing. Cover with plastic wrap and refrigerate for up to 2 hours. Just before serving toss with the remaining dressing. For dressing, crush the garlic, add the lemon juice and sumac and then the oil and water in a steady trickly whisking constantly. Season with pepper.

# CRAB SAMOSAS

*Dough:*

*200g plain flour*

*1½ tablespoons fine semolina*

*½ teaspoon salt*

*1½ tablespoons vegetable or olive oil*

*Filling:*

*2 tablespoons extra virgin olive oil*

*1 teaspoon white mustard seeds*

*¼ cup frozen peas 2 green chillies, finely chopped*

*3 teaspoons garam masala*

*½ teaspoon turmeric powder*

*2 large potatoes, boiled, peeled and roughly diced*

*150g cooked crab meat*

*2 handfuls coriander leaves*

*4 cm piece ginger, finely grated*

*2 teaspoons amchur (mango powder)*

*salt flakes*

*freshly ground black pepper*

*oil for deep frying*

For the dough, add the flour, semolina and salt to a bowl, then combine. Add the oil and mix through with your fingers to a crumb-like texture. Make a well, add 140 ml of warm water and mix to form a dough. Work until all the ingredients are incorporated and the bowl is clean of flour. Tip on to a lightly floured surface and knead for a few minutes or until the dough is smooth and silky. If the dough is sticky, dust lightly with flour. Wrap in cling film and rest on the bench for 20 minutes while you make the filling. For the filling, in a frying pan add the oil, mustard seeds and peas, then cook for two minutes. Add the chillies, garam masala and turmeric, cooking until fragrant. Take off the heat and fold in the potato, crab, coriander, ginger and mango powder. Season with salt and pepper and set aside. Heat oil in a saucepan or deep fryer to 170ºC. Divide the dough into six even balls and, one at a time, roll out on a floured bench into circles about 2 millimetres thick (the thinner the better). Cut in half. Rub a little water along the straight edge of one of the semicircles. Form into a cone by sealing one half of the straight edge with the other half. Support the open end of the cone over your thumb and index finger, much like you hold a piping bag to fill it. Spoon in some filling, leaving about 2 cms free at the top, then wet the open edges and stretch to seal shut. This end becomes the bottom of the samosa. Fry as you go – the pastry is delicate – for four to five minutes or until golden brown. Serve with raita and a chutney.

# MEAT AND POTATO SAMOSAS

*Dough:*

*225g plain flour*

*½ teaspoon salt*

*4 tablespoons vegetable oil, plus a bit extra*

*4 tablespoons water, approximately*

*Filling:*

*500g cold potato boiled whole, peeled and diced*

*400g beef mince*

*1 medium onion, diced*

*150g peas*

*2 teaspoons turmeric*

*1 teaspoon red chilli paste*

*4 tablespoons vegetable oil*

*1 tablespoon ginger paste*

*1 teaspoon garlic paste*

*3 tablespoons chopped coriander leaves*

*2 tablespoons water*

*1½ teaspoons salt*

*1 heaped teaspoon ground coriander*

*1 heaped teaspoon garam masala*

*½ teaspoon paprika*

*1 heaped teaspoon cumin seeds*

*2 tablespoons lemon juice*

*vegetable oil, for deep-frying*

Pastry: Add flour, salt and vegetable oil to a food processor and mix till crumbly. Add water, one tablespoon at a time to gather dough into a firm ball. Add more water if required. On a clean flat surface, knead the dough for 10 minutes, until smooth. Form a ball and rub with vegetable oil. Place back in bowl, cover with cling wrap and set aside for approximately 30 minutes. Filling: Heat oil in large fry pan over medium heat. Add beef mince and onions, cook until meat has changed colour and onions are golden brown. Add peas, garlic, ginger, chilli, fresh coriander and water. Cover and simmer until peas are cooked. Add mince approximately half way through the cooking time. Add more water if the pan is drying out. Add potatoes, garam masala, salt, turmeric, coriander, paprika, cumin and lemon. Cook for approximately 5 minutes, stirring. Allow mixture to cool. Knead dough again and divide into 8 balls and cover. Take one ball at a time and roll into a circle approximately 18 cm wide. Cut circle in half. Form a cone with one half with the two ends overlapping. Seal the overlapping ends with water. Fill cone with filling mixture, leaving a gap at the top to seal the samosa. Fold top together, seal once again with water. Press fork along edge for design. Place samosa back in the bowl with the other dough balls, cover with cling wrap and continue process with the other half and the other seven balls. Heat oil for deep frying. When oil is medium hot, place a single later of samosas in the oil. Drain on paper towel.

# VIETNAMESE PANCAKE

*1 kg pork neck or fillet, sliced*

*2 tablespoons hoisin sauce*

*2 tablespoons fish sauce*

*1 teaspoon sugar*

*¼ teaspoon salt*

*black pepper*

*2 tablespoons oil*

*1 onion, chopped*

*2 garlic cloves, chopped*

*20 prawns, cooked*

*100g mushrooms, sliced*

*250g beansprouts*

*50g dried onion*

*Pancake:*

*340g rice flour*

*1 teaspoon ground turmeric*

*560 ml coconut milk*

*560 ml water*

*½ cup chopped spring onion*

*oil for frying*

*To serve:*

*oak lettuce*

*mint leaves*

To make the filling, marinate the sliced prok in the hoisin sauce, fish sauce, sugar and seasoning for about 10-15 minutes. In a large frying pan, heat oil and fry onion until translucent. Add garlic and fry until onion begins to brown. Add pork and cook on high heat for about 5 minutes. To make the pancakes, place flour and turmeric in a large bowl. Add coconut milk and water and mix well to form a thick pancake batter. Add spring onions and allow to rest for 15 minutes. Heat about 1 tablespoon of oil in a small frying pan and ladle in enough batter to cover pan. Placed cooked pork, prawns, mushroom, beansprouts and dried onion over half the pancake, while still in the pan. When pancake has cooked, fold uncovered pancake half over filling. Serve with Nuoc man cham dipping sauce, lettuce and mint leaves.

SOUPS

# CAULIFLOWER SOUP WITH CHILLI SOURDOUGH CROUTONS

*1 litre chicken or vegetable stock*

*700g cauliflower florets*

*½ small sourdough baguette*

*¼ teaspoon mild chilli powder (or to taste)*

*2 tablespoons extra virgin olive oil*

*½ cup pouring cream*

*2 tablespoons snipped chives*

*salt flakes and cracked black pepper*

Bring stock to the boil, add cauliflower and cook over medium heat until tender. Remove from heat, cool slightly then blend in a food processor or blender. Tear sourdough into pieces, sprinkle with chilli powder, toss with olive oil and cook in a small pan over medium heat, tossing frequently until golden and crisp. Pour soup back into saucepan, stir in cream, chives, salt and pepper. To serve, heat soup (do not boil) then ladle into soup bowls and serve topped with sourdough chilli croutons.

# INDIAN TOMATO AND CHICKPEA SOUP

*2 tablespoons vegetable oil*

*1 onion, peeled and grated*

*3 garlic cloves, finely grated*

*2 cm knob ginger, finely grated*

*1 teaspoon ground fenugreek*

*1 tablespoon ground coriander*

*1 tablespoon ground cumin*

*½ teaspoon cayenne*

*2 teaspoons turmeric*

*400g canned tomatoes, chopped*

*2 tablespoons tomato paste*

*400g canned chickpeas, drained and rinsed*

*pappadams*

Heat oil and fry onion, garlic and ginger for five minutes over low heat, stirring. Add fenugreek, coriander, cumin, cayenne and turmeric and fry for two minutes stirring. Add tomatoes, tomato paste, chickpeas, sugar, salt, pepper and water or stock, and simmer, partly covered, for 30 minutes. Taste and adjust for spice, sugar, salt and pepper. Serve topped with a dollop of yoghurt, diced tomato, cumin seeds and coriander and a bowl of freshly made pappadams.

# CREAMY LEEK, SALMON AND CHIVE SOUP

*2 leeks, trimmed*

*2 tablespoons extra virgin olive oil, plus extra*

*1 fennel, trimmed and chopped*

*1 small potato, peeled and chopped*

*3½ cups fish or chicken stock*

*salt and pepper*

*180g-200g skinless salmon fillet, but into about 2 cm pieces*

*¼ bunch chives, snipped*

*⅓ cup pouring cream* Reserve half a leek and coarsely chop the remainder. Heat olive oil in a medium saucepan and add chopped leeks, fennel and potato and cook over low heat, stirring occasionally for five to six minutes. Add stock, stir and bring to the boil, then reduce heat and simmer for 10 minutes. Meanwhile, cut remaining half leek into a fine julienne and shallow-fry in extra oil in a small frying pan until crisp. Drain on kitchen paper and set aside. When vegetables are tender, puree mixture in a food processor or blender until smooth, then return to the saucepan. Season, add salmon and chives and simmer for two to three minutes. Add cream, stir, and ladle soup into warm bowls. Top with crisp, fried leeks.

# MINESTRONE

*3 tablespoons olive oil*

*2 celery stalks, sliced*

*2 leeks, sliced*

*2 carrots, chopped*

*2 garlic cloves, crushed*

*300g potatoes, diced*

*1.5 litres boiling water or stock*

*sea salt and pepper*

*50g small maccheroncini or dried soup pasta*

*400g canned chopped tomatoes*

*1 tablespoon tomato paste*

*400g tinned borlotti beans, rinsed*

*200g silverbeet leaves, roughly chopped*

*2 zucchini, roughly chopped*

*2 tablespoons pesto*

*2 tablespoons grated parmesan*

Heat olive oil in a large heavy-bottomed stockpot, add celery, leeks, carrots and garlic. Cook over gentle heat for 10 minutes. Add potatoes and water or stock and bring to the boil, skimming surface if necessary. Lower heat, add salt and pepper and simmer, partly covered, for 20 minutes. Cook pasta in a pot of simmering salted water until al dente, then drain. Add tomatoes, tomato paste, beans and silverbeet leaves to soup and simmer 10 minutes. Add zucchini and simmer for 10 minutes or until the soup is nice and thick (mash a few of the beans to thicken it further). Add pasta and heat through. Serve in warm pasta bowls and top with a spoonful of pesto, grated parmesan and extra pepper.

# PRAWN SOUP

*1 kg cooked prawns*

*125g butter*

*white part of 2 leeks, sliced*

*1 sprig tarragon*

*1 carrot, peeled and sliced*

*1 litre white wine*

*4 large ripe tomatoes, chopped*

*1 slice plain white bread*

*2 tablespoons rice*

*1 litre cream*

*salt and freshly ground white pepper*

Remove and retain heads and shells from prawns. Clean prawns and place in refrigerator. Melt butter in a large sauté pan and fry prawn heads and shells until opaque, but not brown. Transfer to a large saucepan. Add remaining ingredients and simmer slowly for an hour until vegetables are cooked. Give mixture a good mashing with an old fashioned potato masher to help extract flavours, and strain through a sieve or mouli. Chop prawns finely, leaving four of the largest for garnish. Just before serving, heat soup to boiling point and drop in the chopped prawns. Bring to the boil and serve at once. To garnish, cut reserved prawns in half longways and float a piece on each bowl of soup. Serves 8 to 10 for a first course.

# CHICKEN AND CELERIAC SOUP

*1½ tablespoons olive oil*

*15g unsalted butter*

*1 medium trimmed leek, white and light green parts only, washed well, finely sliced*

*¼ cup (40g) rindless smoky bacon, finely diced*

*1 clove garlic, finely chopped*

*¼ teaspoon rosemary leaves, finely chopped*

*½ teaspoon sea salt*

*200g peeled celeriac, cut into 1½ cm pieces (celeriac can be replaced with parsnip, fennel or artichokes)*

*2 tablespoons white wine*

*250g chicken thigh fillet, cut into 1 cm dice*

*1 cup tinned tomatoes, chopped*

*6 cups chicken stock*

*400g tin borlotti beans, rinsed well*

*freshly ground pepper*

*2 tablespoons flat leaf parsley, finely sliced, to serve*

*freshly grated parmesan cheese, to serve*

*extra virgin olive oil, to serve*

In a heavy based pot, heat the olive oil with the butter over medium heat and gently cook the leeks, bacon, garlic, rosemary and salt until softened (about 5 minutes). Add the celeriac and cook for 2 minutes. Deglaze the pot with wine then simmer for 1 minute. Add the chicken, tomatoes and stock. Bring to the boil, skim the surface and simmer for 40 minutes. Add the beans and simmer for a further 10 minutes. Check seasoning and add more chicken stock if needed for correct consistency. Spoon the soup into bowls, give a good grind of pepper, and sprinkle with parsley and parmesan. Drizzle over extra virgin olive oil and serve. (Can be served with toasted or grilled sourdough bread which has been rubbed with garlic and drizzled with extra virgin olive oil).

SAUCE

# JACK’S DRESSING

*¼ cup olive oil*

*1 tablespoon fish sauce*

*2 tablespoons lime juice*

*½ to 1 tablespoon light soy sauce*

*crushed garlic*

*chopped chilli*

*1-2 teaspoons palm sugar*

*1 teaspoon grated ginger*

Combine all ingredients and shake well.

# TAHINI YOGHURT

*500g natural yogurt*

*1 garlic clove, crushed*

*3 tablespoons tahini*

*1 lemon, juiced*

*pinch ground allspice*

Mix all ingredients then add 100 mls water to make a smooth sauce. Refrigerate for 30 minutes before serving to let the flavours mingle.

# NUOC MAM CHAM DIPPING SAUCE

*4 limes, peeled and quartered*

*125 ml (½ cup) water*

*125 ml (½ cup fish sauce*

*1 medium carrot, grated*

*sugar*

*chilli, sliced*

*garlic, finely diced*

Combine the lime, water, fish sauce and carrot in a food processor. Add sugar, chilli and garlic to taste.

SEAFOOD

CHICKEN & DUCK

# YOGHURT-MARINATED CHICKEN WITH TOMATO SALSA

*6 chicken thighs on the bone*

*4 large ripe tomatoes*

*sea salt and freshly ground pepper*

*4 tablespoons extra virgin olive oil*

*2 tablespoons red wine vinegar*

*1 lemon*

*Marinade:*

*2 cloves garlic, crushed*

*½ red onion, finely grated*

*juice and grated zest of ½ lemon*

*1 teaspoon sweet paprika*

*½ teaspoon chilli powder*

*2 teaspoons cumin seeds, roughly ground*

*3 tablespoons roughly chopped fresh coriander*

*150g good-quality yoghurt*

*3 tablespoons olive oil*

*freshly ground black pepper*

Combine all the marinade ingredients and marinate the chicken breasts for 2 hours. Remove the core from the tomatoes, cut into 1 cm dice, place in a bowl and sprinkle with sea salt. After about 10 minutes, add the extra virgin olive oil, red wine vinegar and a good grind of pepper, and mix to combine. Heat a barbecue until smoking hot (if you don’t have a barbecue, use a pan or grill plate on the stove top). Cook the chicken, skin side down, for about 5 minutes, then turn and cook for a further 5 minutes. Set aside in a warm place to rest for 10 minutes. Place a good amount of tomato salsa on 4 plates, then top each with a piece of chicken. Add a squeeze of lemon juice and a good grind of fresh pepper. Serve with a pot of rice pilaf in the middle of the table and a green salad.

# ROAST SPICED-YOGHURT CHICKEN

*200g plain natural yoghurt*

*2 tablespoons olive oil*

*1 tablespoon fresh ginger, finely grated*

*2 garlic cloves, finely grated*

*1 red chilli, finely sliced*

*2 tablespoons lemon juice*

*1 teaspoon salt*

*2 tablespoons Tandoori spice mix or paste*

*1.5 kg chicken thighs*

*1 lemon for serving*

*2 tablespoons coriander*

Beat the yoghurt with one tablespoon of olive oil, ginger, garlic, chilli, lemon juice, salt and Tandoori spice mix. Slash the thighs once or twice and then coat with the yoghurt mixture and leave for an hour or two. Heat the oven to 200ºC. Place the chicken skin-side up in a roasting tray lined with baking paper and roast for 50 minutes or until golden and cooked through. Serve with garam masala lentils, lemon wedges and coriander.

# MISO DUCK WITH TONKATSU SAUCE

*2 duck breasts, skin on*

*1 tablespoon miso paste (red preferably)*

*1 tablespoon sugar*

*1 tablespoon soy sauce*

*1 tablespoon mirin*

*1 tablespoon finely grated ginger*

*sea salt and pepper*

*steamed rice for serving*

*2 tablespoons pickled ginger, drained*

*2 spring onions, finely chopped*

*Tonkatsu sauce:*

*3 tablespoons tomato sauce*

*3 tablespoons soy sauce*

*2 tablespoons oyster sauce*

*2 teaspoons Worcestershire sauce*

Finely score the duck skin crosswise with a sharp knife (these will be your guide when slicing later). Whisk the miso paste, sugar, soy, mirin, ginger, salt and pepper together and coat the duck breasts. Leave for one hour to marinate. To make the tonkatsu sauce, whisk tomato, soy, oyster and Worcestershire sauces until smooth and transfer to a squeeze bottle if using. Heat the oven to 180ºC. Place the duck skin-side down in a non-stick fry pan and gently pan-fry until the skin is golden. Transfer to an oven tray and bake for a further 10 minutes or until done to your liking. Rest for five or 10 minutes, then finely slice. Arrange with steamed rice and small mounds of pickled ginger. Scatter with spring onions and “stripe” with the tonkatsu sauce.

# ROAST CHICKEN

*1 fresh chicken, about 1.6 kg*

*½ lemon*

*6 garlic cloves, unpeeled*

*bunch thyme*

*1 tablespoon butter*

*sea salt and black pepper*

*1 teaspoon dried oregano*

*3 desiree potatoes, peeled*

*12 baby carrots, peeled*

*12 eschallots, peeled, left whole*

*2 tablespoons olive oil*

*bunch rosemary*

*handful watercress*

Heat oven to 220ºC. Clean chicken and wipe dry. Tuck lemon, two garlic cloves and two thyme sprigs into the cavity, and tie legs together with kitchen string. Coat chicken with dabs of butter, scatter with sea salt, pepper and oregano, and place in a lightly oiled baking tray. Cut potatoes in half lengthways and cut each helf lengthways into three wedges. Coat potatoes, carrots, eschallots and remaining garlic cloves in olive oil and arrange on a baking tray lined with baking paper. Strew with half the remaining thyme and half the rosemary and bake for one hour in the oven with the chicken. Roast the chicken breast-side down for 15 minutes, then turn breast upwards and roast for a further 45 minutes, until the skin is golden and the juices run clear when pierced. Rest chicken for five minutes. To carve, remove legs and cut leg joints in two, then slice breast meat at a slight angle. Serve with vegetables, watercress and remaining thyme and rosemary.

# PAPPARDELLE WITH DUCK RAGU

*2 teaspoons fennel seeds*

*70g (1/2 cup) pistachios*

*2 tablespoons olive oil*

*6 duck Marylands skin removed*

*1 carrot, finely chopped*

*1 celery stalk, finely chopped*

*1 onion, finely chopped*

*4 garlic cloves, finely chopped*

*250 ml red wine*

*500 ml (2 cups) vegetable stock*

*400g canned crushed tomatoes*

*400g pappardelle*

*finely grated pecorino and rosemary*

Coarsely grind fennel seeds using a mortar and pestle, then add pistachios and finely grind. Set aside. Heat oil in a large saucepan or casserole over medium heat, add duck and cook, turning once, until golden (6-8 minutes) then remove and set aside. Add carrot, celery, onion and garlic and cook, stirring occasionally, until tender (6-8 minutes). Add pistachio mixture, stir to combine, return duck to pan, add wine and bring to the simmer. Add stock and tomato, bring to the simmer, reduce heat to low and simmer until duck is tender (1½-2 hours). Remove duck from pan and set aside to cool. When cool enough to handle, shred meat (discard bones and sinew). Return shredded meat to pan, stir to combine, season to taste and keep warm. Cook pappardelle in a sauce of boiling salted water until al dente (4-5 minutes). Drain well, add to ragu, toss to combine and season to taste. Serve hot scattered with pecorino and rosemary.

# CHICKEN AND CHORIZO HOTPOT

*8 chicken cutlets (skin and bone)*

*1 fresh chorizo or other spicy sausage, thickly sliced*

*2 garlic cloves, crushed*

*1 onion, sliced*

*2 red capsicums, thickly sliced*

*2 carrots, sliced*

*1 tin crushed tomatoes*

*¼ cup white wine*

*flaked salt and pepper, to taste*

*3 bay leaves*

*handful black olives*

*a few big glugs of extra virgin olive oil*

Preheat oven to 190ºC. Toss all ingredients, except olive oil, in a baking dish, making sure the chicken ends skin-side up. Drizzle over olive oil. Cover with foil and cook for 90 minutes or so, removing foil after 45 minutes. Serve with crusty bread or polenta. (You can also chop up potatoes and add them to the dish and then you don’t need bread or polenta.)

# SPICED CHICKEN

*3 garlic cloves, finely chopped*

*1½ tablespoons smoked paprika*

*1½ tablespoons ground cumin*

*1½ tablespoons ground coriander*

*1 teaspoon turmeric*

*½ teaspoon cayenne pepper*

*2 tablespoons flat-leaf parsley, chopped*

*1 lemon, juiced*

*180 ml olive oil*

*8 chicken thigh cutlets with skin and bone*

Put all ingredients except chicken in a bowl and mix. Add chicken, coat in marinade, cover bowl with cling film and marinate overnight. Preheat oven to 180ºC. Heat a heavy based pan, seal chicken skin-side down, then transfer to roasting tray and cook in oven 15 minutes. Rest in a warm place for five minutes. Slice and serve on a warm pearl couscous with tahini yoghurt.

# CHICKEN CACCIATORE

*6 chicken thighs, on the bone with skin*

*¼ cup extra-virgin olive oil*

*2 medium brown onions, peeled and chopped*

*2 cloves garlic, peeled and chopped*

*1½ cups dry white wine*

*400g can tomatoes, chopped with juices*

*1½ cups chicken stock*

*½ cup black olives*

*1 bay leaf*

*2 sprigs fresh rosemary leaves*

*2 tablespoons chopped flat-leaf parsley*

*sea salt*

*freshly ground black pepper*

*2 tablespoons white wine vinegar*

Heat oil in a large pan over medium to high heat. Add onions, garlic and sea salt and cook, stirring occasionally for about 10 minutes until soft. Remove onions from the pan, add the chicken and fry, turning pieces to brown evenly. Put the onions back in, add wine and cook until wine reduces to a couple of tablespoons (takes ages). Add tomatoes with their juice, chicken stock, olives, bay leaf and rosemary. Reduce heat to low and simmer for 30-40 minutes. The chicken should be cooked but not falling off the bone, and the sauce should have thickened. Check the seasoning, add a good grind of pepper and fold the vinegar through. Serve sprinkled with parsley.

BEEF

# SUMAC BEEF SALAD WITH LENTILS, GRAPES AND PARSLEY

*1 tablespoon pomegranate syrup*

*¼ cup extra virgin olive oil*

*2 tablespoons lemon juice*

*2 teaspoons sumac*

*½ teaspoon ground coriander*

*½ teaspoon ground cumin*

*pinch of ground allspice*

*2 cloves garlic, crushed*

*salt, freshly ground black pepper*

*2 x 250g porterhouse steaks*

*½ cup small green lentils*

*200g sultana grapes, halved (or fresh pomegranate seeds)*

*½ red onion, thinly sliced*

*½ bunch flat-leaf parsley, coarsely chopped*

*2 tablespoons lemon juice, additional*

*1 clove garlic, crushed, additional*

*¼ cup olive oil*

Mix the pomegranate syrup, extra-virgin olive oil, lemon juice, spices, two cloves garlic, salt and pepper together. Rob over the beef and refrigerate to marinate for four hours. Place the lentils in a saucepan, cover with water and bring to the boil. Reduce to a simmer and cook for 20-30 minutes, until the lentils are tender. Drain and set aside. Prepare the salad by mixing the grapes, onion, parsley and lentils together. Make the dressing by mixing the additional two tablespoons lemon juice, garlic and oil together. Season the dressing with salt and pepper. Drain the excess marinade from the beef. Cook the meat for three to four minutes on each side on a hot barbecue grill or in a heavy-based frying pan over a medium-high heat. Allow to rest for five to 10 minutes. Slice the beef and add to the salad. Add enough dressing to coat, toss to combine and serve immediately.

# JAN’S BEEF STEW

*500g oyster blade steak cut very small*

*1 tablespoon flour*

*2 cloves garlic, chopped*

*1 stick celery, chopped*

*¼ cup red wine*

*pepper and salt*

*oil*

*1 large onion, finely chopped*

*½ can chopped tomatoes*

*1 carrot, diced*

*½ red capsicum, diced*

*100g mushrooms, sliced*

*½ cup water*

*sprig of thyme*

Place steak, flour, garlic, celery and wine in a non-metallic bowl and set aside. Preheat oven to 160ºC. Heat frying pan and add a splash of oil. Fry onions till soft, add carrots and then add meat mixture with the chopped tomatoes and mushrooms. Brown thoroughly and then turn into a casserole dish and bake for 2 hours stirring occasionally.

# FILLET OF BEEF

*500g to 1.2 kg beef fillet*

*salt and pepper*

*75g butter*

Set oven to 220°C. Trim fillet, remove all tissue and skin with sharp knife and, if necessary, tie with string around the fillet about every 2 cms. Rub meat with salt and pepper. Heat butter in shallow pan and, when sizzling, sauté fillet until brown on all sides, turning constantly with 2 spoons. Place fillet in oven dish. Pour pan juices over and bake further 15-20 minutes in hot oven. Remove beef and leave for about 15 minutes before slicing.

# CHRIS’S DELICIOUS BEEF

*1 kg beef fillet*

*2 tablespoons Thai fish sauce (nam pla)*

*2 tablespoons soy sauce*

*1 tablespoon fresh ginger, grated*

*1 teaspoon freshly ground black pepper*

*1 extra tablespoon freshly ground black pepper*

Trim beef of all fat, and marinate it overnight in sauces, ginger and pepper. Press beef into tablespoon of black pepper to coat. Heat a heavy frypan over high heat, add a touch of olive oil, and sear beef, turning to brown evenly, for 5 minutes. Bake at 180ºC for 15 minutes. Turn off the heat and leave for an hour or two to rest, before slicing as thinly as possible.

# BEEF CURRY

*20 ml olive oil*

*3 medium brown onions, finely sliced*

*1 large knob ginger, peeled, finely julienned or grated*

*4 garlic cloves, peeled and finely sliced*

*3 bay leaves*

*6 cardamom pods*

*2 tablespoons coriander seeds*

*2 tablespoons fennel seeds*

*2 tablespoons cumin seeds*

*vegetable oil*

*1.5 kg oyster blade, trimmed of fat and cut into 8 even pieces*

*400g tinned tomatoes*

*1 litre beef stock*

*sea salt*

*freshly ground pepper*

Preheat oven to 180ºC. Heat the olive oil in a heavy-based saucepan. Add onions, ginger, garlic, bay leaf and cardamom pods. Season with salt and pepper and cook on medium heat until soft for about 20 minutes. Place seeds in baking tray and place in oven for 5 minutes or until fragrant and slightly toasted. Remove from oven and allow to cool slightly. Grind to a fine powder in a mortar and pestle or coffee grinder. Sift into onion mix and cook a further 10 minutes. Meanwhile heat a frying pan on high. Add a little vegetable oil. Season oyster blade with sea salt and pepper. Fry beef pieces in pan, a few at a time, so you don’t lose too much heat and the meat ends up stewing. Fry until coloured well on sides. Remove to a paper towel. When all browned, add meat to onion mix with tomatoes and beef stock. Bring to the boil, skim and allow to simmer gently for approximately 2 hours, until the meat is tender and stock has thickened. Serve with rice or boiled potatoes, fresh coriander, yoghurt and your favourite chutney.

# BEEF TAGINE

*800g prime beef fillet, cut into 2 cm dice*

*extra virgin olive oil*

*1 red onion, cut into 6 pieces*

*2 carrots, cut into 4 cm pieces*

*1 sweet potato, peeled and cut into 4 cm pieces*

*8 green beans*

*12 almonds, skin removed*

*sea salt*

*2 tablespoons honey*

*juice of 1 lemon*

*8 fresh dates, pitted*

*1 small handful pitted black olives*

*¼ preserved lemon, rind only, finely chopped*

*2 tablespoons coriander leaves*

*2 tablespoons flat-leaf parsley leaves*

*steamed couscous, to serve*

*Chermoula:*

*1 red onion, roughly chopped*

*4 cloves garlic, roughly chopped*

*1 bunch coriander, roughly chopped*

*1 bunch flat-leaf parsley, roughly chopped*

*1 heaped teaspoon sea salt*

*1 tablespoon ground cumin*

*1 tablespoon ground coriander*

*1½ tablespoons chilli powder*

*1 tablespoon ground turmeric*

*2 teaspoons sweet paprika*

*1½ teaspoons ras el hanout*

*¾ cup extra virgin olive oil*

*juice of 1 lemon*

To make the chermoula, place all the ingredients in a food processor, except the olive oil and lemon juice. Process for 1 minute, then slowly pour in the oil to form a thick paste. Stir through the lemon juice. Set aside 1 cup for the tagine. (Makes 2 cups; store extra chermoula under oil for 1-2 weeks in the fridge.) Combine 2 tablespoons chermoula with the beef and set aside to marinate for 1 hour. In a tagine or a large saucepan with a tight-fitting lid, heat a little extra virgin olive oil and the rest of the reserved chermoula. Add the onion, carrot, sweet potato, beans, almonds and a little salt and sauté for 2 minutes. Add enough water to half-cover the vegetables, then add the honey and lemon juice and cover. Reduce the heat to a very gentle simmer and cook for about 30 minutes. Remove the lid and turn the ingredients carefully. Add the dates and olives. Cover the pan again and cook for a further 30 minutes or until the vegetables are tender. Heat a frying pan until hot and add some olive oil. When smoking, add the beef and quickly sauté to colour and seal on all sides. Spoon the beef into the tagine and mix well. You can serve the dish in the tagine or saucepan, spooned onto a large platter or divided among plates. Just before serving, sprinkle with preserved lemon rind and fresh herbs. Serve with couscous. (You can also use a braising cut rather than prime beef fillet; just add more water and extend the cooking time to about 2 hours.)

LAMB

# LAMB STEW WITH RED WINE, ANCHOVIES AND PARMESAN

*1.2kg lamb shoulder meat*

*6 garlic cloves, finely sliced*

*6 anchovy fillets*

*3 tablespoons tomato paste*

*1 teaspoon coarsely ground black pepper*

*2 bay leaves*

*2 rosemary sprigs, plus 1 tablespoon rosemary needles for serving*

*250 ml red wine*

*250 ml water*

*12 parmesan shavings or 2 tablespoons grated parmesan*

*2 tablespoons flat parsley leaves*

Heat the oven to 150ºC. Cut the lamb into large bite-sized chunks, trimming off any large bits of fat. Place in a casserole with the garlic, anchovy fillets, tomato paste, half the pepper, bay leaves and rosemary sprigs. Add the red wine and enough water to just cover the meat, then bring to a simmer over medium heat. Cover and cook in the oven for three hours, stirring once or twice, until the lamb is meltingly tender. Toss the parmesan, remaining black pepper, parsley and rosemary needles in a bowl and scatter on top.

# BARBECUED LAMB CUTLETS WITH SPICY YOGHURT SAUCE

*8 tablespoons vegetable oil*

*2 cups finely chopped onions*

*sea salt*

*3 cloves garlic, minced*

*2 tablespoons finely chopped fresh ginger*

*¼ teaspoon turmeric*

*¼ teaspoon ground cinnamon*

*¼ teaspoon cloves*

*1 cup plain yoghurt*

*12 lamb cutlets*

*2 tablespoons coriander leaves*

*2 tablespoons mint leaves*

*1 long green chilli, seeds removed and minced*

*1 long red chilli, seeds removed and minced*

Place half the oil in a medium saucepan and heat gently. Add the onion and a pinch of sea salt and fry for 15-20 minutes, stirring constantly so the onion doesn’t stick and burn, or until it turns light brown. Add the garlic and ginger and fry for a minute or so. Add the turmeric, cinnamon and cloves and stir for a moment, then add the yoghurt and remove from the heat. Transfer the onion mix to a blender and puree until smooth. Keep sauce warm. Heat a barbecue or grill to hot. Season the lamb with salt and brush with the remaining oil. Grill the lamb for about 3 minutes on each side or until cooked to your liking. Rest the lamb for 3-5 minutes in a warm place, then pile the lamb on a plate and sprinkle with coriander, mint and chillies. Serve the yoghurt sauce on the side.

# CINNAMON-SCENTED LAMB

*600g lamb shoulder*

*2 small eggplants*

*sea salt and freshly ground pepper*

*150 ml extra virgin olive oil*

*1 tablespoons raisins*

*1 tablespoons red wine vinegar*

*½ brown onion, sliced*

*2 garlic cloves, finely chopped*

*2 vine-ripened tomatoes, peeled, deseeded and chopped*

*125 ml chicken stock*

*1 teaspoon ground coriander*

*1 teaspoon ground cumin*

*1 teaspoon ground turmeric*

*1 teaspoon ground cinnamon*

*juice of ½ lemon*

*1 teaspoon chopped mint*

*mint leaves, extra, to garnish*

Trim the lamb, then cut into 4 cm dice. Cut the eggplants into 2 cm slices, then these into quarters. Sprinkle with sea salt and let stand for 30 minutes. Rinse the eggplant quickly under cold water and dry with paper towels. Heat 60 ml olive oil in a heavy-based frying pan and fry the eggplant in batches until golden brown on all sides. Drain on paper towels. Set aside. Combine the raisins and vinegar in a bowl, then set aside. Heat the remaining oil in a heavy-based saucepan with a tight-fitting lid and lightly brown the lamb in batches. Remove the lamb from the pan and set aside. Sweat the onion in the pan over a very low heat for about 10 minutes, or just until soft. Add the garlic and some sea salt and cook, stirring for a minute, then add the tomato, raisin mixture, browned lamb, stock and spices. Bring to a very gentle simmer, cover and cook for 1½ hours, or until the lamb is very tender. Stir in the cooked eggplant, lemon juice, chopped mint and some pepper; mix for 1-2 minutes to warm through. Divide the lamb among 4 large bowls, garnish with mint leaves, if desired, and serve immediately with couscous or steamed rice.

# SLOW-BAKED LAMB SHOULDER WITH GARAM MASALA

*5 cloves garlic, finely grated*

*12 cm piece ginger, finely grated*

*2 tablespoons salt flakes, plus extra*

*1 lemon, zest and juice*

*3 tablespoons garam masala*

*5 tablespoons plain yoghurt*

*about 2.5 kg hole lamb shoulder, bone in*

*80 ml extra virgin olive oil*

*3 brown onions, sliced in rings*

*1 bunch coriander*

*4 limes*

*500 ml sheep’s milk yoghurt or other yoghurt, hung in a cheesecloth to drain and thicken*

Combine the garlic, ginger, salt, lemon juice and zest, garam masala and yoghurt. Make incisions all over both sides of the lamb with a sharp knife and massage the yoghurt mix over it. Cover and marinate in the fridge overnight. The next day, remove the shoulder from the fridge and place in a baking dish with the fat-side up. Allow to sit at room temperature for an hour. Preheat the oven to 150ºC fan-forced or 170º conventional. While the lamb sits, in a large frying pan over medium heat add the oil and fry the onions until golden brown. Season. Set half aside for garnish, scatter the rest over the lamb. Add 450 ml of water to the baking tray, cover the whole tray tightly with baking paper and foil and cook for four hours. Check the lamb – it should be meltingly tender. Remove the foil and paper, sprinkle over the remaining onions and cook for a further 30 minutes at 170ºC to brown and crisp up. Strain off the juices in the tray, skim off any fat and serve with the meat. Garnish with coriander leaves and lime wedges, with the drained yoghurt on the side.

# LAMB RAGOUT

*1.5 kg good-quality lamb shoulder, cut into 3 cm dice or beef, veal, pork, rabbit or goat*

*Marinade:*

*6 fresh bay leaves*

*1 teaspoon juniper berries*

*½ teaspoon black peppercorns*

*2 sprigs fresh rosemary*

*6 cloves garlic, finely chopped*

*500 ml cabernet sauvignon*

*Braise:*

*60 ml olive oil*

*1 medium brown onion, finely chopped*

*3 cloves garlic, crushed*

*2½ tablespoons tomato paste*

*1 tablespoon plain flour*

*2 cups marinade liquid*

*2 cups chicken stock*

*1 cup passata*

*2 medium carrots, peeled and roughly chopped*

*2 celery stalks, roughly chopped*

*sea salt and freshly ground black pepper*

Combine diced lamb with all marinade ingredients and marinate in the refrigerator for eight hours. Remove lamb from the marinade, pass liquid through a fine sieve and reserve. Discard other ingredients. Heat 40 ml oil in a deep, heavy based saucepan on a high heat. Seal marinated lamb in batches until browned all over. Reserve meat to one side. Add remaining oil and reduce heat to low. Cook onion and garlic until softened. Add tomato paste and cook for a few minutes, then add the flour, stirring constantly for 3 minutes. Slowly stir in reserved marinade liquid, blending constantly for a few minutes until thee are no lumps. Stir through stock and passata. Transfer lamb and juices back into the pan, along with chopped carrot and celery. There should be enough liquid to cover the meat (add a little more of the reserved marinade if necessary.) Cover with a lid and cook for 45 minutes to 1 hour until meat is tender and sauce has reduced. Check seasoning and adjust if necessary. Serve with mashed potato.

# SLOW-BRAISED SHOULDER OF LAMB

*2 lamb shoulders on the bone, about 1.25kg each*

*1 teaspoon ground coriander*

*1 teaspoon ground fennel seeds*

*2 star anise, ground*

*½ teaspoon ground cardamom*

*¼ teaspoon freshly ground white pepper*

*2 teaspoons sea salt*

*60 ml extra-virgin olive oil*

*freshly ground pepper*

*lemon wedges*

The night before cooking the meat, trim the excess fat from the edges of the shoulders. Mix the spices, sea salt and extra virgin olive oil together and rub over the lamb. Put the lamb in a container, loosely cover with plastic wrap, and refrigerate overnight. Remove the lamb from the refrigerator two hours before cooking and preheat the oven to 130°C. Put the shoulders in a roasting tin large enough to fit both and drizzle with a little extra-virgin olive oil. Add 125 ml water. Join two sheets of foil together to make a tent over the lamb, then cook for 2½ to three hours. Reduce the heat to 110°C and cook for another four hours. When ready, the lamb will be very well done. Remove from the oven and allow to rest for 20 minutes, then shred the meat off the bone. To serve divide the lamb between plates, season with freshly ground pepper, add a dollop of aioli on top and serve with lemon wedges, a green vegetable and boiled potatoes.

PORK

# SPICED PORK SPARERIBS

*6 garlic cloves*

*1 tablespoon sea salt*

*1 teaspoon ground pepper*

*1 teaspoon Chinese five spice*

*3 tablespoons soy sauce*

*1 tablespoon sesame oil*

*2 tablespoons honey*

*2 kg pork spareribs, cut into individual ribs*

Combine all ingredients in a bowl and marinate for one hour or overnight. Preheat oven to 160ºC. Place ribs in a baking tray and bake for one hour or until deep brown in colour and well cooked. Turn ribs over throughout c ooking to evenly colour. Serve with plum sauce, lemon and rice.

# VIETNAMESE PORK CHOPS

*3 tablespoons fish sauce*

*2 tablespoons sugar*

*2 tablespoons peanut oil*

*2 thick stalks of fresh lemongrass, peeled and thinly sliced, or 2 tablespoons grated fresh ginger*

*4 shallots, finely chopped*

*4 large garlic cloves, finely chopped*

*2 fresh red chillies, finely chopped*

*½ teaspoons ground black pepper*

*4 pork chops, about 2 cm thick*

Place all ingredients except the pork chops in a food processor and blend until finely pureed. Transfer to a shallow dish large enough for the pork chops in a single layer. Add the chops and turn to coat evenly with the paste. Cover and leave to marinate at room temperature for at least two hours, or overnight in the refrigerator. Prepare the barbecue or preheat the grill. Grill the chops until they are browned on both sides and just cooked through (the juices near the bone should run clear when pierced with the tip of a sharp knife) about 6-7 minutes on each side. Serve immediately.

# SLOW-ROAST SHOULDER OF PORK WITH FENNEL AND APPLES

*1 pork forequarter, about 4 kg*

*1 teaspoon sea salt*

*1 teaspoon fennel seeds*

*Pinch of dried chilli flakes*

*1 tablespoon olive oil*

*2 fennel bulbs*

*4 pink lady apples*

Heat the oven to 230ºC. Wipe the pork clean. Use a Stanley knife to score the rind. Mix the sea salt, fennel seeds and chilli together. Rub the rind with olive oil then with the salt mixture and place in a lightly oiled pan. Bake for 30 minutes, then reduce the heat to 140ºC and bake for four hours, turning the pan 180 degrees once or twice to avoid hot spots. Pour excess juices from the pan and place juices in the freezer to set the fat on top. Thickly slice the fennel across each bulb and run a knife horizontally around the middle of each apple. Place the fennel and apples around the pork and bake for a further hour until tender. To finish, remove fennel and apples and keep warm. Increase the heat to 230ºC for 30 minutes, or until the crackling is crisp. Take juices from the freezer, remove fat from the top, reheat and serve with pork, fennel and apples.

# CRISPY SOY ROASTED PORK BELLY

*800g piece boneless pork belly, skin on and scored*

*500 ml boiling water*

*1 tablespoon sesame oil*

*1 tablespoon salt flakes*

*2 tablespoons brown rice miso paste*

*1 tablespoon five-spice powder*

*1 tablespoon brown sugar*

*1 tablespoon light soy sauce*

Place pork belly, skin-side up, on a wire rack over the sink. Pour over boiling water to scald the pork skin – this will help the skin crisp up into crunchy crackling. Pat rind thoroughly dry with kitchen paper and place pork, uncovered, in refrigerator for 2 hours. Remove pork from fridge and place, skin-side up, on a chopping board. Using the tip of a sharp knife, stab the pork skin repeatedly until the surface is covered with holes, being careful not to go all the way through. Turn the pork belly over and make cuts 2 cm apart, 1 cm deep. Combine miso paste, five-spice powder, brown sugar and soy sauce in a bowl and mix well. Rub evenly over the flesh side of the pork (not the skin) and massage well into the cuts. Place pork skin-side up, on a wire rack (this same rack will be used for roasting the pork, so make sure it is ovenproof and fits inside a roasting tin) and place over a tray or large plate to catch any drips. Place in refrigerator and leave pork uncovered overnight, during which time the skin will dry out. The drier the skin, the better the crackling when roasted. The next day, bring pork to room temperature and preheat oven to 150ºC. Transfer pork and wire rack to a roasting tin. Rub skin well with the sesame oil, then scatter salt all over. Roast for 1½-2 hours or until tender (to test, pierce the meat with a skewer – you should meet no resistance). Increase the oven temperature to 220ºC and continue roasting for 15 minutes. This final blast of heat will crisp up the skin, turning it into crackling. Remove pork from oven and allow to rest, uncovered, in a warm place for 15 minutes. To serve, cut into 1 cm thick slices.

# MOJO VERDE WITH PORK CUTLET

*2 large handfuls flat-leaf parsley, including stalks*

*3 garlic cloves*

*100 ml white wine vinegar*

*150 ml extra virgin olive oil*

*4 tablespoons cumin seeds, toasted and ground*

*salt and pepper*

*4 pork cutlets*

Remove and discard the ends of the parsley stalks and roughly chop remaining stalks and leaves. Put parsley and garlic in a food processor, blend and add a couple of tablespoons each of vinegar and oil. Continue blending and slowly add remaining vinegar and oil. Add cumin. Season to taste with a pinch or two of salt. Preheat grill, season pork cutlets and grill until medium or slightly firm when squeezed with a pair of tongs, about 5 minutes each side, depending on the thickness. Rest in a warm place for 4 minutes before serving on a warm plate. Serve with mojo verde and a green salad.

# SARAH’S SATAY MARINADE (BABI)

*½ small red chilli*

*2 big red chillis cut in large chunks*

*¾ Spanish onion diced*

*1 tablespoon chicken stock*

*2½ teaspoons salt*

*2 tablespoons coriander seeds crushed*

*6 heaped tablespoons sugar*

*¼ cup olive oil*

Blend all ingredients together until pureed making sure the coriander seeds are crushed. Pour over meat and marinate for at least 4 hours.

# SLOW-COOKED PORK BELLY WITH SPICED CUMQUAT CHUTNEY

*600g-800g piece of boneless pork belly*

*1 tablespoon salt*

*1 tablespoon vegetable oil*

*Chutney:*

*2 cups cumquats, halved*

*1 cup sugar*

*¼ cup orange or mandarin juice*

*¼ cup chopped shallots*

*1 tablespoon grated fresh ginger*

*1 star anise*

*3 cloves*

*4 cardamom pods*

*¼ cinnamon stick*

*1 tablespoon dried currants*

Use a sharp knife to cut fine incisions into pork belly skin, rub in salt and refrigerate, uncovered, for a couple of hours or overnight. Preheat oven to 180 ºC. Wipe excess salt and any moisture off pork. Heat a large frypan over a moderately hot temperature, add oil and place pork in it skin-side down and caramelise until evenly golden brown. Put pork in a roasting dish skin-side up and roast in oven for about an hour. Remove from oven and rest for 10 minutes. Cut cumquats in half, remove whatever seeds you can. Place all chutney ingredients in a saucepan, bring to boil, then turn heat down and simmer for 20 minutes. Remove any pieces of spice that are visible. Carve pork, and serve with a good spoonful of chutney. Add steamed greens of your choice.

VEAL

# VEAL PARMESAN

*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*

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.

VEGETABLES

# GARAM MASALA LENTILS

*400g canned lentils, drained*

*1 tablespoon olive oil*

*1 tablespoon tomato paste*

*1 tablespoon garam masala*

*2 tablespoons chopped coriander leaves*

*75g baby spinach leaves*

Heat the lentils with olive oil and tomato paste, garam masala, chopped coriander, sea salt and pepper and a splash of water and simmer for 10 minutes over low heat. Add the spinach leaves and allow to soften and wilt.

# LENTILS WITH TAMARIND SAUCE

*½ cup light vegetable oil*

*1 cup thinly sliced onion*

*2 teaspoons minced garlic*

*1 teaspoon turmeric*

*1 teaspoon paprika*

*1 cup canned chopped tomatoes*

*1 tablespoon grated fresh ginger*

*1 cup tamarind water*

*2 cans cooked lentils, drained and liquid reserved*

*1½ teaspoons garam masala*

*1 teaspoon ground roasted cumin*

*sea salt and freshly ground pepper*

*4 red shallots, finely sliced*

Heat the oil in a large heavy based pan over a medium heat. Add the onion and fry until it is lightly browned, stirring so it doesn’t stick and burn. Add the garlic and cook for 2 minutes. Add the turmeric and paprika and cook for a moment Add the tomatoes and ginger and cook for a further 5 minutes. Add the tamarind water and the reserved lentil liquid. Simmer the mixture, covered, over a low heat for 15-20 minutes. Add the lentils, garam masala and cumin and cook for about 3 minutes or until the lentils are heated through. Check seasoning, place in a bowl and sprinkle with shallots.

# CREAMY POTATO GRATIN

*1 garlic clove, cut in half*

*2 teaspoons butter*

*1 kg desiree potatoes*

*250 ml cream*

*400 ml milk*

*freshly grated nutmeg*

*50g grated parmesan or gruyere*

*sea salt and black pepper*

Heat oven to 200ºC. Rub cut garlic around base and sides of a shallow one-litre gratin dish, then lightly grease with butter. Peel and finely slice potatoes. Gently heat cream, milk, nutmeg and garlic halves in a saucepan until just under the boil. Add potatoes to hot milk mixture and simmer for 10 minutes, jiggling them every now and then to stop them sticking. Use a slotted spoon to later half the potatoes in the gratin dish, scatter with half the cheese, salt and pepper, then top with remaining potatoes. Discard garlic and pour hot milk over the top. Scatter with remaining cheese, sea salt and pepper and bake, uncovered, for 30 to 40 minutes, until potatoes are cooked and gratin is bubbling and richly golden. If not, raise heat to 220ºC for another 10 minutes before serving.

# PEARL COUSCOUS WITH DRIED FIG AND CORIANDER

*good pinch salt*

*2 cups pearl couscous*

*3 tablespoons olive oil*

*1 large onion*

*3 garlic cloves*

*1 tablespoon ground cumin*

*2 teaspoons ground turmeric*

*¼ teaspoon ground cinnamon*

*1 cup dried figs, chopped*

*zest from ½ preserved lemon*

*1 cup coriander leaves, chopped*

Bring a large pot of water to the boil. Add salt then couscous and cook until tender to the bite, about 120 minutes. Drizzle couscous with one tablespoon of olive oil and quickly toss to coat. Spread couscous on a large baking sheet to cool. Meanwhile, finely chop onion and garlic. Heat remaining olive oil in a fry pan over a high heat. When oil is hot, add onion and cook, stirring frequently, until it browns, three to five minutes. Add garlic and spices and cook for five minutes. Add couscous and one cup of water and stir well – this will start to form a sauce. When warm, add figs, preserved lemon and coriander. Taste for seasoning and serve.

TONI'S INFAMOUS BROCCOLI YUM

*a few tablespoons ghee
3-5 chillies seeded and chopped
a few teaspoons cumin seeds
1-2 teaspoons asafoetida powder (or substitute with garlic)
broccoli (use the stalks too but peel them so they soak up sauce)
soy sauce
300 mls cream*
Heat ghee, gently fry chilli, cumin and asafoetida.  Stir fry broccoli. Add cream and soy to taste (a little at a time).

# CAULIFLOWER CHEESE

*1 cauliflower , broken into florets*

*60 mls (¼ cup) pouring cream*

*50g each coarsely grated Emmenthal and Gruyere*

Preheat oven to 200°C. Place cauliflower in a baking dish, season to taste and pour cream over, ensuring all the cauliflower is completely coated. Scatter with cheeses, bake until golden and bubbly (15-20 minutes) and serve.

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.

# CORN, CORIANDER AND AVOCADO SALAD

*6 corn cobs*

*2 red onions, chopped*

*2 teaspoons olive oil*

*4 cloves garlic, finely chopped*

*2 hot red chillies, finely chopped*

*1½ large avocados, cut into bite-sized pieces*

*4 Lebanese cucumbers, diced*

*freshly squeezed juice of 3 limes*

*1 cup coarsely chopped freshly coriander, leaves only*

*cracked black pepper to taste*

Using a sharp knife, cut the corn off the cobs. Combine the onion and oil in a non-stick frying pan and cook over moderate heat until the onion is soft, about 5 minutes, stirring frequently. Add the garlic and chillies and cook a further 1-2 minutes. Stir in the corn and cook 5 minutes, stirring frequently. Allow to cool to room temperature. Meanwhile in a large bowl combine the avocado and cucumber. Add the cooled corn and onion mixture and toss well. Add the lime juice and toss well. Add the coriander and toss again. Season with black pepper and serve at room temperature.

# THAI BEEF SALAD

*1½ tablespoons fresh lime juice*

*1 tablespoon finely chopped dark palm sugar*

*1 tablespoon fish sauce*

*2 teaspoons sesame oil*

*1 teaspoon soy sauce*

*2 teaspoons finely grated fresh ginger*

*1 garlic clove, crushed*

*approximately 680g beef rump steak*

*200g grape tomatoes, halved*

*1 continental cucumber, halved lengthways, thinly sliced diagonally*

*1 red onion, halved, cut into thin wedges*

*2 long fresh red chillies, halved, deseeded, thinly sliced lengthways*

*1 bunch fresh mint, leaves picked, large leaves torn*

*1 bunch fresh coriander, leaves picked*

*1 bunch fresh Thai basil, leaves picked, large leaves torn*

*55g (⅓ cup) toasted peanuts, coarsely chopped, or dry fried noodles*

*4 kaffir lime leaves, centre veins removed, finely shredded*

Whisk together lime juice, palm sugar, fish sauce, sesame oil, soy sauce, ginger and garlic in a jug. Pl ace the steak in a glass or ceramic dish. Drizzle with half the dressing. Cover with plastic wrap and place in the fridge, turning occasionally, for 2 hours to develop the flavours. Preheat a barbecue grill or chargrill pan on high. Cook steak on grill for 2-3 minutes each side for medium or until cooked to your looking. Transfer to a plate. Cover with foil and set aside for 10 minutes to rest. Place the tomato, cucumber, onion, chilli, mint, coriander, basil, peanuts and lime leaves in a large bowl. Thinly slice steak across the grain and add to the salad. Drizzle with remaining dressing and gently toss to combine. Divide salad among bowls and serve immediately.

PASTAS, PIZZAS

# PIZZA DOUGH

*250 ml lukewarm water*

*2 teaspoons dry yeast*

*1¼ teaspoons sugar*

*1½ tablespoons olive oil, plus extra for greasing*

*475g strong flour, plus extra for dusting*

*1¼ teaspoons salt*

In a small bowl, mix the lukewarm water, yeast and sugar together until combined, then leave in a warm place for five minutes or until frothy. Stir in the olive oil. Sift the strong flour and salt together into a large bowl. Pour the yeast mixture over the dry ingredients and use your hands to bring the mixture together to form a dough. Turn the dough out onto a work surface and use the heel of your hands to work the dough for five minutes until it is smooth and elastic. Lightly grease the inside of a clean dry bowl with oil and place the dough inside. Place a tea towel over the dough and leave in a warm place to prove for 45-60 minutes or until doubled in size. Dust a clean work surface lightly with the extra flour and tip out the dough. Use your fists to knock the dough back with one good punch to let any air out. Before you portion the dough into separate balls, refer to the pizza recipe for measures. Once you’ve separated your dough into portions, and working with one portion at a time, use the palm of your hands to cup the dough and roll it on the work surface in a circular motion to form a perfect ball. Repeat with the remaining dough portions. Place the dough balls on a light greased baking tray, cover and leave in a warm place to prove for 15 minutes.

# PIZZA DOUGH

*400g plain flour*

*100g yellow polenta*

*2 teaspoons fine salt*

*7g dried yeast*

*1.5 cups warm water*

In a bowl, combine dry ingredients then pour warm water into a well in the centre. Mix until dough forms then knead for 5 minutes. Place dough in a floured bowl and cover with plastic wrap. Leave in a warm place for 1 hour or until doubled in size. At the same time, soak pizza tile in water for 1 hour. When dough is ready, place on a floured surface and cut into 6 even pieces. Preheat oven to 250ºC and put tile in. Roll out dough pieces into a rough, round shape to about 3 millimetres thick.

# PIZZA SAUCE

*400g tin whole peeled tomatoes*

*¼ teaspoon salt*

*1 teaspoon dried oregano*

*2 pinches of freshly ground black*

Place all the ingredients in a food processor and blend until smooth. Note: This sauce can be stored in an airtight container in the fridge for up to a week or in the freezer for up to three months.

# PIZZA TOPPINGS

## PIZZA INGREDIENTS

*anchovies*

*artichoke hearts*

*rosemary*

*basil*

*garlic*

*oregano*

*capers*

*rocket*

*chicken*

*spinach*

## SPINACH WITH FETTA, SEMI-DRIED TOMATOES AND OLIVES

*olive oil*

*150g baby spinach, washed and stems removed*

*sea salt and freshly ground black pepper*

*semolina or plain flour, for dusting*

*9 pitted Kalamata olives, halved*

*50g shredded mozzarella cheese*

*30g feta cheese, crumbled*

*1 teaspoon dried chilli flakes*

*10 semi-dried tomatoes, cut into strips*

*squeeze of lemon to serve*

## SMOKED SALMON WITH CAVIAR AND MASCARPONE

*½ red onion*

*2 tablespoons olive oil, and 1 teaspoon extra*

*semolina or plain flour for dusting*

*60 ml pizza sauce*

*1 tablespoon chopped flat-leaf parsley*

*50g shredded mozzarella cheese*

*1 tablespoon capers, rinsed and drained*

*115g smoked salmon (5 slices)*

*2 tablespoons mascarpone cheese*

*2 tablespoons avruga cariar or salmon roe*

*Lemon dressing:*

*1 tablespoon lemon juice*

*1 tablespoon olive oil*

*sea salt and ground black pepper*

*handful of fresh watercress*

## CHORIZO AND PRAWN PIZZA

*600 ml tomato passata*

*200g mozzarella, sliced*

*3 raw chorizo sausages, thinly sliced*

*18 medium-sized prawns, tails removed*

*12 basil leaves*

Smear some passata over the base, add a few pieces of mozarella, then some chorizo slices and finish with some prawns. When cooked, tear 2 basil leaves and scatter over the pizza.

## TOMATO AND BRESAOLA PIZZA WITH ORANGE AND ROCKET SALAD

*1 tablespoon olive oil*

*200g tinned tomatoes*

*1 tablespoon picked fresh oregano leaves*

*salt and pepper*

*4 large vine-ripened tomatoes, thinly sliced*

*400g bresaola*

*400g cheddar cheese, grated*

*4 large handfuls rocket, washed and drained*

*2 small oranges, segmented*

*extra virgin olive oil*

Puree tinned tomatoes with oregano, salt, pepper and oil. Spoon sauce over pizza dough and top with tomato and bresaola slices and cheese. Bake until cheese is golden and base is crisp, about 20 minutes. Toss rocket with orange segments and drizzle with extra virgin olive oil.

## ZUCCHINI, GREEN OLIVE, MINT AND FETTA PIZZA

*600 ml tomato passata*

*200g mozzarella, sliced*

*12 mint leaves*

*3 zucchinis, cut in thin slices*

*freshly ground black pepper*

*24 green olives, pitted*

*200g feta cheese*

Smear some passata over base, keeping away from the edge. Add a few pieces of mozzarella, then tear 2 mint leaves and stick them into the passata. Top with 3-4 slices of zucchini, a grind of black pepper, a few olives and finish with a crumble of fetta.

RICE

# RICE PILAF

*60g unsalted butter*

*2 tablespoons olive oil*

*2 cinnamon sticks*

*1 teaspoon fine sea salt*

*1 large red onion, thinly sliced*

*½ teaspoon ground cardamom*

*1 teaspoon ground turmeric*

*2 tablespoons currants*

*¼ cup shelled unsalted pistachios*

*300g basmati rice, soaked in water for 1 hour*

*500 ml chicken stock or water*

Heat the butter and oil in a saucepan with a tight-fitting lid that’s just large enough to fit the rice and stock. When the butter foams, add the cinnamon and salt, then add the onion. Fry over a medium heat for 10 minutes, stirring occasionally, until the onion is soft and starting to colour. Don’t brown heavily. Add the cardamom, turmeric, currants and pistachios and cook gently for 10 minutes, until the onion is golden brown. Drain the rice and add to the pan, stirring for 1-2 minutes to coat all the grains – this keeps each grain separate – then pour in the stock. Cover with the lid and cook over a high heat for 5 minutes until it boils. Reduce the heat to low and simmer for 10 minutes. Remove from the heat and allow the pilaf to rest for 10 minutes. Serve directly onto plates or place the pot in the middle of the table so your guests can share.

# RISOTTO

*3 tablespoons butter*

*1 tablespoon olive oil*

*1 onion, finely chopped*

*350g Italian risotto rice (eg Arborio)*

*200 ml dry white wine*

*1.2 litres chicken stock, heated*

*200g peas*

*100g sliced ham off the bone*

*Sea salt and freshly ground black pepper*

*2 tablespoons freshly grated parmesan plus extra to serve*

*2 tablespoons flat parsley leaves*

Melt one tablespoon of butter with olive oil in a heavy-bottomed pan or pot, add onion and cook for three minutes until it softens. Add unwashed rice, and cook for three minutes, coating it in the onion. Add wine, and let is bubble and be absorbed as you stir. Add half a cup of hot stock to the rice, stirring carefully and calmly with a wooden spoon over medium heat. When the rice has absorbed the stock, add another half cup, and so on, stirring continuously over medium heat until the rice is tender but not soft, with a creamy consistency (about 20 minutes). Cook peas in simmering salted water for one minute, then drain. Dice or shred ham. Add ham and most of the peas, stirring well, adding a little extra stock if rice is too stiff – it should be just soupy enough to move across a tilted plate. Beat in remaining butter, sea salt, a generous amount of pepper and parmesan and serve in warm, shallow plates. Scatter with remaining peas, parsley and grated parmesan. (Tip: Don’t cook rice until it is soft at the centre.)

# PAELLA

*1 chicken (about 1.2 kg)*

*5 ripe vine-ripened tomatoes*

*100 ml extra-virgin olive oil*

*450g cleaned calamari, cut into 3 cm pieces*

*3 large onions, coarsely chopped*

*4 garlic cloves, finely chopped*

*good pinch of saffron threads*

*4 fresh bay leaves*

*500g each red and green capsicum, diced*

*135 ml fino sherry*

*450g bomba rice (short-grain rice)*

*750g mussels, scrubbed, beards removed*

*800 gm vongole (clams), soaked in cold salted water for 2 hours to remove grit, drained*

*lemon wedges, to serve*

Place chicken breast-side up on a board, slice down each side of the breasts, remove breasts and wings, then legs. Separate breasts from wings, cut breasts into three pieces, trim excess skin (discard) and set aside. Cut wing tips from wings (discard), halve at the joint and set aside. Cut through leg joints to separate thighs from legs, trim bony ends from drumsticks, cut each drumstick in half through the bone and set aside. Cut thighs through the bone into thirds and set aside. Blanch tomatoes until skins split (30 seconds-1 minute), refresh and set aside to cool. When cool enough to handle, peel, remove seeds (discard), finely chop and set aside. Head 60 ml oil in a 48 cm-diameter paella pan over high heat, add calamari, season to taste and stir continuously until firm and caramelised (1½-2 minutes), transfer to a bowl with a slotted spoon, cover and set aside. Add chicken to pan, season to taste and stir continuously until lightly browned (3-4 minutes). Push the chicken to one side, reduce heat to low-medium, add onion, garlic, saffron, bay leaves and remaining, oil, season with a little salt and stir continuously until onion is golden (4-5 minutes). Add capsicum and cook until soft and jammy (8-10 minutes), then mix chicken in. Drain all liquid from tomato and add to pan with fino, increase heat to medium-high, season to taste and cook, stirring occasionally and scraping base of pan, until any liquid is reduced and mixture looks like thick and chunky jam (15-20 minutes). Add 1.6 litres tap-hot water, stir to combine and bring to the simmer. Return calamari to pan and cook for 10 minutes, sprinkle in rice and stir through evenly. Continue cooking until rice starts to show, adding mussels and vongole after 12 minutes (15-20 minutes; do not stir again). Remove from heat, cover with 2 tea towels and set aside to steam (15 minutes). Serve hot with lemon wedges.

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).

PASTRY, PIES

# PASTRY FOR BAKED CUSTARD TARTS (Steve Manfredi)

*350g plain flour*

*70g caster sugar*

*pinch salt*

*½ teaspoon baking powder*

*grated zest of a lemon*

*170g unsalted butter cut into 1 cm cubes and kept cold*

*1 65g egg*

*1 egg yolk*

*60 ml cream*

To make pastry, place the flour, sugar, salt, baking powder and lemon zest in a food processor. Pulse so the ingredients are combined well. Add the cold butter cubes and pulse repeatedly until the mixture is like sand. In a separate bowl whisk together the egg, yolk and cream. Add this mixture to the food processor ingredients and pulse until the mixture forms a ball. Remove from the processor and flatten the dough out to a disc. Refrigerate for 3-4 hours. To roll out, divide pastry into smaller chunks – helps roll to a thinner sheet.

# BRETON PASTRY

*4 egg yolks*

*175g castor sugar*

*160g butter, softened*

*220g plain flour*

*8g baking powder*

(This pastry needs no chilling or resting.) Place yolks in an electric mixer fitted with a whisk and begin whisking on high speed. Add the sugar gradually and continue whisking until pale and creamy. In a separate bowl, beat butter until smooth. Turn speed down to low and add the butter to the mixer, one-quarter at a time, whisking well between each addition but not so much as to deflate the yolk mixture. Remove the bowl from the mixer and sift in the flour and baking powder. Using a rubber spatula, work the flour in gently until well combined. Scrape the contents of the bowl onto a work surface and bring the dough together, making sure not to overwork it. The pastry is ready to use either to line tart rings or rolled out to make biscuits. Spray 5 cm tart rings with canola oil and dust with flour. Place on a baking tray lined with baking paper. Gently press pastry into the ring, pressing it to the edges to form a border around the edge. Bake in a 165°C oven for 15-18 minutes, or until the pastries have puffed up and are golden-brown. The pastry shrinks slightly as it cools. Place on a rack to cool before adding topping.

# FISH AND FENNEL PIE

*600g skinned snapper fillets, cut into 3 cm pieces (salmon, ocean trout or prawns works too)*

*2 sheets frozen puff pastry, thawed*

*1 egg beaten with 15 ml milk (egg wash)*

*Fennel and dill sauce:*

*80g butter*

*1½ tablespoons olive oil*

*1 medium trimmed leek, white and light green parts only, washed well, thinly sliced*

*1 cup trimmed fennel, washed well, cut into 1 cm dice*

*1 teaspoon garlic, finely chopped*

*sea salt and ground white pepper*

*pinch cayenne pepper*

*½ cup plain flour*

*¼ cup white wine*

*2 cups milk, warmed*

*½ teaspoon Dijon mustard*

*¼ cup pouring cream*

*pinch lemon zest, finely grated (with no white pith)*

*1 tablespoon dill, chopped*

*1 tablespoon flat leaf parsley, chopped*

Preheat oven to 180°C. For the sauce, heat butter and olive oil in a saucepan over medium heat. Add the leek, fennel, garlic, a pinch of salt and ground white pepper and the cayenne. Cook over a low heat until the vegetables are soft. Stir in the flour and cook until it bubbles and goes grainy. Gradually add the wine, stirring constantly, then gradually stir in the milk. Cook stirring over a low heat, until the mixture thickens. Stir in the mustard, cream, lemon zest, dill and parsley and simmer for 2 minutes. Check the seasoning and adjust as necessary. Cover the base of a pie dish with sauce and cover with one layer of pieces of fish. Top with more sauce and then arrange the remaining fish pieces. Top with more sauce. Place puff pastry on top and cut slightly bigger than the pie dish. Brush with egg wash. Place in 180°C oven for 30 minutes or until pastry is golden.

# JAN’S VENISON PIE

*1kg venison, 3 cm dice*

*3 tablespoons flour*

*1 tablespoon paprika*

*salt and pepper*

*3 teaspoons olive oil*

*2 large onions, diced*

*4 cloves garlic, crushed*

*4 rashers bacon, cut into squares*

*115g button mushrooms, cut into large dice*

*2 carrots, diced*

*2 stalks of celery, chopped*

*1 leek, chopped*

*2 tablespoons tomato paste*

*2 sprigs thyme, stalks removed*

*2 sprigs rosemary, stalks removed*

*1 tablespoon parsley*

*5-6 juniper berries, mashed*

*2 bay leaves*

*1½ cups Pinot Noir*

*1 cup beef stock*

*2 teaspoons red wine vinegar*

*pre-rolled shortcrust pastry*

*re-rolled puff pastry*

*salt and freshly ground black pepper*

Preheat oven to 180ºC. Combine venison, flour, paprika and pepper and salt. Heat a large frying pan and fry the meat in batches until well coloured. Drain the meat on paper towel. Deglaze the pan with some of the red wine. Place meat and pan juices in a large casserole dish. In the meantime soften onions and garlic in some olive oil, add bacon and stir for a few minutes, add mushrooms, stir again for a few minutes then add the carrots, celery, and leek. Stir over high heat until the vegetables start to brown. Add the vegetables mixture to the casserole dish together with the tomato paste, thyme, rosemary, parsley, juniper berries, bay leaves, the rest of the wine, the beef stock and the vinegar. Stir well and then put the casserole dish in the oven and cook for approximately 1½ hours. Let cool and then rest overnight in the fridge. Use a piemaker (if Jessie’s small pies, cut short pastry into 9 cm rounds and the puff pastry into 7 cm rounds). The pies may be frozen after being cooked and warmed through later.

DESSERTS

# STRAWBERRY TART

*500g strawberries, hulled, halved*

*2 tablespoons pure icing sugar*

*1 tablespoon liqueur (such as Kahlua), optional*

*2 sheets frozen ready-rolled puff pastry*

*1 tablespoon white sugar*

*250g mascarpone*

Place the strawberries in a bowl, sprinkle over the icing sugar, then drizzle over the liqueur. Toss gently to combine, cover and refrigerate until ready to serve. Preheat the oven and a large flat try to 200º fan-forced. Place 1 pastry sheet on a piece of baking paper. Top with the second sheet, then sprinkle the top sheet with the white sugar. Being careful not to cut all the way through, use a small sharp knife to cut a 2 cm-thick border around all four of the pastry edges. Place a 19 cm square piece of baking paper in the centre of the pastry (inside the border), then place a 19 cm square (base) cake pan on top. Half fill the pan with rice. Using the paper, quickly lift the pastry onto the hot tray and bake for 15 minutes, or until the edges are light golden. Remove the cake pan and the piece of baking paper under it, and bake for a further 8-10 minutes, until crisp and cooked through. Set aside to cool on the tray. Spoon the mascarpone evenly over the pastry base. Spoon over the strawberries and any syrup.

# RASPBERRY AND MASCARPONE TRIFLE

*1 cup (250 ml) lemon-flavoured liqueur (limoncello)*

*1 cup (250 ml) water*

*2 tablespoons caster sugar*

*250g mascarpone*

*600g sour cream*

*½ cup (80g) icing sugar, sifted, plus extra for dusting*

*2 tablespoons finely grated lemon rind*

*34 sponge finger biscuits*

*500g raspberries*

Place the liqueur, water and caster sugar in a small saucepan over low heat and stir until the sugar is dissolved. Set aside to cool. Place the mascarpone in a bowl and stir until smooth. Add the sour cream, icing sugar and lemon rind and whisk until smooth. Dip the sponge fingers into the liqueur mixture and use to line the sides and base of a 3 litre capacity glass bowl. Top the sponge fingers with half the raspberries and spoon over the mascarpone mixture. Top with remaining raspberries and dust with the extra icing sugar to serve.

# EASY APPLE TART

*1 sheet puff pastry*

*1½ granny smith apples, peeled, cored and cut in half*

*2 tablespoons sugar*

*2 tablespoons unsalted butter, chopped*

*whipped cream or ice-cream to serve*

Preheat the oven to 220ºC. Cut out a circle using a dinner plate as a guide and then place the pastry on a baking sheet. Slice the apple into 2mm thick slices, discarding the ends so you have good slices of apple. Place overlapping apple slices along the outside edge of the pastry. Continue with another small circle, overlapping, just inside the first, then finish with a few in the middle, so that pastry is covered with apple. Sprinkle with sugar and dot with chopped butter. Bake for 20-30 minutes or until golden and the pastry is cooked. Remove and slide the tart onto a cake rack to cool. Cut the tart into wedges and serve with whipped cream or ice-cream.

# BEVY’S ICE CREAM

*1 packet Molto Milk biscuits*

*2 Violet Crumble bars*

*1 tin condensed milk*

*600 mls thickened cream*

Line tin with alfoil. Lay biscuits flat in tin. Crumble the crumble bars and stir together with condensed milk and cream. Pour on top of biscuits and freeze.

# CARAMELISED PEAR CUSTARD TART

*sweet shortcrust pastry for 8 individual 12cm tarts*

*juice of half a lemon*

*2 litres water*

*4 large pears, ripe but firm, ideally winter nelis (honey pear) or buerre bosc*

*4 x 65g egg yolks*

*80g castor sugar, plus 20g extra for sprinkling*

*2 level teaspoons cornflour*

*pinch salt*

*½ teaspoon vanilla essence*

*250ml thickened cream*

Line tart moulds with pastry and refrigerate. In a bowl, mix lemon juice and water. Peel pears, cut in half, top to bottom, and remove seeds. Place in lemon water so they won’t go brown. Make filling by whisking together egg yolks, 80g sugar, cornflour, salt and vanilla. Whisk in cream. Remove pears from water and pat dry with a clean towel. Cut each half into three slices and cut each slice across into 3cm chunks. Arrange pear chunks in each tart, then pour in mixture so it comes just under the top of each tart shell. Pear chunks should poke through top of filling. Sprinkle on sugar and bake on a tray in preheated 160ºC oven for 35-40 minutes. Remove from oven and cool.

# TARTE TATIN

*8 golden delicious apples*

*50g butter*

*125g castor sugar*

*500g puff pastry*

*1 egg, beaten*

*crème fraiche, cream or ice-cream for serving*

Peel apples and cut in half lengthwise. Use a melon baller to remove core, and trim off any stalks. Melt butter in an ovenproof 25-centimetre frypan and sprinkle with half the sugar. Pack apples in tightly, rounded side down. Cut one or two apples into quarters and squeeze in – they will shrink as they cook. Scatter with remaining sugar and cook over medium heat, letting them hiss and bubble for about 20 minutes, until there is a lightly golden caramel beneath. Watch out for browning or butning but be brave, you want a real caramel. Press apples down into the pan as they soften. Heat oven to 220ºC. Roll out pastry and drape generously over apples, trimming edges so you can tuck it in all round (grease sides with a little butter for easier turning-out). Prick pastry lightly with a fork, brush with beaten egg, and bake tart for five minutes. Reduce heat to 200ºC and bake for 20 minutes or until pastry is crisp and gtolden. Cool for five minutes, then place a large, flat serving platter over the pan, and very carefully invert. Some apples may stick to the pan – just pop them back into place and nobody will be the wiser. Serve hot, with creme fraiche.

# STRAWBERRY CREAM TORTE

*Strawberries:*

*4 punnets of strawberries*

*2 tablespoons sugar*

*1 tablespoon lemon juice*

*2 tablespoons kirsch*

*1 teaspoon grated lemon zest*

*Filling/Frosting:*

*3 cups cream*

*4 tablespoons icing sugar*

*1 tablespoon vanilla*

*Cake:*

*125g butter*

*½ cup sugar*

*3 egg yolks*

*1 teaspoon baking powder*

*1 teaspoon vanilla*

*4 tablespoons milk*

*¾ cup flour*

*3 egg whites (room temperature)*

*300 ml cream whipped*

*1 cup sugar*

Strawberries: Combine all ingredients and toss to thoroughly coat strawberries. Let macerate at room temperature for at least 20 minutes. Strain macerated berries and reserve syrup. Frosting: Beat all ingredients together until firm (but not cheese) and place in the fridge for at least one hour. Use 1 cup for filling and the rest for coating the whole torte. Cake: Heat oven to 175ºC. Butter and line two 20 cm cake tins with baking paper. Combine butter, sugar, egg yolks, baking powder, vanilla and milk. Beat for 2 minutes then fold in flour. Spread evenly into the two cake tins. Beat egg whites till frothy, add two tablespoons of sugar very gradually while beating, and then fold in remaining sugar. Spread over cake mixture in each tin. Place in centre of oven for 25 minutes. Remove from oven, cool and when quite cold remove from tins. Place one cake meringue side down, paint with reserved strawberry syrup and top with 1 cup of frosting. Spread with half the strawberries, which, if large, should be chopped. Carefully turn the other cake out and place meringue side up on top of strawberries, pressing lightly. If there’s strawberry syrup over paint the cake side before placing on the strawberry cream filling. Coat torte with frosting and put in the fridge to “set”. Just before serving place remaining strawberries on top.

# MOLTEN CHOCOLATE PUDDING

*125g butter, plus 2 teaspoons extra*

*200g bittersweet dark chocolate, chopped*

*2 large eggs, plus 2 egg yolks*

*125g sugar*

*1 teaspoon vanilla extract*

*35g plain flour, sifted*

*100 m. cream*

Heat oven to 170ºC. Use extra butter to grease four 150-millilitre heatproof souffle moulds or ramekins, and place on a baking tray. Melt remaining butter and 150 grams of chocolate in a heatproof bowl set over a pot of gently simmering water. Remove from heat and whisk until smooth. Using an electric beater, beat eggs, yolks, sugar and vanilla for two minutes until pale and creamy. Fold in chocolate mixture, then sift flour over the top and fold through. Pour mixture into moulds to fill by three-quarters. Bake for 13-14 minutes until puffed and set on top but still soft in the centre. Invert each mould on to a warm dessert plate, drizzle with cream and scatter with remaining chocolate.

# BITTERSWEET CHOCOLATE TART

*250g plain flour*

*75g unsalted butter, cubed*

*pinch sea salt*

*90g icing sugar, sifted*

*4 tablespoons full-cream milk, plus 55 ml*

*2 egg yolks*

*1 cup heavy cream*

*200g dark bittersweet chocolate, cut into small pieces*

*1 extra-large egg, beaten*

***cocoa powder (optional*** To make the pastry, place the flour, butter, salt and icing sugar in a food processor and process for 20 seconds. Add 55 ml milk and egg yolks and process for 30 seconds, or until a mass forms. Turn the dough out onto a lightly floured bench and knead lightly for a few moments. Flatten it on the bench and form a ball. Wrap it in plastic and place in the refrigerator for 1 hour. Preheat the oven to 180ºC, and spray a 28 cm tart tin with oil spray. Roll out the pastry on a lightly floured bench until it is 2 cm wider than the tart case. Roll the pastry over your rolling pin and gently ease it onto the tart case, pushing the sides in gently. Rest in the refrigerator for 30 minutes. Line the tart case with foil, add some rice and blind bake for 20 minutes. Remove the rice and foil, brush the tart shell with egg wash and cook for 10 minutes. Remove it from the oven and increase the temperature to 200ºC. To make the filling, place the cream and 4 tablespoons milk in a saucepan. Stir and bring to a boil over medium heat. Remove the saucepan from the heat, add the chocolate and stir until the chocolate is completely melted and incorporated. Strain the egg into the warm chocolate mixture, and stir until absorbed. Pour the warm filling into the cooked tart shell and smooth it with a spatula. Turn off the oven, and bake the tart for 20 minutes or until just set. Allow the tart to cool, then sprinkle with cocoa powder, if using. (Do not refrigerate the tart.)

# TRISH AND TREV’S CHOCOLATE GANACHE TART WITH BLOOD ORANGE

*Confit of Blood Orange:*

*2 blood oranges*

*1 cup simple sugar syrup (1:1 ratio of sugar and water, boiled in a saucepan)*

*Tart Shell (sour cream pastry):*

*125g plain flour*

*100g unsalted and chilled butter*

*60 ml sour cream (approx)*

*Chocolate Ganache*

*250g dark chocolate*

*250g pure thickened cream*

*10g unsalted butter*

Confit: Preheat oven to 150ºC. Thinly slice the blood oranges and in a baking dish lay the orange slices so that they are just overlapping. Pour over the syrup and cover with baking paper and aluminium foil. Bake for 1 hour. Remove foil and paper and continue to bake until syrup is thick and the oranges are caramelised. This takes about another ½ to 1 hour. Remove from oven and squeeze the juice of 1 lemon over the mixture to brighten the syrup. (Keeps well if refrigerated.) Tart Shell: Chop all the butter into small cubes. Weigh flour and put into mixer. Blend flour and butter until it resembles a large breadcrumb consistency. Add sour cream gradually (check consistency before adding all the sour cream; do not add all if it is not needed.) Turn onto a floured bench and pull together with your hands into a rectangle shape. Wrap in plastic wrap and chill for at least 20 minutes before rolling out and lining your tin (When lining the tin, have the pastry come up high as the pastry will shrink.) Blind bake at 200ºC for 12 minutes. Remove the foil and weights and bake for a further 5 minutes. Chocolate Ganache: Boil cream in saucepan. Once boiled pour over the chocolate to melt. Put aside for 3 minutes before stirring. Add butter to the chocolate/cream mix while still warm to give your ganache a shiny finish. Pour chocolate into pre-baked tart case and refrigerate for 1 hour to set. To serve place a little of the chopped blood orange confit on top of the tart.

# WHITE CHOCOLATE AND RASPBERRY CHARLOTTE

*Sponge cake:*

*85g cornflour*

*115g bakers flour*

*6 eggs separated*

*170g caster sugar*

*2 drops lemon juice*

*White Chocolate Bavarois:*

*220 ml milk*

*220 ml cream*

*90g sugar*

*100g egg yolks (about 5)*

*120g good quality white chocolate (melted)*

*10g leaf gelatin (soaked in cold water)*

*250g whipped cream*

*1 punnet raspberries*

*1 punnet blueberries*

*1 packet frozen raspberries*

*white chocolate to garnish*

Pheheat oven to 180ºC. Sift together the cornflour and bakers flour. Whip the egg yolks and 60g sugar until light and creamy. Whip the egg whites with lemon juice and half the remaining sugar until stiff peaks form. Add the remaining sugar. Fold in the egg yolk mix and then gently fold in the flours. Line a baking sheet with non-stick baking paper and using a large piping bag with a plain nozzle, fill the bag and pipe into 8-9 cm zigzags, piping the length of the tray. Use the remaining batter to make 2 x 24cm round cakes about 1½ cm thick. Bake for about 10 minutes or until cooked and golden. Allow to cool. To make the chocolate bavarois, boil the milk and cream. Whisk the egg yolks with the sugar and then slowly add the boiled cream/milk mix. Return to the saucepan and cook slowly, whisking constantly to 85ºC until the mixture coats the back of a spoon. Strain and add the melted chocolate and gelatine (squeeze out the excess water). Cool over an ice bath. Once cold, fold in the whipped cream. To assemble: Line the sides of a 24 cm springform cake tin with acetate and the base with baking paper. Place the strips of baked sponge around the side. Place a round of sponge cake on the bas and line with frozen raspberries. Pour over half the white chocolate bavarois to come halfway up the cake pan and place in the refrigerator to set. Place another round of sponge on top and covfer with more frozen raspberries. Top with remaining white chocolate bavarois and allow to set in the fridge for a few hours. Garnish with fresh berries and white chocolate curls.

# QUINCE AND ROSEMARY UPSIDE-DOWN CAKE

*2 quinces, peeled and halved*

*800g sugar*

*3 litres water*

*2 vanilla beans*

*8 cloves*

*Cake:*

*175g butter*

*150g sugar*

*3 eggs*

*175g self raising flour*

*½ vanilla pod*

*fresh rosemary, chopped*

Bring sugar, water, vanilla beans and cloves to the boil and add quinces. Cook for 6 hours and cool in the liquid. Caramelise some sugar in an ovenproof frying pan and remove from heat. Add seeded quinces (there will be a lot of spitting) and then spread the cake batter over. For the cake, cream the butter and sugar with the vanilla, add the eggs and the flour and rosemary. Spread the batter over the quinces and bake at 185ºC for 35-40 minutes. Rest before turning out on to a plate.

# SALTED CARAMEL APPLES

*2 cups granulated sugar*

*120g unsalted butter, at room temperature, diced*

*1 cup thickened cream, at room temperature*

*½ teaspoon ground cinnamon*

*¼ teaspoon ground allspice*

*pinch ground nutmet*

*1 teaspoon fleur de sel (or any other flaky sea salt)*

*5 granny smith or fuji applies, peeled, cored and cut into 2 cm-thick slices*

Pour the sugar in an even layer over the bottom of a heavy, two to three-litre saucepan. Heat over medium-high, whisking gently as it begins to melt. The sugar will begin to form clumps, which will melt away as you whisk. When the sugar turns a deep amber colour, add the butter and whisk, being careful to not get burnt if it spits. Add the cream, spices and salt. Mix until well incorporated. Add the apples and cook gently for five minutes or until the fruit has softened. Let cool slightly, then serve on the Breton pastry with a scoop of crème fraiche.

CAKES, BISCUITS, BREAD

# CHOCOLATE FUDGE BROWNIES

*150g butter, chopped*

*300g dark eating chocolate, chopped*

*1½ cups (330g) firmly packed brown sugar*

*3 eggs*

*1 teaspoon vanilla extract*

*¾ cup (110g) plain flour*

*¾ cup (140g) dark Choc Bits*

*½ cup (120g) sour cream*

*¾ cup (110g) roasted macadamias, chopped coarsely*

Preheat oven to 180º. Grease a 19 cm x 29 cm slice pan; line base with baking paper, extending five centimetres over sides. Stir butter and chocolate in medium saucepan over low heat until smooth. Cool 10 minutes. Stir in sugar, eggs and extract then siften flour, Choc Bits, sour cream and nuts. Spread mixture into pan. Bake for 40 minutes. Cover pan with foil then bake a further 20 minutes. Cool in pan. Serve dusted with sifted cocoa powder.

# WHITE BREAD

*500g plain white flour*

*1 level teaspoon (5g) bread improver*

*1 teaspoon salt*

*7g sachet of dried yeast*

*275 ml water at room temperature*

*¼ cup salted water*

*oil spray*

For breadmaker: Put ingredients into breadmaker pan in the following order: water, flour, salt, yeast, bread improver, then set to Bake setting for large loaf to cook the bread in the breadmaker or set on Dough and follow maker’s instructions to knead, then prove bread.

By hand: Place flour, bread improver, salt and yeast in a bowl, then add warm water and mix until well combined. Empty out on to a four-coated surface and knead for 10-15 minutes until bread is soft and stretchy. Place in clean bowl, cover with cling wrap and leave to prove for one hour until risen or doubled in size. After the dough has proved, turn it onto floured benchtop and knock back dough by kneading for two to three minutes. Roll dough to a leaf or oval shape using your hands and make three or four slashes across the top of the loaf with a sharp knife. Using a pastry brush, brush top of loaf with salted water, then sprinkle with some more flour. Place the bread on a baking tray that has been oiled with a little oil spray or lined with baking paper. Sprinkle some more flour on the tray or b aking paper, then place the loaf on top. Cover with a clean tea towel and leave to rise until it has doubled in size. Preheat oven to 240º. Place oven tray in centre of oven and bake bread for 8 minutes. It may well rise some more during this time. Open the oven door, then bake for another 2 minutes with the door open. Reduce oven heat to 190º, close the oven door and bake the loaf for a further 25-30 minutes. Bread is cooked when you can rap your knuckles on the crust and it gives a hollow sound.

# WHITE CHOCOLATE AND STRAWBERRY ROCKY ROAD

*800g white chocolate, chopped*

*2½ cups halved white marshmallows*

*1½ cups (195g) sweetened dried cranberries*

*2 cups freeze-dried strawberries*

Place the chocolate in a heatproof bowl over a saucepan of simmering water and cook until chocolate is melted and smooth. Remove from the heat, add the marshmallow, cranberrires and strawberries and stir until well combined. Pour mixture into a lightly greased 20 cm x 30 cm slice tin lines with non-stick baking paper and place in the refrigerator for 1 hour or until set. Cut into pieces to serve.

# SCONES

*1 egg*

*4 tablespoons of oil*

*2 cups milk (or 1½ cups milk and half a cup of sour cream or thickened cream)*

*4 cups of self-raising flour*

*1 teaspoon salt*

*1 tablespoon sugar*

Beat the egg, oil and milk until combined. Sift the flour, sugar and salt into a bowl. Add the egg mixture to the flour. Knead until just combined and then turn the dough out onto a floured surface. Pat into a flat shape of the thickness you’d like your scones (3/4”). Cut with a floured scone cutter and then place on a greased tray. Cook at 200ºC for 12 to 15 minutes.

# BURNT BUTTER, BLACKBERRY AND PISTACHIO TORTE

*175g butter*

*3 cardamom pods, bruised*

*380g pure icing sugar*

*150g pistachio kernels*

*5 egg whites*

*200g plain flour, sifted*

*150g fresh or frozen blackberries (or raspberries)*

*40g pistachio kernels, extra, roughly chopped*

*double cream, for serving*

Heat butter and cardamom in a small saucepan until melted and foaming. Continue cooking over low heat until the solids at the bottom turn a deep brown colour and smell nutty. Strain into a bowl to remove cardamom and cool to room temperature. Blend pistachios and icing sugar in a food processor for 2 minutes until very finely ground. Beat egg whites until soft peaks form and then, using a metal spoon, fold in the icing sugar mixture in batches until incorporated. Fold in flour and cooled butter mixture, alternatively. Pour mixture into a side and base-lined 23 cm springform pan. Stud the cake with blackberries (raspberries) and sprinkle with extra pistachios. Bake at 160ºC for 1 hour and 25 minutes, until the centre of the torte is just set and skewer comes out clean when tested. Cool in pan for 15 minutes before transferring to a wire rack to cool completely. Serve with double cream.

# HOT CROSS BUNS

*1 egg, lightly beaten*

*420 ml milk*

*100g butter, coarsely chopped*

*65g caster sugar*

*1 teaspoon salt*

*770g flour*

*1 full tablespoon mixed peel*

*1 teaspoon mixed spice*

*1½ tablespoons ground cinnamon*

*100g raisins*

*100g currants*

*14g dried yeast (2 sachets)*

*Cross:*

*75g flour*

*½ teaspoon oil*

*60 ml water*

*Glaze:*

*50g caster sugar*

*¼ teaspoon mixed spice*

*50 ml water*

Add ingredients to bread machine in the order above and set to the dough programme. When finished turn the dough into a lightly buttered bowl and cover and stand in a warm place until doubled in size (50 minutes to 1 hour). Knock back the dough and divide into 18 even pieces, then roll each piece into a smooth ball (by pulling out then in around and around). Arrange dough balls on a large baking tray lined with baking paper, leaving 1 cm between each for dough to expand. Cover with a tea towel and stand in a warm place until doubled in size (30-40 minutes). Preheat oven to 220°C. For the crosses mix all ingredients to a smooth paste. Spoon into a piping bag and pipe a cross on each bun. Bake for 10 minutes, then reduce oven to 200°C and bake until buns are golden and sound hollow when tapped (8-10 minutes). Set aside to cool. For the glaze, stir sugar, spice and water in a small saucepan over medium heat to dissolve sugar, bring to the simmer, then set aside to cool. Brush glaze over busn and serve buns warm or at room temperature with butter.

# RICOTTA CHEESECAKE

*1 kg firm ricotta*

*500g cream cheese, softened*

*250g caster sugar*

*3 eggs, plus 1 yolk*

*2 tablespoons honey*

*1½ tablespoons plain flour*

*scraped seeds from 1 vanilla bean*

*finely grated rind of 1 orange and 1 lemon*

*Marsala pasta frolia:*

*150g (1 cup) plain flour*

*50g caster sugar*

*100g chilled butter, coarsely chopped*

*2 egg yolks, lightly beaten*

*1 tablespoon Marsala*

*1 teaspoon vanilla extract*

*finely grated rind of 1 orange*

For Marsala pasta frolia, pulse flour, sugar and 1 teaspoon fine sea salt flakes in a food processor to combine then add butter and pulse to just com bine (there should still be small pieces of butter visible). Beat together egg yolks, Marsala, vanilla and rind, add to processor and pulse to combine. Turn out onto a lightly floured work surface and bring together with the heel of your hand. Wrap in plastic wrap and refrigerate to rest (1 hour). Preheat oven to 180°C. Roll pastry out on a lightly floured surface (glad wrap) to 5 mm thick, then line the base of a springform tin buttered and lined on the base with baking paper. Blind-bake until golden and crisp (10-12 minutes) then remove paper and weights. Meanwhile, process ricota in a food processor until smooth. Scrape down sides, add cream cheese and process to combine, then add sugar, eggs, yolk,, honey, flour, vanilla seeds and rind and process until smooth. Reduce oven to 160°C. pour filling onto the pastry base and bake until golden with a slight wobble in the middle (50 minutes to 1 hour). Cool and refrigerate until set.

MISCELLANEOUS

# QUATRE EPICES

*2 tablespoons ground black pepper, or*

*½ tablespoon white and*

*2½ tablespoons black pepper*

*2 tablespoons ground cloves*

*2 tablespoons ground nutmeg*

*2 teaspoons ground cinnamon*

Mix all ingredients together.

# TAMARIND LIQUID

*1 cup tamarind pulp*

*1½ cups boiling water*

Soak pulp in boiling water for 20 minutes, then strain.

# OMELET

*3 free-range eggs*

*sea salt and pepper*

*1 teaspoon snipped chives*

*2 teaspoons butter*

*extra butter for serving*

Lightly beat eggs, sea salt, pepper and chives with a fork just before cooking (some cooks also add a tablespoon of milk or water). Heat a 20-centimetre-diameter non-stick frying pan with sloping sides over medium heat, add butter, swirl well to coat, and heat until foaming. Pour in eggs immediately and cook, using a spatula to draw back edges as they set, while tilting the pan to spill the runny egg over edges. When golden and set underneath but still a little runny on top, scatter your chosen filling (such as sliced smoked salmon) over half the omelette. Tilt the pan so the omelette slides up one side and folds over on itself, then slip it out onto a warm plate. Glaze the top with a little extra butter and whatever suits your filling (such as a spoonful of crème-fraiche and sprigs of dill).

# GARAM MASALA

*4 fresh bay leaves*

*3 cinnamon sticks*

*25g coriander seeds*

*25g cumin seeds*

*25g green cardamom pods*

*5g (1 tablespoon) fennel seeds*

*10g (4 teaspoons) black peppercorns*

*10g (2 tablespoons) cloves*

*2 star anise*

*4 blades made (the whole flakes)*

*2 tablespoons dried rose petals (optional, just if you have some to hand)*

Add all the ingredients to a frying pan and dry roast over medium heat for about for minutes while shaking the pan. Toast the spices so they become fragrant, but don’t let them burn. Let the spices cool and then grind in a coffee or spice grinder until a fine powder. Store in an airtight container or jar.

# RAITA

*250g plain yoghurt*

*1 lemon, peeled, segmented and chopped*

*1 lime, peeled, segmented and chopped*

*1 bunch coriander, chopped very fine*

*2 teaspoons castor sugar*

*2 teaspoons salt flakes*

Combine all the ingredients and chill.

# CUMQUAT MARMALADE

*cumquats*

*sugar*

Discard any stems and slice cumquats very finely, flicking out and reserving pips. Tie pips in muslin. Put fruit and pips into a ceramic, glass or stainless steel bowl and barely cover with cold water. Leave overnight. Next day measure fruit and soaking water into cups, noting the number. Cook fruit in its soaking water with pips until tender then add 1 cup to each previously measured cup. Boil briskly stirring gently occasionally to avoid fruit sticking and burning. Boil till marmalade reaches setting point (about 15 minutes). Allow to cool until a skin starts to form, then stir gently to distribute fruit. Discard pips and bottle in hot, sterilised jars, sealing while hot.