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THE AUSTRALIAN
Women's Weekly

FOOD



Fresh
FROM THE **PIE**
MAKER

90+
FAMILY
FAVES

*Beef &
Guinness pie*

**New
twists**

Clever
chicken
Sausages
4 ways
Modern
mince

VEGAN
MADE
EASY

COOKING
SCHOOL
RETRO BAKING
KIDS IN THE
KITCHEN

Simple & tasty
weeknights



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SERIE

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the style defining start to the decade.





FRAN ABDALLAOUI, EDITOR

My favourites This Month

Top to bottom: Lamb Salad With
Pomegranate & Walnuts; Miso
Chicken & Stir-Fried Greens;
Strawberries & Cream Shortcake.



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#THEWEEKLYEATS

Welcome to our
mouthwatering
March issue,
jam-packed
with recipes,
ideas and tips for everyday inspiration.

Weeknight cooking can become repetitive and I firmly believe that there should be joy in every dish. This month, we share a new twist on family favourites, so get excited about planning your mid-week menus with our chicken dinners revisited (p44), fresh ways with fish fillets (p52), 'glammed-up' mince (p58) and fast after-work meals using, yes, only four ingredients (p72).

Speaking of joy, fresh vegies are worth celebrating – whether vegetarians or meat-eaters, we should all be eating more of them, so take a look at our vegan mains (p25) to find ways of making them family favourites.

Who knew the humble pie maker would become a social media phenomenon! We've embraced the trend by devising a host of dishes you'd never expect to make in this versatile appliance. We give you a sneak peek of our new cookbook, *The Pie Maker* (p130).

Travelling must be one of the greatest joys. I recently visited one of my favourite cities, Marrakech. It's a unique experience to stay in traditional riads, roam the old city and souks, and delight in the heady aromas of Moroccan cooking. On page 88, we present a lush feast perfectly suited for easy entertaining.

We also share the joy with sweet memories of cake stall baking (p110), colourful birthday cakes (p124) and cooking with kids (p120).

Until next month, happy cooking!

Fran



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47



128

Cook the cover

Explore the amazing potential of the pie maker with our Pub-style Guinness Beef pies, page 10.

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COOK THE COVER

These pub-style Guinness beef pies not only taste sensational, but are so simple to whip up in a pie maker, the must-have appliance of the moment.

10

104

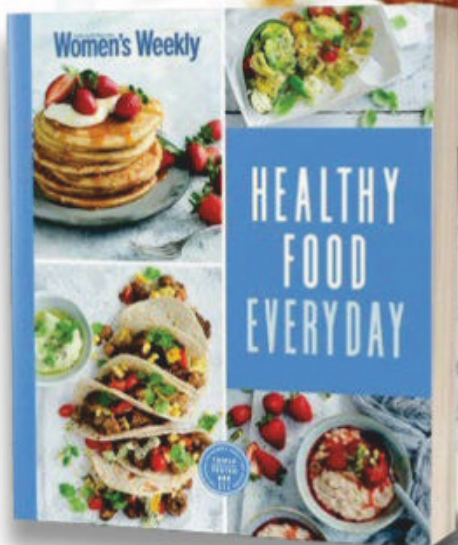
HEALTHY SEED LOAF



14

FABULOUS FIGS

Our honey & fig tiramisu cake is the ultimate indulgence.



COOKBOOK SNEAK PEEK

See page 34 for nutritious meals from our book, **Healthy Food Everyday**.

COOKING CLASS

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CELEBRATE

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110

RETRO BAKING



98

SOUP-ERPOWER!

FAMILY FAVOURITES

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25

A top-down view of a rustic dining table. In the center is a white ceramic plate. To the left of the plate, a blue and white checkered cloth is folded. To the right, a silver fork with a black handle lies on the plate. Above the plate, a silver knife is placed. To the right of the knife, a small white bowl with two handles contains a mixture of red and yellow spices. The background is a light-colored, weathered wooden surface.

BACK TO basics

From braising to blanching – brush up on your kitchen know-how with this essential guide to common cooking terms.

Whether you're a seasoned gourmet or totally new to the world of cooking, understanding the terms used in everyday recipes is really helpful for a successful end result. Here are some of the most common terms you'll find in recipes.

FRYING

Pan-frying means to cook food (such as a steak, chicken breast or fish fillet) in a tiny amount of hot oil or butter in a frying pan.

Stir-frying means to quickly cook meat and vegetables in a very hot, deep-sided wok. Because the wok retains heat well, the foods must be stirred regularly to stop them burning. Everything should be sliced thinly or chopped into bite-sized pieces so they cook quickly and evenly, and can be eaten from one bowl with chopsticks or a fork.

Shallow-frying means to cook meat, fish or vegetables in a heated frying pan, in a shallow (about 5mm deep) amount of hot oil.

Deep-frying means to plunge or quickly cook foods (often small pieces, battered or crumbed), in very hot oil, immersing them completely. Peanut, vegetable or rice bran oils are best for deep-frying, as they have a high smoking/heating point and tolerate the high heats required.

WATER

Boiling is heating liquid over a high heat until lots of bubbles pop and break on the surface (water boils at 100°C).

Simmering is gently heating the liquid, over a low enough heat, so that tiny bubbles just start to break on the surface (95°C–99°C).

Poaching means to gently cook foods, completely covered in liquid. The surface of the liquid should be just shivering, not bubbling.

COOKING

Braising is the slow cooking of meat and vegetables in a pan or casserole dish with a tight-fitting lid or a baking dish covered tightly with foil. The food that is being braised has usually been fried and lightly browned in a little oil first, then it should be half-covered with liquid. The long, slow, gentle cooking helps to make tough (usually translating to cheap) cuts of meat tender and develops rich flavours.

Stewing is similar to braising, except that the food is almost completely covered with liquid. The pan is covered with a tight-fitting lid and the food is simmered gently for a long time. It is usually served with the sauce it is cooked in and is another good way to make cheaper and tougher cuts of meat tender and soft.

Sautéing (pronounced saw-taying) means to cook food quickly in a little oil or butter in a frying pan or sauté pan (this usually has deeper sides than a frying pan). A sauté pan is what chefs use when you see them shaking the pan to toss and turn the ingredients they are frying. The deeper sides stop the food from flying out.

Steaming vegetables means to cook them until tender in a covered steamer basket or bamboo steamer, over a pan of boiling water.

Sweating vegetables means cooking them in oil or butter, covered, over a medium-low heat. The vegetables should soften and become tender without becoming brown.

Blanching vegetables means to plunge or quickly cook them in boiling water, then refresh them by putting them in ice-cold water to stop the cooking process. It keeps their colour bright, keeps them crisp and crunchy (not soggy), and keeps all the nutrients in.

Deglazing This is when you add liquid (it could be water, wine or stock) to a hot frying pan or baking dish after the meat or poultry has been removed. The liquid is then stirred over moderate-hot heat to blend all the left-over cooking juices into it. This creates a flavoursome sauce that can be added to other ingredients.

CHOP CHOP!

Now your cooking techniques are A+, here are top chopping tips.

HOW TO

Chop an onion: Cut it in half through the root end (keep the root end intact, as this holds the onion together, making it easier to slice). Peel off the outer skin; lie the onion cut-side down and slice through the top from front to back towards the root end. Next, cut the onion crossways (as if cutting into slices); the onion will fall into small cubes.

Crush garlic: Press unpeeled garlic firmly with the surface of a blade of a large knife, crushing the clove. Pull off the papery skin and chop the clove finely with the knife. Alternatively, a garlic press removes and leaves the skin behind as you crush the garlic.

Finely chop: The dice is about ½ cm square.

Coarsely chopped: The dice is about 1½ cm square.

Julienne: To cut strips about ½ cm wide and up to about 5 cm long.

CHOPPING HERBS

- Remove leaves and place on chopping board.
- Use the knife as a pivot, with the tip on the board, to create a rocking motion.
- Rotate the knife from side to side until chopped to desired fineness.



WHAT'S YOUR FAVOURITE COOKING METHOD ?



Frances Abdallaoui
FOOD DIRECTOR,
THE AUSTRALIAN WOMEN'S
WEEKLY, EDITOR, AWW FOOD

Deep frying gives food a golden hue, juicy interior and crunchy surface – I'm thinking Japanese tempura, Spanish churros, Italian arancini or homemade fish and chips. Once you understand the importance of oil temperatures, the results will be mouthwatering.



Sophia Young
EDITORIAL & FOOD DIRECTOR,
AWW COOKBOOKS

Sautéing is the first step in many recipes to build a layer of flavour. We all know how pungent raw onion and garlic is but cooked slowly they become surprisingly sweet. Adding salt at the start will help to draw out their moisture and expedite their wondrous alchemy.



Sarah Murphy
FOOD EDITOR, AWW FOOD

Caramelising sugar always terrified me when I started cooking. I'd never nail the right moment at which to remove it from the heat and I had a disaster reel of sticky, underdone toffee, to most-definitely-burnt over-cooked toffee. After many tries, I got it right and toffee is now one of my favourite things to make (and eat!)

GET ON BOARD

rebuild ourtowns

• AUSSIES LENDING A HAND •

The practical things you can do to help rebuild Australia, one town at a time

There's not a single Australian who hasn't had their hearts broken by the horrific bushfires that have swept through our country. The road to rebuild will be long but as a nation we will: brick by brick, fence by fence. Bauer Media launched this campaign to help our neighbours in their time of need.

Each week we will shine a spotlight on a town telling our generous readers how they can help, from the best fundraisers to donate to that specifically benefit the locals, to products they can buy from that town or region that support small businesses there. We'll highlight the farmers who need fencing supplies, the schools which are short of books and pencils, the yoga school that needs mats or how to plan a getaway to the region when the time is right to bolster their local tourism industry.

The Rebuild Our Towns campaign is centred on the fact that practical help doesn't have to cost a fortune. Our love and thoughts go out to every person, but actions speak louder than words, so join us to make a difference and help our heartland heal.

Go to rebuildourtowns.com.au and watch as we move from one town to another over the coming months



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ELLE BAZAAR

GOURMET

EMPIRE

now TO LOVE

homes TO LOVE

“These pies will be on constant rotation in your household. Using eye fillet steak speeds up the cooking time without compromising the rich flavour.”

Sophia Young, Editorial & Food Director, AWW Cookbooks





PIE high

Everyone adores a pie, whether savoury or sweet – this recipe offers a mouthwatering taste of our new book, *The Pie Maker*.

PUB-STYLE GUINNESS BEEF PIES

PREP + COOK TIME 1 HOUR (+ COOLING)

MAKES 6

6 sheets frozen shortcrust pastry, thawed
2 sheets frozen puff pastry, thawed
1 egg, beaten lightly
Potato mash and gravy, to serve

BEEF FILLING

2 cloves garlic
2 teaspoons fresh rosemary
1 small onion (80g)
1 stalk celery (150g)
1 medium carrot (120g)
3 portobello mushrooms (150g)
750g beef eye fillet steak
1 tablespoon extra virgin olive oil
1 tablespoon plain flour
1 cup (250ml) Guinness
½ cup (125ml) beef stock

1 Make beef filling.
2 Lightly grease and preheat a 4-hole (¾-cup/180ml) pie maker.
3 Using the pastry cutter provided with the machine, cut six large rounds (15.5cm) from shortcrust pastry and six

small rounds (12cm) from puff pastry. Line holes with shortcrust pastry rounds, pressing into base and side. Refrigerate remaining rounds until needed.
4 Spoon ⅔ cup beef filling into each pie case. Top with puff pastry rounds; press edges firmly to seal. Brush pastry with egg. Close lid; cook pies for 9 minutes until pastry is golden. Remove pies; transfer to a wire rack. Repeat with remaining pastry rounds, beef filling and egg wash to make 6 pies in total.
5 Serve pies topped with mashed potato, leftover filling and gravy.

BEEF FILLING

Finely chop garlic, rosemary and vegetables. Cut beef into 3cm pieces. Heat half the oil in a heavy-based saucepan over high heat; cook beef in batches, until browned. Transfer to a plate. Heat remaining oil in same pan; cook garlic, rosemary and vegetables until softened. Stir in resting juices from beef then flour until mixture bubbles. Add Guinness and stock; bring to the boil. Reduce heat; simmer, covered, for 10 minutes. Remove lid; simmer for 5 minutes until sauce thickens. Add beef; cook, uncovered, for 1 minute. Season. Cool. (Makes 4 cups.)

Test Kitchen Notes

For a more economical cut of beef, try finely chopped rump steak instead of eye fillet.

Pies and filling will keep for up to 3 months in airtight containers in the freezer. Thaw in fridge overnight. Reheat in pie maker for 11 minutes.

THE PIE MAKER

Extract on page 130

ON SALE NOW



Available where all good books are sold and awwcookbooks.com.au

Catch up

Our top posts and favourite reader pics this month



Penny's Greek odyssey – Instagram user @pennyfreeman79 has outdone herself with her take on our lamb, kofta and butter bean salad with beetroot tzatziki from our September 2019 issue. Remember to tag @womensweeklyfood in your posts for a chance to be featured in the magazine.



womensweeklyfood.com.au



These decadent chocolate brownies had our Instagram followers drooling. They're the ultimate bite-sized sweet treat that you can share with friends, family and workmates.



Scroll play – with the return of the working week, lunchbox snacks are in full motion. These cheesy olive & bacon scrolls were a hit among our Facebook fans.



Full of bright and delicious ingredients, our Pinterest community loved the look of our sashimi tuna poke bowl. Just the thing for a healthy, fresh meal.

Visit us on Instagram @womensweeklyfood and tag us #TheWeeklyEats, follow us on Facebook or drop us an email at recipenquiries@bauer-media.com.au and show us what you're cooking.

food bites

COMPILED BY SARAH MURPHY

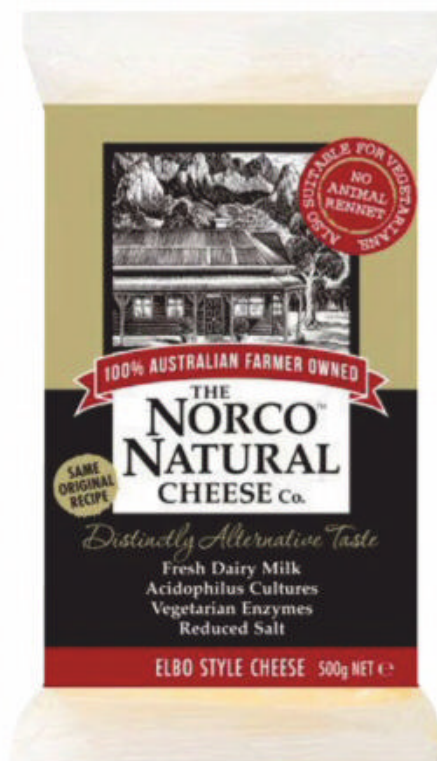
LOVE YOUR FRECKLES

We love fresh in-season Australian papaya, but have you ever wondered about those freckles on the skin? Contrary to what you may think, they are not a sign of damage, but rather a sign of ripeness – so don't shy away from nicely freckled fruit. Fruit grown in inland Australia often gets these freckles across the skin, whereas coastal-grown fruit can be blemish-free – but both are just as sweet on the inside and every bit as delicious. Visit australianpapaya.com.au for more tips.



MEAT-LESS MARVELS

Turn homemade burger night vegan with HuVa Plant Based Nutrition burger mix. Super simple to prepare and delicious, these meatless patties will become the new burger night fave in your house. Go to huva.com.au.



SLICE OF THE ACTION

Feel good about your cheese with Norco Natural Cheese Co Elbo Style Cheese. Low in salt, it contains acidophilus cultures for good gut health, but no animal rennet. Available in slices for easy snacking and also in blocks for grating over your favourite dish before baking. For more, go to norcofoods.com.au.

BROWNIE POINTS

Indulging in a rich brownie just got easier with Kez's Kitchen gluten-free Chewy Flourless Brownies, in two luxe flavours – fudgy choc and our fave, peanut butter. The Australian-made brownies are vegan, too – and so delish you'll keep coming back for more. Find them in the health food aisle at Coles and Woolworths; kezs.com.au.



LIGHTEN UP

Love a tippie, but want to watch your alcohol intake? Crafters Union has released In Session, a range of lower alcohol wines. Crafted by a group of winemakers in Marlborough, New Zealand, the full-flavoured wines come in Pinot Gris, Sauvignon Blanc and Rosé varieties. Get them from BWS and Dan Murphy's stores; craftersunionwines.com.



#THEWEEKLYEATS



WHAT'S IN *Season*

FIGS

Sweet, savoury or enjoyed freshly ripe just as they are, luscious, decadent figs are the ultimate indulgence.



Fresh figs can be purple, green, white (actually pale green), or red.

Different varieties differ in firmness and sweetness. The interior of a fig is a mass of minute, edible flowers and tiny potential fruits that crunch like seeds, all embedded in soft flesh. When the fruit is fully ripe, the texture at the centre is moist and luscious.

Fresh figs are lovely to eat as they are. They are a classic first course with prosciutto or warmed and drizzled with a gorgonzola sauce; raw or grilled, they go well with hot or cold ham, pork or poultry. They can be poached or baked with sugar and a little water, plus flavourings such as orange flower water or spices.

Quartered and soaked for a couple of hours in port, orange juice or an orange liqueur, they make an elegant, simple dessert.

PREPARATION

Remove the hard bit and any stalk at the stem end of fresh figs. The whole fruit is edible but can be peeled; for presentation, slit the skin downward into quarters, peeling

it back like petals. Dried figs may be steamed to soften them before adding to a cake or pudding mixture.

CHOOSING

Depending on the variety, a perfectly ripe fig may sag a little, but all varieties will yield when gently pressed. Avoid figs that are hard, damaged, split or mouldy. They should smell sweet — when fully ripe, they are fragile and ferment readily — don't buy if there is a hint of a sour odour.

STORING

Fully ripe figs should be eaten the day you buy them. As soon as you get home, arrange them in a single layer on a plate or tray and put them in the fridge. Remove the figs an hour or so ahead of serving to bring them back to room temperature as the cold dulls their fragrance and flavour. The Italian custom of placing room-temperature fruit on a bed of ice for serving suits figs perfectly. If you have to hold figs for a day or so, store in a single layer, covered, in the fridge crisper.

IN-SEASON FRUIT

Apples
Figs
Finger limes
Guava
Kiwifruit
Mangosteens
Nashi
Oranges: Valencia
Passionfruit
Papaya
Pears
Plums
Pomegranates

& VEGETABLES

Beans
Broccoli
Capsicums
Cucumbers
Eggplant
Kale
Mushrooms
Okra
Pumpkin
Sweetcorn
Swiss chard
Witlof
Zucchini





FIG & RASPBERRY UPSIDE-DOWN LINZER CAKE

PREP + COOK TIME 1 HOUR

10 MINUTES + COOLING SERVES 12

250g butter, softened
1 cup (220g) caster sugar
2 teaspoons finely grated orange rind
½ teaspoon ground cinnamon
Pinch ground cloves
¼ teaspoon sea salt flakes
1 egg
2 cups (300g) plain flour
¼ teaspoon bicarbonate of soda
1 cup (100g) hazelnut meal
½ cup (125ml) orange juice
6 small fresh figs (300g), halved
125g raspberries

CARAMEL

⅔ cup (150g) caster sugar
¼ cup (60ml) water
20g butter

- 1 Preheat oven to 190°C/170°C fan. Grease a deep 22cm round cake pan; line base and side with baking paper, extending the paper 2cm above the edge.
- 2 Beat butter, sugar, rind, spices and salt with an electric mixer until fluffy. Beat in egg until combined. Fold in combined sifted flour and soda, hazelnut meal and juice.
- 3 Make caramel.
- 4 Pour caramel onto base of cake pan. Place fig halves, cut-side down, on caramel – beware, caramel will be hot. Sprinkle half the raspberries between figs.
- 5 Spoon cake mixture into a piping bag (without the tube). Pipe onto fruit, filling all gaps. Tap pan on the bench to remove bubbles; press remaining raspberries into cake mixture. Smooth surface.
- 6 Bake cake for 40 minutes until a skewer inserted in the centre comes out clean. Leave cake in pan for 10 minutes before turning onto a wire rack to cool.

CARAMEL

Place sugar and water in a heavy-based saucepan; stir over medium heat without boiling until sugar dissolves. Bring to a simmer; cook until mixture forms a caramel. Add butter; stir until smooth.

Test Kitchen *Notes*

You will need
2 oranges for
the $\frac{1}{2}$ cup of
juice needed
for this recipe.





STICKY CHICKEN DRUMSTICKS WITH FENNEL & FRESH FIGS

PREP + COOK TIME 55 MINUTES
(+ REFRIGERATION) SERVES 4

1kg chicken drumsticks
3 baby fennel bulbs (390g), sliced thickly, fronds reserved
8 cloves garlic, unpeeled, bruised
2 tablespoons fresh rosemary leaves
1 teaspoon finely grated lemon rind
¼ cup (90g) honey
¼ cup (60ml) extra virgin olive oil
2 tablespoons honey, extra
30g baby rocket leaves
6 medium fresh figs (360g), torn in half
2 tablespoons lemon juice

1 Combine chicken, sliced fennel, garlic, rosemary, rind, honey and half the oil in a large dish. Cover; refrigerate for 2 hours.

2 Preheat oven to 220°C/200°C fan. Line a large oven tray with baking paper.

3 Transfer chicken, sliced fennel, garlic and rosemary to tray, in a single layer; discard marinade. Drizzle chicken with extra honey; season. Roast, brushing occasionally with pan juices, for 40 minutes until chicken is cooked.

4 Meanwhile, combine 1 tablespoon of the remaining oil with rocket, figs and juice in a medium bowl; season.

5 Serve chicken mixture with rocket salad and reserved fennel fronds; drizzle with remaining oil.

► HONEY & FIG TIRAMISU CAKE

PREP + COOK TIME 1 HOUR
(+ REFRIGERATION) SERVES 8

You will need to start this recipe a day ahead.

2 medium oranges (480g)

4 egg yolks

½ cup (110g) caster sugar

¼ cup (90g) honey, plus extra to drizzle

500g mascarpone

300ml thickened cream

¼ cup (60ml) Frangelico

450g packet double unfilled round sponge cake

50g dark chocolate, shaved

¼ cup (35g) coarsely chopped roasted hazelnuts

6 figs (360g), halved or quartered

1 Grease a 8cm deep, 18cm round springform pan; line base and side with three layers of baking paper, extending the papers 5cm above the edge.

2 Finely grate 2 teaspoons rind from oranges. Squeeze juice from oranges; you will need ½ cup of juice.

3 Beat egg yolks, sugar, honey and grated rind in a small bowl with an electric mixer for 5 minutes or until thick and creamy. Transfer mixture to a medium bowl; fold in three-quarters of the mascarpone. Beat thickened cream in a medium bowl with electric mixer until firm peaks form; fold gently into mascarpone mixture.

4 Combine orange juice and liqueur in a medium bowl.

5 Split cakes in half. Place one cake layer inside pan. Drizzle with a quarter of the juice mixture. Spread with a quarter of the mascarpone mixture. Repeat layering, finishing with the mascarpone mixture. Cover; refrigerate overnight.

6 Release cake from pan and remove paper. Just before serving, sprinkle with shaved chocolate and hazelnuts; top with figs and drizzle with extra honey.

Test Kitchen Notes

The Frangelico can be omitted, if you prefer.



FIG BROWNIE CAKE WITH FUDGE FROSTING

PREP + COOK TIME 1 HOUR 30 MINUTES
(+ STANDING & COOLING) SERVES 10

300g dried figs
1 cup (250ml) sweet marsala wine
250g butter, chopped
500g dark chocolate, chopped coarsely
1 cup (220g) firmly packed
brown sugar
3 eggs
1½ cups (225g) plain flour
1 cup (150g) self-raising flour
⅓ cup (80g) sour cream
2 tablespoons caster sugar

FUDGE FROSTING

250g dark chocolate
½ cup (120g) sour cream
¼ cup (40g) icing sugar

Test Kitchen Notes

The cake can be made a day ahead; store in an airtight container at room temperature. Decorate the cake on the day of serving.

1 Finely chop 100g of the figs; place in a small bowl. Cut remaining figs in half horizontally; place in another small bowl. Place marsala in a saucepan over medium heat; bring to the boil. Pour hot marsala equally between the bowls; stand for 30 minutes. Strain chopped figs over halves.
2 Preheat oven 160°C/140°C fan. Grease a 20cm square cake pan; line base and sides with baking paper.
3 Melt butter in a medium saucepan over low heat; stir in chocolate until smooth. Remove from heat; stir in brown sugar. Cool for 10 minutes. Whisk eggs into chocolate mixture. Stir in chopped figs until coated in mixture; stir in sifted flours and sour cream. Spoon mixture into pan; smooth the surface.

4 Bake cake for 1 hour 10 minutes or until top is firm and a skewer inserted in the centre comes out with moist crumbs attached. Cool in pan.

5 Meanwhile, drain liquid from remaining figs into a small saucepan; reserve figs. Add sugar to pan; bring to the boil, stirring until sugar dissolves. Reduce heat; simmer for 3 minutes or until syrup thickens. Add figs and simmer for 1 minute. Cool.

6 Make fudge frosting.

7 Spread frosting on cooled cake. Arrange figs on top of cake; drizzle with syrup.

FUDGE FROSTING

Place chocolate in a heatproof medium bowl over a medium saucepan of simmering water (don't allow the bowl to the touch water); stir until just melted. Add sour cream, then gradually add sifted icing sugar, stirring until smooth.



In Season



FIG & SWEET
POTATO PIZZAS
P 22

“Use store-bought pastry for this tart as a clever time saver. With that delicious frangipane filling and caramelised figs, no-one will ever know!”

Sarah Murphy, Food Editor, AWW FOOD

◀ FIG & SWEET POTATO PIZZAS

PREP + COOK TIME 45 MINUTES SERVES 4

400g sweet potato, sliced thinly
8 chia bread wraps (200g)
1 cup (80g) finely grated parmesan
8 slices prosciutto, torn
¼ cup fresh sage leaves
2 teaspoons finely grated lemon rind
250g smoked mozzarella, sliced thinly
60g baby rocket leaves
1½ tablespoons balsamic vinegar
1 tablespoon extra virgin olive oil
4 large fresh figs, quartered

- 1 Preheat oven to 220°C/200°C fan. Line four oven trays with baking paper.
- 2 Cook sweet potato in boiling water for 5 minutes or until tender; drain.
- 3 Place four wraps on trays; sprinkle with parmesan. Top with remaining four wraps, then sweet potato, prosciutto, sage, rind and mozzarella. Bake, in two batches, for 12 minutes until golden and crisp.
- 4 Combine rocket, vinegar and oil in a large bowl. Divide figs and rocket mixture between flatbreads.

▶ FIGS, ALMOND & SCORCHED FIG TART

PREP + COOK TIME 1 HOUR
(+ REFRIGERATION) SERVES 8

2 sheets shortcrust pastry
¼ cup (75g) caster sugar
8 fresh figs (520g)
2 tablespoons honey
2 tablespoons flaked almonds, toasted

FRANGIPANE

150g butter, softened
¾ cup (165g) caster sugar
3 eggs
1 cup (120g) ground almonds
2 tablespoons plain flour

- 1 Place a large oven tray in the oven; preheat oven to 200°C/180°C fan.
- 2 Grease an 11cm x 34cm rectangular loose-based tart tin. Place sheets of pastry, end to end, overlapping by 3mm, on a work surface. Using the tip of a knife, press overlaps slightly to join pastry. Cut 5cm from the length of the pastry; discard trimming. Lift pastry into tin; ease into base and sides, trim excess pastry 3mm beyond the edge. Freeze for 10 minutes.
- 3 Meanwhile, make frangipane.

4 Line pastry with baking paper; fill with dried beans or rice. Bake for 10 minutes. Remove paper and beans; bake for a further 8 minutes or until pale golden and almost dry.

5 Spread frangipane onto base of pastry case; smooth surface. Bake for 20 minutes or until pastry is golden and frangipane is puffed and golden. Stand for 10 minutes before removing from the tin.

6 Meanwhile, place sugar on a plate. Halve figs, then press cut sides onto sugar to coat well. Heat a large frying pan over high heat. When pan is hot, place a piece of baking paper on the base of the pan (make sure the paper doesn't extend beyond the edge of the pan or it may catch on fire). Place half the figs, cut-side down, in pan; cook for 3 minutes or until figs are caramelised. Turn over; cook for a further 30 seconds. Remove from pan. Repeat with remaining sugared figs.

7 Place warm tart on a serving plate; top with figs, drizzle with honey and sprinkle with almonds. Dust with icing sugar and serve with cream, if you like.

FRANGIPANE

Process butter, sugar, eggs and ground almonds until combined. Add flour, then process briefly until mixture is combined.



Test Kitchen *Notes*

To toast the flaked almonds, place in a small frying pan over low heat, stirring occasionally, until golden. To caramelise the fresh figs, use a frying pan or place under a grill. Scorching the sugar creates a crisp, toffee-like layer adding crunch. This tart is best made on the day of serving.



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VEGAN

family mains

ZUCCHINI
NOODLES
WITH CASHEW
PESTO
P 31

Minus the meat but not the flavour, these protein-packed vegan dishes will become new family favourites.

Test Kitchen Notes

To chop cauliflower you can pulse it in batches in a food processor.

To thaw corn quickly, place in a colander and pour over boiling water.

If you don't have a stick blender; cool the mixture, then process or blend in batches.



SMOKY
SWEET
CORN
CHOWDER
P 31

GREENS GALORE COUSCOUS SALAD

PREP + COOK 30 MINUTES SERVES 4

1 cup (200g) wholemeal couscous
150g fresh podded peas (see notes)
200g sugar snap peas, halved
lengthways
3 green onions, sliced thinly
1 small green capsicum (150g),
sliced thinly
2 medium avocados (500g), sliced thinly
 $\frac{1}{3}$ cup (45g) chopped pistachios
 $\frac{1}{4}$ cup dill sprigs
 $\frac{1}{4}$ cup coriander leaves
 $\frac{1}{4}$ cup mint leaves
 $\frac{1}{4}$ cup (60ml) lime juice
 $\frac{1}{3}$ cup (80ml) olive oil
1 clove garlic, crushed
Lime wedges, to serve

1 Place couscous and 1 cup (250ml) boiling water in a large heatproof bowl. Cover; stand for 5 minutes until liquid is absorbed, fluffing with a fork occasionally.
2 Meanwhile, place peas and sugar snap peas in a medium heatproof bowl; add enough boiling water to cover. Stand for 1 minute, drain. Refresh in another bowl of iced water; drain.
3 Add peas to couscous with green onion, capsicum, avocado, half the pistachios and herbs in a large bowl.
4 Place juice, oil and garlic in a screw-top jar; shake well. Season to taste.
5 Add dressing to salad. Serve salad topped with remaining pistachios and lime wedges.

Test Kitchen Notes

You could also use wholemeal pearl couscous, available from some delis, for this recipe; follow cooking directions on packet.

Podded fresh peas are available from some greengrocers. If unavailable, you will need to buy about 300g peas in the pod.



TOFU LARB WITH CRISP RICE PAPERS

PREP + COOK 30 MINUTES SERVES 4

- 250g firm tofu
- 4 green onions
- $\frac{1}{3}$ cup (80ml) lime juice
- $\frac{1}{4}$ cup (60ml) vegetable stock
- 2 tablespoons soy sauce
- $1\frac{1}{2}$ tablespoons brown sugar
- 2 tablespoons vegetable oil
- 1 fresh long red chilli, seeded, chopped finely
- 1 stalk lemongrass, white part only, sliced thinly
- 1 tablespoon finely chopped fresh ginger
- 1 cup (100g) coarsely chopped roasted walnuts
- 2 tablespoons finely chopped coriander
- 1 gem lettuce (180g), leaves separated
- 1 fresh long red chilli, sliced thinly, extra
- Lime wedges, to serve (optional)

CRISP RICE PAPERS

- $\frac{1}{3}$ cup (80ml) vegetable oil
- 8 x 16cm rice paper rounds

- 1 Pat the tofu dry with paper towel (see notes). Crumble tofu into small chunks. Thinly slice white part of green onions. Shred green tops; reserve to serve.
- 2 Place lime juice, stock, soy sauce and sugar in a small jug; stir until sugar dissolves. Pour half the sauce mixture into a small bowl; reserve to serve.
- 3 Heat oil in a large wok or frying pan over high heat; stir-fry tofu for 8 minutes until golden. Add white part of green onion, chopped chilli, lemongrass and ginger; stir-fry for 1 minute or until fragrant. Add walnuts; stir-fry for 30 seconds. Add remaining sauce mixture to wok; bring to a simmer, cook for 2 minutes or until reduced by half. Stir in coriander. Keep warm.
- 4 Just before serving, make crisp rice papers.

Test Kitchen Notes

To press tofu dry, place the block of tofu on a paper-towel-lined plate; cover with another sheet of paper towel. Weigh down with another plate or chopping board.



- 5 Serve larb with lettuce leaves, reserved sauce and crisp rice papers, topped with reserved green onion and extra sliced chilli. Serve with lime wedges.

CRISP RICE PAPERS

Heat oil in a medium frying pan over medium-high heat. Cook one rice paper at a time, for 30 seconds or until puffed. Drain on paper towel.

Making vegan-friendly mains is a breeze with HuVa Plant Based Nutrition meals. Its vegan bolognese is ready in a flash – and this dinner will be a sure winner with the family.





◀ SWEET POTATO & CHICKPEA CURRY

PREP + COOK 30 MINUTES SERVES 4

2 tablespoons vegetable oil
2 cloves garlic, chopped
1 tablespoon finely grated fresh ginger
 $\frac{1}{4}$ cup (75g) Thai red curry paste
(see notes)
1 medium orange sweet potato (400g),
grated coarsely
270ml can coconut milk
2 cups (500ml) vegetable stock
200g firm tofu, diced
400g can chickpeas, drained, rinsed
100g broccoli, cut into florets
1 medium red capsicum (200g),
chopped coarsely
120g green beans, halved
 $\frac{1}{3}$ cup coriander leaves
Lime cheeks, to serve

1 Heat oil in a large saucepan over low heat; cook garlic, ginger, curry paste and sweet potato, stirring, for 5 minutes until sweet potato is tender. Stir in coconut milk and stock. Remove pan from heat. Using a stick blender; blend until almost smooth.
2 Return pan to heat; bring to a simmer. Add tofu, chickpeas and vegetables; simmer for 5 minutes or until vegetables are just tender. Season to taste.
3 Serve curry topped with coriander; accompany with lime cheeks. Serve with steamed brown or white rice if desired.

Test Kitchen Notes

When buying the curry paste, check the label to ensure it doesn't contain any animal products.

If you don't have a stick blender, cool the mixture slightly, then process or blend in batches, to avoid the steam blowing the lid off.

PUMPKIN TABBOULEH

PREP + COOK 30 MINUTES SERVES 2

200g butternut pumpkin, peeled,
chopped coarsely
 $\frac{1}{2}$ small red onion (50g), cut
into thin wedges
1 teaspoon olive oil
 $\frac{1}{3}$ cup (75g) burghul (bulgur)
 $\frac{1}{2}$ cup coarsely chopped
flat-leaf parsley
180g cherry tomatoes, halved
2 tablespoons lemon juice
1 clove garlic, crushed

1 Preheat oven to 220°C/200°C fan. Line an oven tray with baking paper.

2 Combine pumpkin and onion on tray; drizzle with oil. Roast for 20 minutes until tender. Cool; transfer to a large bowl.

3 Meanwhile, bring 1 cup (250ml) water to the boil in a small saucepan. Add burghul, reduce heat to low; cook, covered, for 15 minutes until tender. Remove from heat; stand for 10 minutes.

4 Transfer burghul to the bowl with roasted vegetables; mix gently to combine. Add parsley and tomatoes to pumpkin mixture. Combine juice and garlic in a small bowl, drizzle over tabbouleh; toss gently to combine.



ZUCCHINI NOODLES WITH CASHEW PESTO

PREP + COOK 20 MINUTES SERVES 4

4 large zucchini (600g)
125g mixed heirloom cherry tomatoes, halved
 $\frac{1}{4}$ cup basil leaves
1 tablespoon pine nuts
2 tablespoons nutritional yeast flakes

CASHEW PESTO

$\frac{2}{3}$ cup (100g) raw cashews
1 cup firmly packed basil leaves
 $\frac{1}{4}$ cup (40g) pine nuts
 $\frac{1}{4}$ cup (60ml) lemon juice
 $\frac{1}{2}$ cup (125ml) extra virgin olive oil
2 teaspoons nutritional yeast flakes
1 clove garlic, crushed

- 1 Make cashew pesto.
- 2 Using a spiraliser or julienne peeler, cut zucchini into zoodles; place in a large bowl.
- 3 Add pesto and cherry tomatoes to bowl; toss to combine. Top with basil leaves, pine nuts and nutritional yeast. Serve immediately.

CASHEW PESTO

Blend or process ingredients with 1 tablespoon water until smooth. Season to taste. (Makes $1\frac{1}{4}$ cup.)

Test Kitchen Notes

Store leftover pesto in an airtight container in the fridge for 1 week. Cover surface with a layer of olive oil to prevent spoilage.

Spread the pesto on toast or seeded crackers for a delicious snack.

SMOKY SWEET CORN CHOWDER

PREP + COOK 30 MINUTES SERVES 4

3 green onions
 $\frac{1}{2}$ small cauliflower (500g), trimmed, chopped finely
1kg frozen corn kernels, thawed
2 cups (500ml) vegetable stock
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon ground turmeric
400ml can coconut milk
3 cups (45g) salted natural popcorn
1 tablespoon smoked paprika
1 tablespoon extra virgin olive oil

- 1 Thinly slice green onions; reserve dark green tips. Place white and light green part of onions in a large saucepan with cauliflower, corn kernels, stock, garlic powder and turmeric. Cover with a tight-fitting lid; bring to the boil. Reduce heat to medium; simmer for 20 minutes until vegetables are tender.
- 2 Remove pan from heat. Using a stick blender, blend stock and vegetables until almost smooth. Return pan to medium heat; stir in coconut milk, then bring to a simmer. Season.
- 3 Meanwhile, place popcorn and smoked paprika in a large bowl; toss until well coated.
- 4 Ladle soup into bowls; drizzle with oil. Top with seasoned popcorn and reserved shredded green onion tips.

► SWEET & SPICY TOFU NOODLES

PREP + COOK TIME 25 MINUTES SERVES 2

200g dried rice stick noodles
250g firm tofu
1 tablespoon peanut oil
1 clove garlic, crushed
1 tablespoon finely chopped fresh ginger
250g packet fresh stir-fry vegetables
 $\frac{1}{4}$ cup (60ml) sweet chilli sauce
2 tablespoons sriracha (hot chilli sauce)
2 teaspoons tamari
50g bean sprouts, plus extra to serve
2 tablespoons fried shallots
 $\frac{1}{3}$ cup coriander leaves

- 1 Place noodles in a large heatproof bowl; pour over enough boiling water to cover. Stand for 5 minutes until noodles soften. Drain.
- 2 Meanwhile, pat tofu dry with paper towel to remove as much moisture as possible. Cut tofu into 2cm cubes.
- 3 Heat oil in a wok or large frying pan over medium-high heat. Add tofu; cook for 1 minute each side until golden. Remove with a slotted spoon. Add garlic, ginger and stir-fry vegetables to wok; cook for 1 minute until vegetables start to soften.
- 4 Add noodles, combined sauces and bean sprouts; stir-fry gently to prevent noodles breaking up, until combined and heated through.
- 5 Divide mixture between bowls. Top with tofu, extra bean sprouts, fried shallots and coriander.





Test
Kitchen
Notes

You could also serve the stir-fry topped with sliced chilli, chopped peanuts and lime wedges.

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Midweek magic

You may be short of time, but don't be short of inspiration for nutritious weekday meals. We give an enticing taste of our new book, *Healthy Food Everyday*, which is brimming with fresh takes on family favourites.

PHOTOGRAPHER JOHN PAUL URIZAR STYLISTS KATE BROWN, OLIVIA BLACKMORE PHOTOCHEFS REBECCA LYALL, ELIZABETH FIDUCIA



CAULIFLOWER
& CHICKEN
YOGHURT
TANDOORI RICE
OVERLEAF

**THE NEW
CURRY**
Curry just got easier
with this quick-mix
tandoori, which pumps up
the vegie intake. Plus the
oven does the legwork,
with everything in
the one pan.

◀ CAULIFLOWER & CHICKEN YOGHURT TANDOORI RICE

PREP + COOK TIME 40 MINUTES SERVES 4

1 small cauliflower (800g)
600g chicken tenderloins
125g tandoori paste
1 cup (280g) Greek yoghurt
¼ cup (60ml) extra virgin olive oil
4 green onions, cut into 3cm lengths
1 cup (200g) red quinoa
250g microwave brown rice
2½ cups (625ml) vegetable stock
¼ cup (40g) cashews
1 Lebanese cucumber (130g), sliced
thinly into rounds
1 cup fresh coriander leaves

1 Preheat oven to 220°C/200°C fan.
2 Cut cauliflower into quarters, keeping pale green leaves attached. Trim off a little of the central core, but keep the florets attached; discard core. Place cauliflower quarters and chicken in a large bowl, add tandoori paste and ½ cup yoghurt; mix well until evenly coated.
3 Heat 2 tablespoons oil in a 30cm deep ovenproof frying pan over medium heat. Add green onion and quinoa; cook, stirring, for 2 minutes or until quinoa starts to crackle.
4 Add rice and stock; season lightly. Arrange chicken, then cauliflower, over quinoa mixture, ensuring cauliflower florets are on top and facing upwards.
5 Transfer rice mixture to oven, then bake for 20 minutes. Reduce oven to 200°C/180°C fan. Scatter over cashews; cook for a further 10 minutes or until cauliflower tops are golden and stock is absorbed.
6 Top with sliced cucumber, coriander leaves and remaining oil. Serve with remaining yoghurt.

Test Kitchen Notes

Replace the chicken with firm tofu to super-charge the healthy factor.



THE NEW STUFFED POTATO

The classic stuffed potato gets a modern makeover in sweet potatoes with filling barley, sweet cranberries and creamy fetta.

▲ BLACK BARLEY PILAF & ROASTED SWEET POTATO

PREP + COOK TIME 1 HOUR 30 MINUTES
SERVES 6

6 medium orange sweet potatoes
(1.8kg)
⅓ cup (80ml) extra virgin olive oil
1 medium onion (150g), chopped finely
1 tablespoon ground cumin
1 cup (200g) black barley
2 cups (500ml) vegetable or
chicken stock
¼ cup (35g) dried sweetened
cranberries, chopped
½ cup coarsely chopped fresh
flat-leaf parsley
½ cup (90g) pistachios, chopped
125g Danish fetta, crumbled
⅓ cup fresh flat-leaf parsley leaves

1 Preheat oven to 180°C/160°C fan.
Line an oven tray with baking paper.
2 Scrub sweet potatoes; cut in half

lengthways. Place, cut-side up, on tray; drizzle with 2 tablespoons of the oil and season. Bake for 1 hour until tender.
3 Meanwhile, heat 1 tablespoon of the oil in a large saucepan over medium heat. Add onion; cook, stirring occasionally, for 5 minutes or until onion softens. Add cumin; stir for 30 seconds. Add barley; stir to combine. Add stock; bring to the boil. Reduce heat to low; cook covered, for 40 minutes or until almost all the liquid is absorbed and barley is tender. Remove from heat; stir in cranberries and chopped parsley.
4 Remove the centre of sweet potatoes with a spoon, leaving a 1cm shell. Cut scooped flesh into pieces.
5 Spoon pilaf mixture into sweet potatoes, mounding it slightly. Top with sweet potato pieces, pistachios and fetta. Bake for 10 minutes or until filling is heated through and fetta is light golden.
6 Serve topped with remaining oil and parsley leaves.

SMOKY RED LENTIL 'MEAT-LESS' LOAF

PREP + COOK TIME 1 HOUR 20 MINUTES
(+ OVERNIGHT STANDING) SERVES 4

*You will need to soak the lentils
8 hours ahead.*

1½ cups (250g) dried red lentils
2 tablespoons extra virgin olive oil
1 medium onion (150g), chopped finely
2 cloves garlic, chopped finely
¼ cup oregano leaves, chopped finely
1 teaspoon smoked paprika
1 medium carrot (120g)
2 medium parsnips (500g)
3 eggs, beaten lightly
½ cup (125ml) vegetable stock
1½ cups (180g) grated cheddar
120g mixed salad leaves
**1 cup (275g) tomato and smoky
chipotle relish**

1 Place lentils in a large bowl, cover with cold water; stand for 8 hours or overnight. Drain; rinse under cold water, drain well.

2 Preheat oven to 200°C/180°C fan. Oil a 13cm x 23cm, 6cm deep loaf pan; line base and sides with baking paper.

3 Heat oil in a medium frying pan over medium heat. Cook onion, garlic and oregano, stirring occasionally, for 5 minutes or until softened. Stir in paprika.

4 Meanwhile, scrub carrot and parsnips; leave unpeeled. Thinly slice half of one parsnip lengthways. Coarsely grate the remaining parsnips and carrot. Combine grated vegetables, eggs, stock, 1½ cups cheddar, lentils and onion mixture in a large bowl; season. Spoon mixture into prepared pan; spread and level with the back of a spoon. Top with sliced parsnip and remaining cheddar. Cover with greased foil. Scrunch foil around sides of pan to secure.

5 Bake loaf for 30 minutes. Remove foil; bake for a further 30 minutes or until golden.

6 Stand loaf in pan for 5 minutes before turning, top-side up, onto a board. Cool for 15 minutes before slicing. Serve with salad leaves and relish.

THE NEW MEATLOAF

Shhh! They'll never know it's vego. This dinner-table staple loses its meat but none of the flavour. As a bonus, it's kind to the budget.



Test Kitchen Notes

You can pan-fry slices of the lentil loaf to serve in a burger bun for a vegetarian burger patty.



Test Kitchen Notes

Some fish shops sell tail ends separately. If unavailable, cut thick centre-cut pieces in half horizontally, then continue as instructed in step 3.



THE NEW FISH FINGERS

Move over stodgy packet fish fingers! Making your own is surprisingly simple, plus the kids can crumb the salmon.

HARISSA FISH FINGERS WITH KINDA MUSHY PEAS

PREP + COOK TIME 35 MINUTES SERVES 4

Extra virgin olive oil cooking spray
2 large potatoes (600g), chopped
2½ cups (300g) frozen peas
¼ cup (60ml) extra virgin olive oil
½ cup fresh mint leaves, chopped
700g skinless tail-end salmon pieces
1¼ cups (350g) Greek yoghurt
1½ tablespoons harissa paste
1 tablespoon chopped drained cornichons
1 tablespoon baby capers, chopped
4 slices stale wholegrain bread
(160g), torn into chunks
Mint sprigs and lemon wedges, to serve

- 1 Preheat oven to 220°C/200°C fan. Place a large wire rack over a large oven tray; spray rack with oil.
- 2 Place potatoes in a medium saucepan of cold water over high heat. Bring to the boil; cook for 20 minutes, adding the peas during the last 1 minute of cooking time. Drain; stand vegetables in the colander for 2 minutes to drain well. Return vegetables to saucepan. Using a potato masher, crush potato and peas with the oil and mint. Season to taste; cover to keep warm.
- 3 Cut fish into 16 even finger-shaped pieces, about 3cm x 12cm. Place fish fingers in a large bowl.
- 4 Combine yoghurt and harissa in a medium bowl; season to taste. Add a heaped ⅓ cup of yoghurt mixture to fish; toss to coat evenly. Stir cornichons and capers through remaining yoghurt mixture; refrigerate sauce until required.
- 5 Process bread into coarse crumbs. Scatter evenly over fish and press down to secure. (They may not completely coat the fish.) Place fish onto prepared rack in a single layer. Spray generously with oil.
- 6 Bake fish fingers for 12 minutes or until crumbs are golden and crisp, and fish is cooked through. Serve immediately with pea and potato mash, yoghurt sauce, extra mint sprigs and lemon wedges.



THE NEW LAMB CUTLETS

Need to jazz up those cutlets? Moroccan seasoning is your secret weapon, turning them into a flavoursome meal.



Sneak peek

MOROCCAN SPICED LAMB CUTLETS WITH QUICK COUSCOUS SALAD

PREP + COOK TIME 25 MINUTES SERVES 4

12 lamb cutlets (745g), French trimmed
2 tablespoons Moroccan seasoning
1 cup (200g) whole wheat couscous
¼ cup (60ml) extra virgin olive oil
1 teaspoon harissa paste
2 tablespoons lemon juice
2 wedges preserved lemon (80g), flesh discarded, rind sliced thinly
½ cup fresh flat-leaf parsley, chopped finely
400g can chickpeas, drained, rinsed
60g kale, leaves torn
extra virgin olive oil cooking spray

- 1 Line an oven tray with baking paper; place lamb on tray. Sprinkle both sides with Moroccan seasoning, cover and stand for 10 minutes.
- 2 Meanwhile, place couscous and 1 tablespoon of the oil in a large bowl; cover with 1 cup (250ml) boiling water, stirring to separate the grains. Cover and stand for 3 minutes; fluff grains with a fork.
- 3 Place remaining oil, harissa and lemon juice in a screw-top jar; shake to combine. Stir dressing through couscous with the preserved lemon, parsley, chickpeas and kale; season to taste.
- 4 Heat a non-stick frying pan over high heat. Spray cutlets with oil; cook for 4 minutes each side or until cooked to your liking.
- 5 Serve lamb with couscous salad.

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VEGETABLE FRITTERS



CORN & SWEET POTATO FRITTERS

PREP + COOK TIME 30 MINUTES MAKES 8

Cook 750g chopped sweet potato in boiling water until tender; add 1 trimmed (250g) corn cob for last 2 minutes. Drain. Mash potato. Cut kernels from cob and add to mash with 2 chopped green onions; season and mix. Shape rounded $\frac{1}{3}$ -cupfuls into patties. Place $\frac{1}{2}$ cup (90g) rice flour in a bowl. Whisk 2 eggs in a bowl. Put $1\frac{3}{4}$ cups shredded coconut in a third bowl. Dust patties in flour, dip in egg, coat in coconut. Refrigerate for 15 minutes. Heat $\frac{1}{4}$ cup (60ml) oil in a frying pan over low-medium heat. Cook, in batches, for 3 minutes each side until golden. Drain on paper towel.

LENTIL & PEA FRITTERS

PREP + COOK TIME 20 MINUTES MAKES 10 SMALL FRITTERS

Place $\frac{1}{2}$ cup (95g) rinsed canned lentils, 1 cup (120g) thawed frozen green peas, 75g blue cheese, $\frac{1}{4}$ cup (40g) wholemeal self-raising flour, 1 lightly beaten egg and $\frac{1}{4}$ cup (60ml) water in a large bowl; stir until well combined. Heat 1 tablespoon oil in a large non-stick frying pan over medium heat. Cook tablespoonfuls of batter, in batches, for 2 minutes on each side until fritters are golden and cooked through. Drain on paper towel. Repeat with another tablespoon of oil and the remaining batter to make 10 fritters in total.

Getting the littlies to eat their veg will be a breeze with these fabulous fritters. Crisp on the outside and squishy in the centre, they will become family favourites.



KOHLRABI FRITTERS

PREP + COOK TIME 20 MINUTES MAKES 8

Coarsely grate 350g kohlrabi and 200g orange sweet potato; place in a bowl with $\frac{1}{4}$ cup (40g) brown rice flour, 3 thinly sliced green onions, $\frac{1}{3}$ cup chopped fresh coriander and $\frac{1}{4}$ cup (35g) LSA (linseed, sesame seeds and almond mix). Add 3 egg whites combined with 1 tablespoon water; stir until well combined. Season. Divide mixture into 8 portions. Heat 1 tablespoon oil in a non-stick frying pan over medium heat. Cook half the fritters for 2 minutes on each side until golden and cooked through. Drain on paper towel. Repeat with another tablespoon of oil and remaining fritters.



ZUCCHINI FRITTERS

PREP + COOK TIME 25 MINUTES MAKES 8

Coarsely grate 3 medium (360g) zucchini and 3 medium (360g) carrots; squeeze out excess liquid. Press between sheets of paper towel until dry. Combine with 2 thinly sliced green onions, 2 tablespoons each coarsely chopped dill and flat-leaf parsley, 200g crumbled fetta, $1\frac{1}{2}$ teaspoons ground cumin, $\frac{3}{4}$ cup (105g) plain flour and 3 lightly beaten eggs in a large bowl; season. Shape $\frac{1}{2}$ -cupfuls mixture into fritters. Heat $\frac{1}{4}$ cup (60ml) oil in a frying pan over medium heat. Shallow-fry fritters, in batches, for 3 minutes on each side until browned. Drain on paper towel.



Fresh ways with chicken

Pluck a dinner staple to a whole new level with these inspired takes on chicken mains.



OLIVE
CHICKEN
WITH MAPLE
ROASTED
VEGETABLES
P 49

GREEN MASALA CHICKEN CURRY

PREP + COOK TIME 50 MINUTES SERVES 4

- 2 bunches fresh coriander (130g), roots, stems and leaves, washed, dried, chopped coarsely
- 1 cup loosely packed fresh mint leaves
- 120g baby spinach leaves
- 1 fresh jalapeño chilli (25g), seeds removed, chopped coarsely
- 4 cloves garlic, chopped
- $\frac{1}{4}$ cup (60ml) lemon juice
- $\frac{1}{2}$ cup (125ml) water
- 2 tablespoons olive oil
- 1 medium brown onion (150g), sliced thickly
- 8 small skinless chicken thigh fillets (1.2kg)
- $1\frac{1}{2}$ teaspoons ground turmeric
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground cardamom
- $\frac{1}{4}$ teaspoon ground cloves
- 1 cup (250ml) canned coconut cream
- 40g baby spinach leaves, extra
- $\frac{1}{3}$ cup (25g) natural flaked almonds, roasted
- 1 medium lime (90g), cut into wedges
- Brown or basmati rice, for serving**

1 Reserve a handful of coriander leaves and mint leaves for serving. Blend or process remaining coriander and mint with spinach, chilli, garlic, juice and the water until smooth.

2 Heat oil in a large deep frying pan over medium-high heat; cook onion, stirring, for 5 minutes until starting to brown.

Add chicken; cook for 5 minutes until chicken is browned on both sides.

Add spices; cook, stirring, for 1 minute until fragrant.

3 Stir in coriander puree and coconut cream; bring to the boil. Reduce heat to low; simmer, uncovered, for 20 minutes until sauce thickens slightly and chicken is cooked through. Season to taste.

4 Serve curry topped with extra spinach leaves, reserved coriander and mint, almonds and lime wedges.

5 Serve with steamed brown or basmati rice, if desired.

Test Kitchen Notes

This is a great sauce for a vegetable curry. In step 3, add chunky chopped vegetables such as pumpkin, potato, sweet potato or cauliflower and drained and rinsed chickpeas or lentils. Simmer until the vegetables are tender.



Test Kitchen *Notes*

Minced pork can be used in place of chicken, or make it vegetarian with some finely chopped firm tofu or tempeh.



Test Kitchen Notes

For a vegetarian version, add grilled haloumi in place of chicken.

Green sauce can be made up to 2 days ahead; store in an air-tight container in the fridge.

CHICKEN, CAVOLO NERO & BRUSSELS SPROUTS SALAD

PREP + COOK TIME 1 HOUR (+ STANDING)

SERVES 4

400g chicken breast fillets
⅓ cup (80ml) extra virgin olive oil
2 teaspoons sesame seeds
2 teaspoons nigella seeds
1 teaspoon ground turmeric
1 teaspoon garam masala
½ teaspoon ground white pepper
1 teaspoon sea salt
500g brussels sprouts, trimmed, halved
300g cavolo nero (Tuscan cabbage),
trimmed, leaves torn
400g canned chickpeas, drained, rinsed
2 tablespoons trimmed micro parsley

GREEN SAUCE

1 cup loosely packed fresh flat-leaf
parsley leaves
⅓ cup loosely packed fresh mint leaves
1 clove garlic, peeled
1 tablespoon drained baby capers
2 tablespoons lemon juice
⅓ cup (80ml) extra virgin olive oil

- 1 Preheat oven 180°C/160°C. Line a large oven tray with baking paper.
- 2 Bring a large saucepan of salted water to the boil. Add chicken; return to the boil. Cover; remove from heat. Stand for 30 minutes.
- 3 Meanwhile, combine oil, seeds, spices and salt in a large bowl. Add brussels sprouts and cavolo nero; toss to coat. Place sprouts, cut-side down, on tray. Roast for 40 minutes until golden. Turn sprouts; add cavolo nero to tray. Roast for a further 10 minutes until tender.
- 4 Remove chicken from poaching liquid. Cool slightly; shred flesh coarsely.
- 5 Make green sauce.
- 6 Arrange brussels sprouts, cavolo nero, chickpeas and chicken on a platter; drizzle with green sauce, and top with micro parsley and extra mint leaves, if you like.

GREEN SAUCE

Process all ingredients in a food processor. Transfer to a small bowl; season to taste.



MISO CHICKEN & STIR-FRIED GREENS

PREP + COOK TIME 15 MINUTES SERVES 4

4 green onions
500g gai lan, trimmed, or broccolini
2 tablespoons sunflower oil
2 cloves garlic, chopped finely
2cm piece fresh ginger (10g),
chopped finely
250g minced chicken
2 tablespoons cooking sake
1 tablespoon miso paste
1 tablespoon honey
2 teaspoons sesame oil
250g green beans, trimmed
200g frozen edamame beans in pod,
thawed, shelled
2 teaspoons toasted sesame seeds
1 fresh long red chilli, sliced thinly

1 Coarsely chop the white part of the green onions; cut green part into long thin strips. Separate gai lan leaves from stems; cut thick stems in half lengthways.
2 Heat half the sunflower oil in a large wok over high heat; stir-fry white part of onion, garlic and ginger for 30 seconds until fragrant. Add chicken; stir-fry, breaking up lumps, for 2 minutes until browned lightly.
3 Combine sake, miso paste, honey and sesame oil in a small jug. Add to chicken mixture; stir-fry for 2 minutes. Remove from wok; cover to keep warm.
4 Heat remaining sunflower oil in wok over high heat; stir-fry beans for 1 minute until skin starts to wrinkle in some patches. Add gai lan stems and edamame; stir-fry for 1 minute or until stems are almost tender. Add gai lan leaves; stir-fry for 30 seconds or until just wilted.
5 Arrange greens on a large platter. Top with chicken mixture; drizzle with cooking liquid. Sprinkle with green part of onion, sesame seeds and chilli.

OLIVE CHICKEN WITH MAPLE ROASTED VEGETABLES

PREP + COOK TIME 1 HOUR 50 MINUTES
SERVES 4

¼ cup (60ml) extra virgin olive oil
1 whole chicken (1.6kg), cut
into 10 pieces
1 medium brown onion (150g),
chopped coarsely
2 cloves garlic, crushed
3 sprigs fresh thyme
18 Sicilian green olives (90g)
1 litre (4 cups) gluten-free
chicken stock
1 tablespoon lemon juice

MAPLE ROASTED VEGETABLES

600g kent pumpkin, cut into
2cm wedges
4 small parsnips (480g), unpeeled,
quartered lengthways
400g spring onions, trimmed to 10cm
lengths, quartered lengthways
2 tablespoons extra virgin olive oil
2 tablespoons pure maple syrup
1 cup (40g) loosely packed
rocket leaves
1 tablespoon lemon juice

1 Heat oil in a large heavy-based deep frying pan over high heat; cook chicken, in batches, for 2 minutes each side until browned. Remove from pan.
2 Reduce heat of same pan to medium; cook onion, garlic, thyme and olives, stirring occasionally, for 5 minutes until onion is softened. Increase heat to high; return chicken and any juices to pan. Add stock; bring to the boil. Reduce heat to low; simmer, covered, for 1 hour until chicken is cooked through. Remove chicken from pan. Cover and keep warm.
3 Meanwhile, preheat the oven to 200°C/180°C fan and make maple roasted vegetables.
4 Increase frying pan heat to high; bring to the boil. Reduce heat slightly; cook, uncovered, for 20 minutes or until liquid has reduced to 1 cup (250ml). Add juice, season to taste.
5 Serve chicken with reduced mixture and vegetables.

MAPLE ROASTED VEGETABLES

Line two oven trays with baking paper. Divide pumpkin, parsnip and onion between trays; drizzle with oil and maple syrup, season, then toss to coat. Roast for 40 minutes, turning halfway through cooking, until vegetables are tender. Combine rocket and lemon juice in a medium bowl; season to taste. Just before serving, toss rocket through vegetables.



Sausages

SPAGHETTI WITH MEATBALLS & CHERRY TOMATOES

PREP + COOK TIME 35 MINUTES SERVE 4

Cook 375g spaghetti in boiling salted water until tender; drain. Meanwhile, squeeze meat from 750g beef sausages and roll into balls. Cook in an oiled large frying pan, over medium heat, until browned all over. Add 250g quartered cherry tomatoes, 400g bottled tomato pasta sauce and 2 tablespoons finely chopped fresh basil; bring to the boil. Reduce heat; simmer, uncovered, for 5 minutes or until meatballs are cooked through. Season to taste. Combine sauce, spaghetti and $\frac{1}{4}$ cup (20g) grated parmesan in a bowl. Serve sprinkled with basil and parmesan. **Tip:** If you prefer, cook the beef sausages whole, then cut them into chunky slices and add to the tomato mixture.

ROSEMARY ROASTED SAUSAGES & TOMATOES

PREP + COOK TIME 50 MINUTES SERVES 4

Preheat oven to 220°C/200°C fan. Cut 1 medium garlic bulb (70g) in half horizontally. Combine garlic with 8 thick beef sausages (1.2kg), 1 tablespoon olive oil and 4 sprigs fresh rosemary in a large baking dish. Roast, uncovered, for about 15 minutes or until sausages are browned. Tear 3 slices sourdough bread (210g) into coarse pieces; add bread to dish with 250g cherry tomatoes, then drizzle with 1 tablespoon olive oil. Roast, uncovered, for about 15 minutes or until sausages are cooked. Squeeze half the garlic into a small bowl, mash with a fork; stir in 2 tablespoons red wine vinegar and 1 tablespoon olive oil. Drizzle over dish; sprinkle with 1 cup loosely packed fresh basil leaves.



Humble sausages become the hero of the dining table. With these four scrumptious recipes, they are set to sizzle!

SAUSAGE & SLAW BURGERS

PREP + COOK TIME 20 MINUTES MAKES 8

Split 8 thick beef sausages (1.2kg) lengthways without cutting all the way through; open out and place, cut-side down, on grill tray or wire rack over an oven tray. Preheat grill. Combine $\frac{1}{4}$ cup each (70g) tomato sauce and barbecue sauce with 2 tablespoons sweet chilli sauce in a small bowl; brush half the sauce mixture over sausages. Cook sausages under grill until well browned. Turn, brush with remaining sauce mixture; grill until cooked through. Transfer to a plate; cover to keep warm. Combine $\frac{3}{4}$ cup (225g) mayonnaise, 2 tablespoons wholegrain mustard and 1 tablespoon lemon juice. Split and toast 8 crusty bread rolls (400g). Divide sausages, mayonnaise mixture and 300g packaged dry coleslaw mix between rolls. Sprinkle with flat-leaf parsley.

TOAD IN THE HOLE

PREP + COOK TIME 35 MINUTES SERVES 4

Grease a 1.5-litre (6-cup) shallow ovenproof dish. Place dish in the oven. Preheat oven to 220°C/200°C fan. Cook 8 beef chipolata sausages (240g) in a heated oiled large frying pan over medium heat until browned all over. Meanwhile, whisk $\frac{3}{4}$ cup (110g) plain flour, 3 eggs and 1 cup (250ml) milk in large jug until smooth; season. Strain batter into preheated dish. Cut 1 large red onion into thin wedges. Place sausages and onion in batter; bake for about 20 minutes until the top turns golden. Sprinkle with thyme or rosemary leaves, if you like. Serve with gravy and a leafy green salad.

Tip: Preheat the ovenproof dish, so the batter will start cooking the minute you place it in the oven.



Catch of the day

We reveal fresh and easy ways to make fish dinners even more enticing and flavoursome.



FISH
& QUINOA
SALAD WITH
GREEN
HUMMUS
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◀ FISH & QUINOA SALAD WITH GREEN HUMMUS

PREP + COOK TIME 35 MINUTES SERVES 4

- $\frac{2}{3}$ cup (135g) tri-coloured quinoa, rinsed well
- $1\frac{1}{4}$ cups (310ml) water
- 500g skinless boneless blue-eye trevalla fillets (see notes)
- 2 teaspoons extra virgin olive oil
- 1 cup fresh flat-leaf parsley leaves, chopped coarsely
- 1 cup fresh coriander leaves, chopped coarsely
- 1 cup fresh mint leaves, chopped coarsely
- 1 teaspoon ground sumac
- 2 fresh long green chillies, seeded, chopped finely
- $\frac{1}{2}$ cup (130g) hummus
- $1\frac{1}{2}$ tablespoons water
- $\frac{1}{4}$ cup (60ml) lemon juice
- 200g trimmed watercress
- 200g cherry tomatoes, halved
- 1 small Lebanese cucumber (100g), halved lengthways, sliced thinly
- $\frac{1}{3}$ cup (50g) pomegranate seeds
- 1 tablespoon pomegranate molasses

- 1 Place quinoa and the water in a medium saucepan over high heat, cover; bring to the boil. Reduce heat to low; cook, covered, for 10 minutes. Stand, covered, for 10 minutes.
- 2 Meanwhile, preheat a grill plate (or grill pan or barbecue) on high. Brush fish with oil; cook for 3 minutes each side or until just cooked through. (The cooking time will depend on the thickness of the fish.) Transfer fish to a plate; cover loosely with foil.
- 3 To make green hummus, process parsley, coriander, mint, sumac, chilli, hummus, the water and half the lemon juice until smooth.
- 4 Place quinoa, watercress, tomato, cucumber, pomegranate seeds and remaining lemon juice in a large bowl; toss to combine.
- 5 Serve fish with quinoa salad; drizzle over the green herb hummus and pomegranate molasses.

Test Kitchen Notes

We used blue-eye trevalla in these two recipes, but any white fish fillet will be fine.

Also called blue-eye cod, this versatile fish is available year round. The flesh has a mild flavour. Steam, poach, fry, grill, barbecue or slice for sashimi.



PERI PERI FISH WITH HERB SALAD

PREP + COOK TIME 10 MINUTES SERVES 4

- 4 firm white fish fillets (800g)
- $\frac{1}{3}$ cup (80ml) peri peri marinade
- 1 tablespoon extra virgin olive oil
- 80g baby rocket leaves
- $\frac{1}{3}$ cup firmly packed fresh mint leaves
- $\frac{1}{4}$ cup firmly packed fresh flat-leaf parsley leaves
- 1 tablespoon lemon juice

- 1 Drizzle fish with marinade, coating both sides well. Heat oil in a large frying pan over medium-high heat. Cook fish fillets for 3 minutes each side until just cooked through.
- 2 Meanwhile, combine rocket, mint, parsley and juice in a medium bowl; season to taste.
- 3 Serve fish with herb salad.

SALMON & POTATO PARCELS

PREP + COOK TIME 30 MINUTES SERVES 4

1 tablespoon extra virgin olive oil
1 medium brown onion (150g),
chopped finely
2 cloves garlic, crushed
400g canned crushed tomatoes
1 tablespoon each coarsely chopped
fresh flat-leaf parsley and mint

4 baby new potatoes (160g), sliced thinly
4 x 220g skinless salmon fillets
1 medium lemon (140g), sliced thinly
Couscous and flat-leaf parsley, to serve

1 Preheat oven to 200°C/180°C fan.
2 Heat oil in frying pan; cook onion
and garlic, stirring, until onion softens.
Add tomatoes and herbs; bring to boil.
Simmer for about 5 minutes until mixture
thickens and reduces slightly. Season.

3 Place potato, slightly overlapping,
onto four 30cm x 40cm pieces of baking
paper; top with salmon. Spoon tomato
mixture over salmon; top with lemon.
Fold paper to enclose fish.
4 Place parcels on a baking tray; bake
for 15 minutes or until cooked as desired.
5 Serve in parcel, with a side dish of
steamed couscous and chopped parsley.

Test Kitchen Notes

To fold the parcel, bring long sides to meet in the middle, fold over about 1cm all the way down. Then fold edges under to enclose. Serve with couscous, preserved lemon rind and parsley.

“Salmon, smoked or raw, is available year-round. Its oily, luxurious flesh is good barbecued, roasted or pan-fried. Ocean trout is similar and can be used in the same ways as salmon.”

Fran Abdallaoui, Editor, AWW Food



BARBECUED SALMON WITH MINTED PEAS AND BEANS

PREP + COOK TIME 25 MINUTES SERVES 4

4 x 155g salmon fillets
2 teaspoons finely grated lime rind
155g green beans, trimmed,
chopped coarsely
1 cup (120g) frozen peas
 $\frac{1}{3}$ cup finely chopped fresh mint
 $\frac{1}{2}$ cup (125ml) buttermilk
1 tablespoon lime juice

1 Rub salmon all over with rind; season well. Cook salmon on a heated oiled grill plate (or grill or barbecue) until browned both sides and almost cooked through.
2 Meanwhile, boil, steam or microwave beans and peas, separately, until tender; drain. Combine beans, peas and half the mint in a medium bowl; season to taste.
3 Combine buttermilk, lime juice and remaining mint in a small jug; season to taste.
4 Serve fish with bean mixture; drizzle with buttermilk dressing.

► OCEAN TROUT, SPINACH & MUSTARD HAND PIES

PREP + COOK TIME 50 MINUTES SERVES 4

300g baby spinach leaves, trimmed
2 tablespoons Dijon mustard
 $\frac{2}{3}$ cup (200g) whole-egg aioli
2 teaspoons finely grated lemon rind
1 tablespoon honey
 $\frac{1}{4}$ cup chopped fresh dill
2 tablespoons chopped fresh chives
2 tablespoons finely chopped fresh tarragon
600g skinless ocean trout fillet, cut into 4 even-sized pieces
2 sheets puff pastry (375g), cut in half
1 egg, beaten lightly

1 Bring a medium saucepan of salted water to the boil. Add spinach; blanch for 1 minute. Drain well; immediately place in iced water until cold. Drain; squeeze out excess moisture. Pat very dry with paper towel. Finely chop spinach; place in a medium bowl.
2 Combine mustard, aioli, rind, honey and herbs in a small bowl. Add 2 tablespoons to spinach mixture.
3 Preheat oven to 220°C/200°C fan. Line a large oven tray with baking paper.
4 Lay a piece of trout on one side of each pastry piece; top each with a quarter of the spinach mixture. Fold over pastry and seal edges, turning the ends over. Cut three slits across top of pastry to allow steam to escape; brush with egg wash.
5 Place ocean trout parcels on lined oven tray. Bake for 25 minutes or until pastry is golden and puffed.
6 Serve hand pies with remaining mustard herb mayonnaise.

Test Kitchen Notes

Use skinless salmon fillets instead of ocean trout fillets, if preferred.





Compli- mince!

Glam up your mince. Use these quick and tasty recipes to give the budget-friendly protein an inspired makeover.

Test Kitchen Notes

You can use minced beef instead of lamb, if preferred. Sprinkle with small fresh flat-leaf parsley leaves and serve with lemon wedges, if you like.

Do ahead – cook the lamb until end of step 2 the day before and refrigerate in an airtight container; reheat just before serving.

SPAGHETTI
WITH
LEBANESE-
SPICED LAMB
& PINE NUTS

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◀ SPAGHETTI WITH LEBANESE-SPICED LAMB & PINE NUTS

PREP + COOK TIME 50 MINUTES SERVES 6

2 tablespoons extra virgin olive oil
1 medium onion (150g), chopped finely
800g minced lamb
2 cloves garlic, crushed
1 teaspoon ground sumac
1 tablespoon ground allspice
1 teaspoon mixed spice
¼ cup (70g) tomato paste
400g canned cherry tomatoes
500g wholemeal spaghetti
4 medium ripe tomatoes (640g), chopped finely
1 teaspoon finely grated lemon rind
½ cup (140g) Greek-style yoghurt
⅓ cup (50g) pine nuts, toasted
Parsley leaves, for serving

1 Heat oil in a large heavy-based saucepan over high heat. Cook onion, stirring, for 5 minutes or until softened and browned lightly. Add lamb, stirring with a wooden

spoon or fork to break up any clumps. Cook mixture, stirring occasionally, for 8 minutes or until lamb is browned lightly. Discard excess liquid; continue to cook for a further 5 minutes until lamb is browned and moisture evaporates.

2 Stir in garlic, spices and tomato paste; cook for a further 3 minutes or until fragrant. Add canned tomatoes, bring to a simmer. Reduce heat to low; cook, covered, for 15 minutes or until sauce is thickened and lamb is tender.

3 Meanwhile, cook spaghetti in a large saucepan of boiling salted water following packet directions until tender. Drain, reserving ¼ cup (60ml) cooking liquid.

4 Stir chopped tomato and rind into lamb mixture; season. Stir spaghetti into the lamb mixture; reduce heat to low. Add enough of reserved pasta water to loosen and create a thick sauce; stir well until some of the water is absorbed.

5 Divide pasta mixture among plates; serve topped with yoghurt, pine nuts and parsley. Season with pepper. Serve with a leafy green salad, if desired.

▶ THAI-STYLE STICKY PORK

PREP AND COOK TIME 25 MINUTES SERVES 4

100g bean thread vermicelli
1 tablespoon peanut oil
600g minced pork
2 cloves garlic, sliced thinly
½ cup (80g) grated palm sugar
2 tablespoons fish sauce
4 kaffir lime leaves, shredded
½ cup (50g) deep-fried shallots
½ cup (75g) chopped toasted peanuts
2 bunches (350g) broccolini
½ cup lightly packed coriander leaves
1 tablespoon lime juice
1 long red chilli, seeded, sliced thinly
1 medium (130g) Lebanese cucumber, cut into long, thin strips
1 medium (120g) carrot, cut into long, thin strips
1 lime, quartered, extra

1 Place noodles in a bowl, cover with boiling water, stand until softened; drain.

2 Heat the oil in a large frying pan or wok; add the pork. Cook, stirring, for about 5 minutes or until browned lightly. Add the garlic. Cook, stirring, for about 1 minute. Drain on absorbent paper.

3 Add sugar, fish sauce and lime leaves to the pan. Bring to a boil, reduce heat, simmer, uncovered, for about 2 minutes or until thick. Return the pork to the pan with half the shallots and half the peanuts. Cook, uncovered for about 2 minutes or until mixture is sticky but not too dry.

4 Meanwhile, boil, steam or microwave the broccolini until just tender; drain well.

5 Stir 1 cup of the coriander leaves into the pork mixture with the lime juice, remaining shallots and peanuts.

6 Serve pork with broccolini, noodles and vegetables. Serve with extra lime wedges, if desired.

Test Kitchen Notes

The pork mixture could also be served in lettuce cups. Use $\frac{1}{3}$ cup brown sugar if palm sugar is unavailable.





LAMB & SILVERBEET CANNELLONI

PREP & COOK TIME 1 HOUR 10 MINUTES
SERVES 6

2 tablespoons extra virgin olive oil
1 medium (150g) brown onion, chopped coarsely
2 cloves garlic, chopped finely
500g minced lamb or beef
2 ½ teaspoons dried oregano
½ bunch (500g) silverbeet
250g fetta cheese, crumbled
2 teaspoons finely grated lemon rind
¼ cup finely shredded fresh mint
500g jar of pasta sauce
12 (375g) fresh lasagne sheets
1 cup (100g) pizza cheese

1 Heat half the oil in a large frying pan, add onion and garlic. Cook, stirring, until soft. Add mince and 2 teaspoons of

the oregano; stir until cooked through. Remove from pan.

2 Finely slice silverbeet stems and leaves separately. Heat remaining oil in the same pan and add stems. Cook, stirring, until tender. Add leaves and then cook, stirring, until soft. Remove from heat. Stir in fetta, lemon rind, mint and mince mixture. Season with salt and black pepper.

3 Preheat oven to 180°C/160°C fan. Spread ¼ cup of pasta sauce into the base of a 30cm x 20cm shallow ovenproof dish.

4 Cut each lasagne sheet into thirds. Place ½ cup of mince mixture along length of each sheet and roll up to form a tube. Arrange filled tubes on the tomato sauce in the dish. Top evenly with remaining pasta sauce.

5 Sprinkle with pizza cheese. Bake for 45 minutes until pasta is tender. Serve with side salad, if desired.

► INDIAN RICE PILAF WITH SPICED BEEF

PREP AND COOK TIME 40 MINUTES SERVES 4

2 tablespoons peanut oil
1 small (80g) onion, sliced finely
1 clove garlic, crushed
1 teaspoon cumin seeds
2 cardamom pods
Pinch ground turmeric
1 cup (200g) basmati rice
2 cups (500ml) chicken stock
500g minced beef
1 ½ teaspoons curry powder
⅓ cup (80ml) sweet chilli sauce
¼ cup (60ml) water
4 green onions (green shallots), sliced thinly
⅔ cup (80g) frozen peas
¼ cup fresh coriander leaves
Lemon wedges, for serving

1 Heat 1 tablespoon of the oil in a large frying pan. Add onion, garlic, seeds, pods and turmeric. Cook, stirring, until onion is soft.

2 Add rice, stir over heat until rice is coated with oil. Stir in stock, bring to the boil, then reduce heat to very low. Cook, covered, for 12 minutes. Remove from heat. Stand, covered, for 5 minutes or until rice is tender.

3 Meanwhile, heat remaining oil in large frying pan; add mince; cook, stirring, until browned.

4 Add curry powder. Cook until fragrant. Stir in the sweet chilli sauce, water, green onions and peas. Cook, stirring, until peas are soft and heated through. Serve pilaf topped with spiced mince, coriander and lemon wedges, if desired.



CAJUN-SPICED CHICKEN BURGERS

PREP AND COOK TIME 30 MINUTES SERVES 4

600g minced chicken
2 tablespoons plain flour
1 tablespoon Cajun seasoning
1 tablespoon vegetable oil
2 medium (280g) tomatoes,
chopped finely
1 medium (75g) red onion,
chopped finely
1 loaf (430g) Turkish bread
4 butter lettuce leaves
1 avocado, sliced
2 tablespoons mayonnaise
Sweet chilli sauce, for serving

1 Place mince in a bowl, season well with salt and freshly ground black pepper. Shape mixture into four large patties. Coat patties in combined flour and Cajun seasoning; discard excess flour mixture.
2 Heat oil in a large non-stick frying pan; add patties, cook until browned on both sides and cooked through.
3 Meanwhile, combine tomato, onion, and salt to taste in a medium bowl.
4 Cut Turkish bread into 4 pieces; split pieces in half. Toast, cut-side up, under pre-heated grill.
5 Layer four toasted bread bases with lettuce, avocado, and patties, then mayonnaise and tomato mixture. Top with sweet chilli sauce and remaining bread slices.

MIDDLE EASTERN-STYLE PIZZA

PREP AND COOK TIME 45 MINUTES SERVES 4

2 tablespoons extra virgin olive oil
1 medium (150g) brown onion,
chopped finely
1 clove garlic, crushed
500g minced lamb or beef
¼ teaspoon cayenne pepper
2 teaspoons ground cumin
½ teaspoon ground cinnamon
1 cup (250ml) beef stock
2 medium (280g) tomatoes,
chopped finely
⅓ cup (50g) pine nuts, toasted
¼ cup coarsely chopped fresh flat-leaf
parsley
⅓ cup coarsely chopped fresh mint
1 x 400g Afghan bread (or 2 x 150g
24cm round traditional pizza bases)
190g jar chilli pesto
1 cup (280g) Greek-style yoghurt
1 teaspoon sumac

1 Preheat oven to 220°C /200°C fan.
2 Heat oil in a large frying pan. Add onion and garlic. Cook, stirring, until onion is soft. Add mince. Cook, stirring, until browned. Add pepper and spices; stir until fragrant.
3 Add stock and tomatoes to the pan. Cook, stirring, over a medium heat until most of the liquid is evaporated. Remove from the heat, stir in the pine nuts, parsley and half the mint.
4 Place Afghan bread or pizza bases on greased oven trays. Top each pizza base with pesto; then press mince mixture onto pesto, leaving a 3cm border. Bake on the lower shelf in a hot oven for about 12 minutes until browned lightly.
5 Serve pizzas topped with yoghurt and sprinkled with remaining mint and sumac.





PORK & APPLE SAUSAGE ROLLS WITH CELERY SALAD

PREP & COOK TIME 35 MINUTES MAKES 8

- 1 green apple (150g), skin on
- 500g minced pork and veal mixture
- 1 cup (60g) finely grated parmesan
- 1 cup (50g) fine fresh breadcrumbs
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh thyme, chopped finely
- 2 eggs, lightly beaten
- 2 sheets butter puff pastry, partially frozen, halved (see note)
- 1 teaspoon fresh thyme leaves, extra

APPLE & CELERY SALAD

- 2 tablespoons lemon juice
- $\frac{1}{4}$ cup (60ml) extra virgin olive oil
- 1 tablespoon fresh thyme leaves
- 2 teaspoons Dijon mustard
- 2 stalks celery with leaves attached (300g), sliced thinly
- 1 green apple (150g), cut into matchsticks
- 3 cups watercress sprigs

- 1 Preheat oven to 220°C/200°C. Grease and line two large oven trays with baking paper.
- 2 Grate apple; squeeze excess moisture from flesh. Combine mince, parmesan, breadcrumbs, apple, mustard, thyme and half the egg in a medium bowl; season.
- 3 Place halved pastry sheets on board. Place one quarter of the mince mixture along the long edge of one piece of

- pastry. Roll pastry to enclose the mixture, brushing edge with egg to seal; arrange seam side down on prepared tray. Repeat with remaining pastry, mince and egg.
- 4 Place all rolls on tray; brush tops with egg and sprinkle on extra thyme. Bake for 25 minutes or until sausage rolls are golden and cooked through.
 - 5 Meanwhile, make the apple and celery salad.
 - 6 Serve salad with rolls, sliced in half.

APPLE & CELERY SALAD

Whisk juice, oil, thyme and mustard in a large bowl; season to taste. Add remaining ingredients; toss to combine.



Test Kitchen Notes

Butter puff pastry gives a lovely flaky result. But, if warm, the pastry can soften and be tricky to roll. Pop in fridge for 10 minutes to firm up.

The pork and veal mince mixture is available from select supermarkets and butchers.



SUN-DRIED TOMATO MEATLOAF

PREP + COOK TIME 1 HOUR SERVES 4

750g minced veal
½ cup (130g) sun-dried tomato pesto
1 cup (70g) stale breadcrumbs
1 egg, beaten lightly
800g baby new potatoes
2 tablespoons extra virgin olive oil
2 teaspoons fresh thyme leaves
300g spinach, trimmed
¼ cup (65g) sun-dried tomato
pesto, extra

1 Preheat oven to 200°C/180°C fan. Line base and sides of an 11cm x 19cm loaf pan with baking paper.

2 Combine veal, pesto, breadcrumbs and egg in a large bowl; season. Press mixture into pan. Bake for 40 minutes until cooked through. Stand for 10 minutes before slicing.

3 Meanwhile, prick potatoes with a fork; place in a microwave-safe bowl. Microwave on HIGH (100%) for 3 minutes until almost tender. Slice thinly.

4 Heat oil in a large frying pan over high heat; cook potato with thyme, in two

batches, for 2 minutes each side until golden. Remove from pan, season to taste; cover to keep warm.

5 Add spinach to pan, in two batches; cook, stirring, for 1 minute until wilted. Season to taste.

6 Serve meatloaf with potatoes, spinach and extra pesto.



You'll be STACKED!

Think homemade tortillas are too tricky? Think again.



PHOTOGRAPHER BEN DEARNLEY STYLIST SOPHIA YOUNG PHOTOCHEF NADIA FONOFF



CORN TORTILLAS

PREP + COOK TIME 45 MINUTES
(+ STANDING) MAKES 16

To make the tortillas, you will need either white, yellow or blue masa harina, a flour ground from white, yellow or blue corn that is first soaked in a solution of lye mineral. This process, known as nixtamalisation, breaks down the structure of the corn, making it possible to form a dough. It has the added benefit of producing extra calcium and niacin.

2 cups (250g) white cornflour
(masa harina) (see notes)

½ teaspoon table salt

2 teaspoons cumin seeds, optional

½ teaspoon chilli flakes, optional

1½ cups (375ml) water, approximately

1 Combine flour, salt, cumin, chilli and the water in a medium bowl using your hands. Knead to form a smooth and pliable dough, adding a little more water if dough cracks easily when pressed. Divide dough into 16 portions; roll into balls. Place on a tray; cover with plastic wrap. Stand for 30 minutes.

2 Roll each ball out between sheets of baking paper to a 14cm round. If you have a tortilla press, use this to flatten the dough to 1mm thick.

3 Heat a large frying pan over medium-high heat. Cook a tortilla for 1 minute each side or until it begins to puff a little and the edge turns golden. Transfer tortilla to a clean tea towel; cover to keep soft. Repeat with remaining tortillas. Serve immediately.

TEST
KITCHEN
COOKING
SCHOOL

STEP-BY-STEP



1 Using your hands, combine all the ingredients in a bowl. Knead to a smooth, pliable dough, adding more water if the dough begins to crack when pressed. We used all three different coloured cornflours.

2 Divide the cornflour dough into 16 equal portions; roll portions into balls. Place balls on an oven tray, cover with plastic wrap or a tea towel, and let stand for 30 minutes for cornflour to do its work.



3 Using a rolling pin, spread each ball out between sheets of baking paper to a 14cm round. If you have a tortilla press, use it to flatten the dough to 1mm thick – you can use your rolling pin, but the discs won't be so fine.



4 Place a large frying pan over medium-high heat. Cook a tortilla for 1 minute each side or until it puffs and the edge turns golden. Transfer to a tea towel; cover. Repeat with all the remaining tortillas.

Test Kitchen Notes

Masa harina is available from some delis, Mexican and gourmet food stores. The yellow cornflour weighs 135g per cup while the blue cornflour weighs 145g per cup. When rolling out tortillas, keep remaining dough covered to prevent drying out. When the tortillas are hand-rolled, they will be rough around the edges compared to those made in a tortilla press. If the dough feels dry as you are rolling into balls, use wet hands to add moisture.

“A tortilla press is made from cast iron, which flattens the dough into a disc. Unless you make a lot of tortilla or flatbread, a rolling pin will do the trick.”

Sophia Young, Editorial & Food Director, AWW Cookbooks.



8 ways with 4 ingredients

Perform your own culinary conjuring trick with these delicious recipes, each using – believe or not – just four ingredients!



BAKED PRAWNS WITH FETTA

PREP + COOK TIME 45 MINUTES SERVES 4

1kg uncooked medium king prawns, shelled, deveined
400g bottled tomato pasta sauce
2 tablespoons fresh oregano, coarsely chopped, plus extra for sprinkling
100g fetta, crumbled
Fresh crusty bread, to serve

1 Preheat oven to 180°C/200°C fan. Combine prawns with pasta sauce and fresh oregano in an oiled 1-litre (4-cup) ovenproof dish; season.
2 Sprinkle with crumbled fetta, then bake, uncovered, for about 30 minutes until prawns are cooked through. Sprinkle with extra oregano and serve with fresh crusty bread, if you like.

Test Kitchen Notes

To reduce cooking time, microwave the sauce in a microwave-safe, ovenproof dish until hot. Stir in prawns and parsley; top with cheese. Bake for about 15 minutes.



TUNA PASTA BAKE

PREP + COOK TIME 20 MINUTES SERVES 4

375g penne pasta

425g canned tuna in olive oil,
drained, flaked

$\frac{1}{2}$ cup creamed corn

$\frac{1}{2}$ cup (60g) coarsely grated cheddar,
plus $\frac{1}{3}$ cup (40g) extra

- 1 Cook pasta in a large saucepan of boiling salted water until tender.
- 2 Preheat grill. Drain pasta, reserving $\frac{1}{4}$ cup (60ml) cooking liquid. Return pasta to pan with flaked tuna, creamed corn, cheddar and reserved cooking liquid; stir over low heat to combine. Season to taste. Transfer mixture to 1.25-litre (5-cup) shallow ovenproof dish; sprinkle with remaining grated cheddar.
- 3 Grill until cheese is browned lightly. Garnish with flat-leaf parsley leaves, if you like.

Test Kitchen Notes

It's easy to switch up this pasta bake for a vegetarian option. Substitute the tuna for $1\frac{1}{2}$ cups frozen mixed vegetables and use vegetarian-friendly Norco Natural Cheese block for the cheese. It contains no animal rennet, making it a delicious vegetarian cheese option to keep in the fridge.



“Reserve those ends of green onions you may normally discard. Thinly slice and pop in iced water for five minutes, then use to garnish your next stir-fry.”

Sophia Young, Editorial & Food Director, AWW Cookbooks

SALMON & VEGETABLE STIR-FRY

PREP + COOK TIME 15 MINUTES

SERVES 4

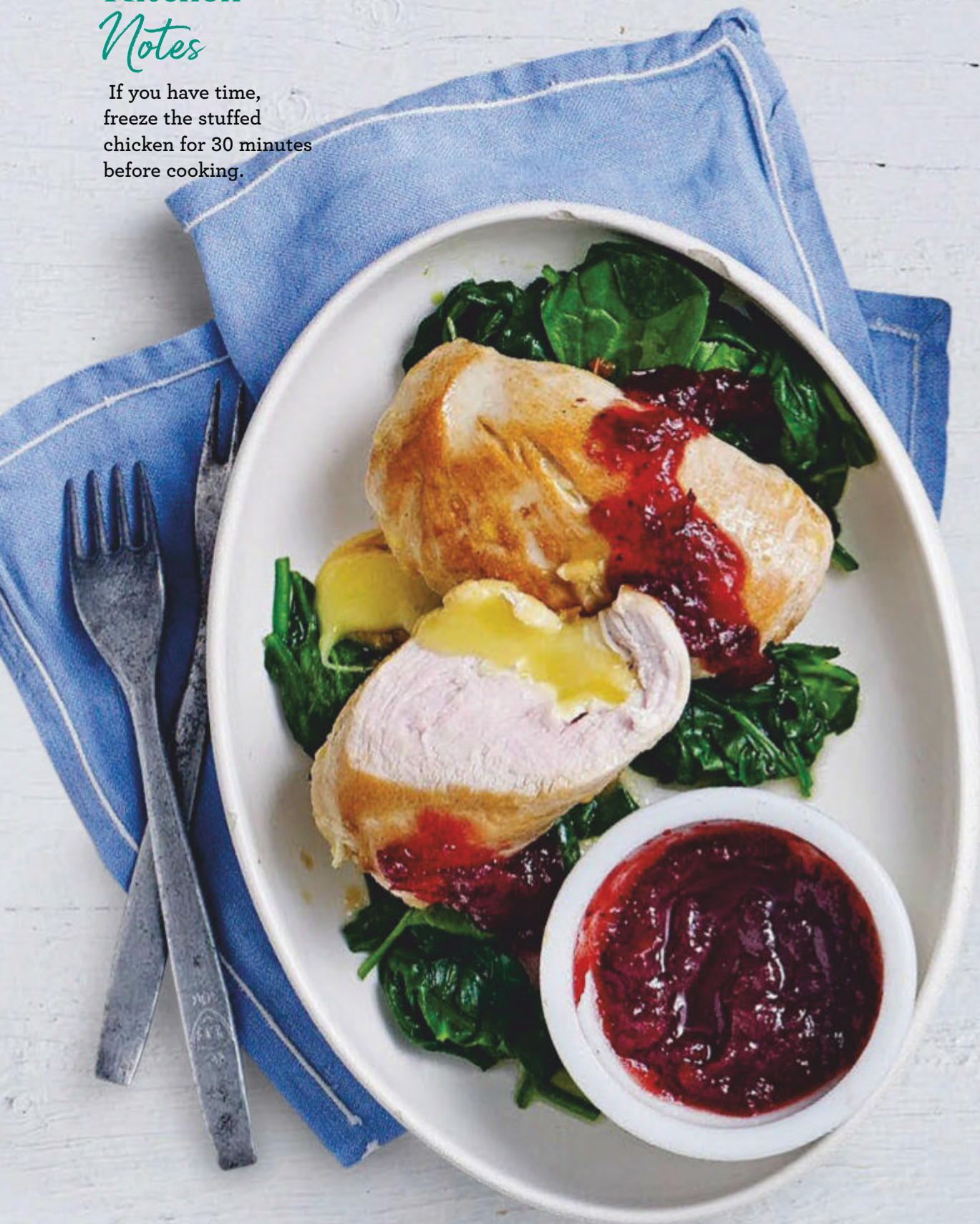
500g skinless salmon fillets, cut into bite-sized pieces
1 tablespoon light soy sauce, plus 1 tablespoon extra
800g frozen vegetable stir-fry mix
2 tablespoons oyster sauce
Steamed rice or noodles, to serve

- 1 Combine salmon pieces and soy sauce in a medium bowl.
- 2 In a heated oiled wok, stir-fry salmon, in batches, over high heat, until almost cooked through. Remove from wok.
- 3 Reheat wok; stir-fry frozen vegetable mix until thawed. Drain vegetables, return to heated oiled wok; stir-fry vegetables until tender. Return salmon to wok with remaining light soy sauce and oyster sauce; stir-fry until heated through. Serve with rice or noodles.



Test Kitchen Notes

If you have time, freeze the stuffed chicken for 30 minutes before cooking.



CHEESY-STUFFED CHICKEN WITH CRANBERRY

PREP + COOK TIME 30 MINUTES SERVES 4

4 x 150g chicken breast fillets
90g brie cheese, thinly sliced
300g baby spinach leaves
⅓ cup (100g) cranberry sauce

1 Cut a 2cm slit in the thick end of each of the chicken breast fillets. Carefully push the knife through the middle of the

fillet to make a pocket, without cutting all the way through.

2 Push brie slices into pockets; secure with toothpicks. Cook spinach in a heated oiled frying pan, over medium-high heat, stirring, until wilted; season. Remove from pan; cover to keep warm.

3 Cook chicken in same heated pan for about 5 minutes each side until cooked through; remove from heat. Cover chicken; stand for 5 minutes. Serve with spinach and cranberry sauce.

“Add a few tablespoons of olive oil to the reserved pesto dip if you prefer a drizzlier version of the dip for serving with the patties.”

Fran Abdallaoui, Editor, AWW Food

► SALMON PESTO PATTIES

PREP + COOK TIME 20 MINUTES
(+ REFRIGERATION) MAKES 12

2 cups (185g) dried instant
mashed potato
150g rocket, cashew and parmesan
pesto dip
415g canned flaked salmon, drained
1½ cup (35g) Japanese breadcrumbs

1 Combine mashed potato with 2 cups (500ml) boiling water in a large bowl.

2 Reserve 2 tablespoons pesto dip. Stir salmon, remaining pesto dip and ½ cup breadcrumbs; season to taste. Shape into 12 patties; refrigerate for 30 minutes.

3 Place remaining breadcrumbs in a shallow dish. Add patties; turn to coat in breadcrumbs. Heat an oiled large frying pan over medium heat; cook patties for 3 minutes each side until browned all over and heated through.

4 Serve with reserved dip.

4 Ingredients



Test Kitchen Notes

Add some veg to the patties and serve with panfried halved brussels sprouts.

Test Kitchen Notes

Add 1 trimmed and bruised stick of fresh lemongrass and 2 bruised kaffir lime leaves to the consommé for an added depth of flavour; remove from soup before serving.

CHICKEN GOW GEE SOUP

PREP + COOK TIME 25 MINUTES SERVES 4

¾ cup (120g) finely chopped barbecued chicken
½ cup (130g) Thai pesto dip
20 gow gee wrappers
1 litre (4 cups) chicken consommé
Fresh coriander leaves and thinly sliced red chilli, to serve

1 Combine barbecued chicken and pesto dip in a small bowl. Drop heaped teaspoons of chicken mixture into centre of gow gee wrappers; brush edges with water. Pinch edges together to enclose filling.

2 Bring chicken consommé and 2 cups (500ml) water to the boil in a large saucepan.

3 Add gow gees, simmer, uncovered, for about 3 minutes or until gow gees are cooked through. Season to taste. Serve soup sprinkled with fresh coriander leaves and thinly sliced red chilli, if you like.





CHICKEN & VEGIE PASTRIES

PREP + COOK TIME 40 MINUTES MAKES 12

- 1½ cups (240g) shredded barbecued chicken**
- 1½ cups (120g) frozen peas, corn and carrot mix**
- 1 cup (120g) coarsely grated cheddar**
- 3 sheets shortcrust pastry**

- 1** Preheat oven to 200°C/180°C fan.
- 2** Combine shredded barbecued chicken, vegetable mix and grated cheddar in a large bowl. Cut each sheet of shortcrust pastry into four squares each.
- 3** Divide chicken mixture between pastry squares; fold pastry over to make triangles and to enclose filling, seal edges of pastry by pressing with a fork.
- 4** Place pastries on oven tray lined with baking paper. Bake for about 25 minutes or until browned. Sprinkle pastries with sesame seeds before baking, if you like.



PESTO CHICKEN TURNOVERS

PREP + COOK TIME 45 MINUTES MAKES 6

- 6 sheets shortcrust pastry**
- ½ cup (130g) basil pesto**
- 1½ cups (150g) pizza cheese**
- 1½ cups (240g) shredded barbecued chicken**
- Pepitas and green leafy salad, to serve**

- 1** Preheat oven to 220°C/200°C fan. Line 2 oven trays with baking paper.
- 2** Cut a 20cm round from each sheet of shortcrust pastry. Divide pesto evenly onto centre of pastry rounds; top with pizza cheese and shredded barbecued chicken.
- 3** Brush edges with water; fold rounds in half to enclose filling and seal edges with fork.
- 4** Place on trays; brush with a little water. Sprinkle with pepitas, if you like, and bake for about 20 minutes until browned.
- 5** Serve with a green leafy salad and extra pesto.



Meat & GREET

These succulent, juicy mains will be
sure to get your guests talking –
and coming back for more.



SLOW-
COOKED
LAMB WITH
WHITE BEAN
PUREE
P 84



STOUT BEEF RIBS

PREP + COOK TIME 4 HOURS 30 MINUTES
(+ REFRIGERATION) SERVES 6

1½ cups (375ml) dark stout
⅔ cup (150g) firmly packed
dark brown sugar
¾ cup (180ml) apple cider vinegar
2 fresh small red chillies,
chopped finely
¼ cup (70g) wholegrain mustard
4 beef short spare ribs (2kg),
sliced thickly

1 Combine stout, sugar, vinegar, chilli and mustard in a medium bowl; stir until the sugar dissolves. Pour mixture over ribs in a glass or ceramic dish; toss to coat. Cover; refrigerate for about 2 hours or overnight.
2 Preheat oven to 180°C/160°C fan.
3 Place ribs and marinade in a flameproof baking dish; cover with foil or a lid. Cook in oven for 3 hours. Remove foil or lid; cook for a further 1 hour or until meat is tender and almost falling off the bone. Transfer ribs to a platter; cover to keep warm.
4 Place baking dish on stovetop over low-medium heat; bring marinade mixture to a simmer. Simmer for 10 minutes or until thick and syrupy.
5 Serve ribs with reduced sauce and a watercress and baby fennel salad if liked.



PORK SKEWERS WITH MISO HUMMUS

PREP + COOK TIME 40 MINUTES SERVES 4

- 1 tablespoon brown sugar
- 2 tablespoons pomegranate molasses
- 2 tablespoons water
- 600g pork neck, sliced thinly
- 2½ tablespoons extra virgin olive oil
- 2 red banana chillies (260g), seeded, quartered lengthways
- 1 small red onion (100g), sliced thinly
- 1 tablespoon lemon juice
- 1 cup loosely packed fresh flat-leaf parsley leaves
- ½ cup loosely packed fresh mint leaves

MISO HUMMUS

- 400g canned chickpeas, drained, rinsed
- ¼ cup (70g) tahini paste
- 2 tablespoons white (shiro) miso
- 1 teaspoon ground coriander
- 1 clove garlic, crushed
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil

- 1 Make miso hummus.
- 2 Combine sugar, molasses and the water in a medium bowl. Add pork; mix well to coat. Season.
- 3 Thread pork onto 12 skewers. Brush skewers with half the oil.
- 4 Cook pork skewers on a heated grill plate (or grill or barbecue) over high heat for 2 minutes each side or until just cooked through. Remove from heat; rest covered, for 5 minutes.
- 5 Meanwhile, cook banana chillis on a heated grill plate (or grill or barbecue) over high heat for 2 minutes each side or until tender and lightly charred. (You can place a heavy pan over the banana chillis to keep them flat on the grill). Combine onion with lemon juice in a small bowl. Add remaining oil and herbs; season to taste. Toss salad to combine.
- 6 Serve pork skewers with salad, banana chillis and miso hummus.

MISO HUMMUS

Process ingredients until smooth. Season with freshly ground black pepper. Makes 2 cups.

Test Kitchen Notes

Miso is a nutritious paste made from fermented soybeans, tofu and seaweed. White miso is the least fermented form, with a milder flavour. Buy it from select delis and supermarkets. Soak bamboo skewers for at least 30 minutes before using to prevent burning when cooking.



SLOW-COOKED LAMB WITH WHITE BEAN PUREE

PREP + COOK TIME 4 HOURS SERVES 4

1.5kg lamb shoulder
1 tablespoon extra virgin olive oil
2 medium onions (300g), cut into thin wedges
4 anchovy fillets
1 whole garlic bulb
3 sprigs fresh rosemary
2 tablespoons lemon juice
1 cup (250ml) chicken stock
1 cup (250ml) water
400g heirloom baby carrots, trimmed, scrubbed
2 tablespoons white spelt flour

WHITE BEAN PUREE

2 x 400g cans cannellini beans, drained, rinsed
2 tablespoons tahini paste
¼ cup (60ml) lemon juice
1 clove garlic, quartered

1 Preheat oven 180°C/160°C fan. Rub lamb all over with salt and freshly ground pepper.
2 Heat oil in a large flameproof baking dish over high heat; cook lamb until browned all over. Turn off heat. Remove lamb from baking dish.

3 Place onion and anchovies over base of baking dish. Remove the papery skin from the garlic bulb and cut in half crossways. Place lamb and rosemary on top of onion mixture; place garlic around lamb. Combine juice, stock and the water in a small bowl; pour over onion mixture.
4 Cover dish tightly with two layers of foil. Roast for 1½ hours. Remove foil, reduce oven temperature to 160°C/140°C fan. Roast for a further 2 hours, adding carrots for the last hour of cooking time, or until the meat falls from the bone easily and carrots are tender.
5 Meanwhile, make white bean puree.
6 Remove lamb, carrots and onion from dish. Rest, covered with foil, for 10 minutes.

7 Meanwhile, skim fat from the pan juices; squeeze flesh from garlic into pan juices, discarding skins. Heat dish over medium heat until almost boiling. Sift flour over pan juices; whisk for 2 minutes or until gravy boils and thickens. Strain into a small jug. Discard any solids.
8 Serve lamb with white bean puree, carrots, onion and gravy.

WHITE BEAN PUREE

Blend or process half the beans with remaining ingredients until smooth. Stir in remaining beans; season to taste.

BEEF STEAK WITH ROASTED CAULIFLOWER, CELERIAC & SEED SALAD

PREP + COOK TIME 45 MINUTES SERVES 4

1 small cauliflower (1kg), cut into 2cm slices
2½ tablespoons extra virgin olive oil
4 fresh long green chillies
⅓ cup (65g) pepitas (pumpkin seed kernels)
1 teaspoon ground cumin
½ teaspoon dried chilli flakes
800g beef skirt steak
1 teaspoon Dijon mustard
1 teaspoon brown sugar
2 tablespoons white wine vinegar
1 small celeriac (430g), peeled, shaved
½ cup lightly packed fresh mint leaves

1 Preheat oven to 200°C/180°C fan. Line an oven tray with baking paper.
2 Place cauliflower on tray, drizzle with 2 teaspoons of the oil; season with salt and pepper. Bake for 25 minutes. Add chillies to the tray; bake for a further 5 minutes or until cauliflower and chillies are tender.
3 Meanwhile, heat 2 teaspoons of the remaining oil in a non-stick frying pan over low-medium heat. Add pepitas, cumin and chilli flakes; cook, stirring, for 1 minute until golden. Remove from pan.
4 Drizzle beef with 2 teaspoons of the remaining oil. Season with salt and pepper. Cook beef on a heated grill plate (or grill or barbecue) over medium-high heat for 5 minutes each side for medium rare, or until to your liking. Remove from heat; rest, covered, for 5 minutes.
5 Whisk mustard, sugar, vinegar and remaining 1 tablespoon oil in a bowl; add celeriac; toss to combine; season to taste. Spoon over cauliflower and chillies. Serve beef with cauliflower mixture, topped with seed mixture and mint.

“With most ingredients coming straight from the pantry, this puree is a fast and delicious accompaniment for roasted meats. Warm before serving for a heartier option.”

Fran Abdallaoui, Editor, AWW Food

Test Kitchen Notes

Use a vegetable peeler to shave celeriac. If celeriac is not in season, substitute fennel. The salad is best made close to serving.





CIDER BRAISED PORK WITH LENTILS

PREP + COOK TIME 4 HOURS SERVES 4

- 1.5kg boneless pork neck
- $\frac{1}{3}$ cup (80ml) extra virgin olive oil
- 1 leek (350g), white part only, sliced
- 2 teaspoons fennel seeds, crushed
- 2 teaspoons coriander seeds, crushed
- $2\frac{2}{3}$ cups (660ml) apple cider
- 100g pancetta, chopped finely
- 1 small onion (80g), chopped finely
- 1 small carrot (70g), chopped finely
- 1 celery stalk (150g), trimmed, chopped finely
- 1 clove garlic, crushed
- $\frac{1}{4}$ cup (60ml) dry white wine
- 1 fresh bay leaf
- 2 sprigs fresh thyme
- 2 cups (500ml) chicken stock
- $1\frac{1}{2}$ cups (375ml) water
- 1 cup (200g) dried French-style green lentils, rinsed
- 4 red skinned apples (600g), quartered

- 1 Preheat oven to 160°C/140°C fan.
- 2 Trim excess fat from pork. Tie pork with kitchen string at 3cm intervals.
- 3 Heat 2 tablespoons of the oil in a large ovenproof dish over medium-high heat; brown pork, then remove from dish.
- 4 Reduce heat to low, add leek; cook, stirring, for 5 minutes until softened. Add seeds; cook, stirring, for 1 minute until fragrant. Add pork and cider; bring to boil. Bake, covered, for 2 hours. Remove lid; turn pork, bake for 30 minutes until tender.
- 5 Meanwhile, heat half remaining oil in frying pan over medium heat. Add pancetta, onion, carrot, celery and garlic; cook, stirring, for 7 minutes until vegetables soften. On medium-high, add wine, bay leaf and thyme. Cook for 1 minute to evaporate liquid. Add stock, water and lentils; bring to the boil. Reduce heat to simmer, partly covered, for 20 minutes until lentils are tender. Discard bay leaf and thyme.
- 6 Heat remaining oil in a frying pan over high heat. Add apple and $\frac{3}{4}$ cup (180ml) of the pork braising liquid. Bring to the boil; cook, rotating apples, for 5 minutes until liquid is reduced by half; season to taste.
- 7 Shred pork; serve with apple, lentils and pan juices.

VINEGAR POACHED CHICKEN

PREP + COOK TIME 1 HOUR 15 MINUTES
SERVES 4

- 3 stalks fresh flat-leaf parsley
- 3 sprigs thyme, plus extra, to serve
- 2 dried bay leaves
- 4 chicken marylands (1.4kg)
- 1 tablespoon extra virgin olive oil
- 1 large carrot (180g), halved crossways then halved lengthways
- 1 large onion (200g), cut into thick wedges still attached to root
- 2 celery stalks (300g), trimmed, cut into thirds
- $1\frac{1}{2}$ cups (375ml) white balsamic vinegar
- $\frac{1}{4}$ cup (60ml) balsamic vinegar
- $\frac{1}{2}$ cup (125ml) chicken stock, heated

- 1 Tie parsley, thyme and bay leaves using unwaxed kitchen string into a small bundle.

- 2 Trim fat from the chicken. Cut two slashes in thick part of the thigh. Season.
- 3 Heat oil in a large flameproof dish over medium heat. Cook chicken, skin-side down, for 8 minutes or until browned. Transfer to a plate.
- 4 Add carrot, onion and celery to dish; cook, stirring occasionally, for 5 minutes or until starting to brown. Add herb bundle and both vinegars. Bring to the boil. Reduce heat to low; simmer for 10 minutes or until reduced by half.
- 5 Place chicken on top of the vegetables. Add hot stock; cover, simmer for 45 minutes, or until chicken is just cooked. Stand for 10 minutes. Transfer chicken and vegetables to a serving dish. Return cooking dish to medium heat; bring to the boil. Reduce heat; boil for 5 minutes or until liquid is reduced by a third. Skim fat from surface. Season to taste.
- 6 Serve chicken and vegetables drizzled with sauce and topped with extra thyme sprigs, if you like.



Test
Kitchen
Notes

Braised lentils can also be served with grilled sausages, pan-fried salmon or roast chicken.

Moroccan FEAST



Take the souk route – explore the vibrant foods of Morocco, brimming with seductive spices and exotic flavours.

PHOTOGRAPHY BRETT STEVENS STYLING DAVID MORGAN PHOTOCHEF NICK BANBURY





RADISH & CARROT SALAD



GRILLED BULLHORN CHILLI SALAD



TOMATO & PRESERVED LEMON SALAD



RADISH & CARROT SALAD

PREP AND COOK TIME 15 MINUTES SERVES 4-6 AS PART OF A MENU

- 2 large (360g) carrots, grated coarsely
- 6-8 radishes, sliced thinly
- 2 medium (480g) oranges
- ½ teaspoon orange blossom water (see notes)
- 1 teaspoon ground cumin
- 2 tablespoons extra virgin olive oil
- 8 fresh mint leaves

- 1 Arrange carrot and radish on a serving platter.
- 2 Squeeze the juice from the oranges – you will need ⅔ cup (160ml) juice.
- 3 Combine the juice, orange blossom water, cumin and oil in a jug. Stir to combine, then pour the dressing over the salad. Scatter mint over the top.

Test Kitchen Notes

Orange blossom water is a by-product of distilling bitter orange blossoms for their oil. Buy it at delis and select supermarkets.

GRILLED BULLHORN CHILLI SALAD

PREP AND COOK TIME 20 MINUTES SERVES 4-6 AS PART OF A MENU

- 4 (375g) green bullhorn chillies (see notes)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 clove garlic, chopped finely
- ¼ teaspoon ground coriander
- ½ cup coarsely chopped fresh coriander leaves

- 1 Heat a barbecue grill or grill pan over medium heat.
- 2 Grill the chillies, turning occasionally, for about 15 minutes until soft. Transfer chillies to a board; cool for a few minutes, then peel away the skin. Remove the seeds and slice lengthways into ribbons.
- 3 Put the chillies into a bowl with the remaining ingredients and gently fold to combine. Season to taste.

Test Kitchen Notes

Bullhorn chillies (aka banana capsicums) have little or no heat and the flavour of a capsicum of the same colour. You can substitute with capsicums, if you prefer.

TOMATO & PRESERVED LEMON SALAD

PREP AND COOK TIME 20 MINUTES SERVES 6 AS PART OF A MENU

- 1kg ripe tomatoes
- 1 (130g) Lebanese cucumber, chopped
- 1 cup loosely packed fresh flat-leaf parsley leaves, chopped coarsely
- 2 tablespoons extra virgin olive oil
- 1 tablespoon finely chopped preserved lemon rind (see notes)
- ¼ teaspoon ground cumin
- 1 teaspoon pomegranate molasses

- 1 Bring a large saucepan of water to the boil.
- 2 With a sharp knife, lightly score a cross in the base of the tomatoes. Drop tomatoes in the water and cook for about 30 seconds. Remove with a slotted spoon and transfer to a bowl of iced water. When cooled, drain in a colander, then peel away the skins. Cut tomatoes in half and scoop out seeds; chop coarsely.
- 3 Transfer the tomatoes to a medium bowl and add the remaining ingredients. Season generously with sea salt and freshly ground black pepper, and toss to combine.

Test Kitchen Notes

Preserved lemons add a bittersweet edge to Moroccan food. Find them at delis and selected supermarkets.



Moroccan Feast

Test Kitchen Notes

Moroccan seasoning is a store-bought mix of around six spices, for example ginger, coriander, turmeric, allspice, cinnamon and white pepper.

CHICKEN WITH SAFFRON YOGHURT SAUCE

PREP AND COOK TIME 1 HOUR

15 MINUTES SERVES 4

1 tablespoon extra virgin olive oil
1 teaspoon Moroccan seasoning
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground white pepper
 $\frac{1}{2}$ teaspoon sea salt flakes
4 x 300g chicken Marylands
2 cups (500ml) chicken stock
8 (160g) fresh dates, pitted, halved
12 small (35g) green olives
Herbed couscous, to serve (see right)

SAFFRON YOGHURT SAUCE

1 generous pinch saffron threads
1 tablespoon boiling water
1 cup (280g) Greek yoghurt
1 clove garlic, crushed
1 tablespoon lemon juice

1 Preheat the oven to 200°C/180°C fan.
2 Combine the oil, Moroccan seasoning, cinnamon, pepper and salt in a bowl and stir to combine.
3 Put the chicken pieces into a deep baking dish that is large enough to hold them in one layer. Rub the oil mixture over the chicken. Pour the stock into the base of the dish and add the dates and olives. Bake in the oven for 1 hour or until the chicken is cooked through.
4 Make the saffron yoghurt sauce.
5 Serve the chicken pieces on a bed of herbed couscous with the Saffron Yoghurt Sauce and a selection of salad accompaniments.

SAFFRON YOGHURT SAUCE

Place the saffron in a medium heatproof bowl and add the boiling water. Stand for 5 minutes, then add the remaining ingredients. Stir to combine.

HERBED COUSCOUS

SERVES 8 PREP AND COOKING TIME

15 MINUTES

2 cups (400g) instant couscous
20g butter, chopped
2 cups (500ml) boiling water
zest from 1 lemon
2 tablespoon lemon juice
2 tablespoons extra virgin olive oil
 $\frac{1}{4}$ cup (20g) natural sliced or flaked almonds, toasted
 $\frac{1}{4}$ cup fresh flat-leaf parsley

1 Add couscous to a medium heatproof bowl, add butter. Pour over boiling water and cover with plastic wrap. Stand for 5 minutes or until all the water has been absorbed.
2 Fluff couscous with a fork to separate the grains.
3 Stir in zest, juice and oil. To serve, transfer to a serving dish and sprinkle with almonds and parsley.

Test Kitchen Notes

After separating the grains of couscous with a fork, cover with plastic wrap and microwave on 50% POWER for 4 minutes, stirring twice during cooking. By essentially steaming the couscous, it gives a softer, fluffier texture.

LAMB SALAD WITH POMEGRANATE & WALNUTS

PREP AND COOK TIME 3 HOURS
(+ STANDING TIME) SERVES 6

YOU WILL NEED A LARGE OVEN BAG FOR THIS RECIPE.

- 1 tablespoon ground sumac
- 1 tablespoon finely chopped preserved lemon rind (see notes)
- 2 cloves garlic, crushed
- 2 tablespoons finely chopped fresh coriander
- 1 teaspoon sea salt

- 1.9kg butterflied leg of lamb
- $\frac{1}{4}$ cup (60ml) extra virgin olive oil
- 1 tablespoon pomegranate molasses
- 1 cup loosely packed fresh flat-leaf parsley leaves
- $\frac{1}{2}$ cup loosely packed fresh mint leaves
- $\frac{1}{2}$ cup (50g) walnuts, toasted
- 1 pomegranate, seeds removed
- 70g Greek fetta, crumbled
- flatbread, warmed, to serve

- 1 Preheat oven to 180°C/160°C fan.
- 2 Put the sumac, lemon, garlic, coriander and salt into a small bowl and stir to combine. Season with freshly ground black pepper.

- 3 Rub the spice paste over lamb and then place it in a large oven bag. Tie the bag as per packet directions. Transfer to a baking dish. Roast lamb for 2½ hours. Set the lamb aside to rest in the oven bag for 20 minutes.
- 4 Combine the olive oil and pomegranate molasses in a small bowl and season to taste.
- 5 Remove lamb from the oven bag and transfer to a large serving plate. Using two forks, roughly shred the meat, then add the herbs, walnuts and pomegranate seeds. Drizzle with the dressing and sprinkle with the fetta.
- 6 Serve with warm flatbread.

Test Kitchen Notes

Preserved lemons are available from gourmet food stores and delicatessens.



ROASTED CAULIFLOWER SALAD WITH ALMONDS & ORANGES

PREP AND COOK TIME 1 HOUR SERVES 4-6

- ¼ cup (60ml) extra virgin olive oil
- 2 cloves garlic, crushed
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- 1 teaspoon ground turmeric
- 1 teaspoon harissa (see notes)
- 650g cauliflower
- 2 medium (340g) red onions, sliced thinly
- ⅔ cup (100g) natural almonds (kernels)
- 1 cup loosely packed fresh flat-leaf parsley leaves
- 1 cup loosely packed fresh coriander leaves
- 2 medium (480g) oranges, peeled, sliced thinly

- 1 Preheat oven to 200°C/180°C fan.
- 2 Line two oven trays with baking paper.
- 3 Put the oil, garlic, spices and harissa into a large bowl and stir to combine. Season with sea salt and freshly ground black pepper.
- 4 Remove the thick stem from the cauliflower and then finely slice the florets. Add them to the spiced oil and toss to coat. Transfer the cauliflower to one of the oven trays.
- 5 Put the sliced onion into the bowl and toss through any of the spiced oil that remains. You may need to add a little extra oil to coat the onion. Transfer the onion to the second tray.
- 6 Roast the onion and cauliflower in the oven for 30 minutes or until the cauliflower is golden brown and the onion is slightly charred. Remove and set aside to cool.
- 7 While the vegetables are cooling, place the almonds on a separate tray and roast in the oven for 8-10 minutes or until fragrant and browned lightly. Remove and cool a little before chopping coarsely.
- 8 Put the roast vegetables, almonds, herbs and orange slices into a bowl and gently fold together. Season to taste. Transfer to a serving plate.

Test Kitchen Notes

Harissa is a paste made from hot chilli peppers and various spices and herbs. It is a mainstay of North African cuisines.

“I love keeping a jar of harissa on hand in the fridge for an easy flavour boost. Rub over meats before grilling or swirl through yoghurt.”

Fran Abdallaoui, Editor, AWW Food







PARMA

Perfection

Want hassle-free entertaining? We've made this classic meat-free parma slow-cooker friendly. It will give you precious time to relax with your guests.

EGGPLANT PARMIGIANA

PREP + COOK TIME 6 HOURS 45 MINUTES

SERVES 4

2/3 cup (160ml) extra virgin olive oil
1 medium brown onion (150g),
chopped finely
2 cloves garlic, crushed
400g canned diced tomatoes
1 cup (260g) bottled passata
1/4 teaspoon dried chilli flakes
2 medium eggplants (600g),
sliced thickly
1/4 cup (35g) plain flour
2/3 cup loosely packed fresh basil
leaves, plus extra, to serve
400g bocconcini, torn
2/3 cup (50g) finely grated parmesan
1/2 teaspoon sweet paprika

1 Heat 1 tablespoon of the oil in a large frying pan over medium heat; cook onion, stirring, for 5 minutes or until it softens. Add garlic; cook, stirring, for 1 minute or until fragrant. Stir in tomatoes, passata and chilli flakes. Transfer to a medium jug.
2 Toss eggplant in flour to coat; dust off excess. Heat remaining oil in same pan; cook eggplant, in batches, for 3 minutes each side or until browned. Drain on paper towel.
3 Layer half the eggplant in a 4.5-litre (18-cup) slow cooker; season. Top with half the tomato mixture, basil and bocconcini. Repeat layering, finishing with parmesan. Sprinkle with paprika. Cook, covered, on low, about 6 hours.
4 Serve sprinkled with extra basil.

Test Kitchen Notes

To make this dish really shine, make a crunchy topping by frying coarse, fresh breadcrumbs in olive oil with a small clove of garlic until golden brown. Sprinkle over parmigiana just before serving.

“Pork and fennel sausages are your secret weapon for this speedy soup. They’re packed with flavour, ensuring maximum taste with minimum fuss.”

Sarah Murphy, Food Editor, AWW Food





Soup-er duper lunches!

Satisfying light lunches are a breeze with these nutritious soups, perfect for home or taking to the office.

MEATBALL & RISONI SOUP

PREP + COOK TIME 45 MINUTES SERVES 4

500g pork and fennel sausages
½ cup (50g) fresh breadcrumbs
2 cloves garlic, crushed
⅓ cup (25g) finely grated parmesan
¼ cup finely chopped flat-leaf parsley
2 tablespoon extra virgin olive oil
1 small onion, chopped finely
1 bunch cavolo nero, leaves picked,
torn coarsely
2 litres (8 cups) chicken stock
1 cup (220g) risoni
1 tablespoon chopped fresh dill

1 Preheat oven to 200°C/180°C fan-forced. Grease and line a large oven tray.
2 Remove sausage meat from casings; discard casings. Place sausage meat,

breadcrumbs, garlic, parmesan and half the parsley in a large bowl; season. Using clean hands, mix until sausage meat is broken down and ingredients are well combined. Roll heaped tablespoons of mixture to make 16 balls in total; spread across prepared tray. Bake meatballs for 25 minutes or until cooked through and golden brown.

3 Meanwhile, heat olive oil in a large heavy-based saucepan over medium heat. Cook onion, stirring, for 3 minutes or until softened. Add cavolo nero; cook, stirring, for 1 minute. Add chicken stock; bring to the boil.

4 Add risoni to pan; cook for 5 minutes or until just tender. Add the meatballs, remaining parsley and dill. Season to taste.

Test Kitchen *Notes*

Soup can be made up to 3 days in advance and refrigerated in an airtight container. Or freeze it for up to 1 month; thaw in the fridge, then reheat in a microwave.

To transport your soup, place in cooler bags. Refrigerate until ready to serve, then reheat in microwave. Or, if you prefer, reheat soup at home and transport in a thermos.

Test Kitchen Notes

If using a blender or food processor to blend soup rather than a stick blender, stand for 10 minutes to cool slightly before blending, otherwise heat build-up can cause the lid to come off while blending.

Soup can be made to the end of step 3 up to 3 days in advance and refrigerated in an airtight container.

Or freeze it for up to 3 months; thaw in the fridge, then reheat in a microwave. Continue with step 4.

CHEAT'S PEA & HAM SOUP

PREP + COOK TIME 35 MINUTES SERVES 4

2 tablespoons extra virgin olive oil
1 leek, white part only,
sliced thinly
1 clove garlic, chopped finely
1 large potato (200g), chopped
1.5 litres (6 cups) chicken stock
6 cups (720g) frozen peas
 $\frac{2}{3}$ cup mint leaves
300g leg ham, sliced thinly
snow pea tendrils, to serve (optional)

1 Heat half the oil in a large heavy-based saucepan over low-medium heat; cook leek and garlic, stirring, for 3 minutes or until softened.

2 Add potato, stock and 1 cup (250ml) water; bring to the boil. Reduce heat to low-medium; cook, covered, for 10 minutes or until potato is tender. Add 5 cups (600g) of the peas; cook for a further 2 minutes or until peas are just tender. Remove pan from heat.

3 Add mint to soup; blend with a stick blender until smooth. Add remaining peas; stir over low-medium heat until hot. Season to taste. Reduce heat to low; cover to keep warm.

4 Meanwhile, heat remaining oil in a frying pan over medium heat; cook ham, stirring, for 2 minutes or until golden brown and crisp. Top soup with ham; season to taste. Serve soup topped with snow pea tendrils.

ROASTED TOMATO SOUP WITH BROCCOLI PESTO

PREP + COOK TIME 1 HOUR SERVES 4

1kg vine-ripened tomatoes, quartered
1 onion, chopped coarsely
3 cloves garlic, unpeeled
3 sprigs thyme
½ teaspoon sea salt flakes
¼ cup (60ml) extra virgin olive oil
3 cups (750ml) vegetable or chicken stock
1 tablespoon pine nuts, toasted (optional)
baby basil leaves, to serve (optional)

BROCCOLI PESTO

100g broccoli, chopped coarsely
1 clove garlic, crushed
1½ tablespoons pine nuts, toasted
1½ tablespoons finely grated parmesan
1½ tablespoons coarsely chopped basil
¼ cup (60ml) extra virgin olive oil

1 Preheat oven to 220°C/200°C fan-forced.

2 Place tomato, onion, garlic and thyme in a roasting pan; sprinkle with salt and season with pepper. Drizzle with oil; toss to coat tomato. Roast for 30 minutes or until tomato is very soft and coloured around the edges.

3 Meanwhile, make broccoli pesto.

4 Transfer roasted tomato mixture to a medium saucepan. Squeeze garlic out of skins; add to tomato mixture. Remove and discard thyme stalks. Add stock to pan and bring to the boil; remove from heat and stand for 10 minutes to cool

slightly. Blend or process mixture until smooth. Return soup to pan; stir over low heat until hot. Season.

5 Scatter pine nuts and basil over soup. Serve topped with spoonfuls of pesto.

BROCCOLI PESTO

Add broccoli to a small saucepan of boiling water. Return to the boil; simmer for 2 minutes. Drain, then refresh in cold water; drain well. Process broccoli, garlic, pine nuts, parmesan and basil until finely chopped. With motor operating, gradually pour in oil; process until combined. Season to taste.

Test Kitchen Notes

Soup and pesto can be made to the end of step 4 up to 3 days in advance and refrigerated, separately, in airtight containers. Or freeze both for up to 3 months; thaw in the fridge, then reheat soup in a microwave.

To transport, divide among portion-sized airtight containers or cooler bags and pack pesto separately. Refrigerate until ready to serve. Reheat in a microwave; top with pesto before serving.

To make this nut-free, omit pine nuts and use sunflower seeds in pesto and for serving.





Test Kitchen Notes

Serve soup with buttered toasted Turkish bread.

Soup will thicken on standing, so add a little more stock or boiling water before reheating to achieve desired consistency.

Soup can be made to the end of step 3 up to 2 days in advance and refrigerated in an airtight container.

Or freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.

CHICKPEA & COUSCOUS VEGIE SOUP

PREP + COOK TIME 40 MINUTES SERVES 4

1 tablespoon extra virgin olive oil
1 red onion, chopped finely
2 cloves garlic, crushed
2 teaspoons ground cumin
2 teaspoons ground coriander
1 medium potato, diced
1 large carrot, diced
2 x 400g cans diced tomatoes

400g can chickpeas, drained, rinsed
1 litre (4 cups) vegetable stock
1 large zucchini, diced
 $\frac{1}{3}$ cup (65g) couscous
2 tablespoons finely chopped coriander
coriander leaves, to serve (optional)

1 Heat oil in a large heavy-based saucepan over medium heat; cook onion, stirring, for 3 minutes or until softened. Stir in garlic and spices; cook for a further 1 minute or until fragrant.

2 Add potato and carrot; cook, stirring, for 2 minutes or until well coated in spice mixture. Add tomatoes, chickpeas and stock; bring to the boil. Reduce heat to low; cook, covered, for 10 minutes or until vegetables are just tender, adding zucchini during last 5 minutes of cooking. Remove from heat.

3 Stir in couscous and chopped coriander; stand, covered, for 10 minutes or until couscous is tender. Season to taste.

4 Serve soup topped with coriander leaves.

CREAMY BROCCOLI SOUP WITH QUINOA CRUNCH

PREP + COOK TIME 35 MINUTES SERVES 4

1 tablespoon extra virgin olive oil
1 leek, white part only, sliced thinly
2 trimmed sticks celery, chopped finely
2 cloves garlic, crushed
1 large head broccoli, cut into florets
2 zucchini, chopped coarsely
1 large potato, chopped coarsely
3 cups (750ml) vegetable stock

QUINOA CRUNCH

½ cup (100g) white quinoa, rinsed well
2 tablespoons extra virgin olive oil

2 tablespoons sunflower seeds
2 tablespoons coarsely chopped roasted almonds or pepitas
1 teaspoon chilli flakes (optional)
2 cloves garlic, crushed
2 tablespoons finely chopped flat-leaf parsley

1 Heat oil in a large heavy-based saucepan over medium-high heat. Cook leek and celery, stirring, for 3 minutes or until softened. Add garlic; cook for 1 minute or until fragrant.
2 Add broccoli, zucchini, potato, stock and 2 cups (500ml) water; bring to the boil. Reduce heat to low-medium; simmer for 10 minutes or until

vegetables are tender. Remove soup from heat; cool slightly.

3 Meanwhile, make quinoa crunch.

4 Blend or process soup until smooth. Season to taste.

5 Serve topped with quinoa crunch.

QUINOA CRUNCH

Cook rinsed quinoa following packet directions; drain. Heat oil in a medium frying pan over medium heat; add quinoa, sunflower seeds, almonds and chilli flakes. Cook, stirring, for 10 minutes or until quinoa becomes golden. Add garlic and parsley; cook, stirring, for 1 minute or until fragrant. Transfer to a plate to cool; it will crisp as it cools.

Test Kitchen Notes

Serve with chargrilled or toasted sourdough drizzled with extra virgin olive oil.

Soup can be made to the end of step 4 up to 2 days in advance and refrigerated in an airtight container.

To transport, divide soup among airtight containers and pack quinoa crunch separately. Refrigerate until ready to serve. Reheat in a microwave; top with quinoa just before serving.



Well bread



Bursting with healthy and delicious nuts and seeds, this nutritious loaf is a breeze to make and bliss to eat.





SEEDAHOLIC BREAD

PREP + COOK TIME 2 HOURS 30 MINUTES
(+ STANDING & COOLING) MAKES 10 SLICES

1½ cups (135g) rolled oats
1½ cups (120g) quinoa flakes
1 cup (150g) sunflower seeds
1 cup (200g) pepitas (pumpkin seed kernels)
⅔ cup (130g) linseeds (flax seeds)
½ cup (70g) white chia seeds
½ cup (80g) chopped almond kernels

½ cup (70g) chopped hazelnuts
½ cup (40g) psyllium husks (see notes)
2 teaspoons sea salt flakes
3½ cups (875ml) warm water
2 tablespoons raw honey
⅔ cup (140g) coconut oil, melted

1 Grease a 1.5-litre (6-cup), 14cm x 24cm loaf pan; line the base and two long sides with baking paper, extending the paper 5cm over the edge.
2 Place dry ingredients in a large bowl. Place the water, honey and coconut oil in a large jug; stir until dissolved. Pour over dry ingredients; stir to combine. (The mixture will be firm; if it is too stiff, add extra tablespoons of water, one at a time.)
3 Spoon mixture into pan; shape with your hands into a loaf shape (the mixture will mound slightly beyond the pan rim). Cover surface with plastic wrap; stand at room temperature for 2 hours to allow ingredients to absorb the liquid and set the bread into shape.
4 Preheat oven 200°C (180°C fan).
5 Bake bread for 30 minutes. Invert bread onto a wire rack on an oven tray; peel away lining paper. Return to oven on tray; bake for a further 1 hour 20 minutes until a skewer inserted into the centre comes out clean (cover loosely with foil if bread starts to overbrown during baking). Stand for 3 hours or until completely cool, before slicing.

“This loaf ticks all the boxes. It's effortlessly simple to make and absolutely delicious to eat. Topped with avocado and a squeeze of lemon, it's my breakfast go-to.”

Sarah Murphy, Food Editor, AWW Food

TEST
KITCHEN
COOKING
SCHOOL
STEP-BY-STEP



1 Grease a 1.5-litre (6-cup), 14cm x 24cm loaf pan. Line the two long sides and the base with baking paper, extending the baking paper over the sides to make your loaf easy to remove from the pan.



2 Gather all the dry ingredients in a large bowl. Place all the wet ingredients in a large jug and stir until dissolved. Pour over dry ingredients, then stir to combine. The mixture should be firm, but, if it is too stiff, add extra water, one tablespoon at a time.



3 Transfer the mixture into your loaf pan, then mould it with your hands into a neat loaf shape. Cover the surface with plastic wrap and let the mixture stand at room temperature for around 2 hours. This allows all the ingredients to absorb the liquid and set the bread into shape.



4 Bake for 30 minutes. Invert loaf onto a wire rack on an oven tray and peel away the baking paper. Return to oven on tray; bake for a further 1 hour 20 minutes until a skewer in the centre comes out clean – if you find the loaf is overbrowning, place foil loosely over the top. Stand for 3 hours until completely cool before you slice the bread.

Test Kitchen Notes

For even baking, position the shelf in the oven so the top of the loaf sits in the middle of the oven.

You can keep your loaf refrigerated in an airtight container for up to 1 week, or frozen for up to 1 month.

Psyllium husks, available from health food stores and selected supermarkets, have great binding qualities, as do chia seeds.

Like nuts, seeds are packed with healthy unsaturated oils, but these fats turn rancid over time, resulting in a bitter taste. To retard spoiling, buy from stores with a high turnover and store in airtight containers in the fridge or freezer. Ground seeds and nuts degrade faster, since grinding exposes the oils.

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Cake stall *classics*

These old-school favourites have stood the test of time – and for good reason. Switch on the oven and whip up a batch of delectable memories.



Test Kitchen Notes

Cut pieces from the slice as you need it. This way, the cut surface is reduced, so the slice will keep fresher for longer.

ICED
VOVO SLICE
OVERLEAF



ICED VOVO SLICE

PREP AND COOK TIME 1 HOUR (+ COOLING)

SERVES 16

¾ cup (165g) brown sugar
¾ cup (120g) coarse semolina
¾ cup (110g) self-raising flour
¼ teaspoon baking powder
150g butter, melted
¼ cup (80g) raspberry jam
¼ cup (20g) moist coconut flakes

PINK MARSHMALLOW

1 cup (220g) caster sugar
1 cup (250ml) water
1½ tablespoons powdered gelatine
½ teaspoon vanilla extract
Few drops rose pink food colouring

1 Preheat the oven to 170°C/150°C fan. Grease a 20cm x 30cm slice pan. Line the base and long side with baking paper, allowing the paper to come 3cm above the top of the pan.
2 Combine sugar, semolina, flour and

baking powder in a large bowl. Stir in melted butter; mix until well combined. Press mixture firmly over base of prepared pan. Bake on lower shelf for 25 minutes until browned. Cool completely.

3 Meanwhile, make Pink Marshmallow.

4 Lift the base from the pan and place onto a board; spread with jam.

5 Spread marshmallow over jam, then sprinkle with coconut. Stand slice for 1 hour or until set before cutting.

PINK MARSHMALLOW

Combine the sugar and water in a medium saucepan; sprinkle over gelatine. Stir over low heat until sugar is dissolved. Bring mixture to the boil; boil, uncovered, over medium-high heat for 7 minutes. Remove the saucepan from the heat and transfer mixture to the bowl of an electric mixer. Add vanilla and food colouring to gelatine mixture; beat on high speed until thick and fluffy. Cool to room temperature.

MELTING MOMENTS

PREP + COOK TIME 40 MINUTES (+ COOLING)

MAKES 24

250g butter, softened
1 teaspoon vanilla extract
½ cup (80g) pure icing sugar, sifted
1½ cups (225g) plain flour
½ cup (75g) cornflour
2 teaspoons icing sugar, extra

BUTTER CREAM

90g butter, softened
¾ cup (120g) icing sugar
1 teaspoon finely grated lemon rind
1 teaspoon lemon juice

1 Preheat oven to 160°C/140°C fan. Grease two oven trays; line with baking paper.

2 Beat butter, vanilla and sifted icing sugar in a small bowl with an electric mixer until light and fluffy. Transfer mixture to a large bowl; stir in sifted flour and cornflour, in two batches.

3 With floured hands, roll 2 rounded teaspoons of mixture into balls (you should have 48 balls); place 2.5cm apart on trays. Flatten each slightly with a floured fork into 4cm rounds.

4 Bake biscuits for 15 minutes until a biscuit can be pushed gently without breaking. Leave biscuits on trays for 5 minutes before transferring to wire racks to cool.

5 Make butter cream.

6 Sandwich biscuits with butter cream. Just before serving, dust with extra sifted icing sugar.

BUTTER CREAM

Beat butter, sifted icing sugar and lemon rind in a small bowl with an electric mixer until pale and fluffy. Beat in juice until combined.



Test Kitchen *Notes*

Love melting moments but want an instant gluten-free option? We love Kez's Kitchen Raspberry Moments, but, be careful, you can't stop at one!

Sandwiched biscuits will keep, refrigerated, in an airtight container for up to 3 days. Unfilled, the plain biscuits will keep in an airtight container at room temperature for up to 1 week.



"Simmer the custard for a few minutes after it has boiled to ensure it thickens and to eliminate any floury taste. Stir the whole time, or it will stick and catch on the base of the pan."

Fran Abdallaoui, Editor, AWW Food

PASSIONFRUIT VANILLA SLICE

PREP AND COOK TIME 1 HOUR
(+ REFRIGERATION TIME) MAKES 16

2 sheets butter puff pastry
½ cup (110g) caster sugar
½ cup (75g) cornflour
¼ cup (30g) custard powder
2½ cups (625ml) milk
30g butter
1 egg yolk
1 teaspoon vanilla extract
½ cup (125ml) thickened cream

PASSIONFRUIT ICING

1½ cups (240g) pure icing sugar, sifted
1 teaspoon soft butter
¼ cup (60ml) fresh passionfruit pulp

1 Preheat the oven to 240°C/220°C fan.
2 Place each pastry sheet on separate greased oven trays. Prick all over with a fork and place another baking tray directly on top of each pastry sheet. Bake for 15 minutes. Remove top tray and bake for a further 5 minutes or until browned. Cool.

3 Meanwhile, combine the sugar, cornflour and custard powder in a medium saucepan; gradually add milk, stirring until smooth. Add butter; stir over heat until mixture boils and thickens, then simmer, stirring, for about 2 minutes or until custard is thick and smooth. Remove from heat; stir in egg yolk and vanilla. Transfer to a medium bowl. Cover surface of custard with plastic wrap; cool to room temperature.

4 Make passionfruit icing.

5 Whip cream until firm peaks form. Beat custard to soften slightly, then fold cream into custard. Spread custard mixture over one pastry square; top with the second pastry square. Spread with Passionfruit Icing. Refrigerate for 1–2 hours or until firm.

PASSIONFRUIT ICING

Place sifted icing sugar, butter and pulp in a small heatproof bowl over a small saucepan of simmering water; stir until icing is spreadable.

PRIZE-WINNING PUMPKIN SCONES

PREP + COOK TIME 30 MINUTES MAKES 8

60g butter, softened
¼ cup (55g) caster sugar
1 egg yolk
1 cup (250g) cooked, cold
mashed pumpkin
2½ cups (355g) self-raising flour
½ teaspoon salt
¼ teaspoon bicarbonate of soda
Milk for brushing
2 teaspoons icing sugar
Butter, golden syrup, for serving

1 Preheat oven to 220°C/200° fan.
Grease a baking tray; line with
baking paper.

2 Beat butter, sugar and egg yolk in a small bowl with an electric mixer until combined. Transfer to a large bowl. Stir in mashed pumpkin. Sift over self-raising flour, salt and bicarbonate of soda. Using a flat-bladed knife, cut the flour mixture through the butter mixture to make a soft dough.
3 Place on a floured surface and knead lightly. Roll or pat dough out to approximately 2cm thick. Cut scones out using a 6cm floured cutter. Place on tray; brush tops with a little milk.
4 Bake for 14 minutes or until golden and hollow sounding when tapped. Transfer, top-side up, to a wire rack to cool. Sprinkle with icing sugar.
5 Serve with butter and golden syrup, if desired.

CARAMEL GINGER CRUNCHIES

PREP + COOK TIME 1 HOUR MAKES 45

2 cups (300g) plain flour
½ teaspoon bicarbonate of soda
(baking soda)
1 teaspoon ground cinnamon
2 teaspoons ground ginger
1 cup (220g) caster sugar
125g cold butter, chopped
1 egg
1 teaspoon golden syrup or treacle
2 tablespoons finely chopped
glacé ginger
45 wrapped hard caramels

1 Preheat oven to 180°C/160°C fan. Grease large oven trays; line with baking paper.
2 Process sifted dry ingredients with butter until mixture is crumbly. Add egg, golden syrup and glacé ginger; process until ingredients come together. Knead dough on a floured surface until smooth.
3 Roll well rounded teaspoons of mixture into balls; place 3cm apart on trays.
4 Bake biscuits for 12 minutes. Place a caramel on top of each hot biscuit; bake for a further 5 minutes or until caramel begins to melt. Cool biscuits on trays.

Test Kitchen Notes

When baking, use trays without sides to allow heat to circulate and ensure even browning. Or use an upturned flat cake pan or baking dish.

To bake evenly, swap trays around halfway through baking. Most ovens have hot spots, so turn trays, too.

Store biscuits in an airtight container at room temperature for up to 1 week.







Test Kitchen Notes

Cake is best eaten on the day it's made. In the unlikely event that some is left over, store it in an airtight container in the refrigerator.

LAMINGTON SPONGE

PREP AND COOK TIME 40 MINUTES

SERVES 8-10

⅓ cup (50g) cornflour
⅓ cup (50g) plain flour
⅓ cup (50g) self-raising flour
15g butter, melted
1 tablespoon boiling water
6 eggs, at room temperature
1 cup (220g) caster sugar
1 cup (250ml) thickened cream
½ cup (160g) raspberry jam
1 cup (80g) desiccated coconut

CHOCOLATE ICING

40g dark chocolate, chopped finely
½ cup (125ml) water
1 cup (160g) pure icing sugar, sifted
½ cup (50g) cocoa, sifted
2 tablespoons milk

1 Preheat oven to 180°C/160°C fan. Grease and line two x 22cm round cake pans; line bases with baking paper.
2 Sift cornflour, plain and self-raising flours together three times. Combine the melted butter and boiling water in a small cup.
3 Beat the eggs and sugar in a large bowl with an electric mixer on high speed for 8 minutes or until thick and creamy. Using a large balloon whisk, gradually fold half the sifted flours, then the butter mixture into the egg mixture, then the remaining flour mixture.
4 Divide sponge mixture evenly between prepared pans. Bake for about 20 minutes or until golden brown and sponge starts to pull away from the sides of the pan.
5 Turn immediately onto baking paper-covered wire racks to cool completely.

6 Beat the cream in a small bowl with an electric mixer until firm peaks form.
7 Spread one sponge with jam, then cream to within 1cm of edge of sponge. Top with remaining sponge; place on a wire rack.
8 Make Chocolate Icing.
9 Spread Chocolate Icing all over the side and top of the sponge. Press the top and side with coconut to coat completely; refrigerate until set before cutting.

CHOCOLATE ICING

Whisk the chocolate and the water in a medium bowl over a saucepan of simmering water until melted and smooth. Remove from heat; gradually whisk in icing sugar and cocoa until smooth. Whisk in milk. Stand until thick and spreadable.





KIDS' CLUB



Turn your kids into keen kitchen helpers with these oh-so-simple step-by-step recipes.

SPAGHETTI BOLOGNESE

PREP + COOK TIME 1 HOUR 20 MINUTES

SERVES 4

1 tablespoon extra virgin olive oil
1 large brown onion (200g), peeled and chopped finely
2 cloves garlic, crushed
600g minced beef
1 large carrot (180g), peeled and grated coarsely
2 tablespoons tomato paste
1½ cups (375ml) beef stock
800g canned crushed tomatoes
2 teaspoons mixed dried herbs
375g spaghetti
Parmesan and fresh basil, to serve

1 Heat the oil in a large saucepan on medium heat. Saute the onion and garlic until the onion is soft.
2 Add beef; stir until beef is brown, breaking up lumps with the back of the spoon. Add carrot and tomato paste; stir for 5 minutes. Add stock, tomatoes and the herbs; turn up the heat and bring to boil. Reduce heat to low and simmer, covered, for 30 minutes; stirring the mixture occasionally. Simmer uncovered for another 30 minutes until slightly thick.
3 Meanwhile, about 10 minutes before the bolognese sauce will be ready, bring a large saucepan of water to the boil. Add the spaghetti and cook following packet instructions. Drain and set aside.
4 Use tongs to divide spaghetti among four serving bowls. Spoon the bolognese sauce over the spaghetti. Serve topped with shaved parmesan and basil.

Test Kitchen Notes

When adding the spaghetti to saucepan of boiling water, fan it out to stop the strands sticking together. Stir with a pair of long-handled tongs a few times while cooking – this will also help to stop it sticking.

TEST KITCHEN COOKING SCHOOL

STEP-BY-STEP



1 Saute the onion until soft, then add the mince. Cooking the onion before adding the mince gives the onion a chance to caramelise in the pan and gives your bolognese a lovely rich flavour. Once you add your mince, ensure the heat stays high and constant, as you don't want it to stew.



2 Add the canned crushed tomatoes, beef stock and mixed dried herbs into the onion and mince mixture. Mixed dried herbs will typically be a combination of dried thyme, rosemary, marjoram, basil and oregano. Bring to boil and reduce heat to low and simmer, covered, for 30 minutes.



3 Cook your spaghetti in a large saucepan of boiling salted water. When adding the spaghetti to saucepan of boiling water, fan it out with your hand to try and keep strands of spaghetti separate so they won't stick together. Stir spaghetti with long-handled tongs a few times while it's cooking, again to keep the pasta from sticking.



4 Once your pasta is cooked according to the packet instructions, carefully pour the spaghetti into a colander over the sink and drain off the water. Don't rinse the pasta, as this washes away the starch on the outside, which is what helps your lovely sauce cling to the spaghetti. Divide into serving bowls and spoon the bolognese sauce over the top.

STRAWBERRY JELLY CAKES

PREP + COOK TIME 1 HOUR
(+ REFRIGERATION) MAKES 15

6 eggs, at room temperature
 $\frac{2}{3}$ cup (150g) caster sugar
 $\frac{1}{3}$ cup (50g) cornflour
 $\frac{1}{2}$ cup (75g) plain flour
 $\frac{1}{3}$ cup (50g) self-raising flour
85g packet strawberry jelly crystals
2 cups (160g) desiccated coconut
300ml thickened cream,
whipped into soft peaks

1 Preheat the oven to 180°C (160C fan). Spray a 20cm x 30cm rectangular pan with cooking oil; use baking paper to line the base and long sides, leaving 5cm of paper hanging over the sides of the pan.
2 Break eggs, one at a time into a large bowl. Beat with an electric mixer on high speed for about 10 minutes until thick and creamy. Add sugar in small amounts; beat until each lot of sugar has dissolved before you add the next.
3 Place a sheet of baking paper on the bench; sift the flours onto the paper. Carefully tip them back into the sieve or sifter; sift it again. Do this one more time. Gently fold flours into egg mixture.
4 Put the cake mixture into the pan; use a spatula to spread the mixture evenly over the base. Put the pan in the oven

and bake for about 35 minutes. Take the pan out of the oven. Immediately turn the cake from the pan onto a wire rack covered with baking paper. Leave to cool.
5 Meanwhile, follow the instructions on the packet to make the jelly; pour it into a shallow container. Place in the fridge for about 20 minutes until set to the consistency of unbeaten egg white.
6 Use a sharp knife to cut any uneven bits off the sides of the cake; cut the cake into 15 squares. Put the coconut into a medium bowl. Use tongs to dip the cake squares into the jelly; let any excess jelly drain off the cake. Add the squares to the bowl of coconut, a few at a time, and use your clean hands to toss them in the coconut. Place jelly cakes on a plate; place in fridge for 30 minutes. Take jelly cakes out of the fridge; cut them in half through the middle. Make “sandwiches” by spreading whipped cream between the two halves of each cake.



Test Kitchen Notes

The jelly cakes are best eaten on the day you make them.

The un-iced and unfilled sponge cake can be frozen for up to one month. Put it in an airtight container or wrap it in a few layers of plastic wrap before placing in the freezer.

We used strawberry jelly crystals, which give a pretty pink colour to the finished cakes, but you can use any coloured or flavoured jelly you like. Orange or lime could also prove a hit with young ones.



TEST KITCHEN COOKING SCHOOL

STEP-BY-STEP



1 For a perfect sponge cake base for your jelly cakes, sift the flours together three times onto baking paper – the paper lets you easily lift the flours back into the sieve.



2 Cut the cooked and cooled sponge into squares and then dip in the jelly mixture using tongs. The jelly needs to have thickened – but not set – so it sticks to the cake.



3 Once all the cakes are coated in the jelly and coconut mixture, split in half and dollop a little whipped cream onto one half. You could also grate some white chocolate into the cream or even spread a layer of Nutella on the cake before the cream.



4 Gently arrange the top halves of the jelly cakes on top of the cream mixture. Don't be tempted to overfill the cakes with cream, as it will ooze out the sides – and that could get messy when there are lots of little fingers on the loose!

Sweet spot

In an exclusive extract from our *CADBURY Children's Birthday Cake Book*, we unveil some real showstoppers.





RAINBOW LAYER CAKE

EQUIPMENT

2 x 20cm round cake pans

CAKE

4 x 440g packets vanilla cake mix
Violet, celestial blue, mint green,
lemon yellow, orange and red
food colourings (see above right)

CREAM CHEESE ICING

1.5kg softened PHILADELPHIA
Cream Cheese
300g softened butter
2kg icing sugar, sifted

DECORATIONS

20 sugar-free fruit drops
White chocolate-covered finger biscuits
Assorted lollies (see notes)

1 Preheat oven to 160°C/140°C fan.
Grease cake pans; line bases and sides
with baking paper.

2 Make cake mix according to packet
directions. Measure 1½ cups mixture for
each cake layer into eight separate bowls.
Tint each cake mixture portion (see above
right for cake colour ratio).

3 Working with two coloured cake layers
at a time, spread mixture into pans. Bake
for 15 minutes or until a skewer inserted
into the centre comes out clean. Stand
cakes in pans for 5 minutes before turning,
top-side up, onto a wire rack to cool.
Wash pans in cool water; dry, grease and
re-line with baking paper. Repeat with
remaining coloured cake mixtures, baking
in batches, until you have eight cake
layers in total.

4 Meanwhile, make cream cheese icing.

5 Secure violet cake layer to a cake board
with a little icing. Fill piping bag with
cream cheese icing. Pipe a spiral layer
of icing onto cake. Top with blue cake
layer and pipe more icing on top.
Continue layering cakes and icing.
Chill until decorating.

We used the following ratios of gel
food colouring for our rainbow colours
in the eight cake layers:

Violet:	¼ teaspoon violet
Blue:	½ teaspoon celestial blue
Aqua:	⅛ teaspoon mint green, ¼ teaspoon celestial blue
Green:	½ teaspoon mint green
Orange:	½ teaspoon orange
Yellow:	1½ teaspoons lemon yellow
Bright red:	¼ teaspoon red, ¼ teaspoon orange
Deep red:	1 teaspoon red, 1 drop violet

6 To make candle flames, place a sheet of
baking paper on a microwave-safe plate.
Top with three fruit drops of the same
colour. Microwave on HIGH (100%) in
10-second bursts, until mixture starts
to bubble (see notes). Working quickly,
transfer baking paper with melted lollies
to a flat surface; use a palette knife or
bread knife to spread mixture thinly
across paper. Allow to cool completely,
then break into shards.

7 Just before serving, using the picture as
a guide, place the correct amount of finger
biscuits on cake for the birthday boy or
girl's age for candles. Secure lolly shards to
tops of biscuits with icing to make flames.
Decorate top of cake with lollies, as shown.

CREAM CHEESE ICING

In two batches, beat cheese and butter in a
bowl of a stand mixer until pale. Gradually
add sugar, beating until light and fluffy.

Test Kitchen Notes

When microwaving fruit
drops, mixture will start to
caramelize and burn very
quickly; shorter bursts in the
microwave are recommended.

We used THE NATURAL
CONFECTIONERY CO. Party
Mix and Fruity Chews, and
PASCALL Party Pack mix to
decorate the top of the cake.

Test Kitchen *Notes*

Use any of your favourite CADBURY, OREO and PASCALL products to decorate your cake.



CADBURY CHOCOLATE DRIP CAKE

CAKE

- 1 quantity white chocolate ganache
- 1 quantity buttercream
- 2 x 460g packets double unfilled sponge cake rounds

DECORATIONS

- 225g CADBURY Baking dark chocolate Melts
- OREO cookies, original
- CADBURY Baking white chocolate block
- CADBURY FLAKE bar
- CADBURY CRUNCHIE bar
- CADBURY CRUNCHIE Rocks
- PASCALL Choc Mallow Bites

- 1 Make white chocolate ganache.
- 2 Make buttercream.
- 3 Place one cake on a cake board; spread with a little ganache to create a thin layer. Top with another cake and layer of ganache. Finish with one more cake layer. (Discard or keep the remaining cake round for another use.) Spread top and side of cake with buttercream.
- 4 Place chocolate Melts in a microwave-safe bowl; microwave on HIGH (100%) in 30-second bursts, stirring, until smooth. Cool slightly.
- 5 Spoon cooled chocolate over top of cake, allowing chocolate to run down the side, as shown. Allow to set.
- 6 Using the picture as a guide, decorate the top of cake with OREO cookies, CADBURY chocolates and PASCALL Choc Mallow Bites.

WHITE CHOCOLATE GANACHE

- 360g CADBURY Baking white chocolate block, chopped finely
- $\frac{1}{2}$ cup (125ml) pouring cream

- 1 Place chocolate in a heatproof bowl.
- 2 Bring cream to the boil in a small saucepan; remove from heat.
- 3 Add cream to chocolate; stir until smooth. Cool to room temperature.

BUTTERCREAM

- 125g unsalted butter, softened
- $1\frac{1}{2}$ cups (240g) icing sugar
- 2 tablespoons milk

- 1 Beat butter in a small bowl with an electric mixer until as white as possible. Gradually beat in half the sifted icing sugar, milk, then remaining icing sugar.

Test Kitchen Notes

You can also make the ganache by placing the chocolate and cream in a heatproof bowl over a saucepan of simmering water. Don't let the water touch the bottom of the bowl. Stir occasionally until smooth.



BIRTHDAY BLISS

NOW ON SALE, \$14.99

Collaborating with *The Australian Women's Weekly*, CADBURY has reimaged the classic 1980s *Children's Birthday Cake Book*, bringing back all your favourites, plus new exciting cake creations. Whether your little one is an aspiring astronaut, pirate or ballerina, loves elephants, frogs or unicorns, there's the perfect cake for them within these pages to amaze and delight.

On sale now in selected newsagents.

Cake Of The Month



Strawberry FIELDS

Take it as red – luscious fresh strawberries become the mouthwatering centrepiece of a classic high tea.

STRAWBERRIES & CREAM SHORTCAKE

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

250g butter, softened
1 cup (160g) pure icing sugar, sifted
1 egg
3½ cups (485g) plain flour
500g strawberries, sliced crossways

PASTRY CREAM

⅓ cup (75g) caster sugar
2 tablespoons plain flour
2 tablespoons cornflour
1 teaspoon vanilla bean paste
1 cup (250ml) milk
4 egg yolks
300ml thickened cream

STRAWBERRY COMPOTE

2 tablespoons caster sugar
1 tablespoon lemon juice
2 tablespoons water
250g strawberries, sliced crossways

1 Beat butter and sugar in a small bowl with an electric mixer until light and fluffy. Beat in egg. Transfer to a large bowl; stir in flour to form a soft dough. Knead dough on a lightly floured surface until smooth. Divide dough into four portions; enclose each portion in plastic wrap. Refrigerate for 30 minutes.
2 Line four oven trays with baking paper. Roll each portion of dough on a lightly floured surface to about 3mm thick. Cut each portion into a 22cm round. Place rounds on trays; prick all over with a fork. Refrigerate for 15 minutes.
3 Meanwhile, preheat oven to 180°C/160°C fan.
4 Bake rounds for 10 minutes until lightly browned. Cool on trays for 5 minutes before transferring to wire racks to cool.
5 Meanwhile, make pastry cream and strawberry compote.
6 Place one round on a cake stand or plate; top with a quarter of the pastry cream and a third of the sliced strawberries. Repeat layering two more times. Finish with the fourth round and last quarter of cream. Spoon compote on top, drizzled with syrup.
7 Serve shortcake dusted with a little more sifted icing sugar, if you like.

PASTRY CREAM

Combine sugar, flours, vanilla and ¼ cup of the milk in a medium bowl. Heat remaining milk in a small saucepan until almost boiling. Gradually stir hot milk into flour mixture. Return mixture to pan; cook, stirring, over medium heat until mixture boils and thickens. Remove from heat; quickly stir in egg yolks. Transfer to a medium bowl; cover surface with plastic wrap. Refrigerate for 2 hours or until cold. Beat cream in a small bowl with an electric mixer until soft peaks form. Fold cream into cold custard, in two batches.

STRAWBERRY COMPOTE

Stir sugar, juice and the water in a small saucepan over low heat until sugar dissolves. Bring to the boil; simmer for 5 minutes or until thickened slightly. Add strawberries; remove from heat. Cool.

Test Kitchen Notes

Shortbread bases can be made 3 days ahead; store in an airtight container, or freeze for up to 3 months. Cake is best assembled on the day of serving; keep refrigerated.



SWEET as PiE

The humble pie maker has become a kitchen sensation. In our new book, *The Pie Maker*, we show how to take this smart operator to the next level.

PIE MAKER: A QUICK USER'S GUIDE

CAPACITY

Before you start, determine the capacity of the holes of your pie maker. Below are the capacities for the three most common machines. All the following recipes use the first.

4-hole (1/3-cup/80ml) Each hole will hold around 1/4 cup of filling.

4-hole (3/4-cup/180ml) Each hole will hold around 2/3 cup of filling.

Family-sized single pie Holds around 2 1/3 cups of filling.

Leave a 2mm gap between the top of the filling and the rim of the pastry or the pie top to give the filling room to expand, unless specified in a recipe.

PASTRY OPTIONS

The best combination for most pies is a shortcrust base for crispness and a puff or shortcrust pastry top.

PASTRY CUTTER

Your pie maker comes with a convenient pastry cutter, so forming those perfect round shapes is a breeze.

NON-STICK SURFACE

The pie maker has a non-stick coating, so look after it by using non-stick cooking utensils.

CLEANING

When making multiple batches of pies, wipe the pie holes clean with damp paper towel between each batch.

And look after that non-stick surface by avoiding abrasive agents to clean it.

EASY COOKIES & CREAM PIES

PREP + COOK TIME 10 MINUTES MAKES 4

8 Oreo biscuits (80g)
1 sheet frozen shortcrust pastry, thawed
1 sheet frozen puff pastry, thawed
12 white marshmallows (70g)
2 tablespoons thick (double) cream
2 tablespoons chocolate sauce

1 Place Oreos in a zip-top bag; using a rolling pin, crush until fine crumbs form.
2 Lightly grease and preheat a 4-hole ($\frac{1}{3}$ -cup/80ml) pie maker.
3 Using pastry cutter provided, cut four large rounds (11cm) from shortcrust pastry and four small rounds (9.5cm) from puff pastry. Line prepared holes with shortcrust pastry rounds, pressing into base and side.

4 Divide Oreo crumbs and marshmallows among pie cases. Top with puff pastry rounds; press edges firmly to seal. Close lid; cook for 5 minutes or until golden. Remove pies; transfer to a wire rack.
5 Serve pies straight away, topped with cream and chocolate sauce.



Pie Maker Extract



◀ TRIPLE CHOC-CHUNK BROWNIES

PREP + COOK TIME 55 MINUTES (+ COOLING)

MAKES 12

125g butter, chopped
200g dark chocolate, chopped coarsely
1 cup (220g) firmly packed brown sugar
2 eggs, beaten lightly
1 cup (150g) plain flour
150g white chocolate, chopped coarsely
100g milk chocolate, chopped coarsely

1 Place butter and dark chocolate in a medium saucepan; stir over low heat until almost smooth. Remove from heat; cool for 10 minutes. Stir sugar and egg into the chocolate sauce, followed by sifted flour, then white and milk chocolate.

2 Preheat a 4-hole ($\frac{1}{3}$ -cup/80ml) pie maker. With 24 ($\frac{1}{3}$ -cup/80ml) paper cases, stack two together to create 12 double-layered cases; place cases on a tray, spray with oil. Spoon mixture evenly among cases.

3 Place four brownies into holes. Close lid; cook for 14 minutes or until just set to touch. Gently transfer to a wire rack to cool. Repeat in batches with remaining brownies.

4 Remove paper cases before serving, if you like.

Test Kitchen Notes

Don't chop the white and milk chocolates too finely – the chunks give a wonderful chewy texture to your brownies.



CINNAMON SCROLLS

PREP + COOK TIME 40 MINUTES

(+ COOLING) MAKES 12

2 cups (300g) self-raising flour
 $\frac{1}{2}$ teaspoon bicarbonate of soda
1 teaspoon salt
50g cold butter, chopped coarsely
 $\frac{3}{4}$ cup (180ml) buttermilk, approximately
60g butter, extra, softened
 $\frac{1}{4}$ cup (55g) caster sugar
2 teaspoons ground cinnamon
Cooking oil spray

ICING

$\frac{1}{2}$ cup (80g) icing sugar
1 tablespoon milk

1 Sift flour, bicarbonate of soda and salt into a bowl; rub in chopped butter with your fingertips. Add enough buttermilk to mix to a soft, sticky dough. Turn onto a floured work surface; knead lightly until smooth. Roll out into a 30cm x 40cm rectangle.

2 Lightly grease and preheat a 4-hole ($\frac{1}{3}$ -cup/80ml) pie maker. Cut 12 x 5.5cm rounds from baking paper. Line holes with baking paper rounds.

3 Spread dough with extra butter; sprinkle with combined sugar and cinnamon (leaving a 2cm border along the top long edge). Spray border with oil spray. Roll dough tightly from the long edge nearest you; pinch seam to seal. Using a serrated knife, trim the ends. Cut roll into 12 x 3cm thick, slices.

4 Place scrolls, cut-side down, into prepared holes; spray with oil. Close lid; cook for 8 minutes until risen and golden. Transfer to a wire rack to cool. Repeat in batches with remaining scrolls; wipe holes clean with paper towel as needed and reline with baking paper rounds.

ICING

Whisk sifted icing sugar and milk in a small bowl until smooth and runny. Dip scrolls into icing, place on a baking-paper-covered wire rack. Stand until set before serving.

TRY THIS

NUTELLA SCROLLS

Swap butter, sugar and cinnamon with $\frac{2}{3}$ cup (220g) Nutella and $\frac{1}{2}$ cup (60g) finely chopped hazelnuts. Continue as above. Drizzle with icing and sprinkle with finely chopped hazelnuts.



CHOCOLATE
FUDGE
CARAMEL
TARTS
P 136

“Little wonder the pie maker has captured the imagination. It's amazingly versatile – you can also use it to make fritters, muffins, you name it, in mere minutes. And it can cost as little as \$30!”

Fran Abdallaoui, Editor, *AWW Food*

CARROT
CAKES
OVERLEAF

CHOCOLATE FUDGE CARAMEL TARTS

PREP + COOK TIME 25 MINUTES MAKES 4

1 sheet frozen shortcrust pastry, thawed
2 jersey caramels
1 teaspoon sea salt flakes, to serve

FUDGE FILLING

50g butter, chopped
50g dark chocolate, chopped coarsely
¼ cup (55g) firmly packed brown sugar
1 egg, beaten lightly
½ teaspoon vanilla extract
¼ cup (35g) plain flour
2 teaspoons cocoa powder
¼ teaspoon fine sea salt

1 Make fudge filling.
2 Lightly grease and preheat a 4-hole (⅓-cup/80ml) pie maker.
3 Using pastry cutter provided, cut four large rounds (11cm) from shortcrust pastry. Line prepared holes with pastry rounds, pressing into base and side.
4 Pour fudge filling evenly into tart cases. Close lid; cook for 9 minutes or until filling is risen and nearly firm to touch.
5 Meanwhile, cut jersey caramels in half horizontally; discard white filling. Place one caramel half on top of each tart. Close lid; cook for a further minute or until caramel is soft. Remove pies; transfer to a wire rack to cool slightly.

FUDGE FILLING

To make fudge filling, place butter and chocolate in a saucepan over low heat. Cook, stirring, for 5 minutes until melted and smooth. Remove from heat. Stir in sugar, then egg and vanilla; mix well. Sift flour, cocoa powder and salt over chocolate mixture; stir until combined.

Test Kitchen Notes

Choc fudge caramel tarts will keep, stored in an airtight container, at room temperature for up to 3 days.

CARROT CAKES

PREP + COOK TIME 35 MINUTES

(+ COOLING) MAKES 6

1 egg
½ cup (110g) firmly packed brown sugar
⅓ cup (80ml) vegetable oil
1 cup (120g) coarsely grated carrot
⅓ cup (40g) coarsely chopped walnuts
¾ cup (115g) self-raising flour
⅛ teaspoon bicarbonate of soda (baking soda)
¾ teaspoon mixed spice
2 tablespoons chopped walnuts, extra
2 tablespoons pure maple syrup

CREAM CHEESE FROSTING

100g butter, softened
250g cream cheese, softened
1 teaspoon vanilla extract
3½ cups (560g) icing sugar
1½ tablespoons pure maple syrup

1 Lightly grease and preheat a 4-hole (⅓-cup/80ml) pie maker.
2 Beat egg, sugar and oil in a small bowl with an electric mixer until thick and creamy. Transfer mixture to a large bowl; stir in carrot and walnuts, then sifted dry ingredients.
3 Spoon ¼ cup mixture into prepared holes. Close lid; cook for 7 minutes or until a skewer inserted into centre comes out clean. Gently remove; transfer to a wire rack to cool. Repeat with remaining mixture to make 6 cakes in total.
4 Spoon frosting into a large piping bag fitted with a 1cm star tube. Pipe generous swirls of frosting onto cold cakes. Just before serving, top with extra chopped walnuts and drizzle with maple syrup.

CREAM CHEESE FROSTING

Meanwhile, beat butter, cream cheese and vanilla in a large bowl with electric mixer until fluffy. Gradually beat in sifted icing sugar, then maple syrup. Freeze for 10 minutes or until firm.



THE PIE MAKER

ON SALE NOW, \$24.99

Who knew the humble pie maker would become such a social media phenomenon. Embracing a trend that's taken Australia by storm, this book celebrates all things pastry pies as well as a host of clever creations you'd never expect. You'll love these inspired recipes for mac and cheese bites, muffins, scones, bacon and eggs, fritters, pancakes and so much more. All quick and easy to make, the whole family will love them. The book includes clever and inspired recipes and tips to make the most of a mini pie maker (4-hole) and family pie maker (single-hole) appliances.

Available where all good cookbooks are sold and at www.cookbooks.com.au

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NEXT ISSUE

April

Sweet teeth rejoice! We're in chocolate overload for our Easter special!



Served up,
specially
for you

ON SALE
MARCH 30

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CONVERSION CHART

MEASURES

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

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

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

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

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

DRY MEASURES

METRIC IMPERIAL

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

LIQUID MEASURES

METRIC IMPERIAL

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

LENGTH MEASURES

METRIC IMPERIAL

3MM	⅛ IN
6MM	¼ IN
1CM	½ IN
2CM	¾ IN
2.5CM	1 IN
5CM	2 IN
6CM	2½ IN
8CM	3 IN
10CM	4 IN
13CM	5 IN
15CM	6 IN
18CM	7 IN
20CM	8 IN
22CM	9 IN
25CM	10 IN
28CM	11 IN
30CM	12 IN (1 FT)

OVEN TEMPERATURES

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

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

