



daylesford love 2023  
recipe collection





# a plate of vegetables with Thomas Keller's buttermilk dressing

Neil Perry

8 baby kipfler potatoes, boiled until tender  
8 baby carrots, washed and dried  
1 small fennel bulb, cut into six wedges  
12 small radishes, washed and dried  
8 baby zucchini, washed and dried  
8 baby cucumbers  
2 heats of witlof, cut lengthways into quarters  
4 boiled eggs, peeled and cut in half

## *For the buttermilk dressing*

240g aioli  
60-125ml buttermilk  
130g creme fraiche  
1/2 tsp onion powder  
1/2 tsp garlic powder  
3/4 tsp lemon juice  
1 tsp finely chopped chives  
1 tsp finely chopped flat leaf parsley  
1 tsp finely chopped mint  
sea salt, to taste

1. For the buttermilk dressing, put the aioli into a large bowl. Whisk in 60ml of the buttermilk and all the other ingredients. The dressing is now ready to use, or it can be refrigerated until needed; it will keep for up to a week in the fridge. Before using, lift up a spoonful of dressing and pour it back into the bowl - it should run freely. If it is too thick, whisk in additional buttermilk as necessary.

2. Arrange all the vegetables and the halved eggs on a large platter. Pour the buttermilk dressing into a small bowl and place in the middle of the platter. Serve immediately.





# porchetta with roasted grapes

*Adapted from Delicious & AWW*

2kg boneless pork belly, skin on  
1/2 cup sage leaves  
1/2 cup rosemary leaves  
1/3 cup thyme leaves  
Finely grated zest of 1 lemon  
2 garlic cloves  
80ml extra virgin olive oil  
500g red grapes

1. Score the skin of the pork belly at 5mm intervals.
2. Pat pork completely dry with paper towel. Place pork skin side down onto a chopping board. Cut vertically into the thickest part of the pork along the long side, three-quarters of the way through, to form a flap. Season well.
3. Place the sage, rosemary, thyme, lemon zest, garlic, and oil into a blender and blitz until a paste consistency. Press this mixture into the centre of the pork, roll up firmly from the long side. Tie tightly at 4cm intervals with kitchen string. Gently press any loose stuffing back into the ends.
4. Transfer to a large plate. Refrigerate overnight, uncovered for the skin to dry out.
5. Preheat oven to 240°C/220°C fan-forced. Transfer pork to a wire rack on a baking tray. Bring to room temperature.
6. Roast pork for 30-35 minutes until the skin is golden and crispy. Reduce heat to 180°C/160°C fan-forced and roast for 1-1.5 hours. Add the grapes to the tray around the pork for the last 30 minutes. The pork is ready when the internal temperature reaches 60°C, or until the juices run clean when tested with a skewer in the centre. Loosely cover with foil and rest for 15 minutes.
7. Care the porchetta and serve with roasted grapes.



# roast pumpkin, feta and grain salad

*Shannon Bennett'*

- 1 x 1.7kg medium pumpkin (grey or butternut) peeled, cut into rough 6cm pieces
- 1 large red onion, cut into thick wedges
- 120ml extra virgin olive oil
- 2 tbs toasted pepitas
- 2 tbs toasted sunflower seeds
- 2 tbs puffed quinoa
- 1/2 cup flat-leaf parsley leaves, chopped
- Finely grated zest of 1 lemon
- Juice of 1 lemon
- 160g feta, drained

1. Preheat oven to 200°C. Grease a large baking tray and line with baking paper.

2. Place pumpkin and onion in a large bowl with 60ml oil. Season to taste and toss to combine. Transfer the pumpkin to the prepared tray and spread into a single even layer. Roast for 45 minutes, then scatter over the onion and roast for a further 20-25 minutes until both pumpkin and onion are roasted and caramelised. Transfer to a large serving platter and scatter over the seeds, puffed quinoa, parsley, lemon zest and juice. Drizzle with remaining 60ml olive oil and crumble over feta. Serve immediately.

# Tuscan-style bread & fig salad

*Adapted from Alice Zaslavsky*

200g stale rye fruit bread, thickly sliced  
75g salted butter, softened  
500g figs, halved  
2 tsp olive oil, plus extra to drizzle  
1 radicchio, leaves separated, torn  
100g goats cheese

## *Vinaigrette*

2 tbs sherry vinegar  
2 tbs runny honey  
1 tbs finely chopped parsley

1. Preheat oven to 180°C. Line a baking tray with baking paper.
2. Generously butter the fruit bread slices. Tear into rough 2cm pieces. Arrange bread on prepared tray with half the figs, then dot with any remaining butter. Drizzle with olive oil and sprinkle with salt flakes and freshly ground black pepper. Cook for 20 minutes or until bread is golden brown and figs have softened. Check halfway through and use tongs to flip the toasty squares, so that they all crisp up evenly. Allow to cool slightly.
3. For the vinaigrette, mix all ingredients in a bowl and season to taste. Set aside.
4. Arrange the radicchio, toasted figs and bread and fresh figs on a platter and drizzle over half the vinaigrette. Scatter over parsley, and crumble over goats cheese. Drizzle with oil and season to taste. Serve immediately with the remaining vinaigrette alongside.





# malted chocolate cake with baileys cream ganache

*Benamina Ebuehi*

175g roughly chopped 70% dark chocolate  
170g unsalted butter, room temperature  
250g caster sugar  
10ml vanilla extract  
6 eggs, separated  
60g malt extract  
155g plain flour  
1 tsp baking powder  
15g malted milk powder  
pinch of salt

## *Ganache*

200g finely chopped 70% dark chocolate  
120ml heavy cream  
80ml Baileys Irish Cream  
25ml corn syrup or golden syrup  
15g unsalted butter, softened

1. Preheat the oven to 170°C. Grease a round 23cm cake pan and line the bottom with baking paper.

2. To make the cake, place the chocolate in a heatproof bowl. Set the bowl over a saucepan of simmering water, making sure the base of the bowl doesn't touch the water. Melt the chocolate, stirring every so often.

Set aside to cool slightly. Using a stand mixer fitted with the paddle attachment or electric whisk, beat the butter, sugar and vanilla until light and fluffy. Gradually beat in the egg yolks before stirring in the cooled, melted chocolate and malt extract. Fold in the flour, baking powder and malted milk powder to get a smooth, thick batter. In a medium bowl, whisk the egg whites and salt for 2 to 3 minutes, or until stiff. Take one-quarter of the egg whites and stir it into the chocolate batter to loosen it up. Carefully fold in the rest of the egg whites until the batter is smooth with no streaks. Scoop the batter into the cake pan and bake for 45 to 55 minutes, or until the cake is firm to the touch and a toothpick inserted in the centre comes out clean. If the cake is taken out too early, it may sink in the middle.

3. To make the ganache, place the chopped chocolate in a bowl. Place the cream, Baileys and corn syrup in a small saucepan and heat until it's just about to come to a boil. Remove from the heat and pour the cream over the chopped chocolate, stirring until the chocolate has melted. Stir in the butter until you have a smooth and glossy ganache. Cover the ganache with plastic wrap, making sure it touches the surface of the ganache. Set it aside at room temperature to thicken to a spreadable consistency. This could take up to a couple of hours depending on the temperature of your kitchen.

4. Use a palette knife or offset spatula to spread a thick layer of ganache on the top and sides of the cake.



# matcha & white choc baked custards

*Adapted from Donna Hay*

125g white chocolate, chopped  
250ml milk  
250ml cream  
1.5 tsp matcha powder  
2 eggs  
2 egg yolks, extra  
90g caster sugar  
raspberries, to serve  
icing sugar, for dusting

1. Preheat oven to 150°C. Place the chocolate, milk, cream and matcha powder in a saucepan over medium heat and stir until the chocolate has melted and the mixture is hot but not boiling.

2. Place the eggs, extra yolks and sugar in a bowl and whisk until well combined. Slowly add the hot chocolate mixture and whisk to combine. Divide the raspberries between 4 x 1-cup (250ml) capacity ramekins and pour over the chocolate mixture.

3. Place the ramekins in a baking dish and pour in enough hot water to come half way up the sides of the ramekins. Bake for 35 minutes or until the custard is just set. Top with extra raspberries, dust with icing sugar and serve warm or cold.



# buffalo mozzarella lasagne

Neil Perry

9 instant or fresh lasagne sheets  
500g fresh bocconcini  
100g freshly grated parmesan

## *meat sauce:*

1 tbsp extra virgin olive oil  
1 onion, finely chopped  
6 cloves garlic, finely chopped  
300g pork mince  
300g veal mince  
sea salt and freshly ground pepper  
2 tsp plain flour  
2 tbsp balsamic vinegar  
a pinch of caster sugar  
700ml tomato passata  
400g canned diced tomatoes  
2 large handfuls basil leaves

## *béchamel sauce:*

50g unsalted butter  
4 tbsp plain flour  
600ml milk  
sea salt and freshly ground pepper

1. Preheat the oven to 190°C. Adjust the oven racks so the dish can sit in the middle.

2. To make the meat sauce, heat the oil in a large heavy-based frying pan over medium heat. Cook

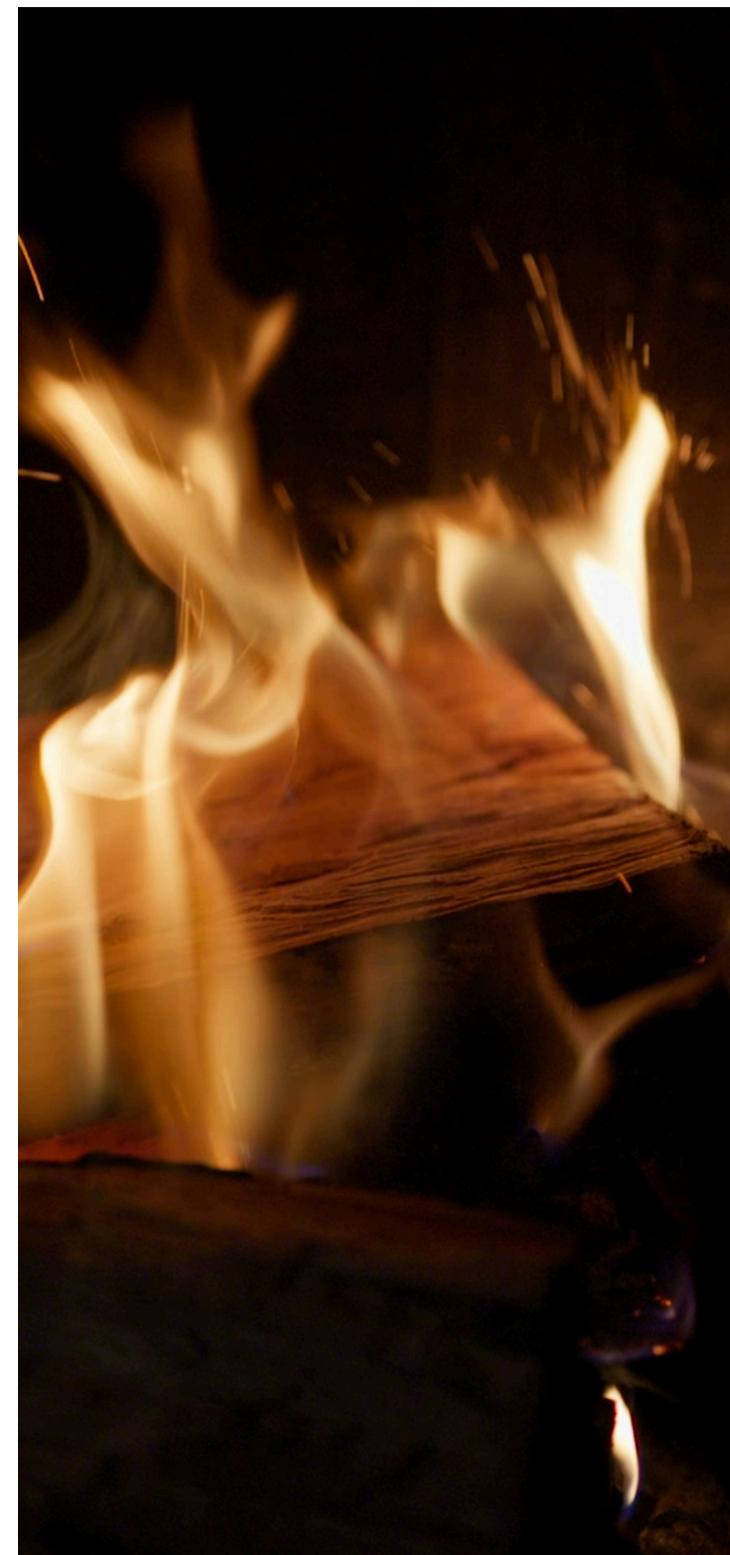
the onion, stirring occasionally, until softened but not browned. Add the garlic and cook until fragrant. Increase the heat to medium-high and add the meats and a pinch of salt and pepper. Cook, breaking up the meat with a wooden spoon, for 4 minutes or until it loses its raw colour but is not browned. Add the flour and cook, stirring, for 2 minutes. Add the vinegar and cook, stirring occasionally, until it has almost evaporated. Add the sugar, passata and tomatoes and simmer for 10 minutes or until the sauce thickens slightly. Check the seasoning, stir in the basil and set the meat sauce aside.

3. To make the béchamel, melt the butter in a heavy-based saucepan over low-medium heat. Add the flour and cook, stirring, for 1-2 minutes. Remove the pan from the heat and add the milk all at once, whisking constantly, to avoid any lumps. Return the pan to the heat and keep whisking, until the sauce boils and thickens. Remove from the heat and season.

4. To assemble the lasagne, spread a quarter of the meat sauce in the base of a 29cm x 23cm x 7cm lasagne dish. Place 3 of the lasagne sheets over the sauce. Spread another quarter of the sauce over the pasta, then a third of the mozzarella, torn into pieces. Continue layering the pasta, meat sauce and mozzarella two more times.

5. Pour the béchamel sauce evenly over the final layer of mozzarella, then sprinkle with the parmesan.

6. Cook the lasagne for 30 minutes or until the cheese is brown and the sauce is bubbling. Let the lasagne stand for 10 minutes before serving.



# sicilian eggplant rolls

*Silvia Colloca*

2 large eggplants, cut length ways into 5mm thick slices (you should end up with about 14 slices)  
2 tbsp extra virgin olive oil  
150g fresh mozzarella, torn into small pieces  
3-4 tbsp freshly grated pecorino  
3 tbs pine nuts (optional)  
basil leaves, to serve

## *Sugo:*

2 tbsp extra virgin olive oil  
1 golden shallot, finely chopped  
1 garlic clove, bashed with the back of a knife (or finely chopped, if you like a more pungent aroma)  
400g can whole peeled tomatoes  
sea salt flakes

## *Ricotta Filling:*

1 tbsp extra virgin olive oil  
1 garlic clove, skin on, bashed with the back of a knife  
1 bunch silverbeet, stalks removed and finely chopped, leaves roughly chopped  
500g fresh ricotta, well drained  
30g freshly grated pecorino  
1 egg  
2-3 tbsp chopped flat-leaf parsley leaves  
¼ tsp freshly grated nutmeg  
2 tbsp sultanas, soaked in water for 30 minutes, drained

1. For the sugo, heat the olive oil in a large frypan over medium heat, add the shallot and garlic and cook for 1 minutes or until fragrant (watch it closely as the garlic can burn very quickly). Add the tomatoes and season with salt, then reduce the heat to low and simmer for 30 minutes or until slightly reduced. If it looks too dry you can add a little water.

2. Heat a large chargrill pan over high heat. Brush the eggplant sliced with olive oil, then grill for about 3-4 minutes on both sides until they are soft and have nice, dark char lines.

3. Preheat your oven to 200°C.

4. While the oven is heating, make the ricotta filling. Heat the olive oil in a frypan over high heat, add the garlic, then drop in the chopped silverbeet stalks. Cover and cook for 2 minutes or until softened. Add the silverbeet leaves, replace the lid and leave for 1-2 minutes until wilted. Drain off the excess liquid and discard the garlic clove. Mix the cooked silverbeet with the remaining ingredients in a bowl and season with salt and pepper.

5. To assemble, smear a ladleful of the sugo over the base of a baking dish. Put 1 tbsp of ricotta filling in the middle of each eggplant slice and roll up to enclose. Arrange the rolls, seam-side down, in a single later in the dish. Drizzle the remaining sugo over the top. Scatter the mozzarella and pecorino and bake for 25-30 minutes or until golden and bubbling. Remove and rest at room temperature for 5 minutes before serving. In the meantime, if you'd like to use pine butts to top the dish, heat a small non-stick frypan over medium heat and toast the pine nuts for 45-60 seconds until fragrant and lightly golden. Sprinkle over the eggplant.

6. To serve, grind over some black pepper and top with plenty of basil.

# rare roast beef with tonnato

## *Iron Chef Shellie*

1kg roasting beef rump  
sea salt  
cracked black pepper  
2 tbs extra virgin olive oil, plus extra to serve  
parsley leaves, to serve  
baby capers, to serve

## *Tonnato*

180g tinned tuna in oil, drained  
120g whole egg mayonnaise  
2 tbsp capers  
Juice of 1 lemon  
4 anchovies

1. Allow beef to come up to room temperature. Place the beef in a roasting pan and rub with 2 tablespoons of olive oil and season with salt and pepper.
2. Preheat oven to 190°C.
3. Place the beef in the oven and roast for 40-60 minutes, or until the internal temperature reaches 60°C when tested with a meat thermometer. Remove from oven, loosely cover with foil and rest.
4. While the beef is resting make the tonnato. Place the tonnato ingredients in a food processor or container of an immersion blender. Process or blend until smooth. Thin down with a little water if necessary.
5. To serve, thinly slice the beef and place on a serving platter. Top with dollops of tonnato, a drizzle of olive oil, salt, pepper, parsley leaves and capers.





# warm chickpeas with green chilli sauce & toasted pita

*Sami Tamimi and Tara Wigley*

250g dried chickpeas, soaked overnight in twice their volume of water and 1 tsp bicarbonate of soda (or 2x 400g tins of cooked chickpeas, as an alternative)

2 tbsp olive oil, plus 1½ tbsp, to serve

4 large garlic cloves, crushed

1 green chilli, finely chopped

1 tbsp ground cumin

100g tahini, plus about 60g, to serve

100g greek style yoghurt

2 tbsp lemon juice

salt

## *Toasted Pita*

2 small pitas

1 tbsp olive oil

## *Green Chilli Sauce*

1 green chilli, deseeded and finely chopped

3 tbsp lemon juice

1½ tbsp white wine vinegar

1 large garlic clove, crushed

5g parsley, finely chopped

## *To Serve*

½ tsp paprika

1. Drain the soaked chickpeas and put them into a large saucepan. Cover with plenty of cold water and place on a high heat. Bring to the boil, skim the surface of the water, then reduce the heat to medium-low and simmer for 45-60 minutes, adding 1 teaspoon of salt towards the end of the cooking time, until the chickpeas are very soft but still retain their shape. Drain the chickpeas, reserving 100ml of the cooking liquid, and set aside.

If starting with tinned chickpeas, drain them and place in a medium saucepan with enough water just to cover them. Place on a medium heat, bring to a simmer and cook for about 8 minutes, just to soften them up a bit more. Add 1 teaspoon of salt towards the end of the cooking time. Drain the chickpeas, reserving 100ml of the cooking liquid and set aside.

2. Set the oven to a 220°C grill setting. Pull open the pitas and tear each half into two. Brush the insides of the pitas lightly with oil and place under the grill for about 2 minutes, until crisp and golden brown.

3. Mix together all the ingredients for the green chilli sauce along with 1/8 teaspoon of salt. If you are making this in advance, hold back on the parsley and just mix this through before serving.

4. Once the chickpeas are cooked and drained, put the oil into a medium saucepan and place on a medium heat. Add the garlic and cook for 2 minutes, stirring often, until the garlic is colour. Add the chilli, cook for another minute, then add the chickpeas, reserved cooking liquid, cumin, tahini, yoghurt, lemon juice and ½ teaspoon of salt. Bring to the boil, then reduce the heat to low and simmer for 2-3 minutes, stirring from time to time.

5. To serve, transfer the warm chickpeas to a large serving platter with a lip or to a wide shallow bowl. Spoon over the green chilli sauce and drizzle over the extra tahini. Sprinkle with the paprika and finish with a drizzle of oil. Serve with toasted pita.

# sweet glazed carrots

*Jamie Oliver*

1kg small carrots, heirloom if you can get them  
50g unsalted butter  
1 tbsp duck fat (optional)  
6 cloves of garlic  
½ a bunch of fresh thyme  
2 oranges  
2 tsp runny honey or soft brown sugar

1. Trim most of the leafy green stalks off the carrots, then peel them.

2. Melt the butter and duck fat (if using) in a large frying pan over a medium heat. Crush the unpeeled garlic with the flat side of your knife, then add to the pan turning after 1 minute.

3. Pick and sprinkle in the thyme sprigs, squeeze over the orange juice, then add the honey or sugar and a splash of water.

4. Add the carrots in a single layer, season with sea salt and black pepper, then jiggle the pan to coat the carrots. Cover, reduce the heat to medium-low and cook for 15 to 20 minutes, or until tender.

5. Remove the lid, then cook for a further 5 minutes, or until the glaze has reduced, and the carrots are sticky and caramelised, turning often. Serve straightaway, or reheat when needed.





# blackberry, pickled beetroot, toasted almond and goat's cheese salad

*Silvia Colloca*

125g blackberries  
Juice of 1 lemon  
1 tbs runny honey  
2 medium purple beetroots, leaves attached  
125ml white wine vinegar  
2 tbsp caster sugar  
60ml extra virgin olive oil  
2 tbsp white balsamic vinegar (or verjuice)  
200g goat's cheese, crumbled  
25g flaked almonds, toasted

1. Place blackberries, a squeeze of lemon juice and honey in a bowl and toss to combine. Set aside. (The honey will turn the berries beautifully glossy but, unlike sugar, won't make them mushy.)
2. Scrub beetroot and separate leaves from bulbs. Wash leaves carefully and set aside in a small bowl. Using a mandolin, slice the beetroots thinly, then set aside.
3. Heat the white wine vinegar in a small saucepan over low heat. Add sugar and simmer for 1-2 minutes or until sugar has dissolved. Transfer to a medium bowl. Add the beetroot slices and set aside to pickle for 20 minutes, or up to 24 hours (any longer and the colour of the beetroot will fade slightly).
4. Whisk the oil and balsamic vinegar together in a bowl. Season with salt flakes. Pour half of the dressing over the beetroot leaves and toss well.
5. Drain the pickled beetroot slices, reserving the pickling liquid. Arrange beetroot on a serving platter. Scatter over the blackberries and drizzle with a little of the beetroot pickling liquid.
6. Top with beetroot leaves and goat's cheese. Sprinkle with almonds to serve.

# smørhøner

*Iron Chef Shellie*

## *bread dough:*

120g unsalted butter, softened  
75g caster sugar  
¼ tsp salt  
1½ tsp ground cardamom  
375ml full cream milk  
15g dry yeast  
640g plain flour, plus extra for dusting  
1 eggwhite, lightly beaten

## *icing:*

120g icing sugar, sifted plus extra to decorate  
1-2 tbsp water

## *vanilla custard filling:*

30g caster sugar  
1 egg yolk  
1 tbsp corn flour  
250ml full cream milk  
½ tsp vanilla bean paste

## *cinnamon filling:*

90g unsalted butter, softened  
45g caster sugar  
1 tbs ground cinnamon  
¼ tsp ground cardamom  
¼ tsp vanilla powder or ½ tsp vanilla extract

1. In a large bowl, mix together butter, caster sugar, salt and ground cardamom until smooth. Heat milk in a small saucepan until around 37°C. Remove from heat, sprinkle over yeast and stir until dissolved.

2. Add milk to butter mixture and stir to combine. Add flour to butter mixture and knead the dough for 5-10 minutes, or until soft and elastic. Cover and allow to rest for 1 hour, or until doubled in size.

3. To make the vanilla custard filling, in a medium sized heatproof bowl, whisk together the sugar and egg yolk until pale and thickened, then whisk in the cornflour. In a saucepan over medium heat, combine the milk and vanilla bean paste, stir to combine. Remove from the heat just before it starts to boil. Pour the milk in a steady stream into the egg mixture, whilst whisking constantly to avoid curdling the eggs. When you have added all the milk, pour the mixture back into the saucepan and whisk over medium heat until the mixture has thickened and coats the back of a spoon. Cool completely then place in a large piping bag and keep in the fridge until needed.

4. To make the cinnamon filling, mix all ingredients together in a bowl and set aside.

5. To making icing, add icing sugar to a small bowl. Start with 1 tablespoon of water and add more if mixture is too dry, you want a consistency that flows smoothly off the spoon, in an unbroken stream. Transfer to a small piping bag and set aside.

6. When the dough is ready, on a lightly floured surface, roll dough into a 50x40cm rectangle. Spread the filling over the dough, right to the edges.

Fold the top third of the dough to the centre, and the bottom third over that towards the centre, like you are folding a letter. Pinch to seal the seam. Facing the long edge, trim off the edges and cut dough into 12 equal portions.

7. Cut each strip in half lengthwise, leaving the top part uncut so each piece looks like a pair of pants. Twist each 'leg' of the piece several times, slightly stretching it as you go. To shape the bun, you want the uncut part to remain in the middle. Take the left 'leg' and coil it clockwise over the top, and pinch to seal. Then take the other 'leg' and coil clockwise underneath, and pinch to seal the edge.

You should have a bun that looks tall instead of flat, with two levels. Arrange on two baking trays lined with non-stick baking paper, allowing room for when they expand.

8. Cover with clean tea towels and rest for a further 60 minutes.

9. Preheat oven to 220°C (200°C fan-forced).

10. Using your fingers, make a well in the middle of each bun. Brush each bun with egg white and cut the tip off the piping bag filled with custard and fill wells with vanilla custard. Bake for 8-10 minutes, or until golden brown. Allow to cool slightly.

11. Snip the tip of the other piping bag, and pipe the icing in a zig-zag pattern over each bun and finish with a light dusting of icing sugar.

12. Serve warm or at room temperature. Best eaten on the day they are made.







# caesar salad

RecipeTin Eats

## dressing

- 1 cup mayonnaise (hellman's or s&w whole egg)
- ½ tsp garlic, finely minced
- 2 anchovy fillets
- 2 tbsp fresh lemon juice
- 1 tsp dijon mustard
- 1 tsp worcestershire sauce
- ½ cup freshly grated parmesan cheese
- 3-4 tbsp milk (to adjust consistency)
- ¼ tsp salt
- ¼ tsp black pepper

## garlic croutons

- 2-3 slices white bread, 1.5cm thick
- 1 garlic clove, cut in half
- 1 tbsp olive oil
- ¼ tsp salt

## salad

- 150g streaky bacon, cooked and chopped
- 10 cups cos lettuce, chopped, wash & dried
- freshly grated parmesan, for garnish

## optional extras - chicken & egg

- 2-4 eggs, cooked to your taste, peeled and halved
- 500g chicken breast fillets (2 pieces)
- ½ tsp each salt and pepper
- 1 tbsp olive oil

## Dressing:

1. Whizz all ingredients in food processor until smooth, starting with 3 tbsp milk.
2. Taste and adjust salt and pepper as desired, and use milk to get the dressing to the desired consistency.
3. Set aside for 20 minutes+ to allow flavours to develop.

## Bacon:

1. Place bacon into a cold skillet (no oil), then turn onto medium high. Cook until golden, turn, cook other side until golden. Remove onto paper towels, cool, then chop.

## Garlic Croutons:

1. Preheat oven to 180°C.
2. Toast bread in the toaster for 1 minute (or oven for 2 minutes each side) until surface is dried but not browned.
3. Rub both sides of each piece of bread with the cut side of the garlic.
4. Remove crust from bread (optional) and cut into cubes - around 1.5 cups. Drizzle with 1-2 tbsp olive oil, sprinkle with salt, then bake until golden, shaking the tray once. Sandwich bread will take around 7 minutes, sourdough and similar breads take 12-15 min.

## Assemble:

1. Place lettuce in bowl with 1/2 the dressing. Toss well, taste, then decide if you want more Dressing. Transfer to serving bowl. (Top with chicken and egg if using) Scatter over with bacon and croutons. Sprinkle with parmesan and serve!

## Optional Extras:

Eggs: Place the eggs in a saucepan and cover with water. Place over medium high heat and bring to simmer. Once the water is simmering, turn down to medium (gentle simmer) and cook for 3 min (for soft centres), 4 min for firm yolks and 6 min for hard boiled. Remove eggs, run under cold water for 15 sec then leave submerged in a bowl of cold tap water for 5 min. Peel then set aside.

Chicken: Either pound the chicken to about 1.2cm even thickness, or slice each breast in half horizontally. Sprinkle both sides with salt and pepper. Use bacon fat remaining in skillet. Cook first side for 5 min, turn then cook the other side for 2 min. Remove, cover loosely with foil and rest for 5 min. Cut into slices.





# chicken & spring onion skewers

## *Delicious Team*

600g chicken thigh fillets, skin on, cut into 3-4cm cubes

3 thick spring onions, cut into 4cm lengths

Tare, for brushing

1. Soak bamboo skewers for 30 minutes in water to minimise burning.
2. Preheat a charcoal barbecue (hibachi) or gas barbecue to medium-high.
3. Meanwhile, thread 4 chicken pieces onto bamboo skewers, alternating with spring onion. Brush with tare, then grill, turning and brushing occasionally, until the outside is charred slightly and cooked through (8-10 minutes). Rest for 5 minutes then serve drizzled with extra tare.

# pork shiso skewers

## *Delicious Team*

1.2kg thin piece skinless pork belly, fat trimmed

15 purple shiso leaves, stalks removed

Tare, for brushing

1. Soak bamboo skewers for 30 minutes in water to minimise burning.
2. Place the pork, skin-side down on a work surface and evenly place shiso leaves slightly overlapping over pork. Roll up pork lengthways, then tightly wrap in plastic wrap; freeze for 30 minutes to set. Slice pork widthways into 12, 2cm-thick slices. Using two skewers, horizontally skewer two rolled pork slices.
3. Preheat a charcoal barbecue (hibachi) or gas barbecue to medium-high.
4. Grill skewers, turning frequently, until beginning to colour. Brush with tare and continue to grill, turning frequently, until charred and cooked (8-10 minutes). Rest for 5 minutes. Serve drizzled with extra tare.

# tare

250ml soy sauce

125ml mirin

125ml sake

110g brown sugar

1. Place ingredients in a saucepan and bring to the boil. Reduce heat to low and reduce, stirring occasionally, until slightly thickened (10-12 minutes). Cool, store in an airtight container in the refrigerator for up to 2 months.



# zucchini skewers

*Delicious Team*

2 zucchini, cut into 2cm rounds  
Miso glaze, for brushing

1. Soak bamboo skewers for 30 minutes in water to minimise burning.
2. Preheat a charcoal barbecue (hibachi) or gas barbecue to medium-high.
3. Meanwhile, thread 2 pieces of zucchini onto bamboo skewers.
4. Grill, turning frequently until starting to colour (2-3 minutes). Brush with miso glaze; grill for a further 1 minute or until charred. Serve brushed with extra miso glaze.

## miso glaze

50ml sake  
50ml mirin  
100g caster sugar  
200g aka (red) miso

1. Combine sake, mirin and caster sugar in a small saucepan over low heat. Cook, stirring occasionally, until sugar dissolves (3-5 minutes). Transfer to a bowl with miso and stir to combine. Cool, then store in an airtight container in the fridge for up to 2 months.





# dressed cucumber

*Adam Liaw*

2 lebanese cucumbers  
1 tbsp salt  
1 tbsp bonito stock, or water  
1 tbsp rice vinegar  
1 tsp sugar  
½ tsp soy sauce

1. Peel a few strips of skin from the cucumber (don't keep completely). Slice the cucumber diagonally two-thirds of the way through in slices 1 millimetre apart. Roll the cucumber over so that the cuts are facing the board and repeat for the other side of the cucumber. If you cut on the same angle the cuts on each side will be perpendicular to one another and the cucumber will not be divided.

2. Mix the salt 2 cups cold water and soak the cut cucumbers in the water for at least 10 minutes, until the cucumber softens. Carefully squeeze out as much liquid as possible and cut the cucumbers into 4cm lengths.

3. Mix the stock (or water), vinegar, sugar and soy sauce together until the sugar is dissolved. Place the cucumber in a serving bowl and pour over the dressing. Serve immediately.

# corn with mayonnaise, bonito and nori

*Adam Liaw*

2 ears of corn, husks and strings removed  
2 tbsp Kewpie mayonnaise  
1 tbsp bonito flakes  
1 tsp aonori  
½ tsp Korean chilli flakes

1. Cut the corn into 5cm pieces and place into a dry frying pan over low-medium heat. Cook for 15 minutes, turning frequently until browned all over. Add the mayonnaise and continue turning until the corn is glossy.

2. Remove the corn to a plate and scatter with the bonito flakes, aonori and Korean chilli flakes.







# Vietnamese noodles with lemongrass beef

*Recipe Tin Eats*

## *Beef and marinade*

600 - 800g thinly sliced beef  
1 stalk lemongrass white part only, bruised then sliced into pieces easy to pick out later  
2 garlic cloves, finely chopped or minced  
2 tbsp lime juice  
2 tbsp fish sauce  
1 tbsp light soy sauce  
2 tbsp brown sugar  
1 tbsp vegetable oil

## *Nuoc Cham*

1/4 cup fish sauce  
4 tbsp rice vinegar  
2 tbsp white sugar  
1/2 cup water  
2 garlic cloves, finely chopped  
1 red birds eye chilli, finely chopped  
3 tbsp lime juice

## *Noodle Bowl*

200g vermicelli noodles, dried  
2 carrots, julienned  
2 cucumbers, julienned  
5 cups iceberg lettuce, finely sliced  
Handful of mint and coriander leaves

1. Combine beef and marinade ingredients and set aside for at least 1 hour, up to 24 hours.

2. Heat 1/2 tbsp oil in a fry pan over medium heat (or heat the BBQ). Remove beef from marinade, shaking off large bits of lemongrass (small bits should fall off during cooking).

Place beef in the pan and cook each side until dark golden brown and chicken is just cooked through - about 6 to 8 minutes in total.

Remove from pan, shaking off any remaining bits of visible lemongrass and set aside to rest for 5 minutes. Then slice into thin pieces.

3. Combine the Nuoc Cham ingredients and mix well to dissolve the sugar. Adjust to your taste (spiciness, lime, sweetness) and set aside for at least 20 minutes.

4. Soak the vermicelli noodles in hot water for 3 minutes (or according to packet instructions), then drain and rinse under cold water to stop the noodles from sticking together.

Individual servings: Place noodles in bowl. Top with vegetables and herbs, and beef pieces. Drizzle with a few tablespoons of Nuoc Cham Sauce (be generous, ~ 4 tbsp per serving).

DIY (my preferred way): Place chicken, vegetables, herbs, noodles and sauce in separate bowls / piled on platters. Then let everyone make their own bowls!





# farewell waffles

*BBC Good Food*

250g plain flour  
7g baking powder  
20g caster sugar  
5g salt  
475ml milk  
2 eggs  
30ml vegetable oil

1. Weigh all the dry ingredients, place in a large mixing bowl. Break the eggs into the milk and beat the mixture.

2. Add the egg and milk mixture to the dry ingredients. Add the oil and mix all ingredients together until all the large lumps have been broken up. Do not over mix otherwise the waffles will be heavy when cooked.

3. Pre heat the waffle maker and spray with oil.

4. Pour 3/4 of a cup of batter into the waffle maker and cook for 3-4 mins or until golden brown and crispy on the outside.

5. Serve hot with maple syrup.



A photograph of a breakfast table set with waffles, fruit, and orange juice. The table is made of dark wood and is set with several white plates and glasses. In the center, there is a stack of golden-brown waffles on a white plate. To the left, there is a bowl of strawberries and a bowl of bacon. To the right, there is a bowl of raspberries. Several glasses of orange juice are scattered around the table. In the foreground, there is a green wooden chair. The background shows a bed with a striped pillow and a white blanket.

# gluten free waffles

*glutenfreepalate.com*

2 cups self raising gluten free flour  
1 tbsp caster sugar  
1 tsp gluten-free baking powder  
¼ tsp salt  
½ tsp gluten-free vanilla extract  
2 eggs, room temperature  
1¾ cup milk  
½ cup oil of choice

1. Preheat a non-stick waffle iron.
2. Add all the dry ingredients into a large mixing bowl, and whisk until combined.
3. Add in vanilla, eggs, milk, and oil. Mix just until the batter is smooth.
4. Make sure your waffle iron is hot before you add the batter. If your waffle iron is not non-stick, spray your preheated waffle iron with non-stick cooking spray. Pour mix onto hot waffle iron, approximately ¼ cup of batter for small square waffles. Cook until golden brown. Remove waffle from waffle iron and repeat until all waffles are cooked.
5. Top with your favourite toppings. This waffle recipe can be doubled, or tripled. Serve hot with maple syrup.

