



daylesford love 2026
recipe collection





crisp duck breasts à la mandarine

Gourmet Traveller

4 duck breasts (200g each), skin scored
2 mandarins, halved horizontally
90g honey
60ml sherry vinegar
80ml mandarin juice
2 star anise
1 cinnamon quill
1 small sprig fresh bay leaves

1. Heat a large frying pan over medium high heat. Season duck breasts with 1 tsp salt flakes and place skin-side down in pan. Reduce heat to low and cook until skin is golden and crisp (10 minutes), draining off fat as it renders; reserve 1 tbsp fat. Turn duck, increase heat to high and cook until browned and medium-rare (3-4 minutes).

2. Remove duck from pan and transfer to a warm place, cover loosely with foil and set aside to rest. Return pan to medium-high heat and add reserved rendered duck fat. Add mandarin halves cut-side down and cook until golden (1-2 minutes). Add honey, vinegar, mandarin juice, star anise, cinnamon and bay leaves, and cook until reduced and sticky (3-4 minutes). Return duck and any resting juices to the pan, season and serve.





sautéed green beans with garlic

Recipe Tin Eats

Blanched Green Beans:

250g/ 8oz green beans , trimmed

1 tsp salt

For Sautéing:

1 tbsp extra virgin olive oil (or... butter!)

2 garlic cloves, finely minced

1/8 tsp salt

1 pinch black pepper

1. Blanch beans: Bring a large saucepan of water to the boil with 1 teaspoon of salt. Add beans, cook for 4 minutes (they will turn bright green), drain, then rinse under cold tap water to cool. (There's really no need to shock in ice water). Shake off excess water.

2. Sauté: Heat oil in a large skillet over medium high heat. Add green beans and garlic. Toss (or stir!) for 2 minutes until the garlic is golden and crispy. Add salt and pepper, then toss.

3. Serve: Transfer beans to serving dish. Serve warm!





garlic and sage crispy potatoes

Donna Hay

1kg chat (baby) potatoes
½ cup (125ml) olive oil
1 head garlic, cloves separated
sea salt flakes
20 sage leaves
malt vinegar, to serve

1. Preheat oven to 220°C (425°F). Place potatoes in a saucepan of cold, salted water, bring to the boil and cook for 20 minutes or until cooked through. Drain and squash with the back of a spoon.

2. Place the oil and garlic on a baking tray and cook for 5 minutes or until hot. Add the potatoes and salt and cook for 15 minutes. Turn and cook for a further 10 minutes. Add the sage and cook for 5 minutes or until crispy. Serve with malt vinegar.

flourless chocolate, olive oil and almond cake

Benamina Ebuehi

For the cake

75g dark chocolate

250g caster sugar

150ml extra-virgin olive oil

3 eggs

175g ground almonds

90g cocoa powder

½ teaspoon bicarbonate of soda (baking soda)

½ teaspoon salt

150ml hot water

For the ganache

175g dark chocolate, plus extra chocolate shavings to decorate

220ml double (heavy) cream

1. Start with the cake. Preheat the oven to 180°C (160°C fan/350°F/gas mark 4). Grease and line a 20cm (8in) cake pan.

2. Melt the chocolate in short bursts in the microwave or in a bowl set over a pan of simmering water. Set aside to cool.

3. In a large bowl, whisk together the sugar and oil. Add the eggs and beat until smooth, then mix in the melted chocolate.

4. In a separate bowl, mix together the ground almonds, cocoa powder, bicarbonate of soda and salt. Stir this mixture into the wet ingredients until fully combined. Pour in the hot water and give it a good stir before pouring the batter into the cake pan.

5. Bake for 40 to 50 minutes until a skewer inserted into the middle of the cake comes out clean.

6. Let the cake cool completely in the pan and in the meantime make the ganache.

7. Finely chop the chocolate and place it in a bowl.

8. Heat the cream in a small saucepan until steaming, just before it comes to the boil. Pour the cream onto the chocolate and let it sit undisturbed for 30 seconds. Start stirring slowly from the middle, working your way outwards until you have a smooth ganache. If there are still a few unmelted lumps, place the bowl over a pan of simmering water and stir until everything is melted. Place the cooled cake on a wire rack and set the rack over a baking sheet or a sheet of baking paper to catch the chocolate. Pour the ganache over the cake, letting it drip down the sides. Use a palette knife to help the ganache drip to any uncovered areas.

9. Leave the cake to set for 30 minutes before covering in some chocolate shavings.





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.





porchetta

RecipeTin Eats

2.5 kg / 5lb pork belly with skin on, not scored

Rub:

2 tbsp fennel seeds
2 tsp black peppercorns
2.5 tsp cooking salt
3 tbsp finely chopped rosemary leaves
2 tsp red chilli flakes
6 large garlic cloves, finely grated

For skin:

2.5 tsp cooking salt
2 tbsp olive oil, divided

Gravy:

3 tbsp pork belly fat (reserved from roasting)
35 g plain flour
500 ml water
¼ tsp freshly ground black pepper
salt, if needed

Toast spices – Preheat a small pan over medium heat (no oil). Toast fennel seeds and black peppercorns, tossing regularly, for 1½ to 2 minutes until the fennel seeds are lightly browned.

Porchetta rub – Crush fennel and peppercorns into a coarse powder using a mortar and pestle, or spice grinder. Add remaining Rub ingredients and mix with a spoon – it will be like a thick wet paste.

Trim excess meat – Pat the pork skin dry with paper towels. Cut off about ~3cm meat along one long edge (leave the skin) so the pork rolls neatly. Do a mock roll-up to see how much to cut off – it's ideal if the skin fully encloses the meat, but usually this

isn't possible.. Reserve the trimmed meat – we be rolling it up inside.

Score 3cm diamonds into the flesh, taking care not to cut through the meat (~1 cm deep).

Rub – Use your hands to spread the Rub into the flesh side, being sure to get into the cuts you made. Also rub the extra piece of pork you trimmed off.

Tie – Place the trimmed piece of pork in the middle. Roll firmly then tie at 2.5cm intervals, starting at the centre then the ends, then working in towards. I do 8 equidistant ties on the skin (26cm log, one end has meat oozing out so can't be tied).

Fridge 1 – 2 days – Place on a rack on a tray and refrigerate uncovered for 48 hours (24 hours is ok) to let the rub infuse the flesh and the skin dry so it crackles really well. 12 hours is my bare minimum!

Slow roast:

Preheat oven to 130°C (120°C fan-forced) with the shelf in the middle.

Oil and salt skin – Remove the rack from under the pork and wipe the tray clean. Working on the tray, rub the pork skin with 1 tablespoon of the oil, then sprinkle and rub the salt in. Salt will catch on the ties – try to spread it out evenly all over the skin, and roll the pork on the salt that falls on the tray. No need to bring pork to room temp before roasting, it can go in the oven cold.

Slow roast – Put the pork on the rack again on a clean tray. Slow roast for 3½ hours. The flesh should be pretty tender (use 2 forks to check ends) but not “fall apart” (not our goal). The skin should still be soft – this is what we want at this stage.

Oil and increase heat – Remove the pork from the oven and turn it up to 240°C. Working quickly, transfer the pork still on the rack to a clean tray. (Keep the used tray for gravy drippings). Drizzle with

the remaining 1 tablespoon of oil (don't rub with fingers) then put it back in the oven – you want it in there as it is heating up.

Crackle skin – Roast for 30 to 40 minutes, rotating at the 15 – 20 minute mark, until the skin is all puffy and crispy all over (top and sides).

Rest and carve – Remove from the oven and leave it to rest for at least 30 minutes (up to 1 hour) before cutting the strings and slicing with a serrated knife. To keep it warm for longer, put it in a low 50°C oven after resting. Serve with gravy!

Gravy:

Reserve fat – Pour all the fat off the slow-roasting tray from step 4 into a jug (don't scrape, just pour).

Deglaze tray – Pour 1/2 cup of water onto the tray set on a stove on medium. When the water starts simmering, use a rubber spatula to loosen all the bits stuck on the tray. (If you have an induction stove, use boiling water – that should be enough to delegate, or if needed, pop the tray in the oven).

Make gravy – Measure out 3 tablespoons fat (from step 1) and put into a large saucepan. Heat on medium high, then add flour and stir for 1 minute. Whisk in water from deglazing tray, remains water and pepper. Simmer for 2 minutes or until it thickens. Taste, add salt if needed (I don't). Serve with pork.







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!





SPA RESORTS
DAYLESTON NEPHRAK SPRINGS
GO BY TRAIN

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.



