



MasterChef
AUSTRALIA



Potato Gnocchi with Sauteed Prawns in a Burnt Butter Sauce



Ingredients

1.5kg desiree potatoes
1 x 55g egg
2 tbs grana parmesan
125g plain flour
2 tsp sea salt
300g fresh prawn meat
60g unsalted butter
Salt and pepper
6 tsp salted baby capers, rinsed and drained
¼ cup finely chopped flat leaf parsley
Verjuice

Sage butter

1 bunch sage
200g unsalted butter

Serves 6

Method

1. Place unpeeled potatoes in a large saucepan of cold water; bring to the boil. Reduce heat and simmer for 30 minutes or until tender. The potatoes must be neither under nor over cooked, test with a skewer - when it is easily inserted, they are cooked (avoid testing too frequently otherwise they may become water logged).

2. Drain potatoes into a colander, cover with a fresh tea towel and place colander over the original pot in a warm place for 10 minutes to drain completely.

3. Peel potatoes and pass through a mouli, in batches, into the original dry saucepan. Gently mix in the egg, salt and parmesan. Sieve in the flour and combine with a few swift folds.

4. Tip potato mixture onto a lightly floured bench and gently work it into a smooth homogeneous (uniform) mound.

5. Using a pastry scrape, scrape down the bench, wash and dry your hands and lightly flour the surface again. Cut off $\frac{1}{4}$ of the potato mix at a time and roll out into a sausage shape to a thickness of about $1\frac{1}{2}$ cm. Cut each sausage into 2cm pieces. Makes approx 60 pieces.

6. Place these on a tray lined with grease proof paper, ready for cooking in salted boiling water.

7. For the sage butter, heat the butter in a shallow frying pan. When starting to bubble, add the sage leaves and cook until crisp and almost translucent. Pour through a sieve placed over a bowl. Spread the leaves on paper towel to drain. Keep warm. Reserve butter.

8. When ready to cook the gnocchi, heat 20g of unsalted butter in a wide frying pan. It should reach *beurre noisette* (nut brown stage) before adding 100g of prawn meat. Sauté for one minute, deglaze with a dash of verjuice and add 2 tsp of capers.

9. Cook gnocchi in a large pan of boiling salted water in small batches of 20 pieces at a time. Shortly after the gnocchi has risen to the surface (test to see if it is cooked) remove with a strainer, drain and add to the pan. Toss the pan to coat the gnocchi in the butter. Season with salt and pepper and add 1 tbs of chopped parsley. Spoon among 2 serving plates and top with fried sage leaves.

10. Deglaze the pan with a little of the sage butter previously saved and pour over the finished gnocchi. Repeat twice more to complete 6 serves.

Zesty Broccoli and Tomato Pasta



Ingredients

1 tbsp oil
2 cloves garlic, crushed
4 tomatoes, diced
1 x 1 litre pack Campbell's Real Stock - Vegetable
375g penne pasta
500g broccoli stems and florets cut into small pieces
grated zest and juice of 1 lemon

Method

Prep Time: 15 minutes

Cook Time: 25 minutes

Serves 4

1. Heat oil in a medium saucepan. Add garlic and tomatoes and cook for 2 minutes.
2. Add Campbell's Real Stock and bring to the boil. Stir in pasta and cook, uncovered, for 12 – 14 minutes, stirring occasionally, or until pasta is al dente and most of stock is absorbed. Do not drain.
3. Add broccoli and cook for 2 minutes or until broccoli is just tender. Stir through lemon zest and juice just before serving.

Cheesy Chicken and Spinach Lasagne



Ingredients

1 tbsp oil
1 onion, finely chopped
2 cloves garlic, chopped
500g chicken mince
4 tbsp tomato paste
400g can diced tomatoes
500ml pack Campbell's Real Stock - Salt Reduced Chicken
6 instant dried lasagne sheets
80g baby spinach
125g light cream cheese
1 cup grated tasty cheese

Method

Prep Time: 15 mins

Cooking Time: 20 mins

Serves 4

1. Preheat oven to 180°C. Heat oil in a saucepan over high heat. Add onion & garlic, cook for 2 mins.
2. Add chicken mince & cook until browned.
3. Stir in tomato paste, tomatoes & stock. Bring to the boil, stirring. Reduce heat & cook for 10 mins, stirring occasionally.
4. Spread some of the chicken sauce on the base of a 1 ½ Litre (6 cup) capacity lasagne or baking dish. Top with three lasagne sheets. Continue layering with chicken sauce, baby spinach & remaining lasagne sheets, finishing with chicken sauce. Top with small dollops of cream cheese then sprinkle over grated cheese. Bake for 20 mins or until golden brown.

Prawn Saganaki



Ingredients

8 green king prawns
2 cloves garlic, peeled, thinly sliced
1 long red chilli, thinly sliced
1/4 cup chopped coriander leaves
Extra virgin olive oil
Sea salt
4 baby yellow roma tomatoes
4 small black Russian tomatoes
4 baby red roma tomatoes
60g feta
1/4 cup chopped flat leaf parsley leaves

Serves 1

Method

1. Cut through the underside of the head and shell of each prawn with kitchen scissors, then use a sharp knife to butterfly the prawns open. Remove the digestive tract and wipe clean with paper towel. Place cut-side up onto a plate.
2. Press garlic, chilli and coriander over the prawn meat, drizzle with olive oil and season with salt. Marinate for up to 1 hour.
3. Preheat oven 250°C fan forced.
4. Heat an oven-proof frying pan over high heat until hot. Add enough oil to cover the base then add prawns flesh side down. Cook for 2 minutes, gently pressing flat with a spatula until golden. Turn over and cook few more minutes. Scatter the tomatoes over the pan, season with salt and transfer to the oven. Cook for 3 minutes until tomatoes just blistered.
5. Remove from the oven, crumble over the feta, scatter over the parsley, drizzle with olive oil and sprinkle with salt. Serve in the pan.

Kingfish Skewers with Zucchini Salad



Ingredients

500g piece kingfish, skin removed
1 lime
3 tablespoons olive oil
Sea salt

Zucchini and coriander salad

3 tablespoons extra virgin olive oil
1/2 lime, rind finely grated, juiced
Sea salt
6 baby zucchini, trimmed
1/2 cup coriander leaves

Serves 2

Method

1. Cut the kingfish into eight 1/2cm thick, about 10cm long pieces. Place two onto a board, one behind the other and carefully insert a skewer through the centre. Repeat with remaining fish.
2. Finely grate the lime rind onto a plate, add the oil and a sprinkling of salt. Add the fish and turn to coat. Allow to marinate no longer than 5-10 minutes.
3. Preheat char-grill pan over high heat until very hot. Cook the fish two at a time for 30 seconds. Turn over and cook for 10 seconds then remove to a plate.
4. For the zucchini and coriander salad, combine the oil, lime rind, lime juice and salt in bottom of a bowl. Thinly slice the zucchini lengthways and add to the bowl with the coriander. Toss gently to coat then pile onto the fish to serve.

Malaysian Fish Curry



Ingredients

185g jar Malaysian curry paste
½ cup fish stock
400ml can coconut milk
1 stem lemongrass, white part only, bruised
½ small butternut pumpkin (600g), peeled, deseeded and cut into 2.5cm cubes
1 small eggplant, cut into 1cm cubes
500g firm white fish fillets (e.g. Basa), cut into 3cm pieces
1 tbsp lemon juice
1 tsp sugar
Roti and lime pickle, to serve

Method

Serves: 6

Preparation: 20 mins

Cooking: 25 mins

1. Combine the curry paste, stock and coconut milk in a deep wok or saucepan and bring to the boil. Add the lemongrass and pumpkin, and simmer, partially covered, over medium heat for 15 mins, until pumpkin is just tender.
2. Add the eggplant and cook a further 5 mins, until it is soft. Add the fish and cook for 5 mins, until cooked through.
3. Stir in the lemon juice and sugar. Serve curry with roti and lime pickle.

Seared Scallops with Braised Pork Belly



Ingredients

1 tbs ground cinnamon
1 tbs sugar
2 tsp salt
750g piece pork belly
Snipped parsley cress, to serve
Seared scallops
2x11cm rounds puff pastry
12 fresh scallops on shell

Orange star anise sauce

Olive oil
6 French shallots, peeled, thinly sliced
1 cinnamon stick
3 star anise
2 garlic cloves, thinly sliced
2 tbs ouzo
1 cup freshly squeezed orange juice
5 sprigs coriander, finely chopped
5 mint leaves, finely chopped

Serves 2

Method

1. Combine cinnamon, sugar and salt on a tray. Coat pork belly all over in the spice mixture. Wrap it tightly in many layers of plastic wrap and then seal in a snap lock bag, making sure you remove all the air. Drop the pork still in the bag into a saucepan of warm water - the water should constantly be between 90C-100C. Place a folded tea-towel onto top of the pork to weigh it down, keeping it submerged in the water, cook for 6 hours. Remove the pork from the saucepan and sandwich between two plates. Place in the fridge overnight.

2. For the orange star anise sauce, pour oil into a frying pan over medium-low heat. Add shallots, cinnamon, star anise and garlic and cook for 10-15 minutes until lightly caramelized. Add ouzo and flambé to burn off the alcohol. Pour over the orange juice, and simmer 8-10 minutes until reduced by half. Remove the cinnamon stick and star anise and strain shallots, pressing as much liquid from the shallots as possible. Add 1 tbs olive oil to the sauce and set aside. Transfer the braised shallots and garlic to a bowl. Add the coriander and mint and pinch salt.

3. Preheat oven 160C fan forced. Line a baking tray with baking paper. Pierce rounds of pastry all over with a fork. Place onto lined tray, top with a second sheet paper and another tray. Bake 12 minutes or until pastry is golden and crisp. Set aside to cool. Increase oven to 180C fan forced.

4. Remove pork from the bag and unwrap, cut into twelve, 3cm square pieces. Heat frying pan over high heat until hot. Add pork, rind side down and cook 2 minutes. Transfer to the oven and roast 6-8 minutes until golden.

5. Remove the scallops from the shell. Cut in half to form 24 thinner scallops and pat really dry with paper towel. Trace a 10cm round onto a sheet of baking paper, turn paper over so pencil mark faced down. Using circle as a guide arrange scallops slightly overlapping over the circle. Heat a little oil in a frying pan over high heat, flip the scallops into the hot pan, remove the paper and cook for 30 seconds until seared. Remove from the heat.

6. Spoon caramelised shallot mixture over the top of both pastry rounds, place over the scallops. Use paper towel to wipe any excess oil from the hot pan then place your hand over the pastry round and carefully turn out scallops. Place into the centre of serving plate, pastry-side down. Arrange pork around outer edge of the plate, drizzle with orange sauce, scatter with parsley cres and serve.

Chargrilled Stuffed Squid with Green Bean, Olive and Tomato Salad



Ingredients

2 whole squid
2 anchovy fillets
1 clove garlic, finely chopped
2 eschallots, finely chopped
1/2 cup fresh ciabatta or sourdough breadcrumbs
1 tsp finely grated lemon rind, plus 1 tbs juice
1-2 tbs coarsely chopped fresh flat leaf parsley
1/4 cup olive oil, plus extra oil to drizzle
100g green beans, blanched and refreshed in cold water
1 vine-ripened tomato, blanched, peeled, seeded, and diced
2 tbs sherry vinegar
150g marinated kalamata olives, bruised and pitted

Method

1. To clean whole squid pull the tentacles firmly to separate head from tube (try not to break the ink sac, as the ink stains), cut below the eyes and discard head and guts, push beak (mouth) out from between the tentacles, discard beak. Remove quill (see-through plastic-like feather inside hood). Wash inside well to remove any remaining gut. Cut tentacles into 1.5cm lengths.
2. Heat half the olive oil in a frying pan, cook anchovy, garlic and eschallots until soft. Add tentacles and cook until opaque and just cooked. Season to taste.
3. Meanwhile, combine tomatoes, beans, olives, 1/2 tablespoon oil and vinegar in a bowl, season to taste.

4. Combine tentacle mixture in a bowl with lemon, parsley and breadcrumbs.

5. Spoon tentacle mixture into the squid hoods, leaving 1cm at the top to secure with a toothpick, drizzle with a little extra oil. Heat grillpan, cook squid, turning until golden and squid is just cooked through. Slice squid.

6. Divide salad among plates and top with squid, spoon over any remaining dressing to serve.

Balsamic Lamb with Spinach and Rice Salad



Ingredients

1 cup (250ml) Campbell's Real Stock - Beef
3 tbsp balsamic vinegar
1 clove garlic, crushed
1/4 tsp cracked black pepper
8 lamb leg steaks

Spinach & Rice Salad

1 1/2 cups (375ml) Campbell's Real Stock - Vegetable
1 cup long grain rice
1/2 red onion, finely sliced
100g baby spinach leaves
1/2 cup toasted slivered almonds
2 tbsp olive oil
1 tbsp fresh lemon juice
freshly cracked black pepper, to taste

Method

Preparation Time: 20 minutes + 2 hours marinating

Cooking Time: 25 minutes

Serves: 4

1. In a jug or bowl, combine stock, balsamic vinegar, garlic and cracked black pepper.
2. Place lamb into a large snap lock bag, or non-metallic bowl, pour over marinade. Marinate in the refrigerator for at least 2 hours, or overnight, turning occasionally.
3. Remove lamb from marinade and cook, on a preheated BBQ, char-grill plate or frying pan, for about 2 minutes each side, or until cooked to your liking.

For Spinach and Rice Salad:

1. Place stock into a medium saucepan, stir in rice. Bring to the boil, reduce heat to low. Cover and cook for 12 - 15 minutes or until rice is tender and stock absorbed.
2. Place rice into a large serving bowl, stir in onion and allow to cook for 10 minutes. Add baby spinach and almonds.
3. In a jug, or bowl, combine oil and lemon juice, season to taste with pepper. Pour over rice salad and toss gently to combine. Serve with lamb steaks

Indian-style Curried Lamb Shanks



Ingredients

1 tbsp vegetable oil
6 lamb shanks
1 large onion, chopped
½ cup Rogan Josh Curry Paste
400g can diced tomatoes
1 cup beef stock
Coriander leaves and yoghurt, to serve

Method

Serves: 6

Preparation: 10 mins

Cooking: 2 hours 15 mins

1. Preheat the oven to 160°C or 140°C. Heat the oil in a 10-cup capacity flameproof casserole dish. Brown the shanks in 2 batches over high heat on stove top; set aside. Add onion to the pan and cook over medium heat for 10 mins, until very soft and brown.
2. Add the curry paste and cook, stirring, for 1 min. Stir in the tomatoes and stock, and bring to the boil. Return lamb shanks to the pan, cover tightly and bake for 2 hrs in oven, until the meat is very tender.
3. Top shanks with coriander and serve with yoghurt.

Roast Lamb with Mint Pea Puree and Salad



Ingredients

1 lamb fillet
1 sprig rosemary
2 cloves garlic
1 potato
5 spinach leaves
100g peas
Leaves of 4 mint sprigs
5 sprigs of cress

Serves 1

Method

1. Place fillet of lamb on a 1 metre piece of alfoil.
2. Add chopped rosemary and garlic, season with salt and pepper.
3. Roll up fillet in the alfoil so that the meat is completely sealed.
4. Roast fillet in 180°C oven for 8 minutes. Remove from oven. Remove foil and rest meat for 4 minutes then fry in a pan until golden.
5. Peel and grate potato, dry on paper towel.
6. Finely shred spinach and add to potato, mix well then fry in a 10cm ring until golden.
7. Boil 250ml water in a pot then add peas (reserving a few for salad) and mint leaves, cook for 5 minutes - until the peas are soft but still vibrant green. Strain and blend until smooth puree.
8. Toss cress with reserved peas and a few mint leaves in a little oil and season with salt and pepper.

Rolled Leg of Lamb with Anchovy Stuffing and Spinach Pie



Ingredients

Leg of lamb, deboned and butterflied, bones reserved
½ medium onion, finely chopped, plus ½ finely chopped onion for sauce, ½ finely chopped onion for pie
3 slices white bread
5 anchovies, finely chopped, oil reserved
Olive oil
¼ cup flat leaf parsley, finely chopped
1 tsp sprigs thyme leaves, finely chopped, plus extra sprig for sauce
1 tsp rosemary leaves, finely chopped, plus extra sprig for sauce
2 tsp Worcestershire sauce
1 sheet puff pastry
2 tbs cream
1 bunch spinach, washed, stalks removed

Sauce

Reserved lamb bones
1 brown onion, finely chopped
2 tablespoons chopped flat leaf parsley

Method

1. Pre heat the oven to 200°C.
2. For the sauce, using a meat cleaver, chop the bones into small pieces. Heat an oiled frying pan over a high heat, sauté the onion then add the bones, brown all over, add the herbs, deglaze with enough water to cover and continue to simmer for 45 minutes, skim the surface when necessary and add more water when needed, season. Place a sieve lined with muslin over a bowl and strain the sauce, pour back into a clean saucepan and allow to reduce, skimming off any remaining oil and adding a little cream to finish the sauce.
3. Meanwhile, process the bread in a food processor until breadcrumbs form, transfer to a bowl and combine with onion, anchovies, parsley, thyme, rosemary and Worcestershire sauce, drizzle in some anchovy oil and a little olive oil, to bind.
4. Lay the lamb on a chopping board, flatten with a meat mallet, spread half the stuffing evenly on one side then roll and tie with kitchen string.

5. Heat an oiled frying pan over a high heat, brown all over, drizzle lamb with olive oil and top with remaining crumbs to form a crust, then transfer to the oven for 15 minutes for medium or until cooked to your liking. Rest for 10 minutes, then slice.

6. Lay the pastry on a flat surface, using a pastry cutter cut 2 circles, 10cm in diameter. Using a smaller cutter, score a border inside the circles, do not cut all the way through. Place on a baking tray, brush with cream and water mix and bake in the oven for 10-12 minutes or until puffed and golden, carefully remove the centre to form a vol au vent, retain the centre for use as a lid.

7. Heat an oiled pan over a medium heat, toss the spinach to wilt, remove and squeeze out any excess liquid, in the same pan sauté the onion, return the spinach to the pan and heat, add the cream and season.

8. Serve slices of lamb on a plate, place a pastry case to the side and fill with the spinach mixture, spoon over the sauce to serve.

Tandoori Chicken Drumsticks with Curried Lentils, Cucumber and Yogurt

Ingredients

30gr (2 Tbsp) Tandoori Spice powder (OR 2 tsp garlic salt , 1 tsp cayenne pepper , 2 tsp coriander , 2tsp cumin, 2 tsp ginger, 1 tsp ground cardamom , 1 tsp cinnamon)
220gr Natural full cream Yogurt
12 skinless Lilydale Chicken Drumsticks
60mls (4 Tbsp) extra Virgin Olive oil
Mint & Coriander Leaves for Garnish

Curried Lentils:

30gr (2 Tbsp) Butter
30gr eshallots, sliced
30gr (2 Tbsp) Mild Curry Powder
350gr (1 ¾ cup) Green Lentils
Salt & ground white Pepper to taste
Water

Cucumber & Sour Cream:

1 continental Cucumber, seeded and diced
220mls (1 cup) Sour cream
½ Bunch or ½ cup Fresh chopped mint
1/4 bunch Or ¼ cup fresh chopped coriander
Juice of ½ Lemon
Sea Salt & Cracked black pepper to taste

Method

Serves 6

1. Place the chicken drumsticks into a bowl and add the yogurt, Tandoori spice or paste and a little of the olive oil and mix together until well mixed and let marinate 2 hours.
2. Heat a pan and add some olive oil and brown chicken drum sticks on both sides and then roast in a pre heated oven at 180°C for 10-15 minutes or until chicken is fully cooked in centre this will depend on thickness.
3. While the chicken is cooking, prepare the Lentils: heat sauce pan with a little olive oil, add shallots and sauté, then add the curry powder and fry for few seconds, add the lentils and stir well, cover the lentils with water add butter, and cover, simmer gently till tender, about 15-20 minutes, then season.
4. Cut the cucumber into Fine dice, place in a bowl and mix in the Sour cream, chopped mint & coriander, lemon juice, sea salt & Black pepper, mix.
5. Finally spoon a generous portion of the cooked lentils into the centre of plate, place 2 of the drumsticks on top, spoon some of the cucumber and sour cream on the side.
6. Serve with steamed basmati Rice and Pappadums on side, and garnished with some fresh mint & Coriander leaves

Hong Kong Crispy Skinned Chicken



Ingredients

½ organic chicken, jointed
Selection of Asian greens
½ cup soy sauce
3cm julienned ginger and 2cm ginger in chunks
2 cloves garlic chopped into large pieces and 2 cloves chopped finely
Star anise/dried spices
Spring onion, finely sliced
1/2 cup Shou Xing wine
2 tbsp oyster sauce
1 chilli, deseeded, chopped
Oil for frying

Method

1. Put soy, rice wine, dried spices, chilli, ginger and garlic into wok with enough water to cover chicken. Poach until almost cooked through, removing smaller chicken pieces as necessary. Dry chicken.
2. Pour poaching liquid over prepared Asian greens to blanch.
3. Deep fry chicken until golden brown.
4. Fry chopped garlic and shallots (spring onions) until crisp and drain.
5. Toss greens in a wok with a little oil, julienned ginger and oyster sauce. Serve topped with chicken, sprinkled with fried garlic and spring onions.

This recipe has been written by an amateur chef and has not been tested by the MasterChef food department.

Whole Roasted Chicken with Spinach and Chickpea Stew

Ingredients

1 Large Lilydale whole Chicken (1.6 kg)
5gr (1 tsp) fresh chopped thyme
5gr (1 tsp) fresh rosemary
1 bag washed baby spinach leaves
2 large garlic cloves, crushed
120mls Chicken stock
Sea Salt & pepper
Pinch of saffron threads
5gr Moroccan spice or ras el hanout or Paprika
1 x 425gr tin chickpeas, drained and rinsed
60mls (4 Tbsp) extra-virgin olive oil
1 onion, finely chopped
2 large tomato - peeled, seeded and diced
50gr (¼ cup) raisins
Lemon or Lime wedges

Method

Serves 6

1. Preheat the oven to 220°C Rinse the chicken, then dry it very well with paper towels.
2. Place the chicken in a bowl, with 30mls (2 Tbsp) olive oil then season with the salt & pepper, heat a heavy pan, and brown chicken on all sides then roast chicken in the pre-heated oven for 1 hour and 15 minutes.
3. Then sprinkle over chicken the chopped thyme and rosemary and roast a further 10-15 minutes, depending on size.
4. Let it rest for 10-15 minutes in the pan but breast side down in roasting tray, to allow the juices to go into the breast.
5. While the Chicken is cooking, sweat the onion and garlic off in a pan with the remaining olive oil and a little butter, add the spice and fry for few minutes, and the drained chickpeas and chicken stock and diced tomatoes and bring to boil, simmer gently for 10 minutes, lastly add the washed and drained baby spinach leaves and Saffron threads and raisins and simmer gently for 5 more minutes, season.
6. To serve, spoon a large spoonful of the Spinach and chickpea stew onto a plate, the Divide the whole Chicken into 6 even portions, spoon some of the chicken juices and some extra virgin olive oil over each portion, serve with lime or lemon wedge on side.

Baked Chicken Breast with Moroccan spiced Vegetable Stew

Ingredients

6 Lilydale Skinless Breast, rubbed with a little olive oil, sea salt and pepper
30mls (2 Tbsp) Extra Virgin olive oil
3 cloves garlic, peeled and crushed
15gr (1 Tbsp) Ras el Hanout Spice (OR 1tsp ground cumin, 1 tsp ground coriander, ½ tsp nutmeg, ½ tsp ground black pepper, ½ tsp cinnamon, ½ tsp paprika, ½ tsp all spice, ½ tsp ground ginger, ¼ tsp cayenne pepper)
1 litre vegetable Stock
1 Large carrots, peeled and cut into cubes
1 Large Sweet potato, peeled & diced into cubes
2 Peeled potatoes, diced into cubes
1 large diced peeled eggplant, diced
2 zucchini, diced
2 cups cauliflower florets (about ½ cauliflower)
10 Okra, Cut in Half length ways (optional)
1 brown onion diced
1 small tin crushed tomatoes
1 tin Chick peas, drained and rinsed
30gr (2 Tbsp) cup currants
6 Fresh dates (pitted & diced)
30gr (2 Tbsp) seeded black olives, sliced
45gr (3 Tbsp) toasted almond nibs
1 Bunch Spinach washed and broken up
½ Tbsp Sea salt, to taste

Method

Serves 6

1. To make vegetable stew: Pour olive oil into a heavy oven-proof dish and place over medium-low heat. Sweat garlic and spices and sauté, stirring often until fragrant, 1 to 2 minutes, being careful not to scorch the garlic, add the spices and then add all the vegetable, including tomatoes and chick peas, but not the spinach.
2. Pour over the vegetable stock just to cover the vegetables, bring to boil, and then place in a preheated oven at 180°C for around 20-30 minutes or until vegetables are tender.
3. While the stew is cooking season the Chicken breast with some sea salt, and rub with olive oil, then heat a pan with some more olive oil and seal the chicken breast on both sides till brown, then roast in oven for 15-20 minutes till cooked, then let rest.
4. Remove stew from oven and stir in spinach, currants, almonds, leaving a few almonds for garnish and black olives and dates, seasoning and mix.
5. Serve by spooning the vegetable stew onto a plate, then slice chicken breast on top

Moroccan Spiced Chicken Skewers



Ingredients

1 cup (250ml) Campbell's Real Stock - Chicken
1 clove garlic, crushed
1 tsp ground ginger
1 tsp ground turmeric
1 tsp ground cumin
1 tsp ground coriander
Finely grated zest of 1 lemon
600g chicken thigh fillets, diced

Method

Preparation Time: 10 minutes

Marinating Time: 3 hours

Cooking Time: 10 minutes

1. In a bowl combine Campbell's Real Stock with garlic, ginger, turmeric, cumin, coriander and lemon zest
2. Add chicken and mix until well coated. Cover and marinate, in the refrigerator, for at least 3 hours or overnight
3. Remove chicken from marinade. Thread chicken onto skewers
4. Pan-fry, grill or BBQ for 3-4 minutes each side or until chicken is browned and cooked through. Serve with couscous

Chicken with Marsala and Caramelised Onion Sauce



Ingredients

2 tbsp butter
2 brown onions, thinly sliced
2 large single chicken breast fillets
4 thin slices prosciutto
3 tsp cornflour
1 x 375ml pack Campbell's Real Stock - Chicken
1 cup marsala wine

Method

1. Heat 1 tbsp butter in a large frying pan over medium heat. Add onions & cook for 10 mins, stirring until golden brown. Remove & set aside.
2. Cut chicken fillets in half, width wise, to make 4 thin fillets.
3. Place a slice of prosciutto on each fillet. Heat remaining butter in frying pan. Add chicken, prosciutto side down, pressing down firmly onto frying pan. Cook for 3-4 mins each side or until cooked through. Remove & set aside.
4. Combine cornflour, stock & marsala, mix well. Pour into frying pan, add cooked onions. Bring to the boil, stirring continuously. Cook for 5 mins, stirring, until thickened & reduced. Serve poured over chicken with mash & steamed green vegetables

Thai Green Chicken Curry



Ingredients

1 tbsp vegetable oil
12 chicken drumsticks
1 onion, halved and sliced
½ cup green curry paste
400ml can coconut milk
1 cup chicken stock
230g can sliced bamboo shoots, drained
1 tbsp fish sauce
1 tbsp lime juice
2 tsp brown sugar
1 cup bean sprouts
Mint leaves, coriander sprigs and steamed jasmine rice, to serve

Method

Serves: 6

Preparation: 15 mins

Cooking: 40 mins

1. Heat the oil in a large pan or wok. Cook drumsticks in 3 batches until golden brown; set aside. Stir fry the onion for 2 mins over high heat until soft. Add the green curry paste and cook, stirring, for 1 min.
2. Add coconut milk and stock to the pan, along with the drumsticks. Bring to the boil, reduce the heat and simmer, uncovered, for 30 mins, until the chicken is cooked.
3. Stir in the bamboo shoots, fish sauce, lime juice and brown sugar. Top curry with bean sprouts, mint and coriander and serve with rice.

Roasted Chicken Breast with Zucchini, Basil and Pine Nuts

Ingredients

6 skinless Lilydale Chicken breast
½ bunch thyme
Zest of 1 lemon
30mls (2 Tbsp) extra virgin olive oil
4 small zucchini
6 grape cherry tomatoes cut in half
45gr (3 Tbsp) butter
4 tbsp currants, soaked in port for at least 30 minutes
½ bunch basil, torn into small pieces
30gr (2 Tbsp) pine nuts, lightly toasted
Sea salt and freshly grounded black pepper
A little extra virgin olive oil, to drizzle

Method

Serves 6

1. Rub the chicken breast with a mixture of thyme, lemon zest and enough olive oil to ensure marinade coats the chicken breast, marinate 30 minutes before roasting.
2. Heat pan and add olive oil and brown the Chicken breast on both sides for 1-2 minutes each side, add about 1 Tablespoon butter then place pan in oven and roast Chicken Breast at 180°C for 15-20 minutes.
3. While Chicken is cooking, grate zucchini, lengths ways. Melt butter in a pan and cook zucchini gently until softened, add marinated currants, the torn basil leaves of two thirds of the basil and pine nuts, toss in pan to heat evenly through. Season.
4. To serve Slice the chicken breast into 3 slices and arrange in centre of plate, spoon a generous amount of the zucchini mix on top, then drizzle with some extra olive.

Middle Eastern Barbecue Chicken Pilau



Ingredients

2 chicken breast fillets
1 x 375ml pack Campbell's Real Stock - Salt Reduced Chicken
2 tsp Middle Eastern Spice mix
2 cloves garlic, finely chopped
1 onion, finely chopped
1 carrot, chopped
1 small eggplant, diced
400g can chopped tomatoes
1 cup basmati rice
1/4 chopped flat leaf parsley
1/4 cup chopped pistachio nuts

Method

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Serves: 4

1. Place chicken in a plastic bag and pour over 1/4 cup stock and the spice mix. Toss to coat thoroughly.
2. In a saucepan add remaining stock, garlic, onion, carrot, eggplant and tomatoes. Bring to the boil, stirring occasionally. Stir in rice, cover, reduce heat to low and cook for 10 minutes or until rice is tender
3. Meanwhile barbecue, grill or pan fry chicken for 10 – 15 minutes or until cooked through, brushing regularly with the marinade. Wrap in foil to keep warm.
4. Stir parsley and nuts through the rice and allow to stand for 5 minutes,
5. Slice the chicken then serve on top of the rice.

Ravioli with Chicken and Sweet Potato



Ingredients

2 garlic cloves (crushed)
1 red onion (diced)
1 cup celery (shredded)
2 cups sweet potato (shredded)
20 sprigs rosemary
1/2 chicken (de-boned - skin on)
1 glass of white wine
4 eggs
1 cup parmiggiano (grated)
300g plain flour

Serves 4

Method

Preparation time: 20 mins

Cooking time: 30 mins

1. Heat olive oil in frying pan. Add garlic, onion, celery, carrot, sweet potato and rosemary. Cook until tender.
2. Cut the chicken into small pieces. Place chicken skin side down into the frying pan and seal. Add white wine and salt and pepper. Cook on a medium heat until chicken is cooked.
3. Pasta dough: place 300g of plain flour in a mixing bowl. Add 3 eggs and 3 pinches of salt. Use a fork to mix it together till all the flour is taken up.
4. Knead the dough for about 5 minutes, then wrap it in plastic wrap and let it sit.
5. Strain the filling in a colander over a mixing bowl. Press down so the liquid is removed. Set aside the liquid.
6. Placed the strained filling into a food processor and blend it down until soft and velvety. Add 1 egg and 1 cup of grated parmiggiano. Combine.

7. Roll out pasta dough until 2/3mm thick. Add flour to the bench as you go to avoid sticking. Cut the dough into rounds with a cup. Make 16 rounds.

8. For each ravioli place a teaspoon of filling in the center of the cut out dough. Place a second piece of dough on top and press it down making sure you remove the air. Use a fork to press down the edges sealing them.

9. Repeat the above step for the 7 other ravioli.

10. Place all the ravioli in a pot of salted boiling water and cook for 6-9 minutes until done. Once the ravioli are cooked place them all on a tea towel and dry before placing them onto plates.

11. Take the saved liquid from the filling, reduce it on the stove, then spoon some of it over the plated ravioli.

Honey Soy Chicken Stir Fry



Ingredients

1 x 440g packet hokkein noodles
1 tbsp oil
500g chicken breast fillet, thinly sliced
2 cloves garlic, crushed
150g snow peas, trimmed, sliced
2 medium carrots, julienned
1 cup (250ml) Campbell's Real Stock - Chicken
2 tbsp soy sauce
¼ cup honey
1 ½ tbsp cornflour

Method

Prep Time: 15 minutes

Cook Time: 15 minutes

Serves 4

1. Prepare noodles according to directions on packet. Drain.
2. Heat oil in a wok, or large frying pan, over high heat. Cook chicken in two batches, until golden brown. Remove and set aside.
3. Add garlic, snow peas and carrots to pan. Cook, stirring, for 2 minutes. Return chicken to wok with prepared noodles.
4. In a jug or bowl, combine Campbell's Real Stock, soy sauce, honey and cornflour until well mixed. Pour over noodle mixture, and bring to the boil, stirring. Cook for 2 minutes, stirring, until sauce has thickened and noodles are heated through.

Creamy Honey Mustard Chicken



Ingredients

1 tbsp oil
500g chicken breast strips
200g button mushrooms, sliced
1 medium onion, thinly sliced
1 x 375ml pack Campbell's Real Stock - Chicken
1 tbsp wholegrain mustard
2 tsp honey
1 tbsp cornflour
200g green beans, sliced
1/3 cup sour cream

Method

Prep Time: 15 minutes

Cook Time: 25 minutes

Serves 4

1. Heat oil in a large frying pan over medium heat. Add chicken, and cook for 5 minutes or until golden brown. Remove and set aside.

2. Add mushrooms, onion and ½ cup Campbell's Real Stock and cook for 5 minutes stirring, until the stock has evaporated and vegetables have softened.

3. In a jug or bowl, combine remaining 1 cup Campbell's Real Stock with mustard, honey and cornflour and whisk until combined. Add to mushrooms with the beans. Bring to the boil, stirring constantly. Reduce heat and cook for 5 minutes, stirring occasionally, until beans are just tender. Return chicken to pan and cook for 1 -2 minutes until heated and cooked through. Stir in sour cream and serve.

Chicken and Cashew Singapore Noodles



Ingredients

375ml pack Campbell's Real Stock – Chicken
125g rice vermicelli noodles
2 tbsp oil
500g chicken breast fillet, thinly sliced
1 onion, thinly sliced
2 carrots, cut into thin sticks
200g snow peas, trimmed & halved
3 tsp mild curry powder
2 tbsp soy sauce
4 green onions, sliced
1/4 cup unsalted, roasted cashews

Method

Prep Time: 15 mins

Cooking Time: 25 mins

Serves 4

1. Place stock in a saucepan & bring to the boil. Remove from heat. Add noodles, toss until slightly softened. Cover & let soak for 5 mins, stirring occasionally, until softened.
2. Heat 1 tbsp oil in a wok, or large frying pan, over high heat. Cook chicken, in batches, for 5 mins or until golden. Remove & set aside.
3. Heat remaining oil in wok. Add onion, cook, stirring, for 2 mins.
4. Add carrots, snow peas & curry powder. Cook, stirring, for 2 mins.
5. Return chicken to pan. Add soy sauce, green onions, soaked noodles & any remaining stock, toss to combine. Cook, stirring, for 2 mins until noodles are coated & stock is absorbed. Stir through cashews & serve.

Italian Chicken Casserole

Ingredients

1 tbsp oil
1kg chicken drumsticks
1 onion, diced
2 cloves garlic, crushed
3 medium potatoes, chopped
2 zucchini, chopped
1 carrot, chopped
¼ cup plain flour
500ml pack Campbell's Real Stock - Chicken
4 tbsp tomato paste
2 tsp dried Italian herbs

Method

Prep Time: 15 mins

Cook Time: 40 mins

Serves 4

1. Preheat oven to 220°C. Heat oil in a large flameproof, ovenproof casserole dish over high heat. Add chicken & cook until well browned on all sides.

2. Add onion, garlic, potato, zucchini & carrot. Cook for 2 mins.

3. In a jug or bowl, combine flour with stock until evenly mixed. Stir in tomato paste & herbs then pour over chicken. Bring to the boil, stirring regularly. Cover & bake, for 30 mins or until chicken is cooked through. Serve with rice, pasta or mash.

Hot Salami Pizza



Ingredients

Pizza base (makes 4 bases)

15g dried yeast
20g caster sugar
20g salt
250g lukewarm water
1 tbs olive oil
425g (approx 3 cups) bakers grade plain flour

Pizza sauce

400g can chopped tomatoes
Pinch dried oregano
Pinch salt & freshly ground black peppr

Topping (for 1 pizza)

3 tsp finely chopped flat leaf parsley
1/3 cup freshly grated mozzarella
45g thinly sliced hot salami
4 cherry tomatoes, halved
1/2 (about 125g) buffalo mozzarella
6 large mint leaves

Method

1. For the pizza base, Combine yeast, sugar, salt, water and oil in a bowl, whisk to combine. Cover and set aside for 10 minutes until bubbles start to appear on surface. Transfer to a large bowl, add the flour and bring together in the bowl with your hands.

2. Turn onto a lightly floured surface and knead until smooth and elastic. Place into a bowl, cover and stand in a warm place until doubles in size.

3. For the pizza sauce, Tip tomatoes into a frying pan, add oregano, salt and pepper and cook 10 minutes until sauce thickens. Set aside to cool then blend or process until smooth.

4. Place pizza stone into the oven and preheat oven and stone to 250 degrees celsius fan forced for about 30 minutes.

5. Knock the dough down. Using 180g (about one-quarter) dough for 1 pizza, knead on a floured surface until smooth. Roll out until 5mm thick. Place dough onto the very hot pizza stone. Spoon over about 2 tbs pizza sauce then sprinkle with parsley and mozzarella. Top with salami and cherry tomatoes. Cook 6-8 minutes or until base is golden and crisp.

6. Tear the buffalo mozzarella and scatter over the pizza, top with mint leaves and serve.

Gary's Fried Rice



Ingredients

1 cup broken or long grain rice, rinsed
1 1/2 cups water
Peanut oil, for cooking
1 tbs finely grated fresh ginger
2 garlic cloves, crushed
1 egg, lightly beaten
100g lup cheong (Chinese-style sausage), diced
100g tempeh, diced
1/2 bunch chinese broccoli, chopped
1/2 small bunch mustard greens, chopped
1 red chilli, thinly sliced
1/2 tsp dashi powder
1 tsp dark mushroom soy
1/4 cup thinly sliced spring onions
1 1/2 cups bean sprouts, trimmed
1/4 cup coriander leaves
1 tbs deep fried shallots
1 tsp deep fried garlic, to serve
Fresh banana leaves, coriander leaves, fried shallots, fried garlic and lime, to serve

Picked ginger

1/2 cup white sugar
1/4 cup white vinegar
150g fresh ginger, peeled, thinly sliced

1. Combine rice, water, pinch salt and 1 tsp oil in a saucepan. Bring to the boil over high heat. Reduce heat to low, cover and cook for 6 minutes. Remove from the heat, set aside without removing the lid for 10 minutes to complete the cooking. Spread the rice onto a tray, cover and refrigerate overnight.

2. For the pickled ginger, combine the sugar and vinegar in a saucepan. Add ginger and bring to the boil. Simmer for 5 minutes. Then set aside to cool.

3. Heat wok until hot. Add oil, half the ginger, half the garlic and egg and stir until cooked. Transfer to a plate. Wipe the wok clean then add a little more oil with remaining ginger and garlic. Add lup cheong and cook until oil has rendered from sausage. Add tempeh and stir-fry until well coated. Add chinese broccoli, mustard greens and rice, cook over medium heat until warmed through. Add chilli and return egg and sprinkle over the dash. Add soy,

spring onions and bean sprouts and remove from the heat. Stir through coriander leaves, deep fried shallots and fried garlic.

4. Flash the banana leave over gas flame for a few seconds and place onto serving plate. Spoon over the rice, top with few pieces of pickled ginger, fried shallots, garlic and coriander, serve with lime.

Sweet and Sour Duck with Ho Fun Noodles



Ingredients

1/4 cup white vinegar
1/4 cup sugar
120 g young ginger
1 tsp salt
80g Chinese rice noodle (ho fan=河粉)
1 duck breast fillet
1 egg white
1 tsp corn starch
2 tsp light-soy sauce
2 cups vegetable oil
2 cloves garlic, thinly sliced
1 long red chilli, cut into diamond shape about 2cm
1 long green chilli cut into diamond shape about 2cm
150g of diced (2cm) fresh peeled pineapple
2 tsp chinese rice wine
2 long green onions/shallots, use only the white part, cut into 1 inch pieces

Sauce

¼ cup (60ml) chicken stock
2 tsp light soy sauce
1/2 tsp corn flour
1/2 tsp sesame oil
salt and white pepper to season

Method

1. In a small saucepan, add vinegar and sugar, stir over heat until sugar dissolves, set aside.
2. Peel and thinly slice ginger, place in a bowl, add salt and a bit of water, wash briefly and drain.
3. Soak ginger in sugar vinegar mixture for 15 minutes, drain.

4. Meanwhile, soak noodles in hot water for 2-3 minutes, until just soft; separate noodles, drain.

5. Skin and thinly slice duck breast place in a bowl with egg white, corn starch and light soy sauce. Set aside.

- 6 For the sauce, combine ingredients in a bowl and mix well, season to taste.

7. Place a wok on high heat, pour in oil, heat oil until almost smoking, add duck and slightly fry. Set duck aside, pour oil into a heat-proof bowl; except for about 1 tablespoon left in wok.

8. Heat remaining 1 tablespoon of oil in wok until hot but not smoking; add garlic, chilli, ginger and stir fry for 20 seconds, then add pineapple and stir fry for 30 seconds. Add duck pieces and Chinese wine and stir fry for 20 seconds.

9. Add noodles and sauce, stirring continuously until well combined, add spring onion. Check seasoning and adjust if necessary. Serve.

Stuffed Chinese Cabbage with Shredded Duck



Ingredients

1 duck breast, skin on, scored
1 garlic clove, minced
1 ginger 2cm cube, minced
2 tbs oyster sauce
4 Chinese cabbage leaves
4 garlic shoots
4 Chinese long beans
3 tbs Shou Xing wine
2 tbs soy sauce
300ml water
Bean sprouts, to serve

Method

1. Place the duck breast skin side down in a wok and place the wok over a medium-high heat. Cook for about 4 minutes to render out the fat, then continue cooking until the skin is crispy, turn and cook the other side for 1-2 minutes. Take out and rest for 5 minutes. Thinly slice.
2. Heat same wok over high heat, sauté the garlic and ginger for a minute in the duck fat, add the duck and oyster sauce and toss quickly to coat. Take off heat and set aside.
3. Meanwhile, cook cabbage in a saucepan of boiling salted water for 30 seconds, drain onto paper towel and pat dry. Tenderise the stalk by crushing lightly with the side of a knife.
4. Lay the cabbage leaves across a flat surface; take small spoonfuls of the duck mixture and place in the centre of each leaf, lay across each a long bean and a garlic shoot, fold the cabbage leaves into rolls. Place the wok back over a med-high heat and cook the cabbage rolls, 1-2 minutes on each side.
5. For the broth, combine the rice wine and soy in a medium saucepan, add water and simmer, season to taste and remove from heat.
6. To serve, arrange the cabbage rolls on a plate, spoon over the broth and top with bean sprouts.

Indonesian Beef Rendang



Ingredients

2 tbsp vegetable oil
1kg diced beef
1 onion finely chopped
50g sachet Rendang spice paste
400ml can coconut milk
½ cup beef stock
½ cup desiccated coconut
2 tsp brown sugar
1 tbsp kecap manis
Tomato wedges, diced cucumber and sliced red chilli, to serves

Method

Serves: 6

Preparation: 15 mins

Cooking: 2 hrs

1. Heat the oil in a large, deep frying pan. Cook beef in 4 batches over medium high heat until browned. Transfer to a plate. Reduce the heat to medium and add the onion to the pan. Cook for 5-7 mins until onion is soft and brown.
2. Add Rendang paste and cook, stirring, for 1 min. Return all meat to pan. Reserve 2 tbsp of coconut milk and add rest to pan with stock. Bring to the boil. Reduce heat to very low and simmer, uncovered, for 1 hr, stirring occasionally.
3. Stir in coconut, sugar and kecap manis, and cook for 30 mins, stirring often so it doesn't catch on bottom of pan, until liquid is almost all reduced. It should be quite a dry curry.
4. Serve topped with tomato, cucumber and chilli, with reserved coconut milk drizzled over.

* \$4.25 per serve as at June 2009

Spiced Beef and Orange Biryani



Ingredients

1 tbsp oil
500g rump steak, cut into small dice
2 onions, finely chopped
2 tsp mild Indian curry paste
1 x 500ml pack Campbell's Real Stock - Beef
1 ½ cups basmati rice
grated rind of 1 orange
½ cup coarsely grated pumpkin
6 pitted dates, roughly chopped
2 cups baby spinach
½ cup fresh or frozen corn kernels
100g green beans, sliced
400g can brown lentils, rinsed and drained
2 tbsp chopped toasted cashew nuts or almonds

Method

Preparation Time 25 minutes

Cooking Time 20 minutes

Serves 6

1. Heat oil in a large saucepan. Add beef, onion and curry paste and cook for 5 minutes until the meat has browned and onion softened.
2. Add stock and bring to the boil. Stir in rice, orange, pumpkin and date. Cook, covered, for 10 minutes.
3. Remove from heat and stir in spinach, corn, green beans and lentils and let stand, covered, for 5 minutes. Serve Biryani sprinkled with nuts.

Slow Roasted Beef



Ingredients

¼ cup olive oil
2 lemons, juiced
1 tbsp dried oregano
1.2kg beef blade roast

Method

Serves: 6

Preparation: 5 mins

Cooking: 2 hrs

1. Preheat oven to 160°C or 140°C fan.

2. Mix together oil, lemon juice and oregano in a large bowl. Season with salt and pepper to taste. Add beef and turn to coat. Place beef and marinade in an oven bag and use tie to seal tightly. Place in a baking pan and bake for 2 hrs, until beef falls apart.

3. Pour marinade juices from oven bag into a small saucepan. Simmer for 8-10 mins, until slightly reduced. Drizzle sauce over roast and carve thickly. Serve with vegetable side dishes.

* \$2.60 per serve as at June 2009

Seared Beef with Almond and Roquefort Crust



Ingredients

Rib eye beef
20g roughly chopped almonds
1 egg yolk
30g butter
1 heaped tsp of roquefort or to taste
1 sprig of thyme
50g green beans
60g canned chick peas

Serves 1

Method

1. Cream butter and yolk. Add chopped almonds, 1 sprig of thyme and the roquefort. Mix to combine.
2. Season meat. Seal the meat in frying pan for 2 minutes each side.
3. Place meat in oven for 3 minutes at 180°C. Remove and rest for 4 minutes.
4. Smother rib eye generously with the crust mixture and grill for 3 minutes or until it goes golden brown on top.
5. Blanch green beans in boiling water for 30 seconds. Plunge into cold water.
6. Puree chickpeas and use green bean water from the blanching to puree into desired consistency.
7. Place puree on a plate. Place 5-6 green beans on top. Cut rib eye into thin pieces and arrange on the beans.

Pan-fried Steak and Chips with Tarragon Salt



Ingredients

2 potatoes, peeled
2 tbs duck fat
400g rib eye steak
60g butter
Olive oil
4 medium mushrooms, stalk removed, finely sliced
1 garlic clove, finely diced
2 tbs brandy
1 cup veal glaze
1 tbs cream
Handful green beans
1 tsp rock salt
½ tsp tarragon

Serves 1

Method

1. Cut each potato to make 4 rectangles.
2. Heat the duck fat in a frying pan over medium heat and place the potatoes into cook, turn occasionally to brown the chips all over.
3. Cut an incision between the bone and the steak and tie with cooking string, to help retain shape, heat oil and butter in a frying pan over a high heat and cook the steak for 3-4 minutes each side for medium or until cooked to your liking, spoon over the butter and oil while cooking.
4. Melt the butter in a frypan over medium heat, add the garlic and sauté the mushrooms, add the brandy and allow the alcohol to cook out for a minute, add the veal glaze, simmer for a few minutes then strain the mixture, retaining the mushrooms.
5. Pour the sauce into a clean frying pan and simmer, reduce slightly, stir in the cream, add the mushrooms back into the sauce and heat.

6. Bring a saucepan of salted water to the boil, reduce to a simmer and blanch the beans for 2-3 minutes.
7. Using a pestle pound the rock salt and tarragon leaves in a mortar to make tarragon salt.
8. Serve the steak topped with the mushrooms with the chips and beans to the side, spoon over the sauce to serve.

Chinese Beef and Sesame Stir fry



Ingredients

1 tbsp oil
500g beef steak, cut into strips
2 carrots, julienned
150g green beans, sliced into 2 cm lengths
2 tsp crushed garlic
2 tsp crushed ginger
1 cup (250ml) Campbell's Real Stock – Beef
2 tbsp oyster sauce
2 tsp sesame oil
1 tbsp cornflour
2 tsp sesame seeds, to garnish

Method

Prep Time: 15 minutes

Cook Time: 15 minutes

Serves 4

1. Heat oil in a wok, or large frying pan, over high heat. Cook beef in two batches, until browned. Remove and set aside.
2. Add carrots, beans, garlic and ginger to pan and cook, stirring, for 2 minutes. Return beef to pan.
3. In a jug or bowl, combine Campbell's Real Stock, oyster sauce, cornflour and sesame oil, mix well. Pour over meat and vegetables, stir well. Bring to the boil, stirring, and cook for 2 minutes, stirring, until sauce thickens. Garnish with sesame seeds.

Beef, Vegetable and Mushroom Pot Pie with Golden Mash



Ingredients

2 tsp oil
750g lean beef mince
200g button mushrooms, sliced
2 carrots, cut into 1cm dice
2 cloves garlic, crushed
1/2 cup plain flour
1 x 1 litre pack Campbell's Real Stock - Vegetable
1 cup frozen peas
1 sheet frozen ready-rolled puff pastry, just thawed
800g potatoes, peeled, diced

Method

Prep Time: 15 minutes

Cook Time: 35 minutes

Serves 4

1. Preheat oven to 220°C.
2. Heat oil in a large frying pan over high heat. Add mince, mushrooms, carrots and garlic and cook for 5 minutes or until browned.
3. Stir in flour. Gradually add 2 cups Campbell's Real Stock and stir until combined. Bring to the boil, stirring. Reduce heat to medium and cook for 5 minutes, stirring occasionally, until mixture thickens.
4. Stir in peas then transfer to a 1 ½ litre (6 cup) capacity pie or casserole dish. Top with pastry and trim any excess. Bake for 15 minutes or until golden.
5. Meanwhile to make mash, place potatoes and remaining stock in a medium saucepan. Cook over medium heat for 10 - 15 minutes or until the potatoes are tender. Drain potatoes reserving the stock. Mash potato, adding enough reserved stock to make a smooth mash. Serve with the pie.

Hearty Beef Minestrone



Ingredients

1 tbsp oil
250g beef mince
1 clove garlic, crushed
2 rashers bacon, chopped
2 tbsp no added salt tomato paste
1 Litre pack Campbell's Real Stock - Salt Reduced Beef
2 sticks celery, diced
2 carrots, diced
2 potatoes, diced
2 zucchini, diced
1 cup small shell pasta
400g can borlotti beans, rinsed and drained

Method

Prep Time: 15 mins

Cook Time: 35 mins

Serves 4

1. Combine mince & garlic, roll into small balls.
2. Heat oil in a saucepan over medium-high heat. Cook meatballs until browned on all sides. Add garlic & bacon, cook for 1 min.
3. Add stock & bring to the boil. Stir in tomato paste, celery, carrots & potatoes. Cook for 5 mins.
4. Add zucchini & pasta. Cook for 10 mins or until pasta is just cooked.
5. Stir in borlotti beans & cook until heated through.

Meatballs with Tomato Risoni



Ingredients

1 Litre pack Campbell's Real Stock - Beef
500g beef mince
1 clove garlic, crushed
1 egg, lightly beaten
1 cup dried breadcrumbs
1 tbsp oil
4 tbsp no added salt tomato paste
½ tsp dried rosemary
1 ½ cups risoni pasta
2 ripe tomatoes, diced
chopped parsley or basil, to garnish
shaved parmesan, to serve

Method

Prep Time: 20 mins

Cook Time: 25 mins

Serves: 4

1. Combine ½ cup stock with mince, garlic, egg & breadcrumbs. Roll into balls.
2. Heat oil in a large frying pan. Add meatballs & cook until browned all over. Pour over remaining stock, tomato paste & rosemary. Bring to the boil, reduce heat & cook, covered, for 10 mins, stirring occasionally.
3. Stir in risoni & tomatoes. Cook for 8 mins, uncovered, stirring occasionally, or until pasta is al dente. Garnish with parsley & serve with steamed vegetables & parmesan.

Rich Beef and Mushroom Casserole



Ingredients

1 tbsp oil
500g diced beef
1 onion, diced
2 cloves garlic, crushed
250g mushrooms, sliced
2 large carrots, diced
1 tsp dried mixed herbs
4 tbsp tomato paste
500ml pack Campbell's Real Stock - Beef
2 tsp cornflour

Method

Prep Time: 15 mins

Cook Time: 45 mins

Serves 4

1. Heat oil in a saucepan over high heat. Cook beef, in batches, until browned. Remove set aside.
2. Add onion & garlic, cook for 2 mins. Add mushrooms & beef to pan. Cook for 3 mins until mushrooms have softened.
3. Add carrots, herbs, tomato paste & 1 ½ cups stock. Bring to the boil, stirring. Reduce heat & cook for 35 mins, stirring occasionally.
4. In a jug or bowl, combine remaining ½ cup stock with cornflour until smooth. Stir into beef mixture. Bring to the boil, stirring constantly. Cook for 5 mins, stirring occasionally, until sauce has thickened. Serve with mash & steamed green beans.

Lamb and Rosemary Potato Pie



Ingredients

800g potatoes, peeled and chopped
1 tbsp butter
¼ cup milk
1 tbsp oil
1 onion, finely diced
2 cloves garlic, chopped
500g lamb mince
2 carrots, grated
2 tbsp tomato paste
1 tsp dried rosemary
2 tbsp plain flour
375ml pack Campbell's Real Stock - Beef
½ cup grated tasty cheese

Method

Prep Time: 20 minutes

Cooking Time: 25 minutes

Serves 4

1. Preheat oven to 180°C. Place potatoes into a saucepan of boiling salted water. Cook for 20 mins or until tender. Drain, return to saucepan, add butter & milk, mash until smooth.
2. Heat oil in a saucepan over medium heat. Add onions & garlic, cook for 5 mins until softened. Add mince & carrot, cook until browned.
3. Add tomato paste & rosemary, cook, stirring, for 2 mins. Remove from heat.
4. Stir in flour. Slowly add stock, stirring after each addition, until combined. Return to heat. Cook for a further 5 mins, stirring constantly, until sauce has thickened. Spoon into a 2 Litre (8-cup) capacity ovenproof dish. Top with mashed potato then sprinkle over cheese. Bake for 15 mins or until golden

Chickpea and Couscous Burgers



Ingredients

1 x 375ml pack Campbell's Real Stock - Vegetable
1 cup couscous
1 zucchini, grated
1 carrot, grated
1 x 400g can chickpeas, rinsed and drained
1 egg
2 spring onions, finely chopped
2 tbsp chopped coriander
For Serving
12 slices toasted Turkish bread or 6 wholemeal burger rolls
1/2 cup baby spinach leaves
2 tomatoes, sliced
1 small red onion, finely sliced
1 Lebanese cucumber, finely sliced
1/4 cup natural greek style yoghurt

Method

Preparation Time: 25 minutes

Cooking Time: 15 minutes

Serves 6

1. Place 1 cup stock in a pan and bring to the boil. Remove from heat and stir in couscous. Cover and set aside for 5 minutes.
2. Place remaining stock in another saucepan and cook the zucchini and carrot until no moisture remains.
3. Place chickpeas and egg in a food processor and process until pureed. Transfer to a bowl. Stir in the couscous, vegetables, spring onions and coriander. Shape into 6 patties and barbecue, grill or cook in a non-stick frying pan.
4. Make burgers by layering lettuce, red onion, tomatoes, cucumber and couscous patties and a dollop of yoghurt between the Turkish bread or burger rolls.

Moroccan Casserole with Cous Cous



Ingredients

1 ½ tbsp olive oil
1 red onion, chopped
1 red capsicum, chopped
2 tsp Moroccan seasoning
400g sweet potatoes, peeled and chopped
1 medium eggplant, chopped
400g can diced tomatoes
3 cups vegetable stock
500g frozen broad beans, thawed and peeled
1 ½ cups cous cous
Coriander sprigs, to serve

Method

Serves: 4

Preparation: 25 mins

Cooking: 35 mins

1. Heat 1 tbsp of the oil in a large saucepan. Add the onion and capsicum to the pan, and cook for about 5 mins, until soft. Stir in the seasoning. Add the sweet potato and eggplant, and stir to coat in seasoning.

2. Add the tomatoes and 1 cup of the stock, cover and bring to the boil. Reduce the heat to medium low and simmer for about 20 mins, until the vegetables are tender.

3. Add the broad beans and cook a further 5 mins. Meanwhile, bring the remaining stock to the boil in a medium covered saucepan. Add the cous cous and stir once briefly, then put the lid back on tightly and turn off the heat. Stand for 5 mins, then drizzle the remaining oil over and fluff up the grains with a fork. Serve casserole with the cous cous

Vegetable and Lentil Soup



Ingredients

1 ¼ cups green lentils
3 stalks celery, with leaves, chopped
2 carrots, peeled, chopped
1 onion, chopped
3 cloves garlic, chopped
400g can diced tomatoes
3 tbsp olive oil
1 tbsp tomato paste
grated parmesan and celery leaves, to serve

Method

Preparation Time: 10 mins

Cooking Time: 1 hour 10 mins

Serves: 6

1. Wash lentils under running water. Drain well. Place in a large saucepan and cover with water. Bring to the boil on high heat. Drain, rinse and return lentils to same pan.

2. Cover with 8 cups of water and bring to the boil again on high. Add remaining ingredients, except parmesan. Season with salt and pepper to taste. Cover and simmer for 1 hr, until the lentils are tender and the soup has thickened slightly.

3. Serve topped with grated parmesan and a few chopped celery leaves, if you like.

Mushroom and Vegetable Dumplings With Broth



MUSHROOM & VEGETABLE DUMPLINGS with Broth

Ingredients

Broth

3 cups chicken stock
1 tbs caster sugar
¼ cup black vinegar
1 tbs light soy sauce
2cm piece ginger, peeled and sliced

Dumplings

50g firm tofu, finely diced
2 stems choy sum, finely chopped
50g mixed Asian mushrooms, finely diced
1 tsp fresh ginger finely diced
16 round wonton wrappers
Olive oil
Mixed Asian mushrooms, trimmed, to serve

Method

1. For the broth, pour the stock into a saucepan. Add the sugar, vinegar, soy and ginger. Place over a medium heat and allow to simmer.
2. For the dumplings, combine the tofu, greens, mushrooms and ginger in a bowl, mix and season.
3. Place one wonton wrapper on a flat surface, place a heaped teaspoon of the mixture in the middle of the wrapper, wet the edges using fingers and press tightly together to form a crescent shape, crimp to form dumplings, repeat with remaining wrappers.
4. Heat oil in a frying pan over a medium heat, lightly fry the bottom of the dumplings until golden, pour in a cup of the broth and place a tight lid onto the frying pan, allow the dumplings to steam for 2-3 minutes. Place the Asian mushrooms into the remaining broth to soften.
5. Place the dumplings in a bowl, spoon over the broth and serve with mixed Asian mushrooms.

Indian Potato, Paneer and Pea Curry



Ingredients

1 tbsp vegetable oil
1 onion, finely chopped
540g jar Balti Simmer Sauce*
1 cup vegetable stock
700g scrubbed potatoes, diced
1 cup frozen peas, thawed
200g Paneer cheese*, cut into 1.5cm cubes
2 tbsp slivered almonds, toasted, to serve
* Can be frozen at curried potato stage. Thaw, add peas and Paneer and reheat.

Method

Serves: 6

Preparation: 20 mins

Cooking: 35 mins

1. Heat oil in a large saucepan, add onion. Cook over medium heat for 10 mins, until dark golden brown. Add simmer sauce to the pan and cook, stirring, for 30 secs.
2. Pour the stock into the empty simmer sauce jar, put the lid on tightly and shake. Add to the pan along with the potatoes. Cover and bring to the boil, then reduce the heat to medium low. Simmer for about 20 mins, stirring occasionally, until potatoes are tender. Add the peas and paneer to the pan and cook for about 5 mins, until heated through.
3. Preheat the oven to 180°C or 160°C. While the curry is cooking, spread almonds onto an oven tray and cook for 4-5 mins, until golden and fragrant. Serve almonds on the side for guests to sprinkle over their curry, if desired.

Roasted Pumpkin and Spinach Risotto



Ingredients

1.2kg pumpkin, peeled, cut into 2cm dice
2 tbsp oil
1 Litre pack Campbell's Real Stock - Salt Reduced Vegetable
1 onion, diced
2 cloves garlic, crushed
1 ½ cups Arborio rice
1 ½ cups baby spinach leaves
¼ cup grated parmesan
¼ cup pine nuts, toasted
extra grated parmesan, to serve

Method

Prep Time: 20 mins
Cooking Time: 40 mins
Serves 4

1. Preheat oven to 200°C. Place pumpkin in a large roasting dish, toss through 1 tbsp oil. Bake for 20 mins or until tender.
2. Meanwhile, place stock in a saucepan, bring to the boil. Reduce heat to low, simmer to keep warm.
3. Heat remaining oil in another saucepan over medium heat. Add onion & garlic, cook for 5 mins. Add rice & stir to coat with oil.
4. Add 1 cup warm stock to rice. Stir constantly until stock has been absorbed. Continue adding stock 1 cup at a time, stirring after each addition until stock is absorbed. Once all stock has been added & rice is tender, stir through spinach, parmesan, pine nuts & roasted pumpkin. Serve with extra parmesan.

Chinese Money Bags



Ingredients

2 shiitake mushrooms
Approximately 12 Swiss brown mushrooms
2-3 garlic cloves
4 baby corn
4 slices bamboo shoots
Red chilli to taste
Light soy sauce to taste
Lemon to taste
Salt and pepper
1 tbs peanut oil
Extra oil for deep frying
Rice paper roll wrappers
Stems of bunch of coriander, blanched

Makes 8 individual money bags

Method

1. Soak shitake mushrooms in water for at least 30 minutes.
2. Finely dice Swiss brown mushrooms.
3. Finely chop garlic.
4. Heat oil and fry garlic and mushrooms until soft and golden.
5. Finely dice drained shitake mushrooms, baby corn and bamboo shoots. Add the garlic and mushrooms to mixture.
6. Season with salt and pepper, soy sauce, squeeze of lemon and mix together - taste for seasoning.

7. Place a teaspoon of mushroom mixture in centre of rice paper roll wrapper that has been pre-softened in hot water.

8. Use blanched coriander stems to tie up wrapper around mushroom filling to form a pouch.

9. Snip off excess wrapper and stems to create money bag.

10. Heat oil in saucepan until hot. Drop bags into hot oil and flash fry until wrapper puffs up and turns golden, making sure that bags do not stick together.

11. Drain moneybags on absorbent paper. Garnish with slithers of red chilli for colour.

Dipping sauce

1. Mix lemon, light soy and chilli to taste.

This recipe has been written by an amateur chef and has not been tested by the MasterChef food department.

Potato, Lentil and Pea Curry



Ingredients

1 tbsp oil
2 tbsp mild Indian curry paste
500ml pack Campbell's Real Stock-Vegetable
500g potatoes cut into 2cm pieces
500g sweet potato, peeled, cut into 2cm pieces
¼ cup red lentils
1 cup frozen peas
100g baby spinach
2 tbsp natural Greek style yoghurt

Method

Prep Time: 15 mins

Cook Time: 30 mins

Serves 4

1. Heat oil in a saucepan. Cook curry paste over medium heat for 1 min.
2. Add stock, potato, sweet potato & red lentils. Bring to the boil, stirring occasionally. Reduce heat, cover & cook gently, stirring regularly for 20 mins or until potatoes are tender.
3. Stir in peas, baby spinach & yoghurt. Cook for 2 mins or until spinach has just wilted. Serve with steamed rice & yoghurt.

Roasted Tomato and Pancetta Rice Salad



Ingredients

1 x 500ml pack Campbell's Real Stock- Vegetable
1 1/2 cups long grain & wild rice blend
1 x 250g punnet cherry tomatoes
1 red onion, cut into wedges
2 tbsp olive oil
2 tsp balsamic vinegar
2 garlic cloves, crushed
10 thin slices pancetta
1/3 cup pine nuts, toasted
2 teaspoon brown sugar
1/3 cup chopped parsley
1/2 cup shredded basil
Grated zest and juice of 1 lemon

Method

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Serves: 6 as a side

1. Preheat oven to 180°C.
2. Add Campbell's Real Stock and rice to a large saucepan and bring to the boil. Cover, reduce heat to the lowest setting, and cook for 12-14 minutes. Remove from heat and let stand for 5 minutes until water is absorbed and rice is tender.
3. Combine oil, vinegar and garlic, add tomatoes and onion and toss. Place cherry tomatoes and onion onto non-stick baking tray (or a baking tray lined with non-stick baking paper) and drizzle with any remaining vinegar mixture. Bake in preheated oven for 15-20 minutes or until tomatoes have split and wilted slightly and onions are lightly browned.

4. Meanwhile cook pancetta under a preheated grill until crisp. Allow to cool, then tear into pieces.

5. Place cooked rice in a large bowl. Add tomatoes, onions and any remaining pan juices. Add pancetta, pine nuts, sugar, parsley, basil and lemon rind and stir gently to combine. Pour over lemon juice and toss gently. Serve warm.

6. You can just use 1 1/2 cups long grain or basmati rice. If can't find the blend use 1 1/2 cup long grain and 1/4 cup wild rice.

TIP: For a vegetarian option omit pancetta and add 1 x 400g can chickpeas rinsed and drained.

To make a main meal salad add either some sliced smoked or grilled chicken breast or some canned tuna or salmon slices.

Hirino youvetsi

Ingredients

25ml extra virgin olive oil
1kg pork shoulder or neck, diced
75ml extra virgin olive oil
2 brown onions, sliced
2 cloves garlic, peeled and finely sliced
1 cinnamon stick
750g tinned crushed tomatoes
1000ml chicken stock
500g arborio rice
200g feta cheese, crumbled
Kefalograviera cheese, shaved
Flat-leaf parsley

Serves 4

Method

1. Heat a heavy base pot until smoking. Add olive oil and pork and cook until completely browned.
2. Add olive oil and sweat onions and garlic until soft.
3. Add arborio rice, tomatoes and chicken stock. Add cinnamon stick.
4. Cook over a gentle heat for approximately an hour and ten minutes.
5. Crumble in fetta. Add kefalograviera, parsley and a little olive oil. Gently stir to melt the cheese.

Baked Bacon Wrapped Chicken with Vegetables



Ingredients

1 tbsp dried sage leaves
4 chicken breast fillets
4 rashers bacon, trimmed, rind removed
1 red onion, cut into wedges
4 potatoes, quartered
400g pumpkin, peeled, cut into pieces
375ml pack Campbell's Real Stock – Salt Reduced Chicken
1 ½ tbsp plain flour

Method

Prep Time: 15 mins
Cooking Time: 50 mins
Serves 4

1. Preheat oven to 200oC. Place sage onto a plate. Press chicken into sage until coated on both sides.
2. Wrap one bacon rasher around each chicken fillet. Place into a lightly greased, large baking dish.
3. Arrange onion, potatoes & pumpkin around chicken. Pour over stock. Bake for 50 mins or until chicken & vegetables are cooked through. Pour pan juices into a jug
4. Place flour into a saucepan. Slowly pour in pan juices, whisking until smooth. Place over high heat. Bring to the boil, stirring constantly then cook for 1 – 2 mins, stirring, or until thickened. Serve with chicken & vegetables.

Strawberry Tart with Crème Fraîche Filling



Ingredients

12 strawberries, hulled and halved
½ lemon, juiced
40g palm sugar
50g crème fraîche
50g pouring cream
Rice, for blind baking

Pastry

168g plain flour
85g icing sugar
125g butter, diced
2 eggs

Method

1. For the pastry, process flour, sugar and butter in a food processor until breadcrumb consistency. Add the eggs one at a time, process until the dough starts to come together. Remove, transfer to a dry clean bench, press the dough into a smooth disc. Wrap in plastic wrap and set aside in the fridge for 30 minutes to rest.
2. Place half the strawberries in a small saucepan, add lemon juice, palm sugar and 1 tablespoon of water, cook for 15-17 minutes or until mixture reaches 105°C and is a jam-like consistency. Set aside to cool.
3. Remove dough from fridge, roll out on a lightly floured bench with a rolling pin to a thickness of 5mm. Line a 10cm loose based pastry tin with the dough, cover with plastic wrap, return to the fridge for a further 30 minutes.
4. Whip cream to soft peaks, add crème fraîche to the bowl, fold through.
5. Line chilled pastry shell with baking paper, pour rice ¾ of the way up the side of the shell, bake for 10 minutes. Remove rice and paper, return tart shell to the oven for a further 5-10 minutes to dry out. Set aside cool.
6. To serve, brush the base of tart shell with strawberry jam, top with crème fraîche mixture, arrange remaining strawberries in a star shape, brushed with more strawberry jam.

Filled Crepe with Ricotta, Chocolate and Strawberry



Ingredients

200g ricotta
¼ cup icing sugar
100g dark chocolate, roughly chopped
8 strawberries, diced
½ lemon, rind finely grated
115g plain flour
2 tbs caster sugar
2 eggs
300ml milk
25g butter, melted
Icing sugar, to serve

Method

1. Combine the ricotta, icing sugar, dark chocolate, strawberries and lemon zest in a bowl.
2. Combine the flour and sugar in a bowl, add the eggs, milk and butter, whisk to make a fine batter.
3. Heat an oiled frying pan over a med-high heat, using a ladle, spoon enough batter to thinly cover the frying pan, cook 1-2 minutes or until lightly golden and cooked then flip over and cook the remaining side. Repeat with the remaining crepe mixture.
4. Spoon the ricotta mixture into the centre of the crepes and fold to create a parcel.
5. Plate and dust with icing sugar to serve.

Date and Lemon Scones



Ingredients

150ml-175ml milk
150ml cream
1 egg
3 cups self-raising flour
2 tbs caster sugar
1 cup chopped, dried dates
Finely grated rind 1 lemon
Cream & jam, to serve

Makes 12

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Method

1. Preheat oven 200°C fan forced. Line large flat oven tray with baking paper.
2. Whisk 150ml milk, cream and egg together until well combined. Combine flour, sugar, dates and lemon rind in a large bowl. Add milk mixture and stir gently to a soft dough, adding remaining milk if necessary. Turn onto a lightly floured surface and knead gently until dough comes together.
3. Press dough out to 2cm-thick. Cut scones from dough and place onto tray flat-side up. Press dough together gently and repeat using the remaining dough. Brush the tops with milk and sprinkle with a little sugar. Bake 12-15 minutes until golden and well risen. Serve hot with jam and cream.

Raspberry Tart



Ingredients

450ml thickened cream
1 1/2 teaspoons vanilla bean paste
1/4 cup icing sugar, plus extra, to serve
3-4 punnets fresh raspberries

Sweet shortcrust pastry

2 1/4 cups plain flour
1/4 cup icing sugar
125g unsalted butter, softened
2 x 59g eggs

Serves 8

Method

1. For sweet shortcrust pastry, combine flour and icing sugar in food processor, process to combine. Add butter and process to fine crumbly texture. Add eggs and process until pastry comes together. Knead lightly on floured surface until base is smooth, pat the top to flatten slightly then wrap in baking paper and refrigerate 20 minutes or until firm enough to roll out.
2. Preheat oven to 200°C (180°C fan forced).
3. Roll out dough on a lightly floured work surface, use pastry to line base and side of 3cm deep, 24cm loose-based tart tin. Trim off any excess pastry, prick the base all over with a fork, then refrigerate for 10 minutes.
4. Place sheet of baking paper over the pastry and three-quarters fill with raw rice or beans. Bake blind for 15 minutes or until edges are light golden. Remove paper and rice and bake further 10 minutes or until base is dry and pastry golden. Set aside to cool in tin. Transfer pastry case to serving plate.
5. Whip the cream, vanilla and icing sugar together until thick. Spoon whipped cream into pastry case, then spread evenly. Scatter with raspberries and sprinkle with icing sugar.

Chocolate Fudge Cake



Ingredients

100g chocolate
100g unsalted butter
3 eggs, separated
150g castor sugar
50g plain flour, sifted
50g pistachio nuts, finely chopped
1 dozen fresh raspberries to serve

Chocolate Ganache

100ml cream
125g chocolate, grated

Rose Water Cream

100ml cream
2 tbsp rose water

Serves 2

Method

1. Preheat oven to 160C.
2. Grease and line a medium sized baking tray.
3. Over a double boiler, melt chocolate and butter together. When cool, mix in flour.
4. In a separate bowl, whisk together egg yolks and half the sugar.
5. Whisk egg whites in a separate bowl. When you have reached the soft peak stage, whisk in remaining sugar.
6. Fold egg whites into chocolate mixture.

7. Pour into baking tray and cover the top with baking paper to prevent a skin from forming.
8. Bake in oven for 30 minutes with a water bath on the tray below to keep the cake moist.
9. Turn cake out onto a cooling rack and let cool to room temperature.
10. To make chocolate ganache: bring cream to a simmer and pour over chocolate. Mix to combine.
11. To make rose water cream: whip cream to soft peaks and then mix in rose water.
12. To serve, top cake with chocolate ganache, chopped pistachio nuts and rose water cream. Serve with raspberries.

Apple and Butterscotch Pie



Ingredients

3 sheets frozen shortcrust pastry, thawed
½ cup brown sugar
⅓ cup golden syrup
20g butter
⅓ cup plain flour
1 tsp cinnamon
½ tsp nutmeg
10 medium Granny Smith apples, peeled, sliced
1 egg, lightly beaten
2 tsp caster sugar

Method

Serves: 8

Preparation: 20 mins + chilling time

Cooking: 1 hr 25 mins

1. Grease a 20cm springform pan. Cut 1 sheet of pastry into 4 strips, lengthways. Place a strip along each edge of second pastry sheet, pressing lightly to join, to make one large square. Ease prepared pastry into pan, pressing into base. Trim edges. Prick pastry with fork and chill for 30 mins.
2. Meanwhile, place brown sugar, syrup and butter in a large saucepan. Stir on low until melted and smooth. Simmer for 2 mins. Place flour and spices in a large bowl. Add apple, toss to coat. Add to syrup. Stir to coat. Simmer for 20 mins, stirring occasionally, until apples are just tender.
3. Preheat oven to 180°C or 160°C fan. Line shell with non-stick baking paper. Fill with rice. Blind bake for 15 mins. Remove rice and paper, bake for 5 mins.
4. Spoon apples into pastry shell. Using a 4cm round cutter, cut about 30 rounds from remaining pastry. Starting from the outside edge of the pie, arrange rounds, overlapping slightly, over apple filling. Brush pastry lightly with beaten egg and sprinkle over caster sugar. Bake for 30-40 mins, until golden and crisp. Serve apple pie in wedges with ice-cream.

Sticky Date Pudding with Butterscotch Sauce & Almond Praline



Ingredients

180g dates, pitted and roughly chopped
1¼ cups (310ml) water
½ tsp bicarbonate of soda
¾ cup (165g) firmly packed brown sugar
60g butter, softened chopped
2 eggs
1 cup (150g) self-raising flour

Almond praline

½ cup (110g) caster sugar
¼ cup (35g) slivered almonds

Butterscotch sauce

50g butter
1 cup (220g) brown sugar
1 cup (250ml) cream
1 tsp vanilla extract

Makes 8

Method

1. Preheat oven to 180°C (160°C fan-forced). Lightly grease eight (½ cup capacity) metal dariole moulds.
2. Place dates and water in a saucepan and bring to the boil over a high heat. Remove from the heat. Add bicarbonate of soda, stir until dates start to break down, set aside to cool, stirring occasionally.
3. Beat butter and sugar in a bowl using a hand beater, gradually add eggs one at a time, beat until light and fluffy.
4. Add date mixture, stir to combine. Carefully fold through sifted flour, divide mixture evenly between the eight moulds, until 2/3 full.
5. Place moulds in a baking tray, carefully pour water in tray until it comes up 1/3 of the side of the moulds. Bake in oven for 40 minutes or until golden and skewer comes out clean.
6. Meanwhile, for the almond praline, combine sugar and 2 tablespoons water in a saucepan over medium heat and cook caramel without stirring, swirling pan, until deep golden. Scatter almonds onto a baking paper-lined oven

tray, pour over caramel and cool until set. Break praline into pieces.

7. For the butterscotch sauce, combine butter, sugar, cream and vanilla in small saucepan over low heat until butter melts and sugar dissolves. Bring sauce to the boil, reduce heat and cook for 5-6 minutes or until sauce thickens slightly.

8. To serve, invert the hot pudding onto a serving plate, top with butterscotch sauce and shards of praline.

Apple Tarte Tatin



Ingredients

3 Golden Delicious apples
1 tbs lemon juice
½ cup (110g) caster sugar
20g unsalted butter, chopped
Ready-rolled puff pastry sheet
Cream, to serve

Serves 2

Method

1. Preheat oven to 220°C (200°C fan-forced).
2. Peel apples, cut into quarters, remove cores (cutting each quarter at the core so it has a “flat” side), and toss the quarters in a large bowl with the lemon juice and 1 tablespoon of the sugar.
3. Using a 20cm frying pan as a guide, cut pastry into a round slightly larger than the pan, prick with a fork.
4. Melt butter in a 20cm non-stick frying pan over medium-high heat. Cover with the remaining sugar. Cook over medium-low heat, shaking pan occasionally to spread around any dark spots that appear, until a rich caramel forms.
5. Place apple quarters into pan, rounded side down, arranging them around pan. Cut remaining apple to fill gaps. Cook the apples over medium heat for about 10 minutes until caramel is bubbling up in the pan, shaking pan occasionally to prevent burnt spots.
6. Lay the pastry over the apples, tucking any protruding edges around edges of pan.
7. Place the pan in the oven, cook for about 25 minutes, or until the puff pastry has risen and cooked. The pastry should be dry and flaky. Stand tarte in pan for 10 minutes before carefully turning out onto a serving plate. Serve with cream.

