

Churros (Spanish doughnuts) with hot chocolate sauce

Ingredients:

250ml milk
Pinch of salt
100gm butter
150gm flour
4 eggs
80gm caster sugar
2 teaspoons of cinnamon or cassia powder
2 litres of oil for deep frying

Sauce Ingredients:

200gm dark chocolate
200ml double cream

Method:

1. Place milk, salt and butter into a stockpot and bring to the boil. Add the flour and stir constantly and whisk, cooking on a medium heat for several minutes until it becomes a smooth dough ball which does not stick any longer to sides of the pot.
2. Transfer the dough into a mixer bowl with the dough hook attachment. Start beating it and add the eggs. Once the eggs are mixed into the dough remove the dough and transfer into a piping bag (with a star nozzle).
3. Heat the oil to 170 degrees (to check the temperature place a piece of white bread into the oil and if it turns golden brown in a matter of a minute the oil is hot enough).
4. Pipe dough curls and twists into the oil and let the doughnuts bake until golden brown.
5. While the doughnuts are cooking mix the sugar and cinnamon.
6. Remove the doughnuts and drain them on kitchen paper, before you roll them in the cinnamon sugar.

Chocolate Sauce:

1. For the chocolate sauce chop the chocolate finely.
2. Bring the cream to the boil and add the chocolate. Stir constantly until you get a smooth creamy silky sauce. (If you want to serve the chocolate sauce cold add 100ml of milk to the recipe)

Note: the sauce and unbaked dough last for several days in the fridge

Chocolate Zucchini Cake/Muffins

Ingredients:

3 cups zucchini grated
1 cup cocoa powder
3 cups plain flour
1½ teaspoons baking powder
1 teaspoon bicarbonate soda
1 teaspoon cinnamon
2 cups soft brown sugar
4 eggs
1 cup vegetable oil
1 teaspoon vanilla essence
1 cup yoghurt

Method:

Preheat oven to 180°C. Grease cake tin/muffin trays.

1. Mix all the wet ingredients with a whisk until well combined. (Zucchini, eggs, oil, vanilla essence and yoghurt) in a large bowl.
2. Mix the dry ingredients using a large spoon until well combined, (cocoa powder, flour, sugar, bicarbonate soda, baking powder and cinnamon).
3. Add the dry ingredients to the wet and mix with a wooden spoon until well combined.
4. Spoon mixture into the cake tin and bake for 30 to 40 minutes or spoon into the greased muffin pan ½ full and bake for 12-15 to minutes or until cooked through and golden brown.

Makes about 28

Vegetable Pasties

Ingredients:

200g potatoes, peeled, chopped
2 teaspoons olive oil
1 medium brown onion, finely chopped
1 medium carrot, peeled, and cut into small cubes
1 medium turnip, peeled, and cut into small cubes
½ cup frozen peas
1 tablespoon mild curry powder
6 sheets frozen shortcrust pastry, partially thawed
1 egg, lightly beaten

Method:

Preheat oven to 180°C. Line a baking tray with baking paper.

1. Cook potatoes and turnip in a saucepan of boiling water for about 8 to 10 minutes or until just tender. Drain.
- 2 Heat oil in a frying pan over medium heat. Add onion and cook for 3 minutes or until softened. Add carrot, and cook, stirring, for about 5 minutes.
3. Add potato mixture, peas and curry powder to pan. Stir to combine and cool.
4. Line 3 to 4 baking trays with baking paper. Using an 11cm cutter, cut 4 rounds from each pastry sheet or divide the pastry into 4 squares.
Spoon 1½ tablespoons of mixture into the centre of each pastry round. Brush edge with egg. Fold up sides to enclose filling. Press edges to seal and form frills. Brush pasties with egg.
5. Brush pasties with egg wash.

Makes about 24

Chocolate Blood Plum Muffins

Ingredients:

- 2 cup self-raising flour
- $\frac{3}{4}$ cup caster sugar
- 2 tablespoons cocoa powder
- $\frac{1}{2}$ cup melted butter
- 1 cup milk
- 2 eggs
- 2 cups fruit chopped or grated

Method:

Preheat oven to 180°C. Grease muffin pans

1. Place flour, cocoa powder and sugar in a bowl and make a well.
2. In a separate bowl lightly beat with a fork the melted butter, milk and eggs.
3. Add the wet mix to the dry mix and lightly stir together but do not over mix.
4. Stir in the fruit.
5. Fill the greased muffin pans $\frac{1}{2}$ full and bake for 12-15 to minutes or until cooked through.

Makes about 12 large or 28 small

Gyoza (Pork Dumplings)

Ingredients:

300g pork mince
200g cabbage finely sliced
50g Chinese chives finely chopped
2 spring onions finely chopped
2 teaspoons salt
1 clove garlic crushed
1 teaspoon fresh ginger grated finely
1 tablespoon soya sauce
1/2 tablespoon sesame oil
1 teaspoon potato starch
1 teaspoon Chinese seasoning
1 tablespoon rice wine
pepper to season
Gyoza skins
oil for frying

Method:

Mix cabbage, chives, spring onions and salt together and set aside.

Put pork mince into a large bowl and add garlic, ginger, soya sauce, sesame oil, potato starch, Chinese seasoning, rice wine and pepper. Mix well with your hands.

The cabbage mixture will have drawn a lot of water. Squeeze small amounts and place in with the pork mixture. Mix well.

You will need a small bowl of water.

Take a Gyoza skin and fill with about a teaspoon of the pork filling. Using your fingers run some water along the edges then pleat the skins together.

Place a frying pan on the stove with a little oil and heat. Once the oil is hot enough carefully place the Gyoza close to one another. Allow the bottoms to brown then add a little water and place a lid on and allow them to steam for approximately 5 minutes or until cooked through.

Serve with soya sauce.

Minestrone Soup

Ingredients:

2 onions, chopped finely
3 carrots, finely diced
3 stalks celery, finely chopped
2 large potatoes, peeled and cubed
2 zucchinis, diced
250g cabbage, roughly chopped
1 x 800g can diced tomatoes
1 x 400g can cannellini beans, drained
2 tablespoons olive oil 2 litres water
2 heaped teaspoons vegetable stock powder
¼ cup fresh rosemary, finely chopped
250g pasta, spiral or penne
3 flavoured sausages, such as pork and fennel (optional)
Salt and pepper to taste
Parmesan cheese for serving

Method:

Squeeze small amounts of meat out of the sausage skins so you have mini meatballs.

Heat the oil in a large soup pot.

Cook onion, stirring occasionally, then add the meatballs and cook till light brown.

Add the carrots, celery, potatoes, zucchini and cabbage and cook slowly for about 5 minutes.

Stir in the tomatoes, stock powder, rosemary, then pour in the water. Stir well.

Bring to the boil then reduce the heat and simmer for 30 minutes.

Add the pasta and cannellini beans, stir well and cook for a further 10 to 15 minutes.

Season to taste with salt and pepper.

Spicy Grilled Corn Salad with Black Beans & Queso Fresco

Ingredients:

- ¼ cup olive oil
- 1 large red onion, cut into fine cubes
- 2 x 400g cans corn kernels, or fresh
- 3 x 400g cans black beans, drained and rinsed or fresh
- 1 large red pepper, chopped into small cubes
- Salt & pepper to season
- 2 heaped tablespoons taco burrito seasoning
- 1 tablespoons dry oregano
- 3 tablespoons cider vinegar
- ¾ cup water
- ½ cup coriander roughly chopped
- 2 spring onions finely sliced
- 250g grated tasty cheese

Method:

Fry the onion with the oil until it starts to brown. Add the black beans and corn and cook for 2 to 3 minutes.

Add the red pepper then the herbs and spices and the water. Bring to the boil then simmer for about 5 minutes.

Taste and season with salt and pepper if needed.

Serve into bowls and garnish with spring onions and coriander.

Serve with tortillas or tacos and grated cheese.

Chilli con Carne

Ingredients:

60g butter
salt and pepper
2 large onions, finely diced
2 cloves garlic, crushed 500 grams beef mince
4 teaspoon ground cumin
1 teaspoon chilli powder (optional)
140 grams tomato paste
1 x 440g can kidney beans, drained
1¼ cups beef stock
salt and pepper
1/2 chopped parsley

Method:

Melt butter in a large pan.

Add the onions, and garlic and fry gently for about 5 minutes.

Stir in the beef and cook for about 10 minutes until it has browned,

Add the cumin, chilli and tomato paste and stir well.

Add the beans and the stock.

Cover the pan, reduce heat and simmer for 20 - 25 minutes.

Pizza Base

Ingredients:

750g plain flour
1 tablespoon dried yeast
3 teaspoons Natural Improver
1/2 tablespoon salt
1 tablespoon olive oil
575ml very warm water

Method:

Mix all dry ingredients together.

Make a well and add 500mls of the liquid and olive oil, mix, then add enough of the remaining liquid to make a moist stiff dough.

Take a piece of glad wrap and place on top of the dough. Leave to double in size.

Once double in size remove the glad wrap and turn out onto a floured bench. Split the dough into about two pieces.

Knead lightly bringing the outside edges into the centre. Shape into a ball. Roll out to the size of your pizza tray stretching over the edges a little.

Top with the fillings and bake in a pre-heated oven at 220°C for 20 minutes.

Apple Crumble

Ingredients:

Apple mix:

- 5 – 6 medium granny smith apples, peeled, cored and cut into 2cm diced cubes
- ¼ cup caster sugar
- 2 tablespoons lemon juice
- ½ teaspoon ground cinnamon

Crumble Topping:

- 1½ cups plain flour
- 1 teaspoon ground cinnamon
- ½ cup firmly caster sugar
- 1 cup rolled oats
- 250g butter, melted

Method:

Preheat oven to 180°C

Place the apple, sugar, lemon juice and cinnamon in a large bowl and mix to combine. Transfer into an ovenproof dish.

For the crumble topping mix the flour, sugar, oats, cinnamon and melted butter in large a bowl.

Spoon the crumble mixture over the apple.

Bake for 40 to 45 minutes, or until the crumble is golden and the apples are soft.

Miso Soup

Ingredients:

1.25 litres water or stock (chicken, beef or vegetable)
2 clove garlic (optional)
4 slice ginger (optional)
3 small zucchinis sliced
200 grams mushrooms sliced
2 tablespoons white miso paste
200 grams baby spinach leaves

Method:

1. Put the water/stock on to boil (a lid will mean it will boil faster). Add the ginger and garlic.
2. While the water/stock is coming to the boil prepare the vegetables.
3. Once water/stock is boiling, add the zucchini and mushrooms, simmer for 2 minutes.
4. Stir in the miso paste.
5. Stir in the spinach leaves, they will wilt in a few seconds.
6. Check seasoning then serve.

Focaccia

Ingredients:

600g (4 cups) Plain Flour
2 teaspoons Natural Improver
2 teaspoon salt
2 teaspoons sugar
1 tablespoon dry yeast
500ml very warm water
2 teaspoons olive oil

Method:

Pre-heat the oven 190°C-200°C

Grease 3 trays.

Mix all the dry ingredients together, make a well.

Pour in three quarters of the water and the oil. Mix thoroughly, add enough of the remaining liquid to make a moist, stiff dough.

Cover with glad wrap and allow to double in size

Turn out onto a floured board and form into a ball.

Split the dough into 3. Lightly knead till there are no air bubbles and the dough is no longer sticky.

Roll out to the shape of your pans. Place dough into the pans.

Brush generously with olive oil, sprinkle with sesame seeds, oregano, basil or any other fresh or dry herbs.

Leave to double in size then indent all over with your thumb.

Place in the pre-heated oven for 20-25 minutes or until pale golden brown on top and underneath.

Nori Rolls

Ingredients:

Sushi Rice Absorption Method:

2 cups rice
3 cups water
½ cup rice vinegar
2 tablespoons caster sugar
½ teaspoon salt

Rolls:

1 quantity sushi rice
1 packet nori seaweed (10 sheets)
1 avocado
1 red capsicum (julienne)
2 carrots (julienne)
1 continental cucumber (julienne)
375g tuna
mayonnaise (Kewpie)
salt and pepper to taste
Soy sauce to serve

To cook the rice absorption method:

Rinse the rice grains with cold water using a sieve until the water runs clear.

Place the rice in a saucepan on the stove.

Add 3 cups of water and bring to the boil.

Reduce heat and simmer on the lowest heat, covered for 15 minutes.

Remove from heat and stand covered for 5 minutes.

Place the rice in a glass or wooden bowl and gradually mix in ½ cup of rice vinegar, 2 tablespoons of caster sugar and ½ teaspoon of salt using a wooden spoon, mix well using a cutting method.

Cool the rice before using to make Nori rolls.

Method to make rolls:

Place sushi mat on a board. Place a nori sheet on the mat, shiny side down.

Place ½ cup cooked rice on the sheet, covering about two-thirds of the sheet. Place a small portion of all the ingredients on top of the rice, lining them up together at the side closest to you. Roll the sheet, using your mat until you have a cylinder shape, seal the end with a little water. Squeeze the roll inside the mat gently so that it is not loose.

Repeat with all the other ingredients to make the rest of the rolls. Cut the rolls into bite sized pieces (8-10 pieces per roll) with a very sharp, slightly moist knife.

Other popular fillings for Nori rolls are lettuce, chicken teriyaki, ham and smoked salmon. If you do not have a sushi mat, use a clean tea towel.

Vegetable Spring Rolls

Ingredients:

- 3 green spring onions, thinly sliced
- 2 cloves garlic, crushed
- 1 carrot, coarsely grated
- 1 zucchini, coarsely grated
- 2 cups finely shredded Chinese cabbage
- 1 cup corn kernels or red capsicum
- 55 g packet vermicelli noodles, soaked, drained and cut into short lengths
- 2 tbsp soy sauce
- 20 frozen spring roll wrappers, thawed
- 2 tbsp olive oil

Method:

Preheat oven to 180°C. Line a large tray with baking paper.

1. Heat oil in a frying pan and add spring onions, garlic, carrot, zucchini, cabbage and corn. Cook, stirring, for 5-6 min.
2. Add noodles and soy sauce, cook for 1 minute. Transfer to a bowl and let cool.
3. Place 1 spring roll wrapper on a clean surface. Spoon a spoonful of mixture into corner of wrapper. Brush edges with water then fold over and roll up firmly to enclose. Repeat with remaining ingredients.
4. Place onto tray, brush lightly with olive oil and bake for 15-20 min or until lightly golden. These can also be cooked in an Air Fryer. Serve with sweet chilli sauce.