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and feta frittata

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- + FAST FRITTATAS
- + NEW WINTER SOUPS
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Special guest editors

Ronni Kahn,
Mike McEneaney,
Joost Bakker, Matt Stone,
Jo Barrett,
Matt Wilkinson,
Lisa Margan &
Josh Niland



**MATT STONE
& JO BARRETT**
Use-it-up menu



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AUGUST

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FOLLOW US...



ON THE COVER

Wilted greens, sauerkraut,
leek and feta frittata
(recipe p 119)

Recipe Phoebe Wood

Photography Ben Dearnley

Styling Kirsten Jenkins

Merchandising Emmaly Stewart

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TEST KITCHEN SUPPLIER:**
Our meat is supplied by Vic's Meat
(vicsmeat.com.au).



ED LETTER.

WELCOME



WELCOME TO OUR very first zero-waste issue. When we first started our zero-waste column a few years ago, it was inspired by conversations with our food director Phoebe Wood. Phoebe grew up in the Blue Mountains, outside Sydney, with a family who grew their own vegetables, and bottled and preserved anything they had left over each season. I was fascinated with Phoebe's tips and tricks – not only is she a fantastic trained cook and a great recipe writer, she has a knack for making the ugliest things delicious, whether it is fennel-frond pasta or bottom-of-the-fridge kimchi.

So our semi-regular section and an early blog began, and over the years our passion grew. We've had lots of conversations with chefs, cooks, producers, suppliers, charity leaders and distillers who shared excellent advice and information – whether it's how they reduce waste in professional kitchens, or on their farms, or via packaging, and also at home. The idea of doing an entire issue around the theme of zero waste really appealed to us because right now it's very important – both for the environment, but also for our budgets at a time when we want to eat well despite the economic uncertainty.

If food waste were a country, it would be the world's third-largest emitter of greenhouse gases. It takes 25 years for a head of lettuce to decompose in landfill. Food waste costs the Australian economy \$20 billion per year, yet so many Australians go hungry. It just makes sense to approach food and cooking through the lens of seasonality and waste reduction. If food has to travel a long way, out of season, and then gets thrown away because we didn't use it, these are bad habits to fall into.

This month we decided to set ourselves a goal: to create our recipe section with zero waste. We also approached an incredible group of guest stewards or guest editors to guide our thinking – about food, but also travel, business and products. These are people we have spent time with, and learned much from, over the years: Joost Bakker, Ronni Kahn, Mike McEneaney, Matt Stone, Jo Barrett, Matt Wilkinson, Lisa Margan and Josh Niland. Pre-Covid, our plans were to get together at Joost Bakker's home and break bread and share inspiration. But isolation forced us to think differently, via Google Docs and Zoom!

But we got there, and interestingly there was less waste in the process. You'll find an inspiring issue inside. It's full of great and practical tips from experts who have lived this way their entire lives, and can help you adapt easy but delicious ideas for home and life. Enjoy!

Kerrie

Kerrie McCallum, Editorial Director

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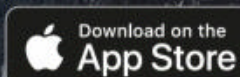
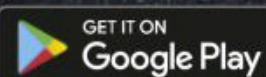
THIS MONTH, WE'RE ALSO EXCITED TO LAUNCH *USE IT UP*, A PODCAST BY PHOEBE WOOD. IT'S ABOUT EASY WAYS TO REDUCE FOOD WASTE AT HOME. PHOEBE'S PASSION FOR USING PANTRY STAPLES OR CRISPER LEFTOVERS COMES TO THE FORE AS SHE INTERVIEWS FELLOW CONTRIBUTORS AND EXPERTS TO MAKE ZERO WASTE FUN. FIND THIS WEEKLY EIGHT-PART SERIES AT [DELICIOUS.COM.AU/PODCAST](https://delicious.com.au/podcast)



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Zero Waste

MEET OUR GUEST EDITORS

Introducing our panel of incredible guest editors, who we selected thanks to their thought leadership on the topic of waste. Championing a more sustainable approach through their businesses as well as in their personal lives, they work to inspire and encourage you to cook and eat smarter, not harder, with the benefit of a positive impact on the planet, as well as your budget.

ACCORDING TO GOVERNMENT

statistics, food waste costs the Australian economy \$20 billion a year, with more than five million tonnes of food ending up in landfill. Roughly one in five shopping bags of groceries ends up in the bin, yet nearly four million people experience food insecurity each year. It sounds dire, but the innovators in these pages and this entire issue is here to help you discover clever ways to reduce waste. Look out for tips throughout the pages and begin your own personal war on waste now.

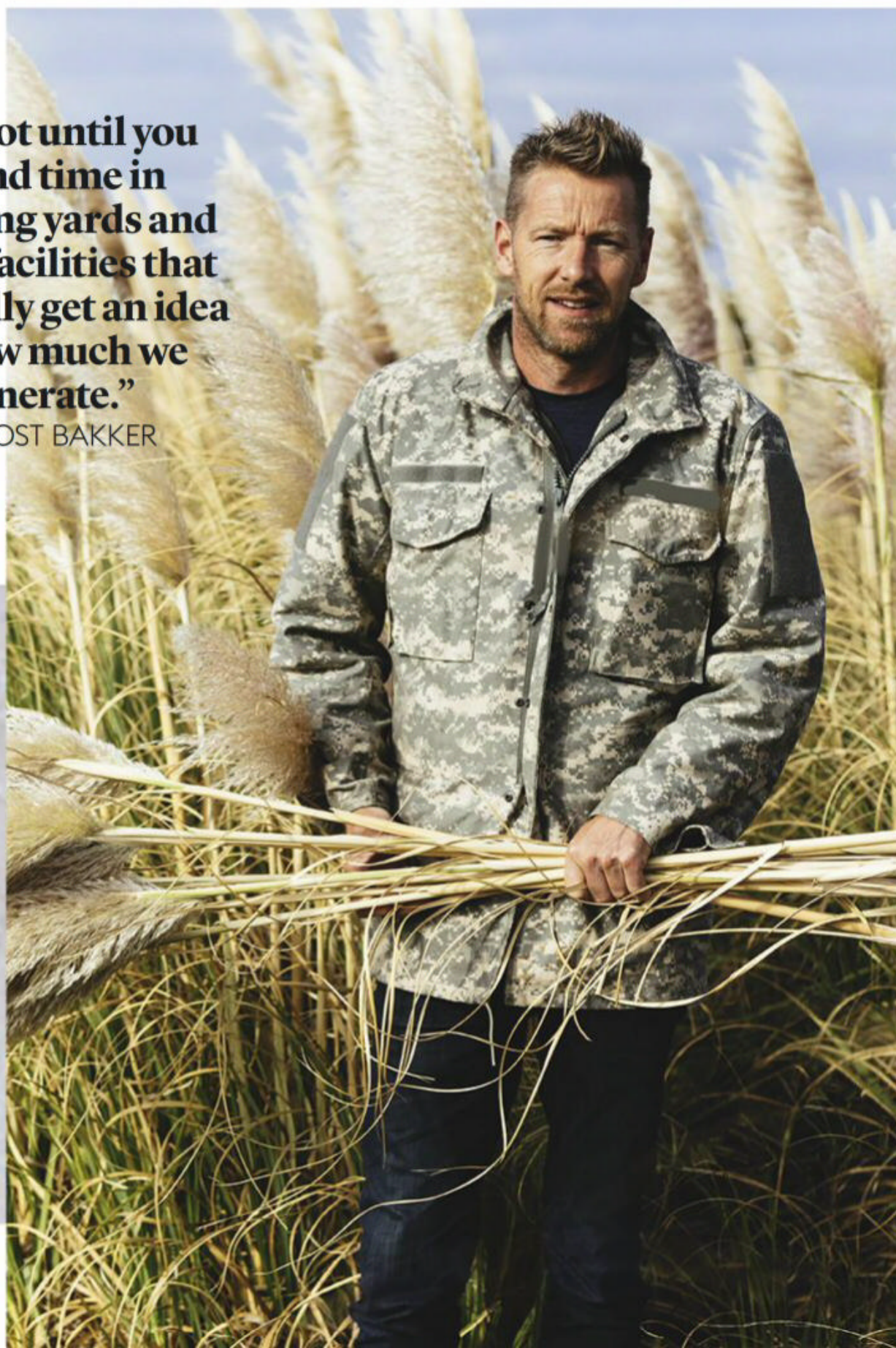
“It’s not until you spend time in recycling yards and waste facilities that you really get an idea of how much we generate.”

– JOOST BAKKER

Joost Bakker

ECO WARRIOR

“My mission statement when I launched Silo was ‘to serve nutrient-dense foods made from scratch – using primitive, proven preparation methods, only using produce sourced from ethical growers that practice methods that encourage healthy soils and biodiversity. All this without generating waste.’ It’s not until you spend time in recycling yards and waste facilities that you really get an idea of how much we generate, it’s completely insane.”



PHOTOGRAPHY ADAM GIBSON, JANA LANGHORST, ROB PALMER

GUEST EDITORS.

Matt Stone

CHEF, OAKRIDGE

"Joost has always been a huge inspiration with all things sustainability. He really fuelled my creativity in the early years at the Greenhouse in Perth. And now I've seen a huge change in people's attitudes when it comes to packaging and food waste."

Jo Barrett

CHEF, OAKRIDGE

"As you dig deeper, you realise how big the waste problem is. It's not only the environmental factors or the money you will save, it's the reconnection with cooking, ingredients and the process of making food that is so rewarding."

"The food and techniques I like to cook with – pickling, preserving, fermenting – are inherently waste-reducing. These methods come from a time when foods were limited and you wouldn't waste them. My grandparents were amazingly thrifty cooks and I aspire to cook like them."

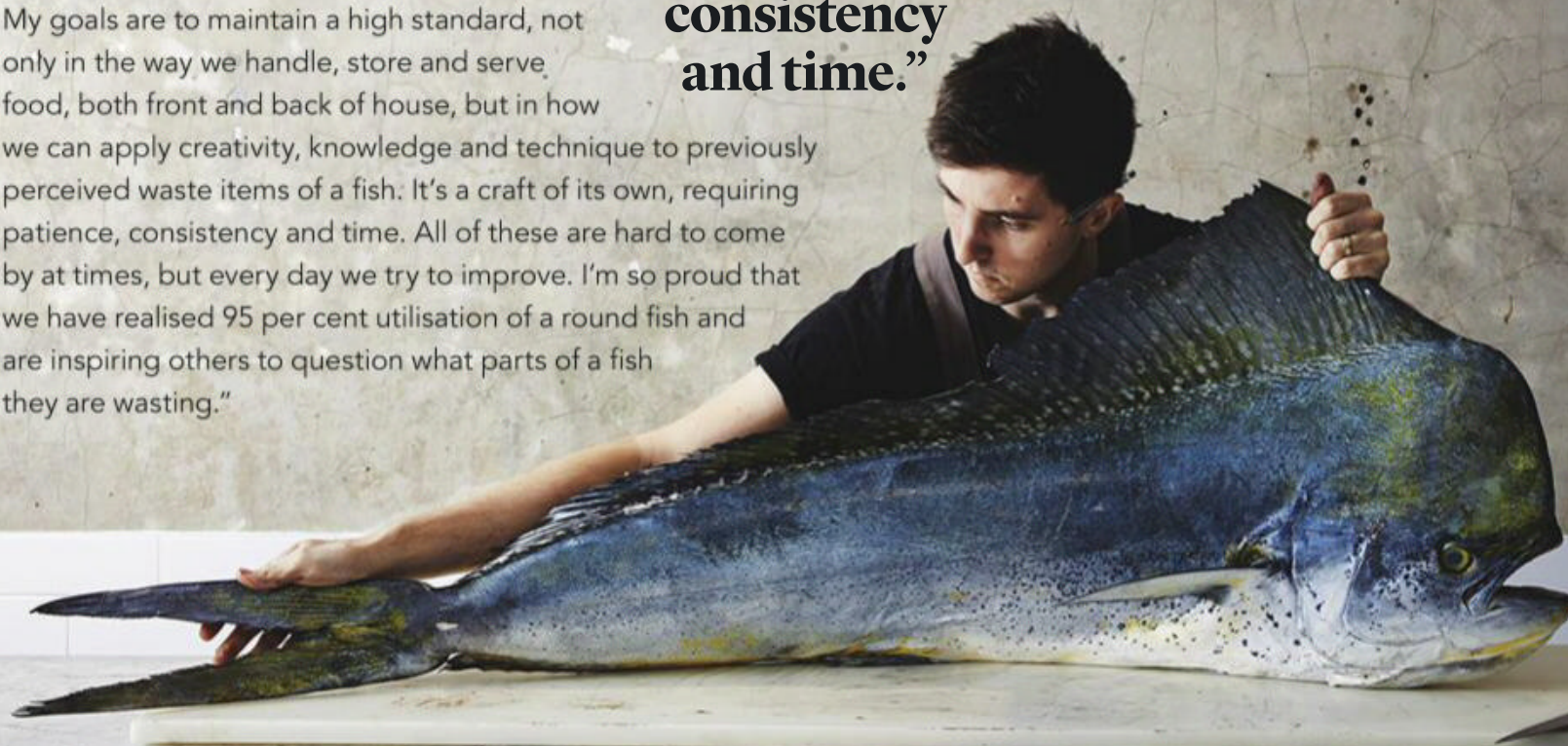
– Jo Barrett

Josh Niland

CHEF-OWNER, SAINT PETER, FISH BUTCHERY

"Globally it is accepted that a round fish with two fillets yields 40-45 per cent; the remaining 55-60 per cent is thrown in the bin most of the time, not to mention the amount of fish that is wasted that we never see at the point of catch. My goals are to maintain a high standard, not only in the way we handle, store and serve food, both front and back of house, but in how we can apply creativity, knowledge and technique to previously perceived waste items of a fish. It's a craft of its own, requiring patience, consistency and time. All of these are hard to come by at times, but every day we try to improve. I'm so proud that we have realised 95 per cent utilisation of a round fish and are inspiring others to question what parts of a fish they are wasting."

**"It's a craft...
requiring
patience,
consistency
and time."**



GUEST EDITORS.

Matt Wilkinson

FOUNDER OF THE PIE SHOP,
CREATIVE DIRECTOR 'MADE
FROM GIN', FOUR PILLARS

**“If something still
has flavour to be
extracted, then we
are flavour
upcycling.”**

*“It seems a lot of
the time when we
attempt to look into
reducing waste or
upcycling it, we
create a new form of
waste. Our aim is to
be a truly circular*

*company in our thoughts and actions.
So waste repurposing must not create
further waste. This accounts for
everything we do. From a flavour aspect,
I look at it like this: if something still has
flavour to be extracted, then we are
flavour upcycling.”*

PHOTOGRAPHY ANNIKA KAFCALOUDIS

Lisa Margan

OWNER, MARGAN
RESTAURANT AND WINES

“At Margan we follow an environmental management plan following the four pillars of sustainability – reduction of greenhouse gases, energy efficiency, water management and reducing waste to landfill. I think everyone can have these same personal goals, and even small reductions per individual can result in large impacts and a win for the planet.

“We grow much of our restaurant fruit and vegetable needs as well as eggs, honey, olives and lambs. Add to that 100 hectares of grapes for wine, and our food miles and carbon footprint is super low. We are very proud of that!”



A man with a beard and short hair, wearing a dark blue t-shirt and dark jeans, stands with one hand on his hip against a rustic stone wall. A circular callout bubble is positioned to his right.

Mike McEneaney

EXECUTIVE CHEF & CO-OWNER,
KITCHEN BY MIKE

"Composting has to be the ground zero. By keeping compost, it not only allows you to give back to the earth, it also makes you realise very quickly how much you waste and contribute to landfill. And support local farmers by buying local and not being bothered that the shape of that carrot doesn't fit into a mould. If people take the time to talk to the producer next time they buy from them, they will soon understand that the effort to produce that carrot is far greater than most would imagine."

"We can't afford to be greedy. If we waste less, we take less. This has a huge impact on the environment and perhaps will give the next generation more time on planet Earth."

– Mike McEneaney

A woman with short white hair and glasses, wearing a light-colored top and a long necklace of yellow and black beads, smiles at the camera. She is standing in front of a wooden structure.

Ronni Kahn

FOUNDER, OZHARVEST

"People are always blown away when I tell them that if food waste were a country it would be the third biggest emitter of greenhouse gases, after China and the USA. Or that it takes 25 years for a head of lettuce to decompose in landfill – I could hardly believe that myself!

"I would love it if everyone understood that preventing food waste at home is the most powerful way you can contribute to reducing the effects of climate change. The good news is that most food waste at home is avoidable. At OzHarvest we have a mantra to help get people started:

- **LOOK** at what food you have before you go shopping (plan meals/write a list).
- **BUY** only what you need.
- **STORE** food correctly to make it last longer.
- **COOK** what you have before you buy more (get creative, love your leftovers).



delicious.

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TALK TO US

MAY'S MOST-LIKED POST

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What could be better than garlic bread? This marjoram and garlic baguette with a cheesy spanakopita dip, of course. It's packed with chewy, buttery, garlicky goodness. Come to think of it, you'd better make two. Find the recipe online and let us know what you're making via #makeitdelicious and #ooowithdelicious.

Recipe and styling:

@kirstenljenkins

Photo: @ansonsmart



#MAKEITDELICIOUS



SECOND CHANCES: I've never been more excited to receive my subscription than in recent months. How pleasantly surprised I was with the May 2020 issue to see Julia Busuttill Nishimura's new cookbook *A Year Of Simple Family Food* featured (p 82)! One of my planned activities pre-coronavirus was a meet-and-greet with Julia, but it was sadly cancelled. Until things go back to normal, these new recipes will definitely do! We're very spoilt with *delicious.*, your cooks give up all their secrets in the magazine. **Penny Oon**



LAYER UP: With my daughter's second birthday fast approaching, the May 2020 issue of *delicious.* treated us to many inspiring cake recipes. I couldn't decide on just one, so went with Matt Moran's fudgy chocolate tahini cake (p 94) and Julia Busuttill Nishimura's banana and coconut cake (p 88), layered together with Swiss meringue buttercream and raspberry jam, carved into the obligatory '2' shape and topped with fresh flowers. The attendees at our tiny family gathering were very pleased! **Jessica Winkler**



A WHOLE NEW WORLD: Thanks to *delicious.* I can still see all the places I can't yet visit during lockdown. The travel section and recipes help recreate all the memories of past holidays and create new ones through the pages. The life of the mind can keep us going when the real world is a bit scary, and a little comfort from a new recipe doesn't hurt either! **Jennifer Barnard**



FEEDING THE MASSES: As I sit here in these coronavirus times and flick through *delicious.* all I can think is yum, yum and more yum. It's cold today, but the sun is shining and we're officially allowed to have more friends over. I'm hosting a dinner party for four, but am afraid I might overcook as there's just so much that I love. A pasta bake, a soup, maybe a dip for a starter? Thank you for brightening my day and lifting my spirits. **Katrina Robilliard**

THE WINNER IS...

When my sister-in-law said to me she wants to be less delivery-app-pro and more Nigella-domestic-goddess, I knew exactly what to get for her: a *delicious.* subscription of course! It made me reflect on my own food journey with the magazine as well. I first stumbled upon it in a supermarket back in 2010 and haven't looked back since. Thanks to your easy-to-follow, amazing recipes I've dared to experiment with native ingredients and seasonal produce that we never ate before. I've ventured out of our traditional Sri Lankan meals and my family has embraced it with open arms. Keep up the great work guys! **Poorani Nair**

ED'S NOTE: Congratulations, Poorani! You've won a Jamie Oliver by Tefal Cook's Class range 30cm frypan and 30cm wok, valued at \$499.90. The robust and reliable products feature a hard anodised exterior for even heating and no hot spots, while the non-stick coating makes cooking and cleaning up effortless.



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AUGUST MENUS

WINTER ENTERTAINER

Silverbeet
galette



Silverbeet galette, p 123
2015 Croser Vintage Sparkling

~
Veal cutlets and herb stem
gremolata, p 23

2018 Petaluma Piccadilly Valley Chardonnay

~
Coconut yoghurt cake, p 134
2010 Petaluma Essence Botrytis



"Petaluma's cold-weather-friendly wines from the Adelaide Hills pair perfectly with any meal. To start, spark the palate with the Croser Vintage Sparkling. To complement the veal cutlets, opt for the Petaluma Piccadilly Valley Chardonnay. The zest and oak flavours will work well with the hearty dish. Finish the night with a special wine, Petaluma Essence Botrytis. The acidity will balance beautifully with the coconut yoghurt cake."

Mike Mudge,
Winemaker, Petaluma

EASY DOES IT

Spiced eggplant
with labneh and
mint frittata



Spiced eggplant with labneh and
mint frittata, p 116

*Harkham Aziza's Rosé 2019
(Hunter Valley, NSW)*

~
No-waste tomato and sausage
bolognese, p 109

*Brave New Wine Rude Boy Red 2019
(Great Southern, WA)*

~
Herb, corn and haloumi fritters, p 80
*Rymill Vi Viognier 2019
(Coonawarra, SA)*

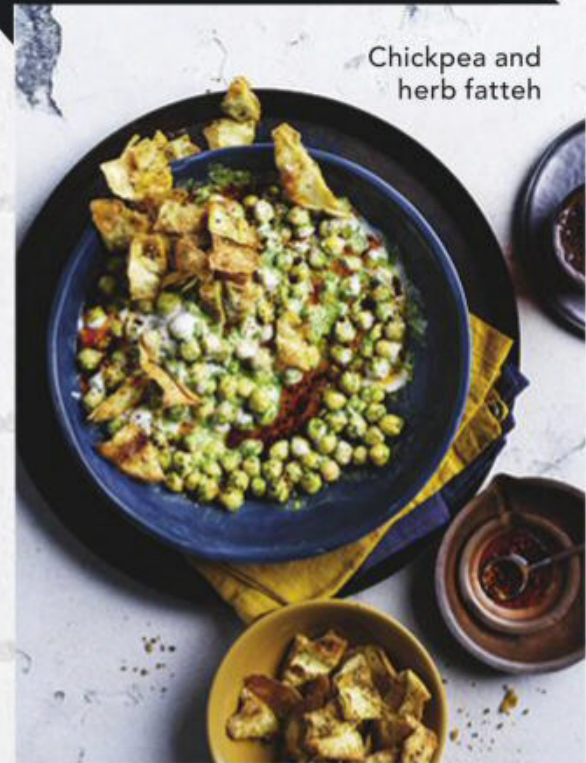


"Despite being a really fancy wine person (on paper) I really like drinking simple, fun and casual wines most of all. Rosé is probably the wine style I drink most, then light and fresh reds, followed up by textural whites. All three fit the bill here."

Mike Bennie, Drinks Writer

RECIPE REFRESH

Chickpea and
herb fatteh



Marinated labneh, p 60

~
Chickpea and herb fatteh, p 54

~
Mandarin pulp & ginger soda, p 72



"There's something to be said for mastering a special recipe and making it your own. Once you know how to whip up your own fresh soda or marinated labneh, you'll never be without a dinner party dish, and more than likely, they'll steal the show."

Erina Starkey,
Restaurant & News Editor





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IN SEASON.

IN SEASON

Kylie Millar's broad outlook on seasonal produce has led to a career that develops her drive to eliminate food waste. Here she shares recipes that shine a light on that passion.

WORDS TONI MASON PHOTOGRAPHY CHRIS COURT STYLING KIRSTEN JENKINS

MERCHANDISING EMMALY STEWART

IN SEASON.

CAULIFLOWER, ITS LEAVES AND BARLEY

SERVES 4-6

Begin this recipe 1 day ahead.

- 1 (approx. 1kg) medium cauliflower head, leaves attached
- 2 tbs extra virgin olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1½ cups (300g) barley, soaked overnight, drained
- 150g unsalted butter, chopped
- ½ cup (125ml) white wine
- 5 cups (1.25L) 'leftovers' stock (recipe below)
- 1½ cups (120g) grated parmesan, plus extra to serve
- ½ cup (75g) macadamias, roasted, chopped

'LEFTOVERS' STOCK

- 300g parmesan rinds
- 2 onions, quartered
- 1 large carrot, cut into large pieces
- Handful of

vegetable trimmings (tops of green onions, onion root, the head of a carrot, herb stems, etc.)

For the stock, place parmesan rinds, onion, carrot, vegetable trimmings and 10 cups (2.5L) water in a large saucepan or stock pot over high heat. Bring to the boil, reduce heat to medium-low and simmer. Add cauliflower, stalk-side down, into the pan. Cover with a lid and cook for 15-20 minutes until cauliflower is tender but still with a bite. Remove cauliflower and set aside. Remove lid and continue to simmer stock for a further 15-20 minutes or until there is about 6 cups (1.5L) stock remaining. Strain stock and reserve liquid. Keep hot.

Preheat oven to 200°C. To make the barley, heat the oil in a large, deep non-stick ovenproof frypan over high heat.

Add onion and garlic and cook, stirring occasionally, for 4-5 minutes until the onion has softened. Add the drained barley and half of the butter, and stir until the butter has melted and coated the barley. Stir in the wine and cook, stirring frequently, for 3-4 minutes until the wine has reduced by three quarters. Stir in the stock and bring to the boil (add more stock if needed). Reduce heat to medium and simmer for 35-40 minutes until most of the liquid has evaporated and barley is al dente. Stir in remaining butter and season to taste.

Break cauliflower into large pieces by gently sliding a knife in between florets, and letting it break naturally. Arrange on top of barley and season. Scatter over parmesan and sprinkle with macadamia. Bake for 12-15 minutes until parmesan has melted and is slightly golden. Scatter with extra parmesan to serve.

Zero-waste tip

Cauliflower leaves are often removed before the cauliflower is placed on market shelves. Ask your grocer for one with the leaves still on. They're delicious and a great way to reduce waste.



Zero-waste tip

Beetroot leaves can be used in place of chard. To store excess leaves, blanch or steam and cool, then package into portions before freezing for later use.

PICKLED BEETS AND RICOTTA

SERVES 4-6 AS A LIGHT MEAL OR SIDE

"You can use any amount of full-cream milk you have, just adjust the recipe accordingly. The ratio is 2:1 (two parts milk, one part buttermilk)."

4 cups (1L) full-cream milk
2 cups (500ml) buttermilk
2 tbs extra virgin olive oil

PICKLED BEETROOTS

6 medium-sized beetroots, stems and leaves separated
1 cup (250ml) whey (from ricotta, recipe above – if you don't have enough, make the rest up with water)
2 cups (500ml) apple cider vinegar
2 tbs caster sugar

VINAIGRETTE

1 tsp Dijon mustard
1 tsp runny honey
1/4 cup (60ml) beetroot pickling liquid (from pickled beetroots, recipe above)
1/3 cup (80ml) rice bran oil (or any neutral-flavoured oil)

To make the ricotta, place milk, buttermilk and 1 tsp salt in a saucepan over low heat

and slowly warm, stirring very gently and occasionally, for 8-10 minutes until you see the whey (the liquid separated from the cheese) become clearer. Once it has curdled, turn the heat off and stand for 5 minutes. Using a perforated spoon, gently scoop the curds from the whey and strain through a fine sieve. Save the curds and the whey.

Preheat oven to 200°C.

For the pickled beetroots, wrap beetroots in foil and roast for 1 hour-1 hour 30 minutes until cooked and a skewer inserted in the centre pushes through with ease. Remove from the oven and cool slightly. Peel and cut beetroots into rough wedges and set aside. Cut the reserved stems into 1cm lengths.

Combine whey, vinegar, sugar and

1 tsp salt flakes in a saucepan over high heat and bring to a boil. Pour over cooked beets and raw stems and leave to cool. Store pickled beets and stems in sterilised jars in the fridge for up to 3 months.

For the vinaigrette, combine all ingredients into a jar with a lid and shake until emulsified. Season to taste.

Heat 2 tbs olive oil a large deep frypan over medium-high heat. Cook beetroot leaves, stirring frequently, for 30 seconds-1 minute until wilted. Transfer to a bowl with some of the pickled beets and stems and drizzle with vinaigrette. Season to taste. Place on a serving platter, spoon the ricotta around the plate and drizzle with a small amount of vinaigrette to serve.

Zero-waste tip

Compound butter is a great way of using up surplus herbs and ingredients. The butter will keep for a long time in your freezer and is ideal to add flavour to meats, vegies, adding to rice or even into pastries.

Veal cutlets and herb-stem gremolata



VEAL CUTLETS AND HERB-STEM GREMOLATA

SERVES 4

"Retired dairy cows (cows no longer used for their milk) and veal are seen as a waste product of the dairy industry. To become more sustainable, we should be consuming these 'waste' products. Places like Camden Valley Farm in New South Wales are an incredible example of utilising this – happy cows raised well and delicious meat!"

4 x 450g each veal cutlets (or retired dairy-cow rib eye), French trimmed, room temperature
 1/4 cup (60ml) rice bran oil
 200g herb butter (recipe below), cut into small pieces
 2 garlic cloves, crushed
 1 rosemary sprig, leaves picked
 400g king oyster mushrooms, trimmed, cut into 5mm slices widthwise
 1/2 cup (125ml) good-quality beef stock

HERB BUTTER

200g unsalted butter, softened
 5 anchovy fillets, drained, chopped
 1 tbs baby capers, drained, chopped
 2 tbs each finely chopped oregano, dill and flat-leaf parsley leaves

HERB-STEM GREMOLATA

10 flat-leaf parsley sprigs, stems and leaves attached, roughly chopped
 10 dill sprigs, stems and leaves attached, roughly chopped
 Zest and juice of 1 lemon
 1 tbs extra virgin olive oil

For the herb butter, place all ingredients in a food processor and whiz until herbs are finely chopped and everything is incorporated well into the butter. Season to taste. Set aside at room temperature until ready to use. Alternatively, roll into a log, enclose in plastic wrap and refrigerate until ready to use.

For the gremolata, place all ingredients in a small bowl, season to taste and toss to combine. Set aside.

Season the veal generously with salt.

Heat the oil in a large heavy-based frypan over a high heat. Add the veal and

cook for 2-3 minutes on one side until browned, turn and cook for a further 2-3 minutes until browned. Add a quarter of the herb butter, garlic and rosemary into the pan. Once herb butter begins to foam, baste the veal generously with the butter for about 3-4 minutes then turn and baste the other side. Cook for a further 3-5 minutes (for medium rare) or until cooked to your liking. Remove from the heat and rest on a wire rack for about 10 minutes. Keep warm until ready to serve. Repeat with remaining cutlets.

Meanwhile, place mushroom in the veal pan, with remaining pan juices, over high heat. Cook, turning occasionally, for 2-3 minutes until mushroom begins to soften. Add the stock and cook for a further 1-2 minutes until mushroom is cooked and the sauce has reduced and thickened.

Divide veal cutlets among serving plates and top with mushroom and gremolata. Spoon sauce from the pan and top each cutlet with remaining herb butter. Scatter over freshly ground black pepper to serve.

FORGOTTEN BREAD DOUGHNUTS WITH CITRUS CARAMEL

MAKES 26-28 DOUGHNUTS

120g leftover bread, cut into large pieces
 300ml warm milk
 80g caster sugar
 2 x 7g sachets dried yeast
 1 cup (150g) plain flour
 2 eggs
 50g unsalted butter, softened, chopped
 Vegetable oil, to deep-fry

CITRUS CARAMEL

150g whole citrus fruit, such as ruby red grapefruit
 200g caster sugar
 60g unsalted butter, cold, cut into 1cm pieces

CINNAMON & BREADCRUMB DUST

60g fine breadcrumbs, toasted
 1/4 cup (55g) caster sugar
 2 tsp ground cinnamon

For the citrus caramel, place the citrus in a large heavy-based saucepan and cover

with cold water. Place over high heat and bring to the boil, then drain. Repeat 6 times. This helps to reduce the bitterness of the pith underneath the skin of the fruit. On the 7th time, check to see if the fruit is soft. If not, continue to cook in the water until soft. Strain and, being mindful of the heat, place cooked citrus in a food processor and whiz until a smooth puree.

Place sugar in a separate heavy-based saucepan over medium heat and cook for 6-8 minutes until golden and caramel. When caramel starts to foam, add butter and, being mindful of it splattering, use a stiff whisk to stir until fully incorporated. Add caramel to the food processor and whiz with the warm citrus puree until combined. Set aside and keep warm.

Preheat oven to 180°C.

Place leftover bread on a large oven tray and toast, tossing and stirring occasionally, for 8-10 minutes until light golden. Cool, then place in a food processor and whiz to fine breadcrumbs.

To make the doughnut batter, place the milk, sugar and yeast in a large bowl and stir to combine. Set aside for 10-15 minutes until frothy. Meanwhile place the flour, half of the breadcrumbs and 1/2 tsp salt in a stand mixer fitted with a dough hook and mix to combine. Gradually add the yeast and milk mixture and knead on low speed. Add the eggs, 1 at a time, then gradually add the butter until fully incorporated, scraping down the side and bottom of the mixer occasionally. Remove bowl from the mixer and cover with plastic wrap. Leave in a warm spot for 30-40 minutes or until doubled in size.

For the cinnamon and breadcrumb dust, place breadcrumbs, sugar and cinnamon in a bowl and stir to combine. Set aside.

Fill a large heavy-based saucepan three-quarters full with oil. Heat to 180°C (a cube of bread will turn golden in 30 seconds when the oil is hot enough). Working in batches, fry heaped tablespoons of doughnut batter, turning frequently, for 2-3 minutes until cooked through and golden. Drain on paper towel and dust with cinnamon and breadcrumb dust. Serve immediately with citrus caramel alongside.

IN SEASON.

Forgotten bread
doughnuts with
citrus caramel
(recipe p 23).



Zero-waste tip

Freeze leftover breadcrumbs so they can be used to crumb or for your next batch of doughnuts. You can also reuse the oil you've used to fry the doughnuts, just leave the oil to cool, then strain through paper towel and into a jar.



MARKET BASKET

BY KYLIE MILLAR

VEAL CUTLETS

"Veal is a byproduct of the dairy industry and it makes sense to use it. You can't necessarily interchange it with regular beef – the meat hasn't developed a lot of fat, but there's good flavour. The cutlets are great with just a quick go in the pan or on the barbecue, or roasted and basted with brown butter, rosemary and garlic."

CAULIFLOWER

"Buy cauliflower that hasn't had the leaves trimmed off. They're delicious and a great way to reduce waste. Plus, they look magnificent with all their leaves attached – I'd love a bouquet of them. Chuck them in a stir-fry or use them as you would spinach. They're best cooked or use them in kimchi or sauerkraut."

BEETROOT

"I love the earthy flavour of beetroot. I like to roast them in their skins, let them cool, then throw them in a salad with walnuts and cheese. I tend to over-buy in-season vegetables – they taste amazing and are cheaper. But if I can't use them all, what to do? Preserve! I love pickled beets – my nanna gave me a tin for my birthday every year and I'd eat them in one go!"

GRAPEFRUIT

"It can be difficult to use the whole citrus – flesh, pith and skin – but grapefruit can be preserved in salt like lemons, say, and a lot of the flavour is in the oils of the skin. You can candy it in sugar syrup and use it in cakes or tarts. All citrus and seafood is a match made in heaven so you can chop up grapefruit peel really finely and add it to seafood curries. It mellows into the dish and adds a pop of acidity."

d.

delicious.com.au/recipes

For more dishes that celebrate fresh seasonal produce.



FARM TO TABLE

With a nose-to-tail approach and an eye on provenance **Kylie Millar** coaxes flavour from unexpected ingredients to create dishes that are smart in more ways than one.

THE NO-WASTE APPROACH is a no-brainer for Kylie Millar. It's easier on the wallet and enriches the repertoires of home cooks and chefs alike.

"You're not throwing away food you paid good money for," Millar says. "But it's also a great way to add flavour. That may be through making preserves from ingredients you can't use straight away – think ferments, jams, relishes and pickles – or using things you don't usually use such as parmesan rind."

A holistic approach to cooking has held Millar in good stead. The *MasterChef* alumna and newly crowned Josephine Pignolet Young Chef of the Year 2018 was working at Melbourne's acclaimed Attica when her kitchen-garden duties introduced her to the Row 7 organic seeds of chef Dan Barber of New York's Blue Hill at Stone Barns. The connection led to a stage at the renowned farm restaurant run on sustainable principles, where she has since held the position of lead line cook.



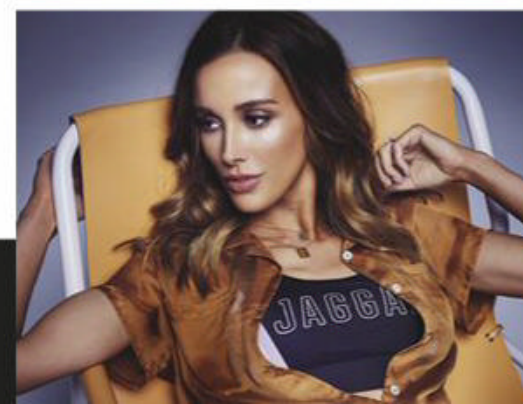
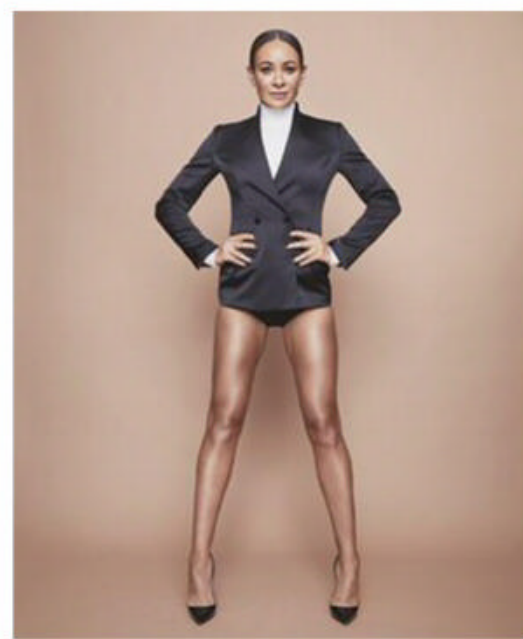
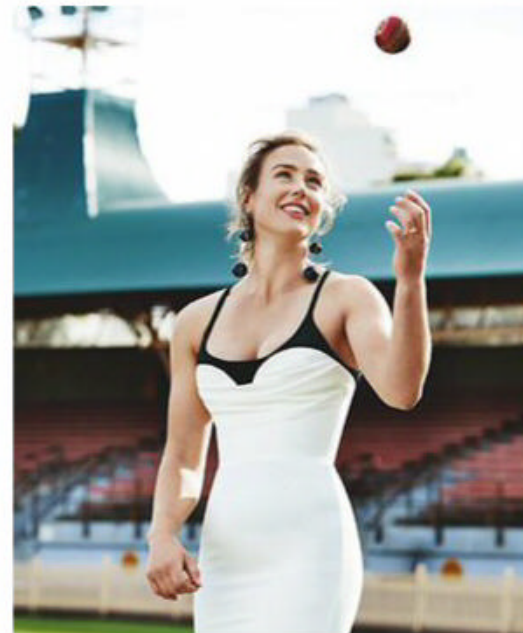
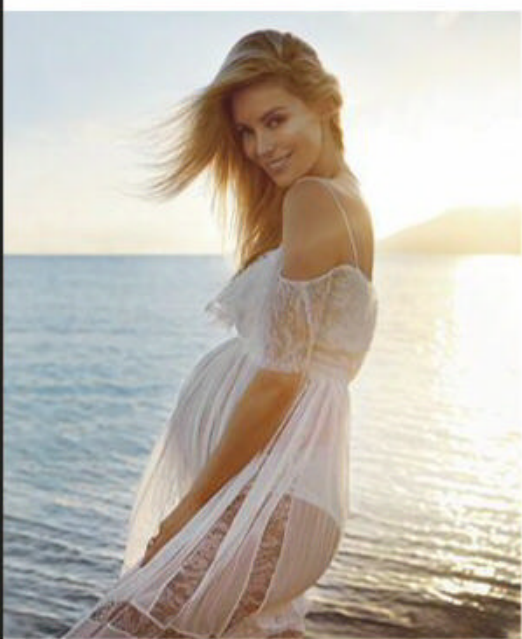
 @kyliemillar

The dishes she has chosen here reflect a broader approach to food – "not just being limited to what you buy from the supermarket or what comes out of a box" – and they ramp up the all-important flavour factor. "They're delicious and the sort of thing I cook at home," she says. "I like to think outside the square – I'm excited by the unexpected and dishes that are different to what you'd normally make."

That ethos is seen here where barley stands in for rice in the risotto-style dish with the cauliflower, while beetroot leaves star in a stir-fry, and leftover bread is turned into a knockout dessert.

When we spoke to Millar, she was working as a butcher in Sydney until she can get back to New York and the farm when the travel restrictions lift.

"I've learnt so much about agriculture and how it affects the food we eat and cook with. I'm just really keen to get back there and learn more." ✂



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Edited by Erina Starkey

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PILLAR OF SOCIETY

The gin geniuses behind the Bloody Shiraz Gin have opened a micro distillery and bar in Sydney's Surry Hills. The Four Pillars Gin Lab is a place where ginthusiasts can go to experiment with their favourite drink, either through a masterclass or some G&T self-study at the bar. There's also a retail shop downstairs in case you want to set yourself up for some homework.

TABLETALK



2 Sydney's Ormeggio is steering a new course. Chef-owner Alessandro Pavoni has loosened the sails of his marina restaurant with a relaxed new menu that revolves around sustainable seafood. Expect breezy southern Italian plates from *bruschettina* topped with Cantabrian Sea Angelachu anchovies, yellowfin tuna cotoletta, scarlet prawn (above) and sour cherry gelato sundaes.

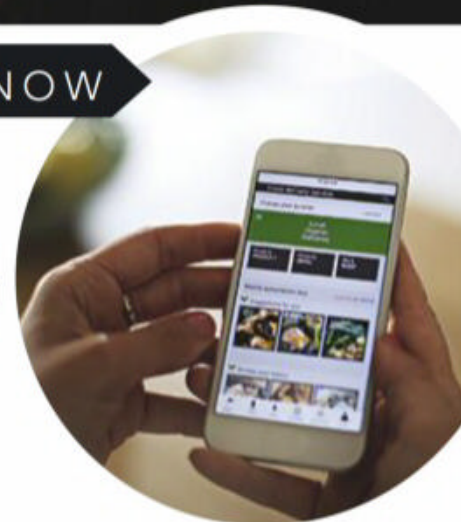
3 Don your finest dressing gown, you can now dine out at home. Shane Delia from Melbourne's Maha restaurant has launched a new food delivery service (above, right) that brings Maha, Cumulus Inc., MoVida, Sunda, Estelle, and more to your dining table. Providoor trades up the takeaway for almost-ready meals, prepared by chefs, delivered by refrigerated freight and finished by you at home.



TRENDING NOW

TOUCHLESS TECH

No need to click your fingers. The Rockpool Dining Group is now offering diners the option to browse the menu, place an order and pay using an online platform.



1 Adelaide's Prohibition Liquor Co (above) is doling out its own brew. The gin distillery has launched an in-house cafe for your early morning caffeine fix. There's specialty coffee by The Coffee Barun, made on a Synesso machine, and pastries from Abbots and Kinney. Bootleg Coffee Co will also sell takeaway gin from 10am.



FOUR PILLARS PHOTOGRAPHY ANSON SMART
PROHIBITION PHOTOGRAPHY MEAGHAN COLES

INSIDER.



BITE ME

Not just degradable, these biscotti bowls by Twiice are digestible. Made from vanilla biscuit, each cup can be eaten after you've finished sipping your coffee. From \$10 (for a pack of 2). twiice.co.nz.



« CUP OF KINDNESS

When it comes to sustainability, Stone & Grove is extending the olive branch. A subsidiary of Cobram Estate, the company has created a range of wellness teas that use leftover leaves from the olive oil harvest. Not just a soothing cuppa, the antioxidant-rich brew is good for you, too. \$11.95 (80g). stoneandgrove.com.au.

BAND-AID SOLUTION

Take care of those kitchen nicks with Patch organic bamboo bandages. The zero-waste wound-care range is made from fully compostable bamboo fibres, enriched with coconut oil and aloe vera to naturally sooth abrasions. \$6.99 (for a pack of 25). patchstrips.com



THAT'S A WRAP

Made from corn and sugarcane, Great Wrap is the world's first certified compostable cling wrap. Made from plants rather than plastic, the eco-friendly film will keep fruit and veg fresh, before degrading in the garden within 180 days. \$18 (for 3 rolls). greatwrap.co.



IN THE BAG

IF YOU LIKE YOUR COFFEE BEANS GREEN, ALLPRESS IS NOW PACKING ITS COFFEE IN COMPOSTABLE BAGS MADE FROM BIOPLASTIC COMPLETE WITH NON-TOXIC GLUES AND INKS. \$15 (250G) AND \$57 (1KG). AU.ALLPRESSESPRESSO.COM.



ECO-FRIENDLY MADE EASY

There is such a thing as a (waste) free lunch. In *The Less Waste No Fuss Kitchen* (Hardie Grant, \$29.99), Lindsay Miles shows you simple ways to shop, cook and eat more sustainably.



GIN WIN

Cape Byron Distillery, the producers behind Brookie's Dry Gin, has been named Sustainable Distillery of the Year at the Icons of Gin Awards 2020 in London. The solar-powered distillery uses native rainforest ingredients to create its range of gins and liqueurs, with all spent botanicals fed back into the soil.

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Clear out the disposable wares and make space for sustainable kitchen essentials. Then watch your eco cred and cashflow grow.

1. Ever Eco Nut Milk Bag, \$16.95, evereco.com.au
2. Urban Greens Micro Herbs Windowsill Grow Kit, \$49.95, urbangreens.com.au
3. Go for Zero organic shopping bag, \$24.95, goforzero.com.au
4. Ever Eco straight glass straws straight, \$18.95 (for a pack of 4), evereco.com.au
5. Seed & Sprout pantry jars, \$49 (for 2), seedsprout.com.au
6. The Swag Lunch Swag, \$14.95, theswag.com.au
7. Sustomi beeswax bread wrap, \$24.95, sustomi.com.au
8. Green + Kind bamboo cutlery set, \$19.95, greenandkind.com
9. Large reusable stretch lids- set of 6, \$35, from Seed & Sprout, seedsprout.com.au
10. Dish & Laundry solid soap, \$14.95 (200g), theaustraliannaturalsoapcompany.com.au
11. Go for Zero bamboo dish and bottle brushes, \$13.95 each, goforzero.com.au
12. Urban Greens Kitchen Herbs Grow Kit, \$24.95, urbangreens.com.au

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JOOST BAKKER.

HOSPITALITY

ZERO WASTE

Designer and eco-warrior **Joost Bakker** opened the world's first zero-waste restaurant, Silo, in Melbourne. Later called Brothl, it was forced to close following a stoush with the council. Here he talks about the road to waste-free success.



@joostbakker PHOTOGRAPHY EARL CARTER



IN 2012, I partnered with a brilliant team to realise a vision: to create a sustainable restaurant that served food made from scratch with produce sourced from ethical growers, all while generating no waste.

This would entail a radical change to almost everything in a cafe, from the build to the operation. On the team was hospitality supremo Danny Colls, who already had a wealth of experience creating Melbourne cafe institutions. Over years of friendship we'd built a mutual respect. What's more, he understood how wasteful the industry was and wanted to prove that there's another way.

Leading the charge in the kitchen was passionate young chef Douglas McMaster. He embraced my radical ideas and collaborated with Matt Stone, then head chef of Greenhouse, my sustainable serial pop-up restaurant. Backed by an equally passionate team, we got started.

Silo wouldn't have existed without collaboration and it sure wouldn't have succeeded. My most prized memories are the many relationships forged with the suppliers who assisted in realising this dream.

But first, why a zero-waste restaurant? Well, the answer lies in numbers that are hard to comprehend. Australians produce 70 million tonnes of waste each year. When this is itemised it's even more staggering – for instance, we go through around eight million milk bottles a day, leaving a mountain of unwanted and hard-to-recycle plastic. We have designed waste into our lives, and we can design it out.

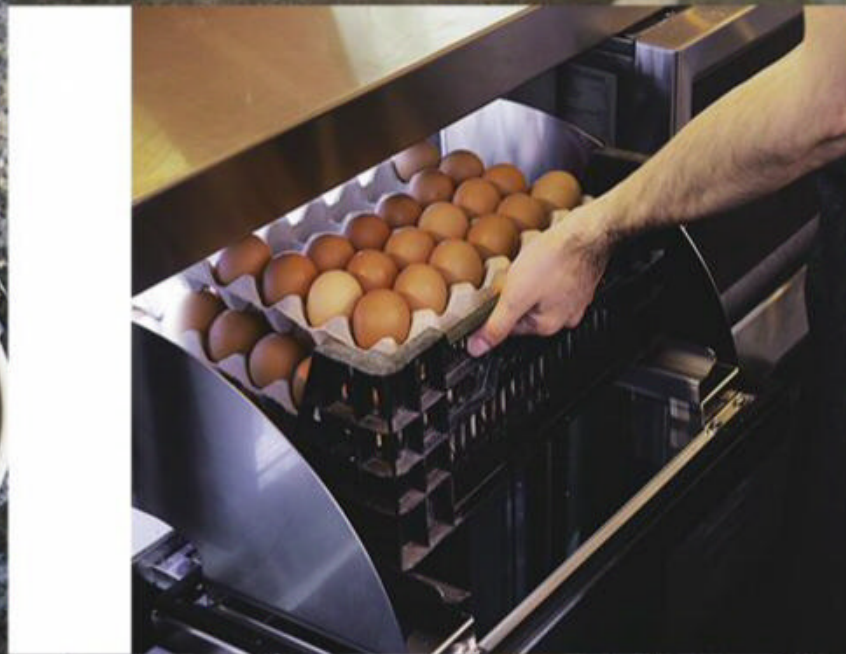
In Brooklyn two years ago we did a Silo zero-waste pop-up. I heard someone say that “zero waste is a trend that will pass”. That's a ‘trend’ that started long before we were here. The natural world doesn't generate waste; we do.

I believe the survival of humans as a species relies on the world moving towards a closed-loop, zero-waste economy. Currently, our food becomes less nourishing as our soils are mined, while there are reports of an unprecedented drop in fertility across the Western world along with escalating spending on healthcare.



Silo in Melbourne, the world's first zero-waste restaurant. **OPPOSITE:** The dehydrator for organic waste and (below) the result, which was used as fertiliser.

**“WE HAVE
DESIGNED WASTE
INTO OUR LIVES,
AND WE CAN
DESIGN IT OUT.”**



By 1918, as the world approached a population of two billion, there was already debate about how to nourish this many people. That same year, German scientist Fritz Haber won the Nobel Prize for chemistry for work that led to producing synthetic fertiliser. It was a game-changer and global agricultural yields began to increase year after year without the need for crop rotation or animal agriculture. Soon we produced more food than we could ever hope to eat so we started to feed grain to animals.

Synthetic NPK fertiliser provides plants with three elements that make them grow almost in front of our eyes: nitrogen, phosphorus and potassium. What we now realise is that the other 100-plus elements we (and animals) need to live are missing. We have depleted them from our soils and produce largely empty food.

Today we're starved of micro-nutrients such as manganese, zinc, magnesium, iron... the list is long. Our modern food system gives us compromised produce and, for me, it's clear to see the effect it's having on our society.

I think of soil like a bank. If we keep making withdrawals without making deposits, it all eventually runs out. This is why I'm so passionate about zero waste. As McMaster says, "Waste is a failure of the imagination."

I see this as an incredible opportunity to drive radical change. Silo's success became a catalyst for positive change and it made everyone realise it was possible.

It was deliberately designed so there was nowhere to hide. Every process, system and method was visible. I wanted the heart of Silo, like a home, to be a kitchen table and installed an 18-seater, which meant conversations could be had and questions could be asked. It was an incredibly creative time – ideas flowed and Silo became a magnet for innovators.

People from all walks of life visited – students, chefs, farmers, politicians, journalists from Japan, Germany, Singapore and even *The New York Times*. And we welcomed inspiring guests such as Captain Charles Moore, who discovered the great Pacific Garbage Patch, author and environmentalist Bill McKibben, pioneering chefs such as Dan Barber and René Redzepi, and food activists like Sandor Katz and Allan Savory.

**"SILO'S SUCCESS
BECAME A CATALYST
FOR POSITIVE
CHANGE AND IT
MADE EVERYONE
REALISE IT WAS
POSSIBLE."**



JOOST BAKKER.



CLOCKWISE FROM TOP LEFT: The wheat grinder and oat roller (right) at Silo; the restaurant under the new name Brothl; house-made cultured butter, sourdough and broth made from scraps and foraged seaweed.

I remember receiving a call from the brilliant Brazilian chef Alex Atala. He rang to say he had met with the mayor of São Paulo and proposed in-vessel composters be installed throughout the city so the nutrients could go back onto farms.

Silo was my fifth restaurant. Over the four previous years I had used Greenhouse as a lab – a fertile testing ground full of passionate, brilliant people with so many ideas. We pioneered and trialled wine on tap and mineral water on tap, which resulted in our house-made tonic and cola. We installed organic solutions like in-vessel worm farms, and used a Swedish in-vessel composter in Sydney, and a Korean in-vessel composter in Perth. We set up bulk milk and cream systems and stocked locally made whiskies, gin, vodka and rum in bulk. Paint tins became reusable coffee containers and likewise our vessels and crates for fruit, vegetables, fish and meats were all reused.

We stone-ground grain, rolled oats to order, made nut milks, fermented produce and made everything from butter and kombucha (before you could buy it) to vinegar and miso. Chemicals were eliminated and we used our own roof-grown produce. We even harvested urine from the last incarnation of Greenhouse in 2012. You can start to understand why I was in a constant battle with the health department. Greenhouse was also famous for its upcycled interiors and furniture and the overall architecture. We used all these experiences to create Silo, the world's first zero-waste restaurant.

Silo was simple. It was designed and built without toxic glues or paints. Instead we upcycled materials such as end-of-life plastics for furniture and plates, off-cuts of leather for seats, waste cork and linseed for flooring. My favourite was the wooden wheelie bin made from waste products.

All the plates, bowls and coffee cups were locally made and moulded from my favourite terracotta pots. I wanted guests to be reminded that the food they were eating was planted by someone. Drinks were served in reclaimed beer and wine bottles, soups and broths in upcycled gas bottles.

Silo won many awards, and I'm proud of the seed we planted when we opened it. I see that little place like my favourite plant, the dandelion. It blossomed, showed anything is possible and then its seeds blew all over the world, becoming a catalyst for change. ✂



Some of
Bruce Collis'
in-demand haul.

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KEEPER OF THE SEAS

There's a reason seafood from *delicious*. Harvey Norman Produce Awards winner **Bruce Collis** is an eating experience like no other. And now the second-generation fisherman is working to maintain his fishing community's pristine waters.

THIS YEAR HAS been anything but smooth sailing for fisherman Bruce Collis, but things are starting to look up. After reeling in the top prize at the *delicious*. Harvey Norman Produce Awards in 2019 for his wild caught fish, the former Producer of the Year is now celebrating a second win, and it's one he shares with his fellow fishermen at Corner Inlet on Victoria's South Coast.

For many months, Collis and the other commercial fishing licensees have been campaigning for a new law to protect their pristine bay from overfishing. The Corner Inlet fishing community has been operating under a voluntary code of conduct for 28 years that restricts fishing activity to sustainable levels.

"It wasn't official, it was a gentlemen's agreement," says Collis. "We shook hands on it and that was that."

Licensees knew to cast off just twice a day – no more – and to only use one type of fishing gear, be it a seine, mesh or hoop net or fishing line, at any given time.

"We fish for need, not greed," says Collis. "The code was put in place to ensure the fishery remains sustainable, now and into the future. A sustainable fishery means a reliable supply of local fish for the public."

"AUSTRALIA IS AN ISLAND – IT IS OUR RESPONSIBILITY TO PROTECT OUR OCEANS, WATERWAYS AND SEA LIFE. CHOOSE TO BUY ONLY SUSTAINABLE SEAFOOD – IT IS SUCH AN EASY DECISION." – GERRY HARVEY

While the long-standing fishing community continues to honour this agreement, there are concerns that new license holders might not be so inclined.

"Basically, we don't want people coming in here and fishing all day and all night,

at the expense of the environment and everyone else."

"If we all did that, how long would the fishery be around?"

On June 19, the Victorian Government announced they would be formalising the arrangement, making the gentlemen's



Bruce Collis.
BELOW: Gerry Harvey



agreement law under the Fisheries Act.

"The Victorian Government has now made it regulation, which means penalties will apply to those who break the rules. They could get a six-month license suspension or even jail time. We're not mucking about," he says.

"It's a really good thing. In fact I think it's the best thing that's ever happened to the fishery."

The news has buoyed the spirits of the local fishing community at a time when it needs it most. Like many Aussie producers, the demand for restaurant-quality seafood has taken a nosedive in recent months. Collis supplies his fish to many of the country's best restaurants, including Rockpool Bar and Grill, Rosetta, Cumulus Inc., and Saint Peter, and as such he's been one of the hardest hit by the coronavirus restrictions. "Orders have been sitting at around five per cent of their usual rate," he says.

Not the only obstacle, Collis has also struggled to courier his catch between states. "Usually, there are around five or six flights per day between Melbourne and Sydney, now there's just one." It has meant a complete restructuring of the way he operates.

However, slowly but surely, business is starting to pick up again. "More restaurants are opening up all the time, so that's good news. But most importantly, the fishery is safe." ✂

For a full list of how to support award-winning producers in your state, visit [DELICIOUS.COM.AU/PRODUCEAWARDS](https://delicious.com.au/PRODUCEAWARDS)



PRODUCE AWARDS.

SUPPORT YOUR LOCAL 'FROM THE SEA' STATE WINNERS – HIGHLIGHTS BELOW:

NSW: Australia's Oyster Coast (Appellation Oysters Wagonga). Available from Harley and John's Seafood, Rockpool restaurants.

QLD: Cape Moreton Scarlet Prawns (Cape Moreton Scarlet Prawns). Available from Steve Costi Seafoods, The Fish Shoppe Melbourne.

SA: Goolwa PipiCo (Live & Fresh, De-sanded and Ready to Cook Pipis). Available from Angelakis Bros, De Costi, Samtass Bros Seafoods and Cappo Bros.

VIC: Bruce Collis – Seasonal Wild Catch (Garfish, Southern Calamari, Greenback Flounder, King George Whiting). Available from Hogget Winery, Royal Bondi Hotel, Saint Peter, Fish Butchery.

TAS: Mollusca (George's Bay Clams). Available from Kyeema Seafoods.

WA: McBoats (Abrolhos Island Scallop Meat). Available from Fins Seafood, Sisters IGA, Jurien Fish Shop.

For the full list of State Winners, go to delicious.com.au

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PRODUCE AWARDS 2020

FOOD FOR THOUGHT.

PLANTING THE SEED OF CHANGE

We can all do our bit to reduce waste with the likes of recycling and eschewing single-use plastics. And then there's tackling the system. **Max Brearley** has a light-bulb moment when he hears a game-changing plan to rethink the whole food chain.



@max_brearley



JANUARY SEEMS A lifetime ago – the extent of 2020's challenges were yet to be revealed. Back then, I attended Fruto, an annual symposium founded by Brazilian chef Alex Atala and cultural curator Felipe Ribenboim in São Paulo, and its messages on waste and how we can fundamentally change our attitudes now seem more prescient.

This was no chef parade. The 24 sessions featured just one chef alongside the likes of US archaeologist Dr Bill Schindler, who spoke on the evolutionary kitchen, and Cuban environmentalist and scientist Humberto Ríos Labrada, just one of the Latin American contingent to break into song to make their case. Artist Peri Pane, wearing just a transparent coat (and underwear, thankfully), spoke of his project Reflux Man, a performance where he fills the many pockets of the coat to create a visual wake-up call to consumption.

A chefs' conference is just like preaching to the converted, Atala told me. While he sees their benefit, his mission with Fruto, launched in 2018, is different. "What we try to do is push the boundaries. Let's try to speak to unconverted people and bring opposition. Bureaucrats, people from industry – some bring a new way to think. It's not about who is right; it's to listen."

Brazilian hip-hop star Thaide spoke of his experience with the 'catadoras', or trash pickers, who salvage recyclable waste for a living. Roberto Rocha from the national association that represents them proved there's nobility in trash. "We're cleaning shit up free of charge," he said. "Look how important this anonymous work is. It's invisible. Through the night they clean. Treat your waste with love. We do this work with love."

I'm conscious of waste: I carry a reusable cup and a water flask, I compost, conserve water and avoid single-use plastics. But Rocha's message shamed me. In recent months we've recognised those in our community who do unseen jobs, we champion farmers and chefs, but what about those who deal with our waste?

WHAT IS A CIRCULAR ECONOMY?

Luisa Santiago of UK charity Ellen MacArthur Foundation spoke of the urgent need to develop circular economies, particularly in regard to food. Our approach to production is linear – a 'take-make-waste' model that drives single-use plastics, landfill and food waste. The circular economy, by contrast, seeks to "decouple economic activity from the consumption of finite resources". Transition to renewable energy is key, and the movement has three simple principles: design out waste and pollution, keep products and materials in use, and regenerate natural systems.

When we consider addressing environmental matters, we think of daily decisions that collectively matter – separating our recycling, composting, being conscious of the products we buy – while other factors, such as transforming how an economy works and business leaders think, seem unassailable. Issues of design, production and supply chains are overwhelming and, well, boring to most. I dare say you've never heard the protest cry 'What do we want? Circular economies. When do we want them? Now!'

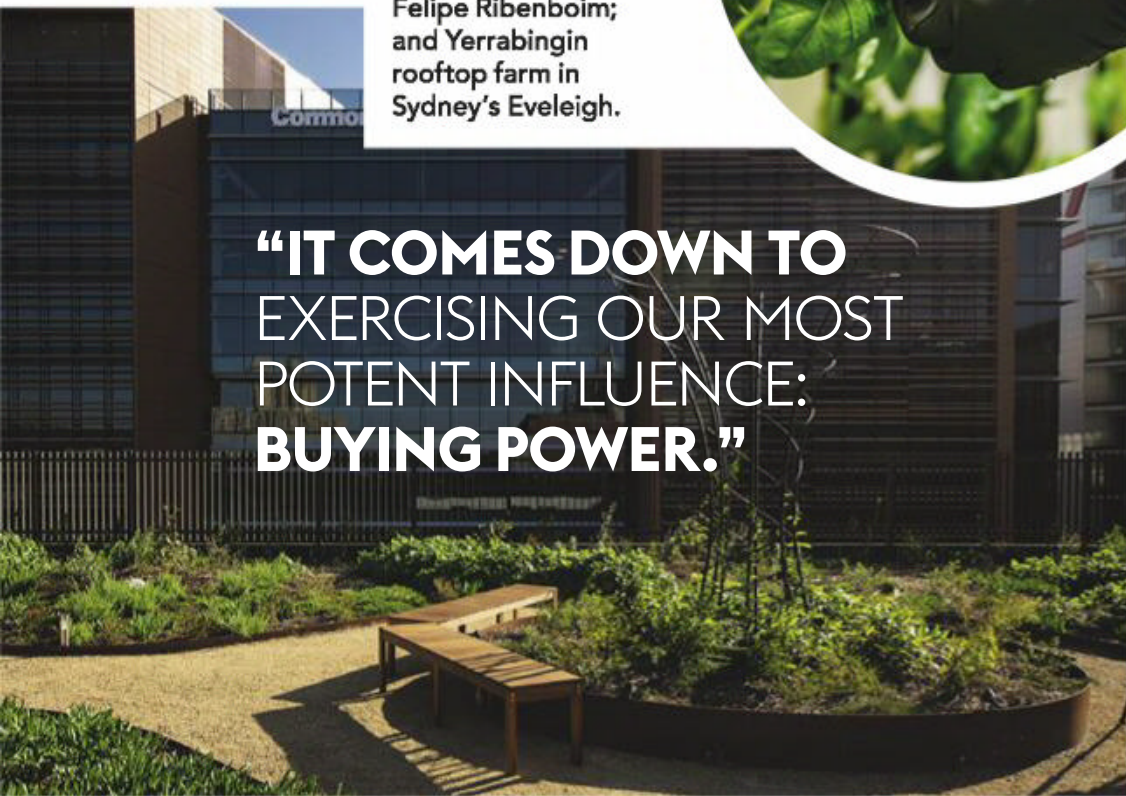
But now is the time. With estimates that by 2050 around 80 per cent of food will be consumed in cities, they are the frontline in driving change to a circular economy. While the worlds of politics and business can drive change, so too can individuals. In his 2006 book, *The Omnivore's Dilemma*, Michael



CLOCKWISE FROM ABOVE: Brazilian artist Peri Pane in his transparent coat; a vertical garden; Alex Atala (left) and Felipe Ribenboim; and Yerrabingin rooftop farm in Sydney's Eveleigh.



“IT COMES DOWN TO EXERCISING OUR MOST POTENT INFLUENCE: BUYING POWER.”



Pollan codified an approach to eating by urging us to “Eat food. Not too much. Mostly plants.” In the same way, three core steps can transform our food system from a city perspective.

SOURCE FOOD GROWN REGENERATIVELY AND LOCALLY

Regenerative farming uses methods such as rotational grazing, permaculture principles and agroforestry. But you can’t tell what’s been used by simply looking at produce. Question retailers and producers. In a digital world it’s never been easier to ask.

We’re seeing a rise in urban agriculture with the likes of larger-scale aquaponics and vertical farming. It’s redefining what we think of as local. While only supplying a minute percentage of food needs – often leafy greens and mushrooms – it gives a vision of urban capabilities. The foundation’s definition of local includes the peri-urban area, an area within 20 kilometres of a city, where it estimates that 40 per cent of the world’s cropland exists. In an Australian context, with our far-flung growing regions, our notion of local may be different, but we’re already on the way, with many

of us having bought into the message of supporting our local producers. Again, it comes down to being informed and exercising our most potent influence: buying power.

DESIGN AND MARKET HEALTHIER FOOD PRODUCTS

It’s envisaged that food products can be designed with health in mind throughout the chain, from the source to the dining table. This would include promoting biodiversity by broadening the plant-based ingredients used as protein – by-products such as skin collected from tofu-making to make mock chook, for instance – and designing packaging that’s compostable. As powerful as design is, there’s still the simple approach: cooking from scratch and buying unpackaged food.

MAKE THE MOST OF FOOD

A third of food produced globally is wasted. The foundation envisions cities as centres of a dynamic bioeconomy, not simply a final destination for food, where everything from organic fertilisers to bioenergy are created from waste and by-products.

But we can take simple actions ourselves to reduce the waste. In the same way we’ve taken to buying ugly fruit and vegetables, so, too, we should pick up those discounted soon-to-expire bargains and seasonal gluts of produce for preserving. We should be aware of what’s in our fridge, when foods need to be eaten and how best to store produce. Resurrecting leftovers and the guilty pleasure of the fridge buffet should be congratulated. There’s no shame in frugality or the odd outlandish combination – waste-saving is the new virtue.

Travelling to São Paulo felt like a stretch, even with good intentions and carbon offsetting. But having spent time with Atala and his team in 2018, I knew there would be valuable and memorable moments that a video link just can’t deliver – quotes and conversations that continue to resonate. Hours before my flight home I sat with Atala in a hotel lobby. “We don’t own the truth,” he said, pausing. “We open space for people maybe to rethink new points of view from the same problem.” If ever we needed to rethink, now is the time. ✂

MASTERCHEF.

GET THE SCOOP

A meeting with one of the world's best chefs is the inspiration behind **Larissa Takchi's** no-waste take on the classic banana split. And we're ready to dig in.



MEETING MASSIMO BOTTURA on *MasterChef* was life-changing for me. I came up with a zero-waste dish that he says gave him "goosebumps", and this has encouraged me to keep trying to eliminate waste in the kitchen.

Using ingredients we would normally throw away is a challenge, but it forces us to be creative. It's amazing what dishes can be created with overripe bananas, stale bread, vegie scraps, even leftovers.

This dessert uses banana skins blended with caramel for an intense flavour. Some things are just too good to throw out!



@larissatakchi

BANANA SPLIT

SERVES 4

6 small ripe bananas, peeled, halved lengthwise, skins reserved
2 x 395g cans Caramel Top'N'Fill
Vanilla ice cream, to serve

LEFTOVER-BREAD CHOCOLATE SAUCE

1 slice (30g) stale white sourdough, cut into 1cm pieces
300ml pure (thin) cream
100ml milk
200g dark (70%) chocolate, finely chopped
20g dark (75%) cocoa powder, sifted

PEANUT AND BREAD CRUMB

2 slices (60g) stale white sourdough, cut into 1 cm pieces, toasted
50g roasted salted peanuts, roughly chopped
2 tbs pure icing sugar, sifted

Preheat oven to 180°C.

For the chocolate sauce, place the bread in a baking tray and toast, tossing occasionally, for 8-10 minutes until toasted and lightly golden. Place cream, milk and toasted bread into a medium saucepan over medium heat. Bring to a simmer and stir to combine. Remove from the heat and stand for 4-5 minutes to soak and soften the bread.

Meanwhile, to make the banana-skin caramel, place the Top'N'Fill in a small saucepan over medium heat. Heat, stirring continuously, for 6-8 minutes until heated through. Transfer to a blender with the reserved banana skins and blend until smooth (add a touch of hot water if needed to help blend the mixture). Strain through a fine sieve and season with a generous pinch of salt. Refrigerate until needed.

Reheat the bread and cream mixture over medium heat. Place the chocolate and cocoa powder in a bowl, and strain the bread mixture through a sieve over the chocolate and cocoa mixture. Do not stir, allow the chocolate to melt for 5 minutes. Whisk vigorously until smooth. Keep warm. Discard solids.

For the peanut and bread crumb, place the bread on an oven tray and toast for 8-10 minutes until lightly golden and toasted. Cool completely. Place in a food processor and pulse until a coarse breadcrumb. Transfer to a bowl with remaining ingredients and toss to combine. Set aside.

Place 3 banana halves on the base of each bowl. Top with scoops of vanilla ice cream and dollops of the caramel. Pour over the warm chocolate sauce, sprinkle with peanut and bread crumbs and serve immediately. ✕

d.

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For more super-tasty recipes from the *MasterChef* star.

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Artistry meets appliance in Smeg's chic kitchen collections,
serving up Italian design with world-class cooking technology.



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Smeg Classic appliances: 900mm Thermoseal Pyrolytic Oven, SFP9395X1, \$5,999; 900mm Flushmount Gas Cooktop, PGA96, \$1,999; 900mm Wallmount Rangehood, SHW900XHN, \$1,199. Smeg 50's Style Blender, BLF01PGAU, \$299; 50's Style Stand Mixer, SMF02PGAU, \$639; Spaghetti Cutter Attachment, SMSC01, \$149.

Classic form and innovative technology are a recipe for culinary success.





THE CLASSIC COLLECTION

From coast to country, the Classic aesthetic fits seamlessly into a range of home interiors, adding timeless style. Still manufactured in Northern Italy using hand-selected raw materials, this collection combines an understated yet elegant finish with clever functionality that makes cooking – whether it's for a weeknight family dinner or a special celebration – effortlessly easy.



LARGE CAPACITY

With 17 different cooking functions and 50 SmartSense Plus auto menus, this oven makes mealtimes even more convenient, so you can simply set and forget. 900mm Classic Thermoseal Pyrolytic Oven, SFP9395X1, \$5,999.

FLUSHMOUNT DESIGN

With automatic electronic ignition, this cooktop is ready to go in no time. It features two ultra-rapid burners, two semi-rapid burners, and two auxiliary burners. 900mm Topmount Gas Cooktop, PGA96, \$1,999.



NEW MATTE BLACK

This Classic model now comes in a sleek matte black finish, equipped with cool touch door technology, making it safer for kids. 600mm Classic Thermoseal Oven, SFP6301TVN, \$2,490.

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Smeg Victoria appliances: 1100mm Induction Freestanding Cooker, TR4110P, \$9,999; 1100mm Enamel Rangehood, KT110PA, \$3,299. Smeg 50's Style Badged Kettle, KLF03BLAU, \$209.

Take the guesswork out of whipping up a feast with a cooker that's consistent and simple to control.





THE VICTORIA COLLECTION

The Victoria Collection draws design inspiration from Smeg's pioneering 1950s Elisabeth freestanding cooker. The iconic form, with its soft curves and pale colour palette, paired with Smeg's latest functionality brings personality and performance to any kitchen. Both charming and versatile, the Victoria aesthetic looks equally at home in provincial places, and chic city spaces.



MULTI-CAVITY OVEN

This huge-capacity cooker boasts a main oven on top and an auxiliary oven lower left, both offering 70-litre capacity, Thermoseal technology and six cooking functions, plus triple-glazed doors, multi-shelf heights and a vapour clean function. The gas hob has seven zones to cater for even the largest gathering. 1100mm Victoria Induction Freestanding Cooker, TR4110P, \$9,999.

FAB FRIDGES

Throw it back to yesteryear with these 50's Retro Style cream fridges from the left, 270L, FAB28RCR3AU, \$2,490; 326L, FAB32RCR3AU, \$3,490; 467L, FAB50RCRAU, \$4,290. Available in a range of retro colours.



FREESTANDING DESIGN

Made from Ever Clean enamel, this oven is a dream to both cook with and clean, so you can rest easy that your cream finish will stay crisp. 900mm Victoria Freestanding Cooker, TRA90P9, \$6,599.



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With Linea there are fine
lines between technology
and beauty.



Smeg Linea appliances from left:
600mm Compact Speed Oven,
SFA4104MCB, **\$3,990**; Warming
Drawer (also shown below the Combi
Steam Oven), CPRA115B, **\$1,690 each**;
600mm Thermoseal Pyrolytic Touch
Control Oven, SFPA6104TVB, **\$3,790**;
600mm Compact Combi Steam
Oven, SFA4104VCB, **\$4,990**; 900mm
SmartSense Plus Induction Cooktop,
SAI90MW, **\$4,090**.



THE LINEA COLLECTION

Smeg's Linea Collection celebrates the first element of design – the line. Effortlessly simple, balanced and minimal in form, Linea appliances are at home in modern and classic kitchens alike. The sleek collection is available in a white, black or luxe mirror finish, making it a versatile and refined style addition to any home.



SMARTSENSE PLUS

This cooktop surface can sense what you need before you even need it, with automatic pan size recognition, plus nine heat settings and two boost settings for every zone. 900mm SmartSense Plus Induction Cooktop, SAI90MW, \$4,090.



DIRECT FLAME TECHNOLOGY

Maximise your cooktop space with this five burner beauty, made to accommodate pots and pans of all sizes. 750mm Linea White Ceramic 5 Burner Gas Cooktop, PV175CB2AU, \$2,890.

AUTOMATIC COFFEE

Enjoy fully automatic coffee preparation, complete with steam, hot water and rinsing functions. 450mm Linea Built In Coffee Machine, CMS4101B, \$4,290.



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This collection strikingly
redefines the meaning
of Italian style.

Smeg Portofino appliances:
900mm Portofino Pyrolytic
Freestanding Cooker,
CPF9GPYWA, \$7,490;
900mm Portofino
Wallmount Rangehood,
KPFA9YW, \$2,990. Smeg
Dolce & Gabbana Slow
Juicer, SJF01DGAU, \$1,599.





THE PORTOFINO COLLECTION

Bring the colour of Italy into your home with the Portofino Collection, inspired by the rich terracotta tones from the seaside town that lends its name to this range. These appliances will be a fresh and vibrant addition to your kitchen, combining sophisticated Italian design together with best-in-class technology. Make a bold statement with a Portofino.



A COLOUR FOR EVERY HOME

This sleek freestanding range of cookers and rangehoods comes in a selection of delicious colours, from sunshine yellow (featured left, and above) to a coral red, burnt orange, timeless black, stainless steel, olive green or white (shown below).

With five cooking levels and a triple fan system to ensure even cooking with no flavours transferred throughout, the Portofino is perfect for large families and those who love to host a dinner party or two.



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Smeg Dolce Stil Novo appliances with copper trim, from left: 450mm Compact Combi Steam Oven, SFA4604VCNR, **\$5,990**; 150mm Warming Drawer, CPR615NR, **\$1,790**; 600mm Thermoseal Plus Pyrolytic Oven with Steam Assist, SFPA6604STNR, **\$5,990**; 450mm Wine Cellar with Right-hand Hinge, CVIA618RNR2, **\$3,490**; 150mm Sommelier Drawer, CPS615NR, **\$2,190**; 900mm Induction Combi Cooktop with Gas Burner, PM6912WLDRAU, **\$5,990**.

Darkness lights the way in
this architect-designed
collection.





THE DOLCE STIL NOVO COLLECTION

Dolce Stil Novo, meaning "sweet new style", treads fresh home ground. Renowned Italian architect Guido Canali and Smeg have once again collaborated to seamlessly integrate beauty with ground-breaking technology. The result is a sophisticated appliance collection that fosters a warm and welcoming atmosphere in the true heart of the home – the kitchen.



STEAM ASSISTED COOKING

With innovative Thermoseal and steam technology, this oven caters for diverse cooking styles to make the most of your kitchen space. 600mm Dolce Stil Novo Thermoseal Plus Pyrolytic Oven with Steam Assist, SFPA6604STNR, \$5,990.

SOMMELIER TOOLS

For the real connoisseur, this comes with all the bells and whistles to enhance your fine wine experience. 150mm Sommelier Drawer, CPS615NR, \$2,190.



CHILL OR COOK

A blast chiller that can freeze, chill, prove dough and even slow-cook a meal, all in a stylish and compact built-in unit. 450mm Dolce Stil Novo Blast Chiller, SAB4604NR, \$7,490.

GAS PLUS INDUCTION

If you're ready to heat things up, this cooktop comes with an ultra-rapid burner. 900mm Induction Combi Cooktop with Gas Burner, PM6912WLDRAU, \$5,990.



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CRITIC & THE COMIC

BEST OF THE BUNCH

Mike Bennie and Merrick Watts discuss the unique approach to no-waste winemaking and offer their top matches to a use-it-up winter greens torte.



@mikebennie101



@merrickwatts

Mike: Our zero-wastage credentials for drinking whole bottles of wine are high.

Merrick: It was before I knew you that you recycled everyone's spit, wasn't it?

Mike: Spit-bucket brandy! It was amazing. There's no real concept of nose-to-tail in winemaking, but the closest thing is whole-bunch reds. You cut the grapes off the vine and ferment the entire bunch with the grapes hanging off the stems. It creates a more complex red wine where there's perfume, slipperiness and texture from the greenness of the stems. You get all the detail, not just the berry and the juice. So for me, if you're going to do sustainable holistic food stuff, you need to do the same with wine. The stems usually go to livestock and the skins can be re-fermented into a light, refreshing *piquette* or distilled into grappa.

Merrick: What about *ripasso*? Where you're re-passing the juice over the skins?

Mike: Exactly. *Ripasso*... That's Italian for pizza isn't it?

Merrick: What! Here I was thinking pizza was Italian for pizza. My mum's family grew up poor in Broken Hill and it's given me an real objection to waste. So with this dish I look at all those greens and I love it. I love

chard and things people don't usually like. And I love cavolo nero. With cavolo nero I'd go for a nero d'avola because they both have the word 'nero' in them.

Mike: I saw this dish and thought: beer. For me, this is a dish that has requisite and pleasing bitterness and therefore something bitter alongside, but not quite bitter. A sour beer would be a wonderful accompaniment. And you've got that cornucopia of greenery and a hit of chilli, then the sour tang of a beverage alongside. I am in a place where balance and all the nuance of dish-versus-final-condiment-in-glass work in synergy.

Merrick: Right. I am going to see your synergy and I am going to match it like a yin and yang. So you've got this beautiful cornucopia of green, the iron-rich nature of the greens, and I am just going to chuck in a Baileys on ice. Why have it in your cupboard and not use it? When is Nan coming to drink it? She's not coming! Either break out the Baileys and have it with some cavolo nero, or just break it out and decide it's a party night and white Russians for everyone.

Mike: You know where I stand on that.

Merrick: I'm hearing it's a no.

THE CRITIC'S PICKS



WILDFLOWER AMBER #26, \$25

A wild-ferment beer from artisan brewer Wildflower. Exotic, exciting and delicious, it's yeasty in its aromas but all pulpy grapefruit zestiness to taste. This has the requisite sour tang and pleasing bite that finds harmony with winter greens.



SERRURIA SAUVIGNON BLANC 2019, \$25

Two female winemakers crafting incredible white wines from regional New South Wales, this is not your average sauvignon blanc, offering exuberant aromas and freshness that reset the palate after each mouthful. A wonderful drink for this dish.



M&J BECKER HUNTER VALLEY SYRAH 2019, \$25

You wouldn't think winter greens and shiraz go together, but this peppery, spicy red is just right. It's medium-bodied, all red berry fruits and clove/cinnamon characters and just feels darn dangerously drinkable. That spice with the dish? Greatness.

THE COMIC'S WILDCARD



NERO BY BRASH HIGGINS, MCLAREN VALE, \$45

This is almost too healthy a dish. But seriously, earthy wine for an earthy meal. Enjoy!

CRITIC & THE COMIC.

Winter greens torte (see the recipe at delicious.com.au)

"I would go with Mike's suggestion of a sour beer here. The bitterness of the greens needs something acidic for balance. Plus, the hint of chilli in the torte would also benefit from something refreshing."
— Phoebe Wood, *delicious*. food director



For more on the latest in the world of drinks go to delicious.com.au/drinks

YOTAM OTTOLENGHI.



FATTEH IS A POPULAR Middle Eastern dish made with stale bread and accompanied by a host of hearty ingredients. Serve it for brunch, with eggs, or as a vegetarian main course with cooked seasonal vegetables – simply plan ahead and soak the chickpeas the night before. You can cook the chickpeas and prepare all the toppings in advance, but you'll want to assemble the herb paste and toss everything together just before serving to ensure that it all stays green and vibrant, and that the fatteh is the right consistency.

Yotam Ottolenghi is chef-patron of the London-based Ottolenghi delis and the NOPI and ROVI restaurants. He has published seven bestselling cookbooks – his latest is Simple, published by Random House.



@ottolenghi



@ottolenghi

CHICKPEA AND HERB FATTEH

SERVES 6

Begin this recipe at least 8 hours ahead.

350g dried chickpeas

2½ tsp bicarb soda

1 round white or whole-wheat pita (about 100g), pocket opened up, torn into rough 2-3cm pieces

100ml olive oil

1 tbs za'atar

BREAD WINNER

Flavour and texture are key for **Yotam Ottolenghi**, who uses up stale pita to create a classic Middle Eastern dish that brings it home.

¾ cup coriander leaves and tender stems, roughly chopped

⅔ cup flat-leaf parsley leaves and tender stems, roughly chopped

⅔ cup chives, roughly chopped

2½ tbs fresh lemon juice

2 garlic cloves, crushed

1 tsp cumin seeds, toasted, crushed

TAHINI SAUCE

⅓ cup (90g) hulled tahini

1½ tbs fresh lemon juice

1 garlic clove, crushed

CHILLI OIL

2½ tbs olive oil

½ tsp chilli flakes

¼ tsp sweet paprika

Place the dried chickpeas and 1½ tsp bicarb soda in a large bowl. Top with enough cold water to cover by about 3cm, and soak at room temperature for at least 8 hours or overnight.

Preheat oven to 190°C.

Drain the chickpeas well and add them to a large saucepan with the remaining 1 tsp bicarb soda. Add 6 cups (1.5L) water. Bring to a simmer over medium-high heat, then lower the heat to medium and cook until chickpeas are soft but retain a slight bite, 30-35 minutes. (The cooking time can vary greatly depending on your chickpeas, so check them at 20 minutes to determine how long you need.) Add 1¼ tsp salt and continue cooking until the chickpeas are super tender, 5-10 minutes more. Use a slotted spoon to set aside ⅔ cup (100g)

strained cooked chickpeas. Keep the rest warm on a low heat until ready to serve.

Meanwhile, prepare the toppings. Toss the pita with 2 tbs oil, za'atar, ¼ tsp salt and a good grind of pepper, and spread out on a lined baking tray. Toast until golden and crisp, tossing halfway through, about 12 minutes. Set aside to cool.

For the tahini sauce, place tahini in a medium bowl. Add the lemon juice and garlic with 75ml water and ¼ tsp salt and whisk until smooth and pourable. The tahini sauce will thicken as it sits.

For the chilli oil, add the oil and chilli flakes to a small frypan. Heat over medium until gently bubbling and fragrant, about 3-4 minutes, then add the paprika and remove from heat. Set aside.

When ready to serve, add reserved chickpeas to a food processor with the fresh herbs, lemon juice, garlic, cumin, ¼ tsp salt, a good grind of pepper and the remaining ¼ cup (60ml) oil. Whiz until smooth, then transfer to a large mixing bowl.

Drain warm chickpeas using a sieve set over a bowl. Add chickpeas and ¾ cup (180ml) of their liquid to the herb mixture, mixing well to combine. You want the chickpeas to be well coated and mixture to be saucy (but not overly wet), so add a couple more tablespoons of chickpea liquid if you wish (discard the remaining).

Transfer to a large platter. Drizzle lightly with some of the tahini sauce, then all of the chilli oil. Sprinkle with half of the pita and serve warm, with the remaining tahini and toasted pita alongside. ✕



delicious.com.au/recipes
For more of Yotam's simple
recipes with knockout flavours.

MEAT MARKET.

Amid their usual shtick **Colin Fassnidge** and **Anthony Puharich** are back with an economical dish that cleverly packs in flavour.

THE CHEF AND THE BUTCHER

C: Everyone has had bad couscous. You know like really bad, dry couscous. It's like sawdust. So I think we need a little bit of fat in it to keep it moist. I saw in Portugal how they do it where they massage the couscous in olive oil...

A: Have you been watching Rick Stein?

C: ...so they get the couscous wet with oil and massage it in their hands. We're not going to do that, but we're going to poach the chicken and then use the stock to cook the couscous. So then the couscous has all this flavour.

A: Nice.

C: It's our post-lockdown couscous. It has absorbed all our passion and our stress, and it's ready to burst. Pent up with flavour.

A: R-rated couscous!

C: And then we add a handful of meat on a stick.

A: You're on a roll, aren't you? You're angry!

C: I've been locked up for too long! It's basically couscous with the moisture and flavour of chicken, rather than the dry couscous you've been brought up on – like those boiled brussels sprouts and broccoli. We're bringing couscous into the 21st century and adding our chicken too.

A: Okay. So chicken drumsticks. Nobody likes chicken drumsticks. Except Colonel Sanders.

C: In this time of recession, drumsticks are cheap, cheerful flavour. Great for families.

A: They're the cheapest cut. But they're juicy, fibrous, and there's a bit of texture. They are great for the stock because they're gelatinous and have the bone and the tendon, and are a bit fatty. Drumsticks are often just thrown away, so for the zero-waste issue we're fully utilising them.

C: It's a forgiving part of the chicken, too, you can overcook it and get away with it.

A: Everyone loves wings, you know.

C: We're not talking about wings!

A: Yeah but I am saying, wings win over drumsticks usually.

C: Sometimes I wonder if you're even listening.

POACHED CHICKEN WITH WARM SPICED COUSCOUS SALAD

SERVES 6-8

1/4 cup (60ml) extra virgin olive oil
8 chicken drumsticks
1/2 bunch flat-leaf parsley, stems very roughly chopped, leaves chopped
1/2 bunch mint, stems very roughly chopped, leaves chopped
Pared peel and juice of 1 orange
4 cloves
3 dried bay leaves

SPICED COUSCOUS SALAD

300g couscous
Zest and juice of 1 lemon
2 garlic cloves, crushed
1/3 cup (80ml) extra virgin olive oil
1 tsp each ground cumin and sumac
270g semi-sundried tomatoes, drained, chopped
1 zucchini, thinly sliced
1 long red chilli, finely chopped
1 x 400g can chickpeas, rinsed, drained
1 red onion, thinly sliced into rings
Seeds of 1 pomegranate

To poach the chicken, place oil in a large heavy-based saucepan over high heat. Add the drumsticks and sear, turning

frequently, for 6-8 minutes until browned all over. Add 8 cups (2L) water and bring to the boil, scraping the bottom of the pan with a wooden spoon. Add the herb stems, orange peel, cloves and bay leaves. Reduce heat to medium and simmer for 40-45 minutes until chicken is cooked and easily falls away from the bone. Strain, reserving the stock and chicken in separate bowls. Discard the remaining ingredients. Place 300ml of hot stock in a heatproof bowl. Store remaining stock in an airtight container in the freezer for later use.

For the couscous salad, add couscous, lemon zest and juice to the 300ml hot stock and stir until just combined. Cover completely with a large plate or oven tray to lock in the heat and steam. Stand for 8-10 minutes to cook the couscous.

Meanwhile, shred the chicken and set aside meat in a bowl. Discard bones and skin. Place crushed garlic, oil and orange juice in a bowl, season to taste and whisk to combine. Fluff couscous with a fork and add herb leaves, cumin, sumac, semi-sundried tomato, zucchini, chilli, chickpeas, onion, pomegranate seeds and shredded chicken. Season to taste, add half of the dressing and toss well to combine. Drizzle with remaining dressing to serve.





BUTCHER'S CUT CHICKEN DRUMSTICKS

You'd be hard pressed to find a cut more versatile than the chicken drumstick. Roasted, fried, barbecued or poached, like in this recipe, any method of cooking goes. Plus, the skin, bone and cartilage in a drumstick makes it a perfect addition for stocks and bone broths. ✂

  @askthebutcher_

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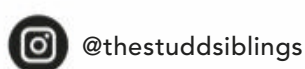
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CHEESE COUNTER.



FOR KEEPS

Ellie and Sam Studd look to labneh, an age-old Middle Eastern favourite that teaches techniques for no-waste preservation in the modern world.



THE PRACTICE OF preserving milk through fermentation is a staple of many cultures and diets around the world. In essence, the controlled souring of milk allows people to extend the life of their milk or yoghurt and enjoy a delicious, nutritional bounty for months or even years. It's also a tried-and-tested method for reducing food waste.

A surprisingly easy and satisfying way to preserve milk is to make labneh (pronounced *leb-neigh*), an ancient form of cheese created by straining yoghurt through muslin or cheesecloth. Labneh can be traced back over 2,000 years and originates from the Levant region (more affectionately known as the 'fertile crescent'). Today, labneh still forms the foundation of many Middle Eastern dishes.

This delicious dairy product can vary in thickness depending on the type of milk or yoghurt used, the cultures added, and whether it's eaten fresh or dried, or preserved in oil.

SERVING IT UP

We love how versatile labneh is. Some of our favourite ways to enjoy this simple delicacy include:

- Sprinkled with herbs or even chilli flakes, and added to a salad or sandwich.
- Sprinkled with za'atar, drizzled with olive oil, and served as an accompaniment to a Middle Eastern spread – think pita, grilled meat, cucumber and olives.
- As a healthy substitute for sour cream on baked potatoes or nachos, or spread on toast with tomatoes, olive oil and mint.

MARINATED LABNEH

MAKES 1KG

Begin this recipe 1 day ahead.

1kg pot-set natural yoghurt
Chopped mixed herbs (we used flat-leaf parsley, tarragon and mint), chilli flakes and za'atar, to coat

2 cups (500ml) extra virgin olive oil

1 tsp whole peppercorns

1 sprig bay leaves

4 garlic cloves, blanched and refreshed

Combine the yoghurt with 2 tsp salt flakes in a bowl, then transfer to a sieve lined with muslin or cheesecloth set over a bowl. Fold the muslin over and tie with kitchen string or elastic to enclose. Refrigerate overnight, allowing excess liquid to drain from the yoghurt.

Dip your fingers in oil and roll the strained yoghurt into balls about the size of a cherry tomato. Coat in desired seasoning (chopped mixed herbs, chilli flakes, za'atar).

Place olive oil in a jar with a lid. Add the peppercorns, bay leaves, blanched garlic, and labneh balls. Seal with lid.

Labneh balls can be stored in the fridge for up to a month. We also recommend using the infused oil for cooking, as a salad dressing, or drizzled over avocado toast.





WHAT IS? LABNEH

TYPE: Made from strained whole-milk yoghurt, labneh (also called labne, labaneh and labni) is a creamy, tangy soft cheese, and an ancient staple of Middle Eastern cuisine.

ORIGIN: The Levant region (modern-day Cyprus, Egypt, Lebanon, Palestine and Syria).

SPECIAL BECAUSE: Each culture has a unique take on labneh – some is made with cow's milk, while others use sheep's or goat's milk. Technique varies, too, with fresh, preserved and dried versions of labneh readily available. ✂



d.

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I'M LOVING.



I LOVE... THRIFTY COOKING

Getting smarter in the kitchen has some tasty pay-offs. **Matt Preston** has the lowdown.

I'VE BEEN WRITING about minimising kitchen waste for a decade. The basic rules, however, remain the same: (1) buy only what you need, (2) cook only what you'll eat, and (3) love leftovers – whether of dishes or ingredients (but if you follow the first two rules these will be minimal and you'll save more money).

We've become a lot smarter about using all the ingredient, whether that's a nose-to-tail or root-to-leaf approach. Human ingenuity is a marvellous thing. Here's just some of what I've gathered over the years for reducing household waste.

POTATO SKINS Potato skins can be fried or roasted, with results varying according to the starch level of the variety. My favourite, however, is to cook the clean skins in the milk you'll use in mash. The milk gets a boost of potato flavour and a satiny texture from the starchiness that reduces the desire to add cream. After making potato, sweet potato or pumpkin gnocchi, turn the leftover skins into 'po-tacos'. Fill them with whatever you like. Currently, leftover bolognese or chilli with cheese, and diced smoked chicken with crisp chilli sauce, coriander and Kewpie mayo are the winners.

BANANA-PEEL BACON We all know about black-banana ice cream and banana bread made with old bananas, but how about taking the peel of fresh bananas and turning it into vegan 'bacon'? (See my guide at delicious.com.au.)

RAMINESTRONE Soup is a great place to lose or use orphaned ingredients. Instead of the obvious minestrone or ribollita, throw the likes of tired lettuce, cabbage and mushrooms into remainder ramen or leftover laksa. After your next freezer clear-out, use the scrawny ends of packets of corn or peas as well as one of the proteins you'll undoubtedly find, like those two chicken breasts interred together or that pack of pork mince. I reckon small meatballs for the ramen is the way to go with that.

RINDS Parmesan rinds and pig skin aren't particularly appetising at first glance, but I keep both in the freezer to throw in dishes for an umami hit, such as bolognese or old-school stews or braises.

JUICER REFUSE The pulp from carrot and ginger, or beetroot and celery juice is the bulk for a great cake, burger or rissole, or soup. There's still both flavour and body in there.

BASE ACTS I've got both celery and rhubarb growing in the vegie patch from the replanted bases.

STOCK HACK There's a lot of flavour left in those 'finished' jars. Pour hot water or stock in old Vegemite, Dijon mustard or peanut butter jars and shake to get a tasty liquid to add to beef braises, chicken-pie filling or Ghanaian sweet potato stew, respectively.

STALE BREAD Old pitas, sourdough, buns – I freaking love stale bread. There's so much you can do with it that there's a whole column on our website packed with ideas, from salads and crunchy toppings to sauces and soups. The most out-there has to be mixing freshly made breadcrumbs over heat with stock to make a Veronese polenta-like sauce called *pearà*. Add more stock and fried bone marrow and butter to make the most extraordinary stale bread soup – the recipe for which follows.

STALE BREAD SOUP WITH FRIED BONE MARROW

SERVES 4

Begin this recipe 1 day ahead.

4 x 10cm (400g) centre-cut femur beef bones, halved lengthwise
(ask your butcher to do this for you)
2 cups (140g) coarse stale sourdough breadcrumbs
120g unsalted butter, chopped
4 cups (1L) good-quality beef stock
2 tbs extra virgin olive oil
150g button mushrooms, quartered
1/2 cup (loosely packed) flat-leaf parsley leaves, chopped

FRIED BONE MARROW

8 x 10cm (800g) centre-cut femur beef bones, halved lengthwise
(ask your butcher to do this for you)
1/2 cup (75g) cornflour
40g unsalted butter

Place both quantities of bones in separate large bowls, cover with cold salted water and leave for 24 hours, changing the salted water three times. Drain and remove the marrow from the bones (reserve bones for stock). Finely chop the smaller amount of marrow. Cut the larger amount into 1cm pieces. Set both aside.

Heat a deep saucepan over medium heat. Add the breadcrumbs and toss for 3-4 minutes until toasted. Set aside. Wipe the pan clean and return to medium heat. Add butter and finely chopped marrow and cook, stirring frequently, for 1-2 minutes until melted. Add toasted breadcrumbs, reduce heat to medium-low and cook, tossing frequently, for 2-3 minutes until golden.

Stir in 1/2 cup (125ml) stock and stir slowly for 15-20 minutes until stock is absorbed. Stir in another 1/2 cup stock and repeat 4-5 times with remaining stock until breadcrumbs are saturated (you may not need all the stock). Season to taste and keep warm.

For the fried bone marrow, place the marrow in a bowl with the cornflour and toss to combine. Melt the butter in a frypan over medium-high heat. Add the marrow mixture and cook, tossing frequently, for 2-3 minutes until golden. Transfer to paper towel, season to taste and set aside until ready to serve.

Heat oil in a medium frypan over high heat. Add the mushrooms and cook, tossing occasionally, for 4-5 minutes until golden and cooked. Season to taste.

Divide soup among bowls and scatter with mushrooms, parsley and fried bone marrow. Serve immediately. ✂



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JO BARRETT AND MATT STONE'S USE-IT-UP MENU **66** >> GENIUS WAYS WITH HERBS **74** >> DARREN ROBERTSON'S WINNING BREAD RECIPES **84** >> LEARN THE ART OF PRESERVING **92** >> SOULFUL CHICKEN SOUPS **96** >> ALL-NEW PASTA SAUCES **102** >> NO-WASTE FRITTATAS **112** >> HOW TO USE UP WHOLE PRODUCE **120** >> PANTRY BAKING IDEAS FOR THE WEEKEND **128**

SAVOUR

Chickpea and
pea falafel
(recipe p 123).

The **WHOLE** *Story.*

Leek & silverbeet
tart with bread
pastry (recipe p'71).

While many discuss how to eliminate food waste, chefs **Matt Stone** and **Jo Barrett** are busy creating their own narrative through myriad flavours from unexpected ingredients. From bread pastry to celery leaf salt, these dishes rewrite the rules.

PHOTOGRAPHY **CHRIS COURT** STYLING **KIRSTEN JENKINS**

Kipfler potatoes
and celery leaf salt
(recipe p 68).

"Celery leaves are packed with flavour, especially when dried. Pick the leaves from your bunch of celery, wash them well and dehydrate them. You can add any left over wilted herbs to this too, a sad bunch of parsley or tarragon would work really well. When dried and ground you will produce a vibrant green powder. It's perfect with potatoes and great with eggs."
- Jo Barrett

ENTERTAINING.



 @jobarrett

 @chefmattstone

STEAMED BROCCOLINI, PRESERVED LEMON, ALMOND

SERVES 4-6 AS A SIDE

You will need a large bamboo steamer for this recipe.

3 bunches broccolini, trimmed
1/4 cup (25g) flaked almonds, toasted
1/4 cup (35g) currants, soaked in warm water for 5 minutes, drained

DRESSING

1 tsp coriander seeds, toasted, coarsely ground in a mortar and pestle
2 1/2 tbs preserved lemon rind, finely chopped
1 large green chilli, seeds removed, finely chopped
2 eschalots, finely chopped

COMING UP WITH dishes that makes them two of Australia's best chefs comes naturally for Jo Barrett and Matt Stone, and so does creating ways to make sure nothing is thrown away when preparing their sought-after menus. "Making and using everything is something I have always believed in and it's a way I've always cooked," says Barrett who shows what this philosophy is about in the recipes here. Celery leaves are used to season roast potatoes, fish bones create a flavourful base for a sauce and whole mandarins, pulp and peel, are put to use in zesty desserts. "I'm proud of the dishes, elements and recipe development I have come up with that have diverted 'food scraps' going into the compost, as well as utilising fruit and veg from local farms that were destined for landfill."

While the outlook towards consumption has always been important in hospitality, Stone says it's become key in the wider community. "The topic has never been more talked about. I've seen a huge change in attitudes when it comes to food waste."

It's this kind of enthusiasm from people that drives the top chefs. "If there is something I can do to make it easier for people or to help [to eliminate waste] I will," says Barrett who offers up her top tip: "If you have a good pantry of sauces, seeds, nuts and ferments you will always be able to create a delicious meal out of any leftovers." Matt Stone likes to preserve vegies: "Fermented vegetables are great to have around," he says. "They add a heap of flavour and nutrients to simple dishes such as rice."

And no matter how big the waste problem is, Barrett urges people to keep the faith. "Every bit counts, even the small bits, so don't get discouraged."

1 1/2 tbs brine from pickled jalapeño
1/3 cup (80ml) extra virgin olive oil

For the dressing, mix all ingredients in a bowl and season. (This can be made 1 day in advance.) Set aside.

Place a large wok or saucepan half full of water over high heat and bring to the boil. Place a large bamboo steamer over the top. Place broccolini in an even layer in the steamer and cover with the lid. Steam for 8-10 minutes until broccolini is cooked but still with a bite. Transfer to a large bowl with half of the dressing, season to taste and toss to combine. Transfer to a large platter and drizzle with remaining dressing. Scatter with almonds and currants to serve.

KIPFLER POTATOES AND CELERY LEAF SALT

SERVES 4-6 AS A SIDE

1kg kipfler potatoes, washed
Whey (from the ricotta, recipe p 71)
Extra virgin olive oil, to drizzle

CELERY LEAF SALT

1 bunch picked celery leaves

1 tsp celery seeds, toasted, crushed
2 tbs sea salt flakes

Place potatoes in a large saucepan with reserved whey from the ricotta and a good pinch of salt. Add enough extra water to cover the potatoes if needed. Place the pan over high heat and bring to the boil. Reduce heat and simmer for 30-35 minutes until potatoes are cooked. Drain and cool slightly.

Preheat oven to 90°C.

Meanwhile, for the celery salt, spread celery leaves on a heatproof wire rack set over a baking tray and bake for 30-35 minutes until dried but still green. Set aside to cool, then crumble into a bowl and stir through celery seed and salt flakes. (Celery salt can be stored in an airtight container for up to 4 weeks.)

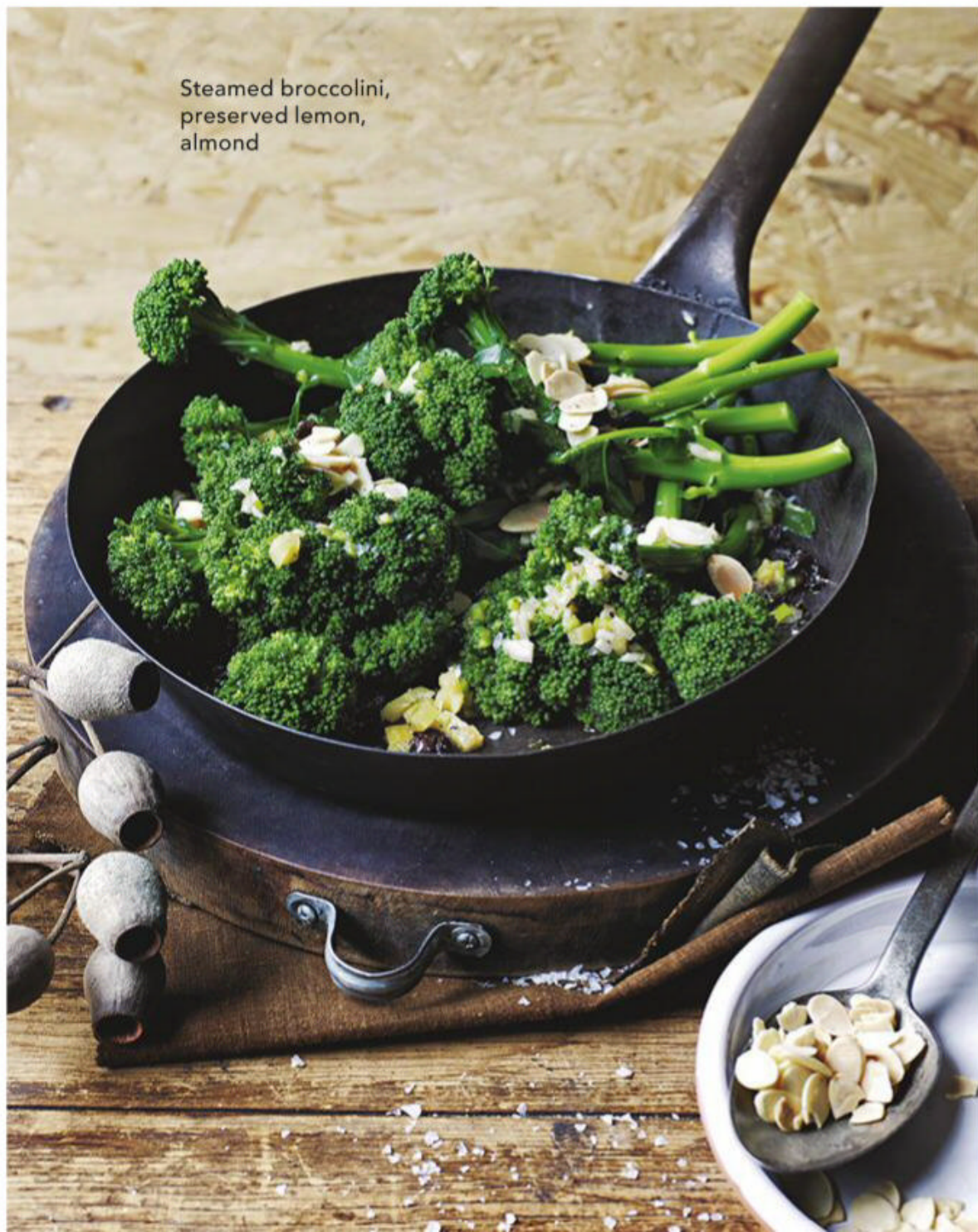
Increase oven to 220°C. Transfer potatoes to a large roasting pan, add half of the celery salt and a good drizzle of olive oil, and toss well to combine. Roast, tossing frequently, for 40-45 minutes until golden and crisp. Transfer to a platter, scatter with remaining celery salt and serve warm or cold. They are amazing dipped into the fish bone sauce (recipe p 71).



"My mate Jimmy Irvine (drinks director for Four Pillars Gin) has amazing ideas for making shrubs from waste foods. My thing is making cordials from excess or ageing foods, especially fruits. I have a selection of herbs like verbena, flavoured sages, thymes and mint that I add to give it a difference."
 - Matt Wilkinson



Mandarin pulp & ginger soda (recipe p 72).



Steamed broccolini, preserved lemon, almond



"It's important to remove fish from packaging and store a whole fish, scales removed, or fish fillet, skin-side up, on a cake rack set over a dinner plate. By doing so, when it is in the refrigerator, the fan in the fridge will dry any surface moisture present on the skin."
- Josh Niland

Whiting, fennel, finger lime, roasted bone sauce

**WHITING, FENNEL, FINGER LIME,
ROASTED BONE SAUCE**

SERVES 4

1 bunch long green shallots, halved widthwise
 1 cup (250ml) neutral-oil such rice bran oil, plus extra to brush
 4 x 600g whole King George or sand whiting, cleaned, scaled, filleted (bones reserved)
 1 small fennel, bulb shaved
 2 finger limes, pearls removed
 Flat-leaf parsley and chervil leaves, to serve

FISH STOCK

Reserved whiting bones (approx 900g), rinsed, drained
 Extra virgin olive oil, to drizzle
 1 large fennel bulb, chopped
 1 large leek, trimmed, washed, chopped
 2 bay leaves
 6 thyme sprigs
 2 tsp coriander seeds, toasted

ROASTED BONE SAUCE

2 tbs extra virgin olive oil
 4 eschalots, finely chopped
 1 tsp each whole white pepper and coriander seeds
 1 cup (250ml) dry white wine
 1 tbs white wine vinegar
 600ml fish stock (recipe above)
 100g cold unsalted butter, chopped
 Long green shallot oil (recipe above), to taste

Preheat oven grill to high. To make the long-green shallot oil, place the root end on an oven tray and lightly drizzle with oil. Cook under the grill, turning frequently, for 6-8 minutes. Remove and allow to cool. Roughly chop cooked onion and the fresh tops. Place in a blender with the oil, season to taste and whiz on high speed until finely chopped. Transfer mixture to a very fine sieve or muslin cloth set over a bowl. Set aside for 1 hour-1 hour 30 minutes until oil is drained. Set aside until ready to use.

Preheat oven to 220°C. For the stock, place fish bones in a large roasting pan.

Drizzle with olive oil and season. Roast for 40-45 minutes until slightly golden. Transfer to a large heavy-based saucepan with the fennel, leek, herbs, coriander seeds and 2L water. Place over high heat and bring to a simmer. Reduce heat to low and simmer gently, skimming any impurities that rise to the surface, for 45 minutes. Strain stock through a fine sieve into a medium saucepan. Bring to the boil over high heat, reduce heat to medium and simmer for 12-15 minutes until reduced by half.

For the sauce, heat the olive oil in a medium saucepan over high heat. Add the eschalot, pepper and coriander seeds. Cook, stirring occasionally, for 4-5 minutes until eschalot has softened. Add the wine and vinegar and cook for 4-5 minutes until reduced by three-quarters. Stir in the fish stock and bring to the boil. Reduce rapidly for 15-20 minutes until there is about 150ml remaining. Strain through a fine sieve, set aside and keep warm.

When ready to serve, bring the sauce to a boil and whisk in butter, one quarter at a time. Reduce the heat to as low as possible and add enough long green shallot oil to give the sauce a green tint and give it a nice flavour, keep tasting it. Season with salt.

Preheat oven grill to high. Brush both sides of the fish with extra oil and season well. Place fish, skin-side up, on a large greased oven tray. Grill for 4-6 minutes until skin blisters. Transfer to a large serving platter and drizzle over some roasted bone sauce. Scatter over shaved fennel, finger lime pearls and herbs and serve with remaining sauce alongside.

**LEEK & SILVERBEET TART
WITH BREAD PASTRY**

SERVES 6-8 AS A LIGHT MEAL

You will need a cooking thermometer for this recipe.

400g leftover white sourdough, crust removed, torn into 1cm pieces
 2¹/₃ cup (350g) plain flour, sifted
 1¹/₂ tsp caster sugar
 250g cold unsalted butter, cut into 5mm pieces

1 egg, lightly beaten
 2 tbs milk

RICOTTA

8 cups (2L) unhomogenised full-cream milk
 200ml pure (thin) cream
 2 tbs white wine vinegar

TART FILLING

2 tbs extra virgin olive oil
 40g unsalted butter
 1 leek, trimmed, halved lengthwise, thinly sliced
 1 large bunch silverbeet, leaves torn, stems thinly sliced
 1 small bunch dill, chopped
 1 small bunch flat-leaf parsley, chopped
 Pinch each ground allspice and ground cinnamon
 Zest of 1 lemon
 Fresh ricotta (recipe above), drained
 2 eggs, plus 1 extra egg if needed

For the ricotta, place the milk and cream in a large heavy-based saucepan over medium-low heat. Using a cooking thermometer, slowly bring to 60°C then gently stir in the vinegar. Continue to heat slowly to 85°C. Turn off the heat and allow to sit for 15 minutes. Using a perforated spoon, scoop the cheese from the whey and transfer to a cheese cloth or fine sieve set over a bowl until completely cooled. Set aside until ready to use. Reserve the whey to use for the potatoes (p 68) and to use in the soda (p 72).

Preheat the oven to 140°C.

To make the dried bread flour, place the sourdough pieces on a baking tray and dry in the oven for 40-45 minutes until completely dry, toasted and crisp but with no colour. Remove from the oven and cool completely then transfer to a food processor and whiz until a fine powder.

To make the pastry, place the flour, 1¹/₄ tsp fine cooking salt and sugar in a large bowl. Add the butter to the flour and using your fingertips rub the butter into the flour until the flour resembles a rough crumb. Add the bread flour and mix until just combined. Add the egg and milk and

bring together to form a dough, making sure not to over mix. Shape into a flat disc, wrap in plastic wrap and place in the fridge to rest for at least 30 minutes.

Increase oven temperature to 180°C.

On a well-floured work surface, flatten the pastry then roll out to a 4-5mm thick 35cm disc. Grease a 23cm x 3.5cm, loose base fluted tart pan and line with the pastry, pressing the base and side to secure the pastry. Trim the edges and prick the bottom of the tart with a fork. Place in the freezer to rest for 30 minutes.

Place a piece of greaseproof paper on top of the pastry and fill with baking beads or rice grains. Blind bake for 15-18 minutes, then remove the beads and baking paper and return to the oven for a further 15-18 minutes until the pastry is light golden and dry to touch.

Meanwhile, for the tart filling, heat a large deep frypan with the butter and oil over high heat. Add the leek and silverbeet stems. Season to taste and cook, stirring occasionally, for 2-3 minutes until the stems begin to soften. Add the leaves and cook for a further 6-8 minutes until leaves are wilted and stems and leeks are tender. Season to taste. Transfer to a heatproof bowl and cool completely. Stir in the herbs with the spices, zest and three-quarters of the fresh ricotta. Stir in the eggs (use as little egg as possible but be sure the whole mixture is coated). Add a third egg if needed. Transfer the filling to the tart base and smooth the surface. Top with remaining ricotta. Bake for 15-20 minutes until the filling is set. Remove from the oven and allow the tart to cool for 5 minutes before serving.

MANDARIN PULP & GINGER SODA

SERVES 4-6

Begin this recipe at least 4 days ahead. You will need two 8-cup (2L) capacity air-tight jars.

150g runny honey
Juice of 4 mandarins, pulp reserved,
peel reserved for the mandarin peel

powder (for the mandarin mousse and jelly, recipe below)

80g ginger, cut into matchsticks

450g (approx) mandarin pulp (from this recipe and from the mandarin mousse jelly, recipe below)

200ml ricotta whey (from ricotta, recipe p 71)

Place the honey, mandarin juice, pulp, ginger, a pinch of salt and 8 cups (2L) water in a large clean bowl and stir to combine. Divide the mixture between two 8-cup (2L) capacity air-tight jars.

Leave to stand in a cool place to ferment for 4-7 days, depending on how quickly it becomes 'active'. Check the jar daily and remove the lid to allow gases to escape. Once it has a fizz, strain the soda and place in the fridge. Do not leave to ferment once it starts to bubble as the jar may explode.

Alternatively, leave to stand in a cool place to ferment for 1-2 days and then strain and into a soda stream to create bubbles.

MANDARIN MOUSSE & JELLY

SERVES 4

Begin this recipe 1 day ahead. You will need four 400ml glass jars or cups.

3 titanium-strength gelatine leaves,
Zest and juice of 8 mandarins (you will need 400ml juice), pulp reserved to use in mandarin pulp and ginger soda (recipe above)

2 tbs caster sugar

Mandarin peel powder* (optional), to serve

MANDARIN-PEEL MOUSSE

2 titanium-strength gelatine leaves

200ml pure (thin) cream

65g caster sugar

350g thickened cream

1 vanilla bean, split, seeds scraped

For the mousse, soak gelatine in cold water for 5 minutes to soften. Place pure cream and sugar in a small saucepan over

medium heat and cook for 4-5 minutes, stirring continuously, until the sugar has dissolved. Remove from the heat and stir in the mandarin zest. Squeeze excess water from the gelatine, then add to the mandarin mixture and stir until melted and combined. Strain through a fine sieve into a medium bowl and cool at room temperature.

Meanwhile, place the thickened cream with the vanilla seeds in a bowl and whip to soft peaks. Gently fold the whipped cream through the cooled mandarin cream then divide among glass jars or cups. Refrigerate for 5-6 hours or overnight to set.

To make the mandarin jelly, soak gelatine in cold water for 5 minutes to soften. Meanwhile, place 100ml mandarin juice with the sugar in a small saucepan over medium heat for 4-5 minutes, stirring continuously, until the sugar has dissolved. Remove from the heat. Squeeze excess water from the gelatine, then add to the mandarin mixture and stir until melted and combined. Add the remaining 300ml juice then carefully pour over the top of the set mousse.

Refrigerate for 5-6 hours or overnight to set. Scatter with mandarin powder, if using, to serve. ✕

* **Note:** To make the mandarin-peel powder, preheat the oven at 75°C. Spread the reserved peel (from the mandarin pulp and ginger soda recipe, left) on a baking tray and place in the oven for 8-9 hours until peel is dehydrated. They will shrink and snap when ready. Allow to completely cool before placing in a high-speed blender with 2 tbs icing sugar. Whiz to a fine powder then strain through a sieve to remove any lumps.

d.

delicious.com.au/recipes

For more dishes that use up whole produce to brilliant effect.

ENTERTAINING.

"I recently got the pulp from some juiced mandarins and used it to second ferment some mead that I had made. It worked a treat. I also added some pear cores to a batch of kombucha, also delicious."
- Matt Stone

Mandarin
mousse & jelly

HERBAL REMEDY

Enlist **Phoebe Wood**'s herb-filled recipes to add brightness to soups, pastas and roasts (they're also quick fixes to bunches of herbs that have seen better days!). Ward off waste and create tasty dishes at the same time – sounds like a win to us.

PHOTOGRAPHY NIGEL LOUGH STYLING KIRSTEN JENKINS



Green chilli & coriander
chicken soup
(recipe p 83).

HERBS.

**"Buy seasonal
and local.
The produce
will be fresher and
last longer."
- Lisa Margan**

Herb, corn &
haloumi fritters
(recipe p 80).



"THIS RECIPE DEFIES ALL THE 'RULES' OF PASTA AND SEAFOOD, AND CHEESE AND POTATO TO BOOT. IT'S DEFINITELY ONE TO TRY."



@phoeberosewood



Spaghetti, soft-herb pesto, crushed potato and salmon (recipe p 78).





Storing
herbs

Drying
herbs

ZERO WASTE TIPS & TRICKS

"Wrap soft herbs in a damp cloth before placing them in the fridge, and reuse the same cloth instead of turning to something disposable like paper towel. Check your fruit and vegetables every day, and turn them so they don't pick up blemishes from sitting on the same spot." – **Mike McEneaney**

"I put my herbs in a jar of water in the fridge, like cut flowers. When it comes to vegies I try to just buy what I need for a few days, so I use them up before they start looking sad! If that does happen, I'll add them to a soup or stir-fry." – **Ronni Kahn**

To dry herbs: preheat oven to 100°C. Arrange sprigs in a single layer on a baking tray. Dry in the oven for about 25 minutes, turning once (drying time will depend on the variety and the water content). Store in a clean airtight jar.

To freeze herbs: place leaves and chopped stems in a blender with a small amount of water or olive oil, enough to make a thick puree. Blend until smooth, then freeze in ice cube trays. Add to stocks and sauces straight from the freezer.

Freezing
herbs



BLT WITH HERBY AIOLI AND CARMELISED ONION

SERVES 6

- 1/4 cup (60ml) extra virgin olive oil
- 2 large onions, thinly sliced
- 1 tsp brown or white sugar
- 2 tsp vinegar (I used red wine vinegar)
- 2 tbs tomato paste
- 6 bacon rashers
- 1/2 cup (150g) mayonnaise
- 1/2 garlic clove, crushed
- 1 tsp Dijon mustard
- 1/2 cup chopped soft herbs such as chervil, tarragon and parsley
- 6 English muffins, halved, toasted
- 6 butter lettuce leaves
- 2 tomatoes, sliced

Heat oil in a large frypan over medium-low heat. Add onion and a pinch of salt flakes and cook, stirring, for 20 minutes or until softened and lightly golden. Add sugar, vinegar and tomato paste and cook,

caramelised onion and sandwich with tops of muffins. Serve immediately.

HERB & RICOTTA LOAF

SERVES 8

You will need a 20cm x 10cm x 8cm deep loaf pan for this recipe.

- 2 1/2 cups (375g) plain flour
- 1 1/2 tsp baking powder
- 2 tbs runny honey
- 1/2 cup (120g) sour cream
- 3 eggs, lightly beaten
- 1/2 cup (125ml) milk
- 110g unsalted butter, melted, cooled
- 250g fresh ricotta, drained, plus extra to serve
- 2 long green shallots, thinly sliced
- 1/4 cup (20g) finely grated parmesan
- 1 tsp toasted fennel seeds
- Finely grated zest of 1 lemon, plus extra to serve
- 1 cup chopped herbs such as oregano, sage, rosemary, plus extra to decorate

stirring frequently, for a further 10 minutes or until caramelised and coloured. Transfer to a bowl and set aside to cool slightly. Wipe out pan, add bacon and place over medium heat. Cook, turning once, for 6-8 minutes until cooked to your liking. While the bacon is cooking, combine mayonnaise, garlic, mustard and herbs in a bowl. Spread herb aioli over the muffin bases. Top with lettuce, tomato, bacon,

Preheat oven to 180°C. Lightly grease a 20cm x 10cm x 8cm deep loaf pan and line with baking paper, with 2cm overhanging on each side.

Whisk together the flour, baking powder and 1 tsp salt in a large bowl. In a separate bowl, whisk together the honey, sour cream, eggs and milk, then slowly whisk in the cooled melted butter.

Pour wet ingredients into the dry ingredients and mix until just combined (you want to still see a few lumps of flour). Fold through ricotta, long green shallot, parmesan, fennel seeds, lemon zest, herbs and 1/2 tsp black pepper. Pour batter into the prepared pan and smooth the top with the back of a spoon. Decorate top with any whole herb leaves or sprigs you have left.

Bake for 60-70 minutes until a skewer inserted in the centre comes out clean. Set aside to cool for 10 minutes in the pan, before transferring to a wire rack to cool slightly. Serve with extra ricotta or soft butter and extra lemon zest. Leftover slices can be frozen.

SPAGHETTI, SOFT-HERB PESTO, CRUSHED POTATO AND SALMON

SERVES 6

- 2 potatoes, peeled and chopped
- 1/2 cup each basil and parsley leaves (I use the parsley stalks here, too, and finely chop them), plus extra basil leaves to serve
- 3/4 cup (60g) finely grated parmesan, plus extra to serve
- 2 tbs pine nuts, toasted
- 1 garlic clove, crushed
- 2 tbs red wine vinegar
- 1/2 cup (125ml) extra virgin olive oil
- 400g skinless salmon fillet
- 1/2 tsp dried mint (or any dried herb you like)
- 250g spaghetti

Preheat oven to 200°C. Place potatoes in a saucepan of cold salted water over high heat and bring to the boil. Cook for 20 minutes or until very tender (you want the potatoes to be slightly overcooked here).

To make the pesto, place basil and parsley, parmesan, pine nuts, garlic, red wine vinegar and 100ml extra virgin olive oil with 1 tsp salt flakes in a food processor.

HERBS.

Herb & ricotta loaf



HERBS.

Whiz until finely chopped and emulsified.

Place salmon on a lined baking tray and scatter with dried mint, drizzle with remaining 25ml olive oil and season. Bake for 12-14 minutes until salmon is medium-rare. While the salmon is cooking, cook pasta in boiling salted water according to packet instructions. Reserve $\frac{1}{3}$ cup (80ml) pasta cooking water. Drain pasta and return to the pot.

Add potato and pesto, roughly breaking up potato as you stir to combine (add a little reserved pasta water to loosen, if needed). Season, then flake over roasted salmon. Scatter with extra basil leaves and parmesan to serve.

BEANS AND POTATOES WITH HERBY BUTTER

SERVES 4-6

"A compound butter is a great way to use up old herbs as it can be frozen. Add extra spices like fennel seeds, to give it an extra boost, and mix and match your herbs."

250g unsalted butter, softened

2 garlic cloves, crushed
Finely grated zest of 1 lemon
 $\frac{1}{2}$ bunch chives, roughly chopped
2 tbs rosemary leaves
200g green beans, boiled
1kg chat potatoes, boiled
Chopped parsley leaves, to serve

Combine butter, garlic, lemon zest and herbs in a bowl. Place on a sheet of plastic wrap and roll up to form a log. Slice large pieces and toss through hot vegetables such as beans, or boiled chat potatoes. Scatter over chopped parsley to serve.

SLOW-COOKED LAMB SHOULDER WITH MOJO VERDE

SERVES 4-6

Begin this recipe at least 7 hours ahead.

1.2kg lamb shoulder, bone in
3 tsp ground cumin
1 tsp dried oregano
4 thyme sprigs, leaves picked
2 tbs extra virgin olive oil

$\frac{1}{2}$ cup (125ml)
white wine

MOJO VERDE

1 bunch coriander
 $\frac{1}{2}$ bunch fresh
oregano, leaves
picked
4 garlic cloves,
roughly
chopped
1 tsp ground
cumin
Juice of 1 lemon
 $\frac{1}{3}$ cup (80ml)
extra virgin
olive oil

Place lamb in a non-reactive dish and coat in the cumin, dried oregano, thyme leaves and olive oil. Chill overnight if time permits, or marinate at room temperature for 2 hours.

Preheat oven to 150°C. Place the lamb in a roasting pan and season with salt flakes. Add white wine and cover with foil. Slow-cook the lamb for 5 hours or until very tender and meat is falling off the bone.

Meanwhile, for the mojo verde, wash the coriander well (roots and leaves) and roughly chop. Place in a small food processor or blender with oregano leaves, garlic, cumin, lemon juice and olive oil with 1 tsp of salt flakes. Whiz until finely chopped and combined. Season to taste. Drizzle over the lamb to serve.

HERB, CORN & HALOUMI FRITTERS

MAKES 12 LARGE FRITTERS

3 corn cobs, kernels removed
250g haloumi, coarsely grated
 $\frac{2}{3}$ cup (100g) plain flour
1 tsp baking powder
4 eggs, lightly beaten
1 long green shallot, finely chopped, or
1 eshalot or $\frac{1}{2}$ small red onion
 $\frac{1}{2}$ cup chopped soft herbs, such as
parsley and dill, plus extra to serve
Pinch of dried chilli flakes, plus extra to
serve
Olive oil, to fry

TANGY HERB SOUR CREAM

$\frac{1}{2}$ cup (120g) sour cream
2 tbs pickled caperberries, finely
chopped, plus 2 tbs brine and extra
caperberries to serve
2 tbs mixed chopped herbs, such as dill
and parsley

Combine corn kernels, haloumi, flour, baking powder, eggs, shallot, herbs and chilli in a bowl and season. Heat 3mm oil in a large non-stick pan over medium heat. Add about $\frac{1}{4}$ cup (60ml) batter per fritter to the pan, in batches if needed, and cook for 2-3 minutes on each side until golden and crispy. Keep warm until ready to serve.

Meanwhile, for the tangy herb sour cream. Combine sour cream, caperberries and brine and herbs in a bowl. Season with salt and pepper.

Serve hot fritters with sour cream, extra herbs, caperberries and lemon wedges.

Beans and potatoes
with herby butter





Slow-cooked
lamb shoulder
with mojo
verde



Chicken schnitzel,
jalapeno, herb &
mustard mayo

CHICKEN SCHNITZEL, JALAPENO, HERB & MUSTARD MAYO

SERVES 4

4 x 200g chicken breast fillets
1 cup (150g) plain flour
2 tsp smoked paprika
4½ cups (315g) day-old breadcrumbs
½ cup each finely chopped dill, sage and parsley
Finely grated zest of 1 lemon, plus wedges to serve
⅔ cup (50g) finely grated parmesan
3 eggs
Grapeseed oil, to shallow-fry

JALAPENO, HERB & MUSTARD MAYO

100g whole egg mayonnaise
1½ tbs Dijon mustard
2 tbs pickled jalapenos, chopped, plus 2 tbs pickle brine, plus extra to serve if desired
2 tbs chopped chives or any other soft herb

Preheat oven to 180°C. Working with 1 chicken breast at a time, place on a sheet of baking paper on a chopping board and cover with another sheet of baking paper. Using a meat mallet or rolling pin, pound fillet to about 1cm thick. Set aside and repeat with remaining chicken breast fillets.

Combine flour and paprika in a bowl. Combine breadcrumbs, herbs, lemon zest and parmesan in a separate bowl and season with salt flakes. Lightly beat eggs in another bowl. Coat chicken all over in flour mixture, dip in egg, then coat liberally in breadcrumb mixture, pressing the mixture firmly onto the chicken. Place schnitzels on a tray and chill for 30 minutes.

Combine mayo ingredients in a bowl and chill until ready to serve.

Heat a large deep frypan with 1cm oil over medium-high heat. Add schnitzels, in batches if necessary, and cook for 5-6 minutes on each side, turning over, until golden and crisp. Remove from pan using tongs and drain briefly on paper towel. Keep warm in the oven if cooking in batches. Serve hot schnitzel with herby mustard mayo, extra jalapenos and lemon wedges.

BASIL OIL

MAKES 200ML

2 cups basil leaves
150ml extra virgin olive oil

Blanch basil in salted boiling water for 10 seconds, rinse and drain well. Place basil and oil in a food processor and whiz until finely chopped. Strain through a fine sieve into a clean jar.

GREEN CHILLI & CORIANDER CHICKEN SOUP

SERVES 6-8

Begin this recipe 3 hours ahead.

2 bunches coriander, well washed
4 garlic cloves, bruised, plus extra 2 cloves, crushed
2 tbs ginger, chopped
1 leek, well washed and finely sliced
1 lemongrass stalk, white part finely grated, stem reserved
1 tbs sesame oil, plus extra 1 tsp
100ml mirin
¼ cup (60ml) soy sauce
1.6kg organic chicken
500g mixed greens (I used broccoli, baby spinach, cavolo nero), chopped
Juice of 3 limes
100ml fish sauce
2 long green chillies, chopped (add more if desired, or extra to serve)

Finely chop coriander roots, reserving leaves and stems. Place roots in a large stock pot with bruised garlic, ginger, leek, lemongrass, sesame oil, mirin, soy and chicken. Add 10 cups (2.5L) cold water until chicken is covered. Place over medium heat and bring to a simmer. Reduce heat to medium-low and simmer for 3 hours or until stock is deeply flavoured. Remove chicken and cool slightly, then shred meat, discarding skin and bones. Return chicken to the pot, add greens and cook for 2-3 minutes until greens are cooked. Chop coriander leaves and stems and place in a food processor with extra garlic cloves, extra 1 tsp sesame, lime juice, fish sauce and chilli. Whiz to finely chop, then stir through soup just before serving. ✂

HERBS.

Basil oil

d.

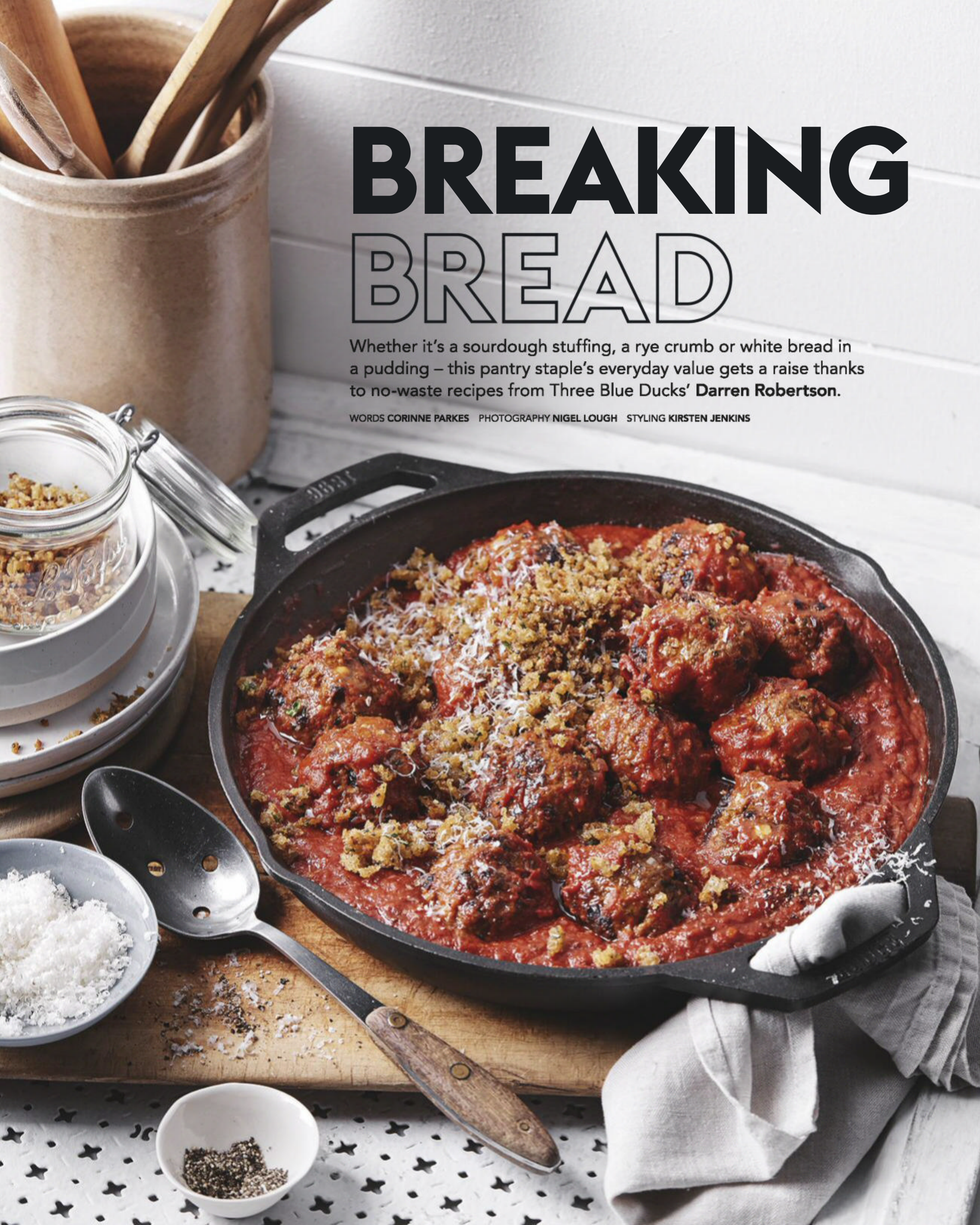
delicious.com.au/recipes

For more dishes that get a lift from fresh herbs.

BREAKING BREAD

Whether it's a sourdough stuffing, a rye crumb or white bread in a pudding – this pantry staple's everyday value gets a raise thanks to no-waste recipes from Three Blue Ducks' **Darren Robertson**.

WORDS CORINNE PARKES PHOTOGRAPHY NIGEL LOUGH STYLING KIRSTEN JENKINS



DARREN ROBERTSON.

"To use up stale bread I make a panzanella salad, or a frozen stuffing for chicken or fish, and breadcrumbs for crumbing fish."
— Josh Niland

Broccolini, cos, pancetta, sourdough & almond crunch.
OPPOSITE: spiced meatballs in smoky tomato sauce (recipes p 89).

DARREN ROBERTSON.



 @darrenrobertsonfood

"WE ALL FIND ourselves with excess bread," says Darren Robertson, "but luckily there are plenty of ways to turn those unused slices into something really tasty."

From a decked-out bread-and-butter pudding to your new go-to roast chook, "these easy recipes will help you use every crumb," he says. "Bread is one everyday ingredient that presents so many opportunities to embrace really easy waste-free cooking."

FRENCH TOAST, CARAMELISED PEARS AND RICOTTA

SERVES 6

3 eggs
150ml milk
1/2 tsp ground cinnamon
Pinch freshly grated nutmeg
Finely grated zest of 1/2 lemon
6 thick-cut slices day-old white bread
60g unsalted butter, chopped
2 tbs extra virgin olive oil
200g fresh ricotta, drained

CARAMELISED PEARS

60g unsalted butter
2 pears, cut into quarters lengthwise
2 tbs honey, plus extra to drizzle
1 tsp vanilla extract

For the caramelised pears, melt butter in a non-stick frypan over high heat. Add the pears and cook, turning occasionally, for 2-3 minutes until starting to soften. Add honey and vanilla and swirl to coat the pear. Cook, turning frequently, for a further 4-5 minutes until pear is tender and lightly caramelised. Set aside and keep warm.

Whisk the eggs, milk, spices and lemon zest in a bowl. Working with 1 slice at a time, dip bread into the mixture, turning once, to lightly soak.

Heat half of the butter and half the olive oil in a large non-stick frypan. Working in batches, cook the French toast for 2-3 minutes on each side until golden brown and cooked through. Set aside and keep warm. Cook the remaining French toast using remaining butter and oil. Top with caramelised pears and ricotta, and drizzle with extra honey to serve.





Roast chicken, lemon,
sage & parsley
stuffing (recipe p 89).

*"Tear up some
bread for rustic
Italian-style salads, or
place a whole roast
chicken on some stale
bread to soak up all the
delicious pan juices."*

– Lisa Margan

DARREN ROBERTSON.

**PUMPKIN & CORN PASTA,
PEPITA PANGRITATA**

SERVES 4-6 AS A LIGHT MEAL

1 tbs extra virgin olive oil
200g dried chorizo, finely chopped
50g unsalted butter
2 garlic cloves, crushed
1 onion, finely chopped
1 corn cob, kernels cut away from the cob
250g butternut pumpkin, peeled and
finely chopped
150g fregola, cooked to packet
instructions, drained
80g baby spinach leaves
100g marinated goat's feta, to serve

PEPITA PANGRITATA

2 tbs extra virgin olive oil
150g fine sourdough breadcrumbs
1/3 cup (50g) finely chopped roasted
pepitas
1 tbs finely chopped flat-leaf parsley
Finely grated zest of 1 lemon

For the pepita pangritata, heat a medium
non-stick frypan over medium-high heat.
Add the oil and scatter over the
breadcrumbs. Cook, tossing frequently, for



6-8 minutes, stirring constantly, until breadcrumbs are golden and crisp. Add the pepita, parsley and zest. Season to taste and toss to combine. Set aside.

Heat oil in a large frypan over medium heat. Add chorizo and cook, stirring, for 8-10 minutes until caramelised. Add butter, onion and garlic and cook, stirring, for 4-5 minutes until onion has softened. Add the corn and pumpkin, and cook, stirring frequently, until pumpkin begins to soften. Toss through cooked fregola. Season.

Divide spinach among serving plates and top with fregola mixture. Scatter with pangritata and crumble over feta to serve.

SPICED MEATBALLS IN SMOKY TOMATO SAUCE

SERVES 8

300g fine day-old sourdough breadcrumbs
750g beef mince
2/3 cup (100g) chopped macadamias
2 eggs
1 cup (150g) currants
2 garlic cloves, finely chopped
2 tbs smoked paprika
1 large red onion, finely chopped
1/2 cup chopped herbs (such as oregano, mint and basil)
1/2 cup (125ml) extra virgin olive oil
1/2 cup (40g) finely grated parmesan

TOMATO PAPRIKA SAUCE

2 tbs extra virgin olive oil
2 garlic cloves, crushed
1 onion, finely chopped
2 1/2 tsp smoked paprika
1 bunch oregano, finely chopped
2 x 700ml jars tomato passata
400g can crushed tomatoes

To make the meatballs, mix 200g breadcrumbs, beef mince, macadamia, eggs, currants, garlic, paprika, onion and herbs in a bowl. Season then mix until well combined. Divide mixture into 20 and roll into balls. Place meatballs on a lined oven tray and chill for 30 minutes to firm up.

For the sauce, heat oil in a large saucepan over medium-low heat. Add garlic and onion and cook, stirring, for 5-6

minutes until onion has softened. Stir in paprika, oregano, passata, crushed tomatoes and 1 cup (250ml) water and season. Increase heat to medium and bring to a simmer. Cook for 30-40 minutes until thick and reduced.

Heat 1/3 cup (80ml) oil in a large deep frypan over medium heat and add the meatballs. Cook, turning occasionally, for 8-10 minutes until golden and caramelised. Add the tomato sauce and cover with a lid. Simmer for 20-25 minutes until meatballs are cooked through. Season to taste.

While the meatballs are cooking, heat remaining 2 tbs (40ml) oil in a frypan over medium heat and add remaining 100g breadcrumbs. Cook, stirring, for 6-8 minutes until golden. Remove from heat and stir through half the parmesan. Season. Scatter breadcrumbs over meatballs and top with remaining 1/4 cup (20g) parmesan to serve.

ROAST CHICKEN, LEMON, SAGE & PARSLEY STUFFING

SERVES 4

4 rashers smoky bacon, cut into 2cm pieces
60g unsalted butter
2 tbs extra virgin olive oil, plus extra to drizzle
1 onion, finely chopped
1 garlic clove, finely chopped
1 pinch dried chilli flakes (optional)
1/2 tsp ground allspice
2 each sage and parsley sprigs, leaves chopped
Finely grated zest and juice of 1 lemon
250g day-old crustless sourdough, torn into large pieces
1 x 1.6kg chicken, halved, backbone removed
1/2 cup roughly chopped flat-leaf parsley

Preheat oven to 180°C. Place bacon in a large non-stick deep frypan over medium heat. Cook, stirring frequently, for 6-8 minutes until fat has rendered and the bacon begins to brown. Add butter, oil, onion and garlic and cook, stirring, for 3-4 minutes until onion has softened. Add chilli flakes, if using, allspice, herbs, lemon zest,

juice and breadcrumbs and stir to coat in the butter. Season.

Transfer mixture to a large roasting pan in a pile big enough to sit the chicken on top. Place the chicken halves on top of the stuffing, skin-side up. Season and drizzle with oil. Roast for 55 minutes-1 hour until chicken is cooked through. Remove from the pan and rest for 15 minutes.

Meanwhile, return pan with the stuffing to the oven for a further 6-8 minutes until crispy. Remove from the oven and stir through chopped parsley. Serve chicken with the stuffing.

BROCCOLINI, COS, PANCETTA, SOURDOUGH & ALMOND CRUNCH

SERVES 4-6 AS A SIDE

1/4 cup (60ml) extra virgin olive oil, plus extra to drizzle
150g white sourdough, crust removed, cut into rough 1cm pieces
200g flat pancetta, cut into lardons
1 bunch broccolini, blanched, refreshed, florets separated, stems chopped
Juice of 1 lemon
1/2 bunch mint, leaves picked
1 bunch flat-leaf parsley, leaves picked
1 eschalot, finely chopped
2 anchovies in oil, drained
1 garlic clove
3/4 cup (60g) finely grated parmesan
1 cos lettuce, leaves separated
1 green apple, thinly sliced
30g roasted whole blanched almonds, chopped

Preheat oven to 180°C. Place bread in a roasting pan, drizzle with olive oil, season. Bake, tossing occasionally, for 10-12 minutes until golden and crisp. Set aside.

Place pancetta in a large, cold, non-stick frypan over medium heat. Cook, stirring occasionally, for 6-8 minutes until fat has rendered and pancetta is crispy. Remove pancetta from the pan, reserving the fat, and set pancetta aside.

Add broccolini stems to the pan and cook in pancetta fat for 2-3 minutes, stirring, until lightly coloured and tender. Remove from the pan and cool slightly, then place in a blender. Add the lemon



Treacle tarts

juice, olive oil, herbs, eschalot, anchovies, garlic and parmesan and whiz to a smooth paste. Season to taste.

Spread broccolini and herb cream on a serving dish. Arrange lettuce, blanched broccolini tops, apple and crispy pancetta on top. Scatter with the roasted almond and sourdough croutons to serve.

TREACLE TARTS

MAKES 8

180g day-old breadcrumbs (I used half white, half rye crumbs)
200g each treacle and golden syrup
2 eggs, lightly beaten
60g double cream
Creme fraiche or thick cream, to serve

SWEET PASTRY

2 cups (300g) plain flour
150g cold unsalted butter, chopped
Finely grated zest of 1 orange
2 egg yolks

Preheat oven to 180°C. For the pastry, place the flour, butter and zest in a food processor and whiz until the mixture resembles fine breadcrumbs. Add yolks and 2 tbs cold water and pulse until dough just comes together. Shape into a disc, enclose in plastic wrap and chill for at least 30 minutes.

Roll out pastry on a floured surface until about 3mm thick. Cut out circles to line eight 9cm fluted loose-based tart pans, make sure the pastry is pressed into the corners. Trim pastry, with a 4-5mm overhang, and chill for 30 minutes.

Line tart shells with baking paper and fill with uncooked rice or baking weights. Bake for 12-15 minutes, then remove rice and paper and cook for a further 10-12 minutes until pastry is dry and slightly golden. Set aside to cool before filling.

Reduce oven temperature to 160°C. Place breadcrumbs treacle, golden syrup, eggs and cream in a bowl. Stir, making sure breadcrumbs are completely coated. Stir in

a pinch of salt. Divide filling among tart shells and bake for 20-25 minutes until filling has set. Remove from the oven and leave for around 20 minutes to set and cool. Serve with creme fraiche or cream.

PECAN CHOCOLATE BREAD & BUTTER PUDDING

SERVES 6

550g thick-sliced white bread, crusts removed
Unsalted butter, at room temperature
6 eggs, lightly beaten
60g caster sugar
2 tsp cocoa, sifted, plus extra to serve
140g dark (70%) chocolate buttons
300ml pure (thin) cream
1 tsp vanilla bean paste
Finely grated zest of 1 orange
300ml milk
1/4 cup (30g) chopped pecans
30g sultanas
Vanilla ice cream, to serve

Preheat oven to 160°C. Grease a 25cm (1.25L capacity) round baking dish and line the base and side with baking paper (the lining here is optional).

Spread both sides of the bread with butter and cut each slice in half widthwise. Set aside.

Place the eggs and sugar in a large bowl and whisk until combined, then stir in cocoa and half of the chocolate.

Place the cream, vanilla and orange zest in a small saucepan over medium-high heat and bring just to a simmer. While stirring gently with a whisk, pour the hot cream mixture over the egg mixture and stir continuously until the chocolate has melted. Stir in the milk to cool the mixture, strain through a fine sieve and set aside.

Arrange bread upright in prepared pan, sprinkling pecans, sultanas and remaining chocolate between each piece. Pour chocolate cream mixture over, making sure all bread is coated. Set aside for 15-20 minutes for bread to soak up mixture. Bake for 35-40 minutes until edges are set but centre has a wobble. Remove from oven and set aside to cool slightly. Dust with cocoa and serve with ice cream. ✂

DARREN ROBERTSON

"My bread
hack is almost as
good, if not better than,
bread itself!

I cook stale bread like
porridge, blend it to a puree
then spread it out thinly to dry.
Then I deep-fry it and it turns
into a delicious cracker that
has multiple sweet and
savory uses."

—Jo Barrett

Pecan chocolate bread
& butter pudding

d.

delicious.com.au/recipes
For more brilliant ways to get
the most out of your loaf.

Naturally.

"Eat in the seasons. I know it is a heavily overused phrase, however it is a mantra that will save your wallet and the earth. Things are cheaper, taste better and don't stress out the planet. I always look for things that are in oversupply at the peak of their season and use them in other ways like preserving, fermenting and making things like shrubs and other syrups."
– Mike McEneaney

Intuition is vital in the art of fermenting, and **Sharon Flynn** has sharpened hers over two decades of culture curiosity. Here, the founder of The Fermentary in Daylesford, Victoria, shares her favourite ways to preserve abundance.

PHOTOGRAPHY JEREMY SIMONS STYLING KIRSTEN JENKINS

FERMENTING.

WILD FERMENTED HONEY

There are no exact quantities for this, it's best if you use raw honey for fermenting. Peeled garlic cloves are perhaps the most popular thing to put into honey, if you have fruit with some bruising or soft spots, chop those bits off, slice the rest up and add to a jar of honey. A few slices of nectarine for example, into a tiny jar, covered in honey, lidded and nurtured will bring flavour and a life extension of the fruit. Every evening for about a week, tip the jar over, onto its lid, and then again upright the next day and so on. The honey will slowly begin to

get runnier, and then fizzy – when it gets fizzy 'burp' it by opening and closing the jar super quickly. I use this ferment to pour over yoghurt, or mix with a soda as cordial, drizzle over porridge, haloumi or a soft blue or a dry hard cheese.

My favourite fruits are nectarines, peaches and blackberries, pomegranate or persimmons. Chillies or ginger – separate or together – are fabulous like this too, as well as garlic and nigella seeds, and great for a sweet marinade or to drizzle on carrots with butter, noodles, rice, dumplings or stir-fried anything.

“The quiet magic and power of fermentation is that it breathes and breeds life to food even if it's moments from becoming waste.”

OPPOSITE: Wild dilly sauerkraut (recipe p 94).



WILD DILLY SAUERKRAUT

"You could use other more firm vegetables like cauliflower, carrots and beans, by making a brine and pouring that over until it covers the vegetables. Just up the salt content to 3% (2 tbs per litre of water) and change the spice mix to suit the vegetable."

- 1 medium green cabbage (about 1kg), sliced as finely and evenly as you can
- 1 tbs fine sea salt (or 1.5-2% of cabbage weight)
- 2 garlic cloves, peeled, finely chopped
- 2-3 fresh dill stalks and fronds, chopped (or more to taste)
- 1 tbs black peppercorns
- 1 tsp mustard seeds
- Pinch of chilli flakes or one whole chilli slid in at the end

You don't need any special equipment – large jars will suffice – generally, a quarter of a large cabbage will fit into a 1L jar, so have several jars ready if you come home with a big cabbage.

Ideally, find a nice heavy cabbage. It doesn't have to be organic but look for one with the outer leaves still on (ask them to get you one, they usually have them out back if you are in a supermarket). Shred your cabbage as evenly as possible, saving one leaf for later. Weigh it and work out what 1.5-2% of that weight is, and that's how much salt you need. Choose a very

NATURAL FERMENTATION – throughout the world and in our collective past – has been used to make many of our favourite things edible, easier to digest, more flavourful, a reliable way to preserve food that is in abundance, and as we've discovered recently, as a way to feed our microbiome. The most important ingredients are time, the right environment, trusting your senses and your innate intuition. Food made like this tastes better. These ferments have spread far and wide around the world through home kitchens, no doubt of the most basic kind. And mostly the recipes are very easy and require little equipment. Wild fermenting can provide your kitchen and food life with a sense of time and place, a call to milk the seasons for things when they are plentiful. While fermenting can require some routine and care that at times may feel as demanding as a pet, once you are into it, many people find the rhythm and continuity to be quite comforting. Once you've prepared the food and waited for it to ferment, it is generally ready to eat with hardly any other preparation. Grab and go – nature's slowest fast food! Nurture your skill and share it with others so they can also revive this ancient and important part of the human experience of food.



@sharon_flynn



@thefermentary

d.

delicious.com.au/recipes

For more ways to preserve the season's best bounty.

fine, local sea salt, weigh it and massage it into your cabbage. Really put some muscle in, squeezing and even pounding it until the juices froth and foam and drip when you squeeze. Add garlic, herbs and spices. Then, into your very clean jars, jam the mixture in as tightly as you can – making sure there are no air pockets as you go. (If you'd like to be decorative then place the dill frond and whole chilli in artfully down the side). Leave a couple of centimetres between the cabbage and top of the jar.

Place a clean outer leaf from your cabbage, ripped to fit, on the very top. It's good to weigh this all down – with either some baking weights or a baggy of salt or a boiled, non-porous river rock – but if you don't have these things it's not the end of the world. Sit your beautiful ferment on a bench somewhere in your kitchen that will have the most consistent temperature and leave it there for at least 2 weeks. You'll need to tend to it every couple of days by quickly opening and shutting it in order to let the built-up gas out.

After 2 weeks, taste it. It should be sour and fresh and lovely. You might want to take off the cabbage leaf, weight and the very top layer and refrigerate. You have just extended the life of that cabbage for at least 6 months, made it delicious, easier to digest, and created a space for millions of microbes that will love you right back.

WILD SODA

You will need a 2L jar, a couple of bottles (plastic for safety), strainer, unchlorinated water (rainwater is great, mineral is fine, boiled and cooled will work). Whatever you choose to put your soda, keep the sweetener to water ratio the same: 2L water to 1/2 cup of honey, sugar or other natural sweeteners. Be careful not to use sugar alternatives like Stevia, as it is non-fermentable! If you don't want as much uncertainty, adding about 4 tbs of whey will assure you a strong fizz after a few days. Here are some of my favourite flavour combinations:

POMEGRANATE AND ORANGE SODA

- 1 tbs pomegranate molasses or 2 tbs pomegranate arils
- 1 vanilla bean, split
- 1/4 cup dried edible rose petals
- 4 strips orange peel
- 1 cup fresh mint sprigs (ideally organic)

PEAR AND VANILLA SODA

- 1 chopped pear, peel on
- 1 cup smashed red grapes
- 5cm (25g) ginger, skin on, chopped
- 1 vanilla bean, split
- 2 tsp cardamom pods
- 1 tsp black peppercorns
- 2 whole star anise

FERMENTING.

"Shrubs and fermented whey sodas are a great way of using up the whey from cheese making and on the second ferment using up fruit that has gone a little bit soggy. Same with kombucha, once the initial fermentation has kicked off, using up odd bits of ginger, lemons, old raspberries is perfect for a second fermentation."

- Jo Barrett

CUCUMBER AND MINT SODA

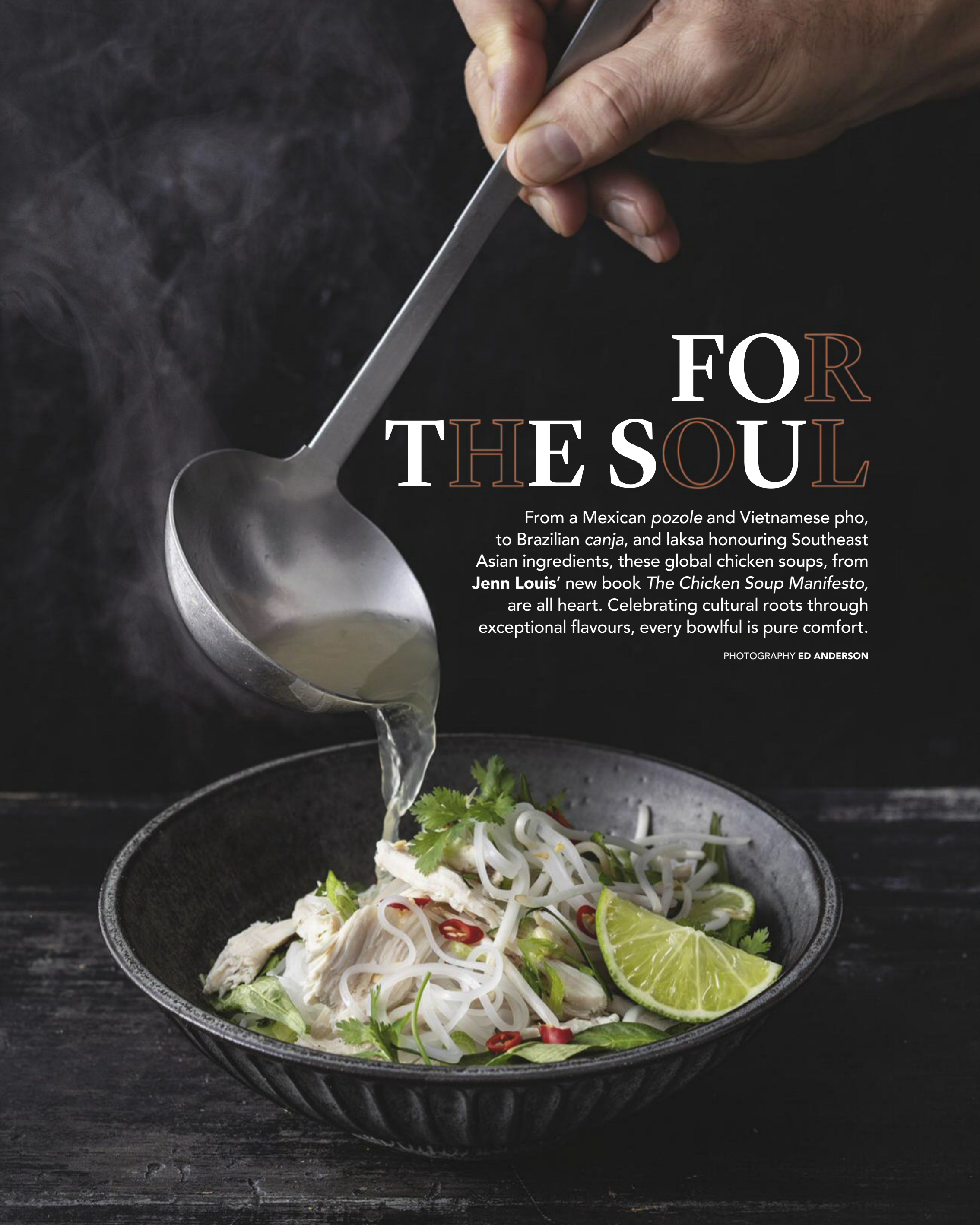
1 cup mint leaves
2 chopped cucumbers
1 green apple, chopped
1 chopped lime
1/2 cup of juniper berries

RHUBARB AND APPLE SODA

3-4 stems of rhubarb, chopped
1 chopped apple
1 cinnamon quill
1 vanilla bean, split
5cm (25g) ginger, skin on, chopped
2 tsp cardamom pods

Combine chosen flavour ingredients with 2L water and 1/2 cup sweetener in a large jar. Seal your jar so it is airtight and leave it out on your kitchen bench or somewhere you'll be able to keep an eye on it for a few days. When the water is showing signs of fizz, open the jar and taste. Check if the sugars have soured somewhat and the flavour has imparted, and there is an amount of effervescence that wasn't there before. Then, in order to encourage more fizz, bottle it. (It's a good idea to use a plastic bottle until you get into the rhythm of how fizzy your brews get.) I strain out the

fruit, but often leave in the herbs or seeds. If the flavour needs a boost, add a bit more sugar, or a squeeze of lemon juice. Perhaps even a fresh sprig of something – some flowers even. If you do this, let it imbibe for another 24 hours in the bottle. When your wild soda is fizzy, refrigerate it. It will keep for a few weeks but enjoy within a few days of opening as the fizz will wear out quickly once opened. If your brew has lost some fizz by being in the fridge, you can add a dash of sugar and let sit out on the bench for another day or two in its airtight bottle to coax it back. ✂



FOR THE SOUL

From a Mexican *pozole* and Vietnamese *pho*, to Brazilian *canja*, and laksa honouring Southeast Asian ingredients, these global chicken soups, from **Jenn Louis'** new book *The Chicken Soup Manifesto*, are all heart. Celebrating cultural roots through exceptional flavours, every bowlful is pure comfort.

PHOTOGRAPHY ED ANDERSON

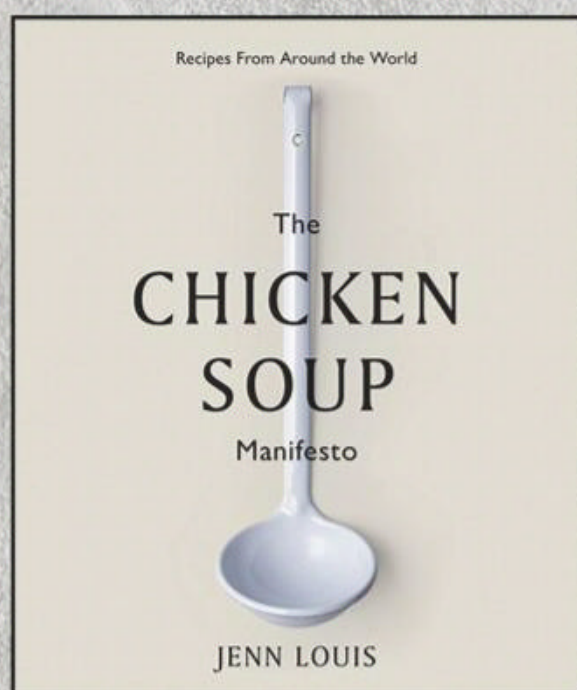
CHICKEN SOUP.

"Any leftover meat from roast chicken is made into an array of things, from chicken rolls to curry or a pie. The bones are made into a soup or stock. For me, repurposing food, like cooked chicken carcasses, is a must."
— Matt Wilkinson

"MEXICAN SOUP POZOLE MEANS HOMINY (MAIZE)."

Pozole rojo (recipe p 98).
OPPOSITE: Pho ga (recipe p 101).

CHICKEN SOUP.



I GREW UP in a Jewish home where chicken soup was a way of life. It was a cure-all – Jewish penicillin, after all – and noodle-filled or matzo ball versions were always fixtures on the table every holiday. To me, chicken soup would become one of those sublime but essential foods. Whether rich, hearty and chunky, or light, fragrant and brothy, looking at the world through the lens of a simple bowl of chicken soup reveals volumes about a society and its people: the ingredients within their reach, the techniques that mark their style of cooking, and, often, a folkloric or family history, too. Chicken soup is a culinary connection shared around the world. We express our cultures, feed our nations and convey our most treasured flavours through this delicious and humble soup. *The Chicken Soup Manifesto*, with its 113 recipes from around the globe, lovingly celebrates just that.

This is an edited extract from The Chicken Soup Manifesto by Jenn Louis (Hardie Grant, \$45) and is available in stores nationally. Photographer: © Ed Anderson



LAKSA

SERVES 4

"Versions of this fragrant laksa paste are seen in Malaysia, Singapore, Indonesia and Southern Thailand. It is believed to have originated as a blend of Chinese ingredients and Southeast Asian cooking practices. Chinese wheat noodles can replace rice noodles, and seafood can be used to replace chicken. Laksa paste is a bit labour-intensive to make, but it is worth it. Laksa paste can be made a week ahead, stored airtight in the refrigerator, or can be frozen in ice-cube trays for up to two months." You will need a meat thermometer for this recipe.

- 3 dried red chillies
- 4 bird's-eye chillies
- 5cm piece (25g) ginger, peeled, thinly sliced
- 4 garlic cloves
- 3 long green shallots
- 3 lemongrass stalks, outer leaves removed, bottom 10cm only, cut into thirds
- 1 tbs ground coriander
- 2 tsp curry powder
- 1 tsp ground cumin
- 1/2 cup (125ml) vegetable oil
- 4 tsp Thai shrimp paste
- 225g fresh wide rice noodles
- 800ml coconut milk
- 3 cups (750ml) water or chicken stock

- 2 tsp palm sugar or light brown sugar
- 2 x chicken marylands (approx. 670 g)

Fish sauce, to taste

4 large soft-boiled eggs, halved

2 Lebanese cucumbers, cut into matchsticks

115g bean sprouts, rinsed, drained

1/4 bunch mint, leaves picked

2 limes, cut into wedges

Sambal oelek, to taste

Place the chillies, ginger, garlic, long green shallots, lemongrass, ground coriander, curry powder, cumin, 1/4 cup (60ml) vegetable oil and shrimp paste in a blender and whiz until very fine. Set aside.

Place the noodles in a bowl and cover with cold water, then place a plate on top of the noodles to keep them fully submerged. Soak for 15 minutes, then strain and set aside.

Heat a large pot over high heat and add the remaining 65ml oil. Add the curry paste mixture and cook for 45 seconds, stirring the paste into the oil, until aromatic. Slowly whisk in the coconut milk, water or stock and palm sugar, then add the chicken and bring to a simmer. Cook for 30 minutes, turning the chicken occasionally, until tender and the broth is very flavourful. The meat should separate from the end of the leg bone when cooked and a thermometer will read 74°C when inserted into the thickest part of the

leg. Season to taste with fish sauce and salt. Add the noodles and cook for another 1-2 minutes until tender.

Serve garnished with boiled egg, cucumber, bean sprouts, mint, lime wedges and sambal oelek.

POZOLE ROJO

SERVES 4-6

"Pozole means hominy (maize) and is a traditional soup from Mexico, typically made with pork or chicken as the base protein. A celebratory dish on New Year's Eve, this is now a meal that is commonplace all year round, but especially for celebrations, such as birthdays and Christmas. Maize (corn) is considered to be holy. The soup is rich and flavourful and the garnishes are fun to add, changing every bowl according to the personal tastes and preferences of the diner."

- 2 each dried ancho and guajillo chillies (from specialty food shops, substitute 4 dried red chillies)
 - 700g canned hominy, drained, rinsed (substitute white cannellini beans)
 - 1 x 1.35kg whole chicken, quartered
 - 1 whole garlic bulb, skin removed, plus 3 cloves extra, chopped
 - 1.9L water or chicken stock
 - 1 white onion, halved
 - 5 coriander sprigs
- (recipe continues on p 101)*

Laksa

“SOUPS OF SOUTHEAST ASIA ARE FRAGRANT WITH HERBS, GINGER AND GARLIC.”

"Use up vegetable tops and peel as well as leftover chicken to make stock and broth. Leek tops, spring onion tops, celery leaves, carrot tops and bones from a roasted chook are all fantastic additions."
- Matt Stone

"GOOD HOMEMADE STOCK IS NUTRITIOUS AND HEALING."

CANJA DE GALINHA

SERVES 4-6

"Brazilian canja de galinha is often referred to as Brazilian congee – thick with tender grains of rice, but not as broken down as Asian congee. Brazilians lightly flavour their soup with olive oil, salt, pepper, parsley and sometimes mint. It is not unusual to see corn as an addition." You will need a meat thermometer for this recipe.

2 tbs extra virgin olive oil
1 onion, cut into 5mm cubes
2 garlic cloves, thinly sliced
1 x 1.35kg chicken, quartered
150g white long-grain rice
1.9L water or chicken stock
1 large potato, peeled, cut into 4cm cubes
2 large carrots, cut into 1cm rounds
½ bunch parsley, roughly chopped, to serve

Heat the oil in a large pot over a medium-high heat. Add the onion and cook for 3-4 minutes until onion is translucent. Add the garlic and cook for 20 seconds, then add chicken, rice, water or stock, vegetables and 1 tbs salt and stir to combine. Bring to the boil, then reduce the heat to a gentle simmer. Place a small plate on top of the chicken, making sure it remains submerged, and simmer gently over a medium heat for 20-30 minutes until the chicken is cooked through. When the chicken is cooked, a thermometer will read 74°C when inserted into thickest part of the thigh or the breast meat, and the juices of the chicken will run clear.

Remove chicken from the pot and leave until cool enough to handle, then remove skin and discard. Shred the meat and discard bones. Add shredded meat to the soup and stir to combine. Season with salt and freshly ground black pepper. Serve warm with parsley sprinkled on top.

CHICKEN SOUP.

Pozole rojo (continued)

3 roma or plum tomatoes
1 tbs ground cumin
1 tsp ground allspice
3 whole cloves, ground

TO SERVE

1/2 head iceberg, romaine lettuce or green cabbage, finely shredded
1 bunch radishes, thinly sliced, greens discarded
2 avocados, chopped
1 bunch coriander, roughly chopped
1/2 white onion, very finely chopped
3 limes, cut in wedges
2 tbs dried oregano
Dried ground chilli
12 tostadas or 420g tortilla chips

Preheat oven to 200°C. Toast the dried chillies in the oven, turning them over once the first side is toasted. The chillies should not be blackened. Remove from the oven and leave to cool. Once cool, place in a bowl and cover with hot water, weighing the chillies down with a plate to make sure they are submerged. Set aside.

Place the hominy in a large pot. Add the chicken, garlic, water or stock and 2 tbs salt. Bring to the boil, then reduce the heat to a gentle simmer and cook for 30 minutes, removing the breast portions after 15 minutes. The juices of the chicken should run clear when fully cooked.

Remove remaining chicken from the pot and leave until cool enough to handle, then remove the chicken skin and discard. Using your hands, shred all the meat and discard the bones. Set the meat aside. Alternatively, don't shred the chicken and just cut it into pieces.

Drain soaking chillies and remove stems and inner seeds. Place in a blender with onion, coriander, tomatoes, extra 3 garlic cloves, cumin, allspice, cloves, and 240ml of the broth from cooking the chicken. Whiz until puréed as finely as possible.

Add the puree to the pot with the hominy and simmer for 15-20 minutes over a low heat. Add the chicken to the soup and season with salt and freshly ground black pepper. Serve with the accompaniments alongside.

PHO GA

SERVES 4

"Beef pho is most commonly associated with Vietnamese noodle soup, but there are variations of pho with pork, chicken and even seafood. This chicken version features a light broth, rice noodles, tender poached chicken and fragrant herbs. Chicken pho is less complex than its rich beef counterpart, but that is exactly what it is about. The broth is cooked for much less time, and the flavours that develop are cleaner and brighter. Serve garnishes on the side and add a little at a time as you eat your soup."

You will need a meat thermometer for this recipe.

5cm piece (25g) ginger, peeled
6 Asian (red) eschalots or 2 golden eschalots
1 x 1.35kg whole chicken, quartered
2.9L water or chicken stock
1 tbs coriander seeds, toasted
15g rock sugar (substitute granulated or raw sugar)
670g fresh rice noodles
40g onion, thinly sliced
2 long green shallots, sliced
100g coriander, roughly chopped
180g bean sprouts
1 red chilli or jalapeño, thinly sliced
2 limes, cut into wedges

Preheat oven to 180°C.

Place the ginger and eschalots in a small roasting pan and roast for 30 minutes or until eschalots are tender. Remove from the oven and leave to cool. Once cool, peel eschalots and cut the ginger into thin slices. Set aside.

Place the chicken in a large pot and add enough water to cover. Bring to a simmer and cook for 3-4 minutes, then strain the water and place the chicken back in the pot. Add the water or stock, sliced ginger, peeled eschalots and coriander seeds and bring to a gentle simmer over medium heat. Simmer until the chicken pieces are cooked, about 7-10 minutes for the breasts and 15-8 minutes for the legs and thighs.

The meat should separate from the end of the leg bone when cooked, a thermometer will read 74°C when inserted into the thickest part of the thigh or breast and the juices of the chicken will run clear.

When the chicken is cooked, remove from the pot and leave to cool. Put the pot back over a low heat, partially cover with the lid and continue cooking very gently for 1 hour. After 1 hour, stir in the sugar until dissolved. Season with salt.

When the chicken is cool, remove all the meat in large chunks and discard the skin and bones. Set the meat aside.

Soak the noodles in a large bowl of room temperature water for 30 minutes, then drain. Bring a large pot of water to the boil, add the noodles and cook for 1-2 minutes until tender. Drain noodles and rinse off the excess starch under cool water, then divide among four bowls. Slice the chicken and add to the bowls.

Pour the hot broth over the noodles and chicken and serve garnished with sliced onion, long green shallot, coriander, bean sprouts, chilli and lime wedges. ✕

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delicious.com.au/recipes

For more hearty renditions of the classic chicken soup.

"Make vegetable soups to freeze for a later use. Toss any leftover vegetables (cooked or raw) into a large pot and cover with stock. Simmer for an hour then puree in a blender and freeze. Keep this 'soup base' relatively neutral in seasoning so that it can be used in several ways, in a quick pasta sauce, or the base for a curry or stew. I freeze stock in a range of containers including ice cube trays so it's easy to pop them out for when I need to toss a few into a pan to deglaze."

- Lisa Margan



Power SAUCE

When you have a bit of *this* and only a little of *that* left in the fridge or pantry, **Kirsten Jenkins** says keep calm and carry on to dinnertime glory with her pasta sauces starring clever backups. The results are so good you'll want to bottle them.

STYLING KIRSTEN JENKINS PHOTOGRAPHY ANSON SMART

Herb & garlic butter, roasted cauliflower sauce (recipe p 109).

No-waste tomato and
sausage bolognese
(recipe p 109).



PASTA SAUCES.

"Add stale bread to home-made soup or sprinkle over pasta. If you cut it into chunks and stir into the soup for the last 10 minutes it will turn into a yummy bread dumpling."

— Ronni Kahn

Creamed greens sauce
(recipe p 106).

“You can use any kind of smoked salmon here – HONEY SMOKED OR FLAVOURED with black pepper.”

Cream cheese, smoked salmon
& smoked trout sauce
(recipe p 106).





“If you don’t have the exact ingredients needed for a recipe, work with similar produce and what you have on hand. Look at it as a chance to get creative with dishes.”

 @kirstenljenkins

CREAM CHEESE, SMOKED SALMON & SMOKED TROUT SAUCE

SERVES 6-8

250g cream cheese, softened
100g smoked salmon, finely chopped
140g hot smoked ocean trout or salmon, skin removed, flaked
Zest and juice of 1 lemon, plus extra wedges to serve
1 bunch dill, leaves picked, chopped
2 tbs baby capers
1 tsp freshly ground black pepper
400g spaghetti
Lemon wedges, to serve

Combine all ingredients except the spaghetti in a large bowl and mix well to combine. Season with salt.

Meanwhile, place a large saucepan three-quarters full of salted water over

high heat and bring to the boil. Add the spaghetti and cook according to packet instructions. Drain the cooked pasta and reserve 1 cup (250ml) of pasta water.

Add the pasta to the cream cheese mixture with ½ cup (125ml) reserved water and toss until the sauce becomes creamy and coats the pasta. Add more water to loosen if needed. Season to taste and serve with lemon wedges.

CREAMED GREENS SAUCE

SERVES 6-8

1kg leafy greens (kale, silverbeet, spinach, brussels sprouts), leaves shredded
40g unsalted butter
2 tbs extra virgin olive oil
2 bacon rashers, chopped (optional)
4 long green shallots, trimmed, sliced
3 garlic cloves, finely chopped
1½ tbs plain flour
2 cups (500ml) milk
800ml single cream
¼ tsp finely grated nutmeg
Finely grated zest of 1 lemon

TO SERVE

250g instant cannelloni
1 cup (100g) grated mozzarella
½ cup (40g) finely grated parmesan
1 cup (70g) stale breadcrumbs
1 tbs extra virgin olive oil

If using silverbeet, thinly slice the stems and set aside separately. If using brussels sprouts, thinly shred. Blanch all remaining greens in a large saucepan of boiling water for 2-3 minutes until bright green. Rinse under cold water, drain and squeeze out excess water. Set aside.

Heat the butter and oil in a large heavy-based saucepan over medium heat. Add the bacon, if using, long green shallot and garlic, and cook for 3-4 minutes until softened. Add silverbeet stems and brussels sprouts, season with salt and cook for 7-8 minutes until softened.

Add the flour and cook, stirring, for 2 minutes then gradually add the milk and 2 cups (500ml) cream, stirring constantly to prevent lumps from forming.

Add blanched greens, bring to the boil then reduce heat to low and cook for a further 3-4 minutes until sauce has thickened slightly. Season with salt and pepper, stir through the nutmeg, lemon zest and remaining 300ml cream. This will seem like quite a bit of liquid at this stage but the pasta tubes will absorb a lot.

Preheat oven to 200°C.

Place half the sauce in a 5cm x 20cm x 35cm (3L capacity) ovenproof dish, top with the pasta shells and then the remaining sauce. Sprinkle over the mozzarella and parmesan. Combine the breadcrumbs with the oil and sprinkle over the top. Cover with foil and cook in the oven for 20 minutes, then remove foil and cook for a further 20 minutes or until the pasta is al dente and the top is golden.

HAM HOCK, PARMESAN RIND, TOMATO & PEA SAUCE

SERVES 6-8

Begin this recipe 3 hours ahead.

¼ cup (60ml) extra virgin olive oil
3 garlic cloves, thinly sliced
1 onion, finely chopped
2 bay leaves
1 bunch flat-leaf parsley, stems and leaves finely chopped
5 sage leaves or 4 oregano sprigs, chopped
500g tomatoes, roughly chopped
2 x 400g cans whole peeled tomatoes (we used Woolworths Macro whole peeled tomatoes)
1.2kg smoked ham hock
100g Parmigiano Reggiano rind, plus finely grated parmesan to serve
1 tsp caster sugar
1 cup (120g) frozen peas
400g spaghetti

Preheat oven to 160°C.

Heat oil in a large heavy-based saucepan with a lid over medium-high heat. Add garlic, onion and herbs, and cook, stirring occasionally, for 6-7 minutes until softened. Add the chopped tomato and canned tomatoes, smoked ham hock, parmesan rind and 4 cups (1L) water and bring to the boil. Cover with the lid,

PASTA SAUCES.



Ham hock, parmesan rind,
tomato & pea sauce

"If you buy in bulk, divide ingredients into portions and freeze or store the rest to use later when you need. I use surplus root vegetables for stocks. I trim the root vegies and store them in a bag in the freezer, ready to use. Always clean out your fridge, checking for the freshness of the produce and products before adding the new produce. Bring the older stuff out, trim it up if needed and then re-store to the front to be used first to minimise waste."
- Lisa Margan

Whole chicken, tarragon,
garlic, corn broth sauce

PASTA SAUCES.



Return the meat to the sauce, add the sugar, season to taste and stir through the peas. Cook for 1-2 minutes until the peas are heated through. Place a saucepan three-quarters full of salted water over high heat. Bring to the boil, add spaghetti and cook according to packet instructions. Drain. Pour sauce over spaghetti and scatter over extra grated parmesan and freshly ground black pepper to serve.

WHOLE CHICKEN, TARRAGON, GARLIC, CORN BROTH SAUCE

SERVES 4-6

Begin this recipe 3 hours ahead.

- 1.6kg whole chicken
- 1 onion, unpeeled and halved
- 6 garlic cloves, unpeeled, trimmed
- 1 bunch tarragon, 2 sprigs reserved to serve
- 8 whole peppercorns
- 3 corn cobs, kernels removed and cobs reserved
- 200g parmesan rind, plus finely grated parmesan to serve
- 200g risoni
- Chilli oil, to serve

Place the chicken, onion, garlic, tarragon, peppercorns, reserved corn cobs and parmesan rind in a large saucepan with 3L cold water over high heat and bring to the boil. Reduce heat to medium-low and cook, partially covered, for 3 hours or until rich and full of flavour. Strain through a colander set over a large bowl. Reserve the garlic and onion and set chicken aside to cool. When cool enough to handle, peel the onion and roughly chop. Shred chicken, discarding skin and bones.

Return the stock to the pan with the soft garlic squeezed from the skin. Place over high heat and bring to the boil. Add the corn kernels and risoni and cook for 10-12 minutes until the pasta is al dente and the corn is tender. Add the shredded chicken, chopped onion, and season to taste. Scatter with the reserved tarragon, leaves roughly chopped, and sprinkle

transfer to the oven and cook for 2 hours 30 minutes-3 hours until meat falls easily from the bone and the sauce has slightly reduced. Remove the ham hock, taking care of the heat. Place the pan over a high heat and boil the sauce, stirring frequently, without the lid for 30-35 minutes until reduced and thickened. Season to taste.

Meanwhile, when cool enough to handle, shred the ham into small bite-sized pieces. Discard skin and bones.

with parmesan. Drizzle over chilli oil to serve.

NO-WASTE TOMATO AND SAUSAGE BOLOGNESE

SERVES 6

- 900g vine ripened tomatoes, core removed, quartered
- 2 tbs extra virgin olive oil
- 1 onion, grated
- 2 carrots, grated
- 3 garlic cloves, crushed
- 6 (400g) good-quality sausages, casings removed
- 400g mince (beef, pork, lamb, veal or a combination)
- 1/4 cup (70g) tomato paste
- 250g cherry tomatoes
- 2 rosemary sprigs
- 8 basil sprigs, plus extra leaves to serve
- 400g linguine

Place the vine ripened tomato in a blender and whiz until smooth. Set aside.

Place the oil in a large heavy-based saucepan over high heat. Add the onion, carrot, garlic and sausage meat and cook, breaking up the meat with a wooden spoon, for 7-8 minutes until the vegetables have softened. Add the mince and tomato paste and cook for 7-8 minutes until starting to caramelise.

Add the blended tomato, cherry tomatoes and herbs, and bring to the boil. Reduce heat to medium-low and cook for 1 hour or until the sauce has thickened. Discard the herb sprigs. Season with salt and pepper.

Meanwhile, place a large saucepan three-quarters full of salted water over high heat and bring to the boil. Add the linguine and cook according to packet instructions, then drain.

Stir cooked pasta through the sauce. Scatter with extra basil leaves to serve.

HERB & GARLIC BUTTER, ROASTED CAULIFLOWER SAUCE

SERVES 4

"You can use broccolini instead of cauliflower. Blanch the broccolini before roasting."

PASTA SAUCES.

100g unsalted butter, softened
3 garlic cloves, chopped
4 anchovies
1 bunch of either oregano, marjoram, sage, parsley or a combination, leaves removed
1/2 tsp chilli flakes or 1 fresh chilli, chopped
700g cauliflower, trimmed, chopped into small florets
2 tbs extra virgin olive oil
1 cup (70g) breadcrumbs
400g orecchiette
120g baby spinach leaves
Finely grated parmesan, to serve

Preheat oven to 200°C.

To make the herb and garlic butter, place the butter, garlic, anchovies, herbs and chilli in the bowl of a food processor and whiz until combined. Place in baking paper and roll into a log. Refrigerate until set. Slice as required.

Place the cauliflower in a large non-stick ovenproof frypan, drizzle over 1 tbs oil, season to taste and roast in the oven for 35 minutes.

Meanwhile, toss the breadcrumbs in the remaining 1 tbs oil. Place on a baking tray and toast in the oven with the cauliflower for a further 15-20 minutes until both are golden brown. Set breadcrumbs aside.

Place a large saucepan three-quarters full of salted water over high heat and bring to the boil. Add the orecchiette and cook according to packet instructions. Drain, reserving 1 cup (250ml) pasta water.

Carefully remove the frypan from the oven and place over low heat. Add half of the herb butter mixture and the spinach and cook until the spinach wilts. Season to taste.

Toss the orecchiette through the cauliflower mixture, adding some reserved pasta water to loosen the mixture if needed. Top with the crispy breadcrumbs and grated parmesan to serve.

SLOW-COOKED ONION, ROCKET AND SALAMI SAUCE

SERVES 4-6

2 tbs extra virgin olive oil
200g piece salami, casing removed, chopped
4 onions (brown, red or eschalots), thinly sliced
3 garlic cloves, sliced
1/2 cup (125ml) white wine
50g unsalted butter
400g penne
1/2 cup (40g) finely grated parmesan, plus extra to serve
1 bunch rocket, trimmed
Vino cotto (substitute aged balsamic vinegar) and fresh herbs such as basil or parsley leaves, to serve

Place olive oil in non-stick frypan over medium heat. Add the salami and cook for 3-4 minutes until golden, then remove from the pan, leaving any of the oil. Reduce heat to low, add the onion and cook, stirring occasionally, for 25-30 minutes until collapsed and caramelised. Add the garlic and cook for a further 2 minutes or until garlic has softened. Add the wine and cook for 2-3 minutes until almost completely reduced. Stir through the butter until melted, season to taste and return the salami to the pan.

Meanwhile, place a large saucepan three-quarters full of salted water over high heat and bring to the boil. Add the penne and cook according to packet instructions. Drain, reserving 1 cup (250ml) pasta water.

Toss the penne through the sauce. Add the parmesan and 1/2 cup (125ml) reserved pasta water and toss through until the sauce coats the pasta. Add more water if needed. Divide the rocket and pasta among bowls and top with extra parmesan, herbs and a drizzle of vino cotto to serve. ✂

ZERO WASTE TIPS & TRICKS

MINCE & SAUSAGES are great to have in the freezer. I have both in my freezer right now, on hand, ready to go when needed.

BREADCRUMBS I blitz up old bread that goes stale so I can always have breadcrumbs in the freezer.

HAM HOCKS are great to freeze. This could be your ham hock recipe after Christmas instead of pea and ham soup. Also, any leftover ham stock can be frozen and used as a base for a soup.

SMOKED SALMON For the cream cheese, smoked salmon and smoked trout sauce you can use any kind of smoked salmon – honey smoked or flavoured with black pepper – gravlax, ocean trout or smoked salmon fillets.

“Don’t throw away parmesan rinds and corn cobs! They give loads of flavour to sauces and soups.”

d.

delicious.com.au/recipes

For more genius recipe hacks that will change the way you cook.





**"If a recipe calls for half an onion, don't be scared to use the whole onion if it means you won't leave it in the fridge for a week then just throw it out."
- Jo Barrett**

Slow-cooked onion,
rocket and salami sauce

Eggs-cetera

Wilted greens, sauerkraut,
leek and feta (recipe p 119).

Build on the beauty of baked eggs with cream, cheese and then some. **Phoebe Wood's** frittata recipes mean the battle with odds and ends – herbs, ham, vegies and condiments – can finally be settled with all-new dishes loaded with tasty extras.

PHOTOGRAPHY BEN DEARNLEY STYLING KIRSTEN JENKINS

FRITTATAS.

Salmon, zucchini,
lemon and dill
(recipe p 119).

"A frittata is an
excellent no-waste
dish as you can use up
brilliant ingredients, from
cheese to leftover vegies
and herbs."
— Ronni Kahn



**“USE VEGIES, HALF-USED
PIECES OF CHEESE AND OPEN
JARS OF CONDIMENTS FOR
FLAVOUR-PACKED FRITTATAS.
IF YOU DON’T WANT TO USE
CREAM, YOU CAN SUB IN
MILK, SOUR CREAM, OR YOU
CAN EVEN JUST LOOSEN
THE 6 EGGS WITH
ONE-QUARTER CUP OF
COLD WATER IF YOU
DON’T HAVE CREAM
OR MILK.”**

 @phoeberosewood



Roasted cauliflower
with garlic and parsley
breadcrumbs
(recipe p 119).



FRITTATAS.

Ham, brie and
wholegrain
mustard (recipe
p 116).



Spiced eggplant with labneh and mint

SPICED EGGPLANT WITH LABNEH AND MINT

SERVES 4-6

- 1 small eggplant (about 200g), cut into wedges
- 2 tsp harissa or a pinch of chilli flakes
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tbs extra virgin olive oil
- 150g cherry tomatoes, halved
- 1/2 small red onion, cut into thin rings
- 6 eggs
- 1/2 cup (125ml) pure (thin) cream
- 50g crumbled feta
- Labneh or feta, chilli flakes and mint leaves, to serve

Preheat oven to 200°C.

Line a baking tray with baking paper. Arrange eggplant in a single layer on prepared tray. Combine harissa or chilli, paprika, cumin and oil in a bowl. Drizzle over eggplant. Bake for 20-25 minutes until lightly caramelised and tender. Place cherry tomatoes, cut-side up, on a

separate tray and add in the last 10 minutes of eggplant cooking time. Remove eggplant and tomato from oven, cool slightly, then transfer eggplant wedges to an ovenproof frypan with tomato and onion.

Whisk eggs, cream and feta in a bowl, season. Pour over vegetables and bake for 20-25 minutes until edges are golden and puffy and centre is set. Serve with labneh or feta, chilli flakes and mint leaves.

SWEET POTATO, CHILLI JAM, BACON AND CHEDDAR

SERVES 4-6

- 1 (about 350g) sweet potato, cut into thin wedges
- 1/2 tsp smoked paprika
- 2 tbs extra virgin olive oil
- 6 rashers streaky smoky bacon, rind removed, cut into 2cm pieces
- 6 eggs
- 1/2 cup (125ml) pure (thin) cream
- 75g cheddar, coarsely grated
- 2 tbs chilli jam

Preheat oven to 200°C.

Line a baking tray with baking paper.

Arrange sweet potato in a single layer on the prepared tray. Scatter with paprika, season with salt and pepper and drizzle with extra virgin olive oil, turning the sweet potato to completely coat. Bake for 30-35 minutes until lightly caramelised and tender. Remove from the oven and add the bacon to the tray. Bake for a further 10 minutes or until bacon is caramelised (but not crispy). Cool slightly.

Reduce oven to 180°C. Whisk eggs and cream together in a bowl with half of the cheddar. Season. Arrange sweet potato, and bacon in a 23cm frypan or ovenproof dish, and pour egg mixture over the top. Scatter with remaining cheddar, leaving some gaps for the sweet potato to peek through. Bake for 20-25 minutes until the edges are puffy and golden and the centre is just set.

Loosen chilli jam with 1 tbs water and drizzle over the frittata, to serve.

HAM, BRIE AND WHOLEGRAIN MUSTARD

SERVES 4

You will need 2 x 500ml-capacity round ovenproof dishes for this recipe.

- 1 tbs extra virgin olive oil
- 1 small white onion, thinly sliced
- 6 eggs
- 1/2 cup (125ml) pure thin cream
- 1 tbs wholegrain mustard
- 4 slices ham off the bone, torn
- 150g brie, cut into slices
- Tomato chutney and cornichons, to serve

Preheat oven to 200°C. Heat oil in a large frypan over medium-low heat. Add onion and a pinch of salt and cook, stirring occasionally, for 10-12 minutes until onion is very soft but not coloured. Remove from the pan and cool slightly.

Whisk eggs, cream, mustard and onion together in a bowl and season to taste. Divide mixture between 2 x 500ml-capacity round ovenproof dishes. Top with ham and brie slices and place in the oven. Bake for 20-25 minutes until the

FRITTATAS.

Sweet potato, chilli jam,
bacon and cheddar

"Dehydrate vegetable peels and blend them with salt to make an excellent seasoning. You can use this to pickle things like watermelon or pumpkin skins, which you can serve alongside cured meats and cheese."
- Mike McEneaney



"My children have always been on to me about 'hiding' ingredients in a frittata. It was more about getting them to eat certain nutritious foods, but they'd say, 'I see what you did there...'"

— Lisa Margan

Tomato, pickled onion
and goat's cheese

d.

delicious.com.au/recipes

For more easy frittatas perfect
for brunch, lunch or dinner.

FRITTATAS.

edges are golden and puffy and the centre is cooked. Serve with tomato chutney and cornichons.

SALMON, ZUCCHINI, LEMON AND DILL

SERVES 4

You will need 4 x 350ml-capacity round ovenproof dishes or an 18cm ovenproof frypan for this recipe.

2 tbs extra virgin olive oil
3 long green shallots, thinly sliced
1 garlic clove, finely chopped
6 eggs
1/2 cup (125ml) pure (thin) cream
1 tbs finely grated parmesan
Finely grated zest of 1 lemon
1/2 bunch dill, sprigs picked, half finely chopped, half left whole
150g hot smoked salmon or trout, flaked
1 small zucchini, thinly sliced
Toasted pine nuts, to serve

Preheat oven to 200°C.

Heat oil in a frypan over medium-low heat and add shallots and garlic. Cook, stirring, for 3-4 minutes until shallots are softened but not coloured. Remove from pan and cool slightly. Whisk eggs, cream, parmesan and shallot mixture together in a bowl with a pinch of salt. Whisk in lemon zest and dill.

Divide the egg mixture between 4 x 350ml ovenproof dishes and scatter over the smoked fish and slices of zucchini. Place in the oven and bake for 20-25 minutes or until edges are puffy and golden and the centre has just set. Scatter with toasted pine nuts and extra dill, to serve.

ROASTED CAULIFLOWER WITH GARLIC & PARSLEY BREADCRUMBS

SERVES 4-6

1/4 (about 250g) cauliflower, broken into florets
1/2 tsp ground coriander
1/3 cup (80ml) extra virgin olive oil
6 eggs
1/2 cup pure (thin) cream

1/4 cup (20g) finely grated parmesan
200g fresh firm ricotta or feta, drained, crumbled
1/2 cup (35g) stale sourdough, roughly torn into large breadcrumbs
1 garlic clove, finely chopped
1 tbs finely chopped flat-leaf parsley

Preheat oven to 200°C. Line a baking tray with baking paper. Arrange cauliflower florets on the prepared tray, scatter with ground coriander and season. Drizzle with 2 tbs oil and bake for 20-25 minutes until golden and caramelised. Remove from the oven and cool slightly.

Whisk eggs and cream together in a bowl, then whisk in parmesan and ricotta and season. Pour into a 21cm frypan and arrange roasted cauliflower in an even layer on top. Bake for 20-25 minutes until edges are golden and puffy and the centre is set.

While the frittata is cooking, place breadcrumbs on the tray used to roast the cauliflower and drizzle with remaining 2 tbs (40ml) oil. Bake on the bottom shelf for 10 minutes until golden. Remove from the oven and stir through the garlic, then return to the oven and bake for a further 2 minutes to cook the garlic. Remove from the oven and cool, then stir through the chopped parsley and season. Scatter breadcrumbs over the frittata to serve.

WILTED GREENS, SAUERKRAUT, LEEK AND FETA (COVER RECIPE)

SERVES 4-6

2 tbs extra virgin olive oil
1 leek, thinly sliced
200g greens (any combo of spinach, silverbeet, kale, chard), stems thinly sliced, leaves shredded
6 eggs
1/2 cup (125ml) pure (thin) cream
2 tbs flat-leaf parsley, finely chopped
2 tbs oregano, finely chopped, plus extra whole leaves to serve
70g sauerkraut, drained
Finely grated zest of 1/2 lemon
1/2 cup (100g) feta, crumbled, plus extra to serve

Preheat oven to 180°C.

Heat oil in a 22cm non-stick frypan over medium-low heat. Add leek and 1/2 tsp salt flakes and cook, stirring, for 15 minutes until softened but not coloured. Add the stems from the greens and cook for 3-4 minutes until softened (this might take longer depending on the greens used) then add the leaves and cook, stirring, for 5-6 minutes until wilted.

Meanwhile, whisk eggs and cream together in a bowl, then add parsley, finely chopped oregano, sauerkraut, lemon zest and half of the feta. Season to taste.

Pour into the frypan, stirring to coat the greens in the egg, then shake the pan to allow the egg to settle evenly around the pan and over the vegetables. Scatter over remaining 1/4 cup (50g) feta. Bake for 25-30 minutes until edges are puffed and cooked and the centre is just set. Scatter with extra feta and whole oregano leaves to serve.

TOMATO, PICKLED ONION AND GOAT'S CHEESE

SERVES 4

2 tbs extra virgin olive oil
2 garlic cloves, crushed
400g cherry tomatoes, halved
6 eggs
1/2 cup (125ml) pure (thin) cream
1/4 cup (20g) finely grated parmesan
70g pickled onions, sliced
75g goat's cheese or goat's curd
Basil leaves, to serve

Preheat oven to 200°C.

Heat oil in a 23cm frypan over medium heat. Add garlic and cook for 1 minute, then add half the tomato and season. Cook, stirring, for 2-3 minutes until tomato is lightly broken down.

Whisk eggs and cream together in a bowl with the parmesan and season. Pour into the frypan and remove the pan from heat. Add the pickled onions, goat's cheese and remaining tomato. Bake for 20-25 minutes until edges are golden and puffy and the centre has set. Scatter with basil leaves, to serve. ✂

EXTRACT.

SHOPPING BASKET

- SILVERBEET
- BEEF BONES
- CELERY
- FROZEN PEAS
- CHICKPEAS
- CITRUS

IT'S ALL GOOD

According to **Alex Elliott-Howery** and **Jaimee Edwards** there's more than one way to savour silverbeet and citrus, and there's a bounty of dishes to be had from a bag of beef bones. In their new book, *Use It All*, the Cornersmith stars show how we can gain from buying less, buying whole and, well, use it all.

PHOTOGRAPHY CATH MUSCAT STYLING VANESSA AUSTIN

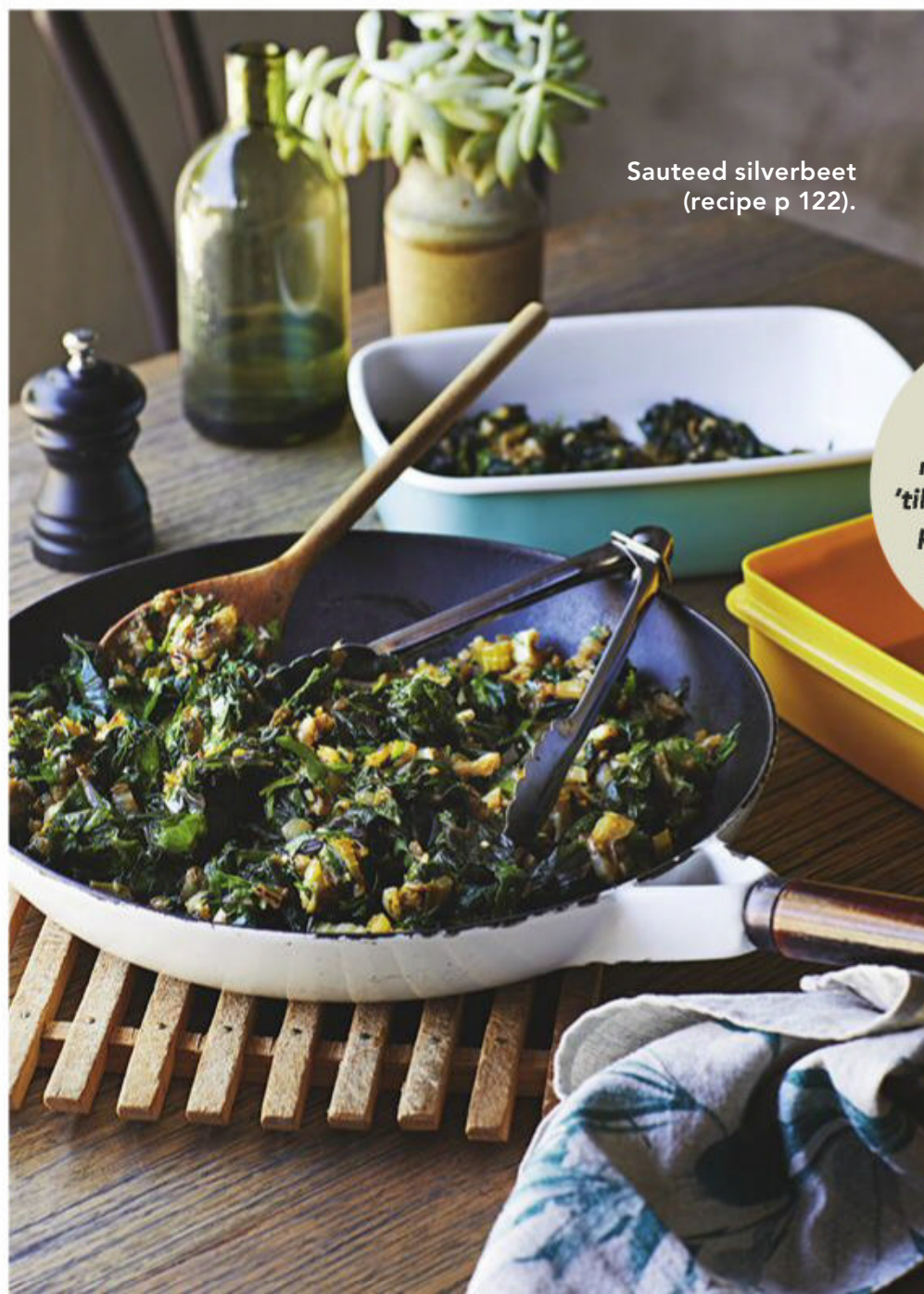


Herby pea puree
(recipe p 123).

Silverbeet galette
(recipe 123).

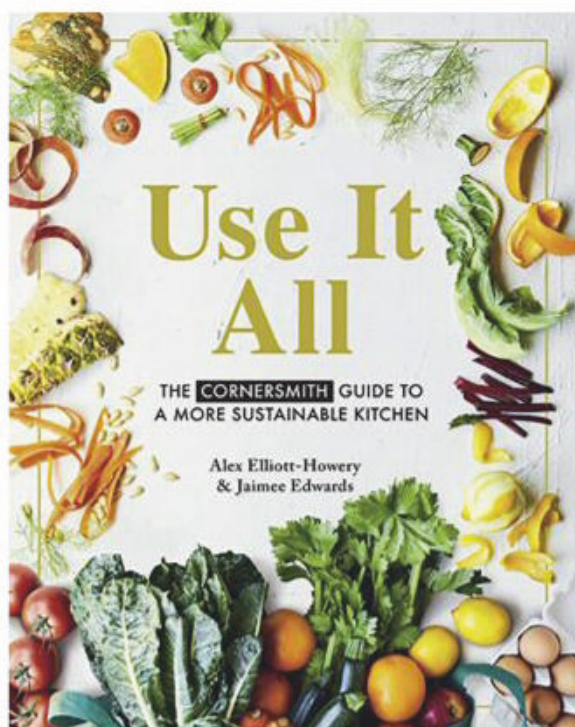


Sauteed silverbeet
(recipe p 122).



"Blanch
surplus vegies
in salt water,
refresh then blend
'til smooth. Add these
purees to risottos,
pies and pastas."
- Josh Niland



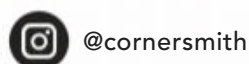


WE ARE LIVING in complex and challenging times. Many of us fear for the future of our planet, and yearn for ways to make life simpler. We find ourselves drawn to long-lost skills and practices to ground and connect us in ways that are more ethical and sustainable. Because it is increasingly clear that the personal choices we make are political: amidst our busy lives, how and what we feed ourselves and our loved ones can make a difference.

The logic of this book is simple. Each chapter features a shopping basket of seasonal produce – an example of a weekly shop that contains a selection of well-chosen complementary ingredients. Vegetables and fruits are always central, with an emphasis on buying whole produce where possible. In addition, each basket features a different protein, such as fish, cheese, chicken or pulses, to create complete and nutritious meals. From there, you add your pantry staples. The idea is that a small shop should stretch far if you know what to buy and how to use it well.

Use the ideas in this book to help you run a more sustainable kitchen. Our hope is that the information here will enable you to look at a kilo of carrots, a dozen eggs or a bag of beef bones and five meal ideas will spring to mind. Using it all will change the way you shop, cook and eat.

This is an edited extract from Use It All by Alex Elliott-Howery and Jaimee Edwards (Murdoch Books, \$39.99). Photography by Cath Muscat. Styling by Vanessa Austin. Available September 29. Pre-order now via Booktopia Books.



SAUTEED SILVERBEET

MAKES 5-6 CUPS (650-700G)

"When silverbeet (Swiss chard) is going wild in the garden or crazy cheap at the market, we buy a few bunches and make a big batch of this sauteed silverbeet. We then use it as the base of multiple meals throughout the week. Two bunches of silverbeet will yield about 5-6 cups (650-700g) of this sauteed base, depending on the size of the bunches, which is enough for two or three greens-based meals. We also love this as a side with pilaf, baked fish, and potato rosti."

Wash **2 big bunches of silverbeet**, then remove the leaves from the stems and set aside. Put the leaves in a large bowl and cover with boiling water, making sure the leaves are covered. Allow to sit for 5-10 minutes.

Very thinly slice the silverbeet stems, **1/2 onion** and **1-2 celery stalks** if you have them. Heat **50ml olive oil** in a large frypan over medium heat and saute the sliced vegetables with **1/2 tsp salt** for 10 minutes or until the silverbeet stems are starting to soften. Add **2 crushed garlic cloves**, **1 tbs finely chopped preserved lemon** or the **zest and juice of 1 lemon**, **1 tsp allspice** or **ground cinnamon** and **1 tsp ground cumin** and saute for another 3-5 minutes. Once everything is soft and sweet and delicious, turn off the heat. Drain the silverbeet leaves and use your hands to squeeze out as much moisture as possible. Finely chop the leaves and add them to the mixture in the pan with **1 cup (30g) chopped herbs**, such as **parsley, dill or celery leaves**. Mix well to make sure everything is combined and the leaves are well coated. Taste and add more seasoning if needed. Use straight away or store in an airtight container in the fridge for 4 days.

USE IT IN...

The book features a range of dishes that use sauteed silverbeet. Here are just some of the brilliant recipes.

SILVERBEET BAKED EGGS

Use 2 cups (about 300g) sauteed silverbeet as a base for baked eggs. Top with a little grated haloumi.

SILVERBEET GALETTE

For a simple silverbeet pie, use 3 cups (350g) sauteed silverbeet as a filling for a galette (recipe on the following page).

SILVERBEET AND POTATO CURRY

Use 2 cups (about 300g) sauteed silverbeet to add to the base of the curry (recipe below).

SILVERBEET AND POTATO CURRY

SERVES 4

"Once you've got a batch of sauteed silverbeet tucked away, this curry is really quick to cook. It has a depth of flavour that you only normally get from a longer cooking time."

Dice **500g potatoes** and boil for 15 minutes or until cooked through. Drain well and shake to dry. Heat **80g ghee** or **1/3 cup (80ml) vegetable oil** in a frypan over medium heat. Add the potato, **1 tbs black mustard seeds**, **2 tsp ground cardamom**, **2 tsp garam masala**, **1 tsp salt** and **3 tbs grated ginger** and fry for 5 minutes or until fragrant. Add **2 cups (about 300g) sauteed silverbeet** and **1/2 cup (75g) frozen peas**. Cook for 4-5 minutes, then add **1 1/2 cups (375ml) passata** or a **400g can of crushed tomatoes**. Reduce the heat to low, cover and simmer for 20 minutes. Turn off the heat and stir through **100ml cream or yoghurt**. Serve with rice, coriander and lime pickle.



SILVERBEET GALETTE

SERVES 6–8

“A galette is a savoury or sweet free-form pie that is easy to assemble, requires minimal technique and is very forgiving for those (like us!) without pastry skills. You can fill a galette with nearly any damn thing you like. We love mushrooms in autumn, tomatoes in summer and, of course, silverbeet (Swiss chard) in winter.”

3 cups (350g) sautéed silverbeet
Milk or 1 egg, beaten
Olive oil, to drizzle
Chopped parsley and dill, to serve

SOUR CREAM PASTRY

1²/₃ cups (250g) plain flour, plus extra to dust
1 tsp salt
200g cold butter, roughly chopped
120g sour cream

For the sour cream pastry, combine the flour and salt in a food processor, then add the butter and pulse until the mixture resembles sand. Add the sour cream and pulse until the mixture forms a dough ball. Wrap in plastic wrap and set aside in the fridge for at least 30 minutes.

Preheat oven to 180°C.

Roll out the dough on a lightly floured workbench to a 40cm circle. Transfer the dough circle to a large lined baking tray. Spread the sautéed silverbeet over the dough, leaving a 5cm border. Fold the edges over to partially enclose the filling, overlapping the dough as needed. Brush the dough with milk or beaten egg, then bake the galette for 35–45 minutes or until golden. Drizzle olive oil over the top, finish with chopped herbs and serve.

HERBY PEA PUREE

MAKES 400G

“For easy, thrifty midweek meals, make this pea puree. It’s a staple in both our houses as an alternative to pesto, and it’s great on toast or baked potatoes, with pasta or warm potato salad, or in soups or a pea and ham toastie.”



Chickpea and pea falafel

Heat 1 tbs olive oil in a frypan and sauté 1 small chopped onion for 4–5 minutes, until soft and sweet. Add 1 crushed garlic clove, 1 tbs lemon zest, 3 tbs chopped herbs such as dill, parsley, celery leaves or mint, and 1 tsp dried thyme or oregano. Sauté for 1 minute until fragrant, then add 2 cups (310g) thawed frozen peas and mix well.

Pour in 200ml beef bone stock (recipe p 125) or good vegetable stock and a pinch of salt and pepper. Simmer over low heat for 10 minutes. Transfer the pea mixture to a food processor or use a stick blender and blend to a rough puree. Store in a jar or airtight container in the fridge for 3–4 days.

CHICKPEA AND PEA FALAFEL

MAKES ABOUT 15

“The frozen pea is not a traditional addition to falafel, but these are delicious. Crunchy and green, they’ll disappear as soon as they hit the table. The beauty of falafels are that you use chickpeas that are soaked but not cooked, making things much quicker. At a pinch, you could use canned chickpeas, but the result will be a mushier falafel. Serve with hummus, flatbreads and a few of the many vegetable sides in the book.” Begin this recipe 1 day ahead.

³/₄ cup (135g) dried chickpeas, soaked in cold water overnight, drained, rinsed

EXTRACT.



Minestrone



Alex Elliott-Howery
(left) and Jaimee
Edwards



Basic beef
bone stock



EXTRACT.

4 garlic cloves
1/2 red or brown onion, roughly chopped
1/2 bunch parsley or coriander
1 1/2 tsp ground cumin
1/2 tsp ground cinnamon
1/2 tsp chilli flakes
1/2 tsp freshly ground black pepper
1 tsp salt
2 tbs plain flour
3/4 cup (110g) thawed frozen peas
1 tsp baking powder
35g sesame seeds
1 cup (250ml) vegetable oil

Place half the chickpeas, the garlic cloves, onion, parsley or coriander, cumin, cinnamon, chilli flakes, black pepper, salt and flour in a food processor and blend until smooth. Add the remaining chickpeas, the peas and baking powder, then pulse or process on low speed until roughly combined (you want to keep some texture). Tip the mixture into a bowl and refrigerate for 30 minutes.

Form your falafels into 15 flattish balls about 5cm in diameter. To ensure they hold together, firmly squeeze the balls when forming the falafel so the mixture becomes dense. Roll the falafel in the sesame seeds and set aside. Heat the vegetable oil in a large deep frypan over medium heat and fry the falafels in batches for 2 minutes on each side until golden brown. Serve with hummus, flatbreads, salad and pickles.

BASIC BEEF BONE STOCK MAKES 12 CUPS (3L)

"This is our shortish recipe for a bone stock. We don't often have time to make a 24-hour bone broth, so this recipe is a good compromise that sets you up for a promising week of meals (like the minestrone, right, or a hearty roast veg soup or even a cheat's ramen. See the book for more suggestions). Browning the bones is an essential step. Like all browning techniques, such as caramelising onions, the result is a more intense and fuller flavour than simple boiling can give. You may need to cook this stock in

two saucepans if you don't have a big enough stockpot. Begin this recipe at least 4 hours ahead.

Preheat the oven to 200°C. Place 2kg pasture-raised beef bones in two roasting trays and roast for 30-45 minutes until browned. Set aside to cool a little. Place 10 garlic cloves, 3 unpeeled and halved onions, 3 carrots, 6 fresh bay leaves, 1 star anise, 3 tbs apple cider vinegar and 6 litres water in a large stockpot. Add the browned bones, then place over medium-high heat and bring to the boil. Reduce the heat to its lowest setting and simmer for 4 hours, regularly skimming the scum from the surface. Allow the stock to cool slightly, then strain through a sieve into a large bowl. Divide the stock among smaller containers or jars and set aside to cool – the fat will rise to the top and seal the stock. Keep in the fridge for up to 1 week or in the freezer for up to 3 months.

MINISTRONE

SERVES 4-6

"If you've got stock and passata on hand, you've pretty much got the base of minestrone. This dish is often on our tables in winter, and really should be called use-it-all soup rather than minestrone. It's an easy one to make when you get home from work at 6pm and want a home-cooked meal on the table. You can definitely use store-bought stock and passata, but if you have the homemade versions it will taste even better. Make sure you're really happy with the flavour of your tomato-y broth before you add the vegetables and pasta. If the broth is lacking flavour, try adding some sugar, Worcestershire sauce or minced garlic. Once you have the base right, you can assemble the soup."

4 cups (1L) basic beef bone stock or stock of your choice
2 cups (500ml) passata
1 parmesan rind (optional)

2 tsp dried herbs, such as oregano or thyme
1/2 tsp caster sugar
1 tbs Worcestershire sauce
1 minced clove garlic (optional)
2 cups (350g) cooked pasta of your choice (or use cooked or canned chickpeas if you're gluten free)
2 cups chopped mixed vegetables:
diced potato
chopped carrot
cauliflower florets
broccoli florets
frozen peas
chopped green beans
thinly sliced silverbeet (Swiss chard) or kale

Pesto, to serve

Shaved parmesan, to serve

Good-quality olive oil, to serve

Place the stock and passata in a stockpot and throw in a parmesan rind if you have one. Bring to a simmer, then taste and season with salt and dried herbs. If you feel your broth needs a lift, add the sugar, Worcestershire sauce and/or minced garlic. Cook your pasta in a large saucepan of salted boiling water. This is a good opportunity to use up any ends of packets of pasta – you'll need about 2 cups (350g) cooked pasta all up. Bring another saucepan of salted water to the boil and blanch your vegetables until firm but cooked. (Note that some vegetables will cook faster than others so add your hard vegetables, such as carrot and potato, first). Add the cooked vegetables and pasta to the broth and bring back to simmering point. Divide the minestrone among bowls and serve with a tablespoon of pesto spooned over the top of each bowl, a little shaved parmesan and a drizzle of your best olive oil.



FRESH CITRUS PEELS

(KEEP FRESH PEELS IN THE FRIDGE FOR UP TO 1 WEEK)

- Make a citrus-skin syrup for the perfect bitter non-alcoholic aperitif. Place **1 cup (120g) citrus peels**, **1½ cups (375ml) water**, **¾ cup (165g) caster sugar**, **2 star anise** and **4 allspice berries** in a saucepan. Bring to the boil, then reduce the heat to a simmer and cook for 10 minutes. Allow to cool for 10-15 minutes. Strain through a sieve into a clean jar, then keep in the fridge for at least 1 month. Stir 1 tbs into a glass of sparkling water.

- Add citrus peels to a full bottle of **white wine vinegar** or **apple cider vinegar** to make a beautiful flavoured vinegar. Let it sit on your bench for about 6 weeks or until the flavour is singing (keep adding to it over this time), then strain and return the citrusy vinegar back into the bottle. Use as a base for dressings in green salads or grain-based dishes.

PRESERVED LEMONS OR LIMES

MAKES 2 X 2-CUP (500ML) JARS

"This recipe is in our other cookbooks, but you just can't have a pantry without preserved lemons! Plus, they are so expensive to buy."

You will need **1kg lemons or limes** for this (you may need extra for juicing if your citrus is dry) and **200g pure salt**. Cut the lemons or limes into quarters (or halves if they're very small). Put **20g salt** into the bottom of **2 sterilised jars** and top with a few layers of lemon or lime, pressing down on the skins as you go to release the juices. Sprinkle with another **20g salt**, then add another layer of fruit. Slide **1 tsp black peppercorns**, **1-2 bay leaves** and a pinch

of chilli flakes down the side of each jar. Repeat the layering with the fruit and salt until the jar is almost full (leave a 1cm gap at the top), remembering to keep pushing down as you go – the fruit needs to be entirely covered in juice.

If your fruit hasn't released enough of its own juices, squeeze a few extra lemons or limes and pour the juice over to cover. Wipe the rim of the jar with paper towel to remove excess salt, then seal and let it sit in a cool, dark place for 6 weeks. You know your lemons or limes are preserved when the salt has completely dissolved into a gel-like liquid. Once opened, store in the fridge for up to 1 year.

USES FOR PRESERVED LEMON

- Use thinly sliced preserved lemon to flavour and freshen a clear chicken soup.
- Add a few teaspoons of very thinly sliced preserved lemon, a pinch of chilli flakes and a glug of olive oil to mashed avocado.
- Make a preserved lemon dressing: Combine **1 tbs apple cider vinegar**, **2 tbs extra virgin olive oil**, **1 tbs finely diced preserved lemon peel**, **½ tsp ground cumin**, **½ tsp sugar or honey**, a good crack of **black pepper** and a small pinch of salt.
- Make a yoghurt raita with finely diced cucumber, finely diced tomato, minced garlic and finely chopped preserved lemon.
- Add a tablespoon of finely chopped preserved lemon to green sauces, mayonnaise or hummus.
- Stir thinly sliced preserved lemon through a potato salad with hard-boiled eggs and lots of fresh herbs.
- Add to green pockets or the galette.

WHOLE FRUIT MARMALADE

MAKES ABOUT 1.2 KG

This recipe is scaled down and uses just **three pieces of fruit (about 500g)**. You can use just one variety of citrus, or a combination of lemons, limes, grapefruit and oranges. Give the citrus a good scrub, place it in a good-sized saucepan and cover with **6 cups (1.5L) water**. You need to boil the citrus until it is tender and the skins can be easily pierced. Don't rush this step – if you don't soften the skin, you'll end up with chewy bits in your marmalade!

Oranges and grapefruit may take up to 2 hours, while **lemons and limes** should be closer to 1 hour.

Once the fruit is soft, remove from the pan and set aside until cool enough to handle, reserving the cooking liquid in a measuring jug. Cut the fruit in half and remove the pips, then thinly slice into long strips. Put the fruit strips and all their juices in a wide-mouthed pan with **850ml** of the cooking water (adding extra fresh water if you don't have enough), **3 cups (690g) caster sugar**, a pinch of salt, and any flavours of your choice, such as a **sprig of thyme or rosemary**, some **lemon zest**, **2-3 tbs freshly grated ginger**, or warm spices, such as **cinnamon or clove**. Stir until the sugar is dissolved, then bring to the boil and cook for 20-25 minutes until the marmalade is set. Allow the marmalade to sit for 5-10 minutes, then bottle into sterilised jars and store in the fridge for up to 3 months. ✕

d.

delicious.com.au/recipes

For more dishes that use up every bit of your weekly shop.



EXTRACT.



"Invest in some good storage containers and beeswax wraps. If your food is stored properly, it will last much longer."
- Matt Stone



Essential ingredients

Sample the full potential of pantry staples with sweet treats from some of our favourite contributors, serving up must-bake cookies, cakes, scrolls and slices.

PHOTOGRAPHY BEN DEARNLEY
STYLING KIRSTEN JENKINS

WICKED.

Almond, maple & cranberry
chewy granola bar **OPPOSITE:**
Dried apricot & white chocolate
buns (recipes p 136).





"Try making a cake using breadcrumbs instead of flour. It gives a wonderful texture that absorbs syrup beautifully."
– Mike McEneaney



KIRSTEN JENKINS'
PRUNE & MIXED CHOCOLATE BROWNIE WITH BISCUIT CRUMB
SERVES 12-14

1/4 cup (60ml) olive oil
150g salted butter, melted
1 cup (220g) dark brown sugar (or brown)
1/2 cup (110g) caster sugar
4 eggs
1 tbs vanilla extract
1 cup (150g) plain flour, sifted
1 cup (100g) cocoa powder, sifted
200g mixed chocolate, chopped

200g pitted prunes, chopped (we used Woolworths Macro pitted prunes)
75g chocolate biscuits, lightly crushed

Preheat oven to 180°C.

Lightly grease a 22cm square cake pan and line with baking paper. Combine the oil, butter and sugars in a large bowl. Whisk in the eggs and vanilla until well combined. Add the flour, cocoa,

chocolate and prunes and stir until well combined. Spoon into prepared pan, sprinkle with crushed biscuits and bake for 40-45 minutes or until just firm to touch.

Remove the pan from the oven and place on a wire rack to cool to room temperature before serving. If you prefer a firmer brownie, refrigerate until chilled and firm before serving.

WICKED.



**MAGDALENA
ROZE'S
CHEWY
CHOCOLATE &
SALTED-PRETZEL
COOKIES**

MAKES 14

190g unsalted butter, chopped
2/3 cup (150g) brown sugar
125g caster sugar
1 free range egg, plus 1 yolk
1 tbs vanilla extract
275g plain flour
1 tsp bicarb soda
120g dark (70%) chocolate, finely
chopped, plus extra to scatter
14 salted pretzels, crushed

Place butter in a small saucepan over medium-high heat and cook, swirling the pan, for 2-3 minutes until butter begins to foam and brown. Cool to room temperature then transfer to a large bowl with the sugars and mix until almost dissolved. Whisk in the egg, egg yolk and vanilla. The texture should be smooth (almost like a butterscotch sauce).

Sift the flour and bicarb soda in a separate bowl, then stir in the butter mixture until combined. Add chopped chocolate and stir to combine. Divide mixture into 14 (about 65g each) and roll each portion into a ball. Place cookie

dough balls on a large baking tray lined with baking paper and press to slightly flatten. Refrigerate for 15-20 minutes to firm up slightly. Scatter over extra chopped chocolate and crushed pretzels, pressing them into the tops of the cookies carefully.

Preheat oven to 160°C.

Grease 2 large baking trays and line with baking paper. Divide chilled dough between the trays, leaving 2-3cm between each cookie (the cookies will spread). Bake for 12-15 minutes or until starting to go golden on the edge. Remove from the oven and allow to rest on the tray for about 10-15 minutes before serving.

**"BECAUSE THE BROWNEED BUTTER
IS MELTED YOU CAN PREPARE
THESE BY HAND, WHICH MAKES
THEM A FUN KIDS' ACTIVITY.
FOR PERFECTLY CHEWY COOKIES,
CHILL THE DOUGH IN THE FRIDGE
FOR A FEW HOURS OR
OVERNIGHT. AND DON'T
OVER BAKE THEM!"**

– MAGDALENA ROZE





**DANIELLE
ALVAREZ'S
PEANUT BUTTER,
OAT & JAM BARS**
MAKES 14

90g unsalted butter, softened
90g creamy peanut butter
95g caster sugar
1 $\frac{1}{3}$ cups (200g) plain flour
 $\frac{1}{2}$ tsp baking powder
300g grape, plum, rhubarb or other sour
jam (any other fruit jam, except citrus,
should work well, too)

CRUMBLE TOPPING

70g plain flour
50g rolled oats
70g brown sugar
 $\frac{1}{3}$ cup (25g) shredded coconut
(sweetened or unsweetened)

60g mixed nuts, chopped
70g coconut oil or unsalted butter

Preheat oven to 180°C.

Grease the base and sides of a 23cm square cake pan or a 20 x 30cm lamington pan and line with baking paper.

Place the butter and peanut butter in the bowl of a stand mixer with the paddle attachment and beat on high until pale and fluffy. Reduce speed to low and gradually add sugar until just combined. Combine the flour, baking powder and $\frac{1}{2}$ tsp salt and add to the butter mixture. Mix until the mixture just comes together (it will be crumbly). Transfer mixture to prepared pan and press to completely and evenly cover the base. Using a fork, prick a few holes over the base, then bake for 10 minutes or until light golden.

Meanwhile, for the crumble topping

combine the ingredients in a bowl. Using your fingers, rub the mixture together to create a crumbly, sandy texture. Set aside.

Remove the base from the oven and spread the jam evenly over the top. Sprinkle the crumble over the jam, then place on the centre rack of the oven and continue baking for a further 25 minutes or until the top is golden brown and nuts are toasted. (You may need to increase the oven temperature for the final couple of minutes to achieve this.)

Remove pan from the oven and allow to cool completely before pulling the peanut butter, oat and jam slice out of the pan. Slice into 16 pieces and serve with coffee or tea!



WICKED.

"When it comes to storing perishables like dairy, the freezer is your best friend. Milk and yoghurt can be stored in ice cube trays and popped out to use in smoothies. Not many people know that cheese and milk can be frozen." – **Ronni Kahn**

Coconut yoghurt cake
(recipe p 134).



WICKED.



CHRISTINE MANFIELD'S COCONUT YOGHURT CAKE

SERVES 10-12

200g unsalted butter, at room temperature, chopped
2 tsp finely grated lime zest, plus extra to serve
 $\frac{3}{4}$ cup (165g) caster sugar
3 eggs, at room temperature
60g fine semolina
 $\frac{1}{2}$ cup (50g) almond meal
 $1\frac{1}{2}$ cups (225g) self-raising flour, sifted
 $\frac{3}{4}$ cup (45g) shredded coconut
180g natural yoghurt
120ml lime juice
Whipped cream, to serve

SYRUP

370g caster sugar
Finely grated zest of 2 limes plus 1 cup (250ml) lime juice

Preheat oven to 180°C. Grease a 25cm round springform pan and line the base and side with baking paper.

Place the butter, lime zest and sugar in the bowl of a stand mixer with the paddle attachment and beat for 5-6 minutes until pale and fluffy. Add eggs, 1 at time, and mix to combine.

Combine the semolina, almond meal, flour and coconut together in a bowl and gently stir into the egg mixture. Add yoghurt and lime juice, stirring until just combined (be sure not to overwork the mixture). Spoon batter into prepared pan and bake for 1 hour or until lightly golden on top and a skewer inserted in the centre comes out clean. Remove from the oven, cover with foil and stand for 10 minutes.

Meanwhile, for the syrup, combine sugar and juice in a saucepan over medium heat, stirring to dissolve sugar. Simmer uncovered for 5 minutes or until slightly reduced, stir in the zest.

Using a skewer, prick holes into the cake then pour half of the hot syrup over the top – it will be absorbed through the holes. Leave to stand for 1 hour before removing from pan and transferring to a wire rack to cool completely.

Top cooled cake with whipped cream and scatter with extra lime zest. Serve with remaining syrup alongside.



JO BARRETT'S DATE & CINNAMON SCROLLS

MAKES 8

"You can use any dried fruit you have for this recipe." Begin this recipe 1 day ahead.

150g prunes, pitted, roughly chopped
150g dates, pitted, roughly chopped
70g currants or raisins
Zest and juice of 1 orange
100g brown sugar
2 tbs ground cinnamon
 $\frac{2}{3}$ cup (150g) caster sugar

DOUGH

1 x 7g sachet dried yeast
1 cup (250ml) warm milk, plus extra milk to brush
 $3\frac{1}{3}$ cups (500g) plain flour, sifted
50g caster sugar
2 eggs, lightly beaten
70g unsalted butter, cut into 1cm pieces, softened

Place the prunes, dates and currants in a large bowl. Pour over enough warm water to cover the fruit. Stir in orange zest and juice and allow to soak overnight or for at least 2 hours. Drain the fruit well before making the dough.

For the dough, combine the yeast and milk and set aside for 5-6 minutes until frothy. Place the flour, sugar and $\frac{1}{2}$ tsp fine salt in the bowl of a stand mixer

with the dough hook and mix to combine.

Add the eggs to the yeast and milk mixture and stir to combine, then pour into the flour mixture and knead on medium speed until the mixture forms a smooth dough. In 2 batches, add the butter, ensuring the first batch is fully incorporated before adding the next. Knead on low for about 3-4 minutes until the dough becomes elastic, stretches when pulled and doesn't break straight away. The dough will be very soft and wet. Transfer to an oiled bowl and cover loosely with a tea towel. Stand for 2 hours or until doubled in size.

Combine the brown sugar and cinnamon in a small bowl and set aside. On a well-floured work surface, tip out the dough and sprinkle the top with more flour. Roll the dough out to a 2cm thick, 30cm x 40cm rectangle. Sprinkle the surface with a light layer of brown sugar and cinnamon mixture, leaving a 1cm border along the top long side.

Scatter the drained soaked fruit evenly over the sugar. Starting from the lower long side, roll the dough up evenly, making sure it's not too tight so the fruit remains within the dough.

Cut the rolled dough into 8 equal pieces and place in a greased 20cm x 30cm lamington pan. Cover and allow to proof for about 1 hour or until dough pieces double in size.

Preheat oven to 170°C.

Brush the tops of the scrolls with a small amount of milk and sprinkle with remaining brown sugar and cinnamon mixture. Bake for 30-35 minutes or until golden and hollow sounding when tapped on top.

Meanwhile, place the caster sugar in a small saucepan with 60ml water and bring to the boil. Remove from heat and keep warm. Remove the scrolls from the oven and brush with sugar syrup. Stand for 5 minutes before serving.





Date & cinnamon scrolls.
Kip & Co. mug, kipandco.com.au. All tablecloths and napkins
from Bonnie and Neil,
bonnieandneil.com.au.

"If you have milk
that is about to go
past its use-by date, just
split it with lemon juice and
strain the curds from whey. The
curds are lovely on toast with
honey and banana, and the
whey is fantastic in smoothies
and is a great source of
protein."

— Lisa Margan



MICHAEL JAMES'
BANANA & WALNUT
LOAF CAKE

MAKES 1 LOAF

"It's best to use very ripe bananas for this

cake. The most brown bananas impart the most flavour. You can often find heavily discounted bananas in just the right state of disrepair at your grocer. We have a container of over-ripe bananas in the freezer, which would be perfect, too – just make sure you peel them before you freeze them."

180g plain flour
2 tbs cornflour
1 tsp ground cinnamon
1 tsp baking powder
1/2 tsp bicarb soda
250g (approx 3-4) very ripe bananas
Juice of 1/2 lemon
2 eggs, at room temperature
1/2 tsp vanilla bean paste
85g unsalted butter, at room temperature
170g caster sugar
115g walnuts, roughly chopped

Preheat oven to 160°C. Grease a 9cm x 22cm x 10cm loaf pan and line the base and sides with baking paper.

Sift together the flours, cinnamon, baking powder, bicarb and 1/2 tsp fine salt. Place the bananas and lemon juice in a separate bowl and mash until soft. Stir in the eggs and vanilla.

Place the butter and sugar in the bowl of a stand mixer with the paddle attachment and beat until pale and fluffy. Gradually add the egg and banana mixture, beating well with each addition until fully incorporated. Add dry ingredients and beat gently until combined. Add 100g of the walnut and mix to combine.

Pour the mixture into prepared pan, then scatter with remaining 15g walnut.

Bake for 1 hour-1 hour 10 minutes until the top is golden brown and a skewer inserted in the centre comes out clean. Leave in the pan for a few minutes before transferring to a wire rack to cool before serving.



JORDAN MILLER,
SONOMA
ALMOND, MAPLE &
CRANBERRY CHEWY
GRANOLA BAR

MAKES 16

Begin this recipe at least 6 hours ahead.

1/2 cup (80g) whole blanched almonds
1/2 cup (80g) almonds, skin on
260g rolled oats
450g pitted dates
2 tsp coconut oil or olive oil
1/2 cup (140g) peanut butter or almond butter
150g maple syrup
40g runny honey
100g dried fruit (such as cranberries, raisins or sultanas)
2 tsp ground cinnamon
2 tsp vanilla extract
Zest of 1 orange

Preheat oven to 180°C. Grease the base and sides of a 20cm x 5cm deep square baking pan and line with baking paper.

Roast almonds and oats on separate trays, tossing occasionally, for 8-10 minutes until golden. Set aside to cool.

Meanwhile, place the dates in a food processor and pulse, scraping down the sides occasionally until you get a semi-smooth paste (you can leave small chunks).

Combine the oil, nut butter, maple syrup and honey in a medium saucepan over medium-high heat and cook, stirring frequently, for 2-3 minutes until combined. Stir in the date paste and cook, stirring, for 2-3 minutes until date paste is melted and combined. Remove immediately from the heat. Set aside and keep warm.

Place dried fruit, roasted oats and almonds, cinnamon, 1 tsp sea salt, vanilla and orange zest in a large heatproof bowl and stir to combine. Add the date and nut butter mixture and, using a rubber spatula, stir until well combined.

Press the granola mixture into prepared tray. Cover and refrigerate for 6-8 hours to fully set. Flip onto a cutting board and cut into desired shapes or sizes to serve.



PHOEBE WOOD'S
DRIED APRICOT &
WHITE CHOCOLATE
BUNS

MAKES 12

10g dried yeast
1/4 cup (55g) caster sugar
3 cups (450g) plain flour, sifted
6 egg yolks
300g unsalted butter, chopped into 2cm pieces, at room temperature
70g white chocolate, chopped
1/3 cup (50g) dried apricots, chopped
1/2 tsp ground cardamom
1/2 cup (125ml) hot apricot jam, to glaze

Place yeast and 1 tsp sugar in a bowl with 200ml lukewarm water. Stir to combine and set aside for 5 minutes or until frothy.

Place flour and remaining 50g sugar in the bowl of a stand mixer with the dough hook. Make a well in the centre of the flour mixture. Whisk egg yolks into yeast mixture, pour into the well and stir to combine. Knead on medium speed for 2-3 minutes until a dough forms. With the motor running, add butter, 1 piece at a time, until fully incorporated. Knead for a further 8-10 minutes until the dough is smooth. Transfer dough to a greased bowl, cover with plastic wrap and set aside for 1 hour 20 minutes or until doubled in size.

Preheat the oven to 170°C.

Grease a 25cm x 40cm round baking dish and line with baking paper. Knock back the risen dough to release the air and knead to release any air pockets. Divide into 12 even pieces and roll into balls. Arrange in the baking dish.

Combine chopped chocolate and cardamom in a bowl. Using your thumb, make an indent in the centre of each bun and fill with apricots, then chocolate mixture. Place on the lowest shelf in the oven and bake for 30-35 minutes until a skewer inserted in the centre comes out clean. Remove from the oven and brush with apricot jam. Rest for 30 minutes, then serve warm. ✕

WICKED.

"THIS IS A GREAT TREAT THAT'S BROUGHT TOGETHER FROM WHAT'S OFTEN ON HAND. IT'S A BIT LIKE BANANA BREAD BUT A LOT MORE SPECIAL, WITH THE NUTS PROVIDING A NICE TEXTURE. CHANGE UP THE NUTS DEPENDING ON WHAT'S IN THE PANTRY." - MICHAEL JAMES

Banana & walnut
loaf cake



d.

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to your no-waste repertoire.



AUSTRALIA

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CHEF JAMES VILES EXPLORES AUSTRALIA'S NORTHERNMOST REGION **140** >>
HOW TO TRAVEL AND BE KIND TO THE PLANET **148** >> CAMBODIA'S LUXURY STAY WITH A DIFFERENCE **150**

TRAVEL



James Viles shares his
road trip diary (p 140).

DUE

NORTH

Travelling along the northernmost part of Australia, chef **James Viles** is on an adventure like no other. He documents it all, from sleeping under the stars to eating from the land, in his new book *Due North*.

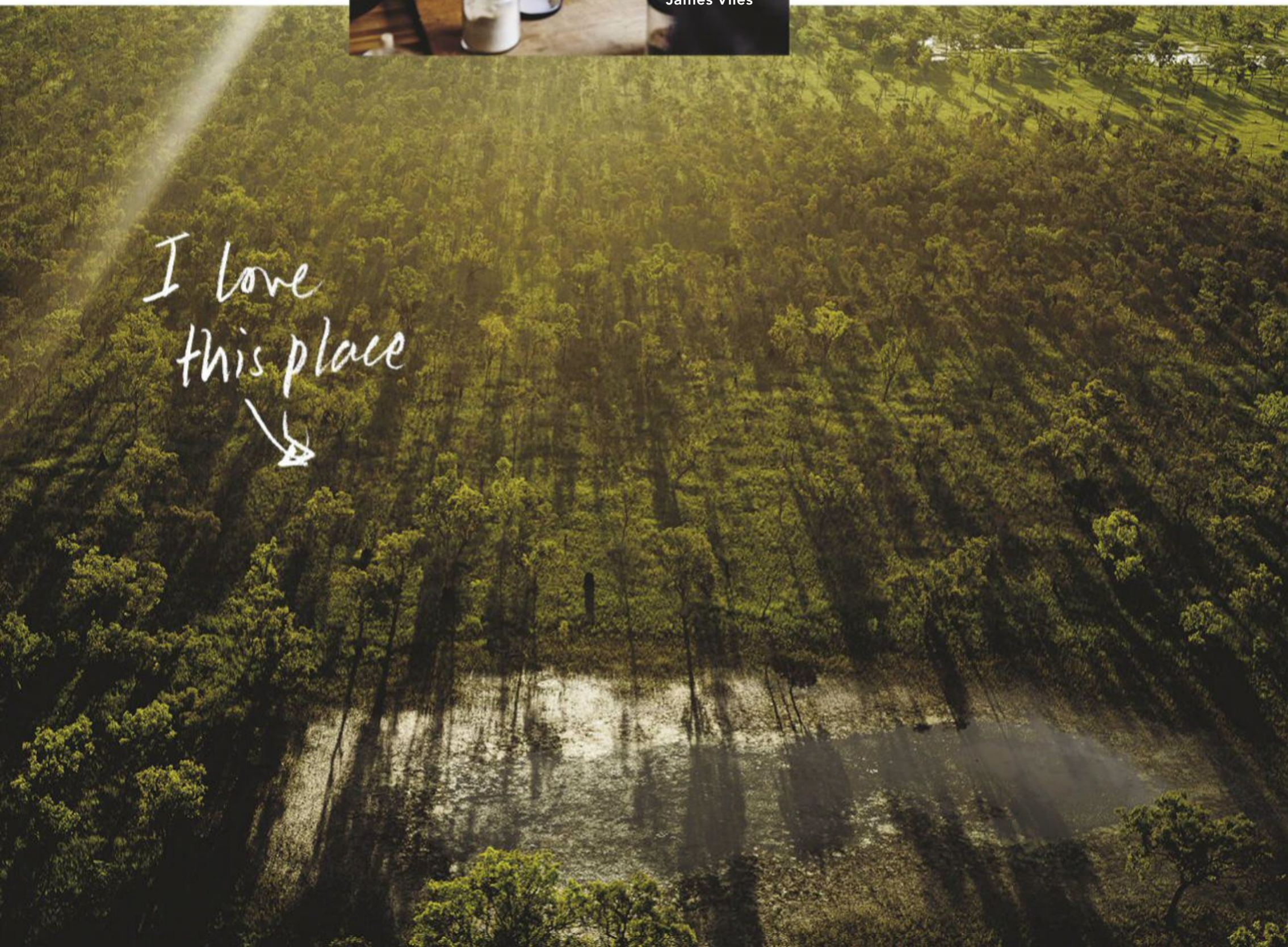
PHOTOGRAPHY ADAM GIBSON

Breaking down a beast
— a vital part of
station life ↓

A perfect little spot for
mud crabs. TOP RIGHT:
Inkerman coastline.



JAMES VILES.



I love
this place
↘

JAMES VILES.

RIGHT: cooking by the campfire. **BELOW:** Viles hits the road.



TODAY WE ARE travelling 150 kilometres north of Karumba (about two hours on dirt roads) to the Gulf Coast Agricultural Co. Combining four stations (Inkerman, Dorunda, Van Rook and Stirling Lotus Vale), this extensive property covers more than a million hectares of the Cape York Peninsula and 90 kilometres of coastline along the Gulf of Carpentaria, and runs more than 100,000 pure Brahman cattle. This is where I've arranged to meet up and hang out with like-minded chefs Mark LaBrooy, Lennox Hastie, Paul Carmichael, Beau Clugston and David Moyle, all flying in tomorrow. The general idea is to sleep under the stars for a few days, and to eat only what we gather in terms of wild ingredients each day.

The next day we greet the guys on Van Rook's dusty airstrip and walk over to the homestead for a cold beer and to get a plan together. We have a campsite in mind; however, there are so many wonders here that we're spoilt for choice. The amazing river systems come alive after the big Wet, and it's on its way. There's already been some rain, and the wetlands are thronging with birdlife, including magpie geese. An important Aboriginal food source, these waterbirds lay eggs in large nests among the lily pads, and the young are raised by both the male and the female. We agree to make our way to Stirling Lotus Vale, about 45 minutes away by car, where we'll set up camp on the banks of the Gilbert River.

On the way we stop to watch some mustering of a large mob of Brahman cattle, about 2,000 head, done with horses and a R22 chopper – it's pretty exhilarating to watch these cattle on the move like this. We get to the riverbank and start clearing a space for our swags, tents and cooking area. It's nice to watch everybody



doing what they do best: Lennox gets straight onto the building of a makeshift grill and cooking set-up, Marky sets about organising anything adventure-driven, Dave gets onto collecting firewood with Beau, and Paul looks for a fishing rod to start catching some fish for dinner, likely to be a barra in these parts.

I think it's going to be interesting to see how six chefs get on in a relatively hostile environment with no food apart from a few bare essentials, no proper beds, no mobile reception and no real bearing on where we are. The first night we eat some barra that Paul has caught, simply cooked over the coals, and then hit the sack, as everybody is pretty tired.

The next morning, a chopper takes three of us to some of the more remote areas for more fishing. The remainder of us split up and take two Land Cruisers hunting – we're on the lookout for wild ducks, magpie geese and wild suckling pigs. We're also going to forage for native plants and check out the fish species in various waterholes.

All six of us share a common interest in nature: as cooks we are inspired by what it has to offer, but we let it influence our cooking, and us as humans, in different ways. I personally get a lot out of seeing where the ingredients I use come from. Being in such a remote environment also makes me question my presence in the natural world, and the longer I am here, the more I seem to develop heightened senses and a deeper respect for what's around me. I hope that the guys on the trip will find some small connection to this land and what it's always provided.

After a second night of listening to Lennox and Paul snoring – it's almost rhythmic, reminiscent of wild boars mating. We have a cup of joe around the fire and discuss the day's proceedings: today we are going to do a killer. On cattle stations like this one, all across Australia, it's always been a tradition to do a killer and then the whole beast is shared with all the staff, from the ringers to the managers.



placing mud
crabs →



Magpie
Geese →

From catching mud crabs,
discovering magpie geese
and checking out fish
species in many watering
holes, this northern part of
Australia offers true
adventure.

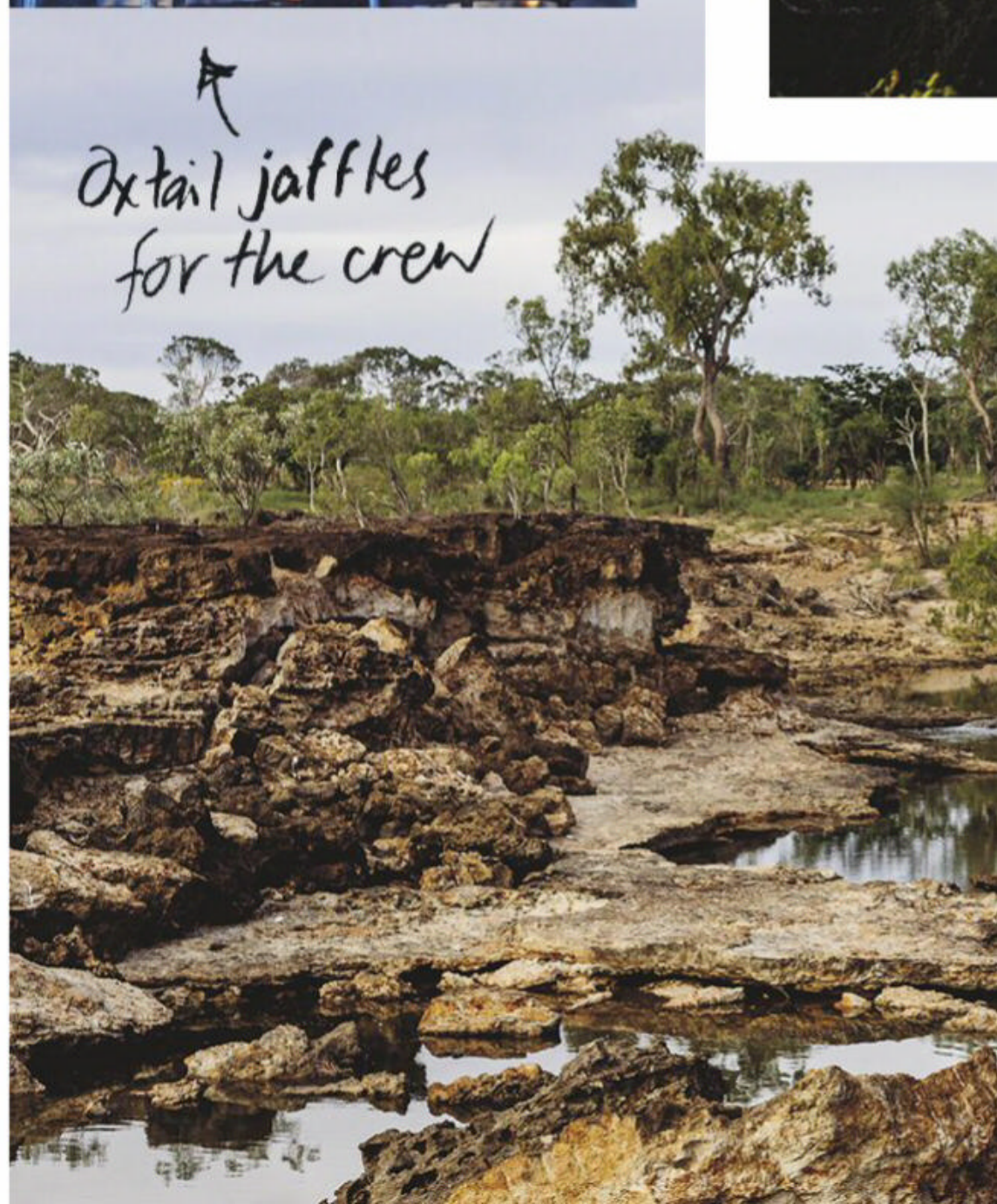
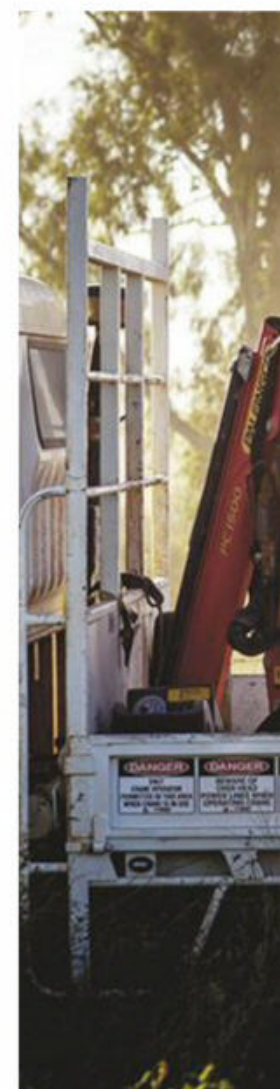
JAMES VILES.

Next morning, we resume our search for wild game and plants, so we split up again (some in the chopper and some in the Cruisers), this time for a full day out. On our wishlist are a young pig, whistling ducks and, of course, barra, as well as mud crabs and giant river prawns – all in abundance up here. I'm on the pig detail with Lennox and Mark, Paul is on barra or saratoga, and Dave and Beau are on wild birds. We have pots in for muddies and giant river prawns, baited with bits of wallaby, considered a pest up here.

Lennox and I are in the chopper, along with our friend Riley Aitken, when we spot a mob of pigs: there's a large boar, a couple of sows and some young suckers running across the plain. Only thing is, we have no guns with us, they're back at camp, as we were just refuelling before we went out hunting. The pilot's voice comes through the headphones, saying, 'I'll place you guys on the ground in that scrub over there, you hide and lay low and then I'll push them your way with the chopper.' So we jump out with no rifle, and Riley hands us a pocket knife. There would have to be at least 15 pigs in this mob, and they are wild pigs, razorbacks...

I don't think I've ever been so afraid in my life; it all happened so quickly. The mob of pigs started running at full speed towards us, the boar screaming, and the little suckers darting off into the scrub. Lennox and I dive on one each, but they get away, they are so strong and noisy. We look over and Riley has one in his arms, pinned to the ground. I gently reach under and take its life with the pocket knife. We lift it into the chopper, our hearts beating furiously, full of adrenalin. When the other guys get back, Mark has footage of a barra he caught that was 1.24 metres long, a breeder that he put back, and a cooler full of good-sized edible barra.

Beau and Dave come back with loads of whistling ducks and a couple of magpie geese. We spend the afternoon cleaning the birds and the fish, checking the crabpots for muddies and planning our last evening under the stars. Dinner is a feast of wild food shared around the fire on the banks of the Gilbert River. I bring a goanna to try: yesterday we dug a pit in the smouldering coals and placed the whole goanna in there, skin and all, then left it to cook overnight. Lennox pulls the goanna from the coals and we all taste it – the meat is dry and white, like pork or chicken breast meat, but very stringy.



Emu jerky

Breaking down
whistling ducks
for dinner. →



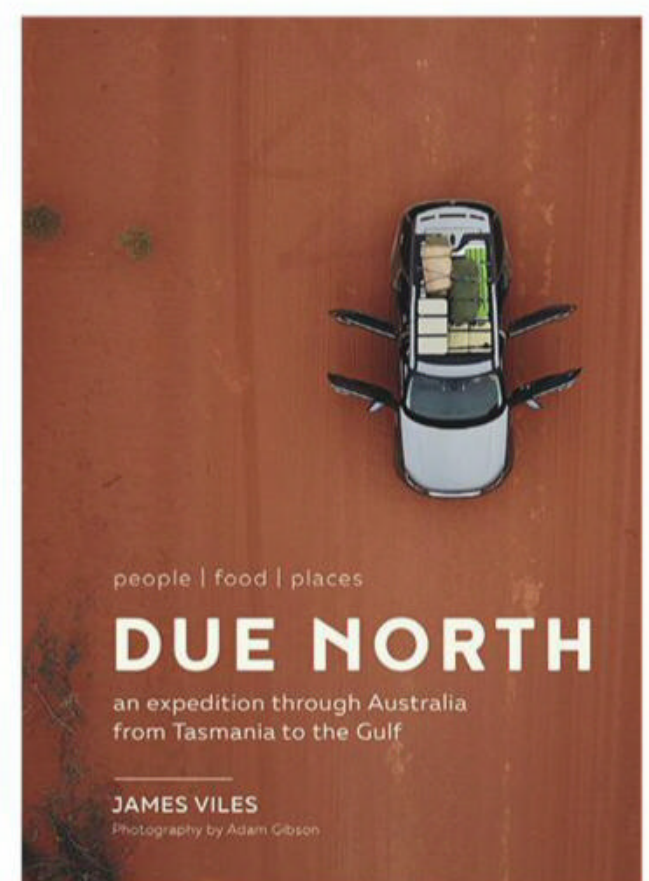
FROM LEFT:
Paul Carmichael, James
Viles and Beau Clugston

Next up is a mudcrab congee cooked over the campfire, then we have some whole slow-roasted whistling ducks. We also have magpie goose breasts, the beef ribs from the killer and grilled roti, courtesy of Paul. Not a lot of greens – the season for samphire and other wild coastal plants in these parts has been and gone. I also make some campfire jaffles with oxtail inside. There is nothing better than spending a night cooking and eating in the wild, and it gives the whole experience perspective to share in the hunting and gathering. A bond is formed with each other and with nature.

We wake in the morning and pack up camp. Back at the homestead we reflect on the past four days, how lucky we all are to have had an opportunity to spend time in this environment, and to meet the hard-working people who farm the land.

The other guys fly out, and it feels like watching your best mates leave your birthday party when you were a little boy... We later depart by road to Cairns, a brief and easy drive over the Atherton Ranges, where we leave this journey.

**Images and text from
Due North by James Viles,
photography by Adam
Gibson except for
pp. 210, 211, 218,
and 224 by Danny Tate.
(Murdoch Books, \$39.99).
At the time of print,
James Viles-operated
Biota had gone into
liquidation, Viles
attributing the cause
to catastrophic bushfires
at the beginning of the
year closely followed
by the global pandemic.
Go to delicious.com.au
for the full story.**



INSIDER.

TRAVEL NEWS

Hot destinations, cool stays, travel essentials
& everything in transit.

LOVE ISLAND

The Whitsundays' only eco-certified resort, Daydream Island, has reopened its doors to reveal 280 newly refurbished rooms and suites, along with the only living reef in Australia where you and the kids can snorkel with stingrays.

Sustainability and conservation have always been priority: the resort recently partnered with the Queensland government to invest in a coral gardening program aimed at restoring and propagating coral species, which is responsible for 500 new coral colonies in Lovers Cove. daydreamisland.com



A LITTLE BIT EXTRA

Bespoke experience curator and concierge to the stars The VIP Sydney has released the first in a series of upscale travel packages aimed at placing local treasures centre stage. Among them is an in-your-dreams Palm Beach escape with your own chef and a private helicopter charter to the Hunter Valley. A leisurely lunch and take-home vino packs take the trip to superstar status. thevipssydney.com



CLEAN SWEEP

Next beauty buy: Go For Zero reusable make-up remover pads (\$14.95 for a pack of 5) give single-use cotton pads a run for their money, with a gentle charcoal side and textured white side to remove make-up and gently exfoliate. Bonus points: the products are owned by Aussies, designed locally and help to reduce the waste created by single-use cosmetic products. goforzero.com.au



PURE & SIMPLE

Single-use plastics may play an inevitable role in many a frequent flyer's life but they're also a nightmare for the environment. Solving two problems at once (plus keeping well-travelled hair shiny and clean) is Australian company Shampoo with a Purpose whose trusty bar shampoos are plastic-free and cruelty-free. And not only do the products cater to a host of haircare needs, they also come in a range of swoon-worthy scents.

shampoowithapurpose.com



Good sense

As the world's only carbon-negative country, Bhutan has to be doing something right. It only encourages selective tourism, a National Happiness philosophy that advocates well-being above gross domestic product; even internet access was banned until 1999. For those who want in on this unique destination, Six Senses Bhutan offers ethical luxury. Comprising five satellite resorts, 82 suites and villas, spa, wellness facilities, and organic, locally sourced ingredients in its dishes, the retreat is committed to protecting the culture, heritage and environment of the region, weaving conservation through every aspect of the retreat. sixsenses.com/en/resorts/bhutan

Edited by Rosemary Slade  @somesylshchick

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THE ULTIMATE ZERO-WASTE TRAVEL GUIDE

As borders reopen, it's a chance to not only see our beloved destinations through fresh eyes but reassess the way we trek. Author **Anita Vandyke** leads the way to eliminating waste while on the road so we can drive towards a more flourishing world.



"LIVING A ZERO-WASTE LIFE ISN'T ABOUT PERFECTION, IT'S JUST ABOUT CHOOSING THE BETTER OPTION."

 @rocket_science

NOW THAT WE'RE closer to touring the world again, it's important to have a good look at our travel practices. This guide will help you reduce and limit your waste while travelling the world. Living a zero-waste lifestyle isn't always easy, but it's worth the effort. Just a few simple changes will keep your favourite destinations clean and sparkling for you to enjoy a lot longer.

BEFORE BOOKING YOUR FLIGHT:

1. Email your carrier of choice to advise them you'll be bringing your own food. This way they'll know in advance not to prepare a meal for you. On shorter flights you may also be able to refuse the plastic-wrapped food in favour of bringing your own.
2. Organise your carbon offsets. Aircraft travel produces a large carbon footprint, and there are several ways it can be balanced out. One of them is by purchasing carbon offset credits that allow

you to reduce the impact of greenhouse gasses released during air travel. There are a host of reputable companies to purchase from so it is worthwhile doing your research and asking around.

WHEN TRAVELLING:

PACK YOUR OWN FOOD

A simple way to reduce waste during short flights is to bring your own food on the plane. Transporting your favourites in a snack pack will help to eliminate plastic waste and ensure you get healthy, fresh food on board. Pack a reusable cup for tea and drinks and fill a reusable water bottle to keep you hydrated.

TRAVEL SNACK PACK TIPS

Plane food doesn't have to be plain. Zero-waste living focuses on package-free produce, which also helps to ensure you get loads of healthy, good-quality foods. Opt for fresh produce in your travel snack packs: healthy salads, nuts, seeds, fruit and vegetables.

Jarramali Rock Art
Tours Cape York,
North Queensland



CLOCKWISE FROM LEFT: packing light benefits you and the environment; eco products to help with the waste issue; on your bike – cycling is one of the best ways to explore.



TRAVEL TIPS.

Empty your water bottle before you go through security and fill it up again on the other side.

STICK TO DIGITAL TICKETS

These days there's no need to print your boarding passes. Keep everything digital, save money and reduce your environmental impact.

TRAVEL WITH CARRY-ON LUGGAGE ONLY

Limiting your luggage means less weight on the plane, which equals to less fuel required. It also saves you a lot of time in the lead-up and you're less likely to spend time in queues waiting for your bag. The key is to pack multi-purpose items that can easily mix and match. While you're away, rather than purchasing new clothes, embrace second-hand for those items you feel the need to purchase.

PACK REUSABLE AND MULTI-PURPOSE PRODUCTS

Investing in reusable bags is a great tool for reducing your waste. My produce bags serve a range of uses when I travel. They become homes for food, beauty products, supermarket purchases and laundry. Ensure you clean bags and vessels well with soap for at least 20 seconds if they're handled by anyone other than yourself.

LEARN ZERO-WASTE PHRASES IN THE LOCAL LANGUAGE

When I went to Mexico I learnt the phrase 'no straw' so that I could tell local servers I didn't need a straw for my drink. Learn to do the same in the destination you're visiting. I bring a stainless-steel straw with me everywhere, which saves so many from ending up in landfill.

CONSIDER ECO-FRIENDLY TRANSPORT

While you're away, consider using public transport or hiring a bicycle. Not only is cycling good for your health, it's eco-friendly, saves petrol and allows you to see more of the country. Some accommodation on sites such as Airbnb may even provide bikes during your stay.

HAVE FUN

Zero-waste travel isn't about perfection, it's about choosing better options. In some countries, it will be difficult to choose plastic-free. Iceland, for instance, is an island that imports a lot of its produce. But don't beat yourself up, just do the best you can. Ultimately, if we all do our part, we can make an impact. ✕

A Zero Waste Life in Thirty Days (Penguin Random House, \$19.99) is available now, and *A Zero Waste Family in Thirty Days* (Penguin Random House, \$19.99) is available in December.

CREATE A ZERO-WASTE TRAVEL KIT

My number-one tip for reducing waste while travelling is to create a travel kit that includes things like:

1. Stainless-steel drink bottle
2. Mason jar for food, smoothies, tea and coffee
3. Reusable produce bags
4. Cloth napkin
5. Foldable tote bag
6. Stainless-steel straws
7. Hand sanitiser (a post-Covid necessity)
8. Spork



CHECK IN.

A NEW STANDARD

Luxury is becoming egalitarian, with high-end hotels turning a new leaf to focus on the community, sustainability, and ethical consumption. In Cambodia, Jaya House River Park does that and more, with transparent, forward-minded strategies for a better future.

WORDS ISOBELLA NILSSON

LUXURY AND SUSTAINABILITY are two words that, until recently, have rarely been used in the same sentence. But Jaya House River Park is that rare upscale hotel where you feel good about feeling good. Effortlessly combining premium service and inclusions with ethical and sustainable practices, Jaya House cares as much about its local Khmer community and its environmental impact, as its guests.

The hidden gem is surrounded by lush and spacious gardens, nestled alongside the Siem Reap river, and a short five-minute tuk-tuk ride from the magnificent temples of Angkor Wat.

"Welcome, you are home," are the first words offered upon arrival, and they couldn't ring more true. Along with a spread of snacks to energise travellers after their journeys, a mobile phone is given to guests, enabling them to call on hotel staff and catch the courtesy tuk-tuk rides into Siem Reap city. While inclusive laundry services ensure guests can rid their mind of the mundane, daily complimentary massages at the tranquil River Park Spa promise total relaxation.

Mornings welcome a spectacular Cambodian sunrise and lavish breakfast spread, overlooking one of the two scenic pools, and beautifully manicured gardens. Ingredients are either grown on the grounds or sourced locally, and all goods are baked in-house daily. For lunch and dinner, the Trorkuon Khmer Restaurant

offers a mix of Khmer and Western dishes with vegan and gluten-free options, happily catering to every guest's needs with helpful and attentive service.

Cambodia has a complicated waste issue, and plastic consumption in the country is pervasive and propagated by the tourism and travel industry. The nation's capital, Phnom Penh, goes through roughly 10 million plastic bags daily. From food vendors to retailers, small- and large-scale businesses are using ultra-cheap and convenient plastic products. Christian De Boer, managing director of Jaya House, had a goal to be fully single-use plastic free, and since opening just less than four years ago, the hotel has maintained this aim, co-founding the global Refill Not Landfill initiative in 2016. The campaign encourages the use of reusable drinking bottles, replacing millions of single-use plastics, and offering free water refill stations at participating businesses and partners around the world. Upon arrival, guests are given a bottle, with refill stations located conveniently throughout the grounds.

During a stay at Jaya House, you won't see plastic or styrofoam anywhere at all, with deliveries made in linen and packaging of biodegradable plant materials.

Despite having closed for more than three months, Jaya House has maintained its commitment to the community throughout the Covid-19 pandemic.

Partnering with the Treeline Urban Resort and Mulberry Boutique Hotel, the trio have begun the Hotels Joining Hands initiative. Using donations to employ Khmer locals from nearby villages, they've donated more than 20,000 nutritious meals to hospitals and those in need within the community, doing rounds daily. In true Jaya House spirit, the meals are locally sourced and placed in sterilised, biodegradable packaging.

The focus on the environment has not been neglected either, having employed tuk-tuk drivers to plant over 1,200 saplings in the surrounding grounds and villages.

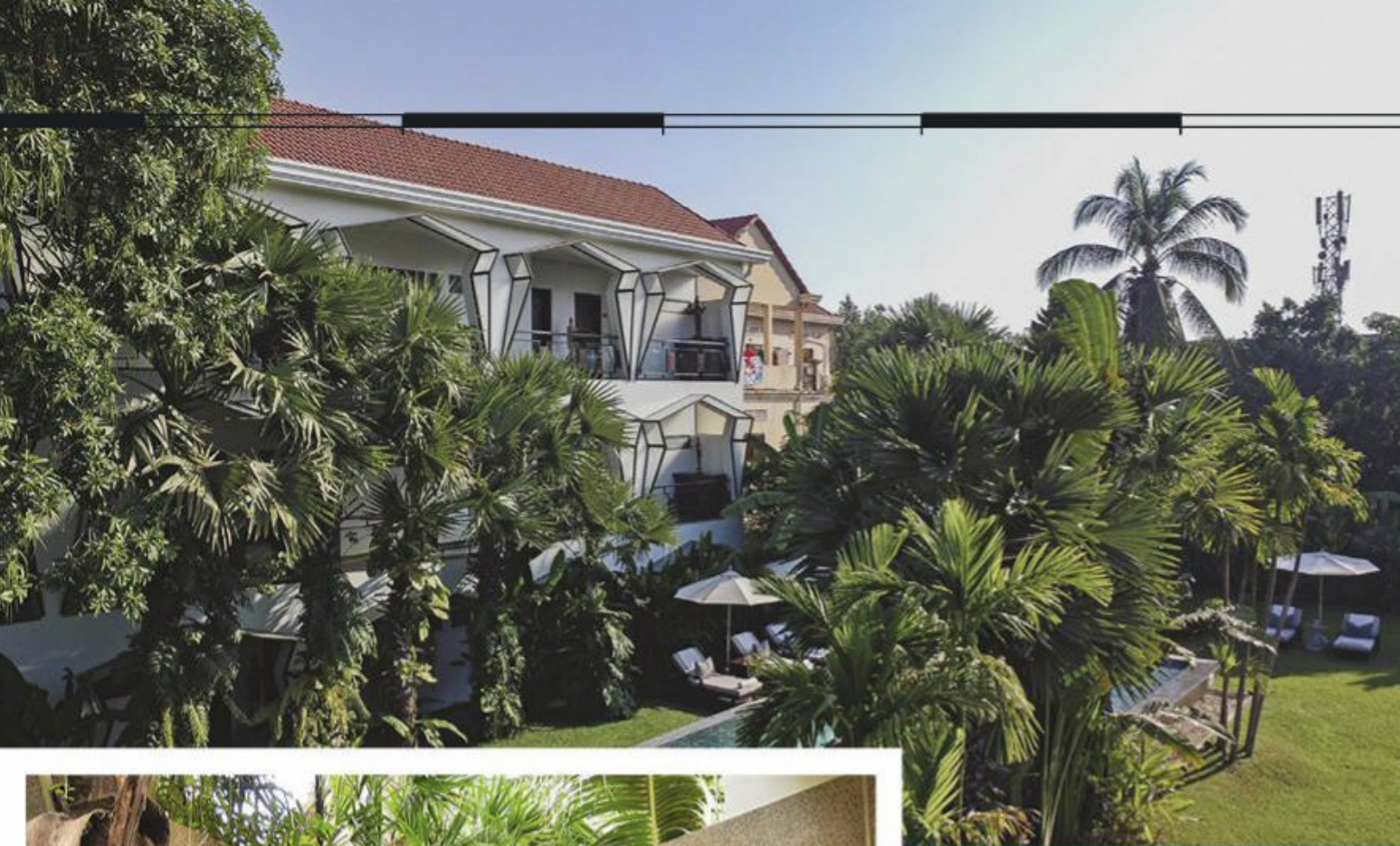
Jaya House has been welcoming back guests since June 5, adhering to the latest health and hygiene protocols, ensuring the safety of future guests in light of the Covid-19 crises.

The future of premium travel is evolving, with a stronger focus on ethical and sustainable practices. There are no compromises made between high-end service and sustainability. Rather, the care and passion placed in catering for guests is mirrored in Jaya House's compassion for the local community. ✂

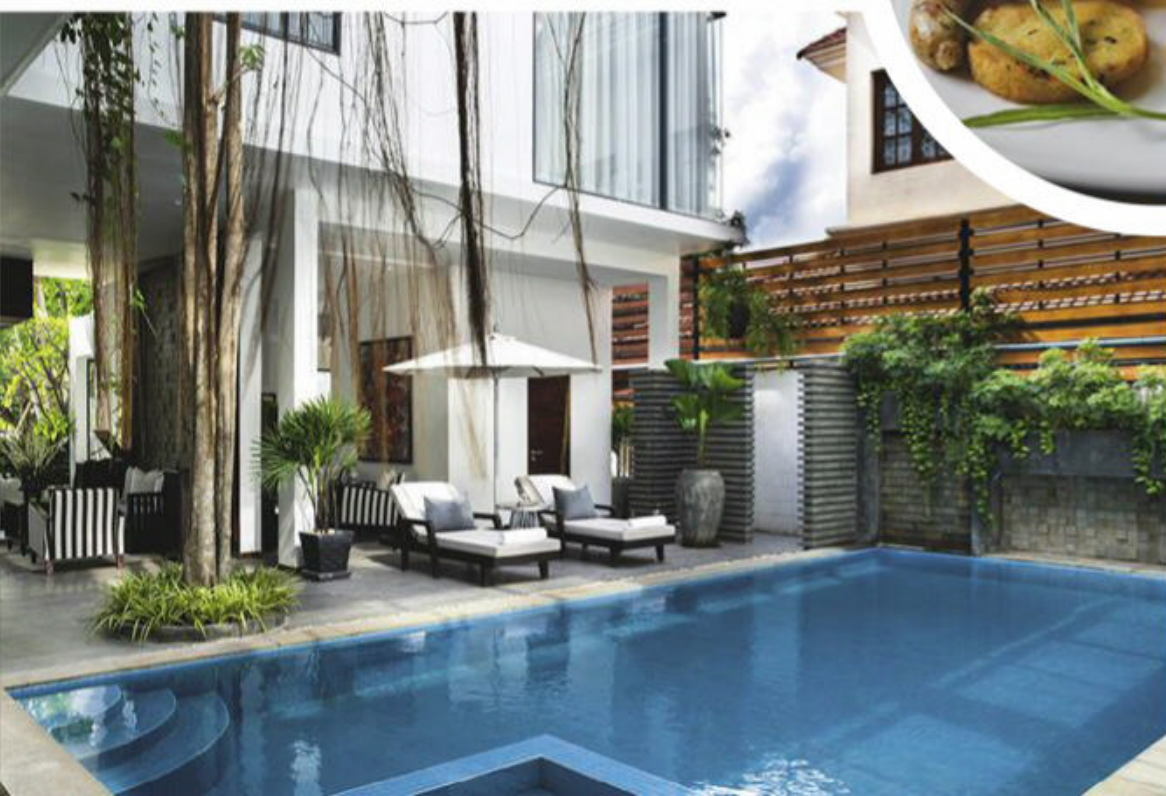
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CLOCKWISE: Jaya House brings the outdoors in (and the indoors out); the hotel is surrounded by lush tropical gardens; refillable bottles are one way the hotel reduces plastic waste; the hotel reception; a guest room; one of two serene pools; the Trorkuon Khmer Restaurant serves local and Western dishes (inset). OPPOSITE: Angkor Wat.





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dinner is served

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Visit: ruffierusticfoods.com.au

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Explore the artisanal farm-to-cup experience of **Rujani** tea. Sustainably grown and crafted in a 122-year-old tea farm in Assam, India, the single-origin tea brings the rich flavour of north-eastern India in every sip.

Visit: rujanitea.com.au



seeing red

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exotic taste

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Visit: asianinspirations.com.au

oh, honey!

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simply the zest

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Visit: bundaberg.com



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OFFICIAL TEST KITCHEN SUPPLIER:

Our meat is supplied by Vic's Meat (vicsmeat.com.au).

(V) denotes vegetarian recipe

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