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From the Editor

I have two daughters and both of them dance. For those who know about the world of dance there's enough in that statement alone to tell you a lot about the life I live.

I often find myself surrounded by more sequins, spandex and intense pre-teen emotion than you could reasonably expect to experience in a lifetime. However, be it dance, sport, music, theatre or advanced metallurgy, following your children as they pursue their passions is what parents do. In the course of all the dance classes, and travel to and from, though, I've encountered a dilemma — and it relates to food.

My girls are aged 10 and seven and so their dance classes are at different times. They dance every day and there are times when one daughter ends up dancing late while the other is home, so we end up sometimes having weeknight dinners at different times and therein lies the problem: with the hectic pace of life we have become less able to sit and share a meal. That might not sound devastating, but it feels like a real loss.

We talk a lot in our family — there is no shortage of shared emotions — but when we sit down as a family to a meal there is another type of conversation that follows. Maybe it's that we are sitting down to do something else other than to explicitly "talk" that's what allows otherwise unexplored topics to arise. Last night as we sat at the table over a yummy pumpkin risotto, the eldest daughter



mentioned something that had happened at school a few weeks earlier but which had not come up before.

Food nourishes us physically but it also has a magic about it and sharing food creates a bubble in the hectic stream of life that allows us to pause and connect. Food is about connection on so many levels. It allows you the opportunity to connect to the people who grow your food, to connect to your society by shaping our collective food philosophy and, most importantly, it allows you to connect with others as you share it.

I've decided that even if we eat later, or perhaps absurdly early, I'm going to ensure that we as a family find time to connect with each other over the dinner table each day. It's a food connection that has become a little frayed and I need to just mend it a little.

How are your food connections going?

Terry



On the cover:

Cape Grim Beef – Kate Gibbs (page 110)

Give us **FOODBACK**

We want your feedback: *EatWell* is all about building a sharing community of people who care about the origins, quality and enjoyment of food, so we want to hear from you. Let us know how you have found some of the recipes you have made from this issue, share the improvements you might have made or even send us one of your own favourite recipes. We will publish as many of your insights and contributions as we can. Send your feedback to Kate at kduncan@universalmagazines.com.au

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30 Recipes — Soups

Soups are nutritious, filling, easily digested and simple to make. Try our delicious soup ideas, including Vegan Pho, Red Lentil Soup with Garlic Kale, Garlic Prawn & Corn Chowder, Sweet Potato Soup with Sumac Crumble, and a tasty Mushroom Soup with Chimichurri Sauce.

48 Recipes — Wraps and Sandwiches

Wraps and sandwiches are convenient but they can be exciting as well if you make delights like a Quinoa & Vegetable Spinach Leaf Wrap, Pea Falafel & Hummus Wrap, Chicken & Walnut on Rye, Cos Wraps Filled with Shredded Mexican Chicken, and Smoked Salmon & Buckwheat Wraps.

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Next to each recipe in EatWell you will see icons as a guide. This is what they mean:

GF Gluten Free

O Omnivore Friendly

V Vegetarian Friendly

VE Vegan Friendly



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Lee Holmes

Lee's food philosophy is all about S.O.L.E. food: Sustainable, Organic, Local and Ethical. Her main goal is to alter the perception that cooking fresh, wholesome, nutrient-rich meals is difficult, complicated and time-consuming.

Lee says, "The best feeling I get is when I create a recipe using interesting, nourishing ingredients and it knocks my socks off. Then I can't wait to share it with my community and hear their experiences."

After being diagnosed with a crippling autoimmune disease in 2006, Lee travelled the world discovering foods that could be used to heal her body at a cellular level. After discovering many nutrient-rich and anti-inflammatory foods and changing her diet, Lee recovered. Her mind alive with ideas for new recipes, she wanted to share her creations with the world and superchargedfood.com was born.

Supercharged Food is all about making small and realistic changes every day. It's about making healthy choices through

knowledge and empowerment. Lee's blog has become one of the leading health and lifestyle blogs in Australia. From posting recipes, her passion to share her story and help others has snowballed and the blog has recently taken home the overall prize at the Bupa Health Influencer Awards as well as the best blog in the Healthy Eating category.

Connect with Lee Holmes at
superchargedfood.com



Lisa Guy

Lisa is a Sydney-based naturopath, author and passionate foodie who runs a naturopathic clinic called Art of Healing. Lisa is a great believer that good wholesome food is one of the greatest pleasures in life and the foundation of good health. Lisa encourages her clients to get back to eating what nature intended: good, clean, wholesome food that's nutrient-rich and free from high levels of sugars, harmful fats, artificial additives and pesticides. Her aim is to change the way people eat, cook and think about food.

Lisa sees a wide spectrum of clients in her clinic, ranging from people with severe anxiety, mums with postnatal depression and people with adrenal exhaustion, to couples having difficulty conceiving and parents who need help with their little fussy eaters. Being a mum of two small girls, Lisa has a particular passion for supporting women through pregnancy and beyond and for children's health and nutrition.

Lisa is an avid health writer, being *The Telegraph's* Body + Soul's resident nutritionist and a regular contributor to WellBeing. Lisa is frequently quoted in many leading Australian magazine publications promoting the natural way to better health. Lisa is also an author of five books to date, including *My Goodness: all you need to know about children's health and nutrition*, *Pregnancy Essentials*, *Heal Yourself*, *Listen to your Body* and *Healthy Skin Diet*.

Connect with Lisa at artofhealing.com.au

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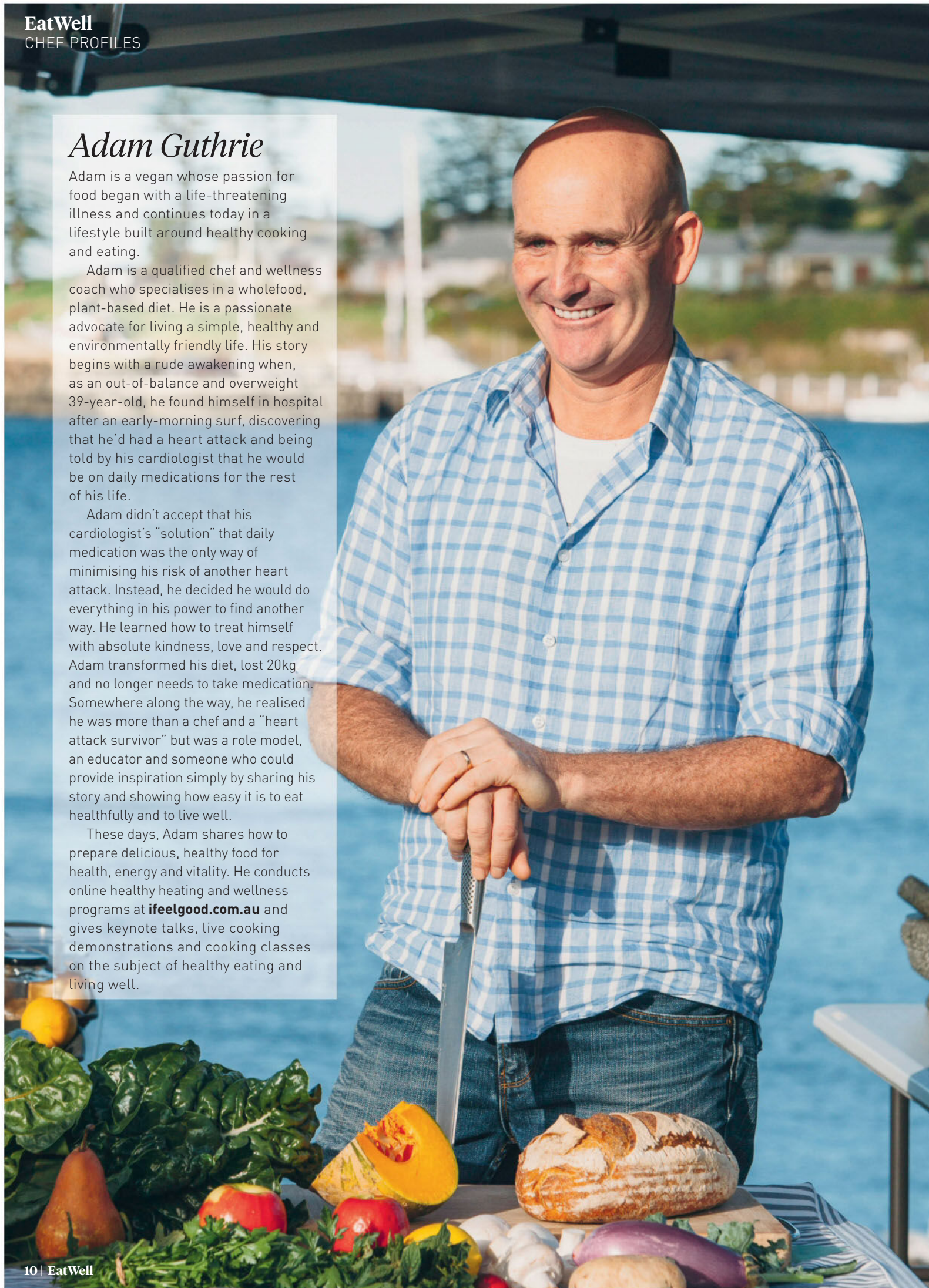
Adam Guthrie

Adam is a vegan whose passion for food began with a life-threatening illness and continues today in a lifestyle built around healthy cooking and eating.

Adam is a qualified chef and wellness coach who specialises in a wholefood, plant-based diet. He is a passionate advocate for living a simple, healthy and environmentally friendly life. His story begins with a rude awakening when, as an out-of-balance and overweight 39-year-old, he found himself in hospital after an early-morning surf, discovering that he'd had a heart attack and being told by his cardiologist that he would be on daily medications for the rest of his life.

Adam didn't accept that his cardiologist's "solution" that daily medication was the only way of minimising his risk of another heart attack. Instead, he decided he would do everything in his power to find another way. He learned how to treat himself with absolute kindness, love and respect. Adam transformed his diet, lost 20kg and no longer needs to take medication. Somewhere along the way, he realised he was more than a chef and a "heart attack survivor" but was a role model, an educator and someone who could provide inspiration simply by sharing his story and showing how easy it is to eat healthfully and to live well.

These days, Adam shares how to prepare delicious, healthy food for health, energy and vitality. He conducts online healthy heating and wellness programs at ifeelgood.com.au and gives keynote talks, live cooking demonstrations and cooking classes on the subject of healthy eating and living well.





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Lotus Acai Protein Smoothie

Serves 2

Ingredients:

- 1 frozen banana
- 1 ½ cups fresh or frozen strawberries
- ¼ cup fresh or frozen blueberries
- 1 tbsp Lotus Organic Matcha Powder
- 1 tbsp Lotus Organic Baobab Powder
- 1-2 tsp Lotus LSA Meal
- 1 tbsp Lotus Organic Acai Powder
- ¼ cup coconut water
- ¼-½ cup vanilla almond milk
- Top with Lotus Black Chia and fresh berries

Method:

In a high powered blender, add all of the ingredients, excluding the toppings. Blend on high for 1 minute until smooth.

Pour in to a glass and top with Lotus Black Chia and fresh berries.



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Danielle Minnebo

Danielle is a university-qualified nutritionist, a passionate home cook and founder of Food to Nourish. Danielle's love affair with cooking started at a very young age in the kitchen where she was taught to cook by her mother. She went on to complete an Advanced Diploma in Nutritional Medicine and a Bachelor of Health Science in Complementary Medicine. She is completing her Master of Human Nutrition through Deakin University. Danielle is passionate about helping people form a better understanding of nutrition and a healthier relationship with the food they eat. In fact, she's on a mission to help spread the *real* food message to as many people as possible. This involves breaking common diet myths and re-educating people on what real food is actually about.

This means ditching the low-fat products and processed and refined foods. It means embracing what real food has always been: vegetables, fruits, butter, animal fats, ethically sourced meats, free-range eggs, organic full-fat dairy products, grains, nuts and seeds. In 2013, Danielle founded Food to Nourish and started producing a range of organic healthfood snacks that are now sold in healthfood stores around Australia. Every one of these products is lovingly handmade by Danielle and her wonderful team of helpers in the Food to Nourish kitchen. Throughout her work as a nutritionist, Danielle's basic principles have always come back to how we cook and prepare our food. She believes it really is as simple as combining wholefood ingredients in the right way to create tasty dishes that are nutrient-dense and full of flavour.

Connect with Danielle at foodtonourish.com.au



Christie Connelly

Christie publishes the popular Australian food blog *Fig & Cherry* featuring healthy, family-friendly meals and sweet treats with mouth-watering photography to match. Christie lives with her husband and two young children on the far North Coast of NSW, enjoying the beach, local produce and a relaxed country lifestyle.

She draws recipe inspiration from her Hungarian and Lebanese heritages, her travel adventures and, of course, the amazing fertile soil of the Northern Rivers with its abundance of local organic fruits, vegetables, delicious native produce and healthy free-range-reared animals.

Her passion is educating parents, grandparents and carers how to shop for, prepare and cook healthy, nutritious food and to encourage children to enjoy it as well. With one child on the autism spectrum, she also has a strong interest in helping parents whose children have special needs or restricted eating.

Why not make yourself a cup of tea and head on over to her blog for a little bit of pure and healthy indulgence? After all, as Christie says, "Food is love, so embrace it with gusto!"

Connect with Christie at figandcherry.com



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Baked dinners

As the weather cools it's delightful to sit down with family and friends to a warming, nourishing baked dinner and because they are baked doesn't mean there isn't variety. Try our Roast Chicken with Fennel & Lemon, Tempeh Nut Loaf, Beef Roast with Pesto, Harissa Baked Eggplant, Baked Salmon or Stuffed Capsicum.

BAKED STUFFED CAPSICUMS RECIPE / ADAM GUTHRIE

Capsicum makes a sweet, tasty container for endless varieties of stuffings. Try experimenting with different fillings: use cooked rice, lentils, grains and legumes as the base, then add grated or chopped vegetables and herbs and spices. The possibilities are endless!

Serves: 4

GF O V VG

1 tsp cumin seeds
½ onion, finely chopped
2 tomatoes, finely chopped
½ carrot, grated
½ zucchini, grated
1 small broccoli, chopped
into small florets
2 cups cooked cannellini beans
1 handful fresh parsley,
finely chopped
Salt & pepper, to taste
4 capsicums, halved
& seeds removed

Preheat oven to 200°C.

Heat frying pan, then add cumin seeds and cook until they pop. Add onion and sauté, then add tomato, carrot, zucchini, broccoli, cannellini beans, parsley and salt and pepper.

Place capsicum halves on baking tray and spoon vegetable bean mixture into capsicum halves. Spoon remaining vegetable and bean mixture around capsicum halves.

Place tray in oven and bake for 20 mins. Remove from oven and serve.



Adam's
Baked Stuffed
Capsicums

Photography by Carol Da Riva



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Adam's Baked
Mushroom & Spinach
Vegan Quiche

BAKED MUSHROOM & SPINACH VEGAN QUICHE

RECIPE / ADAM GUTHRIE

You don't need eggs to make a quiche when you've got my eggless one. It's savoury, satisfying, comforting, loaded with vegies, healthy, crispy on the crust, gooey in the centre and the perfect meal for brunch, lunch or a simple, delicious dinner.

Serves: 4



Pastry

½ cup whole almonds
1 cup rolled oats
1 cup whole-wheat flour
½ tsp salt
½ cup water

Filling

500g firm tofu
½ cup soy milk
½ tsp nutmeg powder
Zest ½ lemon
1 tbsp maple syrup
1 onion, finely diced
2 garlic cloves, finely chopped
10 medium-sized mushrooms, roughly sliced
1 zucchini, grated
1 carrot, grated
2 handfuls spinach, shredded
1 tbsp soy sauce or tamari
1 tsp dried oregano
½ cup whole-wheat flour
Salt & pepper, to taste



Adam's Baked
Mushroom, Spinach
& Onion Tart

BAKED MUSHROOM, SPINACH & ONION TART

RECIPE / ADAM GUTHRIE

The choice of fillings for savoury tarts is endless. Once you've tried my mushroom, spinach and onion puff pastry tart, try creating some with toppings like tomato, olive and pesto; or coriander, mustard and rosemary; or pea, potato and mint. Savoury shortcrust pastries work well, too.

Serves: 4



2 onions, sliced into rings
1 tbsp olive oil
400g oyster mushrooms
4 garlic cloves, crushed
4 handfuls spinach, shredded
2 sheets puff pastry

Preheat oven to 200°C.

Heat frying pan, add onion rings and cook until brown. Remove from pan and set aside.

Add olive oil, mushrooms and garlic to frying pan. Cook until mushrooms are brown, then add spinach and cook for 1 min.

Place 2 sheets of puff pastry on baking tray. Fold 4 sides of each pastry to form basin. Fill with cooked mushroom and onion mixture. Place tray in oven and cook for 20 mins.

Preheat oven to 180°C.

To make crust, place almonds, oats, flour and salt in food processor or blender. Pulse to a flour-like consistency then place in a large bowl.

Add water and mix with hands until mixture forms a moist but firm dough (keep adding a little water if necessary). Push dough with your fingers evenly over base and sides of 25cm loose-bottom flan tin. Starting from centre of tin, press mixture evenly into tin, working your way outward and up the sides. Poke a few fork holes in the dough so air can escape.

Place in oven and bake for 10 mins or until lightly golden and firm to touch. Set aside to cool. Increase oven temperature to 200°C.

To make filling, place tofu, soy milk, nutmeg, lemon zest and maple syrup in food processor or blender and blend to ricotta cheese-like consistency. Then place in large bowl.

Heat frying pan on high heat. Add ½ cup water. Add onion and garlic and sauté until all water evaporates. Add mushrooms and sauté until soft, then add zucchini, carrot and spinach.

Add soy sauce or tamari and sauté for a few minutes until vegetables are soft.

Place cooked vegetables in bowl with tofu mixture. Add oregano, flour and salt and pepper to taste. Using hands, mix ingredients well.

Place vegetable mixture into cooked flan crust and press down so it's firm. Place flan in oven and bake for 30 mins.



ROAST CHICKEN WITH FENNEL & LEMON

RECIPE / LISA GUY

Chicken is a great source of tryptophan, an amino acid needed to make serotonin, our feel-good hormone, and melatonin, which helps us sleep. Chicken also provides a good dose of immune-boosting zinc and vitamin B₁₂ to support healthy brain and nerve function. When you can, choose organic free-range chicken that hasn't been given antibiotics or feed containing chemicals. Fennel contains a phytonutrient compound called anethole, which has been found to help reduce inflammation in the body and may help reduce the risk of cancer.

Serves: 4



- ¼ cup olive oil
- 1½ tbsp raw honey
- 2 tsp paprika
- 1 tbsp Italian herbs
- Pinch sea salt & pepper
- ½ tsp dried chilli flakes
- 4 organic chicken Marylands
- 1 fennel bulb, sliced, green tops kept for decoration
- 2 lemons, quartered & deseeded
- 3 cloves garlic, chopped
- 4 shallots, chopped
- Handful parsley, roughly chopped, to serve

Preheat oven to 190°C.

Combine olive oil, honey, paprika, Italian herbs, salt and pepper and chilli in a small bowl.

Place chicken on a plate and coat with herb mixture. You can cover chicken and place in fridge to marinate overnight, or put straight in oven.

Place chicken in baking dish and arrange fennel, lemon pieces, garlic and shallots over and around it. Place some fennel under chicken pieces, too.

Cook chicken for about 1½ hours, until cooked through and golden.

Before serving, squeeze lemon over chicken and top with parsley and green tops from fennel.

Serve with steamed vegetables.

TEMPEH NUT LOAF

RECIPE / LISA GUY

Mushrooms provide your diet with vitamin D. This important nutrient is required for strong, healthy bones as it helps the body utilise calcium. Vitamin D also promotes healthy immune function and reduces the risk of chronic diseases like type-2 diabetes, cardiovascular disease and cancer. Tempeh is a fermented food that contains beneficial bacteria that help maintain a healthy balance of good bacteria in your gut. Eating fermented foods is a great way to boost your digestive and immune health.

Serves: 4–6



- 1 red onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 cups finely chopped mushrooms
- 200g organic tempeh, crumbled into small pieces
- ½ cup celery, finely chopped
- ¾ cup carrot, grated
- 1 cup mixed raw nuts, roughly chopped
- 2 eggs, lightly beaten
- 1 cup cooked brown rice
- 1 heaped tsp paprika
- 1 tbsp honey or maple syrup
- Pinch sea salt & pepper
- 1 tsp Dijon mustard
- Handful fresh herbs (basil, parsley, coriander, rosemary), roughly chopped, to serve
- Handful nuts or seeds, to serve
- ¼ cup grated cheese (optional)

Preheat oven to 180°C.

Sauté onion, garlic and mushrooms in frypan with a little olive oil for 5 mins, until soft.

Combine all ingredients in large bowl, until well combined.

Place mixture in loaf tin lined with baking paper.

Bake for about 70 mins, or until a skewer comes out cleanly from centre.

Before serving, top with fresh herbs, cheese and nuts or seeds.



Lisa's Roast
Chicken with
Fennel & Lemon

To top this off squeeze
lemon over the chicken
just before serving.



Lisa's Tempeh
Nut Loaf



RECIPES BAKED DINNERS



Gradually adding milk allows you to control the consistency of the kumara mash.

Lisa's Slow Roasted Pomegranate Lamb Shanks with Kumera Mash

SLOW-ROASTED POMEGRANATE LAMB SHANKS WITH KUMARA MASH

RECIPE / LISA GUY

Pomegranates are full of protective antioxidants, including phytochemicals and vitamins A, C and E. Eating pomegranates can also benefit your oral health, as they can reduce dental plaque build-up, decreasing the risk of gum disease and bad breath. Lamb is an excellent source of iron needed to make haemoglobin, the protein in the centre of red blood cells, which transport oxygen around the body. A deficiency in this vital nutrient will leave you feeling fatigued and more susceptible to infections.

Serves: 4



- 1 tsp ground cinnamon
- 1 tsp ground coriander or cumin
- 1 tbsp dried oregano
- Pinch sea salt & pepper
- 4 cloves garlic, finely chopped
- 2 large pomegranates
- 4 lamb shanks
- 1 cup red wine
- 2 red onions, cut into quarters
- 3 sprigs fresh thyme

Kumara mash

- 2 medium kumara or sweet potatoes, peeled & roughly chopped
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- Pinch nutmeg
- Splash milk

Preheat oven to 160°C.

In small bowl, combine cinnamon, coriander, oregano, salt, pepper and garlic.

Roll pomegranates on board before cutting. Cut in half and juice 1½ of them using hand orange juicer. Save ½ pomegranate for decoration before serving.

Grease baking dish with splash of olive oil and place lamb shanks in dish. Cover with spices and roll until well coated.

Arrange onion around shanks and pour over red wine and pomegranate juice. Sprinkle a couple of thyme sprigs over top.

Cover with foil and cook for 4 hours, turning every hour to cook evenly.

To make kumara mash, steam kumara until soft. Transfer to medium bowl and add spices and gradually add dashes of milk until desired consistency, mashing well.

Arrange lamb on mashed kumara, then top with pomegranate seeds and fresh thyme. Spoon some juice from pan over lamb and serve.

SUCCULENT LAMB ROAST WITH SEASONAL VEG

RECIPE / LEE HOLMES

One of the ultimate dinner table dishes for the family is a succulent lamb and vegetable roast. This dish is packed full of flavour, texture and a hint of love. You and your loved ones will smile with delight at the sensations this sweet roast veg dish brings your tastebuds, and love how the succulent lamb warms you inside.

Serves: 6-8



- 1 × 1.6kg lamb leg
- 3 garlic cloves, halved
- 2 tbsp rosemary leaves
- 3 tbsp extra-virgin olive oil
- Sea salt & pepper

- 2 sweet potatoes
- 3 parsnips
- 3 carrots
- 1 butternut pumpkin
- 2 tbsp apple-cider vinegar
- 2 tbsp rice-malt syrup
- 2 garlic cloves, chopped

Preheat oven to 200°C.

Place lamb in large roasting pan, cutting six slits in each side, 2cm deep and 2cm long. Press one piece garlic in each slit. Sprinkle rosemary and 2 tbsp of olive oil evenly over lamb and season with sea salt and pepper.

Roast in oven for 1 hour 15 mins or until cooked to your liking.

Meanwhile, peel and wash vegetables, chopping into medium-sized cubes or rounds.

Add vegetables to separate large baking tray, sprinkling apple-cider vinegar, rice-malt syrup and remaining olive oil evenly over top of vegetables. Mix together so vegetables are evenly coated, then scatter chopped garlic over the top.

Bake for 45 mins (placing vegetables in oven when lamb has been roasting for about half an hour, so that both lamb and vegetables are ready at the same time).



Lee's Succulent Lamb Roast with Seasonal Vegetables

Photography by Lisa Guy & Lee Holmes



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RECIPES BAKED DINNERS

Lee's Roasted
Lemon & Garlic
Chicken

*This dish makes great
leftovers as the garlic
and lemon intensify in
the chicken.*



ROASTED LEMON & GARLIC CHICKEN RECIPE / LEE HOLMES

Chicken lovers, this recipe is for you. A most convenient, simple and affordable baked dish you're going to fall head over heels for. The garlic and lemon flavours ensure your chicken is tasty for days afterwards, when leftovers come into their own. This delicious dish will be your go-to for the cooler winter months.

Serves: 6-8



2 large chickens
Sea salt & pepper
Juice 2 lemons
2 bunches fresh thyme
1 bunch fresh rosemary
1 lemon, sliced
6 cloves garlic, 3 whole
& 3 peeled & finely sliced
2 onions, cut into wedges
3 daikon, peeled
& cut into cubes
3 carrots, chopped
1 large eggplant, cut into cubes
2 tbsp olive oil

Preheat oven to 200°C.

Place both chickens in large roasting pan with sea salt, lemon juice, 1 bunch of thyme and rosemary.

Place sliced lemon on top of chicken and tuck sliced garlic in chicken skin.

Place in oven and roast for 1 hour 20 mins, or until cooked through.

Meanwhile, place vegetables in a separate baking tray, along with 3 whole garlic cloves, 1 bunch of thyme, drizzle with olive oil and season with sea salt and pepper. Cook in the oven for 40 mins.

Remove dishes from oven and serve.

Photography by Lee Holmes



Lee's Beef Roast
with Pesto &
Steamed Greens

BEEF ROAST WITH PESTO & STEAMED GREENS

RECIPE / LEE HOLMES

A beef roast is a really hearty and satisfying meal, especially with my tantalising pesto dressing. Adding your favourite steamed greens is a simple yet balanced way to enjoy this firm family favourite.

Serves: 4



4 tbsp olive oil
600g beef rump (rolled roast is a more affordable cut and can be slow-cooked for a better result)
Sea salt & pepper, to taste
Pesto (see recipe below)
Steamed greens of choice, to serve

Preheat oven to 220°C.

Heat olive oil in large roasting pan over medium-high heat.

Cook roast, turning occasionally, for 5 mins or until well browned on all sides. If you're using 2 separate smaller pieces, add 2 tablespoons of oil for each and brown each piece separately. (If you don't have flameproof roasting pan, you can use frying pan to brown beef and then transfer to roasting pan).

Remove roasting pan from heat and season beef all over with salt and pepper.

Roast beef in oven for 45 mins, or 30 mins if using smaller pieces. Remove from oven and allow to rest before serving.

Carve slices and place evenly across 4 serving plates.

Pour good amount of pesto over top of beef and serve with steamed greens.

DAIRY-FREE PESTO RECIPE / LEE HOLMES

This is a good recipe to make on a batch cooking day. There's enough pesto here for a couple of meals or to use as a snack for dipping your favourite biscuits or vegetable sticks.

Serves: 4



1½ cups freshly picked basil leaves
2 garlic cloves, minced
Juice ½ lemon
½ tsp lemon zest
2 tbsp extra-virgin olive oil
1 tbsp pine nuts
1 tbsp nutritional yeast flakes (optional)
Celtic sea salt & fresh cracked pepper, to taste

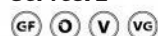
Combine pesto ingredients in blender until pureed.

Serve at room temperature on roast beef, or chill and serve with biscuits, vegetable sticks or beef roast recipe above.

HARISSA BAKED EGGPLANT RECIPE / CHRISTIE CONNELLY

This dinner covers you for most allergies as it's free from meat, dairy, eggs, nuts, grains and gluten, yet still extremely yummy! If you'd like something creamy on top, add a dollop of coconut yoghurt.

Serves: 2



1 large eggplant
2-3 tbsp olive oil
1 garlic clove, crushed
1 cup mushrooms, sliced
1 large tomato, diced
1 tsp harissa (or more, to taste)
200g cooked chickpeas
Small bunch parsley, leaves picked
Baby spinach leaves, to serve

Preheat oven to 200°C.

Slice eggplant in half lengthways and scoop out flesh with spoon. Leave thin shell around outside. Roughly chop eggplant flesh and set aside.

Brush eggplant halves inside and out with olive oil and place on baking tray. Roast for 15 mins while you make filling.

Heat remaining oil in frying pan over high heat. Add garlic and chopped eggplant and stir constantly for 5 mins until starting to brown.

Add mushrooms and cook a further 5 mins until wilted. Allow any moisture released to evaporate, then toss in diced tomato. Stir to combine until tomato has softened slightly.

Take off heat and mix in harissa, chickpeas and parsley leaves. Season with salt and pepper.

Spoon mixture into eggplant halves and bake for further 15 mins. Transfer to serving plates but be careful as they will be half-filled with delicious juices from tomato and mushroom. Serve on a bed of baby spinach.

Christie's Harissa
Baked Eggplant



*For a creamy
addition add a dollop
of coconut yoghurt.*



RECIPES BAKED DINNERS



Christie's Truffle
Butter Roast
Chicken

TRUFFLE BUTTER ROAST CHICKEN

RECIPE / CHRISTIE CONNELLY

I roast a locally bought chook every week to use for sandwiches and salads. Then I throw the bones into the slow cooker for 24 hours to make the most delicious homemade stock. I'm always switching up the flavours of the roast chook, sometimes lemon and thyme, other times peanut butter and honey (try it!). In winter I like to get fancy with in-season truffles shaved into fresh organic butter. The aroma is amazing!

Serves: 4-6



2kg whole chicken
100g truffle butter (see tip)
2 tbsp olive oil
½ tsp truffle salt (optional)

Preheat oven to 200°C.

Rinse chicken under running water, including inside cavity, then pat dry with paper towels. Place chicken on roasting rack set inside deep roasting tray.

From neck end of chicken, push your fingers under the skin to form a gap, and then push most of truffle butter under skin to cover entire breast area. Save a little butter to rub on top.

Rub olive oil all over outside of chicken and season with salt and pepper. Rub remaining truffle butter over legs and wings. As optional step, tie together legs with kitchen string to keep them neatly together while baking. This is just for aesthetic purposes.

Pour cup of cold tap water into roasting tray and put in oven. Bake for 90 mins, basting regularly and topping



Christie's Spicy Lamb
Shepherd's Pie

*The mushrooms natural umami
flavour means you need less salt.*

up water if it runs dry. You'll know chicken is cooked when you insert skewer into thickest part of thigh and juices run clear.

Remove from oven and cover loosely with foil. Allow to rest for 10 mins, then sprinkle with truffle salt (optional), carve and serve with favourite vegetables.

Tip: If you can't find truffle butter at your local gourmet food shop, buy truffle salt or truffle oil and mix into 100g of regular softened butter.

SPICY LAMB SHEPHERD'S PIE RECIPE / CHRISTIE CONNELLY

Adding mushrooms to the meat mix is clever on many levels: it bulks out the dish, which makes it cheaper, it adds lots of nutrients and fibre, plus the natural umami flavour means you need less salt. It's a habit I have got into for all my meat-based sauces, like bolognaise. Use a food processor to chop the mushroom into the same-sized bits as the mince, making them undetectable by kids!

Serves: 4



1 tbsp olive oil
1 brown onion, diced
½ red capsicum, diced
3 garlic cloves, sliced
200g Swiss brown mushrooms, finely chopped
500g lamb mince
Pinch dried chilli flakes
Pinch dried mint
Pinch ground white pepper & salt
400g tin chopped tomatoes
1 tbsp tomato paste

Topping

1kg potatoes, peeled & chopped
1 tbsp salted butter
Splash milk
100g firm mozzarella cheese, grated

Preheat oven to 200°C.

Heat large, deep frypan over medium heat. Add olive oil and onion and cook until starting to brown. Add capsicum and cook for a few mins until it softens and starts to brown. Throw in garlic and mushrooms and cook for a few more mins.

Push all vegies to one side in pan, turn heat up high and add lamb mince. Using wooden spoon, break it up as much as you can and mix vegies into it. Allow to brown well for a few mins before stirring.

Cook for 10 mins, stirring occasionally, until really browned all over and starting to stick to bottom of pan with tasty caramelised bits.

Add chilli, mint, pepper and salt and stir well. Add tinned tomato and tomato paste and stir well. Turn heat down to medium and simmer for 15 mins until thickened slightly.

Meanwhile, boil potatoes, then drain and mash with butter and milk. It doesn't have to be super smooth.

Pour lamb sauce into 1L oven-proof dish or evenly into 4 x 1-cup ramekins. Spoon over mashed potato and smooth down with back of spoon. Sprinkle with cheese and bake for 20 mins until cheese bubbles and browns.

Serve with buttered vegies and crusty bread.

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RECIPES BAKED DINNERS

Danielle's Baked
Salmon & Garlic
Parcels

*Serve these parcels with
fresh salad and baked
sweet potato (below).*



BAKED SALMON & GARLIC PARCELS

RECIPE / DANIELLE MINNEBO

This is such a simple and easy dish. You can top the salmon with any flavour combination you like: for example, it would work very well with thinly sliced ginger, chilli, garlic and a drizzle of fish sauce.

Serves: 2



2 salmon fillets
2 tbsp olive oil
Pinch sea salt & pepper
2 cloves garlic, thinly sliced
1 lemon, thinly sliced
Handful spring onions, chopped

Preheat oven to 180°C.

Place large piece of aluminium foil on bench; it needs to be large enough to wrap 2 pieces of salmon. Place sheet of baking paper same size on top of foil.

Place salmon fillets skin side down in middle of sheets. Drizzle salmon with olive oil and season with sea salt and pepper. Place thinly sliced garlic on top of each fillet and top with lemon slices. Wrap salmon tightly, making sure sides are crunched in tight.

Bake for 15 mins. Once removed, open parcels immediately or fish will continue to cook. Serve with fresh salad and baked sliced sweet potato (recipe below).

BAKED SLICED SWEET POTATO RECIPE / DANIELLE MINNEBO

This is such a fun way to bake sweet potatoes. They look fantastic served up and the ridges in the sweet potato create yummy, crunchy bits!

Serves: 4



2 garlic cloves, crushed
2 tbsp chopped fresh chives
4 tbsp olive oil

Pinch sea salt & pepper
3 large sweet potatoes

Preheat oven to 180°C.

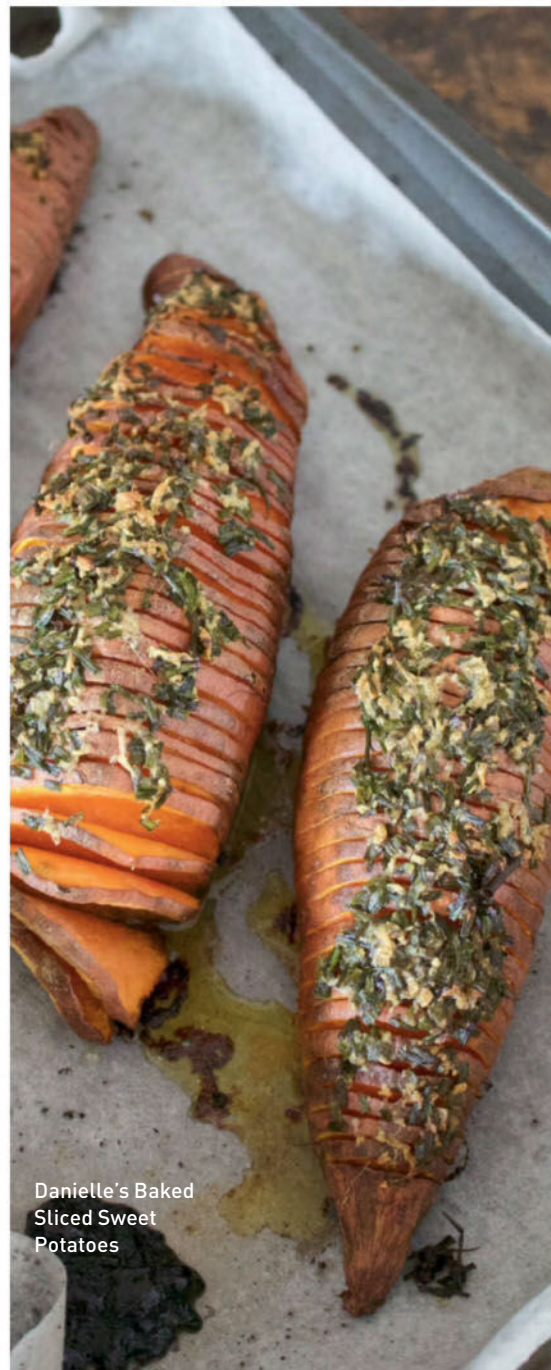
Combine garlic, chives, olive oil, sea salt and pepper in small bowl and set aside.

Wash sweet potatoes but don't peel them. Using sharp knife, create small, thin slices into sweet potatoes. Make sure not to cut all the way through — only two-thirds through — so sweet potatoes remain intact.

Place sweet potatoes on lined baking tray. Using pastry brush, coat each sweet potato with garlic and chive oil mixture. Be generous and make sure each sweet potato is well covered.

Bake for 60 mins, remove and check if cooked all the way through. If very large, they'll need an additional 20 mins.

Photography by Danielle Minnebo



Danielle's Baked
Sliced Sweet
Potatoes

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**SLOW BAKED LAMB SHANKS
RECIPE / DANIELLE MINNEBO**

This recipe is best prepared in a large cast-iron pot with lid as it allows the sauce to caramelise and the rich flavours to develop.

Serves: 6



4 lamb shanks
1 onion, finely diced
2 cloves garlic, crushed
5 sprigs rosemary, whole
750mL tomato passata
2 cups chicken stock
1 tsp sea salt
1 tsp smoked paprika
Splash olive oil
5 potatoes, quartered
2 tbsp olive oil
¼ cup almond milk
Bunch kale

Preheat oven to 130°C.

Put lamb shanks, onion, garlic, rosemary sprigs, passata, chicken stock, sea salt, smoked paprika and olive oil in cast-iron pot. Pop lid on and bake in oven for 4 hours.

45 mins before pulling lamb out of oven, prepare potatoes and kale. Boil potatoes until tender and mash with a splash of olive oil and almond milk.

To cook kale, heat a little olive oil in frypan. Strip leaves from stalks and add to frypan with pinch of sea salt. Cook kale over high heat for 30 secs only, continually tossing.

After 4 hours, remove lamb from oven. Using spoon, skim off fat that has settled on top of tomato sauce. Remove bones from sauce, pull apart lamb meat and mix through sauce evenly.

Place scoop of mashed potato on each plate, top with some kale and generous serve of lamb shank and tomato sauce.

Cooking this dish in a cast-iron pot with a lid allows the luscious flavours to fully develop.

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Raw Superfood Fudge

RAW SUPERFOOD FUDGE

RECIPE / NUTRA ORGANICS

Serves: 20

GF O V VG

1 cup melted The Wholefood Pantry Coconut Oil
1 cup The Wholefood Pantry Brown Rice Syrup
6 tbsp The Wholefood Pantry Organic Cacao
2 heaped tbsp Super Greens + Reds
½ cup almond butter

2 tsp Clean Protein Vanilla
1 cup raw nuts, chopped

Add all ingredients (except nuts) to large bowl and mix by hand till combined.
Add nuts to bowl and fold through.
Line slice tray with baking paper and pour in mixture, spreading evenly.
Pop in freezer to set.
Slice into small squares and enjoy.

Tip: Fudge is best kept in fridge or freezer as it melts quickly.

BREAKFAST BISCUITS

RECIPE / NUTRA ORGANICS

Serves: 12

GF O V

⅓ cup seeds, such as sunflower, pumpkin, flaxseeds or sesame
1 cup quinoa flakes
½ cup dried fruit such as muscatels, cranberries or sultanas
⅓ cup melted The Wholefood Pantry Coconut Oil
⅓ cup The Wholefood Pantry Brown Rice Syrup
¼ cup The Wholefood Pantry Desiccated Coconut
2 tbsp Super Greens + Reds
1 tbsp Clean Protein — Vanilla
1 egg
1 level tsp cinnamon

Preheat oven to 180°C.

Set aside some seeds for top of biscuits, about 1 tbsp.

Combine all ingredients in large bowl and work mixture together. It may take 3–5 mins; just keep stirring until sticky.

Place tablespoons of mixture on lined baking tray and press down. Sprinkle seeds on top and place in oven.

Bake for 25 mins. Check at 15 mins.



Breakfast Biscuits



50 Shades of Green Salad

50 SHADES OF GREEN SALAD RECIPE / NUTRA ORGANICS

Serves: 4



2 gem or baby Cos lettuces, cut into quarter wedges
1 bunch Tuscan kale
1 baby fennel bulb, shaved on mandolin, tops reserved
1 green apple, shaved on mandolin
1 cucumber, peeled into ribbons
1 avocado, cut into wedges
1 cup nasturtium leaves
1 cup mixed herbs: mint, flowering thyme, parsley, parsley flowers, fennel tops
½ bunch asparagus, peeled into ribbons
2 Brussels sprouts, outer leaves picked
10 snow peas, halved
½ cup micro herbs

Sexy Dressing

2 tbsp natural yogurt
1 tbsp baby capers
½ bunch flat-leaf parsley, chopped
1 clove garlic, minced
1 sprig mint
1 tbsp lemon juice
½ tbsp fennel tops
1 tsp Super Greens + Reds
Good pinch The Wholefood Pantry Pink Himalayan Crystal Salt

Arrange salad ingredients on platter, starting with larger leaves and finishing with micro herbs and fennel tops.

Combine all dressing ingredients in mortar and pestle or food processor until blended and season to taste.

Serve with grilled fish or chicken if desired.

SUPER FRESH SMOOTHIE RECIPE / NUTRA ORGANICS

Serves: 2



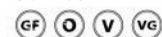
2 frozen bananas
1 tbsp Super Greens + Reds
1–2 tbsp natural yoghurt
1 cup cold coconut water
½ small cucumber
½ cup spinach leaves

Pop all ingredients into blender and blender for 1 min on high.

Serve immediately.

CREAMY KIWI SORBET RECIPE / NUTRA ORGANICS

Serves: 2



2 frozen kiwifruits, skin removed
2 frozen bananas
2 tsp Super Greens + Reds

Combine ingredients in blender until smooth. Scrape down sides a few times to bring it all together, then serve immediately.

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Soups

Soup is probably as old as the history of cooking. The act of combining various ingredients in a pot to create a nutritious, filling, easily digested, simple-to-make food was inevitable. You can make soup according to your own tastes, but here are some delicious ideas, including Vegan Pho, Red Lentil Soup with Garlic Kale, Garlic Prawn & Corn Chowder, Sweet Potato Soup with Sumac Crumble, and Mushroom Soup with Chimichurri Sauce

SWEET POTATO SOUP WITH SUMAC CRUMBLE RECIPE / DANIELLE MINNEBO

Baharat spice mix is a blend of paprika, cumin, pepper, coriander, cinnamon, nutmeg, cardamom and cloves. If you can't get hold of it, use the following instead: 1 tsp cumin, 1 tsp coriander and 1 tsp cinnamon.

Serves: 6

GF O V VG

2 tbsp olive oil
2 red onions, diced
1 red capsicum, diced
2 cloves garlic, crushed
1 tsp cumin seeds

Pinch sea salt
1 large sweet potato, peeled
& cubed
1L vegetable stock
3 tsp baharat spice mix

Sumac Crumble

1 tbsp olive oil
¼ cup sesame seeds
¼ cup sunflower seeds
2 tsp sumac
2 tsp smoked paprika
1 tsp cumin seeds
½ tsp sea salt

Heat olive oil in large saucepan over medium heat, add onion, capsicum,

garlic, cumin seeds and sea salt. Cook for 5 mins until onion is soft and caramelised.

Add sweet potato, vegetable stock and baharat spice mix. Pop lid on and simmer over low heat for 25 mins. Remove from heat and blend using stick blender until smooth.

To make sumac crumble, heat olive oil in frypan over medium heat. Add sesame seeds, sunflower seeds, sumac, smoked paprika, cumin seeds and sea salt. Toast for 5 mins, making sure to stir mix every minute to prevent burning.

Serve soup topped with generous sprinkle of sumac crumble and enjoy!



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*The secret to
this recipe is
the quality of
the stock.*

VEGAN PHO RECIPE / ADAM GUTHRIE

Pho (pronounced *fur*) is a light, fragrant Vietnamese noodle soup eaten for breakfast and all through the day. It's one of Vietnam's most loved dishes. Usually it has small amounts of meat and fish sauce, but I've created a really good vegan version. The secret is in the quality of the stock and the beautiful spices.

Serves: 4



- 1 onion, diced
- 8 cups vegetable stock
- 1 tbsp coriander seeds
- 1 tbsp fennel seeds
- 6 whole cloves
- 3 cardamom pods
- 2 cinnamon sticks
- 10cm piece fresh ginger, finely sliced
- 1 packet rice noodles
- 250g firm tofu, chopped into 1cm cubes
- 10 button mushrooms, sliced
- 1 carrot, sliced diagonally
- 5 shallots, sliced diagonally
- 5 radishes, thinly sliced
- 2 tbsp soy sauce
- 1 tbsp hoisin sauce
- 1 tsp raw sugar
- Bunch coriander, to serve
- Small bunch mint, to serve

- Small bunch Vietnamese mint, to serve
- 1 red chilli, sliced, to serve
- ½ red onion, sliced into half moons, to serve
- 1 lime, quartered, to serve

Add onion and vegetable stock to large saucepan. Place coriander seeds, fennel seeds, cloves and cardamom pods in wire tea basket and add to saucepan. Then add cinnamon sticks and ginger and bring to the boil.

Meanwhile, pour boiling water over rice noodles in a separate bowl and allow to soak for 8 mins.

When stock is boiling, add tofu, mushroom, carrot, half of the shallots, radish, soy sauce, hoisin sauce and raw sugar and bring to the boil again.

To assemble dish, place some drained noodles in bowl and ladle over vegetable broth. Then add coriander, mint, Vietnamese mint, chilli, remaining shallots and red onion. Finish with a squeeze of fresh lime.

CHUNKY CURRIED ROAST PUMPKIN & CHICKPEA SOUP RECIPE / ADAM GUTHRIE

This spiced roast pumpkin soup is absolutely bursting with delicious Indian flavours. To make it even healthier you can add shredded spinach, kale or Swiss chard just before you serve.

Serves: 4



- 1 medium-sized pumpkin, peeled & cut into bite-sized pieces
- 2 garlic cloves, unpeeled
- 1 onion, quartered
- Sea salt
- 6 cups vegetable stock
- 3 cups cooked chickpeas (equal to 1 cup dried chickpeas)
- ½ cup shredded coconut
- 4 tsp curry powder
- 2 tsp garam masala
- Juice 1 lime
- Salt & pepper, to taste
- Handful fresh coriander stems & leaves, to serve

Preheat the oven to 200°C.

Place chopped pumpkin, garlic and onion on tray lined with baking paper. Sprinkle with salt and roast for 15 mins or until pumpkin is golden-brown.

Remove pumpkin, onion and garlic from oven and remove skin from garlic. Place garlic, onion and pumpkin in pot and add vegetable stock. Add cooked chickpeas, shredded coconut and curry powder, stir well.

Place the pot on high heat and bring to a boil. Reduce heat and simmer for 5 mins. Place half the soup mixture into blender and puree until smooth. Add pureed mixture back to pot and mix well. Add garam masala, lime juice, salt and pepper and mix well.

Serve with coriander.

Adam's Chunky
Curried Roast
Pumpkin
& Chickpea Soup





Adam's Barley
& Lentil Soup with
Cashew Sour Cream



BARLEY & LENTIL SOUP WITH CASHEW SOUR CREAM RECIPE / ADAM GUTHRIE

This is for my lactose-intolerant friends who haven't eaten sour cream in years. It will blow your mind how much this tastes like regular sour cream. You can use it in any recipe that calls for sour cream. Try it in black bean soup, burritos and nachos. You can also use it to replace yogurt. It's like a creamy ribbon of heaven dispersed throughout the bowl, taking some edge off the spices.

Serves: 4

GF O V VG

6 green shallots, finely sliced
4 cloves garlic, finely chopped
1 tbsp fresh ginger, grated
1 large tomato, grated
1½ tbsp curry powder
400mL can coconut milk
1 cup red lentils
1 cup pearl barley
1 carrot, grated
1 zucchini, grated
Salt & pepper, to taste

Cashew Sour Cream

1 cup cashews, soaked in water overnight
Juice 1 lemon
Salt & pepper, to taste

Place shallot whites and greens in separate piles.

Place large pot on high heat and add half a cup of water. Add shallot whites, garlic and ginger, and sauté for a couple of minutes, until soft. Add tomato and curry powder, stirring for 1-2 mins, until tomato paste darkens.

Add coconut milk, lentils, pearl barley and 6 cups of water. Bring to a boil. Reduce heat to low and simmer, stirring occasionally, until lentils and barley are tender, 35-45 mins (adding more water if needed to loosen).

Add carrot, zucchini, salt and pepper to taste and stir well.

Meanwhile, drain cashews and place in blender with lemon juice. Puree until smooth and creamy. Add water if needed, then add salt and pepper to taste.

Serve soup topped with the shallot greens and cashew sour cream.

IMMUNE-BOOSTING ROASTED GARLIC SOUP RECIPE / LEE HOLMES

If you're feeling a little under the weather or if you want to enhance your immune system, this soup will do just that! Whip it up during those cold winter months and your body's ability to fight off infection will be enhanced.

Serves: 3

GF O V

3 garlic heads, whole & unpeeled
2 tbsp extra-virgin olive oil

2 tbsp unsalted butter
1 large brown onion,
finely chopped
1L chicken or vegetable stock
(if vegetarian)
½ tsp turmeric
½ tsp ground cumin
3 tbsp apple-cider vinegar
1 tsp Celtic sea salt & pepper
1 tsp dried mixed herbs
¼ cup coconut milk (optional)
Thyme & sage, to serve (optional)

Preheat oven to 175°C.

Cut top off each garlic head, place on baking tray and drizzle with olive oil. Transfer to oven and cook for 45 mins. Remove and cool.

Once cooled, squeeze garlic cloves out of skin into small bowl.

Transfer to food processor and whizz for a few seconds. Set aside.

Meanwhile, heat butter in large saucepan over medium heat.

Add onion and sauté for 10-15 mins, or until translucent.

Stir in stock, turmeric, cumin, apple-cider vinegar, blended garlic, salt, pepper and dried herbs and bring to the boil.

Reduce heat to medium-low, cover and cook for 30 mins, then serve hot with herbs if desired.

Tip: If you'd like a creamier soup, stir in coconut milk before serving.



Lee's Immune
Boosting Roasted
Garlic Soup



Danielle's Mushroom Soup
with Chimichurri Sauce

MUSHROOM SOUP WITH CHIMICHURRI SAUCE

RECIPE / DANIELLE MINNEBO

To make sure this soup packs extra flavour use mushrooms with flavour, for example Portabello or Swiss browns.

Serves: 6

GF O V VG

2 tbsp olive oil
1 red onion, diced
2 cloves garlic, crushed
Pinch sea salt
500g Portabello mushrooms, chopped
1L vegetable stock

Chimichurri Sauce

Bunch flat-leaf parsley
Bunch mint
1 clove garlic
3 tbsp white-wine vinegar
¼ cup olive oil
Pinch sea salt & pepper

Heat olive oil in large saucepan over medium heat. Add red onion, garlic and sea salt, and cook for 5 mins until onion is soft and begins to caramelise.

Add mushroom and cook for further 15 mins. Add vegetable stock and simmer over low heat for 15 mins. Blend using stick blender until a smooth and creamy soup.

To make chimichurri sauce, add all sauce ingredients to food processor and blend for 2 mins into smooth green sauce.

Serve mushroom soup topped with spoonful of chimichurri sauce and enjoy.

CHICKEN SOUP WITH SPIRALISED ZUCCHINI NOODLES RECIPE / LEE HOLMES

What could be more comforting as we move into autumn than a bowl of deliciously healthy chicken soup? It really is the classic comfort food.

Serves: 4

GF O

1 tsp coconut oil
2 shallots, finely chopped
1 large garlic clove, crushed
½ tsp ground turmeric
2 tsp ginger, finely grated
½ red chilli, finely chopped (or to taste)
3 cups chicken or vegetable stock
2 cups water
1 tbsp fish sauce (you can make your own healthy homemade fish sauce using anchovies & filtered water)
1 heaped tbsp chopped coriander root

& stems, plus leaves for garnish
2 zucchini
3 chicken breasts, steamed
or pan-fried & shredded
1 tbsp lime juice

Heat coconut oil in saucepan over low heat.

Sauté shallots, garlic, turmeric, ginger and ¼ of chilli for 2–3 mins.

Add stock, water, fish sauce and coriander root and stems. Bring to the boil, reduce heat and simmer gently for 10 mins.

Meanwhile, create raw zucchini noodles (zoodles) by using a mandolin or spiraliser.

Add zoodles to pan and continue cooking for a further 5 mins.

Place chicken in bowls and pour over stock mixture. Season if required.

Sprinkle with remaining chilli, coriander leaves and a squeeze of lime.

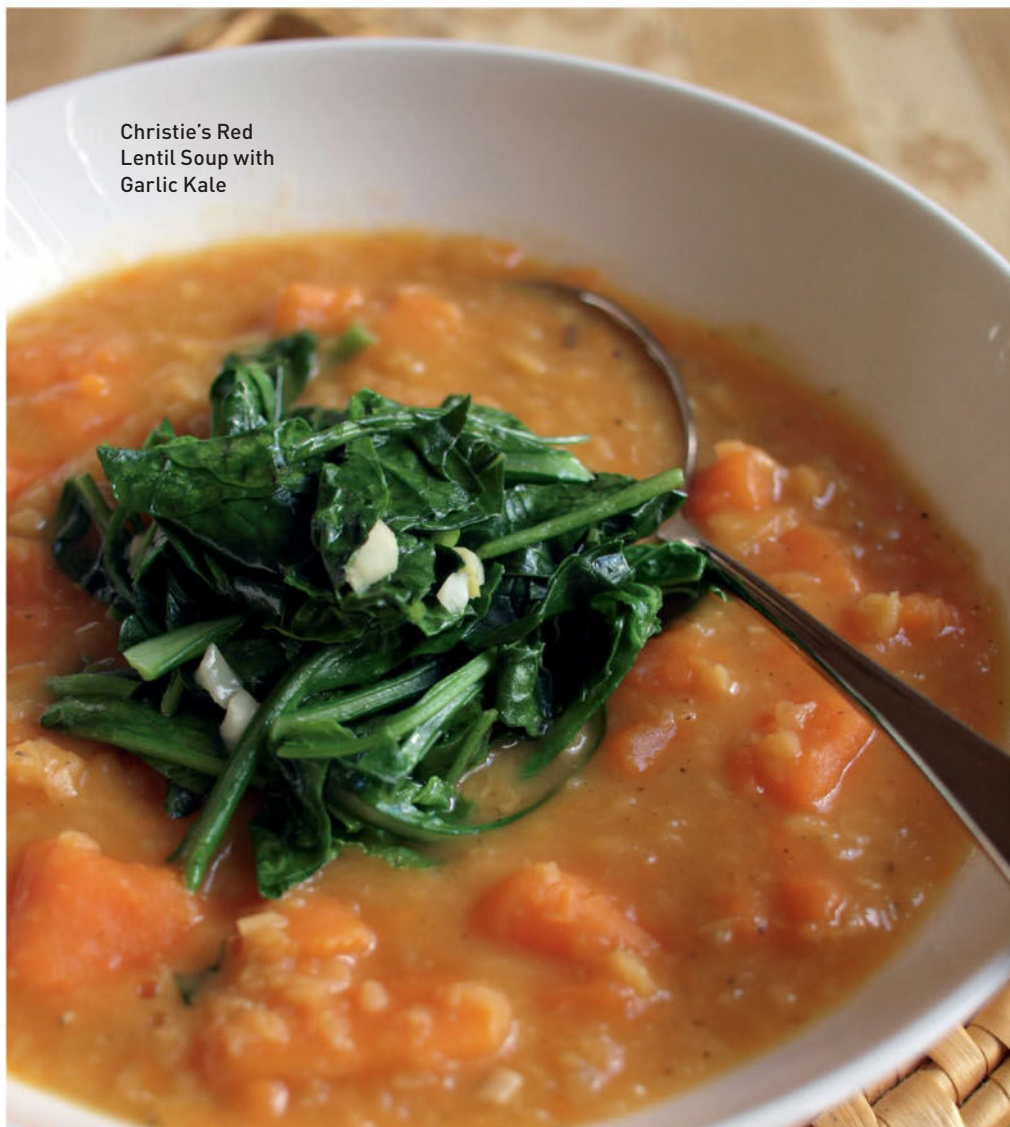


*This is a classic,
warming comfort food.*

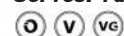
Lee's Chicken Soup
with Spiralised
Zucchini Noodles



Christie's Red
Lentil Soup with
Garlic Kale



Serves: 4 as a starter



1 thick slice stale crusty white bread
1kg very ripe tomatoes, diced
1 red capsicum, deseeded & diced
1 green capsicum, deseeded & diced
2 garlic cloves, peeled & diced
1 medium Lebanese cucumber,
peeled & diced
150mL extra-virgin olive oil
2 tbsp red-wine vinegar
1 tsp sea salt
Green olives, diced, to serve

Place bread in bowl and cover with cold tap water. Allow to soak for 20 mins then drain and squeeze out as much water as possible. Roughly tear and add to bowl of food processor.

Add tomato, capsicum, garlic, cucumber and olive oil to food processor. Blend until smooth. Add vinegar and salt, and pulse to combine.

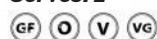
Push soup through fine sieve into clean saucepan. Discard any solids. Cover saucepan with lid and place in fridge for 4 hours or until thoroughly chilled. Serve cold, garnished with green olives if you like.

RED LENTIL SOUP WITH GARLIC KALE

RECIPE / CHRISTIE CONNELLY

I always feel a bit nervous if my meal doesn't include greens, so this technique of serving stirfried greens on top of soup is perfect. Kale is so nice when lightly wilted and even better when mingled with a bit of aromatic garlic. It adds a welcome burst of colour and flavour to this very orange-coloured soup. Not to mention a nice nutrient boost, too.

Serves: 2



1 garlic clove, finely chopped
2 tbsp olive oil
2½ cups diced sweet potato
½ cup red lentils, washed
625mL vegetable stock
Salt & pepper, to taste
1 small bunch kale, washed
& roughly chopped

Place half garlic into saucepan with 1 tablespoon of oil and cook over high heat for 30 secs until fragrant but not coloured. Add sweet potato, lentils and stock and bring to the boil.

Turn heat down to medium and simmer for 20 mins, stirring occasionally until vegetables are very soft. Season with salt and pepper and crush some bits of sweet potato with a fork to thicken soup a little. Keep warm.

Place other half of garlic and the other tablespoon of oil into frypan and cook over high heat for 30 secs, then add washed kale and wilt down for 1 min, stirring frequently. Season with salt and pepper.

Ladle soup into serving bowls and top with a scoop of kale. Enjoy immediately.

GAZPACHO

RECIPE / CHRISTIE CONNELLY

The fertile Northern Rivers region, where I live, is rich with local produce all year round. Our Coopers Shoot tomatoes could rival the best of Spain and Italy and likely win. Every week I head to the farmers' market in either Byron or Bangalow to load up with at least a kilo of ruby beauties that are destined for salads, sauces, soups and straight snacking (seriously, they're that yummy). Use the ripest tomatoes you can find for this dish and you'll be rewarded with incredible flavour.

Christie's
Gazpacho





RECIPES SOUPS

Christie's Garlic
Prawn & Corn
Chowder

*Make this chowder vegan
by using mushrooms
instead of prawns.*

GARLIC PRAWN & CORN CHOWDER

RECIPE / CHRISTIE CONNELLY

This is a delicious thick and hearty soup for a cold, rainy day. Make it vegan by topping with sautéed garlic mushrooms instead of prawns, or if you're a meat lover it's also lovely topped with crispy bacon or chorizo.

Serves: 4



1 medium carrot, diced
1 stick celery, diced

3 medium potatoes, peeled & diced
1L vegetable stock or water
1½ cups corn kernels (tinned, fresh or frozen)
125mL pure cream (or soy milk for dairy-free)
Salt & pepper, to taste
1 tbsp olive oil
1 garlic clove, finely chopped
1kg green raw prawns, peeled (to give about 450g raw prawn meat)
2 tbsp flat-leaf parsley, chopped

Place carrot, celery, potato and stock (or water) in large soup pot. Cover with lid

and bring to the boil over high heat, then simmer for 10 mins until vegetables are very soft. Puree with stick blender in pot.

Add corn kernels and cream and simmer for 5 mins until corn is tender. Taste and season with salt and pepper. Keep warm.

Heat olive oil in frypan, add garlic and fry for 10 secs until fragrant. Add prawns and cook, stirring frequently for 3–4 mins, until prawns turn pink and are just cooked through. Stir in parsley.

Spoon corn chowder into bowls and top with prawns. Serve hot with crusty bread.

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RECIPES SOUPS

Danielle's Beetroot Soup
with Horseradish Cream

*Horseradish
cream gives this
soup a real punch.*

BEETROOT SOUP WITH HORSERADISH CREAM RECIPE / DANIELLE MINNEBO

This is such a bright and colourful dish that packs a real punch from the horseradish cream.

Serves: 6



2 tbsp olive oil
2 onions, chopped
1 clove garlic, crushed
Pinch sea salt & pepper
1kg beetroot, peeled & chopped

1.2L vegetable stock
3 tbsp white-wine vinegar

Horseradish Cream

1 cup sour cream
1 tbsp grated horseradish, fresh
or from jar
Pinch sea salt & pepper

Fresh herbs, to garnish

Heat olive oil in large saucepan over medium heat. Add onion, garlic, sea salt and pepper. Cook for 5 mins until onion

has softened and begun to caramelise.

Add beetroot and vegetable stock, pop on lid and simmer over low heat for 40 mins until beetroot is soft and cooked. Remove from heat, blend using stick blender until a smooth, brightly coloured soup. Stir through white-wine vinegar and set aside.

To make horseradish cream, add sour cream, horseradish, sea salt and pepper to small bowl. Mix until well combined.

Serve soup with generous tablespoon of horseradish cream and sprinkle of fresh herbs. I like a combination of chives and flat-leaf parsley.

Not all snacks are created equal.



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PEA SOUP FOR THE SOUL
RECIPE / LEE HOLMES

The sweetness of this soup comes from pre-roasting the garlic bulb in the oven. Simmering the soup on the stove increases the flavour tenfold; if you're not pushed for time, let it simmer for 15 mins before blending. Peas really are the bees' knees. They're rich in protein, fibre, iron and vitamins A and C, which is essential for energy production, nerve function and carbohydrate metabolism.

Serves: 3-4

GF D V VG

1 garlic bulb (corm)
60mL cold-pressed extra-virgin olive oil, plus extra to serve
1 brown onion, diced
3 thyme sprigs, leaves only
1L vegetable stock
500g fresh or frozen peas
1 tbsp apple-cider vinegar
Celtic sea salt & freshly ground black pepper
Handful parsley leaves

Preheat oven to 200°C.

Cut top off garlic bulb, place on baking tray, drizzle with 1 tablespoon of olive oil and bake for 30-35 mins.

Meanwhile, heat remaining 2 tablespoons of olive oil in large saucepan over medium heat and cook onion and thyme for 5 mins.

Add stock, peas, apple-cider vinegar, salt and pepper and bring to the boil. Reduce heat to low, add parsley and simmer gently, partially covered, for 5-10 mins. (Cook for longer if you would like a stronger flavour.)

Remove from heat and place in blender.

Remove garlic from oven and squeeze cloves out of skins. Add to blender and blend until smooth.

Serve sprinkled with extra parsley leaves and a drizzle of olive oil.

*Pre-roasting your
garlic gives this soup
extra sweetness.*

*We are passionate about
health, for everyone*



Serving suggestion only



Fruit Free Clusters

Food for Health's fruit free clusters were created by our founder, and naturopath, Narelle... so they are not only made with healthy nutritious ingredients, but they are also made with passion and plenty of love!

The clusters are a delicious mix of chia, hazelnuts, almonds, pecans, buckwheat and linseeds. They are gluten free and fructose free and have a delicious nutty cinnamon flavour, perfect accompanied with yoghurt for a healthy start to your day.

Find them in the health aisle of your local supermarket.

food for health 



Telephone 1300 881 277 | hello@foodforhealth.com.au | www.foodforhealth.com.au



SPONSOR RECIPES FOOD FOR HEALTH

Food for Health Fruit Free Clusters are a delicious mix of chia, hazelnuts, almonds, pecans, buckwheat and linseeds. They are gluten-free and have a tasty, nutty, cinnamon flavour, perfect to accompany with yoghurt for a healthy start to your day.



Crunchy Linseed
Teff & Chia Bread



CRUNCHY LINSEED, TEFF & CHIA BREAD RECIPE / FOOD FOR HEALTH

Serves: 6-8



2½ cups Food for Health's Protein
Super Seed Booster
2 cups gluten-free rolled oats
½ cup psyllium husks

1 tsp sea salt
1 tbsp rice-malt syrup
¼ cup melted coconut oil
2 cups water, extra if needed
1 tbsp sesame seeds

Place seeds, oats, psyllium husks, salt, rice-malt syrup, coconut oil and water in large bowl and mix well until all liquid is absorbed.

Transfer to 21cm × 10cm × 7cm loaf tin and smooth down top. Sprinkle with sesame seeds. Allow to stand at room temperature for 2 hours.

Preheat oven to 180°C and bake for 50 mins.

Remove loaf from tin and carefully place on wire rack.

Return to oven and bake for further 1½ hours or until dark brown.

AÇAÍ BERRY SMOOTHIE BOWL

RECIPE / FOOD FOR HEALTH

Serves: 2



1 large banana
¾ cup raspberries
½ cup boysenberries
1 tbsp açai powder
1 tbsp Food for Health Super
Reds Seed Mix
1 tbsp vanilla protein powder
½ cup water

Toppings

1 tbsp pepitas
1 tbsp chia seeds
1 tbsp sunflower seeds
1 tbsp goji berries
½ cup mixed fruit choice

Place all ingredients in blender and blend until smooth.

Allow mixture to stand for 1 minute for seeds to absorb water and mixture to thicken. Blend for further 20 secs, then place in bowl.

Top with pepitas, chia seeds, sunflower seeds, goji berries and mixed fruit.

Açaí Berry Smoothie Bowl



RAW BOUNTY BITES

RECIPE / FOOD FOR HEALTH

Serves: 8-10



3 cups desiccated coconut
¼ cup coconut water
½ cup coconut oil
½ cup rice-malt syrup
1 tsp vanilla bean paste
½ cup cacao powder

Place all ingredients in bowl and mix well until combined.

Press into 20cm x 20cm pieces.

Roll pieces in coconut.

Line baking tray with baking paper and place pieces on top.

Place tray in refrigerator for 1 hour.

For more information visit
foodforhealth.com.au

Raw Bounty Bites





SPONSOR RECIPES

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Passionfruit
& Hazelnut
Cheesecake
Semifreddo



PASSIONFRUIT & HAZELNUT CHEESECAKE SEMIFREDDO

RECIPE/LA GALLETTE

Makes: 12 slices

GF O V VG

3 cups cashews, soaked overnight
2 cups + 2 tbsp coconut milk
⅓ cups Norbu
2 tsp vanilla extract
½ cup crushed hazelnuts
⅓ cup passionfruit pulp

Line dome tin with plastic wrap. Set aside.

Place cashews, coconut milk, Norbu and vanilla extract in high-speed blender, blending until very smooth, grain-free and creamy (about 5 mins).

Transfer mixture to large bowl and fold in crushed hazelnuts.

Lightly swirl in passionfruit pulp and pour mixture into prepared tin. Cover and freeze for 6 hours, or overnight.

Invert semifreddo onto plate, serve with extra passionfruit pulp and chopped hazelnuts.

CRANBERRY & PISTACHIO WHITE CHOCOLATE BARK

RECIPE/LA GALLETTE

Makes: 30cm x 30cm sheet of bark

GF O V VG

⅓ cup Norbu
3 tbsp coconut cream

250g cacao butter, melted
1¼ cups cashew butter
2 tsp vanilla extract
⅓ cup dried cranberries
½ cup pistachios, chopped

Place Norbu and coconut cream in small saucepan over medium heat, stirring until the Norbu sweetener has dissolved completely.

Place cacao butter, cashew butter, Norbu mixture and vanilla extract in food processor and blend on high until smooth.

Spread mixture in baking sheet lined with greaseproof paper.

Top with dried cranberries and pistachios.

Freeze candy for 30 mins or until completely set.

Roughly break up chocolate pieces and serve.



Cranberry
& Pistachio White
Chocolate Bark



EASY HOMEMADE CHOCOLATE RECIPE/A CLEAN BAKE

Makes: 9–10 mini chocolates

GF O V VG

3 tbsp melted coconut oil,
slightly cooled

¼ cup dark cocoa powder

⅛ tsp vanilla extract

3–6 tsp Norbu

Pinch salt

Mix coconut oil into the cocoa powder,
1 tbsp at a time.

Scrape down sides and bottom of
bowl periodically to make sure it all
gets incorporated.

Stir in vanilla, Norbu and salt.

Divide between 2 lightly greased
mini loaf pans or a lightly greased
chocolate mould.

Allow to set at room temperature
for 30 mins, then transfer to fridge to
set completely.

Store in fridge until ready to eat.

HOMEMADE CHOCOLATE HAZELNUT SPREAD

RECIPE/A CLEAN BAKE

If you prefer, toast hazelnuts in a dry
pan shaking periodically until you
start to smell a toasty aroma.

Makes: 1 cup

GF O V VG

1 cup raw unsalted hazelnuts

⅓ cup raw unsalted cashews

3 tbsp cocoa

1½–2 tbsp Norbu

Pinch salt

1 tsp arrowroot powder

Add hazelnuts and cashews to bowl
of small food processor and pulse
10–12 times (takes a bit longer if you
toasted the hazelnuts) until they form
coarse flour, then process continuously,
scraping sides and bottom of bowl

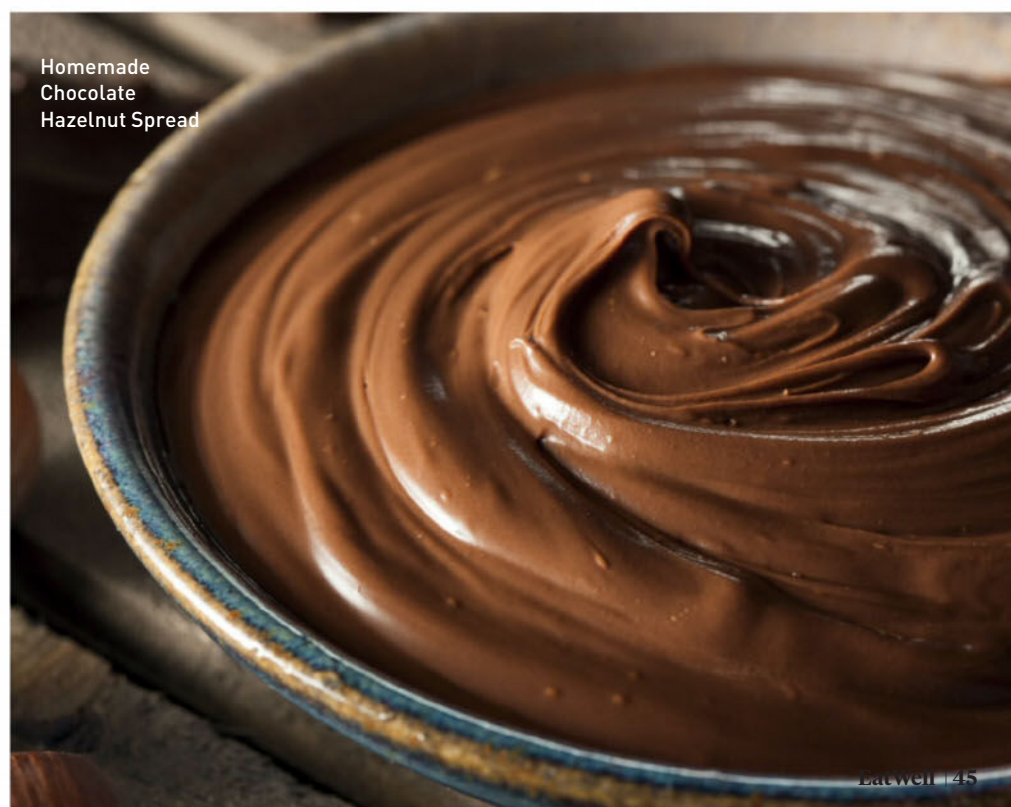
periodically, until it forms thick paste.

Add cocoa, Norbu, salt and arrowroot
and process to combine.

Taste, adjust cocoa, Norbu and salt
to your preference, and process once
more to combine.

Store in airtight container at room
temperature for up to 5 days, or in fridge
for up to 3 weeks.

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Homemade
Chocolate
Hazelnut Spread



SPONSOR RECIPES WELL NATURALLY

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Flourless Chocolate,
Prune & Walnut Cake



FLOURLESS CHOCOLATE, PRUNE & WALNUT CAKE RECIPE / HAYLEY CAVICCHIOLO @NOURISHEDHABITS

Dense and delicious, this indulgent cake dishes up the goodness of prunes, walnuts and dark chocolate. The sea salt enhances the flavour of the chocolate. Celebrate the wellness life with a decadent slice.

Serves: 8-10



220mL natural prune juice
1 cup pitted prunes,
finely chopped
1 heaped cup Well Naturally Melts
90g organic butter or macadamia/
coconut oil, melted
250g walnut meal
1 tbsp psyllium husk
1 tsp gluten-free baking powder
½ cup Natvia
5 eggs, separated
Pinch sea salt

Chocolate Icing
1 pack Well Naturally Dark
Chocolate Melts
1 tsp coconut oil, melted
Chopped walnuts, extra
Chopped prunes, to serve

Preheat oven to 180°C.

Heat prune juice in small pot over gentle heat and add prunes. Bring to low simmer before removing from heat and allowing mixture to sit for 25 mins.

Melt chocolate as per package instructions, stirring in the butter/oil until evenly combined, smooth and free of any lumps. Once mixture cools, add walnut meal, psyllium husk, baking powder, Natvia and egg yolks, whisking together until well mixed and of even and smooth consistency.

In separate bowl, beat egg whites with pinch of salt until stiff peaks begin to form, being careful not to overdo it and cause separation.

Fold half of beaten egg whites through chocolate mix, then add prunes and remaining egg white, lightly folding to combine but being careful not to over-mix as you want to keep cake light and moist.

Pour mixture into greased and lined (with baking paper) 22cm round cake pan and bake for 35-40 mins or until skewer comes out clean.

Allow cake to cool in tin for 12 mins before turning onto wire rack to cool completely.

To prepare chocolate icing, melt Well Naturally Melts as per package instructions and stir through coconut oil until smooth and glossy. Once slightly cooled, pour over cake and sprinkle with some chopped walnuts and halved prunes before cutting and serving.

Chocolate Fruit & Nut Clusters



CHOCOLATE FRUIT & NUT CLUSTERS RECIPE / HAYLEY CAVICCHIOLO @NOURISHEDHABITS

Perfect with a cup of tea and conversation, these mouth-watering clusters are a dazzling medley of nuts and chocolate that will leave you wanting more.

Makes: 20 clusters



3 cups dried fruit, seed or nut mix
1/3 cup honey or rice-malt syrup
1/2 tsp sea salt (if nut mix has salt, don't add any)
1 tsp cinnamon
1/2 cup Well Naturally Dark Chocolate Melts
1 tsp coconut oil

Preheat oven to 180°C and line tray with baking paper.

In large bowl, combine all ingredients except Melts and coconut oil, and stir to combine.

Pour mixture onto prepared baking tray, spreading out so it's about 1cm thick. Try to keep mixture away from edges, as honey will cause it to spread.

Bake for approximately 20 mins (making sure not to burn), remove and let cool completely before transferring to wire rack.

Once completely cool and hardened, break slab into clusters.

Melt chocolate melts as per package instructions and add coconut oil, stirring until smooth.

Dip the bottom of each cluster in the melted chocolate, pressing down so chocolate comes up sides.

Set chocolate-dipped clusters on tray lined with baking paper and, once all clusters are dipped, place in fridge for 20 mins to set.

Store in airtight container and keep in cool place.

CHOCOLATE ZUCCHINI MUFFINS RECIPE / MICHELLE ELIAS

Not too sweet, these delicious muffins are the perfect alternative to regular chocolate muffins, with the hidden goodness of zucchini. They're a great way to increase the kids' vegie intake.

Makes: 24 muffins



2 cups shredded zucchini
3 eggs
1/4 cup stevia
1/4 cup honey
3/4 cup Greek yoghurt
2 tsp vanilla extract
2 cups whole-wheat flour or plain flour
2/3 cup unsweetened cocoa powder
1 tsp baking soda
1/2 tsp baking powder
1 tsp sea salt
1/2 cup Well Naturally Dark Chocolate Melts

Preheat oven to 170°C.

In large bowl, mix together shredded zucchini, eggs, stevia, honey, yoghurt and vanilla, and set aside.

In separate bowl, mix whole-wheat flour, cocoa powder, baking soda, baking powder and salt. Add dry ingredients to wet ingredients and mix until just combined. Gently fold in Melts.

Spoon mixture into 24 prepared muffin cups, about three-quarters full, and bake for about 25 mins or until skewer comes out clean.

For more information visit
wellnaturally.com.au



Chocolate Zucchini Muffins

Wraps & Sandwiches

Adam's Quinoa
& Vegetable
Spinach Leaf Wrap

Wraps and sandwiches are so convenient that it's easy to forget that they can also be delicious and nutritious. Don't be limited in what you try with these easy, convenient foods. Try our Quinoa & Vegetable Spinach Leaf Wrap, Pea Falafel & Hummus Wrap, Chicken & Walnut Rye Sandwich, Cos Wraps Filled with Shredded Mexican Chicken, and Smoked Salmon & Buckwheat Wraps.

QUINOA & VEGETABLE SPINACH LEAF WRAP RECIPE / ADAM GUTHRIE

Swap bread for leaves, then mix and match your favourite vegies and condiments to create healthy and filling sandwiches. You'll get more vitamins and antioxidants and you'll also feel lighter and more energised after you eat. Kale, butter lettuce, Swiss chard and collard greens all make great wraps.

Makes: 8 wraps

GF DF V VG

2 carrots, grated
Knob ginger, grated
1 tbsp tahini
1 pinch salt
3 tbsp rice vinegar
Handful coriander leaves, chopped
1 cup cooked red quinoa
1 tbsp miso paste
Juice 2 limes or 1 lemon
Bunch English spinach
2 beetroots, grated
1 cup sprouts
2 avocados, sliced

Place carrot and ginger in bowl and add tahini, salt, vinegar and coriander leaves. Mix well and set aside.

In another bowl, add cooked quinoa, miso and lime juice. Mix well and set aside.

Place 2 spinach leaves on board, overlapping them, then place quinoa on top. Add carrot mix, beetroot, sprouts and avocado.

Roll tightly like a burrito, cut in middle and serve.



Photography by Carol Da Riva

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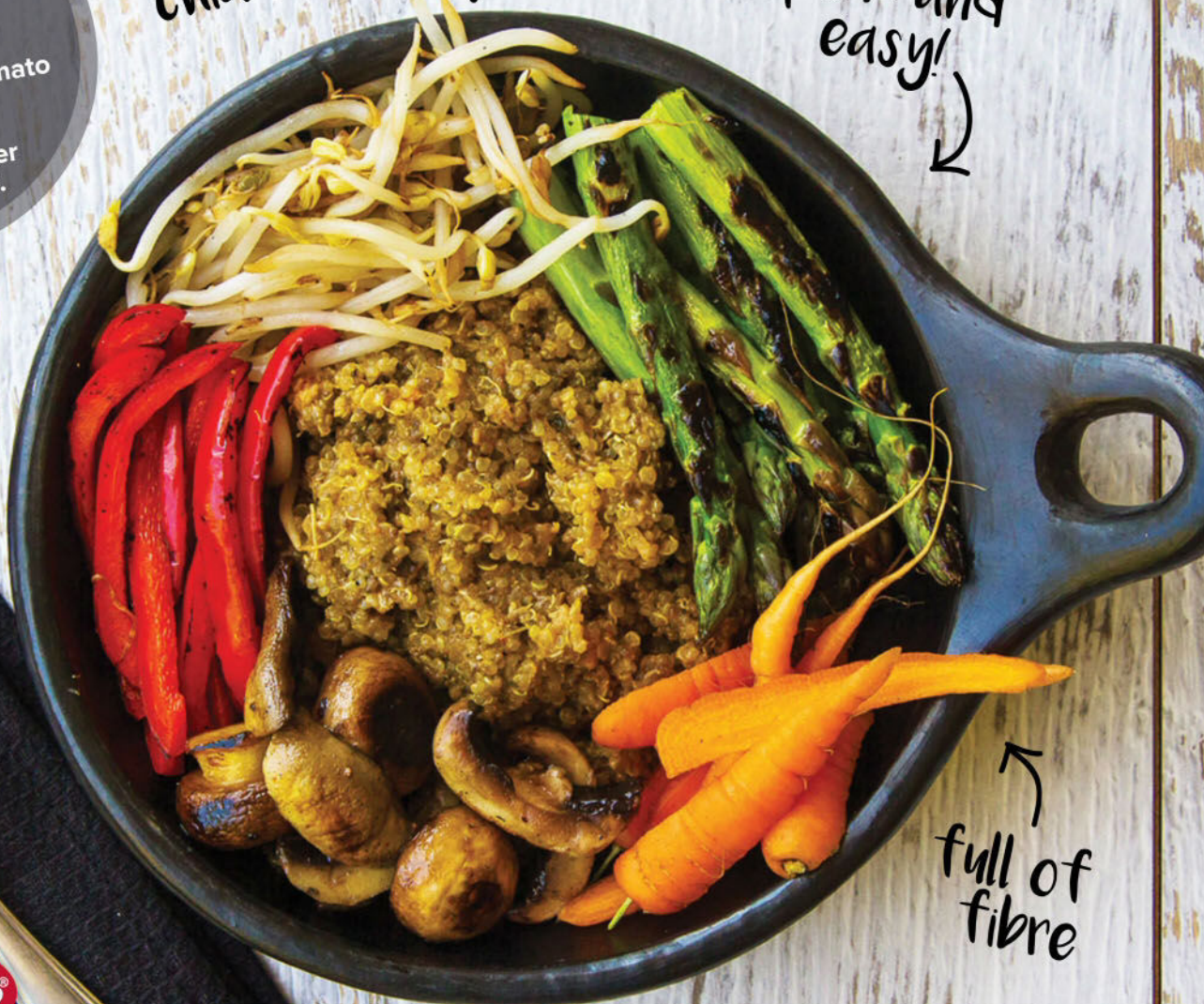
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*Fill these
cabbage wraps
with whatever
you like.*

Danielle's Red Cabbage
& Quinoa Wraps

RED CABBAGE & QUINOA WRAPS RECIPE / DANIELLE MINNEBO

You can fill these cabbage rolls with whatever filling you like. I've used a quinoa base and then added lots of colourful vegetables, spices and herbs.

Serves: 2

GF O V VG

1 cup water
4 large red cabbage leaves
½ cup quinoa
½ red onion, finely diced
½ red capsicum, finely diced
6 sundried tomatoes, finely chopped
3 tbsp chopped flat-leaf parsley
1 tbsp chopped mint
Juice ½ lemon
2 tbsp olive oil
1 tsp cumin powder
½ tsp sea salt

Put water into base of a large saucepan and bring to simmer over low heat. Place cabbage leaves in saucepan, pop lid on and cook for 5 mins. Strain and set leaves aside to use later.

Add quinoa to small saucepan with

2 cups of water. Bring to the boil and simmer for 15 minutes until quinoa is cooked. Strain quinoa and add to a bowl along with onion, capsicum, sundried tomato, parsley, mint, lemon juice, olive oil, cumin and sea salt. Mix until well combined.

Place cabbage leaf on chopping board; add 2 tbsp of quinoa mixture to centre of cabbage leaf. Roll up leaf tightly, tucking in each end as you go.

Repeat process with other 3 cabbage leaves. Cut each in half and serve.

CHAR-GRILLED RED CAPSICUM, VEGAN PESTO, CUCUMBER, AVOCADO & SPROUT SANDWICH RECIPE / ADAM GUTHRIE

When I'm hungry, a salad sandwich is my go-to snack or lunch. The carbohydrate in bread fuels my muscles and the vegies provide me with loads of vitamins and minerals. I never use butter or margarine as a spread; instead, I use avocado as it's the perfect wholefood unprocessed natural oil spread.

Serves: 4

O V VG

1 red capsicum
1 carrot, grated
1 Lebanese cucumber, thinly sliced into ribbons
1 tomato, sliced
1 avocado, sliced
1 cup alfalfa sprouts
4 tbsp vegan pesto (see recipe below)
8 slices wholemeal bread, toasted

Vegan Pesto (makes 1.5 cups)

1 cup tightly packed fresh basil
½ cup nutritional yeast
½ cup raw cashews
½ cup raw pine nuts
2 garlic cloves
½ cup water
Salt & pepper, to taste

Place capsicum on live flame cooking hob and cook until charred black on one side. Turn and cook other side until charred black. Cook until black on all sides. Place charred capsicum in plastic bag, seal and leave to cool.

When cool, under running water, rub charred skin off capsicum and remove seeds. Slice capsicum into four even-sized pieces.

To make pesto, place all ingredients in high-powered blender and blend to smooth but slightly chunky paste.

Spread 1 tbsp pesto on toast and layer all ingredients.

Cut sandwich in half and serve.

Adam's Char-grilled
Red Capsicum,
Vegan Pesto,
Cucumber, Avocado
& Sprout Sandwich



Adam's Tortilla Wrap
Filled With Fresh Herbs
& Tofu Marinated in
Garlic, Soy & Lime

TORTILLA WRAP FILLED WITH FRESH HERBS & TOFU MARINATED IN GARLIC, SOY & LIME

RECIPE / ADAM GUTHRIE

I love wraps because they are easy, fast to make and flat-out delicious. One of the biggest keys when making wraps is to not overfill them. Put in enough filling to fill perhaps a quarter of the wrap at most. It will make it much easier to eat.

Serves: 4



¼ cup soy sauce or tamari
Zest & juice 1 lime
2 cloves garlic, finely sliced
800g firm tofu, sliced into 8 slices
8 tortilla wraps
Mixed lettuce leaves
½ cup fresh coriander leaves
½ cup fresh mint leaves
2 tomatoes, sliced
½ cup sweet chilli sauce

Place soy sauce, lime zest, lime juice and garlic in shallow dish. Add tofu slices and turn to coat with marinade. Cover and set aside for 15 mins to marinate.

Heat medium-sized non-stick frypan over medium heat. Place marinated tofu slices in pan. Cook for 1–2 mins on each side or until light golden-brown. Transfer to plate.

Place wraps on flat surface. Top with lettuce leaves, coriander, mint and tomato. Place tofu on top. Drizzle over sweet chilli sauce. Fold up base of wrap, roll sides to enclose filling. Then serve.

PEA FALAFEL & HUMMUS WRAP RECIPE / LISA GUY

Green peas are a great source of iron. This vital nutrient is important for a strong immune system and to transport oxygen to all the cells in the body. Peas are packed with protein and fibre to help keep you satisfied after a meal, and blood sugar levels nice and balanced. Chickpeas contain dietary fibre, protein and amylose, a type of starch that's digested slowly to help keep you satisfied for longer.

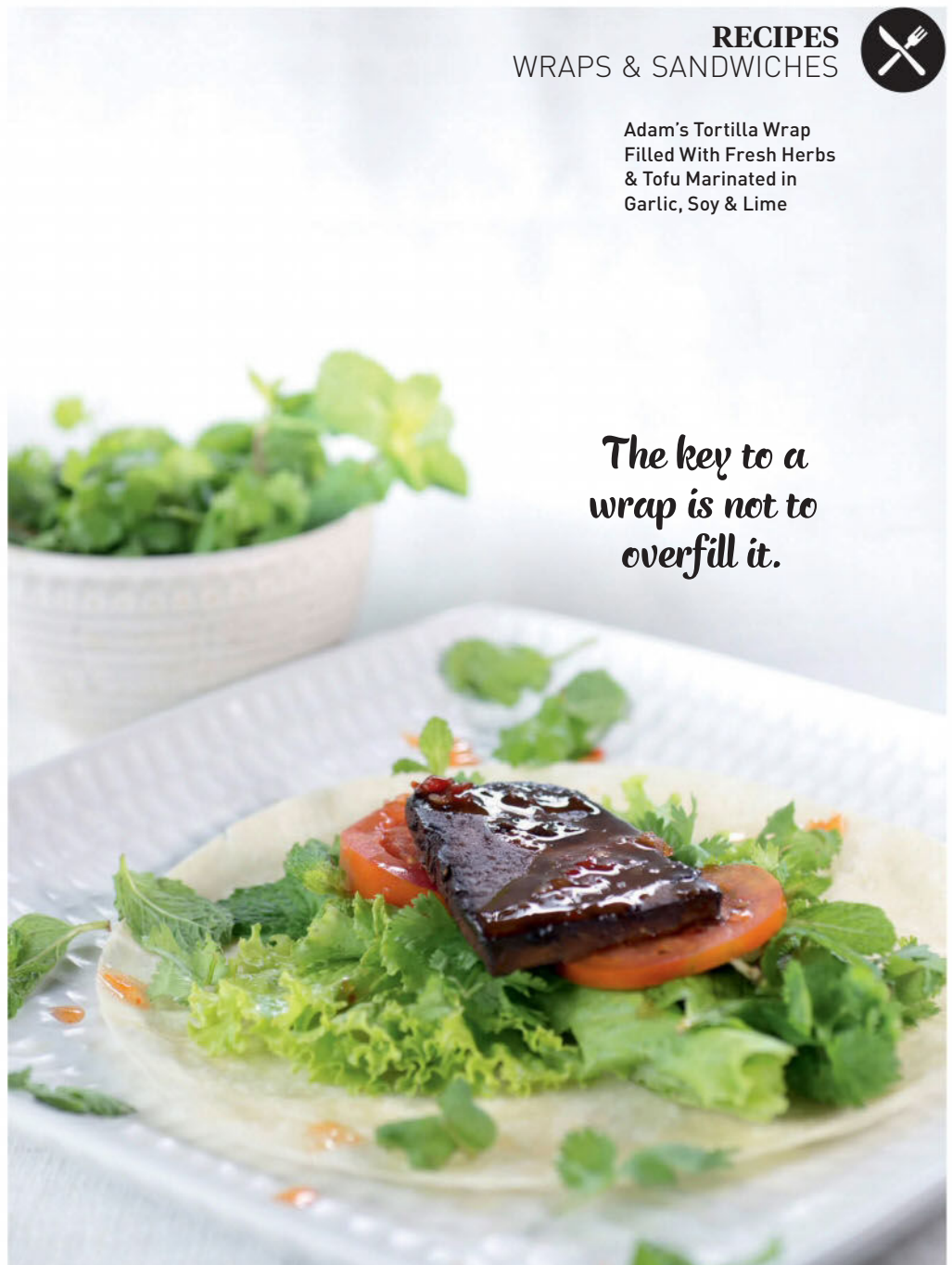
Makes: 12 balls, enough to make

3–4 wraps



Falafel

1 cup peas (fresh or frozen)
400g can chickpeas, drained well



*The key to a
wrap is not to
overfill it.*

1 tsp ground coriander
1 tsp ground cumin
1 garlic clove
2 tbsp almond meal
1 tsp baking powder
Small handful fresh mint,
roughly chopped
Small handful fresh coriander,
roughly chopped
½ red onion, finely chopped

1 cucumber, diced
1 tomato, diced
Handful lettuce, shredded
Hummus
Flatbread

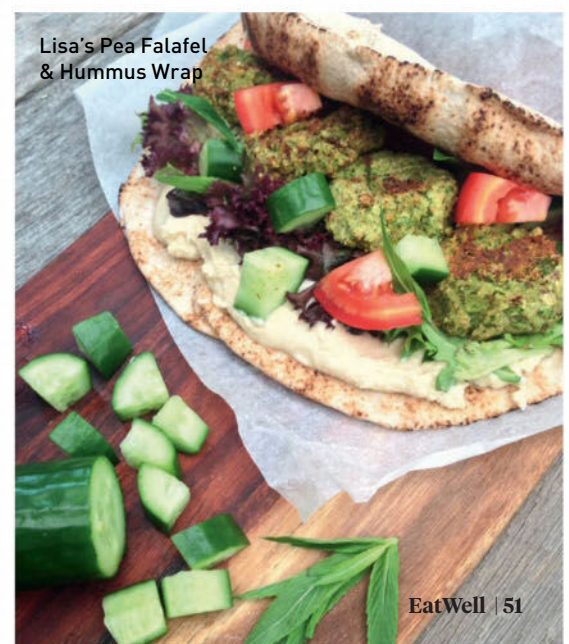
Preheat oven to 200°C. Cover baking tray with baking paper.

Place all falafel ingredients in food processor and blend until well combined.

Roll 12 balls and place on baking tray,

then put in oven for 30 mins. Turn balls after 15 mins.

Assemble salad ingredients, falafels and hummus on flatbread.



Lisa's Pea Falafel
& Hummus Wrap



RECIPES

WRAPS & SANDWICHES

CHICKEN & WALNUT RYE SANDWICH WITH YOGHURT MAYO RECIPE / LISA GUY

Walnuts are abundant in brain-boosting omega-3 essential fatty acids, called alpha-linolenic acid, needed to improve brain function and memory. Yoghurt is a probiotic-rich food providing important beneficial bacteria that help maintain a healthy balance of gut bacteria, which is vitally important for digestive and immune health. Yoghurt also supplies calcium for strong, healthy bones and vitamin D, an important nutrient essential for immune health and for reducing the risk of osteoporosis.

Makes: 2 sandwiches



¼ cup Greek yoghurt
1 heaped tsp wholegrain mustard
1 cup diced roast chicken
1 celery stick, diced
Handful parsley, finely chopped
¼ cup walnut pieces
Rye bread
Handful lettuce, shredded

In small bowl, mix yoghurt and mustard until well combined. Stir through chicken, celery, parsley and walnuts.

Fill sandwich with chicken mixture and top with plenty of lettuce.

Lisa's Chicken & Walnut
Rye Sandwich with
Yoghurt Mayo



Lisa's Smashed Avocado,
Egg & Feta Open
Sandwich with Dukka

SMASHED AVOCADO, EGG & FETA OPEN SANDWICH WITH DUKKA RECIPE / LISA GUY

Eggs provide plenty of vitamin B₁₂ needed for nerve function, and choline required to make acetylcholine, a brain chemical vital for enhancing memory. Eggs are also a source of vitamin D, which helps the body use calcium to promote strong, healthy bones, and is also needed to support immune function. Including tryptophan-rich food like cheese in the diet will give your serotonin levels and mood a boost.

Serves: 1



Dukka
1 cup raw whole almonds,
roughly chopped
3 tbsp coriander seeds
3 tbsp cumin seeds
¼ cup sesame seeds

1 medium avocado, mashed
Juice ½ lemon
25g feta, crumbled
2 hard-boiled eggs, peeled
2 slices grainy toast
Handful rocket

To make dukka, dry-roast almonds in frying pan with coriander and cumin seeds. Then add sesame seeds at the end. Place nuts and seeds in food processor and blitz to a crumbly consistency. Pour dukka into jar.

In medium bowl, smash avocado flesh with a fork, add lemon and feta and gently combine.

In separate small bowl, smash hard-boiled eggs.

Top toast with avocado mixture, egg, then dukka and rocket.



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RECIPES WRAPS & SANDWICHES

REUBEN SANDWICH RECIPE / CHRISTIE CONNELLY

This sandwich is absolute perfection if you make your own corned beef and sauerkraut, but if you're pressed for time (or inclination), I must insist you at least make the Russian dressing from scratch — bottled thousand island dressing is not allowed! It's really easy and adds so much to the texture and flavour to the sandwich.

Serves: 4



8 slices rye or sourdough bread
400g corned beef slices
4 tbsp sauerkraut
8 slices Swiss cheese
4 tbsp butter

Russian Dressing

3 tbsp good-quality mayonnaise
2 tbsp tomato sauce
1 tsp horseradish cream
1 tbsp chopped chives

Whisk together dressing ingredients until well combined. Spread dressing over slices of bread. Top four slices of bread with corned beef slices, sauerkraut and cheese. Place other four slices of bread on top.

Butter tops of sandwiches and place butter-side down in a hot frying pan or sandwich press. Cook for 2–3 mins until golden then butter top and flip. Cook for 2–3 mins more and serve.

Christie's Reuben Sandwich



Christie's Simple Italian Picnic Loaf

SIMPLE ITALIAN PICNIC LOAF RECIPE / CHRISTIE CONNELLY

Serves: 4–6 as part of a picnic spread



1 large cob or Vienna loaf
½ cup olive tapenade
1 cup roasted capsicum slices
3 sprigs basil, leaves picked
15 slices salami
15 slices provolone cheese

Slice loaf in half lengthways as you would for a burger bun. Pull out soft bread inside top and bottom of loaf, being careful not to go too deep and make a hole. Keep bread for another use such as meatballs or stuffing.

Spread olive tapenade on inside of bottom half. Layer over roasted capsicum, then basil leaves, then salami and finally provolone, making sure to overlap slices to make nice, thick layer of each.

Put top on and wrap tightly in foil. Place in fridge and weigh down with chopping board on top, then something heavy on top of board. I like to use two dozen eggs placed side by side so weight is evenly distributed. You can also use tinned tomatoes. This presses all layers together and ensures sandwich doesn't fall apart when sliced.

Leave weighted overnight or for 6–8 hours. Transport in foil to your picnic, then slice and serve.

ROAST PUMPKIN & TUNA WRAP RECIPE / CHRISTIE CONNELLY

There's rarely leftover pumpkin at my place, I love it so much. So I always have to make it fresh for any recipe that requires it, but if you're less greedy and can hang on to some from your Sunday night roast dinner, then Monday lunch will be super-speedy. Try slicing the wrap all the way along into thick discs and serving it to the kids as "sushi" — my son fell for it, so maybe yours will, too.

Serves: 4



4 wraps
4 tbsp ricotta cheese
½ red onion, finely diced
2 cups lettuce leaves
2 cups roast pumpkin chunks
200g tinned tuna

Place wraps on clean kitchen bench. Spread ricotta down one side and sprinkle with red onion. Top with lettuce leaves, roast pumpkin and tuna.

Season with salt and pepper and wrap tightly. Serve immediately.

Christie's Roast Pumpkin & Tuna Wrap

Slice these wraps into discs and serve as a "kids' sushi".



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RECIPES

WRAPS & SANDWICHES



*This is
extremely quick
but so delicious.*

Danielle's Cos Wraps
with Shredded
Mexican Chicken

COS WRAPS FILLED WITH SHREDDED MEXICAN CHICKEN

RECIPE / DANIELLE MINNEBO

This is such a quick and simple recipe that takes virtually no time to put together and tastes amazing. I've used chicken breasts in this recipe but it would also be delicious made with chicken legs or an entire roast chicken.

Serves: 4



3 tbsp tomato paste
½ tsp sea salt
3 tsp smoked paprika
2 tsp peri peri spice mix
¼ cup extra-virgin olive oil
2 chicken breasts
2 red onions, roughly sliced
Grated cheddar cheese
Homemade guacamole
Cos lettuce leaves

Preheat oven to 200°C.

In a bowl, combine tomato paste, salt, smoked paprika, peri peri spice mix and olive oil, then set aside.

Place both chicken breasts flat on chopping board and, using sharp knife, score each breast 4–5 times. Make sure cuts are deep but don't cut through to other side; you want chicken breasts to remain in one piece. The reason I score the chicken is to accelerate the cooking time and allow the flavours of the spice mix to fully infuse the chicken.

Add both chicken breasts to bowl with tomato spice mix and coat each breast well, making sure spice mix gets rubbed into each cut.

Scatter red onion slices in bottom of large baking tray and gently place chicken breasts on top. Cook in oven for 30 minutes at 200°C, then remove from oven. Using fork and tongs, shred both chicken breasts and mix everything together with juices in bottom of baking tray and roasted red onion.

Serve chicken in Cos lettuce leaf cups topped with homemade guacamole and grated organic cheddar cheese. This chicken is also delicious served cold tossed through a salad with some coriander, spinach, avocado and roasted almonds.

SMOKED SALMON & BUCKWHEAT WRAPS

RECIPE / DANIELLE MINNEBO

Despite its name, buckwheat is not part of the wheat family. It's a gluten-free grain that has a beautiful earthy and nutty flavour. I love using the flour to make breads and wraps.

Serves: 4



2 cups buckwheat flour
Pinch sea salt
2 eggs
2 cups almond milk
2 tbsp olive oil
100g smoked salmon
50g cream cheese
Bunch fresh chives, chopped
2 cups rocket

Add buckwheat flour and sea salt to large bowl. Make well in centre and add eggs and almond milk. Using whisk, gently mix from centre outwards until you've formed thick batter with no lumps.

Heat olive oil in large frypan and add 4 tbsp of batter. Lift frypan and work batter around pan to form thin wrap. Cook on one side for 2 mins, gently flip over and cook on other side for another minute. Repeat process until you have used all batter and have 6 wraps.

Pop all remaining ingredients into small serving bowls and place on table along with buckwheat wraps. To serve, fill wrap with cream cheese, smoked salmon, chives and rocket, roll up tight, cut in half and enjoy.



Danielle's Smoked Salmon
& Buckwheat Wraps

Photography by Danielle Minnebo

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"Outback Spirit is Australia's most trusted brand of native food products and I love using them in my 'wild kitchen'. They're an affordable, quality product that are so simple and easy to use."

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Celebrated and inspiring indigenous Chef; and presenter of ABC's "Wild Kitchen".

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Whip up some exciting and easy-to-prepare dishes created by Indigenous chef Clayton Donovan using delicious Outback Spirit products. Clayton's Cauliflower Salad and Grilled Prawn recipes are perfect for summer and the Roast Pork and Prawn Wonton recipes are favourites at any time of the year.



Cauliflower & Macadamia
Nut Salad with Lemon
Myrtle Dressing

**CAULIFLOWER & MACADAMIA
NUT SALAD WITH LEMON
MYRTLE DRESSING**
**RECIPE/CLAYTON DONOVAN
FOR OUTBACK SPIRIT**

Serves: 2



1 tbsp macadamia nut or olive oil, for frying
200g cauliflower florets
1 tsp ground bush tomato*
60g capsicum, finely diced
1 tsp garlic, finely sliced
50g roasted macadamia nuts, gently smashed into pieces
20g warrigal greens**
30g carrot, sliced lengthwise
60g diced, deseeded tomato
2g Outback Spirit Wild Herb Salt
1 tbsp Outback Spirit Lemon Myrtle Dressing
1 tbsp mirin
Pinch Outback Spirit Wild Herb Salt, to taste
1 tsp chopped chives
1 tsp chopped parsley
Edible flowers, to garnish

Heat macadamia nut or olive oil in large frying pan on medium heat. Add cauliflower, bush tomato, capsicum

and garlic, and cook until cauliflower is brown.

Remove from heat, add nuts, warrigal greens, carrot, tomato and combine.

Dress with Outback Spirit Lemon Myrtle Dressing, mirin, a pinch of Outback Spirit Wild Herb Salt and fresh herbs.

Arrange on plate and garnish with edible flowers. Serve immediately.

* If bush tomatoes are unavailable, substitute with cumin or ½ tsp thyme.

** If warrigal greens are unavailable, substitute with baby spinach leaves.

**SPICY GRILLED PRAWNS WITH
TASMANIAN PEPPER SALT,
WATERMELON & WILD LIME
CHILLI & GINGER**

**RECIPE/CLAYTON DONOVAN
FOR OUTBACK SPIRIT**

Serves: 2



1 tsp macadamia nut or olive oil, for frying
6 king prawns, heads removed
85g watermelon, finely diced
50g cubed Australian feta cheese
10g red onion, sliced
50g diced cucumber
1 tsp Outback Spirit Dried Native Mint
2g Outback Spirit Tasmanian Pepper Salt
1 tbsp Outback Spirit Wild Lime Chilli Ginger Sauce
Edible flowers & dill, to garnish

Preheat barbecue. Drizzle hotplate with macadamia nut or olive oil and fry prawns for 2–3 mins each side, or until cooked through.

Meanwhile, place watermelon, feta, red onion, cucumber, Outback Spirit Native Mint, Outback Spirit Tasmanian Pepper Salt and Outback Spirit Wild Lime Chilli Ginger Sauce in large bowl and combine.

Place mixture on plate, place cooked prawns on top and dress with edible flowers and sprigs of dill.



Spicy Grilled Prawns with Tasmanian
Pepper Salt, Watermelon & Wild Lime
Chilli & Ginger



Prawn Wontons
with Kakadu
Plum & Sweet
Chilli Sauce

PRAWN WONTONS WITH KAKADU PLUM & SWEET CHILLI SAUCE

RECIPE/OUTBACK SPIRIT

These wontons can be made hours in advance, or if you're planning ahead for a party, they can be made and frozen.

Makes: 40 wontons



Filling

4 fresh or 100g tinned water chestnuts
(or fresh indigenous water ribbon
tubers if available)

1 tbsp chopped coriander leaves

2 tsp dried lemon myrtle

2 tbsp finely sliced spring onions

½ small green chilli, seeded

& very finely diced

1 tbsp olive oil

1 tbsp grated fresh ginger

2 tbsp Outback Spirit Kakadu Plum
Sweet Chilli Sauce

1 tsp crushed garlic

1 tbsp Chinese rice wine or dry sherry

1 tsp salt

½ tsp mountain pepper

250g cooked prawns, deveined

& very finely chopped

½ cup finely diced red

& green capsicum

40 wonton wrappers

1L canola oil, for deep-frying

Outback Spirit Kakadu Plum

& Sweet Chilli Sauce, to serve

To make filling, place all ingredients
in large bowl and mix thoroughly.

Place a teaspoon of prawn filling
just above centre of wonton wrapper.
Moisten edges of wrapper with water
and bring up the point of the diamond
up to meet the top point. Gently pat
triangular shaped parcel to expel any
air, then bring up each side-point to
meet at top point of triangle and pinch
together to seal.

Repeat with remaining wrappers
and filling.

Refrigerate for at least 20 mins
before cooking.

Heat oil in wok or deep frying pan
over high heat and add 6–8 wontons
at a time (too many will reduce the oil
temperature and they will be soggy
rather than crisp).

Deep-fry wontons for 1–2 mins,
then place on prepared tray and keep
warm in oven while cooking remaining
wontons.

Serve hot with Outback Spirit Kakadu
Plum & Sweet Chilli Sauce for dipping.

ROAST LOIN OF PORK WITH WILD HERB SCENTED CRACKLE

RECIPE/OUTBACK SPIRIT

Aromatic Wild Herb Salt really adds
a new dimension to traditional roast
pork. Use a rolled loin as this gives
maximum crackle, which everyone
loves. Serve with a traditional apple
sauce or Outback Spirit Mango Native
Mint Chutney at the side. You can cook
the pork loin as is or include a delicious
stuffing if you wish. We've included our
stuffing recipe for you.

Serves: 6



1.5–2kg piece rolled boneless pork loin

1 tbsp Outback Spirit Wild Herb Salt
(enough to rub all over skin)

Stuffing

½ large onion, finely diced

Splash oil

100g pork mince

1 tsp Outback Spirit Native Mint

Freshly ground black pepper, to taste

1 egg

½ cup breadcrumbs

¾ cup peeled, cored & diced apple

Preheat oven to 200°C.

Take pork out of refrigerator at least
30 mins before cooking.

To make stuffing, gently pan-fry
onion in a little oil until tender. Combine
pork mince, native mint, pepper, egg,

breadcrumbs and apple to form
a stuffing, adding onion once cooked.

If pork loin is rolled and tied, undo
butcher's string or pull off elasticised
ties and lay pork flat, skin side down and
pack prepared stuffing into meaty side.

Carefully form pork into tight roll,
ensuring pork edges overlap. Reduce
amount of stuffing if necessary to
achieve this, then either tie with kitchen
string at 3cm intervals or carefully put
back on loin elasticised butcher's ties,
equally spaced.

Rub Outback Spirit Wild Herb Salt
well into pork skin.

Place rack in large baking tray and
fill base of tray with water just up to
level of rack. This helps keep meat
moist during cooking.

Place pork on rack and place baking
tray on middle to upper shelf
of preheated oven.

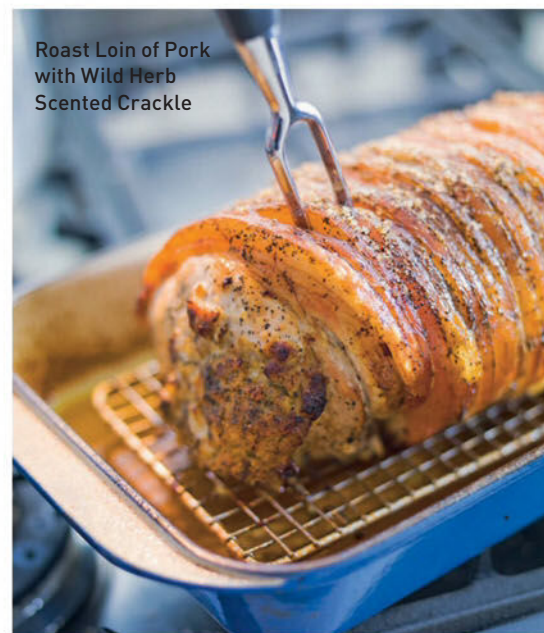
Cook at 200°C for first hour, turning
tray around after half an hour.

Turn oven down to 180°C and
continue cooking for a further 1½ hours
or until pork is fully cooked.

Check that crackle is cooking evenly
after 2 hours and sometimes it's
necessary, depending on loin,
to lift entire sheet of crackle off meat
and cook separately for last 30 mins
to ensure all crackle is cooked to
crispness.

When all is cooked and juices from
pork run clear from meat (test with
skewer) remove from oven and let meat
rest, loosely covered with foil, for about
10–15 mins. Carve loin into medallions
and serve with crackle and Mango
Native Mint Chutney at side.

For more information visit
outbackspirit.com.au



Roast Loin of Pork
with Wild Herb
Scented Crackle



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Superfood Salad

SUPERFOOD SALAD **RECIPE / MORLIFE**

Serves: 4



Dressing

Juice ½ lime
3 tbsp Morlife Flaxseed Oil
Pinch cracked black pepper
1 tsp apple-cider vinegar
1 garlic clove, crushed

500g spinach leaves
Small bunch flat-leaf parsley,
roughly chopped
1 cup cherry tomatoes
1 small red onion, thinly sliced
3 kiwifruits, quartered
250g fresh blueberries
2 tbsp Morlife Goji Berries
2 tbsp Morlife Pomegranate Arils
2 tbsp pumpkin seeds
2 tbsp sunflower kernels

To make dressing, combine ingredients in small bowl and whisk vigorously.

Place spinach in large serving bowl and toss with dressing.

Add rest of salad ingredients except goji berries and seeds. Mix well.

Finish by scattering over goji berries and seeds.

SALMON FISH CAKES **RECIPE / MORLIFE**

Serves: 6



1 medium sweet potato, cubed
1 tsp Morlife Kale Powder
2 spring onions, finely sliced
Handful baby spinach leaves
400g tin salmon, drained
Zest ½ lemon
¼ cup flat-leaf parsley
¼ cup coriander
¼ cup spelt flour

Coconut oil, for frying
Large handful baby spinach
(or salad green of your choice)
1 tbsp Morlife Chia seeds
6 cherry tomatoes, halved
1 avocado, peeled, stoned
& roughly chopped

Dressing

Juice ½ lemon
½ tsp honey
1 clove garlic,
peeled & smashed
1 tbsp Dijon mustard
2 tbsp olive oil
2 tbsp Morlife Flaxseed Oil
Salt & pepper

Place sweet potato in large pot and cover with cold water. Bring to a boil and cook until tender, about 15 mins.

Drain and return potato to pot, add kale powder, mash with potato masher. Allow to cool.

Stirfry spring onion and baby spinach for couple of minutes with 1–2 tbsp water until spinach wilts.

Combine salmon, spring onion, spinach, cooled sweet potato, lemon zest, parsley and coriander in bowl.

Shape patties, lightly flour with the spelt flour and place in refrigerator for 1 hour.

In the meantime, to make dressing, place lemon juice, honey, garlic, Dijon mustard, olive oil, flaxseed oil and salt and pepper in small bowl and whisk together.

Heat coconut oil in frypan.

Just before you put patties in to cook, dust with a little extra flour.

Fry both sides for around 5 mins each, until golden.

To serve, place spinach (or salad greens), chia seeds, cherry tomatoes and avocado in bowl, toss with salad dressing and top with salmon patties.



Salmon Fish Cakes

Cacao Sweet Kale Balls



CACAO SWEET KALE BALLS

RECIPE / MORLIFE

Makes: 10-12 balls

GF O V VG

1 cup medjool dates, pitted
 ½ cup Morlife Goji Berries
 ¼ cup almond butter
 1 banana
 ¼ cup LSA mix
 2 tbsp Morlife Chia Seeds
 2 tbsp Morlife Cacao Powder
 1-2 tsp Morlife Alkalising Greens
 pH 7.3 Powder
 1 tbsp cinnamon
 ¾ cup baby kale leaves,
 roughly chopped
 ½ cup finely shredded coconut
 flakes or desiccated coconut

Mix all ingredients in food processor except coconut flakes. Blitz until kale is fully blended. Roll into small balls, then roll each ball in shredded coconut.

Place on pan lined with parchment paper and refrigerate for about 1 hour, to set.

Keep leftovers refrigerated in sealed container for up to 1 week.

KALE BROWNIES

RECIPE / MORLIFE

Makes: 8 brownies

GF O V VG

3 cups baby kale or spinach leaves
 ½ cup applesauce

1½ tsp pure vanilla extract
 1½ cups water
 3 tbsp ground flaxseed
 ¾ cup coconut oil
 1 cup coconut flour
 ¼ cup Morlife Cacao Powder
 ½ tsp sea salt
 ½ tsp baking soda
 ¾ cup coconut sugar
 ½ cup Morlife Cacao Nibs

Preheat oven to 175°C and line baking tray with parchment paper.

In medium mixing bowl, add kale leaves, applesauce, vanilla extract, water, ground flax and coconut oil, and blend together.

In large mixing bowl, stir together coconut flour, cacao powder, salt, baking soda, coconut sugar and Morlife Cacao Nibs. Pour wet ingredients into dry ingredients and stir until evenly combined.

Pour mixture into prepared pan and ensure batter is evenly layered out then use full sheet of parchment paper to press down firmly until batter evenly covers pan. Bake for 20 mins.

Remove from oven and allow to cool for 15 mins before cutting into squares (using plastic knife prevents crumbling).

Tip: The brownies taste 10 much better the next day, so make them in advance, if possible.

For more information visit morlife.com



Kale Brownies



SPONSOR RECIPES

BUDERIM GINGER

Australians have been enjoying Buderim's Original Ginger Marmalade for more than 55 years. Not only is it a favourite as a breakfast spread, but it's increasingly being used in cooking, where it's incredibly popular in both savoury and sweet dishes.



Turkish Torte filled with Ginger, Dates & Nuts



TRUTHFUL GINGER & ROSE TORTE

RECIPE / BUDERIM GINGER

This torte can be served with whipped cream or Greek yoghurt flavoured with rosewater. Rosewater can be found in most Middle Eastern grocers.

Serves: 6-8



6 eggs, separated
1 cup agave sugar
2 tbsp rosewater
1 cup almond meal
100g dark 70% cooking chocolate, finely chopped
200g pitted dates, chopped
125g packet Buderim Glacé Ginger, finely chopped
Agave sugar, to dust
Fresh rose petals, to decorate
125g packet Buderim Glacé Ginger, to decorate

Preheat oven to 170°C. Grease and line base of 20cm springform cake pan with baking paper.

Using electric mixer, beat egg whites until stiff peaks form. Gradually beat in sugar and rosewater. Continue to

beat mixture until thick and glossy.

Gradually fold in almond meal, chocolate, dates and Buderim Glacé Ginger.

Spoon mixture into prepared cake pan, smooth top and bake for 50 mins until mixture is looking dry. It still will be sticky in the middle but not wet. Leave to completely cool in pan.

Remove cake from pan and place on serving plate. Dust with sugar and decorate with extra Buderim Glacé Ginger and rose petals.

GOAT'S CHEESE & GINGER CROUTES

RECIPE / BUDERIM GINGER

Cream cheese can be used as an alternative to goat's cheese in this delicious recipe.

Serves: 12



1 sourdough bread stick
Olive oil spray
120g goat's cheese, crumbled
1/3 cup Buderim Ginger Marmalade
Watercress or rocket, to serve

Preheat oven grill to high heat.

Slice ends of bread stick off and cut remaining into 12 slices on 45-degree angle. Place on baking tray and spray lightly with oil.

Cook under preheated grill for 1-2 mins or until lightly browned on one side. Turn over toasts, carefully place goat's cheese on each toast and grill for further 1-2 mins until cheese is slightly softened.

Spread goat's cheese on each toast to smooth out lumps. Top with a teaspoon of Buderim Ginger Marmalade and garnish with watercress or rocket.

Serve immediately.

Goat's Cheese & Ginger Croutes



Photography by Katja Anton



Fresh Peach & Green Bean salad with Zesty Ginger Mayo

FRESH PEACH & GREEN BEAN SALAD WITH ZESTY GINGER DRESSING

RECIPE / BUDERIM GINGER

To blanch beans and sugar snap peas, plunge them into a pot of boiling water for 1 minute. Remove and immediately place in a bowl of ice-cold water until cool. Drain and dry on a tea towel or paper towel.

Serves: 4



120g baby spinach leaves, washed
200g green beans, trimmed & blanched
150g sugar snap peas, trimmed & blanched
3 fresh peaches or pears, cut into slices

Dressing

¼ cup Buderim Ginger Refresher Cordial
½ cup natural Greek yoghurt
1 tbsp whole egg mayonnaise
Zest & juice 1 small lemon

Arrange spinach leaves, beans, sugar snap peas and peaches on serving platter.

Place all dressing ingredients in screw-top jar and shake vigorously until well combined. Pour dressing over salad just before serving.

STUFFED ROLLED CHICKEN WITH GINGER QUINOA STUFFING

RECIPE / BUDERIM GINGER

Cover chicken with baking paper before flattening to avoid the meat mallet or rolling pin sticking to the chicken.

Serves: 4



½ cup uncooked quinoa
50g Buderim Naked Ginger, finely chopped
2 tbsp fresh parsley, chopped
1 tbsp seeded mustard
1 egg yolk
Salt & pepper
4 chicken breasts
Olive oil
Wooden toothpicks
Lemon wedges, to serve

Preheat oven to 200°C.

Cook quinoa, following packet directions, and set aside to cool slightly.

In medium bowl, combine quinoa, Buderim Naked Ginger, parsley, mustard and egg yolk and season with salt and pepper.

Using meat mallet or rolling pin, pound chicken breasts to double in size. Place a quarter of stuffing mixture on one side of each chicken breast, then fold over and secure edges with toothpicks.

Place on baking paper-lined baking tray, drizzle with oil, season with salt and pepper and bake for 35 minutes or until cooked.

Rest chicken for 5 mins and serve sliced or whole with lemon wedges and salad.

For more information visit
buderimginger.com

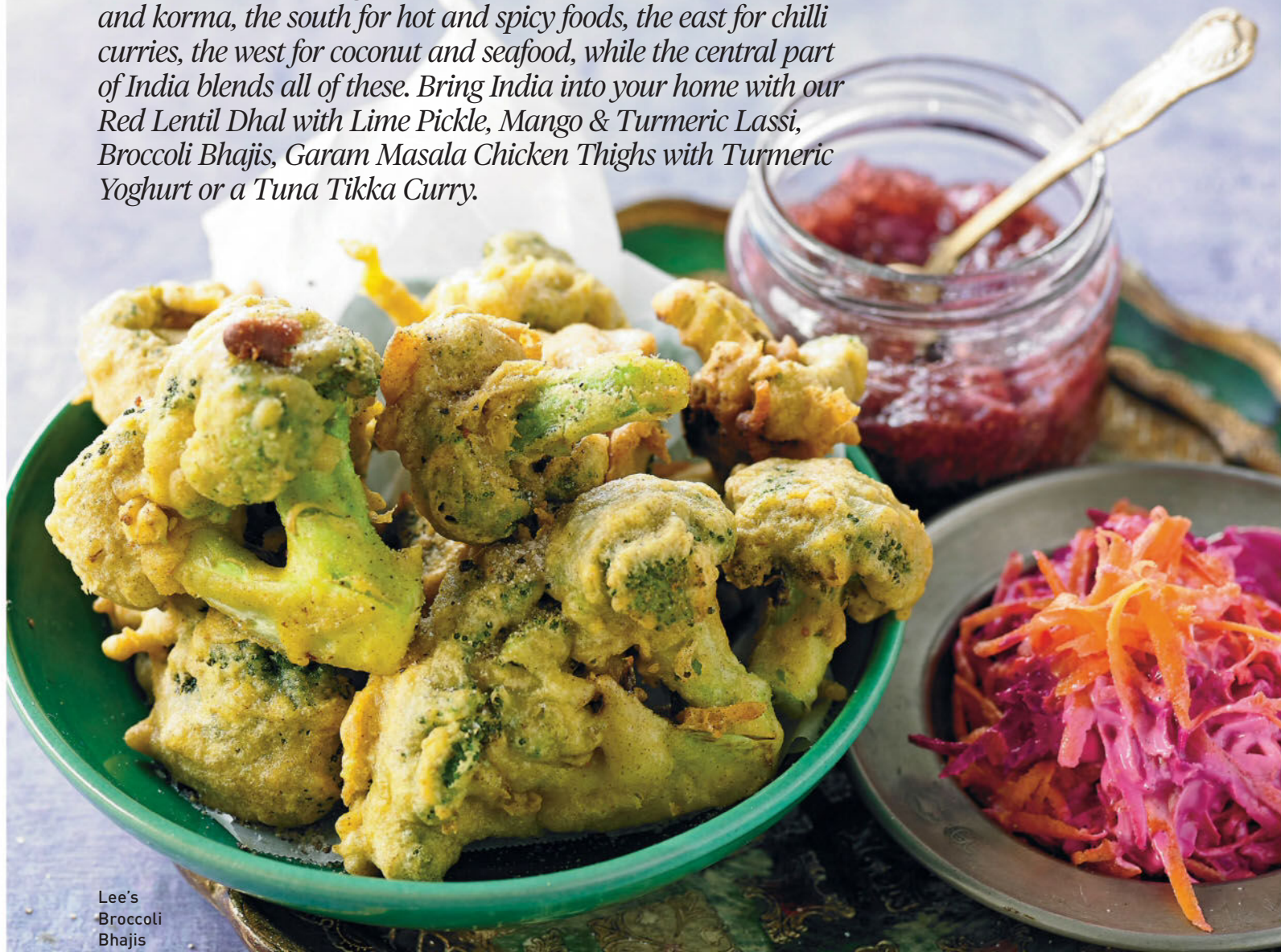


Stuffed Rolled Chicken with Ginger Quinoa Stuffing



Indian Style

India is a large country of many regions and each has its own style of cooking. The north is known for its tandoori and korma, the south for hot and spicy foods, the east for chilli curries, the west for coconut and seafood, while the central part of India blends all of these. Bring India into your home with our Red Lentil Dhal with Lime Pickle, Mango & Turmeric Lassi, Broccoli Bhajis, Garam Masala Chicken Thighs with Turmeric Yoghurt or a Tuna Tikka Curry.



Lee's
Broccoli
Bhajis

BROCCOLI BHAJIS RECIPE / LEE HOLMES

If you like traditional bhajis, give this healthier version a try. Broccoli is loaded with essential nutrients and has many therapeutic benefits, including detoxifying properties. It also fills and satisfies the tummy for a long time.

Serves: 4

GF O V VG

300g besan (chickpea) flour
2 tbsp brown rice flour
Pinch baking soda
Himalayan salt, to taste
500mL filtered water
Extra-virgin coconut oil,
for frying
2 cups broccoli florets
Relish, to serve
Raita, to serve

Sift flours, baking soda and salt in medium bowl. Gradually add water,

stirring well to avoid lumps. Mixture should have a paste-like consistency.

Heat some coconut oil (about 4cm deep) in a medium, heavy-based saucepan over medium-high heat. Once oil is hot (small broccoli floret should sizzle and float), working in batches, dip broccoli florets in batter to coat well. Drop into pan and cook until crisp on all sides. Lay on paper towel to drain off excess oil while cooking next batch.

Serve warm with relish and raita.



**Bake in
Oven**
for extra crunchiness

‘Any time is Snack time’



Happy Cooking!

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Sabrini, Australia's fabulous Indian food brand serves an offering of Indian foods that has been designed by India's popular Celebrity Chef, Harpal Singh Sokhi.



Adam's Red Lentil
Dahl with Lime Pickle

RED LENTIL DHAL WITH LIME PICKLE

RECIPE / ADAM GUTHRIE

Dhal is a simple, fast and comforting meal that, once you've mastered the basics, is yours to experiment with. It's a real lifesaver of a dish when you're busy because it can be cooked almost entirely from ingredients in your pantry cupboard, plus most children love to eat it. I don't spice my dhal with chilli. Instead, I prefer to have some lime pickle, sliced chilli and assorted chutneys on the table for each person to add to their own bowl to suit their own taste.

Serves: 4



- 1 tbsp olive oil
- 1 medium onion, finely diced
- 2 cloves garlic, crushed
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 2-3 bay leaves, to taste
- 1 cinnamon stick
- 2 tomatoes, grated
- 2 cups red lentils
- 4 cups water
- 1 tsp garam masala
- Juice, 1 lemon
- 1 tbsp olive oil
- Salt, to taste

Handful coriander leaves
& stems, chopped
Cooked brown rice, to serve
Lime pickle & mango chutney,
to serve

Heat frypan, add olive oil, onion and garlic and sauté for 1 min. Add all spices except garam masala, then add grated tomato, red lentils and 4 cups of water. Bring to boil and simmer, covered for 15 mins.

Stir through garam masala and lemon juice, and season with salt to taste.

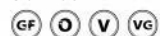
Top with coriander and serve with brown rice, lime pickle and mango chutney.

CAULIFLOWER SPINACH & LENTIL CURRY

RECIPE / ADAM GUTHRIE

What do you do for dinner the night before you go on holidays and all you have left in the fridge is a head of cauliflower and some spinach leaves? You make cauliflower, spinach and lentil curry, of course! An earthy spice pot that's low in fat and calories, it's a delicious way to use up the leftovers in the fridge. Don't limit yourself to just cauliflower and spinach; all vegetables work well with the base spices and liquids in this recipe.

Serves: 4



- 1 tsp ground cumin
- 1 tsp fennel seeds
- 1 cup tomato puree
- 3 tsp curry powder
- 1 tsp ground coriander
- 1 tsp turmeric
- 2 cups uncooked red lentils
- 4 cups water
- 1 cinnamon stick
- ½ cauliflower, grated
- Salt, to taste
- 1 tsp garam masala
- 4 silver beet leaves, shredded
- Cooked brown rice & mango chutney,
to serve

Heat pot on high heat, add cumin and fennel seeds and dry roast for 1 minute. Add tomato puree and stir, then add curry powder, ground coriander and turmeric.

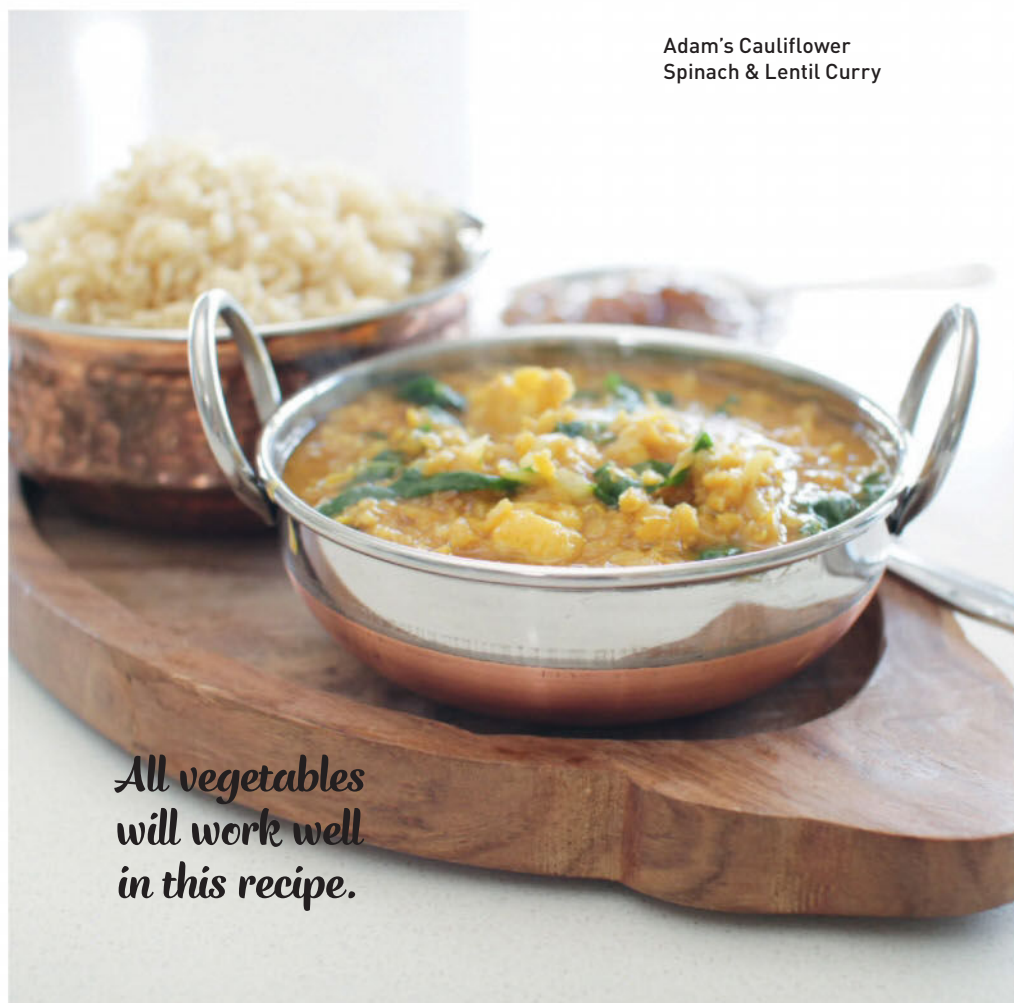
Add lentils, water, cinnamon stick and cauliflower. Cover with lid and bring to boil. When boiling, reduce heat to simmer and continue to cook until lentils are soft. Add another cup of water if required. Stir from time to time while lentils are cooking.

When lentils are soft, add salt to taste.

Add garam masala and stir well, then add shredded spinach.

Serve with cooked brown rice and mango chutney.

Adam's Cauliflower
Spinach & Lentil Curry



*All vegetables
will work well
in this recipe.*



Adam's Rajma—
Spicy Red Kidney
Bean Curry

RAJMA—SPICY RED KIDNEY BEAN CURRY RECIPE / ADAM GUTHRIE

Rajma is a popular north Indian dish that I love. It's traditionally made with cream, but because I'm vegan I replace the cream with plant milk. The kidney beans are high in protein and the ginger is packed with vitamin C, which in the body acts as an antioxidant, helping to protect cells from the damage caused by free radicals.

Serves: 4

GF O V VG

1 tsp cumin seeds
1 onion, finely diced
5cm piece ginger, grated
2 green chillies, finely sliced (optional)
1½ cups tinned tomato
½ tsp red chilli powder (optional)
Pinch turmeric
1 tsp garam masala
1½ cups cooked kidney beans
1 cup water
1 cup plant milk (soy, almond)
Salt, to taste
Cooked brown rice, to serve
Handful fresh coriander stems & leaves

Heat pot over high heat and add cumin seeds, onion, ginger and chilli. Sauté for 1 minute, then add tinned tomato and stir. Bring to boil.

Add red chilli powder, turmeric and garam masala, then stir.

Add cooked kidney beans and water, cover with lid and simmer for about 10 mins. Remove lid, add plant milk and bring to boil. Add salt to taste and check seasoning.

Remove from heat and serve with brown rice and fresh coriander.

CAULIFLOWER & TURMERIC BROWN RICE RECIPE / LISA GUY

Eating cauliflower regularly will help boost your vitamin C levels and promote better collagen production, healthy adrenal function and strong immunity. Cauliflower also supplies plenty of vitamin K, needed for healthy bones and blood clotting and a great source of sulphur compounds, which assist liver detoxification and are needed to make glutathione, our main antioxidant in the body. The super spice turmeric contains high levels of a compound called curcumin, which has powerful antioxidant and anti-inflammatory actions. Adding turmeric to meals regularly is a great way to help improve your liver function and protect against cardiovascular and other chronic diseases.

Serves: 2-4

GF O V VG

¾ cup uncooked brown rice
2 cups vegetable stock
½ tsp turmeric
½ tsp chilli flakes
½ tsp ground cumin
½ tsp ground coriander
Pinch sea salt & pepper
½ tsp garam masala
400g cauliflower, cut into small florets
2 tbsp olive oil
⅓ cup cashews, toasted
¼ cup sultanas
Handful fresh mint, roughly chopped
Juice & zest 1 lemon

Preheat oven to 200°C and cover baking tray with baking paper.

In medium saucepan, cook rice

in vegetable stock with turmeric for around 45 mins or until rice is soft and cooked through. (Soaking rice overnight improves its digestibility and speeds up cooking time.)

In small bowl, combine chilli, cumin, coriander, salt, pepper and garam masala.

In medium bowl, toss cauliflower with spice mix and lay cauliflower out on baking tray.

Drizzle with olive oil and put in the oven for 30 mins.

When rice and cauliflower are cooked, place them in large bowl.

Lightly toast cashews in small frying pan and add to rice mixture.

Add sultanas, mint and lemon zest and juice and toss gently until well combined. Serve hot or cold.



Lisa's Cauliflower
& Turmeric Brown Rice



*The ginger soothes
digestion and
boosts circulation.*



**TANDOORI CHICKEN
DRUMSTICKS WITH BASMATI
RICE & MANGO CHUTNEY**

RECIPE / LISA GUY

Adding ginger to meals is a lovely way to boost your circulation and improve digestion. Ginger is also a potent anti-inflammatory spice. Chicken provides plenty of protein to build and repair the body, along with B vitamins, such as B₁₂, required to make red blood cells, and B₆, which plays a role in converting tryptophan into serotonin. Chicken also supplies a good dose of zinc, an important mineral for reproductive health and to help fight infections. Coriander is a great herb for anyone who has digestive complaints, as it helps relieve wind and aids digestion. Coriander is also used to help remove mercury and other heavy metals from the body. Adding green leafy herbs like coriander to meals will boost your vitamin K intake, too. This important vitamin plays an important role in building strong bones and preventing osteoporosis.

Serves: 4



1 tsp ground cinnamon
½ tsp chilli flakes
½ tsp ground turmeric
1 tsp ground cumin
1 tsp ground coriander
1 heaped tsp paprika

Pinch sea salt & pepper
3 garlic cloves, minced
2 tsp grated fresh ginger
¾ cup Greek yoghurt
1kg chicken drumsticks
Basmati rice, Greek yoghurt
& mango chutney (recipe
below), to serve
Handful flaked almonds, to serve
Handful fresh coriander, to serve

Combine all spices, seasonings, garlic and ginger with yoghurt in a small bowl.

Place chicken on a plate and cover with yoghurt mixture. Make sure chicken is well coated. Cover chicken and put in fridge to marinate overnight.

Preheat oven to 200°C. Place chicken in baking dish and drizzle in some olive oil. Cover with foil and cook for 40 mins, then cook for a further 30 mins uncovered, until chicken is well cooked and golden.

Lightly toast almonds in a frypan.

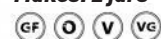
Serve chicken drumsticks on a bed of basmati rice, topped with toasted flaked almonds and fresh coriander leaves.

**SUGAR-FREE
MANGO CHUTNEY**
RECIPE / LISA GUY

Mangoes are a great source of beta-carotene and vitamin C, two antioxidant nutrients that help protect the body from oxidative damage and support immune

function. Vitamin C is also important for adrenal health and for aiding iron absorption and collagen production in the skin. Mangoes also provide plenty of dietary fibre to promote better bowel health. Ginger has been shown to lower high cholesterol and triglyceride levels, while raising beneficial HDLs. Ginger has the ability to reduce platelet stickiness, which helps improve circulation and reduce the risk of heart attacks and thrombotic strokes.

Makes: 2 jars



4 medium-sized mangoes,
peeled & cut into chunks
1–2 cloves garlic, minced
½ cup raisins
2 heaped tsp fresh ginger, grated
1 onion, finely chopped
½ tsp chilli flakes
Pinch sea salt
2 tsp mustard seeds
½ cup apple-cider vinegar
1 tsp garam masala (optional)
½ tsp ground cinnamon (optional)
½ red capsicum, finely chopped (optional)

Place mango and other ingredients in large saucepan and allow to simmer for 40 mins, stirring often so chutney doesn't stick to bottom of pan.

You will be left with a lovely thick chutney that can then be stored in glass jars in the fridge for a month.

Never cooked a curry?
Afraid of getting the spice balance wrong?
Too rushed for time to measure out spices, then
roast and grind them?
Hate throwing away unused spices?
Intolerant to gluten and fructose?
Avoiding sugar and salt?

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and delicious; just
blend and drink.*



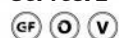
Lisa's Mango
& Turmeric Lassi

MANGO & TURMERIC LASSI **RECIPE / LISA GUY**

Ginger is a powerful anti-inflammatory spice that's used effectively to help reduce inflammation associated with arthritis and other inflammatory conditions. Ginger also helps stimulate circulation throughout the body, boosts immune function and promotes better digestion by relieving excessive wind. Curcumin, the active compound in turmeric, exhibits powerful anti-cancerous, antioxidant and anti-inflammatory properties. Including turmeric in the diet regularly can

also help promote better brain function and cardiovascular health. Mangoes are rich in beta-carotene goodness, vital for keeping your gums and eyesight in good health. Yoghurt is a wonderful source of probiotics to support better digestion and immune health.

Serves: 2



1 large ripe mango
1 cup natural yoghurt
Juice orange
Pinch ground cardamom
1 tsp ground turmeric

1 tsp grated fresh ginger
Chopped almonds, orange zest,
to serve

Place ingredients except almonds and orange zest in blender and blend until well combined.

Top with chopped almonds, a sprinkle of turmeric and some orange zest.

FRAGRANT FISH STEW **RECIPE / LEE HOLMES**

Perfect for a cool evening, my flavoursome fish dish is perfect for feeding a waiting a crowd of hungry mouths.

Serves: 4



750g white fish fillets,
roughly chopped
1 tsp ground turmeric
1 tsp ground cumin
Celtic sea salt, to taste
Zest & juice 1 lime
50g ghee
1 onion, finely chopped
4 green chillies, seeded
& finely chopped
4 garlic cloves, crushed
2.5cm piece ginger, peeled
& finely grated
¼ tsp ground cardamom
10 curry leaves
1 tsp asafoetida
1 cup rice milk
1 cup fish or chicken stock
Freshly cracked black pepper,
to serve
Cooked brown rice, to serve

Place fish in bowl and sprinkle over turmeric, cumin and a little salt. Add lime zest and pour over lime juice. Cover and refrigerate for 1 hour.

Heat ghee in a large frypan over medium heat, then add onion and cook for 3–4 mins or until translucent. Add chilli, garlic and ginger, and cook for 2 mins. Stir through cardamom, curry leaves and asafoetida, then add milk and stock.

Bring to the boil, then reduce heat to low–medium and simmer, covered, for 10 mins.

Reduce heat to low, add drained fish fillets and cook gently for 5 mins or until just cooked.

Season with salt and pepper, and serve on brown rice.





Lee's Tuna Tikka Curry

TUNA TIKKA CURRY RECIPE / LEE HOLMES

Be inspired by this lip-smacking, antioxidant- and omega-3-rich meal that will melt in your mouth and satisfy and delight the whole family.

Serves: 4



4 tuna steaks

Marinade

- 1 cup sheep's milk yoghurt
- 2 green chillies, seeded & chopped
- Handful coriander leaves, roughly chopped
- 2 tbsp lime juice
- 1 tbsp garlic, crushed
- 1 tbsp ginger, freshly grated
- 1 tbsp mustard oil
- 1 tsp Celtic sea salt
- ¾ tsp ground turmeric
- ½ tsp garam masala
- ½ tsp freshly cracked black pepper
- ½ tsp cumin seeds, toasted in a dry frying pan

Ghee, for frying

Salad leaves, relish & raita, to serve



Christie's
Indian Spiced
Cauliflower

This dish goes well with basmati rice cooked in coconut milk.

Rinse fish, pat dry with paper towel and place in large, shallow dish.

Combine all marinade ingredients in blender. Add mixture to tuna and mix gently with spoon to coat. Cover and refrigerate for 2 hours.

Heat a little ghee in large frypan over medium heat or on barbecue hotplate and cook tuna for 4–5 mins on each side or until cooked to your liking.

Serve with salad leaves and relish and raita.

INDIAN SPICED CAULIFLOWER RECIPE / CHRISTIE CONNELLY

Heavily spiced for flavour without being spicy hot, this is the perfect dinner for a Meatless Monday meal for those supporting the planet by eating vegetarian at least one night a week. It's especially lovely served with basmati rice cooked in coconut milk. Plus, ginger and turmeric are anti-bacterial and anti-inflammatory spices that are great for digestive health and immunity. Enjoy!

Serves: 4



2 tbsp ghee

1 tsp cumin seeds

- 1 onion, thinly sliced
- ½ tsp chilli flakes
- 2 garlic cloves, sliced
- 3cm piece fresh ginger root, peeled & grated
- 1 tsp ground coriander
- ½ tsp ground turmeric
- 1 small cauliflower, cut into florets
- 3 tomatoes, roughly chopped
- 1 tsp salt
- 1 cup loosely packed coriander leaves
- Steamed rice & natural yoghurt, to serve

Heat wok or large, deep frypan over high heat until smoking. Add ghee and cumin seeds and stir for 30 secs, until fragrant.

Add onion, chilli flakes, garlic, ginger, ground coriander and turmeric and stirfry for 2 mins, until onion has softened.

Add cauliflower and stir to thoroughly coat in spice mixture. Stirfry for 5 mins until golden brown, stirring constantly to stop it sticking.

Add chopped tomato, salt and 125mL of cold tap water and turn heat down to medium. Simmer for 5 mins until cauliflower is fork tender.

Stir in fresh coriander and serve with rice and yoghurt (or turmeric yoghurt from the garam masala chicken recipe below).

Dipping just got healthy!



DOWN **2** EARTH

Some of us think dip is for entertaining only. However at Chris' we see dip as an everyday ingredient for easy recipe creations or snacking on-the-go... and it's not all bad.

Chris' **NEW** Down2Earth range is made locally from nutrient-dense wholefoods with premium spices and super food ingredients, providing a healthy alternative to the rich dips that we typically indulge in with friends.

The enticing flavour combinations include Sweet Potato & Harissa Hommus, Spiced Roasted Carrot & Turmeric, Mexican Style Bean & Corn Salsa and Japanese Style Eggplant & Miso. Made from the freshest locally sourced ingredients, the Down2Earth range makes flavourful snacking and preparing a clean meal simple!

Find them in the dip aisle at Woolworths.





RECIPES INDIAN STYLE

GARAM MASALA CHICKEN THIGHS WITH TURMERIC YOGHURT

RECIPE / CHRISTIE CONNELLY

This is a very simple and cheap way to inject chicken thighs with incredible flavour. Serve with my broccoli steaks or spiced cauliflower and some homemade naan. Indian dinner perfection for a fraction of the price it costs to order takeaway and much healthier, too. Win, win!

Serves: 4–6 as part of a meal



Turmeric yoghurt dressing

1 cup natural yoghurt
½ Lebanese cucumber, peeled
& grated
1cm piece fresh turmeric root, grated
1 tsp ground turmeric
½ tsp salt
1 tsp dried mint

3 tbsp garam masala dry spice mix
1 tsp salt
5 tbsp melted coconut oil
1kg skinless & boneless
chicken thighs
Sprouts or fresh herbs, to garnish

Mix together all dressing ingredients in small bowl. Chill in fridge until ready to serve.

Place spice mix and salt on large platter and add 3 tbsp of coconut oil. Mix until wet paste is formed. Add chicken thighs and mix until all chicken is thoroughly coated.

Heat oven to 200°C. Heat 1 tbsp coconut oil in large frypan over high heat and add half the chicken thighs. Brown on both sides for 2 mins to seal on spice paste.

Transfer to large roasting tray and repeat with remaining coconut oil and chicken thighs.

Bake chicken for 10 mins or until cooked through and juicy. Serve drizzled with dressing and garnished with sprouts or fresh herbs.

COCONUT CHAI PANNA COTTA RECIPE / CHRISTIE CONNELLY

There are many health benefits that come from including good-quality grass-fed gelatine in your diet, such as helping the liver with the detoxification process. I can't think of a better way to eat it than in panna cotta, especially a chai-flavoured one. Yum!

Serves: 6



1¼ cups coconut cream
1½ tbsp grass-fed gelatine powder
6 chai teabags, strings
& tags removed
1¼ cups pure cream
½ cup honey
Ground cinnamon, to serve

Pour coconut cream into large bowl and whisk in gelatine until combined and set aside to bloom. Place teabags into small bowl and pour over 60mL of boiling water from kettle and set aside to steep.

Place pure cream, honey and teabags, along with tea water, in saucepan and stir over medium heat until almost boiling. Don't let it actually boil. Strain into clean saucepan as some teabags may have burst.

Pour coconut/gelatine mixture into saucepan and stir over medium heat for 2–3 mins until gelatine dissolves and it reaches almost boiling point again. Don't let it boil. Pour into 6 ramekins and chill in fridge for 6–8 hours until set.

Sprinkle with cinnamon to serve.



Christie's Garam
Masala Chicken
Thighs with
Turmeric Yoghurt



*Be sure not to
let the cream
actually boil.*

Christie's Coconut
Chai Panna Cotta

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2016

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Designed by India's popular celebrity chef, Harpal Singh Sokhi, Sabrini is an offering of delicious and traditional Indian Food. Discover the amazing tastes of India through the wonderful culinary hits chef Harpal has created exclusively for Sabrini.



CHOLEY SAMOSA **RECIPE / SABRINI**

Serves: 4



Choley

2 tbsp ghee or oil
2 onions, chopped
2 tsp ginger paste
2 tsp garlic paste
3 tbsp choley masala
¾ cup tomato puree
1 tsp ground turmeric
1 tsp red chilli powder
Salt, to taste
1½ cup chickpeas, soaked & boiled
in 3 cups of water (reserve water)
2 tbsp chopped coriander

8 samosas
1 cup yoghurt, whisked
½ cup sweet tamarind chutney
½ cup green chutney
2 tbsp chopped coriander
½ cup sev
1 tsp chat masala

To make choley, heat ghee or oil in pan, add onion and sauté till golden brown. Add ginger paste and garlic paste and sauté for half a minute.

Add 2 tablespoons of choley masala, continue to sauté for another minute,

add tomato puree and cook on low heat for 2 mins.

Add turmeric, red chilli powder, salt and chickpeas, along with reserved chickpea water and simmer for 5 mins or until all water is absorbed and ghee surfaces to top.

Sprinkle remaining choley masala and coriander leaves, stir and cover immediately.

Remove from heat and keep warm.

To serve, place choley on serving plate then place samosa. Pour yogurt over the choley, drizzle tamarind chutney and green chutney on top.

Add coriander, sev and sprinkle chat masala. Serve immediately.

FLAXSEED CRUSTED PANEER **WITH GARLIC CHUTNEY** **RECIPE / SABRINI**

Serves: 4



Garlic Chutney

8 garlic cloves
¼ inch ginger
1 tsp cumin seeds, roasted
½ tsp mango powder
1 tbsp oil, plus more for grilling
4–6 dried red chillies, soaked
in hot water for 15 mins

600g paneer, cut into big cubes
Salt, to taste
1 cup flaxseed

Salad

1 cup Iceberg lettuce
1 onion, julienned

1 cup julienned red & yellow capsicum
2 tbsp chopped coriander
Salt & pepper, to taste

Spring onion, julienned, to garnish
Mint chutney, to serve

Bloody Mary Sauce

½ cup tomato juice
1 tsp Tabasco sauce
½ tsp Worcestershire sauce
Salt, to taste
Pepper, to taste
1 tsp lemon juice

To make garlic chutney, add garlic, ginger, cumin seeds, mango powder, 1 tablespoon of oil and drained red chillies to blender and blend to smooth paste.

Heat a little oil in pan, pour in blended mixture and cook for 5 mins or until raw smell is gone. Remove from heat and cool.

Take one paneer slice at a time, season with salt and garlic chutney, place other slice over and make a sandwich. Repeat with all paneers, then coat with flaxseed and keep aside.

Heat a pan, place the paneer and grill until cooked and golden brown from both sides.

Meanwhile, make salad in a separate bowl.

To make Bloody Mary Sauce, mix ingredients in a bowl.

Place paneer on serving plate, garnish with spring onion and mint chutney. Serve hot with Bloody Mary Sauce and salad.



Flaxseed Crusted Paneer
with Garlic Chutney



Hara Bhara Kebab

HARA BHARA KEBAB RECIPE / SABRINI

Serves: 4



Avocado Mousse

- 1 tsp lemon juice
- 1 tsp Dijon mustard
- Salt & pepper, to taste
- 1 avocado, mashed
- 1/3 cup cream

16–18 Sabrini Hara Bhara Kebab
Oil, for shallow frying

Salad

- 1/2 cup lettuce
- 1 onion, sliced
- 1/4 cup julienned capsicum
- 2 chopped tbsp coriander

Coriander sprigs, to garnish
Lemon wedges, to garnish
Mint chutney, to serve
Chaat masala, to sprinkle

Add lemon juice, Dijon mustard, salt, and pepper to mashed avocado and mix well. Using hand mixer, whip avocado for a minute or so until smooth.

In another bowl, whip cream. Using silicone spatula, fold cream in batches into avocado mixture. Put avocado mousse in piping bag to place in refrigerator for 15–20 mins to set.

Remove hara bhara kebab from packet and microwave 1 min.

Heat frypan, drizzle oil and cook kebab until crisp and golden brown on both sides.

Make salad, toss well and set aside.

Place kebab on serving plate and pipe avocado mousse on top. Accompany with salad, garnish with coriander sprigs, lemon wedges and mint chutney. Sprinkle chaat masala and serve hot.

QUINOA BIRYANI RECIPE / SABRINI

Serves: 4



- 1/2 tsp oil
- 2 cups uncooked quinoa, washed & drained
- 3 1/2 cups water
- Salt, to taste
- 2 green cardamom pods
- 1 black cardamom pod
- 3 cloves
- 1/2 cinnamon stick
- 1 bay leaf

Gravy

- 2 cups water
- 1/2 cup cauliflower florets
- 1/2 cup green peas
- 1/2 cup diced carrot
- 1/4 cup French beans
- 2 tbsp oil
- 1 1/2 cups sliced onion
- 3–4 green chillies, chopped
- 2 tbsp ginger garlic paste
- 1/2 tsp cumin seeds
- 1 green cardamom pod
- 2 cloves
- 1 cinnamon stick
- 1 bay leaf
- 1 cup tomatoes, chopped
- 1/2 tsp red chilli powder
- 1/4 tsp ground turmeric
- 1/2 tsp garam masala
- Salt, to taste

- 5–6 strands saffron
- 2 tbsp milk
- 1/2 cup chopped mint
- 1/2 cup chopped coriander

Cucumber Raita

- 1/2 cup chopped cucumber
- 1 cup yoghurt
- Salt, to taste

- 1 cucumber, sliced into batons
- 1 carrot, sliced into batons
- Salt & pepper, to taste
- 1/2 cup chopped coriander leaves
- 4 cooked papadams

In a deep pan, add half a teaspoon of oil and add quinoa, green cardamom, black cardamom, clove, cinnamon, bayleaf and sauté for a minute.

Add water and salt, mix, cover and cook. Once boiling, reduce heat and cook for 8–10 mins.

Turn off heat and let quinoa sit for 5 mins. Remove lid, fluff with fork and adjust salt if needed.

To make gravy, boil water in deep pan and blanch vegetables one by one. Set aside.

In large, deep pan add oil and heat on medium. Add onion, green chilli and sauté until onion is browned. Reserve 2 tbsp of onion mix for garnishing.

Add ginger garlic paste and sauté well, add whole spices and sauté, then add chopped tomato and sauté for 2–3 mins.

Add red chilli powder, ground turmeric, garam masala and salt and mix well. Add a little water and cook masala well.

Add blanched vegetables, mix well and cook for 2–3 mins by adding water a little at a time.

Warm milk, add saffron and set aside.

In deep pan, place quinoa, chopped coriander, mint leaves and reserved fried onion mix.

Top with gravy and repeat until all rice and gravy are used.

Garnish with fried onion, mint and coriander, and saffron milk. Cover.

Place frypan on stove and cook for 7–8 mins on slow flame.

Make Cucumber Raita by mixing cucumber, yoghurt and salt in bowl.

Marinate cucumber and carrot with salt, pepper and coriander and place in a small bowl.

Check biryani and, if done, place on plate and serve with Cucumber Raita and papadam. Garnish with cucumber and carrot batons.

For more information visit sabrini.com.au





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Anda Akoori



ANDA AKOORI (INDIAN SCRAMBLED EGGS) RECIPE / NO WORRIES CURRIES

This is a Parsi favourite that can be served for a leisurely breakfast, snack or light supper. It's simple to make and uses very few ingredients, making it a delicious variation on scrambled eggs.

Serves: 4



2 tbsp ghee or oil
4 cloves garlic
2 tsp grated ginger
½ tsp turmeric
8 large eggs, lightly beaten
1 tsp sea salt
4 tbsp fresh coriander leaves, chopped
Toast or pitta bread, to serve

Heat ghee or oil in heavy-based pan.

Add garlic, ginger and turmeric, and sauté for 1 minute, stirring.

Add eggs sea salt and coriander leaves, and stir till eggs are set but not dry.

Serve over toast or with pitta bread and accompany with relish or chutney.

Jeera Aloo



JEERA ALOO (CUMIN POTATOES)

RECIPE / NO WORRIES CURRIES

Serves: 4



- 4 tbsp ghee
- 1 tbsp cumin seeds
- 3 potatoes, boiled, peeled
& chopped into cubes
- ½ tsp chilli powder
- ½ tsp turmeric
- 1 tsp salt
- 1 tbsp fresh coriander leaves,
roughly chopped

Heat ghee in heavy-based pan.

Add cumin seeds and sauté till they turn dark-brown.

Add previously boiled potato and cook for 10–15 mins on medium–high heat.

Stir in chilli powder, turmeric and sea salt.

Turn off heat and allow it to rest for at least 10 mins before serving.

Garnish with fresh coriander leaves.

CHAPATIS (UNLEAVENED INDIAN BREAD)

RECIPE / NO WORRIES CURRIES

Serves: 12



- 2 cups atta flour
- 1 tbsp cooking oil
- 1 cup water
- 1 tsp salt
- 1 tsp ghee, to serve

Place atta flour and salt in shallow pan.

Add oil and water and knead to firm dough.

Cover with moist cloth and let dough rest for 30 mins.

Divide dough into 12 balls and dust board with flour.

Roll out each ball into a circle, approx 15cm.

Place in pan and roast each side for a few seconds till you see small brown spots appear.

Place in covered dish to keep warm and serve with ghee.

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noworriescurries.com.au**

Chapatis





Kids' party power food

If you have kids then you will likely have parties, but “party food” can be healthy as well as fun. Your kids will love our Beetroot & Strawberry Cupcakes, Sweet Potato Nuggets, Blueberry Rice Crispy Bars, Seasoned Wings, and Berry & Coconut Cream Icy Poles.

BERRY & COCONUT CREAM ICY POLES

RECIPE / DANIELLE MINNEBO

You can use any fruit you like in this recipe, which would work beautifully with frozen mango and pineapple.

Serves: 6

GF O V VG

2 cups frozen organic berries
2 tbsp coconut palm sugar
½ cup coconut milk
¼ cup water
½ cup coconut milk
½ tsp vanilla bean powder
1 tbsp coconut palm sugar

Add frozen berries, 2 tbsp coconut palm sugar, coconut milk and water to food processor. Blend for 1 minute until smooth and creamy. Spoon into icy pole moulds, making sure to only fill by ⅔. Leave ⅓ for cream mixture.

Add coconut milk, vanilla bean powder and coconut palm sugar to small jug and mix with spoon until combined. Pour into each icy pole mould and set in freezer for 8 hours.

Note: It's important the berries you use are frozen, as it helps create the distinct layer between the berries and cream. If the berries are fresh the layer will be too runny and when you add the cream layer it will all mix together.

It will still taste fantastic but it won't look as pretty!



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Adam's Rainbow Smoothie

RAINBOW SMOOTHIE RECIPE / ADAM GUTHRIE

Let's eat the rainbow! Or, I guess in this case, drink the rainbow through a straw, or scoop it up with a spoon. This smoothie came about as part of the Cambewarra Public School Lunchbox Project, which I was involved in. It was an exciting eight-week project in which year two children participated at school to learn to create their own lunch food. The mission was to get children to eat more fruit and vegetables, particularly in the school lunchbox. Each week, the students prepared, cooked and packed their lunches at school. On the final week I asked the students what type of smoothie they would like to make next week. Once student said, "A rainbow smoothie — we can combine all the different-coloured smoothies we have made into one smoothie." So that's what we did. Kids love their greens this way.

Makes 1.5L or 6 cups

GF O V VG

Berry Smoothie

1 cup frozen mixed berries
3 bananas

Banana Smoothie

4 frozen bananas
½ cup soy milk
2 tbsp maple syrup

Green Smoothie

1 banana
2 cups baby spinach
2 whole apples
½ cup water

One smoothie at a time, place all ingredients into high-powered blender and blend until smooth.

Pour into glasses. The green smoothie is the final layer. Serve.

SWEET POTATO NUGGETS RECIPE / ADAM GUTHRIE

The secret to forming nuggets with sweet potatoes is to let the mashed sweet potatoes chill in the fridge for a while before you start working with them. For a crunchy crust and added texture, you can roll the cooled mashed sweet potato in breadcrumbs before baking. These nuggets are great for lunch boxes and afternoon snacks.

Makes: 10 large or 20 small nuggets

GF O V VG

2 large potatoes, chopped into bite-sized pieces

1 large sweet potato, chopped into bite-sized pieces

Salt, to taste

Heat an oven to 200°C.

Place chopped potato and sweet potato in saucepan. Cover with water, place on stove and bring to boil. Reduce heat and simmer until potato is cooked. Once cooked, drain all water.

Place potatoes back in saucepan and mash. Add salt to taste and mash again. Remove mashed potato from saucepan and place in bowl, then into fridge to cool.

When cool, roll potato mixture into 10 large or 20 smaller balls (nuggets). Place balls on baking tray lined with greaseproof paper. Place in oven and cook for 15 mins.

After 15 mins, turn nuggets over and cook for 15 mins. Remove from oven, allow to cool a little, then serve with your favourite sauce. The nuggets can be served warm or cold.



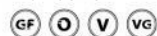
Adam's Sweet Potato Nuggets



BANANA DOLPHINS RECIPE / ADAM GUTHRIE

When selecting bananas for this party snack you want to find nice, brightly coloured bananas with hardly any bruising. Bananas are a power food. They're a good source of potassium, dietary fibre, manganese and vitamins B₆ and C. Potassium stimulates your muscles, nerves and brain cells and, as a bonus, can also help reduce blood pressure and risk of stroke.

Makes: 8

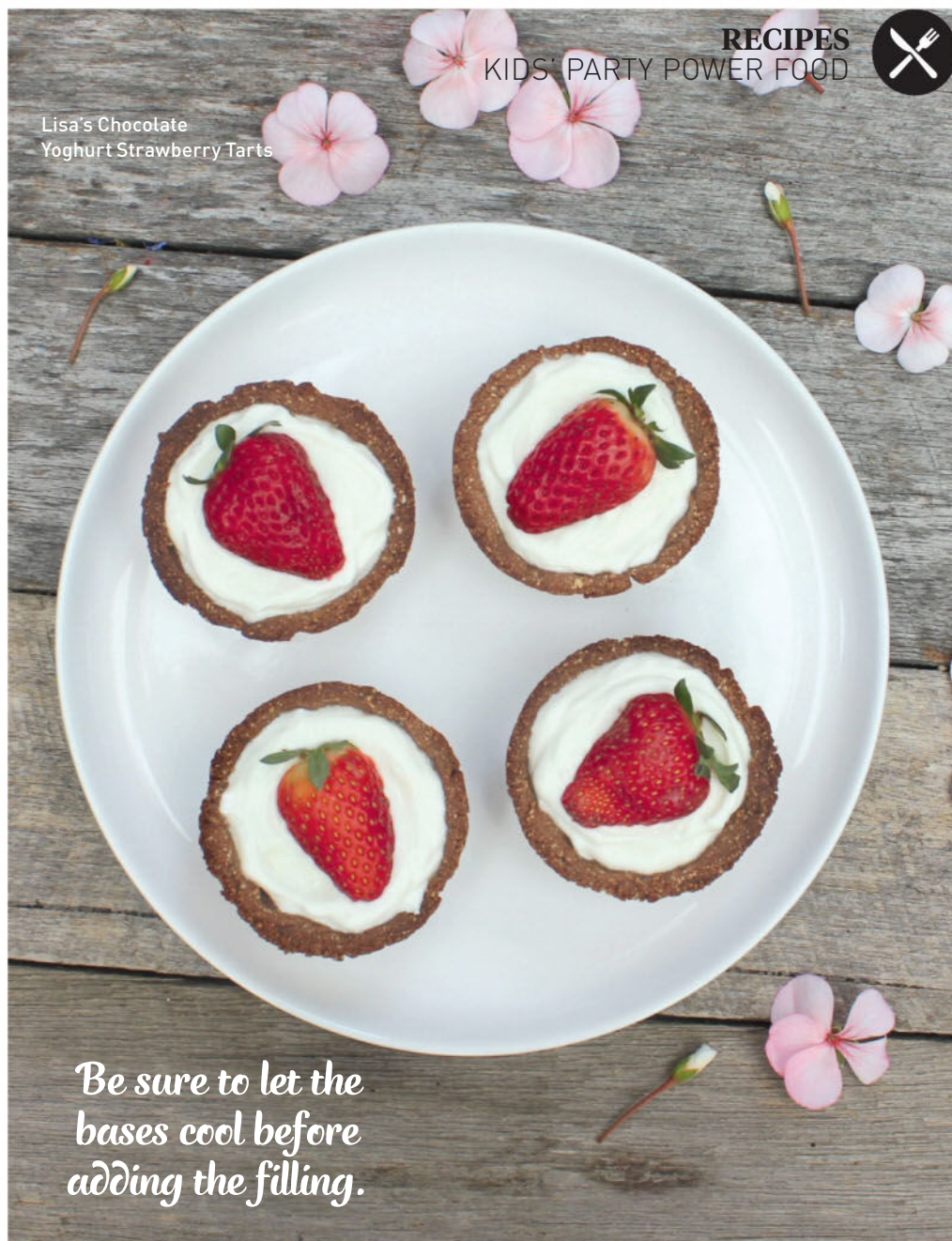


8 ripe bananas
8 cherry tomatoes or grapes

Cut bananas in half. Cut slit in branch ends of bananas to form beaks. Place cherry tomato or grape in each dolphin's beak.

Adam's Banana Dolphins

Lisa's Chocolate Yoghurt Strawberry Tarts



Be sure to let the bases cool before adding the filling.

CHOCOLATE YOGHURT STRAWBERRY TARTS RECIPE / LISA GUY

Yoghurt is a probiotic-rich food providing important beneficial bacteria that help maintain a healthy balance of gut bacteria, which is vitally important for your digestive and immune health. Coconut oil is the perfect brain fuel as it's abundant in medium-chain fatty acids, a fabulous energy source for the brain. Raw cacao, which is chocolate in its natural unprocessed form, is abundant in super antioxidants called phenols that have been shown to help promote heart health by lowering cholesterol levels and blood pressure. Raw cacao is an excellent source of magnesium, which is beneficial for alleviating anxiety, improving sleep and boosting energy levels.

Makes: 12 tarts



2 cups almond meal
2 tbsp raw cacao powder
¼ cup coconut oil
2 tbsp raw honey
1 cup vanilla yoghurt
4 strawberries

Preheat your oven to 180°C.

Place baking paper in holes of muffin tin.

Put almond meal, cacao, coconut oil and honey in food processor and blend until well combined.

Press mixture into each muffin hole, pushing mixture up sides and pressing it down firmly. Cut around tops of bases to get even edges.

Place bases in oven for 15 mins then allow to cool completely before adding filling.

Fill each cup with yoghurt and top with a half a strawberry.

Place tarts in fridge until ready to eat.



Lisa's Caramel Popcorn

CARAMEL POPCORN RECIPE / LISA GUY

Tahini is a fantastic source of protein and is rich in the essential amino acid methionine, which helps aid liver function by reducing fat deposits in the liver. This popular sesame paste also provides plenty of healthy unsaturated fats and vitamin E, which help promote heart health. Pumpkin and sunflower seeds are a wonderful source of zinc, which is vital for supporting male and female fertility, needed for a strong immune system and required for healthy skin and wound healing. Coconut oil is one of the safest cooking oils to use at higher temperatures as it won't turn into a harmful trans fat.

Makes: 2 bowls of popcorn

GF O V VG

Caramel popcorn

7 cups air-popped popcorn (use
4 tbsp popcorn kernels)
½ cup pumpkin seeds or almond flakes
½ cup sunflower seeds
½ cup sesame seeds
1 cup coconut flakes
½ cup tahini (or almond or cashew
nut butter)
½ cup maple syrup
½ cup coconut oil

In large bowl, combine popcorn, seeds and coconut.

In small saucepan over medium heat, mix tahini, maple syrup and coconut oil until well combined.

Pour tahini mixture over popcorn



Lisa's Beetroot & Strawberry
Cupcakes with Coconut Cream

*Keep these cakes in
the fridge until you
are ready to serve.*

mixture and gently toss until popcorn is well coated.

Place in freezer for an hour and bring out when ready to serve.

BEETROOT & STRAWBERRY CUPCAKES WITH DELICIOUS COCONUT CREAM

RECIPE / LISA GUY

Beetroot is rich in antioxidants and beta-carotene, which protects cells in the body from oxidative damage and inflammation. This tasty root vegetable is also an excellent source of fibre and complex carbohydrates. Including antioxidant-rich foods like beetroot in the diet is one of the best ways to reduce the risk of chronic diseases like cancer and heart disease. Coconut milk contains beneficial saturated fats, which are an excellent energy source for the brain. Coconut milk is a source of caprylic acid, a potent anti-fungal compound useful for treating and preventing candida. Strawberries are an excellent source of free radical-neutralising antioxidants and vitamin C, both important for boosting immune health and for preventing infections and chronic disease.

Makes: 12 cupcakes

GF O V

190g raw beetroot (around
2 medium beets), grated
1 large apple, peeled & grated
2 eggs
1 tsp vanilla bean paste or essence
Pinch sea salt
1½ cups almond meal

¼ cup raw cacao powder
3 tbsp coconut oil
¼ cup raw honey
¼ tsp baking soda
½ cup diced strawberries

Topping

400g can full-fat coconut cream
1 tbsp maple syrup or raw honey
1 tsp vanilla bean paste or essence

Place can of coconut cream in fridge overnight, or for a few hours. Gently remove can and open without shaking. Remove top cream layer and put in a medium bowl. Leave coconut cream in freezer until ready to whip it.

Preheat oven to 180°C. Place cupcake cases in cupcake tray.

Using food processor, blend beetroot, apple, eggs, vanilla, salt, almond meal, cacao, coconut oil, honey and baking soda. Stir through strawberries by hand.

Pour mixture into cupcake cases and cook for 45 mins, until skewer comes out clean from middle.

Allow cakes to cool completely before adding topping.

Take coconut cream from freezer and add maple syrup and vanilla, then whip with electric blender until fluffy.

Top each cupcake with coconut topping and sprinkle with desired toppings like fresh fruit, crushed nuts, carob or chocolate pieces, dried flowers (rose petals or lavender), toasted coconut or freeze-dried crushed raspberries.

Keep cakes in fridge until ready to serve. Enjoy!



These bars keep beautifully fresh in the fridge.

Lee's Blueberry Rice Crispy Bars

BLUEBERRY RICE CRISPY BARS RECIPE / LEE HOLMES

These are the bomb for little kids and big kids, too. Tip: keep them in the fridge for ultimate freshness.

Makes: 20 bars



- 1½ cups nuts or seeds of choice
- 1 cup dried blueberries
- ¾ cup nut butter
- ¾ cup rice-malt syrup
- 1 tsp alcohol-free vanilla extract
- 4 cups brown rice puffs
- Pinch Celtic sea salt

Line 20cm square tin with baking paper.

Process nuts or seeds and blueberries in food processor until roughly ground. Combine nut butter, rice-malt syrup and vanilla in saucepan over low heat and stir until combined.

Remove from heat, then add blueberry mix and brown rice puffs. Stir to coat and add salt.

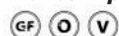
Spoon mixture into prepared tin, pressing down with hands and levelling with spatula.

Refrigerate until set, then cut into 20 bars of 2cm x 10cm each.

HAM & CHEESE PIZZA RECIPE / LEE HOLMES

A power-packed party food to keep energy levels up without the sugar crash. You can freeze the bases before rolling and defrost when required.

Makes: 2 pizzas



Pizza Bases

- 1½ cups almond meal, plus extra as needed
- 2 eggs, lightly beaten
- 2 tbsp extra-virgin olive oil
- 2 tbsp nutritional yeast flakes
- ½ tsp dried oregano
- ½ tsp dried basil
- 2 garlic cloves, crushed
- ¼ tsp Celtic sea salt
- 1 tsp apple-cider vinegar

Toppings

- 2 tbsp tomato paste (concentrated purée)
- 105g oven-roasted tomatoes (optional)
- ¾ cup grated cheddar cheese or goat's cheese
- 80g chopped ham
- Dulse flakes, for sprinkling (optional)

Preheat oven to 220°C and lightly grease 2 small pizza pans.

To prepare pizza bases, combine all ingredients in large mixing bowl to form loose dough. If it feels too wet, add a little more almond meal.

Dust bench with almond meal and knead dough with hands until smooth. Shape into a ball, cut dough in half and roll each portion out into thin circle about 15cm diameter, working from the inside out in a clockwise motion. Add more almond meal if too sticky.

Place bases on prepared pizza pans and bake for 10 mins.

Remove bases from oven and spread with tomato paste, leaving a 1cm border. Scatter over tomato, cheese and ham, and sprinkle with dulse flakes.

Return pizzas to oven for 7–10 mins, or until crispy.

Lee's Ham & Cheese Pizza





RECIPES KIDS' PARTY POWER FOOD



Lee's Seasoned Wings

SEASONED WINGS RECIPE / LEE HOLMES

These are crispy chicken wings with an Asian twist and are finger-licking good!

Serves: 3



½ cup apple-cider vinegar
¼ cup extra-virgin olive oil
2 tbsp wheat-free tamari
6 drops liquid stevia
1 egg, lightly beaten
½ tsp Celtic sea salt
Freshly cracked black pepper,
to taste
6 chicken wings

Preheat oven to 175°C.

In large bowl, mix vinegar, oil, tamari, stevia, egg, salt and pepper. Add chicken wings to bowl and stir to ensure they're covered in marinade. Cover and refrigerate for 1 hour.

Arrange chicken wings in baking dish and pour over one-quarter of marinade mixture.

Bake for 30 mins. Pour off any liquid and return to oven for another 5 mins, or until chicken is cooked through.

LEMON BLISS BALLS RECIPE / DANIELLE MINNEBO

These bliss balls are a fun and healthy snack for kids' birthday parties. To make them extra fun, you can pop them on some sticks so they resemble cake pops!

Makes: 20 bliss balls



2 cups raw almonds
20 Medjool dates, pitted
1 tsp vanilla bean powder
½ cup shredded coconut
zest & juice 1 lemon
⅓ cup shredded coconut,
for rolling

Add almonds, dates, vanilla bean powder, coconut, lemon zest and juice to food processor. Blitz for 3 mins until mixture is combined and begins to form large ball.

Remove from food processor and pop into large bowl. Remove small amount of mixture, roll into ball and roll in shredded coconut. Continue until you have used all mixture.

You can either serve straight away or store in fridge. They will keep for up to 2 weeks but are so addictive that more than likely they won't last that long.

CHOCOLATE CACAO CHIP BISCUITS RECIPE / DANIELLE MINNEBO

This is a healthy spin on chocolate chip biscuits. Cacao nibs add the crunch and taste you would normally get from chocolate chips.

Makes: 25 biscuits



3½ cups almond meal
2 eggs
3 tbsp ghee or butter
1 cup coconut palm sugar
½ cup raw cacao nibs

Preheat oven to 200°C. Grease and line baking tray.

Add almond meal, eggs, ghee and coconut palm sugar to food processor. Blend for 2 mins until mixture forms ball of dough. Add cacao nibs and blend for a further 20 secs. Do not over-blend or you'll lose crunch from cacao nibs.

Add dough to bowl, cover and refrigerate for 30 mins.

Remove from fridge, divide dough into 2 and roll first batch out between 2 sheets of baking powder. Cut out desired biscuit shapes and place on baking tray. Repeat same process with second batch of dough. Then bake in oven for 15 mins until golden brown.

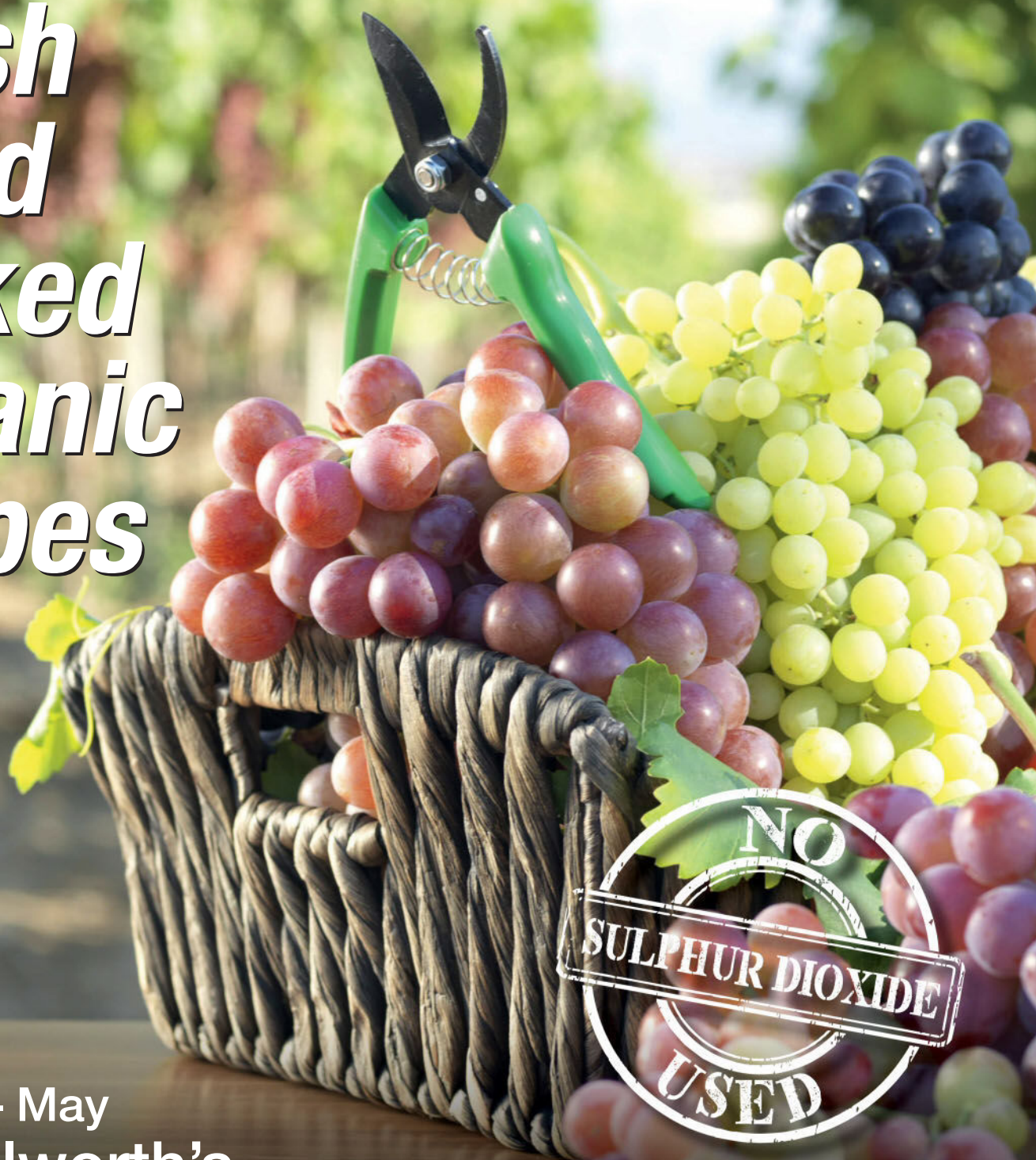
Danielle's Chocolate
Cacao Chip Biscuits



Danielle's Lemon Bliss Balls



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Eat pretty this Mother's Day



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Marinated
Feta

COW'S MILK FETA **RECIPE / MAD MILLIE**

Feta is a delicious cheese that can be made with either goat's or cow's milk. It's lovely crumbled over salad or can even be eaten on a cheese platter with crackers. Herbs can be added to create more flavour and variety. This recipe makes two large feta cheeses with cow's milk. Recipe can be doubled or halved to your liking.

Makes: 800g



4L full-fat (preferably unhomogenised) cow's milk
1 sachet (1 dash tsp) Mad Millie Mesophilic Starter Culture
1 Mad Millie tablet rennet dissolved in ¼ cup of cool, non-chlorinated water*

Salt for a 12% brine solution:
Make 2 cups of brine by diluting 60g of salt in 2 cups of boiled water & adding ½ tsp of vinegar to adjust pH
2mL calcium chloride, measure using pipette

Step 1: Inoculate milk

Thoroughly sterilise all equipment with steriliser (see bottle instructions for use).

Pour milk into large pot and heat slowly on stove to 37°C. Ensure two indentation points on lower half of thermometer are fully submerged in milk when reading temperature.

Once milk is at correct temperature, stir in calcium chloride, then stir in starter culture.

Add diluted rennet while stirring milk. Continue to stir for 1 minute.

Place lid back on pot and let milk set for 1.5 hours at 37°C. This temperature should be maintained by using water bath (see step 4) or sitting pot on warm (but turned-off) stove top.

Step 2: Cut curds

Once milk is in firm set, cut curd into 1cm cubes using long-blade knife and leave to rest for 1 further hour at 37°C.

Step 3: Stir curds

After 1 hour, gently stir curds every 5 mins for next 30 mins.

Step 4: Drain & mould curds

After 30 mins stirring, curds are ready to be scooped into feta moulds using draining spoon. At this point, you may also like to add herbs to curds in mould.

Once all curds have been put into feta moulds, place them on sterilised cheese mat and leave to drain. Make sure you have left feta to drain in a place where whey can be collected and cheese can be covered, ie in large pot.

After 3 hours, place piece of cheesecloth over top of mould and flip cheese and mould upside down before placing back on cheese mat.

Leave cheese in covered place to drain overnight.

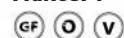
Prepare 12% salt brine, pour into large container and leave to cool in fridge overnight.

Step 5: Salt cheese

In the morning, remove each square of feta from mould. Place cheese in container and pour over brine until just covering cheese. Adding too much brine will cause cheese to be over-salty. Feta should be ready to eat after being fully submerged in brine for at least 5 hours. Feta can be stored in fridge for up to one month when kept in salty brine solution.

MARINATED FETA **RECIPE / MAD MILLIE**

Makes: 1 x 1L jar



Mad Millie feta from 4L cow's milk (recipe to left)

½ tsp dried rosemary, ½ tsp dried thyme, ½ tsp dried oregano, 1 tsp whole black peppercorns, 1 tsp dried red bell pepper
2 cups canola oil, to cover cheese

Equipment

1L jar
Chopping board
Knife
Measuring spoons

Remove feta from brine. Use paper towel to pat cheese dry before cutting into 1cm cubes and adding to jar.

Add all herbs to jar before covering cheese with oil and sealing.

Marinate cheese for at least 1 week in fridge before sampling. Store marinated cheese in fridge and eat within 1 month.



Cypriot Summer
Haloumi & Watermelon

HALOUMI RECIPE/MAD MILLIE

Makes: 600g



4L full-fat (preferably unhomogenised) milk
2 Mad Millie tablets rennet dissolved in ¼ cup cool, non-chlorinated water*
2mL calcium chloride, measure using pipette
Salt, to flavour

Equipment

Pot
Draining spoon
Pipette
Thermometer
Long-blade (curd) knife
Colander
Cheesecloth

Step 1: Rennet milk

Thoroughly sterilise all equipment with steriliser (see bottle instructions for use).

Using pot on stove, bring milk to temperature of 45°C before adding in calcium chloride. Ensure 2 indentation points on lower half of thermometer are fully submerged in milk when reading temperature.

While stirring, add diluted rennet.

Stir thoroughly and allow to set for 45 mins at 45°C. Place pot in sink and surround with warm water to maintain milk's temperature.

Step 2: Cut curds

After 45 mins, curd should be in firm set; if not, leave to set for further 5–10 mins. Check also that water in

sink is still at 45°C and add more hot water if necessary.

Once milk has set, cut curd into 1cm cubes, then gently stir for further 10 mins until curds are significantly smaller and slightly springy.

Scoop curds into cheesecloth-lined colander to drain.

Step 3: Press curds

Press curds in cheesecloth-lined colander with cheesecloth covering haloumi and weight on top (large bowl of water works well) until curd is firm and slightly rubbery in texture (about 30 mins). Cut curd into desired-size blocks.

Step 4: Boil cheese

In large pot, bring some water to boiling point. Place blocks of haloumi into hot water. Curd will sink to bottom.

After 5–10 mins they will come to surface (you should not have to stir, but make sure haloumi has not stuck to bottom of pot). Once blocks rise to surface, they are cooked and you can transfer to cooling rack.

Step 5: Salt cheese

Sprinkle salt all over cheese and leave until they are cold.

When cool, wrap in clingfilm and store in fridge. Eat within 2 weeks.

Step 6: Cook cheese

When ready to eat, gently fry each side until slightly soft and golden.

CYPRriot SUMMER HALOUMI & WATERMELON RECIPE / MAD MILLIE

Serves: Depends on desired amount



Desired amount Mad Millie haloumi (recipe to left)

Desired amount watermelon, rind removed & cut into desired squares
Desired amount fresh mint

Fry haloumi until golden-brown then cut into same-sized squares as watermelon.

Stack haloumi square on top of watermelon square and place desired amount of fresh mint on top.

*Rennet will not dissolve fully. Stir just before adding to milk.

For more information visit
madmillie.com



Haloumi



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Spinach Pizza with
Cherry Tomatoes



**SPINACH PIZZA WITH
CHERRY TOMATOES**
**RECIPE / BORDERLAND
ORGANICS**

Makes: 8–10 slices per pizza



500g gluten-free instant
oven bread mix
400–450mL water
Extra-virgin olive oil
350g Mozzarella cheese,
grated or shredded
2 cups sautéed English spinach,
squeezed dry
2 Spanish onions, thinly sliced
250g punnet Borderland Organics
Cherry Tomatoes, quartered
Pinch cracked black pepper
& sea salt, to taste

Preheat oven to 225°C and cover 2
baking trays with parchment paper.

Place bread mix in bowl. Add most
of the water to bread mix. Using electric
mixer, beat on low speed for 30 secs or
until just combined. Scrape down side
of bowl and add more water if needed.
Beat for 2–3 mins or until thick.

Divide dough into 2 equal balls, roll
each out into 25cm round base and
place on parchment paper-lined trays.

Lightly brush tops of both bases with
olive oil then scatter cheese across
top of each.

Distribute spinach, onion and tomato
equally between each dough base, then
season black pepper and salt.

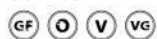
Bake for about 20 mins.

Roasted Tomato Soup



ROASTED TOMATO SOUP RECIPE/BORDERLAND ORGANICS

Serves: 2



2 x 250g punnets Borderland
Organics Cherry Tomatoes
4 cloves garlic, unpeeled
60mL olive oil
1 small onion, chopped
400mL vegetable stock
Salt & freshly ground black
pepper, to taste

Preheat oven to 200°C.

Place tomatoes and garlic in roasting dish in single layer. Drizzle with 3 tbsp of olive oil and roast for about 30 mins until garlic is tender when pierced with knife, and tomatoes are colouring and splitting.

Heat remaining tbsp of oil in saucepan and gently fry onion until translucent.

Squeeze garlic out of skins and add to onion, together with roasted tomatoes and all juices from roasting pan.

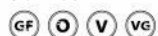
Pour in stock, bring to the boil and simmer, covered, for 20 mins. Cool and blend until soup is very smooth, making sure all skins are well blended.

Return soup to clean pan, season to taste and gently reheat.

Serve warm in soup bowls.

ROASTED POTATOES & TOMATOES RECIPE/BORDERLAND ORGANICS

Serves: 4



6 small onions, topped & tailed, cut
in half horizontally
1–2 tbsp olive oil, plus extra to drizzle
Salt & pepper, to taste
250g punnet Borderland Organics
Cherry Tomatoes
800g Kipfler potatoes, scrubbed

2 tbsp extra-virgin olive oil
2 small lemons, quartered
Handful flat-leaf parsley,
finely chopped
2–3 sprigs thyme, leaves picked,
plus extra sprigs to serve

Preheat oven to 180°C.

Place onions on baking tray with smaller cut side down, drizzle with oil and season well. Place tomatoes on separate tray, drizzle with oil and season well.

Place onion in oven and roast for 40–50 mins until golden and caramelised. Place tomatoes in oven for final 20 mins and cook until softened.

Remove trays from oven and cool slightly before removing skin from onion. Set onion and tomato aside and keep warm.

Meanwhile, half-fill large saucepan with cold salted water and add potatoes. Bring to the boil over medium–high heat, then reduce heat to medium and simmer for 10–12 mins until knife just about goes through middle. Drain and cool slightly.

Heat 1 tbsp olive oil in large frypan. In batches, fry potato and lemon, turning and adding more oil if necessary, for 5–6 minutes. Drain on paper towel.

Place potato in bowl with onion, extra-virgin olive oil, parsley and thyme. Season and toss to combine, then add tomato and mix gently.

Serve with extra thyme.

**For more information visit
borderland.com.au**

Roasted Potatoes & Tomatoes





Broccoli

Broccoli is a magnificently healthy food, but it's also delicious and lends itself to a range of dishes. You can cook up a Crunchy-Crust Broccoli & Kale Pasta Bake, Haloumi & Broccoli Quinoa Salad, Broccoli "Steaks" with Spicy Hummus or Asian Broccoli Rice.

BROCCOLI DIP RECIPE / LEE HOLMES

This delicious dip combines broccoli with sweet cashew nuts, zingy lemon and herby basil. Your guests will be left in awe and begging for more.

Makes: 2 cups

GF O V VG

½ cup cold-pressed extra-virgin olive oil, plus 1 tbsp extra

1 large broccoli head,
chopped into florets
¼ cup basil leaves
Pinch chilli flakes
Juice & zest ½ lemon
½ cup cashew nuts
2 garlic cloves
1 tbsp nutritional yeast flakes,
plus extra to serve
Celtic sea salt
Freshly ground black pepper

Add 1 tbsp of olive oil to heavy-based frypan over medium heat and stirfry broccoli for a few minutes, until browned.

Remove from pan and let broccoli cool slightly.

Combine all ingredients in blender or food processor with 2 tbsp of filtered water. Pulse until well combined.

If dip feels too dry add another teaspoon of olive oil.



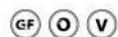


Lisa's Broccoli
& Macadamia Pesto

BROCCOLI & MACADAMIA PESTO RECIPE / LISA GUY

Broccoli contains sulphur compounds that are required for healthy liver detoxification and skin, and for the production of connective tissue throughout the body, including cartilage, bones and tendons. Broccoli is also a great source of dietary fibre and vitamin C, required to support bowel health and immune and adrenal function. Macadamia nuts are rich in heart-healthy mono-unsaturated fats that are beneficial for lowering total cholesterol levels as well as "bad" LDL cholesterol. These healthy nuts also provide plenty of protein and fibre, along with good levels of calcium, zinc, and magnesium.

Makes: 1 cup



140g broccoli florets, stems removed
1/3 cup raw macadamia nuts
1 cup fresh basil leaves
Juice 1 lemon
Pinch sea salt
1/3 cup olive oil
1 clove garlic
Handful parmesan cheese, optional

Steam broccoli for 6 mins or until tender.

Place broccoli and other ingredients in food processor or blender and blend until well combined.

If you prefer thinner consistency, add more olive oil.

HALOUMI & BROCCOLI QUINOA SALAD RECIPE / LISA GUY

Broccoli packs a powerful punch when it comes to antioxidants. This super vegetable is rich in two important phytonutrients — sulforaphane and indole-3-carbinol — which contribute to broccoli's cancer-protective properties. Quinoa is full of health-boosting nutrients, including protein to support growth and repair of muscles, vitamin E for cardiovascular and skin health, and magnesium to support healthy nerve function and improve energy levels and quality of sleep. Quinoa is also an excellent source of fibre, which helps keep you regular and lowers cholesterol levels. Oranges are loaded with vitamin C, crucial for healthy adrenal glands, collagen production and a strong immune system. To get the most out of orange juice, squeeze oranges just before serving. Haloumi adds plenty of flavour, protein and calcium to this dish. Cheese is a good source of vitamin K₂, needed to promote bone health.

Serves: 2-4



1/2 cup uncooked quinoa
140g broccoli florets, lightly steamed
140g haloumi, sliced into thick slices
1 cup red cabbage, shredded
1 stalk celery, diced

Handful parsley
1/2 red onion, finely sliced
2 oranges, peeled & cut into pieces
100g baby salad leaves

Dressing

Juice 1 orange
1/4 cup olive oil
2 heaped tsp Dijon mustard
3 tbsp red-wine vinegar

Wash quinoa well to remove bitter coating, then add to medium saucepan with 1 cup of water. Bring to boil and reduce heat to simmer for 15 mins, until quinoa is light and fluffy. Add more water if needed. Place in medium bowl and set aside. Add broccoli to quinoa.

Fry haloumi in hot frypan until browned both sides.

Gently toss haloumi, cabbage, celery, parsley, onion, orange and green leaves with broccoli and quinoa mix.

To make dressing, mix dressing ingredients together in a jar and shake well. Toss dressing through salad and serve. Leftover dressing stores well in the fridge in a sealed jar for a week.



Lisa's Haloumi
& Broccoli Quinoa
Salad



Lisa's Broccoli, Mushroom & Leek Quiche with Almond Crust

BROCCOLI, MUSHROOM & LEEK QUICHE WITH ALMOND CRUST

RECIPE / LISA GUY

Eggs provide the body with important amino acids, including tryptophan and tyrosine, which act as antioxidants to reduce the risk of cancer and heart disease and are required to make the neurotransmitters serotonin and dopamine. Egg yolks are a great source of carotenoids, zeaxanthin and lutein, which offer protection against age-related macular degeneration. Including mushrooms in the diet will boost your vitamin D levels. A deficiency in this important nutrient will leave you vulnerable to infections and will increase your risk of bone fractures and osteoporosis. Feta is a good source of vitamin B₁₂, which is needed to convert carbohydrates into glucose for energy, along with supporting healthy nerve function. If you are deficient in this important vitamin you can suffer from fatigue, anaemia and poor memory.

Serves: 4–6



Crust

2 cups almond meal
¼ tsp sea salt
2 tbsp coconut oil
1 egg
3 tbsp flaxseeds

Filling

3 eggs
1½ cups milk
Pinch sea salt & pepper
1 leek, finely chopped



Lee's Curried Egg & Broccoli Salad

2 cups sliced mushrooms
2 cloves garlic, finely chopped
Small handful fresh thyme
1½ cups broccoli florets
Handful feta

Preheat oven to 180°C. Grease quiche tin with coconut oil.

Place all crust ingredients in food processor and blend until well combined.

Press base mixture into quiche tin, pushing it up sides. Make it as thin as you can. Using knife, cut around top to make it nice and even.

Whisk eggs, milk and salt and pepper in medium bowl.

In large frypan over medium heat, cook leek, mushroom, garlic, thyme, and broccoli for about 5 mins. Leave some thyme to decorate quiche when cooked.

Scatter mushroom mix over quiche base and pour over egg mixture.

Top with feta and bake in oven for about 70–80 mins, until egg has cooked through.

Top with fresh thyme and serve.

CURRIED EGG & BROCCOLINI SALAD

RECIPE / LEE HOLMES

A creative take on your grandmother's classic curried eggs, this filling salad is the perfect light lunch solution.

Eggs are artfully packaged by nature and meticulously balanced in protein, good fats and carbohydrates. They make a great snack and the perfect pre or post workout fuel.

Serves: 4



8 asparagus spears

1 tbsp extra-virgin olive oil
Juice ½ lemon
6 eggs
4 bunches broccolini, roughly chopped
½ cup walnuts
1 cup cherry tomatoes

Dressing

½ cup Greek or sheep's yoghurt
2 tsp curry powder
Pinch cayenne pepper
Pinch Celtic sea salt
Freshly ground black pepper, to taste

Preheat oven to 200°C.

Snap woody ends off asparagus, lay spears in single layer on baking tray and drizzle with olive oil. Roll spears in olive oil to ensure they are evenly coated.

Bake for 8–10 mins, or until lightly browned and tender when pierced with a fork. Drizzle with a little lemon juice and set aside.

Bring saucepan of water to the boil, place eggs in the water, lower heat to medium and boil for 7–8 mins. Remove from saucepan and set aside to cool before peeling.

Meanwhile, line bamboo steamer with baking paper and steam broccolini for 5–7 mins, or until *al dente*.

Toast walnuts on each side in dry pan for a couple of minutes. Remove from pan and set aside to cool.

Whisk together all dressing ingredients in small bowl.

Halve eggs, then divide between four plates with remaining ingredients. Drizzle over dressing and serve.

This salad is the perfect light, yet filling, lunch solution.



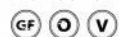
These yummy
muffins can be eaten
warm or chilled.

Lee's Vegetable
Filled Muffins

VEGETABLE-FILLED MUFFINS RECIPE / LEE HOLMES

Here's a fun way to up the veggie variety in your life. No one says no to a muffin, and these lovelies are bursting with a multitude of benefits from the vegetable kingdom. Enjoy warmed or chilled. They are also husband and children approved.

Makes: 6 large muffins



- 6 medium eggs
- ½ cup cherry tomatoes, halved
- ½ cup broccoli, diced
- ½ cup onion, diced
- ½ cup mushrooms, diced
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt & pepper, to taste
- ½ tsp oil, for greasing

Preheat oven to 180°C.

In large bowl, whisk together eggs, vegetables, herbs, salt and pepper.

Pour mixture into lightly greased 6-muffin pan.

Bake for 20 mins, or until a toothpick inserted in middle of muffin comes out clean.

CRUNCHY-CRUST BROCCOLI & KALE PASTA BAKE RECIPE / CHRISTIE CONNELLY

I realise this dish is not for everyone. Some people would run a mile (or more) if they were asked to try béchamel sauce made with soy milk, or eat kale, for that matter. However, I really enjoy varying my family's diet with lots of different types of food — and we like to reduce

our carbon footprint with less meat-based meals. Vegans rejoice, this dish is creamy and "cheesy" thanks to the nutritional yeast. It's a feast.

Serves: 6



- 400g macaroni pasta (or other small-shaped pasta)
- 3 tbsp olive oil
- 1 large head broccoli, sliced into florets & stem sliced into rounds
- 2 tbsp olive oil
- 2 tbsp butter
- 2 tbsp cornflour
- 3 cups soy milk, or cow's milk if not dairy-free
- 1 tsp Dijon mustard
- 1 tbsp nutritional yeast
- ½ tsp white pepper
- ½ tsp salt
- Bunch kale, leaves & stems roughly chopped
- 3 slices sourdough bread
- Zest 1 lemon
- 3-4 parsley sprigs, leaves picked & chopped

Preheat oven to 200°C.

Cook pasta in large pot of boiling water for 9 mins or as per packet instructions until almost *al dente*. You want it a little underdone as it will be heated again in oven later on. Drain well and place in 2L ovenproof baking dish. Set aside.

Place chopped broccoli on large roasting tray and toss with 2 tablespoons of olive oil to coat. Spread in one layer and season with salt and pepper. Bake for 15 mins until tender and starting

to brown at edges. Watch it doesn't burn!

Add cooked broccoli to the baking dish with the pasta.

Melt butter in a small saucepan, add cornflour and stir to form paste. Slowly pour in soy milk while vigorously whisking to avoid lumps. Whisk for 5 mins until thickened, then stir in mustard, nutritional yeast, white pepper and salt.

Add kale and stir until just wilted. Pour over pasta and stir well to combine.

Place bread, lemon zest, parsley and remaining tablespoon of olive oil in food processor and blitz to form rough crumbs. Sprinkle over top of pasta and place in oven.

Bake for 20 mins or until breadcrumbs are golden brown and crisp. Serve immediately.

Christie's Crunchy
Crust Broccoli & Kale
Pasta Bake





Christie's Broccoli 'Steaks'
with Spicy Hummus

BROCCOLI 'STEAKS' WITH SPICY HUMMUS

RECIPE / CHRISTIE CONNELLY

Once you taste chargrilled broccoli I bet you'll never go back to boring old steamed broccoli. It's that good. Before you mention it, yes, it is a bit of a stretch to call these "steaks", but I like the cheeky name. Serve with flatbread or as a side to meat or fish.

Serves: 4 as a side dish or light meal

GF O V VG

Spicy hummus

400g tin chickpeas, drained & liquid reserved
½ clove garlic, peeled & roughly chopped
1 tsp salt
1 red chilli, roughly chopped
½ tsp sumac
½ tsp ground cumin
Juice 1 lemon
1 tbsp tahini
½ cup extra-virgin olive oil
2 medium heads broccoli

2 tbsp olive oil
Salt & pepper

To make hummus, place chickpeas, garlic, salt, chilli, sumac and cumin in food processor and blitz for 30 secs until finely chopped.

Add lemon juice and tahini, then start motor. Slowly drizzle ½ cup of olive oil through chute and process for 30 secs until smooth and creamy. Transfer to a bowl and sit at room temperature until ready to serve.

Lay broccoli on its side, stem facing towards you. Carefully slice lengthways in 1cm intervals to create fully formed "tree" shapes. End bits will crumble, so keep them for another recipe such as a stirfry.

Brush "steaks" all over with olive oil and season with salt and pepper. Heat griddle pan over high heat and cook broccoli in small batches for 3 mins on each side, until charred and tender.

Place on plate and cover with foil to steam and cook a little more for 5 mins.

Serve with spicy hummus and flatbread as light meal or as a side to meat or fish.

BROCCOLI BLUE CHEESE & CHARGRILLED PEAR SOUP

RECIPE / CHRISTIE CONNELLY

Chargrilling pear is an interesting flavour and texture sensation, and it offsets the strong blue cheese and slightly bitter broccoli with a welcome sweetness. If you have any chargrilled pear left over, chill it in the fridge and serve as part of a cheese platter. It's also great on crackers with goat's cheese or brie.

Serves: 4 as a starter

GF O V

2 tbsp olive oil
1 medium leek, white part only, finely sliced
2 cloves garlic, finely sliced
500g broccoli — about 2 medium heads including stems
4 Packham pears
1L vegetable stock or water
80g blue-vein cheese
100mL cream
Salt, ground white pepper
& ground black pepper, to serve
Toast soldiers, to serve

Place large pot over medium heat and add olive oil, sliced leeks and garlic and sauté for 5 mins until softened but not coloured.

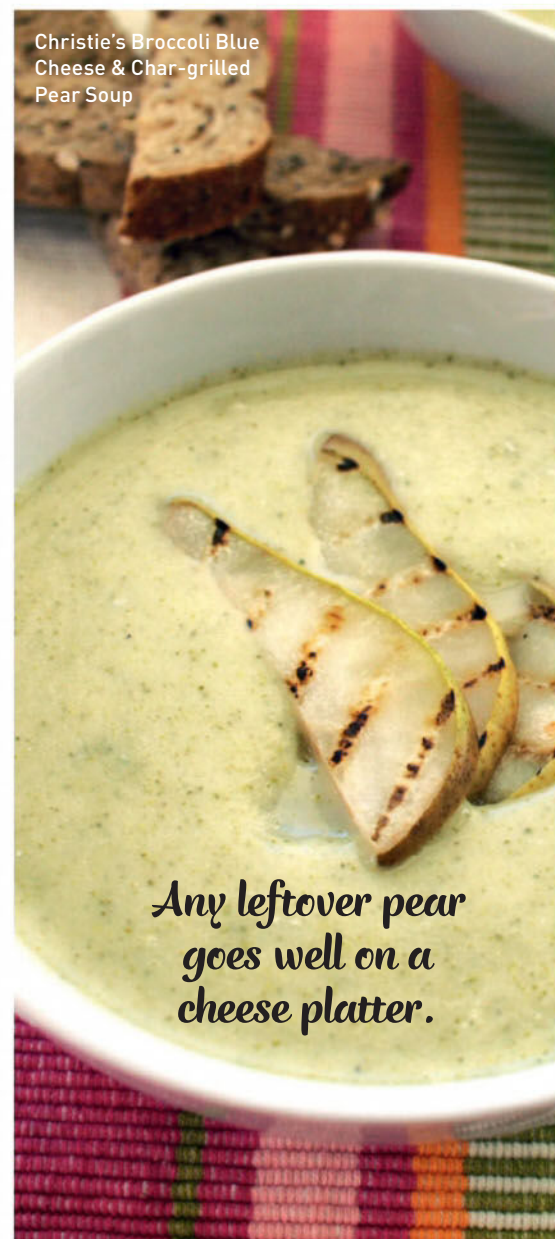
Wash broccoli and chop into small florets and thinly slice stems. Add to the pot. Peel and core 2 pears. Roughly chop and add to pot.

Pour in stock or water and bring to boil. Turn heat down a bit and gently boil for 20 mins until broccoli and pear are very soft.

Blitz with stick blender until very smooth, then remove from heat and crumble in cheese, pour in the cream and stir until the cheese melts and everything is well combined. Season with salt and white pepper. Keep warm.

Heat chargrill pan over high heat. Chop remaining 2 pears into quarters and cut out cores. Thinly slice into 5mm wedges and season both sides with salt and freshly ground black pepper. Cook on both sides for 1 min or so until fruit is tender and has chargrill lines.

Serve soup in warmed bowls topped with chargrilled pear and toast soldiers on side.



Any leftover pear
goes well on a
cheese platter.



*Cumin transforms
this dish into
something
magical.*



Danielle's
Broccoli Salad

ROAST BROCCOLI SALAD RECIPE / DANIELLE MINNEBO

Cumin is one of my favourite spices. It can transform a dish into something truly magical. Not only does cumin taste great, it's also very beneficial for digestion. The aromatic compound of cumin stimulates the production of saliva, while another compound in cumin stimulates the secretion of bile and digestive enzymes.

Serves: 4

GF O V VG

2 heads broccoli, chopped
1 red onion, sliced
3 tbsp raisins
3 tbsp almond flakes, plus
extra to serve
1 tsp ground cumin
1 tsp cumin seeds
Pinch sea salt
3 tbsp olive oil
Handful fresh coriander

Preheat oven to 200°C.

Add broccoli, red onion, raisins, almond flakes, ground cumin, cumin seeds, sea salt and olive oil to a large bowl. Using your hands mix everything together well and spread mixture out onto a large baking tray.

Bake in the oven for 25 mins.

Before serving garnish with fresh coriander and extra almond flakes.

BROCCOLI & CHEESE TART RECIPE / DANIELLE MINNEBO

The pastry in this recipe is so good that whenever I make a batch I double it. I freeze the second batch and have it ready to go when I need a quick weekday meal.

Serves: 6

GF O V

3 cups almond meal
2 large eggs
2 tbsp butter
2 tbsp olive oil
3 onions, thinly sliced
Pinch sea salt & pepper
2 broccoli heads, chopped
6 eggs, beaten
75g cheddar cheese, grated

Preheat oven to 200°C and grease pie tin.

Add almond meal, 2 eggs and butter to food processor. Blitz for 1 minute until mixture comes together and forms ball of dough. You may need to add a splash of water if dough resembles crumbs and won't form into a ball.

Roll dough out between 2 sheets of baking paper until 3mm thick. Transfer dough to pie tin, gently pressing sides in, and trim the edges. Blind bake for 10 mins, then remove and set aside.

Heat olive oil in frypan over low heat. Add onion, salt and pepper, and cook slowly for 25 mins. More flavours will develop the longer you cook the onions.

Add onion to base of pie, pop broccoli on top of onion and pour over beaten egg. Top with grated cheddar cheese and bake in the oven for 20 mins.



Danielle's Broccoli
& Cheese Tart



RECIPES BROCCOLI

This goes perfectly with grilled seafood or chicken skewers.

ASIAN BROCCOLI RICE RECIPE / DANIELLE MINNEBO

This is the perfect dish to accompany grilled seafood or chicken skewers. It's much lighter than fried rice and provides you with a tasty hit of vegetables.

Serves: 4



2 heads broccoli, cut into large pieces
2 tbsp coconut oil
1 onion, finely diced
2 cloves garlic, minced
2 tbsp fresh ginger, finely grated
1 red chilli, finely diced
1 tbsp fish sauce
1 tbsp tamari sauce
Juice 1 lime
15 snow peas, thinly sliced
Handful fresh mint, chopped

Add broccoli to food processor and blend for 1 minute, until mixture resembles breadcrumbs.

Heat coconut oil in large frypan and add onion, garlic, ginger and chilli. Cook for 5 mins until soft and caramelised.

Add broccoli, fish sauce and tamari sauce, and cook for a further minute.

Stir through lime juice, snow peas and mint, and remove from heat.

Serve topped with extra chopped chilli and fresh mint.

Danielle's Asian
Broccoli Rice

Seasonal food

These are the fruit and vegetables that are actually in season and so will be the freshest.

Autumn

Vegetables Asian greens (bok choy, choy sum, gai laan, wonga bok), avocado, beans (butter, green and snake), beetroot, broccoli, Brussels sprouts, cabbage, capsicum, carrot, celery, chilli, cucumber, daikon, eggplant, leek, lettuce, field mushrooms, okra, olives, onions (brown, red and spring), parsnip, peas, potato, pumpkin, shallot, silverbeet, spinach, squash, swede, sweetcorn, sweet potato, taro, tomato, turnip, zucchini.

Fruit Apples (Fuji, Gala, Golden Delicious, Granny Smith and Red Delicious), banana, breadfruit, cumquat, custard apple, fig, grapes (Muscat, Purple Cornichon, Sultana and Waltham Cross), guava, kiwifruit, lemon, lime, mandarins (Imperial), melons (honeydew and rockmelon), nashi, orange (Valencia), papaya, passionfruit, pears (Beurre Bosc, Howell, Josephine, Packham, Red Sensation and Williams), persimmon, plum, pomegranate, quince, rambutan, raspberry, rhubarb, rockmelon, tamarillo.

Seasonal tip: This is prime apple harvesting season. If you have a local apple source, now's the time to enjoy them as they will be just off the tree.

News feed

The latest food findings in bite-sized morsels.

COMPILED BY / TERRY ROBSON



EATING A-GENDER

In a new study, researchers observed adults lunching at an all-you-can-eat Italian buffet over the course of two weeks. They recorded how many slices of pizza and how many salad bowls each diner consumed. The gender of the diners' eating partners was also noted. Before leaving the restaurant the diners were intercepted by the researcher and asked to complete a short survey indicating their levels of fullness, their feelings of hurriedness and their comfort while eating. The results showed that men who dined with at least one woman ate 93 per cent more pizza and 86 per cent more salad than men who dined only with other men. The amount women ate was not influenced by whether they were eating with men or women. According to the researchers, this indicates that men over-eat to show off.

Source: Evolutionary Psychological Science

COCONUT OILS YOUR GUT

In this study, researchers examined the effect of three dietary fats on candida growth in the guts of mice. There were four groups of mice in the study: one group was given coconut oil, another beef tallow, a third soybean oil and a fourth group were a control fed a standard mice diet. The results showed that a coconut oil diet reduced candida in comparison to both beef tallow and soybean oil. In fact, compared to a beef tallow diet the coconut oil reduced candida by 90 per cent. Additionally, when mice were first fed beef tallow and then coconut oil, the coconut oil reduced fungal colonisation. Based

on this, it seems reasonable to assume that adding coconut oil to the diet not only reduces the risk of candidiasis but might also fight a candida infection that already exists.

Source: mSphere

COFFEE FOR LONGEVITY

This study used data drawn from more than 200,000 people who were followed up over the course of 30 years. In that time, researchers assessed coffee drinking every four years using validated food questionnaires. In the 30 years of the study, just under 32,000 people died from a range of causes. It emerged that people who drank moderate amounts of coffee, less than five cups a day, had lower risks of death from cardiovascular disease, neurological disease, type 2 diabetes and suicide. These findings held true for both caffeinated and decaffeinated coffee, so it must be other chemicals in the coffee besides caffeine that are having

the beneficial effects. Since five cups a day of coffee will put you over the amount of caffeine that is considered healthy, you should probably ensure that two or three cups a day come from a good water-decaffeinated coffee.

Source: Circulation

CHEESY QUALITY

This study was European, but there are global lessons to be drawn nevertheless. The research focused on raw milk cheeses since they are made from unpasteurised milk, which makes for a higher risk of microbial contamination. The researchers ordered 108 different raw milk cheeses from 21 online retailers in seven European countries (Belgium, France, Italy, Germany, the Netherlands, Spain and Switzerland). Testing found that two cheeses, one from France and the other from the Netherlands contained *Listeria monocytogenes*. Additionally, 32 products were found to contain the faecal bacteria *E. coli*, suggesting poor hygiene during production. This is not about being anti-raw cheese/milk, but what it does reinforce is the value of knowing who produces your food and inherent in that is that your food will be local in origin. The researchers point out that a longer transport journey increases the risk for the product in terms of quality and health.

Source: Food Control



FOOD FACT

Although we usually eat beet roots, beet leaves are also a perfectly edible and nutritious option.

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ORGANIC

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Time for a cuppa

Tea is a plant with a long history of human use and it holds a special significance in many cultures. What's its heritage, what tea varieties exist and how do you make that perfect cuppa? Read on.

WORDS / DANIELLE KIRK

Do you drink tea? If so, how do you drink it? Is it a rushed office-kitchen-teabag brew slurped at your desk between emails, a pot of black tea shared with biscuits at the kitchen table when friends pop over or a delicately brewed infusion that you pause to savour? The answers to these two simple questions can be unifying, and fascinating.

You see, if you replied yes to that first question, you share common ground with most people. Tea — also known by its botanical name *Camellia sinensis* — is the second most popular beverage on this planet, after water. A hefty 4.84 million tonnes of it were drunk in 2013, according to the UN Food and Agriculture Organization — that's enough for every single adult in the world to drink a cuppa every day of the year, and then some.

And, while preferences for hot, stimulating beverages vary geographically due to history, climate and individual tastes, if you ask someone that second question — how they drink their tea — more often than not you'll have a bonding topic and 101 different responses. In Turkey, for example, *çay* is served black with two sugar cubes on the side, while green tea's the pick in Japan and, in India, where tea is the national drink, *chai wallahs* (tea vendors) hawk their sweet, spiced, milky wares on streets nationwide.

Australia is a black-tea-drinking nation, according to Sharyn Johnston, founder of tea-training organisation Australian Tea Masters. "When you walk inside someone's place here it's always 'Do you want a cup of tea?', meaning black tea. [But] there's a lot

more flavours out there ... and a lot more types of tea."

Johnston, who fell in love with the brew during her years of working and travelling in Asia and further afield, is working to broaden our tastes. She started her company in 2011 to teach other tea-lovers — from interested foodies through to professional blenders and tasters — about tea and to raise its profile in Australasia. She has been key in developing Australia's first set of tea sommelier standards and a tea-tasters' flavour wheel — a common tool in coffee and wine circles — to help connoisseurs describe the drop.

There's a real art to mastering tea, according to Johnston. "It's understanding different manufacturing processes, the types of teas, knowing the top teas and tea-growing regions in the world, being able to pair food with tea, being able to brew tea correctly, knowing some cultural differences between the different teas and also being able to identify aromas, flavours and the like."

TEA 101

Tea has a rich history. It has been known since about 2700 BCE in China, where it was first used as a medicinal tonic, and it became a daily drink there around 3rd century CE. That's when the plant's cultivation and processing began. Tea use has since spread throughout the world, following trade and migration routes, and it has come to play a central role in the customs and rituals of many countries.

Most high-quality teas produced today come from five countries: India,

famed for black teas like Darjeeling and Assam; China, the birthplace of tea; Japan, renowned for its green tea; Sri Lanka, celebrated for Ceylon teas; and Taiwan, known for its oolong tea. Black tea and some green tea are also grown in Australia, in northern Victoria, northern New South Wales and north Queensland.

“
A hefty 4.84 million tonnes of it were drunk in 2013 — enough for every single adult in the world to drink a cuppa every day of the year, and then some.
”

According to Johnston, each of the teas grown in the world has a completely different flavour from the others. "*Camellia sinensis sinensis* [the small-leaved China plant] and *Camellia sinensis assamica* [the large-leaved Assam plant] are the two main types of tea produced in the world. But when you take that plant and put it in different countries, it changes just like a grapevine does with wine."

Corinne Smith, co-founder of Sydney's first organic tea bar, The Rabbit Hole, agrees. "Just like wine, tea flavour is determined by *terroir*." This, she says, encompasses things like "the weather patterns, the growing season, the nutrients in the soil ... even the little bugs that



sometimes feed off the leaves and kick off a chemical reaction that changes the ultimate flavour”.

The importance of the soil on flavour means teas grown using organic practices can be of a higher quality than those grown with synthetic chemicals. Plus, you aren’t ingesting traces of harmful chemicals in your cuppa. Smith sources and sells organic teas in her bar and online store for other reasons, too. “Organically and ethically grown teas align with our values. We don’t want the farmers who grow our tea be in danger from a health perspective just to make a few dollars.”

Tea flavour is further affected by a plantation’s altitude, Johnston says. “The higher-grown teas like Darjeeling, the Himalayan tea, have a much lighter flavour; the lower-grown teas tend to be more robust. For example, in Sri Lanka they have three types: the low-grown, the mid-grown and high-grown teas. The higher the mountain, the lighter the taste and usually the more citrusy notes, and the lower the teas, the more chocolatey notes.”

Picking and processing methods are also central to taste and quality. Plants must be carefully grown and cultivated as a tea’s quality rests on numerous factors, including the colour of the leaves and the extent of damage done to them. Most fine teas are harvested by hand, with workers plucking only the uppermost two or three leaves from any tea plant, depending on the desired tea. The leaves are often left whole.

Lesser-quality teas, which generally end up in teabags, are picked mechanically and the leaves are broken or machine cut. Producing tea can be a labour-intensive exercise, so the majority of the picking in Australia is done mechanically.

Six varieties of tea can be produced from the tea plant: white, green, yellow, oolong, black and pu’er. To make the different kinds, the fresh leaves undergo different degrees of oxidation, or “fermentation” as it’s known: a natural chemical reaction that produces a range of tastes and colour characteristics. The more the leaves are processed, the stronger the flavour.

White tea, the rarest and most delicate variety, is made from unopened tea leaf buds, which are silvery-white and covered in tiny hairs. White is the least-processed tea: the

buds simply plucked and dried, so there’s no time for oxidation.

For green tea, two leaves and a bud are picked then wilted until they’re floppy “like an autumn leaf”, says Johnston. Heat is applied to halt the oxidation process, then leaves are left to dry or rolled by hand or machine before drying.

The process is similar for making yellow tea except, instead of immediate drying, the leaves are stacked and “smothered”. Explains Johnston, “It’s covered with paper or material then steamed underneath and the flavours go back into the tea, so it’s very aromatic.”

To make oolong, the tea leaves are bruised or torn, to partially oxidise them, before being roasted to prevent further oxidation and stripped into long strips or shaped into little balls. For black tea, the leaves are rolled and given plenty of time to oxidise before being fired, giving it a strong flavour.

Finally, pu’er is a rich, complex tea that undergoes a second fermentation after the initial roasting. “Pu’er has amazing health benefits ... the Chinese have been researching it for years,” Johnston adds.

HOW DO YOU BREW?

Once the tea leaves are processed, they’re often blended. “Usually, big commercial companies have a certain flavour profile that they use and they need to keep within the parameters of that,” says Johnston. “Our blending is quite different. We blend high-end teas, a lot of full-leaf teas, to create a specific blend with fruits or citrus notes or whatever. We do a lot of private-label work, where people come and want a tea with botanicals, so we take flowers or spices and add them to the tea to flavour it.

“The good thing about blending is that you can create something personalised. You can use rose petals from your garden, if you haven’t sprayed them, and put them in your tea. Simple things like that. Ginger, cinnamon ... there’s a lot of things you can add to tea.

If you have a desired taste in mind, however, blending can be “quite tricky”, Smith adds. “It’s like being a painter: you can have the idea of what you might like to create but there is a long way to go before it hangs on the wall of an art gallery. It takes a lot of trial

and error and experimentation with different ingredients to make it look easy.”

Once you have the final product, what’s the best way to brew it? For Smith, “It’s all about the three Ts: tea amount, temperature and time.” Johnston agrees, and expands. “How you brew tea depends on which variety it is. The lighter the tea, the lower the water temperature: you don’t want to burn the leaf. A black tea will take boiling water, whereas white or green or oolong will take a lower temperature, 85–90 degrees.

“Then you put [in the pot] roughly 2g per cup. As for the steeping time, the darker the colour leaf, the longer you can steep it. And then sit back, smell the aroma and enjoy!”

“*When you walk inside someone’s place here it’s always ‘Do you want a cup of tea?’, meaning black tea. [But] there’s a lot more flavours out there ... and a lot more types of tea.*”





SPONSOR RECIPES

WHOLE LIVE NUTRIENTS

Whole Live Nutrients is the effective way to support your daily nutrient intake, naturally. Our bodies simply don't like the common synthetic supplements, which are made in a laboratory, as much as the real thing. That's why Whole Live Nutrients is different, providing concentrated nutrition from real vegetables, fruits, superfoods, probiotics, herbs and more. It's 100 per cent natural, 100 per cent of the time. Put your health first and experience the benefits of the Whole Live Nutrients natural supplement solution. The result is nourishment that is effective, delicious and easy to include in your daily routine ... because your body deserves the best!



Almond Berry Bliss



ALMOND BERRY BLISS RECIPE / WHOLE LIVE NUTRIENTS

Serves: 1



250mL almond milk
½ frozen banana

⅔ cup frozen mixed berries
1 serve Whole Prebiotic-Probiotic
or Whole Prebiotic Fibre
1 tbsp almond butter

Combine in blender and enjoy.

TUMMY-LOVING SHOT RECIPE / WHOLE LIVE NUTRIENTS

Serves: 1



50–80mL non-dairy milk, coconut
water or purified water
1 serve Whole Pre-Probiotic Fibre
in Cacao & Coconut or Vanilla & Fig
1 serve Whole Prebiotic-Probiotic
½ tsp cacao nibs (optional)

Stir ingredients together vigorously until
well combined. Top with cacao nibs (if
desired) and drink in shot style.

Follow with full glass of water.

Tummy-Loving Shot



Choc-Coco Thick Shake



CHOC-COCO THICK SHAKE
RECIPE/WHOLE LIVE
NUTRIENTS

Serves: 1

GF O V VG

1 frozen banana
¼ avocado
200mL coconut milk
1 serve Whole Pre-Probiotic
Fibre in Cacao & Coconut
1 tsp cacao powder
Stevia or natural sweetener
of choice, to taste

Combine in blender until thick
and smooth.

CLEAN GREEN SHAKE
RECIPE/WHOLE LIVE
NUTRIENTS

Serves: 1

GF O V VG

250mL coconut water
1 cup kale

1 cup baby spinach
1 cup mango
1 frozen banana
1 serve Whole Digestive Greens
1 serve Whole Pre-Probiotic
Fibre (optional)

Combine in blender and enjoy.

CREAMY DIGESTIVE SMOOTHIE
RECIPE/WHOLE LIVE
NUTRIENTS

Serves: 1

GF O V VG

Flesh 1 young coconut
250mL coconut water
1 serve Whole Prebiotic-Probiotic
1 tsp cacao powder (optional)
Handful ice

Combine in blender and enjoy.

For more information visit
wholelivenutrients.com

Clean Green Shake



Creamy Digestive Smoothie



A quality crop

Olives, that ancient Mediterranean mainstay, are steeped in history, bountiful in health benefits — and very tasty. We talk to two olive growers to find out what goes into producing the fruit's delicious oil.

WORDS / DANIELLE KIRK



When immigrant farmer Jacob Friedman planted olive trees at the foot of the northern Grampians, he wasn't lacking in ambition. Towards the end of World War II, he cleared a swathe of land in this scenic Victorian region and planted thousands upon thousands of the trees native to his homeland, Israel. It was the largest olive grove in the Southern Hemisphere at the time and Friedman tended it carefully, pruning, watering and more, all by hand.

This hardworking pioneer is now part of local lore, yet many of the olive trees, which can live and produce for thousands of years, still remain, 28,000 of them under the custodianship of the Mathews family: Andrew, Susan and son Greg. "Unfortunately, [Friedman] was probably a bit before his time," says Greg. "Australians didn't have much of a taste for olive oil then; it was often found in the medicine cabinet rather than in the pantry. But 70 years later, the same trees are still here; they're still producing. We're really lucky to have that legacy left by him."

Olives have been suggested as a commercial industry a number of times in Australia's history, but it's only recently that demand and technology have allowed the crop to take off. Health-giving extra-virgin olive oil, the highest grade of olive oil and the only unrefined one, comprises most oil produced here.

Andrew and Susan bought Toscana olive grove, now known as Grampians

“We’d rather produce a lesser amount of really good-quality olive oil than an abundance of just average olive oil.”

Olive Co., in 2008. They were looking for a change after 30 years of running a horticulture business, says Greg, and “growing olives just made sense”. “Mum and Dad had travelled to Italy and experienced the wonder of freshly pressed olive oil. The flavour’s just amazing when it comes straight off the press. And they’d always loved the Grampians.”

Now, they produce 30,000 litres of cold-pressed certified organic extra-virgin olive oil annually, on average. They supply their award-winning oil, along with table olives pickled on demand, to loyal customers who buy direct as well as gourmet delicatessens, organic shops and cafes around Australia.

ORGANIC GROWTH

That’s impressive for a family who knew little about growing and processing olives. “We were thrown in the deep end,” says Greg. “The previous owners’ parents and grandparents back in Italy always grew olives, so he had a lot of knowhow that he imparted to us.

But ... we researched modern best-practice and developed our own style of operating as well.”

The grove had always been managed organically and the Mathews continued this practice. “It just doesn’t make sense to be putting nasty chemicals on a crop you’re going to eat,” says Greg. “And the environment here is very fragile, so when you start using synthetic fertilisers and destroying the soil structure ... you might get a short-term gain but you’re going to go backwards long term.”

Everything they do is about improving the soil. “All our waste is composted and put back onto the grove; the crushed olive stones, the leaves, everything we prune off the trees is mulched back into the soils.” Sheep are seasonally grazed among the trees to help fertilise them and keep the grass down, plus the hot, dry climate helps prevent the fungal diseases that can be problematic in more humid climates.

The Mathews farm the traditional dryland way, which means the olive trees rely solely on natural rainfall. Many olive growers choose to irrigate, as it can mean more consistent, higher-yielding olive crops; however, it can also decrease the intensity of the flavour and the quality can suffer. “We’d rather produce a lesser amount of really good-quality olive oil than an abundance of just average olive oil,” explains Greg.

The Matthews grow, pick, process and bottle their fruit on the farm. It’s



a cycle that starts in November with flowering, pollination and fruit-set time. "Then you get these tiny little olives, match-head size, and they'll gradually increase in size," Greg says. "First they grow their pit then they start putting on flesh, which is what the oil is extracted from. They're normally ready to harvest around May/June in our area, and it's really important to the flavour and the quality to get the harvest timing right."

The first olives picked are table olives, which are plucked off the trees and put straight into brine out in the field, to lock in their texture and flavour. Then the oil olives are shaken from the trees and, within as little as 30 minutes, are crushed on-farm to extract the oil, which is stored in a stainless steel vat. "We release a limited amount of oil straight off the press like that," says Greg. "That is really highly sought-after every year."

Most of the oil, though, is stored for up to two months in the vat so the naturally occurring sediment can settle to the bottom. "If you filter [the oil], you'll remove some of the antioxidants and some of the flavour, so it decreases the quality of the oil," explains Greg. "So we wait, it settles down, we bottle it on the farm and then send it out to our customers."

The resulting oils consistently sit at the premium end of the extra-virgin olive oil category.

A LEARNING CURVE

In the NSW Hunter Valley, Patrice Newell grows olives with a similar intent, but different practice. The former model and TV presenter and her husband, broadcaster Phillip Adams, left Sydney behind for Elmswood, a 10,000-acre cattle property, in 1986. Newell also jumped in the deep end, learning about farming through observing, books and networking with innovative farmers. Now she produces small amounts of biodynamic olive oil and cured olives alongside beef, honey and soap.

Newell planted olive trees in 1997, inspired in part by the idea of growing a fruit so imbued with ancient tradition and mythology. She was also buoyed by a push by the department of primary industry to rebuild an industry that had waned.

"I thought, if there's a whole group of us going to do it, we'd share the

“
I think if the olives were my only income I would have gone broke and I would have had to sell it or something, but the olives are part of the system here ... [And] when it has been good, it has been fab.”
”

knowledge, share the experience, learn the knowledge, build up enough volume to then develop an industry," says Newell. "So that was very exciting. And it has turned out to be incredibly difficult." She, like many other growers, planted incorrect tree varieties and she lost some of her trees through frost.

"The industry in the Hunter Valley started off being huge and it has been greatly reduced over the past few years. Financial return was not as high as we originally thought. For people like me, who are not on a regulated river, we don't have the guaranteed water supply for olives, either, and olives really do need water at a couple of strategic times." She has installed some irrigation to ensure her remaining 6000 trees bear fruit.

"I think if the olives were my only income I would have gone broke and I would have had to sell it or something, but the olives are part of the system here ... it's not intensive the way we do it. But when it has been good, it has been fab."

Newell and a "revolving team of people" — two full-time staff, two part-time and other casual workers from the nearby town of Gundy — pickle and press the olives onsite with a focus on quality over quantity. "I've never had enough [olive oil]. It's quite expensive to bottle it up into 100mL bottles and box them and post them, but it's very hard for people to get good-quality olive oil. And people who buy our products really like buying where they know the producer."

THE PAIN & THE PAYOFFS

Growing olives isn't easy. For both Newell and the Mathews, the weather presents the biggest challenge, with

inadequate rainfall or water supply reducing an olive crop. Bushfires are another risk at Grampians Olives Co., which borders a national park. About 3000 trees were burnt in the most recent bushfire in January 2014 and, while olive trees do grow back, they'll be out of production for 4–5 years.

Newell, who sells her honey, soap and olive products online, says extremely slow internet connection, poor or non-existent wifi and mobile reception, and finicky phone lines are big issues. "The fact that I've even been able to run an online business from here is nothing short of a miracle." She thinks the new NBN satellite, scheduled to launch mid-2016, will revolutionise the rural sector.

The other trial is money, as Greg explains. "We're very focused on quality, but to be viable ... doing everything organically is a challenge. There's more labour involved and ultimately that means that [we] tend to work very long hours. That can be a bit of a challenge socially and for family life." He puts in 11 to 12-hour days regularly, 16 hours at harvest time.

Yet the work gives back, too. For Newell, the reward of growing olives is in the eating. As for farming, "I just think the whole thing's interesting: the products are interesting, growing things is interesting. I like working with people, I like the fact that every single day is different. I think the work's important. And every time I grow something I think, 'I'll grow it better next year.'"

Meanwhile, on the plains beneath the Grampians, ambition — and care — is still very evident. "We find it very satisfying producing the best-quality oil we can and getting feedback from our customers," says Greg. "Just a simple email or phone call, saying how much they love the oil. It just brings home how much people appreciate what we do and gives us the motivation to keep on going."

"And the fact that we do everything here, and I get a hand in everything, keeps me interested. As I said, that's a challenge, but it also keeps us interested and keeps us going."

RESOURCES

Grampians Olive Co.,
grampiansoliveco.com.au
Patrice Newell, patricenewell.com.au



SPONSOR RECIPES

CAPE GRIM BEEF

The pristine pastures and clean air of Tasmania, King Island and Flinders Island provide the perfect environment to grow Cape Grim Beef. Since 2006, the brand has developed a reputation for providing 100 per cent grass-fed premium-grade beef sought after by butchers and chefs who have built their careers on choosing the best produce and letting it speak for itself.



Char-grilled Cape Grim Bavette with Pickled Root Vegetables

CHARGRILLED CAPE GRIM BAVETTE WITH PICKLED ROOT VEGETABLES

RECIPE / KATE GIBBS
@KATEGIBBS

Ensure you start this recipe a day or more ahead.

Serves: 4–6



Pickled root vegetables

- 1½ cups apple-cider vinegar
- ½ cup white-wine vinegar
- ⅓ cup caster sugar
- 1 tsp black peppercorns
- ½ cup water
- 3 garlic cloves, thinly sliced
- 700g baby root vegetables, such as carrots, radishes, beetroots
- 1.2kg Cape Grim bavette/flap steak, cut in half or into steaks (along the grain)
- ¼ cup extra-virgin olive oil
- Salt & ground black pepper
- 1 cup watercress sprigs, to serve

To make pickled vegetables, place both vinegars, sugar, peppercorns and ½ cup water in saucepan and bring to a simmer over medium heat. Stir occasionally for 4–6 mins until sugar dissolves. Remove from heat, add garlic and set aside to cool.

Trim tops from vegetables, leaving 3cm attached. Using mandolin, thinly slice vegetables crosswise. Place vegetables in 1.6-2L sterilised jar and pour over cooled pickling liquid, ensuring vegetables are covered by liquid (press down a little if needed).

Seal jar, set aside at room temperature overnight. Pickles can be stored in fridge in pickling liquid for more than a week.

Preheat oven to 180°C. Bring beef to room temperature and season with oil, salt and freshly ground black pepper. Heat two ovenproof frypans over medium-high heat. Cook steaks for 2–3 mins each side or until browned, transfer to oven and roast 3–4 mins until medium-rare, being careful not to overcook. Remove from oven, baste with juices and let rest for 5–8 mins.

To serve, it's important to slice steak across grain, place on serving board with pickled vegetables and scatter with watercress.

CAPE GRIM BISTRO RUMP CAP WITH HEALTHY SWEET POTATO FRIES & HERB SALSA VERDE

RECIPE / KATE GIBBS
@KATEGIBBS

Serves: 4–6



- 1.2kg piece Cape Grim rump cap, trimmed
- 4 tbsp extra-virgin olive oil
- Salt & ground black pepper
- 2 sweet potatoes, peeled & cut into 8mm matchsticks

Herb salsa verde

- ⅓ cup extra-virgin olive oil
- 2 cups flat-leaf parsley leaves
- 1 cup basil leaves
- ½ cup mint leaves
- 2 tsp Dijon mustard
- 2 tsp apple-cider vinegar
- 2 tsp capers
- 2 anchovy fillets

Preheat oven to 100°C.

Heat large frypan over medium-high heat. Score fat on rump or ask butcher to do this for you. Season rump cap with sea salt and freshly ground black pepper and rub over 2 tbsp extra-virgin olive oil. Place meat fat-side down in hot pan to brown, about 4–6 mins. Turn meat over and brown other side lightly, 3 mins.

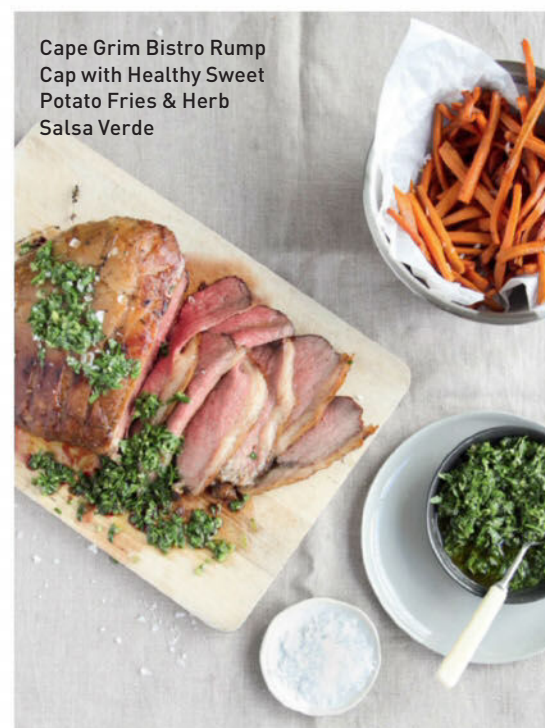
Transfer to baking tray on trivet and cook 2–2.5 hours, until internal temperature is 64°C when tested with meat thermometer. Cover lightly with foil and let rest on board 20–25 mins.

Increase oven to 200°C. To cook the fries, combine sweet potato and 2 tbsp oil in a bowl, season with salt and freshly ground black pepper.

Line 2 baking trays with baking paper, divide sweet potato between trays and roast 20–25 mins, turning once, until golden and crispy. Transfer to serving bowl.

To make salsa verde, place ingredients in food processor or mortar and pestle and blend to form a chunky paste.

To serve, thinly slice beef and serve on a platter, offering herb salsa verde for drizzling.



Salt & Vinegar Cape Grim
Tongue with Quinoa
& Zucchini Salad
& Horseradish Vinaigrette



SALT & VINEGAR CAPE GRIM TONGUE WITH QUINOA & ZUCCHINI SALAD & HORSERADISH VINAIGRETTE

RECIPE / KATE GIBBS
@KATEGIBBS

Ensure you start this recipe 5 days
or more ahead.

Serves: 6



1 trimmed Cape Grim beef tongue
(ask butcher)
1 cup malt vinegar
2 bay leaves
1 tsp cloves
1 brown onion, skinned & quartered

Salt & Vinegar Tongue Brine

3 litres water
1¼ cups salt
1 cup sugar
1 tbsp juniper berries
½ tsp black peppercorns
3 bay leaves
2 tsp cloves

Zucchini & Quinoa Salad

¾ cup tri-coloured quinoa, rinsed
well & drained
1 garlic clove, peeled & crushed
2 large zucchini
½ tbsp fresh horseradish, grated
Juice ½ lemon
1 tsp maple syrup
3 tbsp extra-virgin olive oil
¼ chopped cup parsley, to serve

Horseradish Vinaigrette

2 tsp horseradish, grated
Juice ½ lemon
1 tsp maple syrup
2 tbsp extra-virgin olive oil

For tongue, combine all brine
ingredients in large saucepan, bring
to a boil and stir occasionally.

Cool completely, add tongue and
chill in refrigerator for 4–5 days

When brined, rinse tongue well in
cold water, place in large saucepan,
add vinegar, bay leaves, cloves and
onion and cover with water. Bring to a
boil and cook 2 hours, until tender and
skin starts to slip off easily (it won't
come off if not cooked). You should

easily be able to pierce through to
centre with small knife. When cool,
remove skin completely and discard.

For quinoa and zucchini salad,
combine quinoa and 2 cups of water
in small saucepan, add a pinch of
salt and garlic clove, cover with lid
and simmer 20 mins until water
is completely reduced and quinoa
tender. Leave covered 5 mins off heat.

Meanwhile, halve zucchini
lengthwise, then thinly slice zucchini
lengthwise using mandolin.

For horseradish vinaigrette, whisk
together ingredients, season with salt
and pepper and tweak according to
taste.

In a bowl, toss together quinoa,
zucchini and horseradish vinaigrette
to taste and arrange on platter.

To serve, slice tongue as thinly as
possible lengthwise and arrange on
platter beside salad. Scatter over
chopped parsley and more dressing.

For more information visit
capegrimbeef.com.au



Capsicum (*Capsicum annuum*) — sweetly delicious

Capsicum is a delicious addition to your garden: fairly easy to grow and you can enjoy it raw, stirfried or roasted.

WORDS / TERRY ROBSON

Capsicums are also known as “sweet bell pepper” in the US but whatever their name they are a luscious and highly nutritious vegetable with a unique place in the history of medicine and our understanding of food. They have been cultivated for more than 9000 years, with the earliest cultivation having taken place in South and Central America. Since capsicums can be grown in a variety of climates they are now popular in cuisines throughout the world.

Capsicums are part of the nightshade family, from the same species that produces cayenne or chilli capsicums. They come in many colours, including green, yellow, orange and red. The green capsicum can be an immature, non-ripe version of the other colour varieties. To confuse the issue, though, not all capsicum varieties start off green and neither do green capsicums always mature into the other colours. While you can eat your capsicum at any stage of development, research has shown that the vitamin C and carotenoid content tend to increase while the capsicum is reaching its optimal ripeness. The added bonus of eating your capsicum when ripe is it tastes better, too.

GROW YOUR CAPSICUMS

When to plant: All year in tropical climates, but optimum germination rates are when temperatures reach above 23°C. Best planted in spring and summer in cooler areas after frosts have passed.

Climate: Grown throughout Australia but are considered warm-season plants.

Aspect/placement: Likes a sunny but sheltered position.

Specific needs: Known as heavy feeders, so enrich soil with well-rotted manure before planting. Good drainage essential and add some lime to help prevent blossom end rot. Keep up regular watering when fruiting. Ensure good air circulation to prevent moulds and mildew in the humidity. Try growing in pots.

Companion planting: Basil

Harvesting: Takes at least 13 weeks for fruiting to start. Capsicums can be picked from green stage until fully coloured and get sweeter as they ripen. Cut from plant with scissors or twist the stems until they break.

CAPSICUM NUTRITION

It was from capsicums that scientist Albert Szent-Györgyi was first able to isolate the compound vitamin C in usable quantities. For a long time

it was known that citrus such as oranges, lemons and limes could prevent scurvy, which is from vitamin C deficiency. Of course, in the early stages it was not known that vitamin C existed but just that citrus could prevent the dreadful symptoms of scurvy in sailors, for example. By 1907, however, researchers Axel Holst and Alfred Fröhlich proposed the existence of “vitamin C”, this substance that could be made by neither guinea pigs nor humans and lack of which led to scurvy.

However, although orange juice and lemon juice have high levels of ascorbic acid (vitamin C), they contain sugars that make purification of vitamin C extremely difficult. So this “vitamin C” remained unisolated until in 1933 Szent-Györgyi managed it by deriving ascorbic acid from paprika made from capsicum. The rest is vitamin history. Vitamin C, though, is just the beginning of what capsicum has to offer.

Capsicum is not as well studied for its health benefits as its cousin chilli, but it contains a treasure trove of nutrition. As mentioned, it is an excellent vitamin C source, containing around 120mg per cup. Capsicums are also a fantastic source of antioxidant carotenoids and vitamin E. One cup of freshly sliced red capsicum, for example,



ORGANIC CAPSICUM

You have every reason to include capsicum in your garden. Not only is its yield high and delicious, but commercially grown capsicum are among the “dirty dozen” foods that register consistently high levels of pesticide residue. Your organic capsicums will taste doubly sweet in the knowledge that they are unadulterated.

“Growing your own capsicums is by far your best nutritional choice as they can lose up to 15 per cent of their vitamin C content over the course of 10 days stored in the fridge ...”

contains about 1.5mg of betacarotene. In addition to these conventional antioxidant vitamins, capsicum also contains a range of antioxidant nutrients, including flavonoids, luteolin, quercetin, hesperidin, lutein and zeaxanthin. In all, capsicum is an antioxidant powerhouse.

CAPSICUM IN YOUR KITCHEN

Growing your own capsicums is by far your best nutritional choice as they can lose up to 15 per cent of their vitamin C content over the course of 10 days stored in the fridge and up to 25 per cent of their vitamin C over 20 days of cold storage time. Eating them fresh from your plant will give you the best nutritional outcome possible.

However, unwashed capsicum stored in the vegetable compartment of your fridge will keep for about 7–10 days with the nutrient loss already mentioned. Capsicums need to stay well hydrated and are very sensitive to moisture loss, so a damp cloth or paper towel in the vegetable compartment may help the capsicums retain their moisture. Don't cut out the capsicum's stem before storage in the fridge as they are very sensitive to moisture loss through this stem (calyx) portion and are more susceptible to chilling injury if the stem is removed.

If you aren't growing your own, choose capsicums that have deep, vivid colours and taut skin, and that are free of soft spots, blemishes and darkened areas. Their stems should be green and fresh looking. Capsicums should also feel heavy for their size as that indicates thick, well-formed and well-hydrated walls. They should also be firm enough that they will only yield slightly to a small amount of pressure. Avoid those that have signs of decay, including injuries to the skin or water-soaked areas. The shape of the capsicum does not generally affect the quality, although it may result in excessive waste or not be suitable for certain uses.

When it comes to preparing capsicums, first wash and dry them. Then remove the stem by cutting around it in a circle. This gets rid of most of the seeds. When you look inside, you'll see the white ribs. Slice down the ribs so you have three or four pieces of capsicum. The pulpy white inner parts of the capsicum are rich in flavonoids and can be eaten, but that comes down to personal preference.

Raw

Enjoy crunchy strips of raw capsicum in your next vegetable platter or throw some

diced capsicum into a salad.

A whole capsicum with its stem and seeds removed can serve as the “bowl” for a dip, pasta or rice salad.

Stirfry

Stirfrying with coconut oil is your best option because of the oil's high smoking point, but if you want an alternative to oil you can stirfry your capsicum in a broth of your choice over a medium heat for 5–7 minutes, topping up the broth along the way to keep the dish moist.

Roasted

Cooking capsicums really brings out their sweetness, so roasting them is one of the most popular cooking methods. Preheat your oven to 250°C, cut the capsicum into quarters, place on a tray and roast until the skin turns black. Once out of the oven, cover the pieces with a tea towel or put them in a container with a lid. When the capsicum has cooled, you can peel the skin off. The soft pieces of roasted capsicum can be added to salads or sandwiches, or can be incorporated into other recipes. Try some roasted red capsicum with cream or cheese on bread. You can buy roasted capsicum in a jar, but they taste better if you roast them yourself.



Plums — power packed

As delicious as they are, plums also pack antioxidant punch as well as helping with the absorption of iron.

WORDS / TERRY ROBSON



Plums belong to the *Prunus* genus of plants and are relatives of the peach, nectarine and almond. They are all considered “drupes”, fruits that have a hard stone pit surrounding their seeds.

The most common species of plum has the botanical name *Prunus domestica*. Prunes are the dried version of plums. Sweet with a deep taste and a sticky, chewy texture, prunes are not only fun to eat but they are also highly nutritious. As with other dried fruits, they are available year round.

Plums are one of the world’s hardiest trees, too. Once they’ve been in for a year or two they’ll survive drought, extreme heat and cold, and even gale-force winds. You can grow plums anywhere except tropical areas, as long as you choose varieties that don’t need chilling. Ask at your local garden centre and they’ll show you the best plums for your area.

HEALING POWERS

Antioxidant

The fresh version (plums) and the dried version (prunes) have both been the subject of repeated health research for their high content of unique nutrients called neochlorogenic and chlorogenic acid. These substances found in plums and prunes are classified as phenols and their function as antioxidants has been well documented. These damage-preventing substances are particularly effective in neutralising a chemical called superoxide anion radical and they have also been shown to help prevent damage to fats. Since your cell membranes, brain cells and molecules such as cholesterol are largely composed of fats, preventing free radical damage to fats is incredibly important.

Iron absorption

The ability of plums and prunes to increase absorption of iron into the body has been well proven. This ability of plums and prunes to make iron more available may be related to the vitamin C content of the fruit, which aids in iron absorption.

“

*Prunes are the dried
version of plums.*

”

Regularity

Prunes are well known for their ability to prevent constipation. In addition to providing bulk and decreasing the transit time of faecal matter, prunes’ insoluble fibre also acts as a prebiotic, providing food for the “friendly” bacteria in the large intestine. When these healthy bacteria ferment prunes’ insoluble fibre, they produce a short-chain fatty acid called butyric acid, which serves as the primary fuel for the cells of the large intestine and helps maintain a healthy colon. These helpful bacteria also create two other short-chain fatty acids, propionic and acetic acid, which are used as fuel by the cells of the liver and muscles.

The propionic acid produced from prunes may also be partly responsible for the cholesterol-lowering properties of the fruit. In animal studies, propionic acid has been shown to inhibit an enzyme involved in the production of cholesterol by the liver. By lowering the activity of this enzyme, propionic acid helps lower blood cholesterol levels. Additionally, prunes’ soluble fibre helps to lower cholesterol by binding to bile

acids and removing them from the body via the faeces. When bile acids are excreted along with prune fibre, the liver must manufacture new bile acids and uses up more cholesterol, thus lowering the amount of cholesterol in circulation.

Blood sugar

Prunes’ soluble fibre helps normalise blood sugar levels by slowing the rate at which food leaves the stomach and by delaying the absorption of glucose following a meal.

UMEBOSHI PLUMS

Umeboshi are Japanese plums deriving from the tree *Prunus mume* and the name simply means dried plum. Although part of the plum family, before it’s turned into what we know as an Umeboshi plum, the fruit looks closer to an apricot. The fruit is ripened on the tree until it turns an apricot colour, then is pickled in brine with shiso (perilla or beefsteak plant) leaves. These leaves are high in iron and antioxidants and give the Umeboshi its final pink colour. The plums are then dried and the process repeated a number of times. The result is a highly healing food.

Umeboshi has long been thought to have antibacterial properties. In fact, researchers believe Umeboshi could be of great benefit for both preventing and treating a range of oral problems, from cavities to bleeding gums

Salivary glands are stimulated by eating Umeboshi plums. As saliva is an important part of digestion through its assistance in the breakdown of foods, these plums can be a great boost to those suffering from reflux or indigestion. Umeboshi plums also lower levels of *Helicobacter pylori*, the bacteria involved in ulcer formation.

What's On

WHAT'S COMING UP FOR YOU

MARCH 10–13, SYDNEY, NSW

It's an exciting month when Taste of Sydney is pencilled in the diary. This foodie extravaganza is a fabulous celebration of Sydney's innovative and unique dining scene. Over four days, the city's most impressive restaurants each serve up 3–4 signature dishes, allowing you to create your dream menu in true Taste style. Browse the artisan stalls, participate in workshops, enjoy live entertainment and relax in the stunning surrounds of Centennial Park. If you're local to Sydney or haven't got too far to travel, make sure you check out Taste of Sydney. tasteofsydney.com.au

MARCH 12, HOKITIKA, NZ

The iconic Hokitika Wildfoods Festival has become a popular event in New Zealand, and rightly so: the tastes of the wild west coast should be celebrated! The festival exhibits an assortment of creative and unique foods that surprise and delight patrons. From crocodile bites, chicken feet and mountain oysters to grasshoppers, colostrum cheesecake and stallion protein shots, it's a fantastic day to celebrate the wild and wacky tastes of the west. Enjoy live music, stage performances and cooking demonstrations throughout the day; your only exchange is a mouthful of daring tastebuds! wildfoods.co.nz

APRIL 8–17, ORANGE, NSW

This year, Orange F.O.O.D Week will be celebrating its 25th anniversary with a bang! Recognised for hosting Australia's longest-running regional food festival, Orange and its surrounding shires are fast becoming one of the country's most exciting emerging gourmet destinations. With a strong focus on diversity, fresh local produce and cool-climate wines, the 10-day event showcases the creativity of the region's finest producers, chefs, cafes, restaurants and wine-growers. Enjoy cooking demonstrations, wine tasting, farmgate tours, live music, night markets and signature events such as the wonderful 100-Mile Dinner and Forage. brandorange.com.au

APRIL 10, MELBOURNE, VIC

Enjoying a glass of wine and nibbling from a gourmet cheese board is one of our favourite ways to celebrate life. When you add a live jazz band, a grape-stomping competition and Victoria's freshest produce to the picture, you've got yourself a wonderful day out. The Wine and Cheese Fest celebrates delicious autumn flavours in its new location, the Meat Market in North Melbourne. With more than 40 exhibitors showcasing their finest wine and cheese and a kids' zone for the children, this event is perfect for the whole family. wineandcheesefest.com.au

Give us **FOODBACK**

We want your feedback: *EatWell* is all about building a sharing community of people who care about the origins, quality and enjoyment of food, so we want to hear from you. Let us know how you have found some of the recipes you have made from this issue, share the improvements you might have made or even send us one of your own favourite recipes. We will publish as many of your insights and contributions as we can. Send your feedback to Kate at kduncan@universalmagazines.com.au



Lotus Organic Baobab is gluten-free and a good source of vitamin C, iron and dietary fibre. Derived from the baobab tree in Africa, this superfood powder can be mixed with water or juice or added to a smoothie, baking or cooking recipe.



Baobab Coconut Frappé



BAOBAB COCONUT FRAPPÉ RECIPE / LOTUS

Serves: 1



- 1 tsp Lotus Organic Baobab Powder
- 1 tsp Lotus Organic Cacao Powder
- 1 cup coconut cream
- 2 frozen bananas, peeled & sliced
- 1 tsp vanilla powder
- 1 cup ice

Combine all ingredients in blender. Pour frappé mixture into tall glass, sprinkle with baobab powder and serve.

Tip: Peel and slice bananas before freezing.

VANILLA & MANGO SMOOTHIE RECIPE / LOTUS

Serves: 2



Vanilla & Mango Smoothie



- 1 tsp Lotus Organic Baobab Powder
- 1 tsp Lotus Organic Matcha Powder
- 1 tsp Lotus Organic Brown Rice Syrup
- 1 cup frozen mango pieces
- 2 tbsp coconut yoghurt
- 2 frozen bananas, peeled & sliced
- 1 tsp vanilla powder
- 1 cup ice

Combine all ingredients in blender until smooth and serve immediately.

BAOBAB PINA COLADA RECIPE / LOTUS

Serves: 2



- 1 tsp Lotus Organic Baobab Powder
- 1 cup coconut milk
- 1 cup pineapple, diced
- 1 peach, diced
- 1 navel orange, peeled & sliced
- 1 cup crushed ice

Combine baobab powder, coconut milk, pineapple, peach and navel orange in blender until smooth. Pour into a cocktail glass and top with crushed ice.



AÇAÍ PROTEIN SMOOTHIE

RECIPE / LOTUS

Serves: 2

GF O V VG

1 frozen banana
1½ cups fresh strawberries
¼ cup fresh blueberries
1 tbsp Lotus Organic Matcha Powder
1 tbsp Lotus Organic Baobab Powder
2 tsp Lotus LSA Meal
1 tbsp Lotus Organic Açai Powder
¼ cup coconut water
½ cup almond milk
Lotus Black Chia Seeds & fresh berries, to garnish

In blender, add all ingredients except chia seeds and fresh berries for garnish.

Blend on high for 1 min until smooth.
Pour into glasses and top with Lotus Black Chia Seeds and fresh berries.



ORGANIC DETOX JUICE

RECIPE / LOTUS

Serves: 1

GF O V VG

1 tsp Lotus Organic Baobab Powder
⅓ cup organic beetroot juice, chilled
⅓ cup organic carrot juice, chilled
⅓ cup organic pineapple juice, chilled

Mix all ingredients and serve.

WATERMELON COCONUT SMOOTHIE

RECIPE / LOTUS

Serves: 2

GF O V VG

3 cups coconut water
3 cups watermelon, cut in 2.5cm cubes
3 tbsp lime juice
1 tbsp packed mint leaves, optional

Combine all ingredients in blender and process until completely smooth, about 30 secs. Force through fine mesh sieve into pitcher, discard pulp. Serve chilled with ice or watermelon ice cubes.

Tip: To make watermelon ice cubes, place 2.5cm cubes of melon on parchment-lined baking sheet and freeze in single layer. Once frozen, transfer to zip-lock freezer bag.

For more information visit
lotuspantry.com.au





Slow down & savour

Slow Food is a movement that arose in Italy 30 years ago and today is more relevant than ever. It aims to create environmental and social reform by transforming people's attitudes to food and eating.

WORDS / DANIELLE KIRK

In 1989 in Paris, Italian poet and writer Folco Portinari presented a manifesto. "We are enslaved by speed and have all succumbed to the same insidious virus: Fast Life, which disrupts our habits, pervades the privacy of our homes and forces us to eat fast foods ... In the name of productivity, Fast Life has changed our way of being and threatens our environment and our landscapes. So Slow Food is now the only truly progressive answer."

“Fast Life has changed our way of being and threatens our environment and our landscapes. So Slow Food is now the only truly progressive answer.”

This critique formed part of the Slow Food Manifesto and was a rallying cry to activists from 15 different countries. It marked the official beginning of an international movement that now has more than 100,000 members in over 160 countries, a headquarters in the town of Bra, Italy, and a political momentum that challenges not only how food is produced and eaten but also the underlying values of society.

Yet Portinari's words were first penned three years prior, following a demonstration against a new McDonald's

at the Spanish Steps in Rome. There, one of the opponents, an activist and journalist named Carlo Petrini, had thumbed his nose in an unusual way: by handing out plates of penne to the protesters.

It was Petrini, a popular leader in the Italian Left, who set up the Slow Food association that year, aiming to protect traditional foods and regional cultures, and advocating for agricultural biodiversity. His friend Portinari wrote the manifesto, and its publication in several languages exported Slow Food beyond Italy.

In 1989, the international Slow Food movement was born. It aimed to counteract fast food — convenient yet degraded, artificial, packaged and unhealthy foodstuffs — and all it represents: a fast pace of life, the homogenisation of food and culture, the devaluation of traditional forms of knowledge, and the social inequalities and environmental issues that accompany an economy and food system dominated by large, borderless corporations.

The Slow Food movement has now become, as US magazine *Newsweek* once described it, the basis for an alternative way of living, the inspiration for "a kinder and gentler capitalism".

ENVIRONMENTAL & SOCIAL REFORM

Slow Food may have arisen to counter fast food and the disappearance of food traditions, yet its concerns extend further. The movement's guiding principle is eco-gastronomy: gastronomic pleasure meets environmental responsibility. As Geoff Andrews writes in *The Slow Food Story*, it's "a combination of a

concern for the environment with the pleasures associated with the production, preparation, cooking and consumption of food".

Slow Food aims to create both environmental and social reform by transforming people's attitudes to food and eating. In practice, this means the movement works across several intersecting areas. According to Professor Lauren Williams and John Germov, Australian researchers into Slow Food, its actions today include:

- Promoting the purchase of local produce so as to reduce food miles and celebrate regional cuisines and local food traditions.
- Fostering fair trade, by working to reduce worker/farmer exploitation and facilitate equal trading relationships between developing and developed nations.
- Advocating for sustainable farming methods and encouraging less use of food additives, irradiation and genetic modification.
- Asking that people revalue the time they spend on food. This is based on the understanding that spending quality time on buying and preparing food is an investment in personal and collective wellbeing.
- Helping to educate others about food and the environment, and supporting the growth of farmers' markets.

Slow Food International, which is still headed up by Carlo Petrini and has its headquarters in his hometown of Bra, is the hub of the organisation. Local branches, known as *convivia*, are run by volunteers who co-ordinate activities in their area. These include visits to local

farms and producers, group meals and tastings, and events that educate people about farming methods, sustainability and where their food comes from.

Cook, author and restaurateur Maggie Beer introduced Slow Food to Australia in 1995 and 18 convivia now exist here.

SUCSESSES, CRITICISMS & EVOLUTION

Slow Food has certainly grown over the years, and it has evolved, too, just as the Fast Life speeds up. Yet the organisation is not without its critics. Key criticisms have included that Slow Food is: anti-globalisation; elitist, with the argument that spending time and money on food is a luxury for the rich; and a movement driven by first-world consumer values and Italian culture, influenced, for example, by a disdain for any meal that doesn't involve sitting down at the table to eat.

As Geoff Andrews writes, here's how Slow Food has responded:

- Slow Food isn't anti-globalisation, per se, but it is critical of the current global capitalist economic system and its impacts. The movement, though, is global itself and aims to address the concerns of individuals worldwide.
- The cheap prices at supermarkets are possible only because of the cheap labour that food companies employ in developing countries, and a lower percentage of incomes is spent per household on food now than in the past. In addition, there are serious health and environmental risks that accompany a Fast Food lifestyle. Changing attitudes towards food and

better lifestyles, Slow Food movement organisers argue, will only come about through education.

- It was partly due to the last point — and the organisers' desires to create a more holistic, embracing movement that extended beyond developed-world consumers — that in 2004 Slow Food held its first Terra Madre: a meeting of global producers, farmers, consumers, intellectuals and activists to "meet, unite, exchange experiences and share their knowledge".

That first Terra Madre represents a key turning point for Slow Food in that its organising principles changed to become "good, clean and fair". Today, these guiding tenets still stand, as noted on the movement's global website. "Good" means a fresh, flavourful, seasonal diet that satisfies the senses and is part of local culture. "Clean" means food production and consumption that doesn't harm the environment, animal welfare or human health. "Fair" means accessible prices for consumers and fair conditions and pay for small-scale producers. It also represents a commitment to helping improve social and economic conditions of people in developing countries.

Terra Madre has since grown into a network of 2000 food communities around the world that practise small-scale and sustainable production of quality food.

Other programs and networks that Slow Food has fostered include:

- Slow Food Foundation for Biodiversity, which involves thousands of producers and co-ordinates projects to defend local food traditions, protect local biodiversity and promote small-scale quality products. Its first project was the Ark of Taste, which aims to rediscover, catalogue, describe and publicise products that are at risk of extinction and represent important traditional and cultural symbols.
- Slow Food Youth Network, the youth arm of Slow Food, which unites young food enthusiasts, chefs, activists, students and producers who raise awareness of important food issues and introduce young people to the world of gastronomy.
- University of Gastronomic Sciences, an international education facility in northern Italy that mirrors the Slow Food mission and focuses on the links between food and cultures.

“

Terra Madre has since grown into a network of 2000 food communities around the world that practise small-scale and sustainable production of quality food.

”

HOW TO SLOW FOOD DOWN

Activism is where Slow Food started and it remains at the beating heart of the movement 30 years on, with its members worldwide working to help shift the ideologies and actions of corporations, governments and individuals towards eco-gastronomy: re-valuing food as a giver of pleasure and good health, not a peripheral commodity, and in so doing protecting cultural, political and environmental wellbeing.

On a practical level, as Petrini points out in *Slow Food: The Case for Taste*, Slow Food starts in the home. It's about returning to traditional recipes, locally grown foods and wines, and eating as a social, pleasurable event. And it's this way, through food, that the movement serves to remind us all to consider where our food comes from and how its production impacts on our health and the wider environment.

So if you want to bring a slower, more conscious style of eating and living back, begin today, knowing you have a movement many thousands strong beside you.



RESOURCES

Slow Food Australia,
slowfoodaustralia.com.au

Slow Food International,
slowfood.com

Slow Food: The Case for Taste,
Carlo Petrini

The Slow Food Story: Politics and Pleasure, Geoff Andrews

TIPS FOR TAKING IT SLOW

Want to leave Fast Food behind? Here are some tips to get started:

- **Slow. It. Down.** Take the time to source ingredients locally, cook your food with care and enjoy eating your meals in the company of others.
- **Engage.** Become a co-producer, not a consumer, by getting to know your food as well as the local growers who produce it.
- **Get involved.** Seek out Slow Food members, become a member of your local convivium or start one up yourself and join the movement towards a more sustainable, connected and enjoyable food future.



SPONSOR RECIPES

CHRIS' DIPS

Originally from Greece, Chris Tassios started Chris' Dips to bring some of the flavours of his homeland, such as caviar and tzatziki, to the tables of Australians. Thirty years on, Chris continues to create mouth-watering dips that make entertaining easy.



Chicken Souvlaki

CHICKEN SOUVLAKI

RECIPE / MELANIE

@NATURALLYNUTRITIOUS

Serves: 2



- 1 BBQ chicken
- 6 wholemeal pita breads
- 3 Lebanese cucumbers, sliced
- 3 tomatoes, diced
- 1 heaped tbsp Chris' Traditional Tzatziki Dip
- 2 tsp thyme leaves
- 1 red onion, sliced

Spread each pita with Tzatziki Dip, then add cucumber, tomato, thyme, onion, add some shredded BBQ chicken and enjoy!

SPICY CAPSICUM PASTA SALAD

RECIPE / MELANIE

@NATURALLYNUTRITIOUS

Serves: 4



- 250g dry large spiral pasta, cooked al dente & cooled
- 1 red capsicum, diced

- 5 spring onions, sliced
- ½ cup kalamata olives, halved
- 1 punnet cherry tomatoes, halved
- 1 tub Chris' Dips Traditional Spicy Capsicum Dip
- Seasoning, to serve

Place everything in large bowl and combine very well until dip has coated all pasta spirals.

Season with salt and pepper to taste and serve straight away!



Spicy Capsicum Pasta Salad

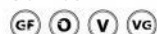
Buckwheat Salad
with Hommus
Dressing



BUCKWHEAT SALAD WITH HOMMUS DRESSING

RECIPE / MANDY
@CHANGEROOMFOODS

Serves: 2



½ cup raw buckwheat kernels
2 tbsp raw sunflower seeds
2 tbsp raw pumpkin seeds
2 tbsp sultanas
2 tbsp dried cranberries
2 stalks spring onion, finely sliced
2 tbsp Chris' Traditional Hommus Dip
2 tbsp freshly squeezed lemon juice
½ tsp sea salt
½ tsp freshly ground black pepper

Place buckwheat kernels in non-stick frypan over high heat and stir frequently until kernels are lightly golden and aromatic, about 3 mins. Transfer to bowl and allow to cool for 5 mins. Don't turn off heat or get rid of frypan.

Bring saucepan filled with plenty of water to a rolling boil over high heat. In the meantime, place sunflower and pumpkin seeds in frypan and toast until lightly golden. Transfer to small bowl and allow to cool.

Pour buckwheat kernels into boiling water and reduce heat to medium-low. Cook for about 5 mins, or until buckwheat groats are *al dente*. Drain well, rinse under cold water and drain again. Dry well between two sheets of paper towel, then transfer to large bowl.

Scatter sunflower and pumpkin seeds, sultanas, dried cranberries and spring onion over cooked buckwheat.

To prepare dressing, whisk together hommus, lemon juice, salt and pepper. Pour dressing over salad and serve.

FETA & DILL SAVOURY WAFFLES WITH EGYPTIAN BEETROOT

RECIPE / MANDY
@CHANGEROOMFOODS

Serves: 2



¾ cup almond milk
½ cup brown rice flour
Heaped ⅓ cup tapioca flour
¼ cup potato starch
¼ cup extra-virgin olive oil
Packed ¼ cup crumbled feta cheese,
plus extra for serving
1 egg
1 tbsp fresh dill, finely chopped,
plus extra for serving
1 tsp gluten-free baking powder
¼ tsp Himalayan salt

⅔ cup Chris' Traditional Egyptian Beetroot Dip

Preheat waffle iron to highest heat setting. Place all ingredients except dip in large mixing bowl and whisk until well combined and glossy.

Pour approximately ½ cup batter onto prepared waffle iron and allow to cook through. Transfer waffle to cooling rack to maintain crispiness.

Repeat with remaining batter.

When ready to serve, divide waffles and dip between two plates and decorate with crumbled feta and fresh dill leaves.

For more information visit
eatloveshare.com.au

Feta & Dill
Savoury Waffles
with Egyptian
Beetroot





SPONSOR RECIPES

REAL GOOD FOOD

Real Good Food Dried Blueberries are high in antioxidants and a great healthy snack. They come in a neat resealable BPA-free container so they are a great solution for people on the go. Organic, gluten-free and non-GMO, they can be eaten on their own or added to muesli or yoghurt and are a great lunchbox snack.



Fruit & Nut Muesli Bars



FRUIT & NUT MUESLI BARS

RECIPE/REAL GOOD FOOD

Serves: 10



- 1 cup medjool dates, pitted & chopped
- ¼ cup organic raw honey
- ¼ cup organic peanut butter
- 1 cup Real Good Food Almond & Cranberry Street Mix, chopped

1½ cups puffed brown rice
100g tub Real Good Food Dried Blueberries

Line a 20cm × 20cm square tin with clingwrap and set aside.

Blend dates in food processor to small pieces. Warm honey and peanut butter over low heat and pour over almonds, cranberries, puffed brown rice, blueberries and dates into a mixing bowl.

Pour mixture into tin and press down to even surface. Cover with clingwrap to set in refrigerator for 20 mins

Remove from tin and cut into 10 even bars.

ZESTY RAW CHEESECAKE

RECIPE/REAL GOOD FOOD

Serves: 8



Crust

- 1 cup of Real Good Foods Organic Dried Blueberries
- 1 cup raw walnuts
- 1 tbsp melted coconut oil

Filling

- ⅓ cup melted coconut oil
- ½ cup coconut milk
- ½ cup rice-malt syrup
- ½ cup raw cashews (pre-soaked for 2 hours)
- Juice 1 lemon
- Juice 1 lime
- Juice 1 orange

To make crust, add dried berries to food processor and blend until smooth, then add walnuts and coconut oil. Process all ingredients until consistency of loose dough.

Line cake tin with baking paper to help remove cheesecake before serving. Scoop mixture into cake tin and press with fingers or back of spoon to compact. Place cake tin in freezer to set.

To make filling, add all ingredients to blender and mix until smooth. Take cake tin out of freezer and pour filling mixture on top of crust and place raw cheesecake back in freezer for 3–5 hours, until hard.

Before serving, remove raw cheesecake from freezer and allow to melt slightly for 10 mins before serving.

Top with your favourite berries.

Zesty Raw Cheesecake



Berry Baobab Bliss Balls

BERRY BAOBAB BLISS BALLS RECIPE/REAL GOOD FOOD

Makes: 20 balls

GF O V VG

¾ cup Real Good Food Almond
& Cranberry Street Mix
½ cup pecans
¼ cup Real Good Foods Organic
Dried Blueberries
1 cup pitted dates
¼ cup coconut oil
1 tbsp Real Good Food Raw
Cacao Powder
1 tbsp baobab powder

Mix almonds, cranberries and pecans in food processor and blend for 2 mins. Add blueberries, dates, coconut oil, raw cacao and baobab in food processor and blend until mixture combines to sticky texture.

Roll mixture into small balls and place in freezer for 1 hour. Once set, remove from freezer and store in fridge.

BERRY NICE ICY POLES RECIPE/REAL GOOD FOOD

Serves: 6

GF O V VG

Handful Real Good Foods Organic
Dried Blueberries
1 cup cranberry lemonade
Fresh or frozen berries

Combine berries and cranberry lemonade in a blender until smooth. Fill icy-pole moulds with mixture and top with fresh or frozen berries. Freeze and enjoy.

For a delicious twist, dip frozen icy-poles in organic yoghurt and re-freeze for creamy coating.

BREAKFAST DELIGHT RECIPE/REAL GOOD FOOD

Serves: 1

GF O V

⅓ cup Real Good Food Toasted Muesli
2 dollops Greek yoghurt
2 tbsp Real Good Food High Protein
Berry Mix
1 tbsp Real Good Food Organic
Dried Blueberries
Seasonal fruits
Drizzle maple syrup

Spoon muesli and yoghurt into a glass. Top with blueberries, seasonal fruits and drizzle of maple syrup.

For more information visit
realgoodfood.com.au



Berry Nice Icy Poles



Breakfast Delight



Lovely legumes

There's something a little magical about beans and legumes, not in a "Jack and the Beanstalk" kind of way, but more that they are grounding and deliver a true force of nature by way of nutrients and sustenance if prepared and treated properly.

Beans, lentils and peas all fall under the category of legumes, along with peanuts, alfalfa and clover. In Ayurvedic medicine, legumes are known to provide good-quality nourishment and to balance the three *doshas*: *vata*, *pitta* and *kapha*. It's no accident that these traditional cultures are adept in preparing, cooking and eating legumes in the way they were intended. There is a deep understanding and respect that we perhaps don't share, given our reliance on tinned legumes. Although it does save time, tinned beans are more difficult to digest and are not as rich in the nutrients legumes are so famous for. Here's a snapshot of the key players.

LEGUME NUTRITION

Protein

Let's start with protein, an essential building block for your body and one legumes deliver plentifully. In this way, they help to balance your blood sugar, regulate your metabolism and promote proper growth, development and repair. Being a plant-based form of protein, beans don't contain all the amino acids to qualify as a "complete protein", lacking methionine. However, we now know that as long as you get the amino acids you need sometime in the day your body is smart enough to make the protein it needs, so you can pick up your methionine elsewhere, from foods like grains.



... don't add salt to your beans until the end of cooking time. Adding it at the start can prevent them from cooking completely and leave their skins tough.



Fibre

Fibre is essential to your digestive health, microbial balance, and satiety. It works to balance blood sugar levels by slowing the rate glucose is absorbed into the

bloodstream. Legumes deliver a load of fibre, both soluble and insoluble, to optimise proper digestion. They are also a form of resistant starch that functions as a prebiotic to maintain a healthy microbial balance in the gut.

Iron

Legumes are good sources of non-haem iron. As they're plant-based forms of iron, it's useful to include a good source of vitamin C in the same meal to give your body the best chance of absorbing the iron. This can be as simple as a little side salad of leafy greens or the inclusion of lemon juice or red capsicum in the meal. Sprouted legumes are a wonderful source of vitamin C in themselves.

And more

Legumes also deliver good amounts of calcium, magnesium, B vitamins and potassium, and are a great-quality complex carbohydrate. They are inexpensive and widely available, making them a cost-effective option for any family.

THE MUSICAL FRUIT

The number one issue in the legume complaints department, though, is that they can cause gas and bloating. Lentils and peas are by nature easier to digest. Beans, on the other hand, contain oligosaccharides, long-chain sugars which your body cannot break down. This leads to fermentation and the production of gas. In order to stop this happening, you need to take a little time in preparing and cooking your beans; soaking and cooking breaks down the sugars, making the beans easier to digest.

That said, those with weak digestive systems, and babies under 12 months old should be careful with beans and perhaps stick to legumes and peas until their digestive capacity is more robust. In general, lentils, peas, mung beans and aduki beans are the most easily digested, followed by the rest of the beans. Soybeans are the most difficult, though fermented soy products like miso, tempeh and tofu are easily digested, generally speaking.



COOKING WITH LEGUMES

A good basic guide is to place your dried beans in a bowl and cover with water. Add 1–2 tablespoons of either lemon juice, apple cider vinegar, whey or yoghurt to start the fermentation process. Soak at room temperature for 12 hours. Drain, rinse and transfer to a pot and add enough water to cover the beans by 10cm or so. Bring to the boil, then simmer on low for the required cooking time. Different beans need different cooking times, but it's generally 1–2 hours, longer for kidney beans and chickpeas. Skim off any foam that forms on the top of the cooking water while cooking.

Adding a piece of wakame or kombu to the cooking water will further assist with the digestive process, reduce cooking time and add further nutrients. Also, don't add salt to your beans until the end of cooking time. Adding it at the start can prevent them from cooking completely and leave their skins tough.

Including legumes in your diet is easy! Hummus, baked or sautéed beans, kitchari, Mexican beans, falafels and dhal are all great examples of how delicious they can be. But don't be afraid of supercharging any of your meals with lovely legumes. Add to soups, stews, salads and even desserts — I've seen black bean brownies flying around the Internet.

To make it easy on yourself, prepare large batches and freeze in portions so you can just whip them out of the freezer and add to any meal as and when. Start small — you don't need to eat buckets of legumes to benefit, but you will certainly benefit from making them a regular part of your diet.

Meg Thompson is a practising naturopath, cook, mother, writer, health advocate and passionate wholefood enthusiast based in Melbourne.



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W: naturescuppa.com



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W: eatloveshare.com.au



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W: buderimginger.com



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W: angelarojas.com/ketopia.html



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W: borderland.com.au

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W: morlife.com



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W: montaguefresh.com.au



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W: realgoodfood.com.au



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W: globalcafedirect.com.au



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W: outbackspirit.com.au

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W: trenthamtucker.com.au



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W: lotuspantry.com.au



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W: southerncrosspottery.com.au





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W: blindtigergin.com.au



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W: nutraorganics.com.au



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W: foodforhealth.com.au



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W: gonatural.com.au

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W: wholelivenutrients.com



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W: kuvings.net.au



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