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## Bisque

Bisque was originally a term used for soups made with game birds. Since the 17th century, though, it has been used to refer to any soup made from shellfish (lobster, crab, or prawns) where the meat is made into a broth then sautéed with onions, carrots, celery and spices and thickened with rice or cream. The whole is blended until it achieves a flawlessly creamy consistency. These days, any creamy, blended soup is called a bisque; hence, celery bisque is just as likely to be on the menu as the more famous lobster bisque.









## Flat White

There is debate as to whether the flat white coffee was invented in New Zealand or Australia. But the question is not who invented it but what is a flat white? Cafes will generally offer cappuccino, flat white or latte options — but what's the difference? A cappuccino has between 1.5 and 2cm of foam and is topped with chocolate. Flat whites and lattes both have less foam and no chocolate. Usually, cafes will serve lattes in glasses and flat whites in cups. When pressed, baristas and coffee lovers will tell you the difference between a flat white and a latte is a few millimetres of microfoam. Take your tape measure and test it out.

## Grapefruit

Grapefruit came into being in the middle of the 18th century in the West Indies as the result of the crossbreeding of a pomelo with an orange. Many varieties have been bred since with a range of colours and sweetness. When buying your grapefruit, choose ones that are dense — that seem heavy for their size — with a glossy, smooth skin. Grapefruit is one of those fruits that do not ripen once picked.





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# FROM THE EDITOR

**H**ave you heard of castoreum? You may not have heard of it, but there's a chance that you've eaten it.

There was quite a bit of internet noise about castoreum a couple of years ago; about this substance that springs from a beaver's castor sac, a pouch located between the tail of the beaver and its pelvis. Internet wisdom was that castoreum came from the "anal gland" of the beaver. That's standard internet hype, but the reason people cared about castoreum is because it's sometimes used in food.

Beavers use castoreum to mark their territory; apparently, it smells quite nice with a musky aroma and has been used in fragrances for some time. It has also been used in foods, mainly because it can enhance vanilla, raspberry and strawberry flavours.

Although it hails from the nether regions of a beaver, castoreum is considered non-toxic and the Swedish National Food Agency allows it to be used in baked goods and sweets. The US Food & Drug Administration regards it as a "generally safe" additive for food. So it's theoretically possible that you have ingested castoreum at some point. It's not incredibly likely since only about 132kg of the stuff is produced every year in total, but it is possible.

None of this is meant to advocate castoreum. The Swedish love for the substance resulted in beavers being almost wiped out in Sweden and having to be restocked from Norway. Foods and products sourced in thoughtless, unsustainable ways such as this simply have to be a relic of the past.

The point is that when the notion of beavers' bottoms contributing to our food chain became known, people became upset. It's not a pleasant thought that your strawberry sweetie is enhanced with essence de beaver, however unlikely that actually is, and so people complained.



If you want to eat processed food, though, isn't this the risk you take? In a lifetime, the average Australian consumes around 100,000kg (100 tonnes) of food and drink. Eating processed food means you leave it up to the food company to make the decisions as to what goes into your food. That's 100,000kg worth of life decisions you're potentially giving away.

If you buy your raw ingredients or buy food sourced from ethical companies, then what's going into your body becomes your choice.

Castoreum is not going to be a big part of your diet, whatever food choice you make, but if the thought of beavers' bottoms flavouring your food motivates you to take charge of what you eat, then that's a dam good thing.

Terry

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### On the cover:

Danielle's Beetroot, Potato & Lentil Soup

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## 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 our 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@umco.com.au](mailto:kduncan@umco.com.au)

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It's cold outside and you want warming foods that make you feel safe and at peace. Our recipes will warm the cockles of your heart and nourish you as well. Enjoy: cauliflower cheese soup; baked veg mash; pumpkin and potato cottage pie; mushroom and butter bean pie; tomato, basil and capsicum soup; or pumpkin and chickpea pasties.

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Celeriac has a delicate nutty, celery-like flavour and is delightful in a wide variety of dishes. Try our delicious celeriac ideas such as: celeriac pasta with herbed tomato sauce; celeriac, pea and spinach soup; celeriac, potato and spinach bake; zucchini and celeriac pasta with broccoli sauce; celeriac and pear soup with toasted pine nuts; celeriac and potato stacks; spiced celeriac; or celeriac, cauliflower and roasted garlic mash.

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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
- VG** Vegan Friendly

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# OUR CHEFS



ADAM GUTHRIE



LEE HOLMES

## 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.

A qualified chef and wellness coach who specialises in a wholefood, plant-based diet, Adam 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. He discovered he'd had a heart attack and was 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" of 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; he 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 healthily and to live well.

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

## 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 so [superchargedfood.com](http://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.

It began with posting recipes but her passion to share her story and help others has snowballed and her blog recently took 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](http://superchargedfood.com).

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# OUR CHEFS



LISA GUY



DANIELLE MINNEBO

## LISA GUY

Lisa Guy is a highly qualified Sydney-based naturopath, author and passionate foodie and founder of Art of Healing ([artofhealing.com.au](http://artofhealing.com.au)) and Bodhi Organic Tea.

Lisa is a believer that good wholesome food is one of the greatest pleasures in life and the foundation of good health. She encourages her clients to get back to eating what mother nature intended: good, clean, wholesome food that's nutrient rich and free from high levels of sugars, harmful fats, artificial additives and pesticides. Lisa's aim is to change the way people eat, cook and think about food.

Lisa sees a wide range 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 little 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* and *Nurture Natural Parenting* magazine. Lisa is frequently quoted in many leading Australian publications promoting the natural way to better health. She 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](http://artofhealing.com.au).

## 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 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.

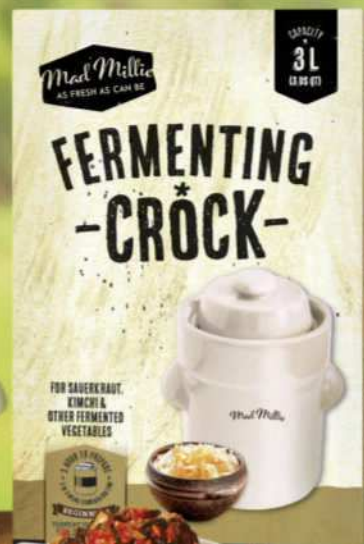
In 2013, Danielle founded Food to Nourish and started producing a range of organic healthfood snacks that are now sold in healthfood stores around Australia. Every one of these products is lovingly handmade by Danielle and her wonderful team of helpers in the Food to Nourish kitchen.

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 [danielleminnebo.com](http://danielleminnebo.com).

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# OUR CHEFS



RAQUEL NEOFIT



MEG THOMPSON

## RAQUEL NEOFIT

Raquel is a recipe developer and writer who loves sharing her passion for and knowledge of all things food and travel. She lives by the motto “life in balance”.

As a parent, Raquel is passionate about healthy food and raising her two girls to make the most of life while passing on her philosophy of life in balance and teaching them to respect and value the world we live in.

As a writer for the indoor horticulture industry, Raquel is determined to change the way we look at hydroponics and educate consumers on the benefits of eating produce grown in a protected environment. Over the years she has met many protected cropping farmers and found they all have two things in common: dedication to producing the most nutritious and best-tasting produce possible as well as enthusiasm for changing the conventional rules of pest management by avoiding pesticides in their greenhouses.

Raquel’s passion for food and cooking stems from a childhood in which most vegetables were frozen and dinner was usually meat and three veg with a lamb roast on Sunday nights, always cooked old-school in a pound of dripping! So, for many years she endeavoured to broaden her palate and fell in love with many exotic techniques from around the world — but with a healthy twist.

Connect with Raquel Neofit at [raquelneofit.net](http://raquelneofit.net).

## MEG THOMPSON

Meg is a practising naturopath, cook, mother, writer and passionate wholefood enthusiast based in Melbourne.

Meg’s interest in health, food and the role of food as medicine has shaped her career and lifestyle. Following an early career in psychology and education, she completed studies in naturopathy, nutrition and herbal medicine and now runs a successful clinical practice.

As her practice grew, Meg found that most of her work centred around educating patients on the benefits of a diet diverse in fresh and whole foods. So she sought to share her views and passion with a larger audience through her blog *My Wholefood Romance*.

Here, her love affair with cooking and creating delicious recipes using seasonal produce flourished. She shares recipes and knowledge about food, the best preparation methods and how to use them to best benefit health. Meg seeks to encourage others to learn, try new things and rediscover the joy of cooking and eating. Her recipes are approachable, thoughtful and bursting with nutrition.

This love of education has now stretched to include lecturing at one of the natural medicine colleges in Melbourne and presenting occasional workshops. Her first book on gut health and the benefits of fermentation was published recently.

Aside from writing and contributing recipes to *EatWell*, Meg develops recipes and menus for clients and businesses. She works from a philosophy that food is not just something to fill our bellies but a source of nourishment, deliciousness, education, ritual and celebration, best shared with those we love.

Connect with Meg at [mywholefoodromance.com](http://mywholefoodromance.com).

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# SLOW & STEADY

In a world that can get so busy it is not only pleasant, but also healthy, to slow down. Since you eat every day, your cooking is a great opportunity to do something that will take some time. Slow cooking allows flavours to suffuse and textures to change, giving you the chance to savour all that your food offers. Slow down with our recipes like: slow roasted chicken with lemon and pomegranate; beetroot cured salmon with tarragon and dill; slow-cooked braised lamb; turmeric and chicken broth; baked pumpkin with cumin and pomegranate; and raw chocolate cheesecake.



Photography: Adam Guthrie

## QUINOA VEGETABLE PILAF WITH MISO SOY-GLAZED TOFU

RECIPE / ADAM GUTHRIE

Taking the time to prepare a meal with care and loving intention gives the food something extra-special. Plus, it tastes better!

**Serves: 4**



### Marinade

2 tbsp white miso  
1 tbsp maple syrup  
1 tbsp soy sauce  
1 tsp sesame oil  
3 tbsp rice vinegar  
4 garlic cloves, minced  
1 tbsp ginger, finely grated

250g firm tofu, cut into 10cm cubes

### Quinoa Pilaf

1 corn cob, kernels cut from cobs  
1 red capsicum, finely diced  
1 carrot, grated  
4 spring onions, white & greens, thinly sliced  
2 cups cooked quinoa  
Salt & pepper, to taste

In a bowl add miso, maple syrup and soy sauce, and mix well. Add sesame oil and rice vinegar. Place garlic and ginger in bowl, mix well.

Add cubes of tofu to bowl of marinade and mix to coat all pieces. Set aside.

Heat frying pan on high heat. Add ½ cup water, corn, capsicum, carrot and spring onions. Sauté for 2 mins until soft. Add cooked quinoa, season and mix well.

Heat clean non-stick frying pan on high heat. Add marinated tofu slabs. Grill until brown on one side, turn over and grill until brown on other side. Add marinade, cover both sides of tofu and remove from heat after a couple of mins.

Add 1 cup of water to remaining marinade in frying pan and stir to make sauce. When boiling, remove from heat.

Divide quinoa on 4 plates, place 2 tofu slab on top, drizzle over sauce and serve.

## FERMENTED GARLICKY DILL CARROTS

RECIPE / MEG THOMPSON

These are great to have on hand for general snacking, lunchboxes or as part of a larger meal. Fermenting the carrots gives them a slightly sweet, sour and salty taste, and of course transforms them into a probiotic-rich food with amazing benefits for your gut. This is a simple recipe to get you started on fermenting vegies, which will hopefully whet your appetite for more! You will need a one-litre glass jar with a lid that has been sterilised before you begin.

**Makes: 5L**



6 medium carrots, or 1–2 bunches baby carrots  
2 cloves garlic, peeled & halved  
Small handful dill



These fermented carrots are so simple and great for snacks, perfect for lunchboxes.

1 tsp mustard seeds  
2½ tbsp sea salt  
4 cups filtered water

Roughly chop carrots, ensuring they fit into jar, coming to around three-quarters the way up the sides, leaving room for water to completely cover carrots.

Pack them in nicely and push down garlic. Add dill, mustard seeds and salt, and pour

over water so it completely covers carrots by 2–3cm.

Place lid on tightly and shimmy jar around so everything mixes together.

Leave jar out of direct sunlight but at room temperature for around 3–4 days. At this point, taste to see if sour enough. If not, leave a little longer.

Transfer jar to fridge where carrots will keep for months if covered in brine.



Slow cooking works especially well for lamb as its proteins and fats break down into buttery tenderness.

### SLOW-COOKED BRAISED LAMB WITH PUMPKIN

RECIPE / LEE HOLMES

Lamb is one of the loveliest meats when slow-cooked as its fibres and fats break down into buttery tenderness. Pasture-raised lamb contains valuable amounts of conjugated linoleic acid, a health-supportive fatty acid that has been shown to promote fat loss — so it's worth buying organically raised, 100 per cent grass-fed lamb wherever possible. Enjoy its benefits in this super-comforting casserole.

**Serves: 4**



- 60mL extra-virgin olive oil
- 600g boneless lamb shoulder, cut into 3cm chunks
- 2 brown onions, roughly chopped
- 3 celery stalks, roughly chopped
- 4 garlic cloves, finely chopped
- 1 rosemary sprig
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- 1 tsp ground sumac
- 750mL good-quality chicken stock or bone broth
- 600g butternut pumpkin, peeled & cut into 5cm pieces

Preheat oven to 160°C.

Heat half the oil in flameproof casserole dish over medium-high heat.

Season lamb with sea salt and freshly ground black pepper. Working in batches to prevent the lamb stewing, cook lamb, turning occasionally, for about 3–4 mins, or until browned. Remove to plate.

Heat remaining oil in casserole dish and sauté onion, celery and garlic for 3–4 mins or until softened.

Add rosemary and spices and stir for about 1 min, or until fragrant.

Pour in stock, then return lamb to dish, together with pumpkin. Make sure lamb and pumpkin are partially submerged, adding more stock or a little filtered water if necessary.

Bring to simmer, then put lid on and transfer to oven. Cook for about 2½ hours, or until lamb easily pulls apart when pierced with a fork.

Serve with your favourite accompaniment.

### GUT-HEALING TURMERIC & CHICKEN BROTH

RECIPE / LEE HOLMES

Broths truly exemplify the notion that slow and steady wins the race. Bone broths are amazing for helping us slow down while simultaneously looking after our gut health, healing and sealing the digestive tract. This mineral-rich broth is just what the doctor ordered, charged with the anti-inflammatory powers of turmeric, fresh ginger and a whole chicken.

**Makes: 1L**



- 1 whole organic chicken
- 2 chicken feet, for extra gelatine (optional)
- 2L filtered water
- 2 tbsp apple-cider vinegar
- 2 tbsp lemon juice
- 1 large onion, chopped
- 3 celery stalks, chopped
- 2.5cm knob fresh ginger, grated
- ½ tsp ground turmeric or grated fresh turmeric
- Good pinch Celtic sea salt & black pepper
- Bunch flat-leaf parsley, about 100g
- 2 garlic cloves, crushed

Put chicken in large stainless-steel stockpot, along with chicken feet, if using.

Pour in water, vinegar and lemon juice. Add onion, celery, ginger, turmeric and salt, and season generously with black pepper.

Bring to boil over medium heat, skimming off any foam that rises to the top.

Reduce heat to lowest setting, then cover and simmer for 2 hours.

Remove from heat, remove chicken from pot and leave until cool enough to handle. Take meat off bones, reserving bones and setting meat aside for another use.

Return bones to pot and simmer over very low heat for 4–6 hours, checking now and then and adding a little more filtered water if needed.

Add parsley and garlic and simmer for another 10 mins.

Remove bones with slotted spoon, then strain broth into airtight containers and refrigerate until fat congeals on top.

Will keep in fridge for 4–5 days, covered with a good layer of its natural fat (don't discard fat — it's healthy, tasty and great for cooking with).

Alternatively, you can freeze the broth for up to 3 months.

**Tip:** You can freeze the broth in ice-cube trays to give convenient little portions to pop into other dishes.



Lee's Gut-Healing Turmeric & Chicken Broth



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3 Chefs Hats**



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This dish is a mouth-watering blend of sweet and sour flavours.

Danielle's Slow-Roasted Chicken with Cumin, Lemon & Pomegranate

Danielle's Garlic & Cumin Crackers



### GARLIC & CUMIN CRACKERS

RECIPE / DANIELLE MINNEBO

You can have a lot of fun with these crackers and add any flavour you like. I've kept it simple with cumin and garlic, but you could add some parmesan cheese, sesame seeds or different spices.

**Makes: 24 crackers**



- 1 cup raw buckwheat
- 1 cup chia seeds
- 2 tsp sea salt
- 2 tsp ground cumin
- 2 cloves garlic, crushed
- 2 tbsp olive oil
- 1 cup water

Preheat oven to 150°C. Grease and line baking tray.

Add buckwheat, chia seeds, sea salt and cumin to high-powered blender. Blend to fine powder, remove from blender and add to bowl.

Add crushed garlic, olive oil and water, and mix together until combined. It will form into firm dough. Tip onto baking tray and cover with another sheet of baking paper. Roll out using rolling pin until approx. 5mm thick. Bake for 2 hours until cracker is completely dry and crunchy.

Slice into squares. Store in an airtight container for up to 2 weeks.

### SLOW-ROASTED CHICKEN WITH CUMIN, LEMON & POMEGRANATE

RECIPE / DANIELLE MINNEBO

I love using pomegranate in recipes! The bright-red jewel-like fruit brightens up every dish. It adds a lovely sweetness to this roast chicken dish and pairs really well with the cumin and lemon.

**Serves: 4**



- 6 chicken drumsticks
- 1 onion, sliced
- 1 lemon, cut into quarters
- ¼ cup currants
- ¼ cup chicken stock
- 1 tsp raw honey
- 2 tbsp olive oil
- 2 tsp ground cumin
- 1 tsp sea salt

**1 cup pomegranate seeds**  
**Handful fresh flat-leaf parsley, chopped**

Preheat oven to 150°C.

Place drumsticks in roasting tray along with sliced onion and lemon quarters. Scatter currants over and pour chicken stock into base of roasting tray.

Drizzle over raw honey and olive oil and top with cumin and sea salt. Cover with foil and roast for 2 hours. Remove foil, turn up heat to 200°C and roast for further 30 mins.

Remove from oven, scatter over pomegranate seeds and parsley. Serve with Baked Pumpkin with Cumin & Pomegranate (recipe to the right).



### BAKED PUMPKIN WITH CUMIN & POMEGRANATE

RECIPE / DANIELLE MINNEBO

This colourful dish is super-easy to make and is fantastic served alongside my Slow Roasted Chicken (recipe to the left).

**Serves: 4**



½ butternut pumpkin, skin on, halved  
2 tbsp olive oil  
2 tsp sea salt  
2 tsp ground cumin  
2 cloves garlic, crushed

1 cup pomegranate seeds  
100g goat's cheese  
Handful flat-leaf parsley

Preheat oven to 150°C. Grease and line baking tray.

Place pumpkin skin side down on baking tray. Drizzle olive oil over pumpkin. Sprinkle over sea salt, ground cumin and crushed garlic. Cover pumpkin in foil and bake for 2 hours. After 2 hours remove foil, turn up heat to 200°C and bake for a further 20 mins.

Remove from oven, place on serving tray, sprinkle over pomegranate seeds, crumbled goat's cheese and flat-leaf parsley.



### GADO GADO ROLLS

RECIPE / ADAM GUTHRIE

Gado gado means medley or potpourri, which refers to all the different seasonal vegies and ingredients that are used throughout Indonesia, making this dish slightly different wherever you go.

**Serves: 4, makes approx. 12 rolls**



#### Peanut Sauce

1 cup raw peanuts  
2 fresh medjool dates, pitted  
1 tbsp red chilli paste  
Salt, to taste

2 carrots, cut into thin batons  
Handful sugar snap peas, topped & tailed  
¼ small cabbage, leaves separated & cut into large strips  
1 small head broccoli, broken into small florets

#### Handful baby spinach 150g tempeh, sliced into strips

Heat wok over high heat. Add peanuts and toast until golden brown.

Place roasted peanuts and pitted dates in mortar and pound with pestle (or put in high-speed blender) and puree into paste-like peanut butter.

Place peanut paste in saucepan. Add red chilli paste and 1 cup water. Turn on heat. Mix well and bring to boil. Boil sauce and cook for a couple of mins until it reduces. Add salt to taste. Stir well. Set aside until needed.

To assemble, place a few pieces of carrot and peas on cabbage leaf, then roll cabbage around carrots and sugar snaps. Heat wok and add some water, then bring to boil. Place steaming basket in wok. Add cabbage rolls, cover with lid and steam for a couple of mins until cabbage is softened. Remove rolls from steaming basket and set aside.

Add another cup of water to wok, bring to boil and add broccoli florets and remaining carrots to steaming basket. Cover with lid and steam for a few mins. When broccoli is bright green, remove vegetables from steaming basket.

Add remaining cabbage and spinach leaves to basket and steam for a couple of mins and, when leaves have wilted, remove vegetables from basket.

Add sliced tempeh to steaming basket and steam for a couple of mins.

To assemble, place some peanut sauce on platter. Place cabbage rolls on top of sauce. Add some steamed tempeh in between rolls. Add some broccoli florets and spinach to top. Drizzle peanut sauce on top.

With remaining vegetables, place cabbage and spinach on platter and top with broccoli and carrots.

Pour over the peanut sauce, add remaining tempeh and serve.



Adam's Gado Gado Rolls



## RUSTIC TARTS

RECIPE / MEG THOMPSON

This pastry is vegan so also dairy-free for those with intolerances. It uses spelt flour as a base, which can be easier to digest. It's extremely versatile, lending itself well to sweet or savoury, and is based on one of Jude Blereau's recipes. I love to pile greens into a tart to give the family a different and delicious way of consuming them but feel free to use up leftovers or whatever you have on hand.

**Makes: 2 tarts, serving 4 people per tart**



### Pastry

2 cups white spelt flour  
60g coconut oil, solid from fridge  
1 tsp apple-cider vinegar  
100–125mL ice-cold water

### Greens Filling

1 leek or small brown onion  
2 cloves garlic, peeled & chopped  
5–6 mushrooms, sliced  
1 cup peas (frozen is fine)  
Small bunch (around 5 leaves) silverbeet or rainbow chard, shredded  
1 heaped tbsp pesto  
150g haloumi or goat's cheese

### Berry Filling

2 cups berries  
1 stick rhubarb, chopped  
2 tbsp coconut sugar or maple syrup

Preheat oven to 180°C.

For pastry, add flour to bowl of food processor. Break up coconut oil into chunks

with knife and add to bowl. Blitz for a few secs until mixture becomes like breadcrumbs.

Add apple-cider vinegar and 100mL ice water and blitz until mixture comes together. If you squeeze it together between your fingers and it doesn't hold, add a touch more water until it does.

Bring dough to bench and knead a few times.

Wrap in plastic wrap or ziplock bag and refrigerate for at least 1 hour, or overnight.

Meanwhile, make filling. For greens, add leek to saucepan with a little oil or butter and sauté over low heat until caramelised, 10–15 mins.

Add garlic and mushroom and cook for a few mins until soft.

Add peas and silverbeet and cook until wilted.

Stir through pesto, taste and add salt and pepper if needed. Set aside to cool slightly.

For berry filling, add all ingredients to saucepan and cook over low heat until softened.

Taste and add a little extra sweetness if desired.

Remove pastry from fridge and split into 2 parts, one for each tart.

Lightly flour bench and rolling pin, and roll out pastry to about 2mm thickness. Alternatively, just roll directly onto baking paper.

Transfer to lined baking tray and load in fillings to centre of each pastry, leaving about 10cm around edges. Arrange cheese on top, if using.

Fold edges and pinch together to encase filling — be as careful or haphazard as you like.

Bake for 35–45 mins or until pastry is golden.





**RAW MANGO & TURMERIC TARTS**

RECIPE / LISA GUY

Turmeric contains high levels of the antioxidant curcumin, which offers outstanding anti-inflammatory, anticancer and anti-ageing properties. Curcumin may also help preserve memory and reduce the risk of Alzheimer's disease, can repair and regenerate damaged liver cells and helps reduce the risk of heart disease.

**Makes: 10 tarts**



**Base**

- 1 cup raw almonds or hazelnuts
- ½ cup gluten-free oat flour
- 6 Medjool dates
- 2 tbsp cold-pressed coconut oil

**Filling**

- 1½ cups raw cashew nuts
- ½ cup coconut milk
- ½ large mango
- 1 tsp ground turmeric
- 2 tbsp 100 per cent maple syrup or raw honey
- ⅓ cup cold-pressed coconut oil

Fresh fruit, nuts, coconut cream or coconut flakes, to serve

Soak cashew nuts in water overnight or for 3 hours.

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

Cover cupcake tray with plastic wrap and place base mixture in each hole. Pressing base down with back of spoon, push mixture up sides.

Place base in freezer for 30 mins.

Place drained cashews and other filling ingredients in food processor and blend until creamy and smooth.

Pour filling over each base and return to freezer for 3 hours.

Leave out for 10 mins before serving.

Top with desired toppings and enjoy.

**CHICKPEA & CAULIFLOWER DUMPLINGS IN SPICED TOMATO SAUCE**

RECIPE / ADAM GUTHRIE

This dish is both nurturing and nourishing. It's full of flavour and the tomato sauce really complements the dumplings' texture. Make a double batch and serve it to your loved ones next time it's raining outside.

**Serves: 4**



**Dumplings**

- 2 cups chickpea flour
- 2 handfuls fresh coriander, roughly chopped
- 2 spring onions, whites & greens finely chopped
- 1 red chilli, finely chopped
- ½ medium cauliflower, grated
- 2 tsp curry powder
- Zest 1 lemon
- ¾ cup water
- Salt & pepper, to taste



Lisa's Raw Mango & Turmeric Tarts

If you can't get mango, experiment with your favourite flavoured fruit.



Adam's Chickpea & Cauliflower Dumplings in Spiced Tomato Sauce

**Sauce**

- 1 onion, finely diced
- 2 tsp coriander seeds
- 2 tsp black mustard seeds
- 2 tsp cumin seeds
- 12 curry leaves
- 3 dried chillies
- 8 large tomatoes, pureed
- 1 tsp ground turmeric
- 1 tbsp fresh ginger, grated
- 4 fresh dates, seeds removed, finely chopped
- 2 zucchinis, sliced into small pieces
- Salt & pepper, to taste
- Juice 1 lemon
- 2 handfuls fresh coriander, roughly chopped, plus more to garnish

Place saucepan of water on high and bring to boil.

In large bowl, place chickpea flour, coriander, spring onion, red chilli, grated cauliflower, curry powder and lemon zest. Add water, season with salt and pepper to taste and mix into dough.

Roll dough into golfball-sized dumplings. Add dumplings to boiling water and simmer for 10 mins, then transfer to greaseproof paper.

Heat deep frying pan over a high heat. Add sauce ingredients and bring to boil, then reduce heat to simmer. Add zucchini and dumplings and cook for 5 mins. Add salt and pepper, to taste. Squeeze over lemon juice and add coriander.

To serve, place frying pan in table centre so everyone can help themselves or divide mixture into four shallow bowls topped with coriander.



## RAW CHOCOLATE CHEESECAKE

RECIPE / LISA GUY

This decadent raw dessert is full of nutritional goodness. Cashews and almonds are excellent sources of protein, fibre, zinc and beneficial fats. Cacao is rich in powerful antioxidants called phenols that help lower cholesterol and blood pressure, making it beneficial for heart health.

**Serves: 8**



### Base

- 1 cup whole almonds
- 6 medjool dates
- ¼ cup desiccated coconut
- 2 heaped tbsp cacao powder
- 1 tbsp water

### Filling

- 1½ cup cashew nuts
- ½ cup cold-pressed coconut oil
- 3 tbsp 100 per cent maple syrup or raw honey
- ¾ cup coconut milk
- ¼ cup raw cacao powder

Edible flowers, fresh fruits, nuts, seeds or coconut flakes, to serve

Soak cashew nuts overnight or for at least 3 hours.

Blend all base ingredients together in food processor until well combined and crumbly.

Line loaf tin with clingwrap or baking paper.

Press base mixture into bottom of tin and place in freezer for 30 mins while you make filling.

Place drained cashews and other filling ingredients except cacao in food processor and blend until creamy and smooth.

Pour half of filling mixture over base and place in freezer for 30 mins.

Blend remaining mixture with cacao powder.

Pour chocolate filling on top and return to freezer for around 3 hours.

Leave out of freezer for 10 mins before serving, to soften slightly.

Decorate with flowers, fresh fruits, nuts, seeds or coconut flakes.



### BETROOT-CURED SALMON WITH TARRAGON & DILL

RECIPE / MEG THOMPSON

Although this recipe takes time, the effort is minimal and the result is beautiful! Salmon gives us a delicious dose of anti-inflammatory essential fatty acids and the earthy beetroot complements the dish.

**Serves: 8**



400–450g fillet salmon, skin on & deboned  
1 beetroot, peeled & grated  
2 tsp lemon zest  
½ cup rock salt  
1 tbsp rapadura sugar  
25g fresh horseradish, grated  
1½ tbsp vodka or gin (optional)  
¼ cup dill, chopped  
¼ cup tarragon, chopped  
Horseradish cream, to serve

Place salmon, skin side down, in dish around same size as it, with sides of at least 10cm.

In separate bowl, mix together remaining ingredients, except herbs, and let sit for a few mins.

Stir again (juices will have begun to leach from beetroot).

Cover salmon with beetroot mix.

Cover well with plastic wrap, tucking down sides to cover salmon as best you can.

Place heavy plate or dish on top to weigh it down a little and compress mix into salmon.

Place in fridge and allow to cure for at least 12 hours, up to 36 hours.

Remove from fridge, take salmon out of dish and, holding over the sink, carefully rub off beetroot mix. Pat dry with paper towel.

Place on cutting board and arrange dill and tarragon on top, gently pressing onto salmon.

Using sharp knife, slice salmon as thinly as possible, stopping just before skin so as not to include in slices.

Serve topped with a little horseradish cream, as is, on dense bread or as part of larger platter.



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# YOGHURT MEALS

Yoghurt does make a delicious snack on its own but it can also be part of many yummy, healing meals. The tangy taste and smooth texture of yoghurt make it a very versatile meal partner. Use magic yoghurt in meals such as: yoghurt potato salad; grilled eggplant with lamb mince and yoghurt; oven-baked pea felafels with yoghurt and tahini sauce; Turkish eggs with cauliflower, sumac and lemon yoghurt; fish cakes with avocado and yoghurt sauce; or grilled eggplant with spiced tomato and yoghurt.

If you want to make this meal dairy-free, use coconut yoghurt.



Danielle's Grilled Eggplant with Lamb Mince & Yoghurt

## LABNA

RECIPE / DANIELLE MINNEBO

Labna is a Middle Eastern cheese made from yoghurt. It's incredibly simple to make and once you've tried this you'll be making it all the time! Make sure you use a good-quality tub-set yoghurt. This means the product has been cultured and set in the tub and will be a rich source of probiotics.

**Makes: 500g labna cheese**



- 1kg full-fat yoghurt (tub set)
- 1 tsp sea salt
- 1 clove garlic, crushed
- 1 cup extra-virgin olive oil (optional)
- 3-4 fresh rosemary sprigs (optional)

Add yoghurt, sea salt and crushed garlic to bowl and mix until combined.

Place clean tea towel in base of another deep bowl and pour yoghurt mixture in. Take edges of tea towel and bundle up together with string. Lay wooden spoon across bowl and tie bundle of yoghurt from wooden spoon so it's hanging in bowl. Leave good 10cm gap between bottom of bowl and bundle.

Refrigerate overnight to allow all whey to drain out of yoghurt.

The following day, remove labna from tea towel. You can either pop it straight into a container, store in fridge and use like you would cream cheese. Or, for a fancier option, coat your hands in olive oil and roll spoonfuls of labna into small balls. Pop balls into jar, add fresh rosemary or any other herbs you like and fill jar to top with olive oil. This makes a fantastic gift and will keep in the fridge for up to 2 months.

## GRILLED EGGPLANT WITH LAMB MINCE & YOGHURT

RECIPE / DANIELLE MINNEBO

Quick to put together, this dish is delicious. Make it dairy-free by using coconut yoghurt.

**Serves: 2**



- 1 eggplant, halved
- 2 tbsp olive oil
- 1 tsp sea salt
- 1 tbsp olive oil
- 1 onion, finely diced

- 1 clove garlic, crushed
- 150g lamb mince
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp ground coriander
- 1 tsp sea salt
- ¼ cup currants

- 1 cup Greek yoghurt
- 1 cup pomegranate seeds
- Handful fresh mint leaves

Preheat oven to 180°C. Grease and line baking tray.

Place eggplant on baking tray skin side down. Drizzle with olive oil, season with sea salt and bake for 1 hour.

Heat 1 tbsp olive oil in frypan and add onion and garlic. Sauté for 5 mins and add lamb mince, spices, sea salt and currants. Cook for further 15 mins, stirring and breaking apart lamb mince as it's cooking.

Remove eggplant from oven. Put ½ cup yoghurt on each plate and place eggplant on top. Spoon lamb mince onto each eggplant half and top with fresh pomegranate and mint leaves.



**ZESTY YOGHURT DRESSING**

RECIPE / LISA GUY

This tasty salad dressing is loaded with probiotic goodness to help boost guthealth and support immune function, along with calcium for bone health.

Makes: 1½ cups



- 250g Greek yoghurt
- 1 tbsp Dijon or wholegrain mustard
- 2 tbsp cold-pressed olive oil
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp raw honey
- Small handful, mint or parsley, finely chopped
- 1 clove garlic, minced (optional)

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

Keep in fridge for 3–4 days.

Delicious served on salads or with falafels or tossed through potato salad or coleslaw.

**OVEN-BAKED PEA FALAFELS WITH YOGHURT & TAHINI SAUCE**

RECIPE / LISA GUY

These oven-baked falafels are a healthy alternative to traditional deep-fried varieties. Legumes are a wonderful source of dietary fibre and protein along with zinc, iron and B vitamins.

Makes: 14 falafels



- 100g ground nuts, such as almonds, walnuts, hazelnuts
- 1 tin chickpeas, drained
- 100g peas (frozen or fresh)
- 2 cloves garlic, minced
- 3 spring onions, finely chopped
- 2 tbsp lemon juice
- 2 tbsp almond butter or tahini
- Pinch sea salt & pepper
- 1 tsp paprika
- 2 tsp ground cumin
- Handful coriander, roughly chopped

½ cup pepitas

**Sauce**

- 1 cup Greek yoghurt
- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tsp lemon zest
- Small handful coriander, finely chopped

Preheat oven to 200°C.

Blitz pepitas in food processor until small pieces. Place pepita pieces in small bowl.

Place all ingredients (except sauce ingredients) in food processor and blend until well combined, but still a little chunky.

Roll into small balls, then roll in pepitas.

Place on baking tray with baking paper and bake for 40 mins, turning after 20 mins.

Blend all sauce ingredients together in small bowl and serve with falafels.



This yoghurt dressing will keep in the fridge for 3–4 days.



Lisa's Oven-Baked Pea Falafels with Yoghurt & Tahini Sauce

Photography: Lisa Guy



## PAN-FRIED PINEAPPLE

RECIPE / LEE HOLMES

A simply luscious blend of caramelised sweetness and coconut yoghurt.

**Serves: 4**

GF O V VG

2 tbsp extra-virgin coconut oil  
6 pineapple wedges, skin removed  
Zest & juice 1 lime  
1 cup coconut yoghurt  
Mint leaves, to garnish

Melt coconut oil in heavy-based frying pan over medium heat.

Add pineapple, drizzle with lime juice and cook for 4–5 mins each side, or until golden brown.

Serve warm with coconut yoghurt, garnished with mint and lime zest.



### BAKED PAPAYA WITH LIME & COCONUT YOGHURT

RECIPE / LEE HOLMES

This recipe contains a zesty source of digestive enzymes to boost your gut health. Yum!

**Serves: 6**

GF O V VG

1 large papaya, cut in half, seeds removed  
1 tsp ground cinnamon  
Zest & juice 1 lime  
250g coconut yoghurt

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

Place papaya on baking tray. Sprinkle with cinnamon and lime zest, and drizzle with lime juice.

Bake for about 15 mins, or until papaya is lightly coloured. Remove from oven and allow to cool slightly.

Serve with coconut yoghurt.

**Tip:** You can add some lime slices to the baking tray to caramelize them, then squeeze the juice over the papaya just before serving.

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If you don't have cauliflower for this dish just substitute in some leftover vegies.

Danielle's Turkish Eggs with Cauliflower, Sumac & Lemon Yoghurt

### TURKISH EGGS WITH CAULIFLOWER, SUMAC & LEMON YOGHURT

RECIPE / MEG THOMPSON

I love this recipe as it combines the most delicious flavours! It's also wonderfully sustaining and full of protein, healthy fats and fibre. The cauliflower is a beautiful part of the meal flavour and texture wise but, if you have leftover vegies that need a home, you could certainly sub them in.

**Serves: 2**



- 3-4 spring onions, sliced
- 1 tbsp ghee, butter or oil
- ½ small cauliflower, sliced into 1cm slices
- ½ tsp sweet paprika
- ¼ tsp cayenne pepper, or to taste
- 1 tsp sumac
- 400g tin tomatoes or passata
- ¼ tsp sea salt, or to taste
- 2 eggs

#### Lemon Yoghurt

- ½ cup plain yoghurt
- 1 small clove garlic, grated
- Zest ½ lemon
- Good pinch sea salt

- ½ pomegranate
- 1 small cucumber, thinly sliced
- Olive oil
- Sumac

Sauté spring onion in ghee/oil for 1 min then remove and set aside on plate.

Over medium heat, add cauliflower slices to pan (it doesn't matter if they are not perfect or break up a little). Cook for a few mins on each side, until some are golden in colour.

Add paprika, cayenne and sumac to pan and cook for 1 min, until fragrant.

Add tomato and sea salt and cook for another 5 mins.

Make a couple of little gaps and crack an egg into each, cooking until eggs are to your liking.

To make yoghurt, combine all ingredients, taste and add a little sea salt if needed.

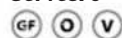
To serve, divide between two plates, topping with yoghurt, pomegranate, cucumber and spring onion, finishing with drizzle of olive oil and sprinkle of sumac.

### YOGHURT POTATO SALAD

RECIPE / DANIELLE MINNEBO

Yoghurt works really well in a potato salad. It's fresh, tart and creamy enough to make it taste like a real potato salad.

**Serves: 6**

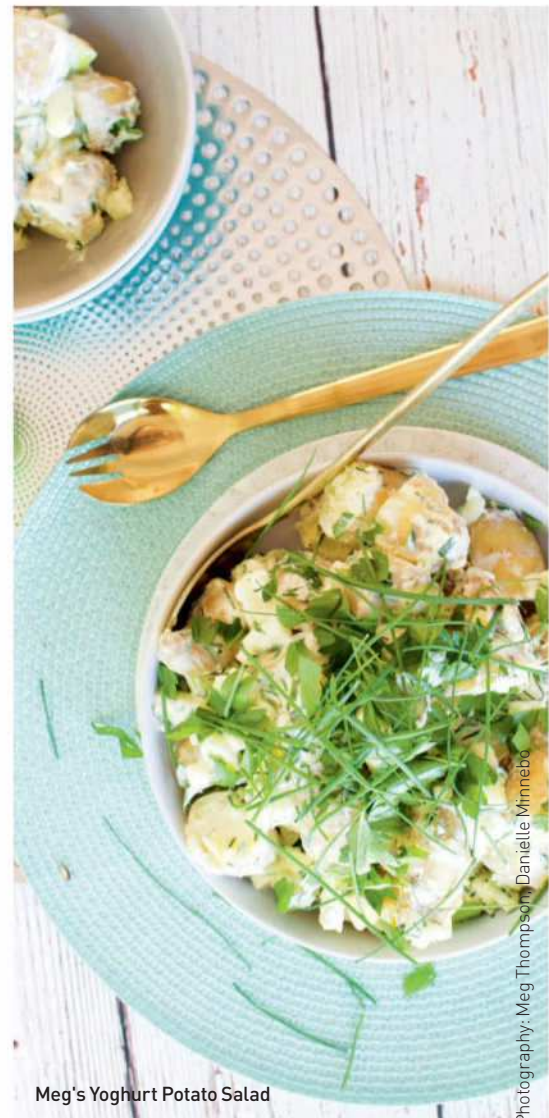


- 1kg kipfler potatoes, washed & halved
- 1 cup plain yoghurt
- Handful fresh flat-leaf parsley, chopped
- Handful fresh chives, chopped
- ½ clove garlic, crushed
- Zest 1 lemon
- 1 tsp sea salt
- 1 apple, finely diced
- 4 eggs, hard-boiled & quartered

Place potato in large pot of water, bring to boil and simmer until potato is tender. Strain and set aside.

To large bowl, add yoghurt, herbs, garlic, lemon zest and sea salt. Mix until well combined, then add apple, eggs and potato.

Gently mix, top with fresh herbs and serve.



Meg's Yoghurt Potato Salad

Photography: Meg Thompson, Danielle Minnebo

## FISHCAKES WITH AVOCADO & YOGHURT SAUCE

RECIPE / MEG THOMPSON

I have memories of my mum making fishcakes when I was growing up. Making your own mash is easy, plus you get to avoid emulsifiers and preservatives from store-bought mash.

I use a combination of sweet potato and white potato for added flavour and nutrition and also use cooked fresh fish rather than tinned, which makes them extra delicious. Choose a mild white fish for a milder flavour, something like mackerel for a stronger flavour or even a combination of both.

**Serves: 8 small fishcakes**



250g sweet potato, cubed  
 250g white potato, cubed  
 2 cloves garlic, peeled  
 Zest 1 lemon  
 2 tbsp capers, roughly chopped  
 ½ cup chopped fresh herbs, such as dill, tarragon & parsley  
 Salt & pepper, to taste  
 175g (approx.) cooked fish (see note above)  
 1 egg  
 1 cup breadcrumbs (preferred bread toasted & blitzed)  
 Ghee, butter or oil, for frying

### Avocado Yoghurt Sauce

½ cup yoghurt  
 ½ avocado  
 1 tbsp chopped dill  
 Sea salt & black pepper, to taste

Place both kinds of potato in saucepan with garlic and cover with water. Bring to boil and simmer until tender.

Drain and mash potatoes and garlic together and add lemon zest, capers and herbs, mixing well to combine.

Add sea salt and black pepper, and taste, adding a little more if necessary.

Break fish into rough chunks and gently stir through.

Shape mixture into 8 patties and place in fridge to set for at least 30 mins.

Whisk egg in small bowl and arrange breadcrumbs on plate.

Dip each fishcake in egg, then press gently into breadcrumbs to coat.

Add a little ghee or oil to frypan and lightly fry fishcakes in batches for 7–8 mins each side, until nice and golden, placing on plate lined with paper towel once cooked.

To make sauce, blitz or mash together all ingredients until smooth.





Kale combines with yoghurt in this dish to make a super-delicious, super-nutritious pie.



Lee's Apple & Fennel Soup

### APPLE & FENNEL SOUP

RECIPE / LEE HOLMES

With this soup, there's no such thing as pot luck. The aniseed flavour of the fennel and the apple combine perfectly on cool nights to cosy up your insides.

**Serves: 6**



- 2 tbsp extra-virgin olive oil
- 1 brown onion, peeled & diced
- 2 celery stalks, roughly chopped
- 3 garlic cloves, finely chopped
- 4 small fennel bulbs, with fronds
- 1 tsp Dijon mustard
- 1L good-quality chicken, vegetable or bone broth
- 4 Granny Smith or seasonal apples, peeled & chopped
- Juice 1 lemon
- Coconut yoghurt, to serve

Heat olive oil in large stockpot or saucepan over medium heat. Sauté onion, celery and garlic for 3–4 mins, or until softened.

Meanwhile, remove fronds from fennel and reserve for garnishing.

Dice fennel bulbs and set aside.

Add mustard to pan, stirring well. Stir in stock, fennel and apple.

Bring to boil, then reduce heat to simmer.

Cover and cook for 30–35 mins, or until fennel is tender.

Leave to cool slightly, then purée soup in food processor or with hand-held stick blender. Whisk in lemon juice, then season to taste with sea salt and freshly ground black pepper. Gently reheat soup, if needed.

Ladle into bowls, add swirl of coconut yoghurt, garnish with reserved fennel fronds and serve.

### KALE & PUMPKIN PIE

RECIPE / LISA GUY

Kale is a super brassica vegetable that contains high levels of sulphur compounds essential for liver detoxification of carcinogens. Green leafy vegetables like kale are rich sources of vitamin K, which is a key nutrient for helping the body regulate inflammation.

**Serves: 4**



- ½ small butternut pumpkin, peeled & diced
- 1 leek, finely chopped
- 5 kale leaves, ribs removed & finely chopped
- 6 organic eggs, whisked
- ¾ cup natural yoghurt
- Pinch sea salt & pepper
- Handful fresh herbs such as basil and parsley, roughly chopped
- 60g crumbled feta
- Handful pumpkin seeds

Preheat oven to 180°C.

Line pie dish with baking paper.

Place pumpkin on baking tray lined with baking paper. Bake pumpkin for 45 mins, until cooked through.

Sauté leek and kale until softened.

In large bowl combine eggs and yoghurt.

Place pumpkin, kale and leek, salt, pepper and herbs in pie dish. Cover with egg mixture and sprinkle with cheese and pumpkin seeds.

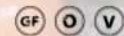
Bake for 45–50 mins until cooked through.

### GRILLED EGGPLANT WITH SPICED TOMATO & YOGHURT

RECIPE / MEG THOMPSON

This is a very simple dish that works beautifully on its own, as a side or as part of a larger feast. The gorgeous tang of the yoghurt works nicely with the mellow sweetness and spices of the rest of the dish.

**Serves: 2-4**



1 eggplant, sliced into 1cm slices

Sea salt

½ tbsp ghee or olive oil

1 tsp mustard seeds

½ tsp garam masala

1 cup cherry tomatoes

½ cup plain yoghurt

Sprinkle eggplant slices with a little sea salt and leave to sit for 10 mins.

Pat any moisture off with paper towel and brush each side with a little olive oil.

Cook eggplant over medium heat in griddle pan (or regular frypan) for a few mins each side, until browning.

Meanwhile, melt ghee in small saucepan and add mustard seeds.

Once they begin to pop, add garam masala and cherry tomatoes.

Cook for a few mins and remove from heat.

Arrange cooked eggplant on plate, top with yoghurt and tomato mix.



Overnight Peanut Butter Oats



Award-winning Procal Authentic Greek Yoghurt is made using only the finest ingredients with no added sugar, colours or preservatives.

## PROCAL

### OVERNIGHT PEANUT BUTTER OATS

RECIPE / PROCAL

**Serves: 1**



- 1/2 cup steel-cut oats
- 1/2 cup Procal Low Fat Milk (depending on how thick you like your oats)
- 1 tbsp Procal Authentic Greek Yogurt
- 1 tsp crunchy peanut butter
- 1 tsp cinnamon
- 1 tsp chia seeds
- 1/2 tsp vanilla essence
- 1 small banana, sliced

#### Toppings

- 1 small banana, sliced
- Handful chocolate chips
- Scoop peanut butter
- Sprinkle cinnamon
- Handful walnuts

Combine oats, milk, yoghurt, peanut butter, cinnamon, chia seeds and vanilla essence in container, bowl or mason jar.

Add banana to oat mixture.

Cover and place in fridge overnight or minimum 4 hours.

Add toppings and enjoy.

### BERRY BREAKFAST PARFAIT

RECIPE / PROCAL

**Serves: 1**



- A few scoops Procal Authentic Greek Yogurt
- 1 cup mixed granola
- 2 cups fresh or frozen berries
- Honey
- Chia seeds

In cup, layer yoghurt, granola and berries. Top with honey and chia seeds and serve.



**SMOKED SALMON & SOUR CREAM APPETISERS**

RECIPE / PROCAL

**Serves: 6**



- 1¼ cup Procal Light Sour Cream
- 1 tbsp wholegrain mustard
- 2 tbsp fresh chives, finely chopped
- 1 tbsp fresh dill, finely chopped
- 2 tsp lemon juice
- Salt & pepper, to taste
- 200g smoked salmon
- Chopped chives or dill, to serve
- Crusty bread, crackers, pikelets or blinis, to serve

Combine sour cream, mustard, chives, dill and lemon juice in small bowl. Season with salt and pepper.

Spoon a little sour cream mixture on each base and top with some smoked salmon and chives or dill. Season with freshly ground black pepper and arrange on serving platter.

**FROZEN YOGHURT POPSICLES**

RECIPE / PROCAL

**Serves: 4**



- 1 cup Procal Authentic Greek Yogurt
- 3 tbsp pure Canadian maple syrup
- Fresh berries (sliced if strawberries)
- ¼ tsp vanilla essence
- Other add-ins such as chia seeds, coconut flakes, lemon juice

In bowl, stir together all ingredients (and any add-ins).

Fill popsicle holds with yoghurt mixture and place in freezer until frozen.

For more information visit [procal.com.au](http://procal.com.au)



Smoked Salmon & Sour Cream Appetisers



Frozen Yoghurt Popsicles



Pear & Crunchy Fruit-Free Nutty Muesli Muffins

# TABLE OF PLENTY

## PEAR & CRUNCHY FRUIT-FREE NUTTY MUESLI MUFFINS

RECIPE / TABLE OF PLENTY

**Makes: 12 muffins**



- 2½ cups Table of Plenty Crunchy Fruit Free Nutty Muesli
- 1 cup natural yoghurt or Table of Plenty Natural Kefir
- ¼ cup olive oil
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 3 tbsp honey or golden syrup
- 4 eggs
- 2 tsp baking powder
- 1 cup spelt flour
- 1 Granny Smith apple, grated

Preheat oven to 160°C and line muffin pan with muffin cups or oil.

Combine muesli in bowl with grated apple, yoghurt, oil, vanilla, cinnamon, honey/golden syrup and eggs. Add baking powder last.

Soak for 10 mins to allow oats to soften.

Add spelt flour and mix through lightly to form batter. Don't over-mix.

Spoon into lined muffin tins.

Bake for about 30–35 mins.

Remove from oven and let cool.



Table of Plenty's Kefir Fermented Drink is the easy way to make your tummy smile. With 10 times more live cultures than yoghurt and available in three delicious flavours, it's the tastiest way to get your daily dose of probiotics.



### FRUIT-FREE NUTTY MUESLI BREKKIE SMOOTHIE

RECIPE / TABLE OF PLENTY

**Serves: 1**



- 1 banana
- ½ cup milk
- ¼ cup berries
- ¼ cup Table of Plenty Crunchy Fruit Free Nutty Muesli
- 2 tbsp natural yoghurt or Table of Plenty Natural Kefir
- Sprinkle cinnamon

Throw all ingredients together in blender and blitz until desired consistency is reached.  
Serve immediately.

### GREEN KEFIR SMOOTHIE

RECIPE / TABLE OF PLENTY

**Serves: 1**



- ½ cup Table of Plenty Natural Kefir
- 1 frozen banana
- Handful kale, stalk removed & loosely packed (add less if you're not a fan of kale or replace with baby spinach)
- 1 tbsp chia seeds
- 1½ tbsp desiccated coconut
- ¼ avocado
- 1 heaped tsp matcha powder
- ¼ tsp vanilla extract
- 3 tbsp water
- ⅓ cup muesli & fresh fruit
- Handful Table of Plenty's Aussie Honey, Sultana & Pepita Muesli (optional)

Place all ingredients in blender and blend until smooth and creamy. If it's too thick, add a little more Table of Plenty Probiotic Kefir or water.

Drink as is or place Table of Plenty's Aussie Honey, Sultana & Pepita Muesli in bottom of bowl, top with smoothie and scatter with fruit.

**Tip:** Replace vanilla with mint extract if you'd like it extra refreshing.

For more information visit [tableofplenty.com.au](http://tableofplenty.com.au)



Green Kefir Smoothie



# COMFORT FOOD CLASSICS

It's cold outside and you want warming foods that make you feel safe and at peace. Soups, pies, bakes and tarts all fit the bill and with our recipes you'll not only warm the cockles of your heart, you will be nourished as well. Enjoy our: cauliflower cheese soup; baked veg mash; pumpkin and potato cottage pie; mushroom and butter bean pie; tomato, basil and capsicum soup; or pumpkin and chickpea pasties.



Lee's Crustless Vegetable Quiche

## CRUSTLESS VEGETABLE QUICHE

RECIPE / LEE HOLMES

Enjoy this gut-friendly twist on the classic French quiche with a side of fresh greens. This *petit plaisir* is a lovely dish to throw together on the weekend, to cut into convenient portions for delicious packed lunches throughout the week. Eggs provide the perfect proportion of fats, proteins, vitamins and minerals needed to sustain you throughout your day.

**Serves: 4**



8 eggs  
125mL almond milk  
Handful basil leaves  
1 thyme sprig, leaves picked  
½ tsp ground cumin  
½ tsp Celtic sea salt  
2 tbsp nutritional yeast flakes  
10 asparagus spears, cut into 2.5cm lengths  
2 cups sautéed chopped mixed vegetables, such as leek, red onion, garlic, baby spinach, zucchini, red capsicum, cherry tomatoes & rocket  
Mint leaves, to garnish (optional)

Preheat oven to 180°C. Grease 22cm pie dish or ovenproof frying pan.

Whisk eggs well in large bowl, then whisk in almond milk, herbs, cumin, salt and yeast flakes.

Lightly sauté asparagus. Evenly scatter asparagus and sautéed vegetables around pie dish and pour egg mixture over top.

Transfer to oven and bake for 25–30 mins or until quiche is set in the middle and top is puffy and lightly browned.

Enjoy warm or at room temperature, garnished with mint if desired.

## GLUTEN-FREE SAUSAGE ROLLS

RECIPE / DANIELLE MINNEBO

It's possible to make a healthier version of sausage rolls that still taste fantastic and are packed full of vegetables. For this recipe, I cut them up into bite-size pieces but you can make these into traditionally shaped sausage rolls.

**Makes: 24 small sausage rolls**



### Pastry

2 cups buckwheat flour  
1 cup blanched almond meal  
½ cup tapioca flour  
125g salted butter, cut into cubes  
1 egg, beaten  
1 cup cold water

### Filling

500g grass-fed beef mince  
½ red onion, finely diced  
½ red capsicum, finely diced  
½ sweet potato, grated (approx. 2 cups)  
1 egg  
1 tsp sea salt  
2 tsp smoked paprika  
3 tbsp tomato paste  
1 egg, beaten  
3 tbsp poppy seeds



Danielle's Gluten-Free Sausage Rolls

Preheat oven to 200°C. Grease and line 2 baking trays.

Begin making pastry first as it needs to cool in fridge for 30 mins. Add buckwheat flour, almond meal and tapioca flour to bowl and mix until combined. Add salted butter cubes and rub butter into flour using fingertips.

Once mixture resembles breadcrumbs, add egg and water. Mix together until dough is formed, cover bowl and pop in fridge to cool for 30 mins.

While waiting for dough to cool, prepare filling. Add beef mince, red onion, red capsicum, grated sweet potato, egg, sea salt, smoked paprika and tomato paste to a bowl. Mix together until combined. I find this easiest to do with my hands. Set aside.

Remove pastry from fridge and place on sheet of baking paper dusted with buckwheat flour. Sprinkle some more buckwheat flour on pastry and top with another sheet of baking paper.

Using rolling pin, roll out pastry into rectangle shape about 5mm thick. Remove baking paper and cut pastry into 3 long strips. Gently move 2 strips aside so it creates space to roll up first pastry strip.

Add thin strip of mince mixture down centre of pastry strip. Be careful not to add too much as it will be difficult to roll up. Brush one side of pastry with some beaten egg. Then gently fold other side over mince filling.

You'll have to roll it at the same time so pastry sides stick together and fold is on bottom of sausage roll.

Cut roll into the size you'd like and pop them on baking tray. Continue with other 2 pastry strips.

Brush each sausage roll top with more beaten egg and sprinkle with poppy seeds. Bake for 30 mins if you have cut them into small pieces or 40 mins if larger.

Allow to cool before serving.

Enjoy with your favourite condiments.



Make sure you allow this brownie to cool before slicing to prevent it becoming too crumbly.

### RASPBERRY & MACADAMIA NUT BROWNIE

RECIPE / DANIELLE MINNEBO

There's nothing more comforting than a brownie. This brownie is grain-free, nutrient-dense and decadent with the added dark chocolate and butter.

**Makes: 8 slices**



100g dark chocolate (70% or more is best)

100g salted butter

2 eggs

½ cup coconut palm sugar

1 cup blanched almond meal

2 tbsp cacao powder

125g fresh raspberries, plus extra 50g for decoration

100g macadamia nuts, whole or roughly chopped

Preheat oven to 200°C. Grease and line bread tin or brownie tin (I used a bread tin for this recipe).

Break up dark chocolate and add to saucepan along with salted butter. Melt over low heat, stirring continuously, then set aside.

Add eggs and coconut palm sugar to bowl

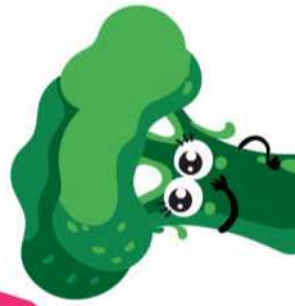
and whisk together until eggs are pale and fluffy. Add almond meal and cacao powder and gently fold together.

Add melted chocolate mixture along with 125g of raspberries and macadamia nuts, and gently mix together.

Pour brownie batter into greased tin and bake for 30 mins. I like my brownie with a gooey centre, so 30 mins is perfect. But if you like yours firmer then bake for 40 mins.

Remove from oven, allow to cool and top with dusting of cacao powder and some fresh raspberries. Allow brownie to cool completely before slicing; otherwise it will be very crumbly.

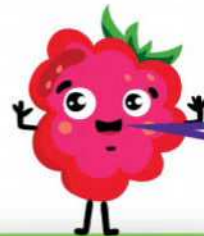
# GREENS



You know it's good when kids want their veggies!

# Kidz

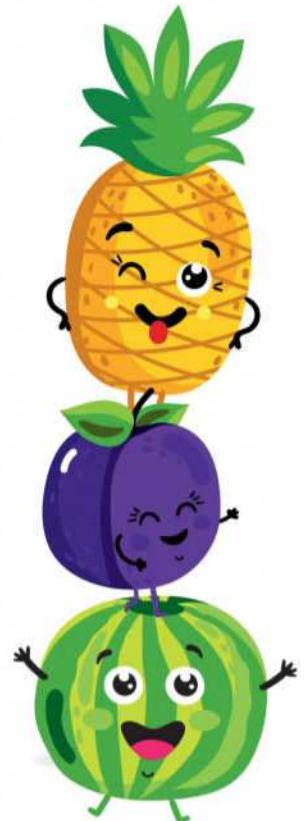
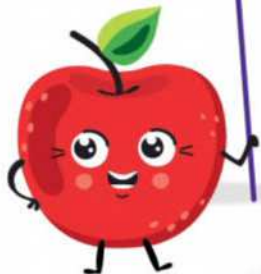
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### FIBRE-RICH BAKED VEG MASH

RECIPE / LEE HOLMES

Here's a super-smooth way to get your roughage! This delicious vegie mash is suitable for vegetarians but you can also replace the vegetable broth with beef or chicken broth.

**Serves: 4**



- 2 large carrots, peeled & roughly chopped
- 2 parsnips, peeled & roughly chopped
- ½ butternut pumpkin, peeled & roughly chopped
- 1 small sweet potato, peeled & roughly chopped
- 1 whole leek, white part only, washed well & chopped
- Sea salt & pepper
- 1 tbsp olive oil
- 1 garlic clove, unpeeled
- 1 tsp lemon juice
- 125–250mL vegetable stock
- 1 tbsp nut butter (optional)

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

Place carrot, parsnip, pumpkin and sweet potato in large bowl with leek and season with sea salt and freshly ground black pepper.

Drizzle olive oil over and rub it in with your hands, until vegetables are well coated.

Spread vegetables on baking tray, add garlic clove and bake for 35–45 mins, or until all vegetables are roasted and caramelised, checking now and then and removing vegetables as they are cooked.

Leave to cool slightly. Slip garlic out of its skin.

In high-speed blender, add roasted vegetables, lemon juice, 125mL of broth and nut butter, if using. Whiz to mash-like consistency, adding more broth if required. (For coarser texture, mash mixture with a fork.)

Transfer to bowls and serve warm.

### MEXICAN TACO BAKE

RECIPE / MEG THOMPSON

I like to think of this dish as deconstructed tacos. It's a hearty, protein-rich, vegie-filled, Mexican-spiced base with a crispy, crunchy topping. Feel free to add in other vegies you may have left over, or any favourites.

**Serves: 4**



- 1 onion, peeled & chopped
- 1 tbsp coconut oil
- 2 cloves garlic, peeled & chopped
- 1 tsp ground cumin
- ½ tsp ground coriander
- 1 tsp smoked paprika
- ½ tsp dried oregano
- 1 small sweet potato, washed & diced
- 1 carrot, washed & diced
- 400g tin tomatoes
- ½ cup stock or broth



Lee's Fibre-Rich Baked Veg Mash

Meg's Mexican Taco Bake



This is a great way to use all the leftover vegies in your fridge.

- 1 tin black beans
- 1 small zucchini
- ¼–½ tsp fine sea salt (depending on saltiness of stock/broth)
- 1–2 cups unflavoured corn chips
- ½–1 cup grated cheese, such as mozzarella

Preheat oven to 180°C.

Add onion and oil to saucepan and cook on low–medium heat for 5 mins until soft. Add garlic and cook for 1–2 mins.

Add cumin, coriander, paprika, oregano and cook for 1 min.

Add sweet potato, carrot, tomato, stock, beans, zucchini and salt.

Simmer for 20 mins, taste and add salt and a little chilli or cayenne if desired. Transfer to casserole dish and roughly crumble corn chips to scatter on top, along with cheese.

Bake for 10 mins or until melted and crisp to your liking.

**PUMPKIN & CHICKPEA PASTIES**

RECIPE / MEG THOMPSON

Pasties are my ultimate comfort food but my pet peeve is too much pastry to not enough filling! The beauty of these is they use filo pastry, so you have a lovely, thin, flaky casing holding a generous and delicious filling. Mildly spiced, they are suitable for the whole family and are packed with fibre and protein. In my opinion, these pasties are the best kind of comfort food.

**Makes: 5 small pasties****750g pumpkin, chopped into 3cm chunks****Olive oil****1 tbsp ghee****½ tsp garam masala****400g tin chickpeas, rinsed & drained****50g ricotta****30g spinach****¼ tsp sea salt, or to taste****1 packet filo pastry (you will need****9 defrosted sheets)****Sesame seeds (optional)**

Preheat oven to 200°C.

Place pumpkin on baking tray, drizzle with a little oil and bake for around 20 mins, until

you can easily stick a fork into a piece.

Meanwhile, melt ghee in small saucepan, add garam masala and cook for 30 secs until fragrant.

Add chickpeas, stir until well coated and turn off heat.

Once pumpkin is cooked, transfer to bowl and mash.

Add chickpea mix, leaving small amount of ghee in bottom of saucepan to use to brush top of pasties.

Add all other ingredients and combine well. Taste and add a little salt if needed.

Take 3 sheets of filo pastry and lay out flat. Run knife down middle to slice sheets in half, so you now have 2 squares.

Add around ½ cup mixture to centre of each square of pastry and roughly shape into rectangle (or triangle or any shape you like!).

With some water in a cup nearby, fold parcel as you would a present, dipping your fingers in water and brushing on pastry as glue.

Transfer to lined baking tray and repeat with remaining pastry.

Brush top of each pastie with remaining ghee and sprinkle with sesame seeds if desired.

Reduce oven temperature to 180°C and bake for 35–45 mins, or until golden.



Adam's Tomato, Basil & Capsicum Soup with Sourdough Bread



Adam's Pumpkin & Potato Cottage Pie

**TOMATO, BASIL & CAPSICUM SOUP WITH SOURDOUGH BREAD**

RECIPE / ADAM GUTHRIE

Ah, this soup is so soothing and tasty, it will warm your heart.

**Serves: 4**



- 1 onion, finely diced
- 4 garlic cloves, minced
- 12 medium tomatoes, roughly chopped
- 2 red capsicums, seeds & stem removed, then roughly chopped



Adam's Mushroom & Butter Bean Pie

- Handful fresh basil leaves, plus 4 sprigs to serve
- 4 cups vegetable stock
- Salt & pepper, to taste
- 4 slices sourdough bread

Heat saucepan on medium heat.

Add onion and garlic and sauté for a few mins.

Add tomato, red capsicum and basil to saucepan. Cover with stock. Add salt and pepper. Place saucepan on high heat and cover with lid, then bring to boil for 5 mins. Remove from heat.

Place soup in blender and puree until smooth.

Serve topped with sprig of basil and slice of fresh sourdough bread on the side.

**PUMPKIN & POTATO COTTAGE PIE**

RECIPE / ADAM GUTHRIE

Cottage pie is one of those dishes that make you feel like you're home — even if you aren't!

**Serves: 4**



**Pumpkin & Potato Topping**

- 6 medium potatoes, chopped into small cubes
- ¼ medium pumpkin, chopped into small cubes
- ½ cup soy milk
- Salt, to taste

**Lentil Mix**

- 1 onion, finely diced
- 1 garlic clove, finely chopped
- 1 red capsicum, chopped into bite-sized pieces
- 8 mushrooms, sliced
- 2 tsp ground cinnamon
- 1 tsp allspice
- 2 cups cooked brown lentils
- 1 cup vegetable stock
- 4 large tomatoes, pureed in blender
- 2 large carrots, grated
- 1 zucchini, grated
- 2 tbsp gluten-free soy sauce
- Salt & pepper, to taste
- Handful fresh parsley, finely chopped
- 2 tbsp cornstarch (mixed in ¼ cup water)

Place potato and pumpkin cubes in large pot of cold water and bring to boil. Cook until cubes

are tender. Drain and return to the saucepan. Add soy milk and salt to taste and mash well.

Heat saucepan over high heat. Add onion and garlic and sauté for a few mins until golden brown. Add ½ cup of water to deglaze pan. Add red capsicum, mushroom, cinnamon and allspice. Continue to sauté for 1 min.

Add cooked brown lentils, vegetable stock and pureed tomato. Add grated carrot, grated zucchini, soy sauce, stir and bring to boil. Add salt and pepper to taste. Add parsley and cornstarch slurry and bring to boil, stirring constantly.

Place lentil mixture in rectangular baking dish. Spoon mashed potato/pumpkin mixture on top and spread gently with fork.

Grill for a few mins to brown top of potato and serve.

**MUSHROOM & BUTTER BEAN PIE**

RECIPE / ADAM GUTHRIE

If you make this dish with wholemeal pastry it's extremely healthy and you avoid eating those hidden oils and unhealthy processed ingredients.

**Serves: 4**



**Pastry**

- 1 cup whole almonds
- 2 cups rolled oats
- 2 cups wholewheat flour
- 1 tsp salt

- 1 onion, finely diced
- 2 cloves garlic, finely diced
- 1kg mixed mushroom varieties (portobello, oyster, button, enoki), sliced

**Salt & pepper**

- 1 tbsp Dijon mustard
- ½ tsp ground nutmeg
- 2 tbsp besan flour
- 1½ cups vegetable stock
- 1 sprig thyme
- 1 tin butter beans
- ½ cup soy milk
- 5 cups peas (1kg frozen peas)

Preheat oven to 180°C.

Place pastry ingredients in food processor

# FODMAP Friendly



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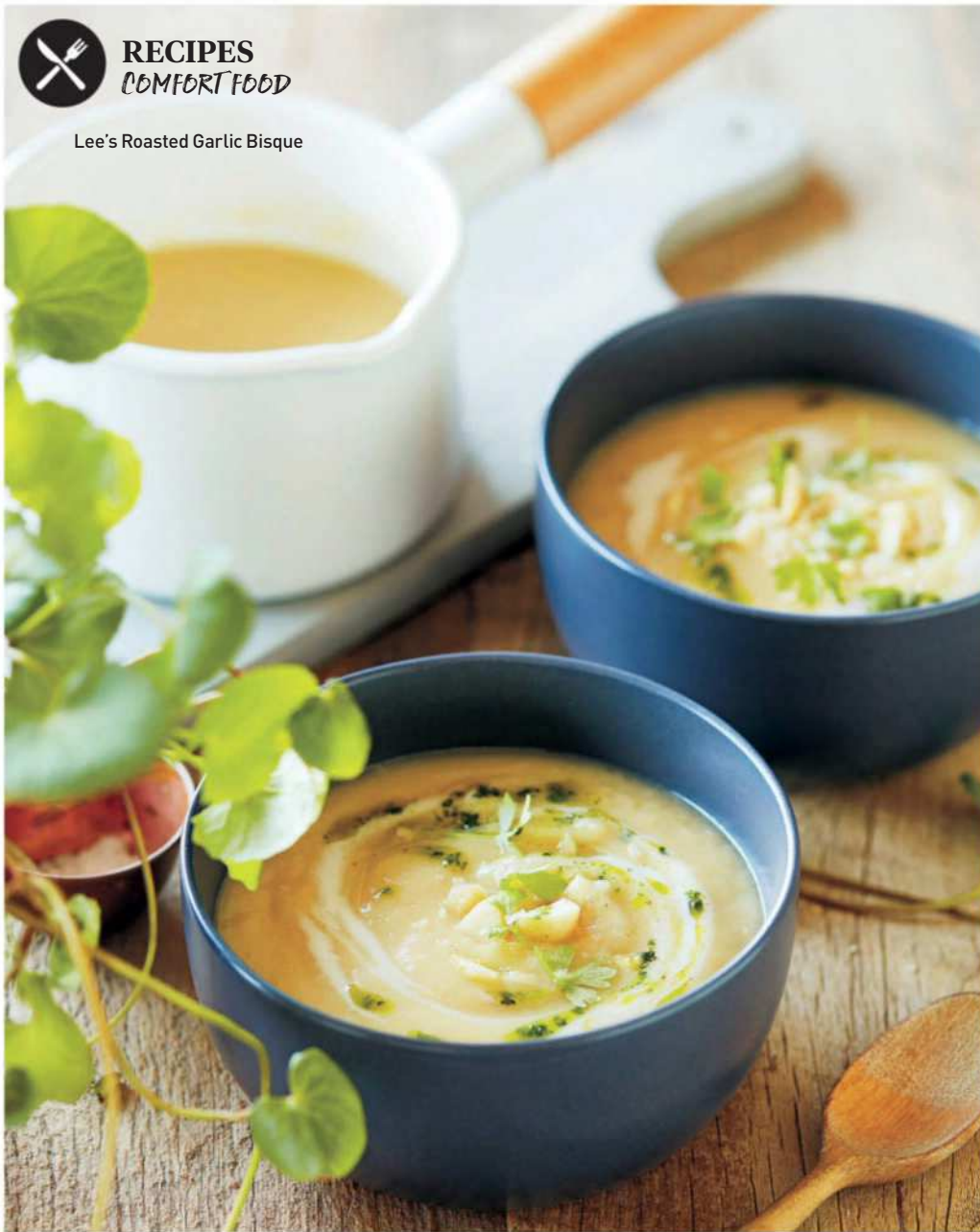
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Lee's Roasted Garlic Bisque



or blender. Pulse to flour-like consistency then place in large bowl. Add 1 cup water and mix with fork until mixture forms moist but firm dough (keep adding a little water if necessary).

Roll out dough with rolling pin into large square, ready to place on top of pie mixture.

Heat large frying pan, add onion and garlic and sauté for 2 mins with dash of water. Add sliced mushroom and cook for a few mins. Season with pinch of salt and pepper.

Add Dijon mustard, ground nutmeg and besan flour, pour in vegetable stock and stir well. Add thyme leaves, butter beans and soy milk. Add frozen peas and stir through well.

Pour mushroom mixture into large lasagne-style dish. Cover with sheet of wholemeal pastry. Fold edges and brush a little soy milk over top. Place in preheated oven for 20 mins.

Remove from oven and serve.

### ROASTED GARLIC BISQUE

RECIPE / LEE HOLMES

This thick, creamy, garlicky darling will provide comfort and beckon you to stop, rest and enjoy. Garlic is truly a wonder ingredient for rebooting your immune system, which may be compromised in cases of digestive issues or autoimmunity. The crushed macadamias add texture and are highly recommended.

**Serves: 4**



- 4 garlic bulbs, unpeeled
- 60mL extra-virgin olive or coconut oil
- 1 brown onion, roughly chopped
- 1 leek, white part only, washed & and roughly chopped
- 1L good-quality chicken stock or bone broth
- 3 parsnips, peeled & roughly chopped
- 3 egg yolks
- 2 pinches ground nutmeg, or to taste
- Sea salt & pepper
- 100g macadamia nuts, dry-roasted & roughly chopped or crushed
- 2 tbsp chopped flat-leaf Italian parsley, to serve

Preheat oven to 200°C.

Cut about 5mm off tops of garlic bulbs to expose cloves. Place garlic bulbs in small baking dish, add 1 tbsp of oil and toss to coat. Turn garlic cut side up, then cover dish tightly with foil.

Bake for 30–35 mins, or until garlic skins are golden brown and core tender. Leave to cool, then squeeze garlic out of skins.

Heat remaining olive oil in large saucepan over medium heat. Sauté onion and leek for 3–4 mins, or until softened.

Add roasted garlic, stock and parsnip. Reduce heat to low, then cover and simmer for about 30–35 mins or until vegetables are tender.

Leave to cool slightly, then purée soup using food processor or hand-held stick blender.

In small bowl, whisk egg yolks. While soup is still warm, and with food processor or blender still running, add egg yolks and whiz until combined.

Season with nutmeg, salt and pepper.

If you need to warm the soup to serve, stir gently over low heat until heated through, but no longer than 1–2 mins or yolks will curdle.

Ladle into bowls, top with macadamias and parsley and serve.



Meg's Cauliflower "Cheese" Soup

**CAULIFLOWER "CHEESE" SOUP**

RECIPE / MEG THOMPSON

This is a liver-loving, anti-inflammatory, antioxidant-rich meal that's enriched with nutritional yeast, lending an extra dose of B vitamins. As an alternative to smoked tofu, you could use chickpeas — sprinkle with a little smoked paprika and olive oil and bake as you would the tofu. Also, if you don't need the dish to be vegan, stir through ¼ cup grated parmesan before serving.

**Serves: 2**

½ cauliflower (around 350g), chopped into small pieces

1 medium potato, skin on & diced

3 cloves garlic, whole & peeled

1 onion, diced

1 tbsp oil, butter or ghee

½ tsp ground turmeric

100g smoked tofu, cut into small dice

1 tbsp nutritional yeast or more to taste

1 tbsp olive oil

Sea salt, to taste

Tofu croutons & chilli flakes, to serve (optional)

Preheat oven to 180°C.

Drizzle cauliflower with a little oil and place on lined baking tray. Bake at for 20–30 mins (you want it just tender but not charred).

Meanwhile, add 2½ cups water to saucepan. Add potato and garlic cloves and simmer until potato is tender. Reserve cooking water.

In medium-sized saucepan, add onion and oil and sauté over low heat until onion is soft.

Add turmeric and stir through, just for 30 secs until fragrant.

Cauliflower and potato should be ready by now but, if not, remove onion mix from heat.

Place tofu on a baking tray (I use same as for cauliflower) and bake for 15–20 mins or until a nice colour and beginning to almost puff out a little.

Once tender, add cauliflower, potato, garlic cloves and potato cooking water to onion.

Cook for around 5 mins, then remove from heat. Stir through nutritional yeast and olive oil.

Using stick blender, blend soup until smooth. Taste and add salt if needed.

Serve topped with tofu croutons and chilli flakes if desired.

**BUCKWHEAT & BROWN RICE FLOUR PIZZA**

RECIPE / DANIELLE MINNEBO

This recipe is a favourite in my house and one that we have almost weekly. The great thing about this recipe is that it contains no yeast, so there's no need to knead the dough or let it rise.

**Makes: 2 pizzas****Dough**

1¼ cups buckwheat flour

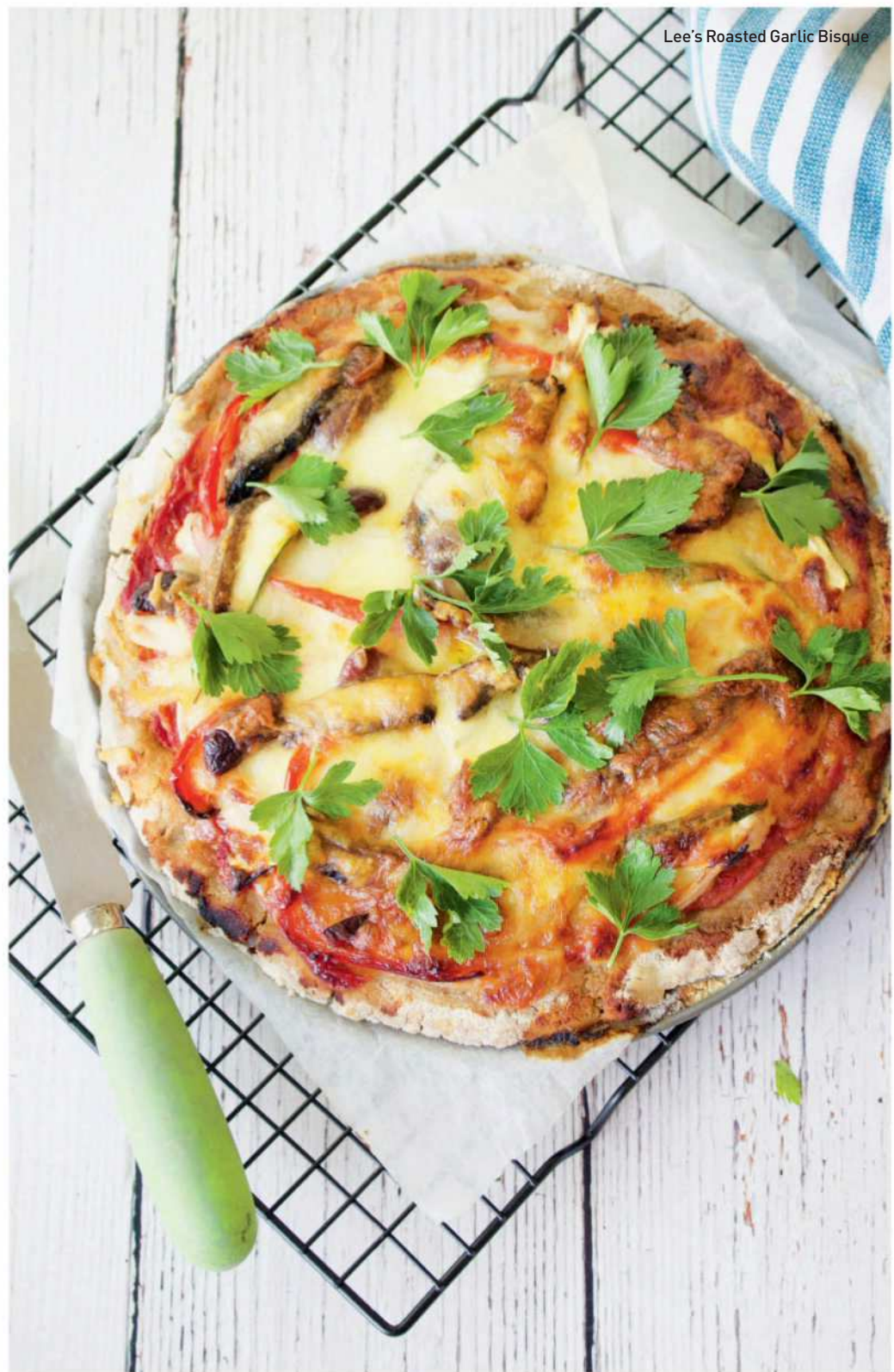
1 cup brown rice flour

1 tsp baking powder

3 tbsp olive oil

½ tsp sea salt

1½ cups water

**Topping**

4 tbsp tomato paste

1 red onion, thinly sliced

½ red capsicum, thinly sliced

1 chicken breast, thinly sliced

1 cup pitted black olives

100g goat's cheese

100g mozzarella cheese, sliced

½ cup fresh herbs (basil, flat-leaf parsley)

Preheat oven to 200°C.

Add buckwheat flour, brown rice flour, baking powder, olive oil and salt to bowl.

Mix together until combined, add water and continue mixing until a sticky dough is formed. The dough will feel like it's too wet but this is normal, so don't add any extra flour at this stage.

Place square sheet of baking paper on flat

surface and dust generously with buckwheat flour. Divide dough in half and place half on baking paper. Slide baking paper onto round baking tray.

Dust dough with more buckwheat flour and press dough down with fingers so it fills entire tray and is about 5–8mm thick.

Set aside and do the same with other half of dough on another round baking tray (if you don't, have another round tray, use a rectangle baking tray).

Top each pizza with tomato paste, onion, capsicum, chicken, olives and cheeses.

Bake for 30–40 mins, until crispy and golden brown.

Allow to cool for 5 mins before topping with selection of fresh herbs.

Serve with your favourite green salad.



The Bare Bird Lemon Roast Chicken



The Bare Bird chicken products are 100 per cent antibiotic-free, accredited free-range and are raised on a plant-based diet containing no animal byproducts, antibiotics, hormones or steroids.

The Bare Bird creator, John Hazeldene, says his family had always been at the forefront of setting high standards in poultry: "We believe a move to producing food without antibiotics is the right thing to do."

## THE BARE BIRD

### THE BARE BIRD LEMON ROAST CHICKEN

RECIPE / RAYMOND CAPALDI FOR THE BARE BIRD

**Serves: 8**



2kg The Bare Bird chicken  
50mL olive oil  
Salt  
1 lemon, cut into chunks  
2 sprigs thyme

#### Trivet

2 carrots, cut into chunks  
2 onions, cut into large chunks  
½ celery, cut into chunks

The night before, place chicken in fridge uncovered so it dries the skin.

Bring whole chicken to room temperature for around 20 mins. Preheat oven to 200–250°C.

Massage olive oil over chicken and season liberally inside and out with salt.

Place lemon and thyme inside the cavity of bird to gently infuse meat of chicken, then tie legs together so breasts are plump.

Place chicken on trivet, and into oven for 20 mins per 450g plus 20 mins extra, depending on size of bird. For a 2kg bird, cook for 35 mins at 250°C and then 150°C for 30 mins, then finish of 80°C for 20 mins.

Rest bird for 10–15 mins and ensure juices run clear when tested with a knife.

Remove from oven, place on tray covered in foil and leave in warm place to rest.

Meanwhile, make gravy by first pouring fat from roasting pan into separate bowl. In pan, add 300mL water and place on hotplate. Boil rapidly for 15 mins while scraping sediment. While this is cooking, whisk in chicken fat.

Check gravy, scraping all crusty gems of flavour from pan. Add more water if needed. Pour gravy over the chicken and serve.

**Tip:** Some chefs brine their chicken to make it moist but The Bare Bird doesn't need this. The Bare Bird's unsaturated fats are marbled through the meat, which keeps it moist.



The Bare Bird Chicken with  
Broad Beans, Peas & Asparagus



The Bare Bird Beer & Mustard Firecracker Drumsticks

**THE BARE BIRD SOY  
CHICKEN BREAST STIRFRY**  
RECIPE / RAYMOND CAPALDI FOR  
THE BARE BIRD

**Serves: 4**



50mL olive oil or sesame oil  
4 whole chicken breasts, thinly sliced

1 carrot, cut into medium chunks  
1 small onion, cut into medium chunks  
200mL soy sauce  
200mL brown chicken stock  
1 red capsicum, cut into medium chunks  
150g green asparagus  
50g frozen peas  
Fresh herbs, to garnish

Place olive oil or sesame oil in hot pan and quickly seal chicken until a golden brown colour, keeping it pink inside.

Place chicken on plate with kitchen paper.

Clean pan and add more olive oil or sesame oil, then add carrot and stir-fry for 1 min, then add onion and soy sauce. Bring chicken stock to glaze, add chicken, capsicum and asparagus and cook for 1 min. Add peas.

Serve garnished with herbs.

**THE BARE BIRD CHICKEN WITH  
BROAD BEANS, PEAS & ASPARAGUS**

RECIPE / RAYMOND CAPALDI FOR  
THE BARE BIRD

**Serves: 4**



50mL olive oil  
4 chicken breasts, sliced medium-thick  
200g podded broad beans  
500g thin asparagus

200g podded peas  
100g unsalted butter  
100mL brown chicken stock  
Fresh mint, to garnish

Heat oil in frypan and brown chicken well. Transfer to plate.

Cook broad beans in simmering, salted water for 5 mins, then remove.

Cook asparagus and peas for 5 mins while you peel broad beans, discarding skins.

Place frying pan back on heat and bring to high heat, add butter and, just as it's melting, add chicken stock. Reduce to emulsion, then add chicken, broad beans, peas and asparagus.

Toss and serve hot, garnished with mint.

**THE BARE BIRD BEER & MUSTARD  
FIRECRACKER DRUMSTICKS**

RECIPE / RAYMOND CAPALDI FOR  
THE BARE BIRD

**Serves: 8**



8 chicken drumsticks (marinate for 4 hours)  
50mL honey  
65g sriracha chilli sauce  
50g tomato sauce  
30g French mustard  
150mL favourite beer  
Fresh herbs, to garnish

Preheat oven to 200°C.

In large frying pan or roasting tray, add drumsticks with all marinade ingredients, then place in hot oven. Cook for 30 mins, making sure sauce is sticky. If not, place on stove and finish off.

Garnish with herbs.

For more information visit [thebarebird.com.au](http://thebarebird.com.au)



**SPONSOR RECIPES**  
**THAT'S AMORE CHEESE**



Ricotta Gnocchi, Fennel & Prawns

# THAT'S AMORE CHEESE

## RICOTTA GNOCCHI, FENNEL & PRAWNS

RECIPE / DARIO DI CLERICO, THAT'S AMORE CHEESE

**Serves: 4**



### Gnocchi

- 360g That's Amore Ricotta Delicata
- 80g finely grated parmesan
- 150g plain flour
- 3 eggs
- 1½ tsp sea salt flakes
- Cracked black pepper

### Sauce

- 50mL extra-virgin olive oil
- 1 small fennel bulb, chopped
- 2 ripe tomatoes, chopped
- 100mL white wine
- 2 threads saffron
- 20 prawns unshelled
- ½ bunch parsley, chopped
- 100g That's Amore Ricotta Salata

Place ricotta, parmesan, flour, eggs, salt and pepper in large bowl. Mix until combined to sticky dough.

Transfer dough to lightly floured flat surface and knead lightly for 2–3 mins, gradually adding remaining flour if dough sticks to board or hands.

Divide dough into 4 pieces and roll into balls. Using both hands, roll out each ball of dough into log about the width of your index finger. Cut each log into 2cm pieces.

Heat oil in large non-stick frying pan over high heat. Add fennel and tomato and cook until soft. Deglaze with white wine. Add saffron, prawns and parsley. Set aside.

Cook gnocchi, in 2 batches, in large saucepan of salted boiling water for 2–3 mins or until firm and risen to surface. Remove with slotted spoon and toss in pan with tomato.

Serve with shaved ricotta salata.



Caciotta is one of the most common forms of cheese you can find on the Italian table — a very traditional rural and artisanal cheese. The name is derived from the Italian word for cheese, *cacio*. It's a fresh cow's milk cheese with a semi-soft texture, mild flavour and soft rind. In this truffle version, the cheese is mixed with Australian black winter truffles during the cheese-making process. Caciotta can be used as a table cheese or added in green salads but is also great in cooked recipes.



Truffle Caciotta on Cauliflower Rice

### TRUFFLE CACIOTTA ON CAULIFLOWER RICE

RECIPE / DARIO DI CLERICO, THAT'S AMORE CHEESE

**Serves: 4**



- 1 large cauliflower
- 20mL olive oil
- 1 onion, chopped
- 1 clove garlic, chopped
- 1 red chilli, deseeded
- 1 bunch asparagus, sliced
- Salt & pepper to taste
- 1 That's Amore Truffle Caciotta
- Juice 1 lime
- Micro parsley, to garnish

Using food processor, process cauliflower florets until very finely chopped.

Heat olive oil in large deep pan over medium heat. Add onion, garlic and chilli. Cook on low flame, stirring for 2 mins or until onion has softened. Add cauliflower and sliced asparagus. Cook, stirring occasionally, for 20 mins or until cauliflower is tender and light golden. Season well with salt and pepper.

Heat grill pan or skillet over medium-high heat. Place caciotta on grill pan for 3 mins each side, flipping caciotta a few times to make sure it doesn't get too dark.

Serve cauliflower rice hot on plate and place caciotta on top, finishing with drizzle of lime juice and micro parsley.

### BANANA & MASCARPONE TRIFLE

RECIPE / DARIO DI CLERICO, THAT'S AMORE CHEESE

**Serves: 4**



- Dark Chocolate Sauce
- 2 tbsp full-cream milk
- 1 tbsp double cream
- 50g dark chocolate, cut in pieces

- ½ vanilla pod, scraped
- 250g That's Amore Mascarpone
- 2 ready-made meringue nests, crumbled into chunks
- 2 bananas, sliced

To make chocolate sauce, bring milk and cream to boil in small saucepan. Place chocolate pieces in bowl. Pour over ⅔ of milk and cream mixture, stirring until melted and smooth.

Place vanilla seeds in mascarpone and whip until combined. Fold meringues and banana slices into mascarpone, leaving a few slices of banana for garnish.

Place in cup or bowl and drizzle with chocolate sauce.

Top with remaining banana slices. Serve immediately.

**For more information visit [thatsamorecheese.com.au](http://thatsamorecheese.com.au)**



Banana & Mascarpone Trifle



Creamy Vegan Capsicum Pulse Penne

## SAN REMO

### CREAMY VEGAN CAPSICUM PULSE PENNE

RECIPE / SAN REMO

**Serves: 2**



- 4 large red capsicums, halved
- 250g San Remo Pulse Pasta Penne
- 2 garlic cloves, sliced
- 1 red birdseye chilli, sliced
- 1 tbsp almond butter
- ½ cup almond milk
- 1 tbsp cornflour
- 2 tbsp extra-virgin olive oil
- Salt & pepper
- Toasted pine nuts, to serve
- Basil leaves, torn, to serve

Place halved capsicums on tray lined with foil.

Place capsicums under hot grill until skin is blackened.

Once skin is fully blackened, place capsicums in bowl, cover with clingwrap (this allows the capsicums to steam and helps the skin tear away) and allow capsicums to cool.

Bring pot of salted water to boil and cook pasta as per packet directions.

While pasta is cooking, peel capsicums and place in food processor with garlic, chilli, almond butter, almond milk, cornflour, oil and salt and pepper.

Blitz mixture until smooth, then place in frypan and cook for about 3–5 mins to cook out flour.

Once pasta is cooked, toss it through sauce.

To finish, top with toasted pine nuts, extra-virgin olive oil and torn basil leaves.



San Remo Pulse Pasta is an award-winning range made from lentils, chickpeas and other pulses, helping to boost its nutritional benefits. It's a good source of protein and fibre, plus it's gluten-free.

Spaghetti with Blistered  
Cherry Tomatoes, Capers & Basil



Add capers, reserved cooking water, half of the basil and season with salt and pepper, stirring to combine.

Add drained pasta, tossing until well coated.

Divide pasta between two bowls and sprinkle with parmesan cheese and some basil leaves.

### TABOULI & CHICKPEA SPIRALS

RECIPE / SAN REMO

Serves: 2



250g Pulse Pasta Chickpea Spirals

1 punnet heirloom cherry tomatoes, quartered

3 cups finely chopped flat-leaf parsley

½ cup mint, chopped finely

1 small red onion, chopped finely

2 stalks celery, diced

1 Lebanese cucumber, diced

Juice 2 lemons

4 tbsp olive oil

Salt & pepper

Cook pasta as per packet directions. Once cooked, strain and refresh under cold water.

In large bowl, mix together tomatoes, parsley, mint, onion, celery, cucumber and pasta.

Mix together lemon juice and olive oil in small bowl.

Pour olive oil and lemon dressing over pasta, mix together and season with salt and pepper.

Serve as a main or side to grilled meat, fish or chicken.

Tabouli & Chickpea Spirals



### VEGAN PESTO PASTA WITH BROCCOLINI

RECIPE / SAN REMO

Serves: 2



2 bunches broccolini, cut into thirds

250g San Remo Pulse Pasta Penne

1 cup basil leaves

1 garlic clove

¼ cup raw cashews

½ cup grated vegan "cheese"

Olive oil

¼ cup coconut cream

Salt & pepper

1 long red chilli, deseeded & finely chopped

Bring large pot of water to boil with good pinch of salt.

Blanch broccolini in boiling water for 2–3 mins until soft, remove and cool.

Cook pasta as per packet directions in broccolini water.

Place basil, half of broccolini, garlic, cashews, "cheese" and small amount of oil in food processor and blend until smooth and well combined. If needed, add more olive oil to combine.

Once pasta is cooked, strain and add coconut cream, broccolini puree and blanched broccolini.

Mix together and season with salt and pepper.

Sprinkle over chilli, to serve.

Vegan Pesto Pasta with Broccolini



### SPAGHETTI WITH BLISTERED CHERRY TOMATOES, CAPERS & BASIL

RECIPE / SAN REMO

Serves: 2



250g San Remo Pulse Pasta Spaghetti

1 punnet cherry tomatoes

2 tbsp olive oil

2 cloves garlic, sliced

½ tsp chilli flakes

1 tbsp baby capers, rinsed

⅓ cup basil leaves

Salt & pepper

2 tbsp grated parmesan

Bring pot of salted water to boil and cook pasta as per packet directions. Reserve ⅓ cup cooking water and drain.

Heat large sauté pan over medium–high heat and add tomatoes, shaking pan regularly until tomatoes are blistered and start collapsing.

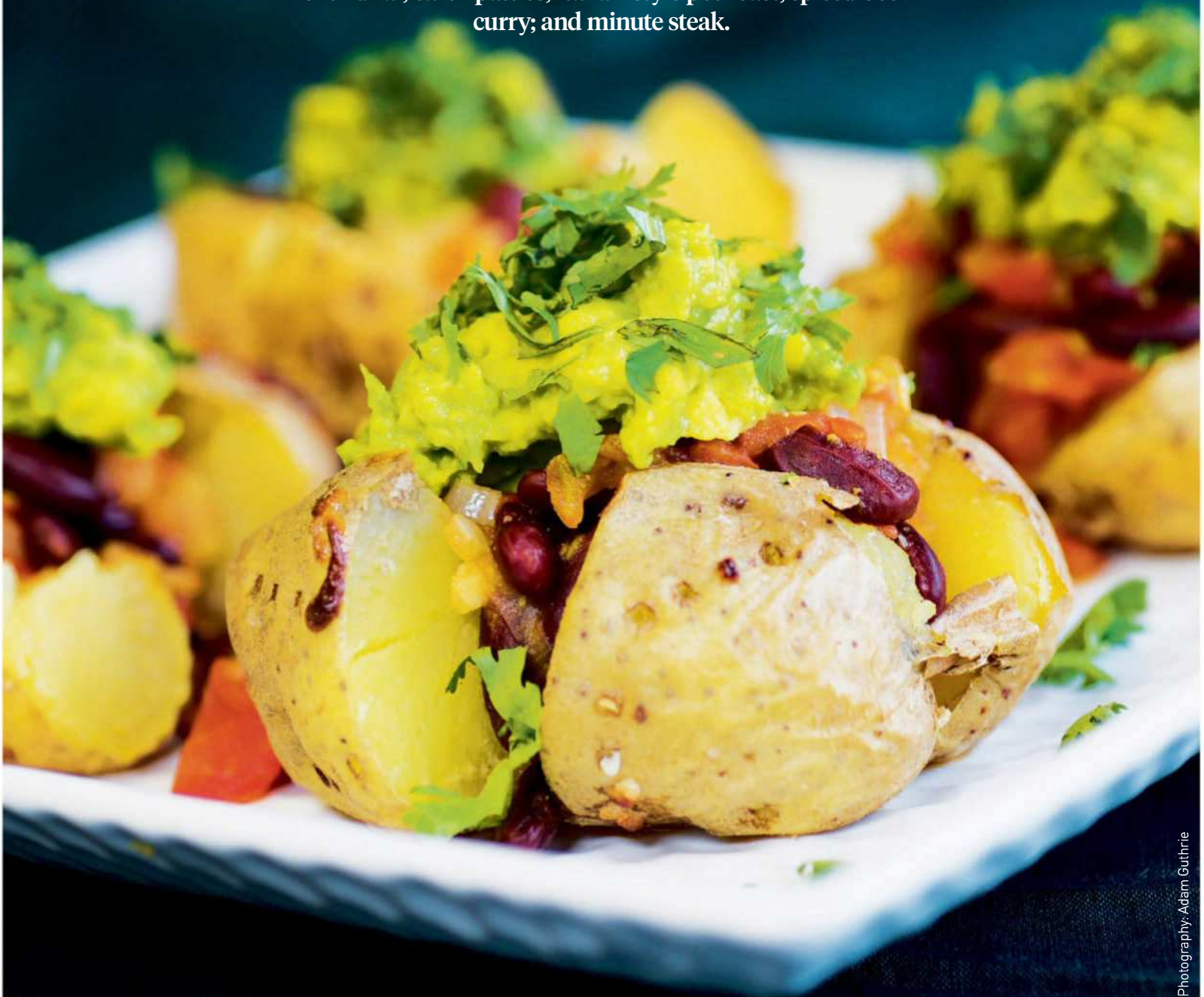
Reduce heat to medium and add olive oil, garlic and chilli to tomatoes, stirring to combine. Using back of wooden spoon, gently squash tomatoes to create rustic sauce.

For more information visit [sanremo.com.au](http://sanremo.com.au)



# LOW-BUDGET & HEALTHY

Eating healthy doesn't mean you have to spend a fortune. Good, tasty, sustaining food can also be affordable. You'll love the taste and the price of these dishes: barley, tomato and garlic risotto; jacket potato with chilli beans and avocado; lentil dhal; earth patties; Italian-style pot roast; spiced beef curry; and minute steak.



## JACKET POTATO WITH CHILLI BEANS & AVOCADO

RECIPE / ADAM GUTHRIE

Everyone loves a good old jacket potato! This is a great meal to prepare in bulk and enjoy a few times in the week.

**Serves: 4**



4 medium potatoes, washed & pricked with fork  
1 onion, finely diced  
1 celery stalk, finely diced  
1 small chilli, finely chopped  
2 garlic cloves, minced  
1 tsp cumin seeds  
1 tsp ground coriander  
8 tomatoes, diced  
2 tins red kidney beans  
Juice 1 lemon  
Salt & pepper, to taste  
1 avocado, skin & seed removed, mashed  
Handful fresh coriander, finely chopped

Preheat oven to 220°C.

Place potatoes in oven for 30 mins until softened inside.

Heat large saucepan on high heat. Add ¼ cup water, onion and celery and sauté until soft. Add chilli and garlic. Add cumin seeds and ground coriander and stir until spices are fragrant.

Add the tomato and stir until softened and broken up into sauce. Reduce heat and simmer on low, stirring frequently, for 5 mins.

Add kidney beans and lemon juice and stir through. Season to taste.

Place cooked potato on plate and cut into quarters.

Place 3 tbsp chilli beans on centre of potato. Add mashed avocado.

Sprinkle with chopped coriander and serve.

## MINUTE STEAK

RECIPE / RAQUEL NEOFIT

Believe it or not, you don't have to spend a fortune to enjoy a delicious steak. This is one of those recipes that was born out of getting to know my local butcher. You'll need thinly sliced blade steaks — ask your butcher to slice it for you — and a searing hot pan so you can flash-fry.

**Serves: 2**



4 slices blade steak, thinly sliced  
Olive oil  
Salt & pepper  
2 cloves garlic, crushed or chopped  
Zest & juice 1 lemon  
Rocket, to serve

Marinate steaks in olive oil, salt, pepper, garlic and lemon zest for 15 mins.

Heat grill pan or frypan over high heat.

Place steak in pan and flash-fry for about 2 mins each side. Remove from pan and allow to rest, covered, for 5 mins.

Place steaks on plate and squeeze over lemon juice.

Dress rocket with olive oil and lemon juice and season with sea salt and pepper.

Divide between plates and enjoy.

Raquel's Minute Steak

Ask your butcher to thinly slice some blade steak for you.



Danielle's Chickpea Pasta with Kale & Goat's Cheese

## CHICKPEA PASTA WITH KALE & GOAT'S CHEESE

RECIPE / DANIELLE MINNEBO

There are some fantastic healthy pasta options available now and one I'm loving at the moment is pasta made from legumes and beans. This recipe uses a chickpea pasta that's high in protein. Team it with a serve of vegetables and you have a really balanced nutrient-dense meal.

**Serves: 4**



250g chickpea pasta  
2 tbsp olive oil  
1 onion, thinly sliced  
2 cups chopped kale

1 cup cherry tomatoes, halved  
½ cup pitted & chopped black olives  
100g goat's cheese, crumbled  
1 cup fresh basil leaves, roughly torn

Bring pot of hot water to boil and add pasta. Cook according to packet instructions.

While pasta is cooking, prepare vegetables. Heat olive oil in large frypan over medium heat. Add sliced onion, chopped kale and cherry tomato.

Cook for 5 mins and add pasta, pitted olives, goat's cheese and torn basil leaves. Mix together until well combined.

Serve topped with extra goat's cheese and garnish with basil.

Enjoy immediately or save for lunches.



**BARLEY, TOMATO & GARLIC RISOTTO**

RECIPE / ADAM GUTHRIE

Risotto is a simple dish that anyone can easily cook. It's also low budget and the barley is filling and very nutritious.

**Serves: 4**



- 1 onion, finely diced
- 2 garlic cloves, sliced
- 1 tsp dried oregano
- 4 cups mushrooms, sliced
- Salt & pepper
- 1½ cups uncooked pearl barley
- 6 cups vegetable stock
- 2 cups green beans, chopped
- ½ cup nutritional yeast
- Handful parsley, chopped

Heat deep-frying pan on high heat.

Add and garlic and sauté for 2 mins. Add dash of water to deglaze pan. Add dried oregano, mushroom and salt and pepper.

Add uncooked pearl barley and 1 cup vegetable stock and mix well. Add 4 cups vegetable stock, mix, cover with lid and bring to boil.

Once boiling, remove lid and reduce heat to low. Stir frequently until all stock has been absorbed.

Add green beans and nutritional yeast and mix well. Add chopped parsley and 1 more cup of stock, mix well and serve.

**EARTH PATTIES**

RECIPE / LISA GUY

Tofu is a highly nutritious food that gives this dish a good boost in protein, calcium and B vitamins. Eating tofu has been associated with lowering cholesterol levels and reducing risk of heart disease. Tofu also contains phyto-oestrogens, which can be helpful for relieving menopausal symptoms in women. Always choose organic tofu to avoid genetically modified soybeans.

**Makes: 16 patties**



- 1 sweet potato, steamed & pureed
- 1 carrot, grated
- 3 cloves garlic, minced
- 2 cups cooked brown rice
- 4 spring onions, thinly sliced
- Handful coriander, roughly chopped
- ¼ cup sunflower seeds
- 2 tbsp pumpkin seeds
- 250g firm tofu, finely chopped
- 2 heaped tbsp tahini or nut butter
- 2 tsp ground cumin
- Pinch sea salt & pepper

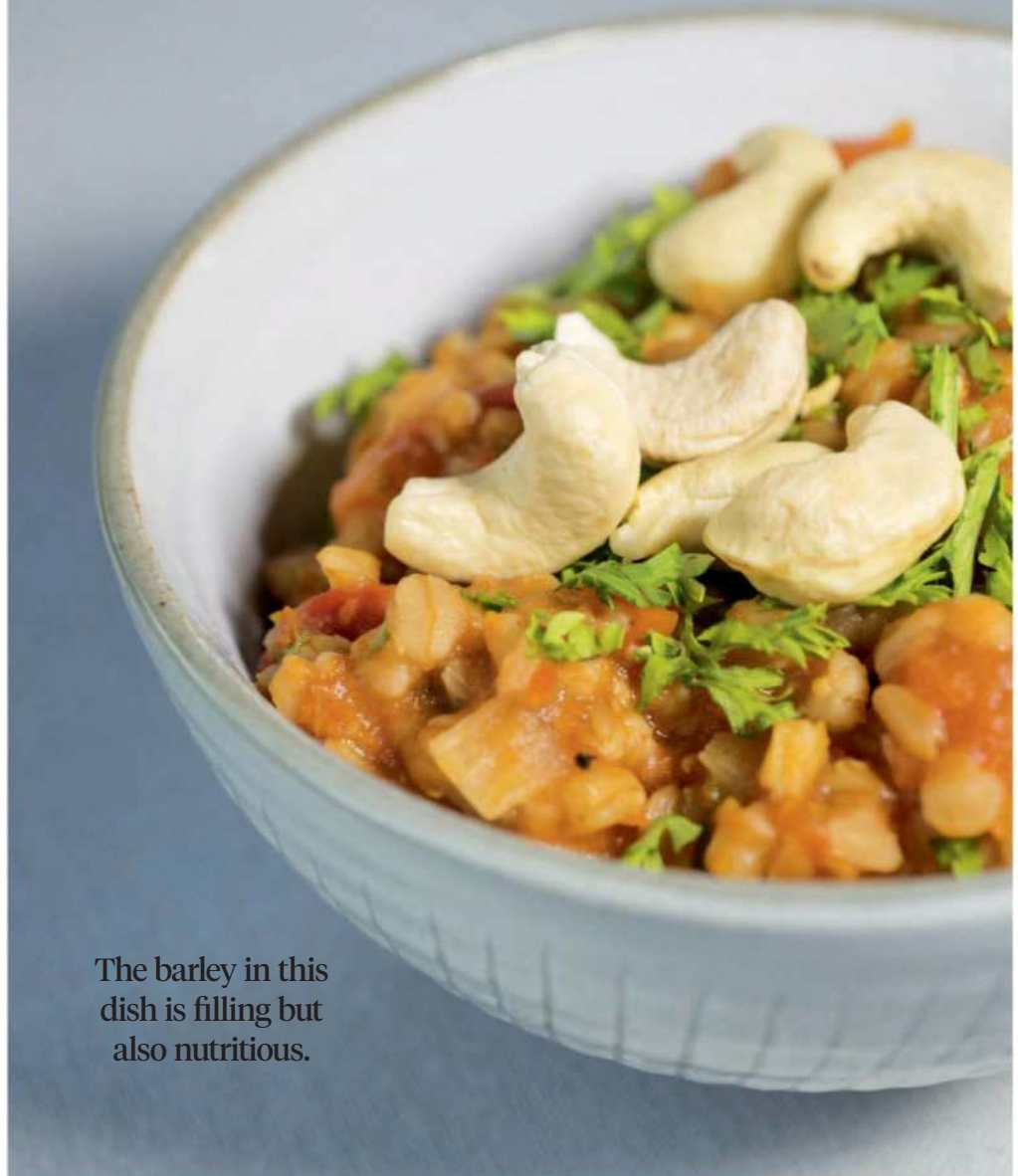
Preheat oven to 180°C.

Mix all ingredients together well in large bowl.

Make medium-sized balls and place on baking tray lined with baking paper. You can use an ice-cream scoop for this. Flatten with fork and neaten around sides.

Bake for 35 mins.

Adam's Barley,  
Tomato & Garlic Risotto



The barley in this dish is filling but also nutritious.

Lisa's Earth Patties



Photography: Lisa Guy, Adam Guthrie

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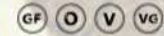


## APPLE, STRAWBERRY & LEMON CRUMBLE

RECIPE / DANIELLE MINNEBO

The lemon in this crumble is key and what makes the dessert so delicious. Don't leave out the ground linseeds and chia seeds, either, as these add a nice crunchy texture to the crumble.

Serves: 8



- 1 punnet strawberries, halved
- 3 apples, skin on, cored & chopped into chunky pieces
- 1 tbsp butter
- ¼ cup coconut palm sugar
- Juice & zest 1 lemon
- 1 tsp ground cinnamon
- 2 cups blanched almond meal
- ¼ cup tapioca flour
- 2 tbsp ground linseeds or flaxseeds
- 2 tbsp chia seeds
- ¼ cup coconut palm sugar
- 50g butter, cut into cubes

Preheat oven to 200°C.

Place strawberry, apple, butter, ¼ cup coconut palm sugar, lemon juice [save zest for crumble topping] and cinnamon in saucepan. Cook over medium heat for 20 mins until strawberries have broken apart and sauce is thick and glossy pink colour. Don't cook with lid on, as sauce won't thicken.

While apple and strawberry is cooking, prepare crumble topping. Add almond meal, tapioca flour, ground linseeds, chia seeds, ¼ cup coconut palm sugar and lemon zest to bowl. Mix together until combined and add butter cubes. Rub butter into mixture using fingertips, until it resembles breadcrumbs.

Pour apple and strawberry mixture into bread tin. Top with crumble mixture making sure to spread into all corners. Bake for 30 mins, until golden brown.

Allow to cool before serving.

Danielle's Apple,  
Strawberry & Lemon Crumble

## BUTTER CHICKEN

RECIPE / LISA GUY

This flavoursome dish is brimming with health-giving ingredients. Chicken provides plenty of B vitamins, which our bodies need for energy production. It's also an excellent source of lean protein and is particularly rich in tryptophan, an amino acid used to make serotonin and melatonin — two of the brain's calming and sleep-inducing neurotransmitters.

**Serves: 4**



1 onion, finely chopped  
3 cloves garlic, minced  
1 tsp ground ginger  
1 tsp ground turmeric  
1 tsp ground cumin  
½ tsp chilli powder  
3 tsp garam masala  
Pinch sea salt & pepper  
200mL tomato puree  
1 cup coconut milk  
500g organic chicken, diced  
½ cup Greek yoghurt  
Brown rice or cauliflower rice, to serve  
Handful coriander, roughly chopped

Using large non-stick saucepan over medium heat with some olive or coconut oil, sauté onion and garlic for 3 mins, then add spices, tomato paste and coconut milk. Stir until well combined.

Add chicken and cook, covered, for 8–10 mins until chicken has cooked through.

Take off heat and stir through yoghurt.

Serve with brown rice or cauliflower rice and garnish with coriander.

## LENTIL DHAL

RECIPE / LISA GUY

This wonderfully nourishing dish is rich in iron, which is vital for energy production in the body and for a strong immune system. Lentils are a great source of dietary fibre to help keep cholesterol levels in check. Garlic is also known for its cholesterol-lowering and immune-boosting properties.

**Serves: 3–4**



1 onion, finely chopped  
2 cloves garlic, minced  
1 cup lentils, rinsed  
4 cups vegetable broth  
1 tsp ground cumin  
1 tsp ground ginger  
1 tsp ground turmeric  
¼ tsp ground cardamom  
½ tsp ground cinnamon  
¼ tsp cayenne pepper  
Pinch salt & pepper  
1 tin chopped tomatoes  
Handful coriander, chopped

Sauté onion and garlic in large saucepan with olive oil over medium heat.

Add lentils, spices and tomatoes, then simmer, covered, for 45 mins or until lentils are cooked through. Add extra stock or water if needed.

Top with coriander and enjoy.

**Tip:** This dish is delicious served with mango chutney, riata, brown rice and naan.



Lisa's Butter Chicken



Lisa's Lentil Dhal



After cooking slice the chuck roast into thick slabs for serving. It's hearty and delicious.

### ITALIAN-STYLE POT ROAST

RECIPE / RAQUEL NEOFIT

I truly believe we don't use chuck to its full advantage in Australia. It's common to find it thickly sliced but, if you can, find a piece of chuck for slow roasting; it will hold its shape so you can slice it into thick slabs when it's finished.

**Serves: 5**



- 1.5kg chuck roast
- 3 tbsp olive oil, plus extra for roast
- Sea salt & pepper
- 2 onions, diced
- 3 stalks celery, diced
- 2 carrots, diced
- 10 cloves garlic, crushed
- 8 button mushrooms, roughly chopped
- 2 x 400g tins tomatoes or 1 bottle passata
- 1½ cup water or stock
- 4 stalks rosemary
- Fresh parsley, chopped

Preheat oven to 140°C.

Rub chuck roast with olive oil, salt, and pepper and sear in oven-safe casserole dish over medium-high heat. Remove from pot and set aside.

Lower heat and add olive oil and sauté onion, celery, carrot and garlic until soft. Add mushroom and sauté until soft.

Add tinned tomato or passata, water and rosemary, stir to combine. Return meat to pot, cover with sauce, cover with lid and place in oven for 3 hours.

Slice beef, spoon over sauce and sprinkle with parsley.

Serve immediately.

### SPICED BEEF CURRY

RECIPE / RAQUEL NEOFIT

When making this deliciously spiced curry, take advantage of the cheaper cuts of beef like chuck, stewing steak or oyster blade. Simply ask your butcher which cuts are best at the time.

**Serves: 4-6**



- 500g chuck or stewing steak, cubed
- Sea salt & pepper
- Olive oil
- 7 garlic cloves, crushed
- 5cm piece ginger, grated
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp ground turmeric
- 1 tbsp garam masala
- 1 cup water
- 1 tbsp lime pickle
- Handful fresh coriander

**Cooked rice, to serve**

Preheat oven 140°C.

Season beef with sea salt and pepper and brown in 1 tbsp olive oil. Set aside.

Add another tbsp olive oil to pot and sauté garlic and ginger until fragrant.

Add spices and sauté for a couple of minutes over low heat. Return beef to pot and fry, stirring for 5 mins. Add water and stir to combine.

Cover and place in oven for 3 hours, stirring occasionally. Remove from oven, stir through lime pickle.

Divide between bowls and garnish with fresh coriander.

Serve immediately.

**Tip:** This curry freezes exceptionally well.

Raquel's Spiced Beef Curry



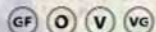
Photography: Raquel Neofit

### MOROCCAN MINESTRONE SOUP

RECIPE / DANIELLE MINNEBO

There's nothing more nutrient-dense and low-budget than a minestrone soup, especially in the wintertime when it's also warming and comforting. I've put a spin on the traditional minestrone soup by adding a Moroccan spice called ras el hanout, a blend of 20–30 different spices and herbs such as cinnamon, cumin, paprika, cloves and turmeric. You can buy it from most fruit and vegetable stores or order it online.

**Serves: 6**



- 3 tbsp olive oil
- 1 onion, finely diced
- 1 red capsicum, finely diced
- 1 yellow capsicum, finely diced
- 1 zucchini, finely diced
- 2 carrots, finely diced
- 2 celery stalks, finely diced
- 8 kale leaves, finely chopped
- 4 tsp ras el hanout spice mix
- 1L tomato passata
- 1L vegetable stock
- 150g chickpea pasta
- 1 tsp sea salt
- 2 handfuls pistachio nuts, chopped
- 2 handfuls flat-leaf parsley, chopped

Heat olive oil in large saucepan over medium heat.

Add onion, red capsicum, yellow capsicum, zucchini, carrot, celery and kale. Sauté for 20 mins, add ras el hanout spice mix and cook for a further 5 mins, stirring continuously so spice mix doesn't stick to bottom of pan.

Add tomato passata and vegetable stock and cook for a further 5 mins. Add pasta and season with sea salt. Cook until pasta is done.

Serve topped with crushed pistachios and flat-leaf parsley.



**MOONG DHAL WITH  
CUCUMBER & SPINACH**

RECIPE / ADAM GUTHRIE

Moong dhal is a simple, everyday Indian meal that can be served with rice and a simple salad. It will give you energy and help you stay satiated.

**Serves: 4**



1 onion, finely sliced  
2.5cm piece ginger, grated  
1 tomato, chopped  
½ tsp chilli powder  
½ tsp cumin powder  
1 cup uncooked moong dhal  
3 cups water

1 tbsp cumin seeds  
3 garlic cloves, chopped  
1 red chilli, finely sliced

Handful spinach, finely shredded, to serve  
1 Lebanese cucumber, finely diced, to serve  
2 cups cooked brown rice, to serve

Heat saucepan over high heat and sauté onion, ginger and tomato. Add chilli powder, cumin powder and dash of water and sauté.

Add 1 cup uncooked moong dhal and 3 cups water, then stir. Cover with lid and bring to boil. Reduce to simmer for about 1 hour, until moong dhal is soft. Check dhal from time to time and add more water if needed. Once dhal is soft, remove from heat and set aside.

Meanwhile, heat frying pan on high heat. When pan is hot, add cumin seeds, garlic and chilli, then sauté. Add dash of water and stir. Remove from heat after 2 mins.

Place saucepan of dhal back on heat, add sautéed cumin seeds, garlic and chilli mix and stir well. Add salt to taste and stir.

Serve with rice, spinach and cucumber.



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Raw Chocolate & Coconut Yoghurt Cheesecake

# MAD MILLIE

## RAW CHOCOLATE & COCONUT YOGHURT CHEESECAKE

Try this raw gluten-free cheesecake using the Chocolate Coconut Yoghurt recipe from the Mad Millie kit. It's full of live probiotics, meaning you don't have to feel guilty about this cheesecake one bit.

RECIPE / MAD MILLIE

**Serves: 4**



### Base

- 1½ cup cashew nuts
- ¾ cup desiccated coconut
- ⅓ cup brown sugar
- 1 tbsp lemon zest
- 1¼ cup ground almonds
- ½ cup coconut oil

### Filling

Mad Millie Chocolate Coconut Yoghurt

### Topping

- Blueberries
- Coconut chips
- Vegan dark chocolate flakes

Make Mad Millie Chocolate Coconut Yoghurt at least 1 day before by following the kit.

Line 20cm spring-form cake tin with baking paper.

Put all base ingredients (except for coconut oil) in food processor and process to fine crumbs.

Transfer crumbs into bowl and create well in centre. Pour in coconut oil and mix together.

Press crumb into lined cake tin until fairly firm. Place base in fridge to set for 1 hour.

Remove base from fridge and spoon Mad Millie Chocolate Coconut Yoghurt on base. The chocolate coconut yoghurt will naturally be a little thicker than standard coconut yoghurt so will have a similar consistency to cheesecake filling.

Smooth and even out yoghurt on top of base.

Decorate with berries, coconut chips and chocolate flakes.



Bursting with delicious flavours, no artificial flavours or preservatives and coupled with tangy beneficial live cultures, you can create delectable yoghurt at home to enjoy any way you want! Plus, our delicious dairy-free yoghurt kits also include vegan-friendly recipes.

Vegetable Pasta Bake  
with Greek Yoghurt



### BERRY, HONEY ALMOND OATMEAL & COCONUT YOGHURT PAREFAITS

Exceptionally easy to make yet utterly tasty and satisfying as a breakfast or morning snack, this berry and oatmeal parfait is set off perfectly by the coconut yoghurt, delivering some energy for the rest of the day.

RECIPE / MAD MILLIE

**Serves: 4**



1 cup Mad Millie Coconut Yoghurt

#### Roasted Strawberry Sauce

1 cup strawberries, quartered  
Honey, to taste

1 cup gluten-free honey almond oatmeal or toasted muesli\*, to serve  
1 cup blueberries, to serve

Create Mad Millie Coconut Yoghurt using instructions included in kit.

To make strawberry sauce, heat oven to 180°C, then line tray with baking paper. Lay strawberries on tray in single layer.

Drizzle over honey and bake for 20–25 mins, tossing halfway. Be careful the honey doesn't burn.

Transfer now roasted fruit and liquid into a bowl.

To make parfaits, start to layer contents into glasses: start with layer of coconut yoghurt, followed by some oatmeal then roasted strawberry sauce. Repeat one more time.

Top parfaits with blueberries or other fruit as desired.

Serve immediately.

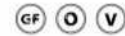
\*Feel free to either combine your favourite oatmeal with sliced almonds and honey or simply purchase a store-bought mix to save time.

### VEGETABLE PASTA BAKE WITH GREEK YOGHURT

A vegetable pasta bake is a classic home-style meal that's both healthy and delicious. The addition of the Mad Millie Greek Yoghurt adds a dimension of creaminess, but still with a light and fresh taste.

RECIPE / MAD MILLIE

**Serves: 4**



200mL Mad Millie Greek Yoghurt

1 green capsicum, deseeded & sliced  
1 red capsicum, deseeded & sliced  
1 zucchini, trimmed & sliced into half-moons  
1 eggplant, trimmed & cubed  
1 red onion, peeled & cut into 6 wedges  
1 tsp oregano  
2 tbsp olive oil  
300g gluten-free penne pasta  
2 tins chopped tomatoes with basil & oregano  
Mad Millie Greek Yoghurt  
50g grated mild cheese

Using instructions in kit, make up Mad Millie Greek Yoghurt.

Preheat oven to 180°C on fan bake.

In large roasting tray, toss together capsicums, zucchini, eggplant, red onion, oregano and olive oil. Roast for 25–30 mins, shaking tray occasionally.

While these are cooking, put pasta in large saucepan and cover with salted boiling water. Bring back to boil, then cook for 8–10 mins until just *al dente*. Drain and mix well with chopped tomatoes and Mad Millie Greek Yoghurt.

Gently toss vegetables through pasta and spoon into 20cm square ovenproof dish.

Sprinkle over cheese and bake for 20 mins until bubbling and cheese is brown.

For more information visit [madmillie.com](http://madmillie.com)



Berry, Honey Almond Oatmeal  
& Coconut Yoghurt Parfaits



## ORGRAN

### PEACH & APPLE PIE CRUMBLE

RECIPE / ORGRAN

**Serves: 6-8**



#### Filling

- 4 Granny Smith apples, peeled & chopped
- 4 peaches, chopped
- 2 tbsp fresh orange juice
- 1 tbsp gluten-free cornflour
- 1 tbsp coconut sugar
- 1 tsp ground cinnamon
- ½ tsp vanilla bean paste
- ¼ tsp nutmeg

#### Crumble

- 260g ORGRAN Apple Pie Biscuits
- 1 tbsp coconut sugar

50g dairy-free butter, melted  
Coconut or vanilla ice-cream, to serve

Preheat oven to 180°C fan-forced and grease 25cm pie dish with coconut oil.

Place all filling ingredients in bowl and combine well. Pour into baking dish and spread out. Place in oven for 10 mins.

In the meantime, prepare crumble. Place biscuits and sugar into bag and, using rolling pin, crush them to crumb-like consistency. Place in bowl and add melted butter. Mix thoroughly.

Take baking dish out of oven and carefully place crumble over top of filling and bake for 15-20 mins.

Serve warm or at room temperature with optional coconut or vanilla ice-cream.



Through combining the goodness of black beans and rice flour, ORGRAN has developed the ideal entertainer for when you're feeling peckish. Made with all-natural ingredients and no hidden nasties, ORGRAN Black Bean Wafer Crackers allow you to enjoy the nutritional components of black beans, while delighting in a mild, earthy flavour to complement your dips, toppers and side dishes.



## TOMATO & ONION GALETTE

RECIPE / ORGRAN

**Makes: 12**



### Pastry

270g ORGRAN All Purpose Plain Flour

¼ cup light olive oil

¾ cup icy cold water

¼ tsp baking powder

½ tsp white wine vinegar

½ tsp sea salt

1 tsp ORGRAN No Egg™ Egg Replacer  
(plus 2 tbsp water, whisked together)

### Topping

Olive oil

½ tsp dried oregano

1 large onion, thinly sliced

Sea salt & pepper

3 roma tomatoes, sliced

6 sprigs fresh thyme

Combine all dry dough ingredients in wide bowl. Combine all wet ingredients in separate bowl.

Combine dry and wet ingredients and gently knead together. Wrap in clingwrap and place in fridge for 20 mins.

Prepare all galette toppings and set aside.

Roll dough between 2 pieces of baking paper with rolling pin and place back in fridge for 20 mins (keep it between paper sheets).

Preheat oven to 190°C fan-forced.

Using kitchen brush, spread thin layer of olive oil over galette, then sprinkle oregano over olive oil base leaving about 3cm of space around edge.

Top with slices of onion and season with the sea salt and pepper. Finally, top with slices of tomato, each slice overlapping another. Sprinkle with a few thyme leaves.

Fold edges of dough in bit by bit, using fingers to press together if it cracks.

Transfer galette to baking tray and bake for 20–25 mins. Don't over-bake as dough may become crisp.

Once cooked, sprinkle fresh thyme leaves over galette and cut into wedges. Serve hot.

**Tip:** Drizzle balsamic vinegar over galette if desired.

## CHIA MUESLI PUDDING

RECIPE / ORGRAN

**Serves: 3–4**



3 tbsp chia seeds

1½ cups coconut milk or coconut water

3 strawberries, thinly sliced

1½ cups ORGRAN Cranberry Crunch

Brekki Muesli

1 cup coconut yoghurt

1 pomegranate, seeds only

In bowl, add chia seeds, coconut milk or water soak for 20 mins in fridge until set (alternatively you can soak them in fridge overnight to allow chia seeds to soften and get creamy).

To serve, divide chia pudding between 3–4 glasses or bowls. Slide around glass the sliced strawberries.

Add muesli and top with coconut yogurt and fresh pomegranate seeds.

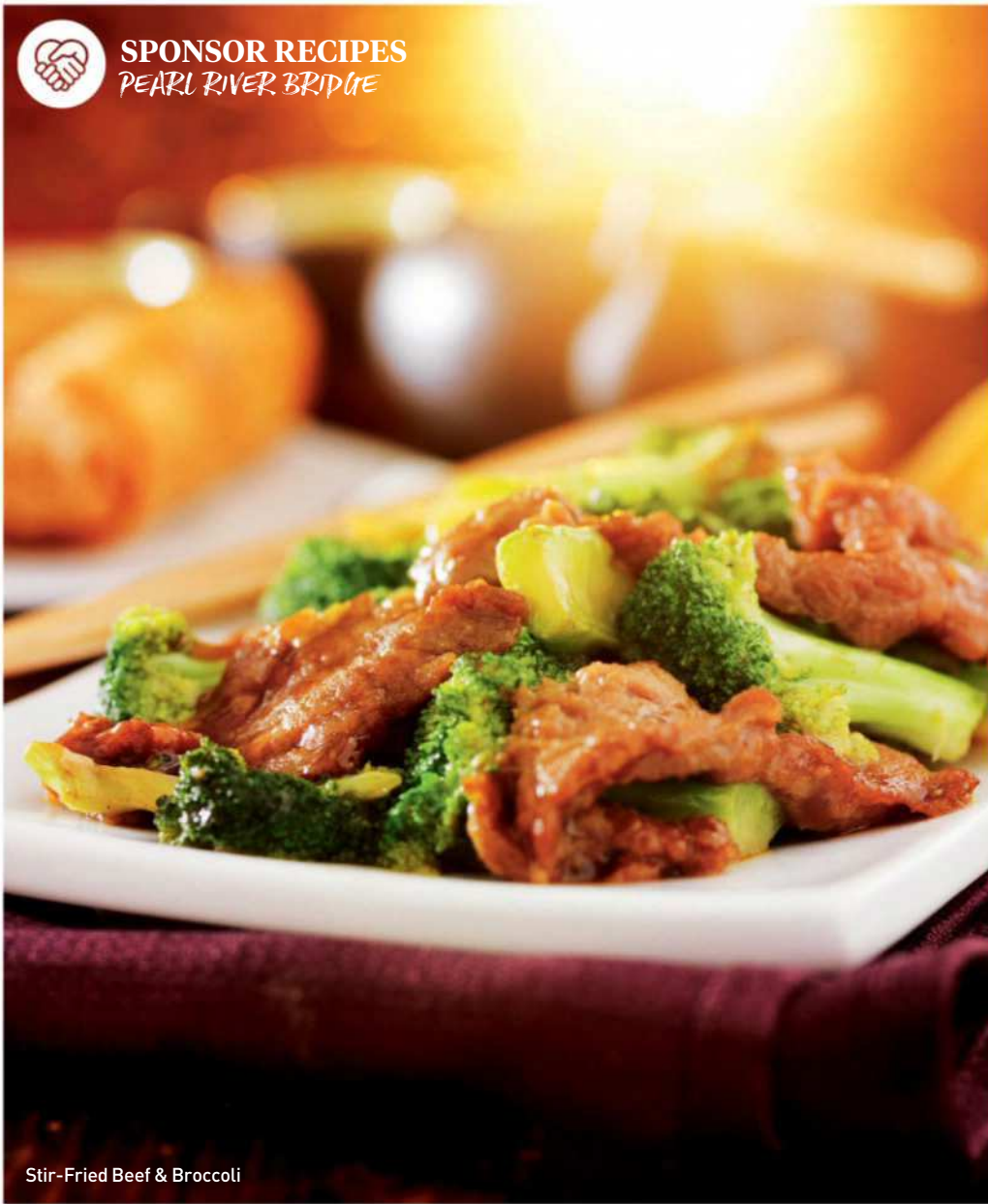
**For more information visit [orgran.com](http://orgran.com)**

## Chia Muesli Pudding





**SPONSOR RECIPES**  
PEARL RIVER BRIDGE



Stir-Fried Beef & Broccoli



Deep-Fried Chicken Fillet

## PEARL RIVER BRIDGE

### DEEP-FRIED CHICKEN FILLET RECIPE / PEARL RIVER BRIDGE

**Serves: 4**



#### Marinade

1 tbsp Pearl River Bridge Superior  
Light Soy Sauce  
Pepper

4 chicken breast fillets  
2 eggs, beaten  
4 tbsp flour  
5 tbsp breadcrumbs  
Oil

Pour marinade over chicken breast fillets and let marinate for 1 hour.

In 3 separate dishes, add flour, egg and breadcrumbs. Coat chicken breast fillets with flour, then beaten egg and finish with breadcrumbs.

Heat some oil in large pan and fry chicken breast fillets for about 8 mins until both sides are lightly brown. Place fried chicken fillet on kitchen paper to absorb excess oil.

Slice fillets and serve with wasabi mayo or other dressing.

### STIR-FRIED BEEF & BROCCOLI RECIPE / PEARL RIVER BRIDGE

**Serves: 2**



250g lean beef, sliced  
1 tbsp Pearl River Bridge Premium Oyster  
Flavoured Sauce

200g broccoli, cut into florets  
Splash cooking oil  
2 tbsp Pearl River Bridge Premium Oyster  
Flavoured Sauce

Marinate beef with Pearl River Bridge Premium Oyster Flavoured Sauce for 15 mins or more.

Blanch broccoli for 3 mins, drain and set aside.

Heat wok with some oil and stir-fry beef for about 2 mins.

Add broccoli and 2 tbsp Pearl River Bridge Premium Oyster Flavoured Sauce, stir well for 2 mins and serve.



Use Pearl River Bridge Superior Light Soy Sauce as a dipping sauce with your favourite Asian snacks or add it to stir-fries and marinades for an extra flavour infusion. It's so versatile!

## STEAMED PRAWNS WITH GARLIC & BEAN VERMICELLI

RECIPE / PEARL RIVER BRIDGE

**Serves: 3**



10 shelled prawns, deveined & tails on  
80g bean vermicelli

### Sauce

6 cloves garlic, chopped  
1 tbsp Pearl River Bridge Superior Light  
Soy Sauce  
1 tbsp Pearl River Bridge Premium Sweet Vinegar  
1 tbsp cooking wine  
¼ tsp salt  
Oil

Chilli, sliced

1-2 spring onions, diced

Cut slit at prawns' centre and open to flatten.

Soak bean vermicelli in hot water until softened, drain and set aside.

Place bean vermicelli on plate and arrange prawns in circle.

Boil water in saucepan.

Mix sauce ingredients together and pour on prawns.

When water is boiling, steam prawns for 6-8 mins.

Remove prawns, top with chilli rings and spring onion and drizzle with hot oil.



Steamed Prawns with Garlic & Bean Vermicelli

Stir-Fried Beef Noodles with Soy Sauce



## STIR-FRIED BEEF NOODLES WITH SOY SAUCE

RECIPE / PEARL RIVER BRIDGE

**Serves: 4**



250g noodles

### Sauce

3 tbsp Pearl River Bridge Superior Light Soy Sauce  
1 tbsp water  
1 tbsp brown sugar  
1 tbsp chilli garlic sauce  
1 tsp sesame oil

1 tbsp vegetable oil  
250g lean beef, sliced  
2 cloves garlic, minced  
1 tbsp grated ginger  
3-4 pak choy, sectioned  
Chilli (optional)

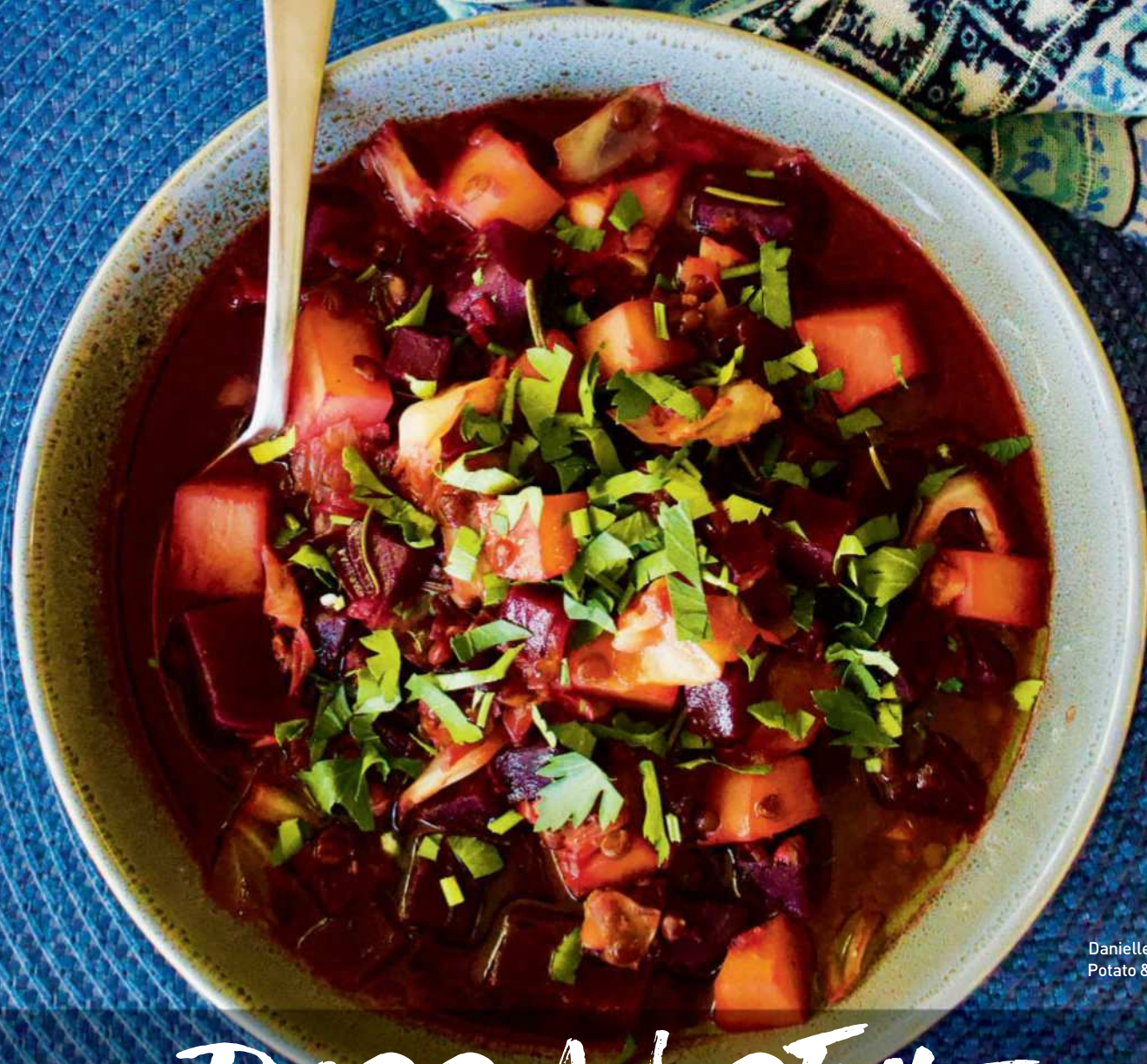
Cook noodles according to package directions, drain and set aside.

Prepare sauce by stirring soy sauce, water, brown sugar, chilli garlic sauce and sesame oil together. Set aside.

Heat oil in large wok over medium heat. Add beef, garlic and ginger. Sauté until beef is cooked through. Add pak choy and sauté for 1 min.

Add drained noodles and prepared sauce to wok, mix well and stir until sauce is absorbed by noodles. Serve with chilli pepper if desired.

For more information visit  
[pearlriverbridge.com](http://pearlriverbridge.com)



Danielle's Beetroot,  
Potato & Lentil Soup

# RUSSIAN STYLE

The cold climate of Russia means that its cuisine tends to feature lots of root vegetables like beetroot, potatoes and onion. Other popular ingredients are mushrooms, sour cream, grains, cabbage and pickles of many types. There are lots of European influences in there, too, making Russian-style cooking the perfect warming and flavoursome thing you need during winter. Try cooking up these Russian delights: breakfast borscht; kasha (orange and cinnamon buckwheat porridge); savoury vegetable and oat casserole; beetroot, potato and lentil soup; buckwheat blinis; beetroot and horseradish relish; and homemade kvass.

## BEETROOT, POTATO & LENTIL SOUP

RECIPE / DANIELLE MINNEBO

This soup has been inspired by Russian cuisine but I've added my own touch. It's very similar to a borscht soup, but I've added some lentils for extra protein and fibre.

**Serves: 4**



- 2 tbsp olive oil
- 2 beetroots, peeled & cut into cubes (approx. 3 cups)
- 2 potatoes, peeled & cut into cubes
- 1 onion, chopped
- ¼ head cabbage, chopped
- 2 garlic cloves, crushed
- 1 tsp sea salt
- 200g cooked brown lentils
- 1L vegetable stock
- Handful fresh flat-leaf parsley, finely chopped
- Yoghurt or sour cream, to serve (optional)

Heat olive oil in large saucepan over medium heat. Add chopped beetroot, potato, onion, cabbage, garlic and salt. Sauté over medium heat for 15 mins and add lentils and vegetable stock.

Cook for a further 30 mins over low heat.

Serve topped with fresh parsley and some yoghurt or sour cream (optional).



When making your sauerkraut, the thinner you slice your vegetables, the faster they ferment.

### Lisa's Beetroot & Horseradish Relish



Photography: Lise Guy

## HOMEMADE SAUERKRAUT

RECIPE / LISA GUY

Making your own sauerkraut is extremely easy and much cheaper than buying store-bought varieties. You can experiment with different vegetables and spices. Fermented vegetables are traditionally eaten in many countries around the world but are, unfortunately, missing from the common Western diet. Sauerkraut is a highly nutritious food that contains beneficial bacteria such as lactobacilli, which enhance the growth of beneficial bowel bacteria. The fermenting process also boosts cabbage's digestibility and increases its nutrient content.

**Makes: approx. 4 cups**



- 500mL filtered water
- 1 tbsp sea salt
- 400g red or white cabbage, shredded
- ¼ cup organic apple-cider vinegar

To make brine, mix water and salt together in a jug.

Wash hands well then pack cabbage into 1.2kg glass jar, pushing cabbage down.

Pour brine over the cabbage then pour over apple-cider vinegar. Cabbage should be completely submerged in liquid. Close lid and give a gentle shake so brine and vinegar mix together.

Place jar in warm place in kitchen and let sit for 24 hours. You may notice some bubbling, which is normal. After 24 hours, open and press down cabbage. If cabbage isn't covered completely in liquid, add a little more water, salt and apple-cider vinegar.

Close lid and let sit for another 6–7 days.

When ready, use clean fork to remove sauerkraut, then store in fridge.

If you notice a white film on top of brine, simply spoon it off and place sauerkraut in fridge.

**Tip:** You can experiment by adding different vegetables, such as sliced carrot, beetroot, cauliflower, celery or green beans. Make sure you wash them well. The thinner you slice them, the faster they will ferment and the softer they will become. You can also try adding a spice like caraway seeds, bay leaves, juniper berries, cumin, ginger, garlic or chilli.

## BEETROOT & HORSERADISH RELISH

RECIPE / LISA GUY

Horseradish is a member of the brassica family and has a very similar pungency to wasabi and mustard. Horseradish is loaded with immune-boosting vitamin C together with a potent antioxidant called sinigrin, which has been found to have anti-cancerous properties.

**Makes: approx. 2½ cups**



- 3 large beets
- ¼ cup apple-cider vinegar
- 1 tsp sea salt
- 2 tsp coconut sugar
- 60g fresh horseradish, finely grated

Boil or steam beets until cooked through. Allow to cool.

Using gloves, peel and grate beets, using large holes of grater.

In bowl, mix apple-cider vinegar with sea salt, coconut sugar and horseradish.

Mix well and add grated beets.

Place in large jar in fridge and leave for 4–5 days.



**BORSCHT WITH CHICKPEAS & VEGETABLES**

RECIPE / ADAM GUTHRIE

This traditional beetroot soup incorporates a variety of other vegetables for extra nutrition. It can be eaten cold in the summertime or hot in the winter.

**Serves: 4-6**



- 1 red onion, cut into chunks
- 2 cloves garlic, roughly chopped
- 2 carrots, cut into small batons
- 6 large mushrooms, sliced
- 6 baby beetroots, cut into 2cm cubes
- 1 bay leaf
- 1 sprig rosemary
- 1½ cups cooked chickpeas
- 4 tomatoes, diced
- 1L vegetable stock

- Salt & pepper, to taste
- 2 tbsp arrowroot
- 1 cup couscous

Heat frying pan. Add onion and garlic and sauté over medium heat for 2 mins with dash of water.

Add carrot, sliced mushroom and baby beets. Add bay leaf, rosemary sprig, chickpeas and diced tomato. Add vegetable stock and stir through.

Season with salt and pepper, covered, and simmer for 20 minutes.

Mix arrowroot with ½ cup of water, add to soup, stir well and allow to thicken.

Meanwhile, add couscous to bowl, cover with boiling water. Cover with cloth and let stand for 5 mins, then fluff with fork and serve with borscht.

# WellBeing GROW

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## Did you know?

On average, Australian employees take **10 sick days per year** — the highest rate in the developed world.

*Direct Health Solutions, Absence Management and Wellbeing Survey Report, 2016*

**45% of Australians between 16 & 85 years experience a mental health condition** at some point.

*Australian Bureau of Statistics, National Survey of Mental Health and Wellbeing, 2007*

The **cost of absenteeism** to the Australian economy now exceeds **\$33 billion**.

*Direct Health Solutions, Absence Management and Wellbeing Survey Report, 2015*

Productivity loss due to **inadequate sleep costs Australia \$17.9 billion per year**.

*Asleep on the Job: Costs of inadequate sleep in Australia. Sleep Health Foundation and Deloitte Access Economics 2017.*

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This porridge will warm you physically and contains compounds that will lift your mood.

**KASHA (ORANGE & CINNAMON BUCKWHEAT PORRIDGE)**

RECIPE / LEE HOLMES

Try this extra-cosy porridge on a cool morning, especially if you're feeling a little blue. High-fibre buckwheat contains compounds that help ward off depression, while cinnamon stabilises blood sugar, sustaining your mood and appetite.

**Serves: 1**



- 1/3 cup buckwheat groats
- 1 cinnamon stick
- 250mL filtered water, plus extra as needed
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- Stevia, to taste
- 1/2 tsp alcohol-free vanilla extract
- 1 large orange, peeled & cut into segments

Rinse buckwheat in cold water, then combine in small saucepan with cinnamon stick and water. Bring to boil, stirring frequently.

Reduce heat to low, add ground spices, stevia and vanilla, then simmer, covered, for 6 mins, adding more water if necessary.

Add orange and cook for 5-6 mins, to reach desired consistency.

Serve immediately.

**RUSSIAN-STYLE TEA**

RECIPE / LEE HOLMES

This zesty citrus tea is perfect to satisfy your love for tea. It combines citrusy oranges, soothing cinnamon and nutty nutmeg to make the perfect morning brew.

**Serves: 2**



- 2 cups cold water
- 1/2 cinnamon stick
- 2 whole cloves
- 2 tea bags of choice, or leaves
- Juice 1/2 orange
- Juice 1/2 lemon
- 2 tbsp honey, to taste
- Pinch nutmeg

Bring water, cinnamon stick and cloves to boil in medium saucepan.

Remove from heat and add tea.

Steep, covered, for at least 5 mins.

Strain tea and discard tea leaves (if using) and whole spices.

In small saucepan, squeeze half the orange and lemon and sprinkle nutmeg. Stir until dissolved.

Add mixtures together and pour in honey.

Reheat and serve.

Lee's Russian-Style Tea





### BUCKWHEAT BLINIS

RECIPE / DANIELLE MINNEBO

Blinis are essentially little pancakes that can be served with a savoury or sweet topping. Traditionally, they are served topped with sour cream and smoked salmon. I've topped mine with raw honey, blueberries and Greek yoghurt. There is no added sweetener to this blini recipe, so you can use it with a sweet or savoury topping.

**Makes: 15 blinis**



- 1 cup buckwheat flour
- 1 tsp baking powder
- 1 cup almond milk
- 1 egg
- 2 tbsp butter
- 125g blueberries
- 1 cup Greek yoghurt
- 3 tbsp raw honey

Add buckwheat flour and baking powder to bowl. Make well in centre and add almond milk and egg. Beat together using whisk and continue beating until there are no lumps.

Melt 1 tbsp butter in frypan over medium heat. Drop tablespoons of mixture into frypan — you should be able to fit about 4 blinis in a pan at a time. Cook for 3 mins and gently flip. Cook for a further min on other side.

Remove blinis from pan and set aside. Continue process until you've used all mixture. You should get about 15 blinis out of this mix.

Serve blinis drizzled with raw honey, blueberries and Greek yoghurt.

Danielle's Buckwheat Blinis



## RECIPES RUSSIAN STYLE

### SAVOURY VEGETABLE & OAT CASSEROLE

RECIPE / ADAM GUTHRIE

This is a simple dish that's often made in Russia. It fuels your body and keeps you warm from the inside out.

**Serves: 4**



- 2 cups rolled oats
- 2 cups water
- 2 cups soy milk
- 1 cup nutritional yeast plus extra to serve
- 1 onion, finely diced
- 1 garlic clove, finely chopped
- 2 cups mushrooms, finely sliced
- 1 tbsp fresh rosemary, finely chopped
- 2 large tomatoes, diced into small pieces
- 1 zucchini, diced into small pieces
- 2 handfuls kale, finely shredded
- 1 handful fresh parsley, finely chopped
- Salt & pepper, to taste
- ½ cup walnuts

Place rolled oats, water, soy milk and nutritional yeast in saucepan and bring to boil. Reduce heat to low and simmer, stirring occasionally, until oats are cooked, about 10 mins.

Heat frying pan over high heat. Add onion and garlic and sauté until golden brown. Add ½ cup water and sauté until water evaporates. Add mushroom, rosemary, tomato and zucchini and sauté for a few mins. Add shredded kale and stir until slightly wilted.

Add sautéed vegetable mixture to oats. Add chopped parsley and stir well. Season with salt and pepper to taste.

Serve topped with walnuts and sprinkle of nutritional yeast.

### HOMEMADE KVASS

RECIPE / LISA GUY

This popular Russian probiotic drink is rich in beneficial bacteria to support gut health and the growth and proliferation of friendly bacteria in the digestive tract. Kvass is also beneficial for boosting immune health and is a great liver-cleansing beverage. Beets are an excellent source of antioxidants that help fight oxidative damage in the body, helping to reduce the risk of cardiovascular disease and cancer along with premature ageing. Kvass is anti-inflammatory and an alkalising blood cleanser. Traditionally, kvass has been used to help treat chronic fatigue.

**Serves: 4**



- 3-4 beetroots, peeled & cut into small dice
- 1 tbsp sea salt
- ½ cup sauerkraut juice or whey\*

Place beetroot in 2L glass jar.

Mix sauerkraut juice and salt together and add to jar.

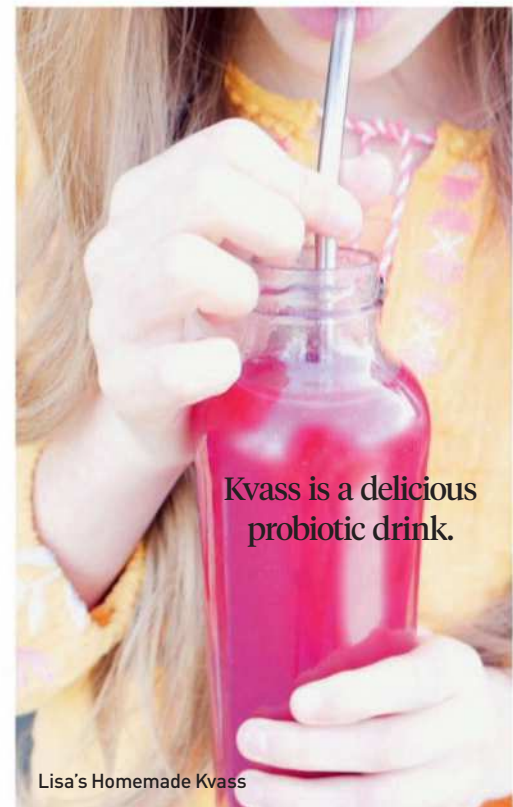
Fill rest of jar with filtered water and shake to combine.

Cover jar with cheesecloth or muslin and secure with elastic band.

Leave jar on kitchen bench for around 2-3 days, to ferment.



Adam's Savoury Vegetable & Oat Casserole



Kvass is a delicious probiotic drink.

Lisa's Homemade Kvass



Lee's Breakfast Borscht

Strain and keep in bottle in fridge.

Enjoy around 80mL daily to help boost gut health.

**Tip:** Use gloves to peel beetroot or it can get messy. If you buy organic beets you can leave the skin on.

\*You can get whey from straining yoghurt through several layers of cheesecloth or muslin. Hang the yoghurt over a bowl and tie the edges of the cloth to a wooden spoon suspended across the bowl. This will allow the whey to drip through. The whey or sauerkraut juice will decrease the fermentation time of your kvass.

### BREAKFAST BORSCHT

RECIPE / LEE HOLMES

Begin including this wonderful soup in your weekly repertoire. It's a beet-iful and bountiful way to start the day and face the world brimming with boundless energy.

**Serves: 4**



- 1 tbsp ghee
- 2 garlic cloves chopped

- 1 stick celery, chopped
- 1 bay leaf
- 4 raw beetroots, roughly chopped
- 1 carrot, grated
- 1 turnip, chopped into cubes
- 1½L vegetable stock
- 100g kale, chopped
- Juice ½ lemon
- 1 tsp Celtic sea salt
- Pinch pepper
- Pinch paprika
- 1 tsp fresh dill
- Finely chopped fresh parsley, to garnish

Heat ghee in heavy-bottom large pan and sauté garlic and celery until cooked through.

Add bay leaf, beetroot, carrot, turnip and stock, and cover and simmer for about 45 mins or until beetroot is cooked.

Add kale and cook for a further 10 mins, then add lemon juice, salt, pepper, paprika and dill. Stir well.

Spoon into bowls and garnish with chopped parsley.

Serve immediately.

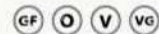
Store in airtight container in the fridge.

## SALAD OF ZUCCHINI, SUGAR SNAP PEAS & BROWN LENTILS WITH BALSAMIC & DIJON VINAIGRETTE

RECIPE / ADAM GUTHRIE

This dish uses the beautiful ingredient red cabbage, a staple in the Russian diet. It's both colourful and super-nutritious.

Serves: 2



½ cup sugar snap peas, topped & tailed  
1 cup spiralised zucchini noodles  
1 cup red cabbage, finely shredded  
¼ cup cooked brown lentils  
1 radish, thinly sliced

### Dressing

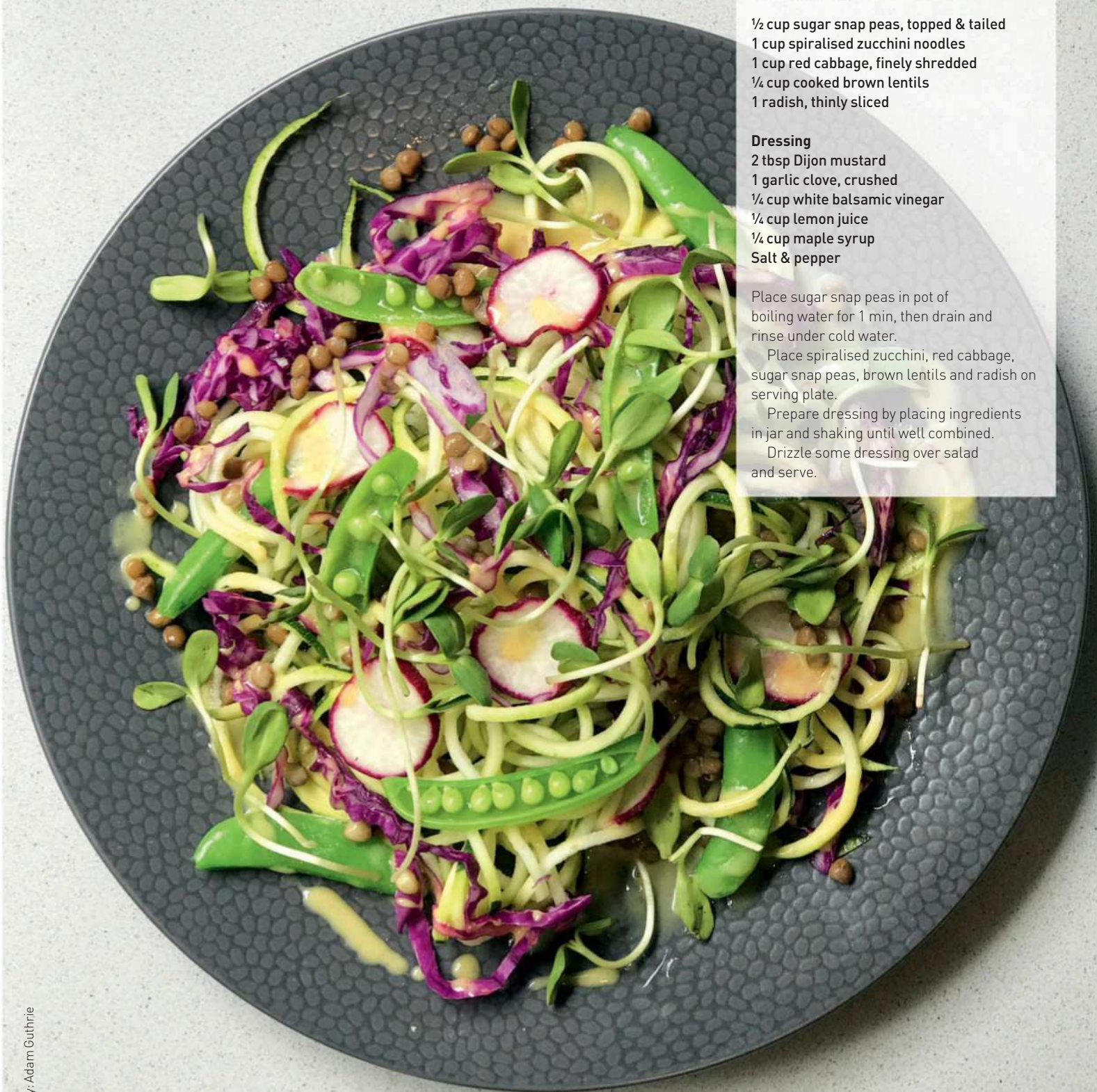
2 tbsp Dijon mustard  
1 garlic clove, crushed  
¼ cup white balsamic vinegar  
¼ cup lemon juice  
¼ cup maple syrup  
Salt & pepper

Place sugar snap peas in pot of boiling water for 1 min, then drain and rinse under cold water.

Place spiralised zucchini, red cabbage, sugar snap peas, brown lentils and radish on serving plate.

Prepare dressing by placing ingredients in jar and shaking until well combined.

Drizzle some dressing over salad and serve.



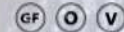


### BUCKWHEAT KASHA

RECIPE / DANIELLE MINNEBO

Kasha is a traditional Russian dish that can be made from any kind of grain. In this recipe, I've used buckwheat because I like its nutty flavour.

**Serves: 4**



300g buckwheat groats  
50g butter  
6 portobello mushrooms, sliced  
1 onion, finely sliced  
1 tsp sea salt  
800mL water  
½ cup chopped flat-leaf parsley  
4 tbsp sour cream

Add buckwheat to large saucepan and place over medium heat. Do not add any oil or butter to saucepan; you want to toast buckwheat in dry pan. Toast buckwheat for 15 mins, stirring continuously. Pour toasted buckwheat into bowl and set aside.

Return saucepan to heat and add butter, mushroom, onion and sea salt. Sauté for 10 mins and add toasted buckwheat and water. Bring to gentle simmer, cover and cook for 20 mins.

Every 5 mins, stir to stop it from sticking to bottom of pan. You'll know it's ready when water has been absorbed and buckwheat is soft.

Serve topped with sour cream and chopped flat-leaf parsley.

## Find your *core!*



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The natural choice for authentic living



Healthy Choc Peanut Butter Smoothie

# NIRVANA HEALTH

## HEALTHY CHOC PEANUT BUTTER SMOOTHIE

RECIPE / NIRVANA ORGANICS®

**Serves: 1**



### Smoothie

- 1 large ripe banana, sliced & frozen
- 2 tbsp salted natural peanut butter
- 1-2 dates, pitted
- 1 tbsp cacao powder
- 2 pumps Nirvana Stevia™ Chocolate Stevia Syrup (or 2 scoops Nirvana Stevia™ Pure Extract Powder)
- 1-1½ cups almond milk
- 1 tbsp cacao nibs (optional)
- 1 tbsp flax or hemp seeds (optional)

Add all smoothie ingredients except almond milk to blender

Add almond milk ½ cup at a time, adding only enough to allow the ingredients to blend together. Add more for a thinner shake and less for a thicker shake.

Taste and adjust flavours, adding more Nirvana Stevia for sweetness, cacao for chocolate flavour or peanut butter for saltiness. If desired, add handful of ice for extra thickness

**Tip:** Best when fresh, though leftovers will keep covered in the fridge for up to 24 hours. You could even freeze this into popsicles.

## COCONUT MACAROONS

RECIPE / NIRVANA ORGANICS®

**Makes: 24 macaroons**



- 70g coconut oil
- 140g Nirvana Xylitol™
- 4 tbsp milk
- 250g desiccated coconut
- 2-3 egg whites (depending on size of eggs)

Preheat oven to 170°C and line baking tray with baking paper.

In large saucepan, melt coconut oil. Add Nirvana Xylitol and milk, stir until xylitol is dissolved.

Add desiccated coconut and cook for a couple of mins but be careful not to burn it. Let cool.

Whisk egg whites to form soft peaks. Add coconut mixture and mix gently.

Shape mixture into little balls. Use about 1 tbsp of mixture per ball. Space them about 3cm apart on baking tray.

Bake for about 15 mins until golden brown. Cool before serving.



Coconut Macaroons



Nirvana Organics® Stevia and Xylitol are all-natural, healthy sweeteners that can be used to replace sugar and other artificial sweeteners.

Nirvana Organics® Stevia is made with Australian certified organic stevia and contains no calories or carbohydrates. Not only do they taste great but Nirvana Organics Stevia and Xylitol are also good for you.

Sugar-Free Strawberry Cheesecake



### SUGAR-FREE STRAWBERRY CHEESECAKE

RECIPE / NIRVANA ORGANICS®

**Makes: 1 large cake or 20 mini cakes**



#### Cheesecake Crust

- 1¼ cup almond meal
- 1¼ cup pecans, finely chopped
- 5 tbsp salted butter, melted
- ¼ cup Nirvana Xylitol™

#### Cheesecake Filling

- 220g cream cheese, room temperature
- ⅓ cup sour cream
- 1 tbsp pure vanilla extract
- ⅓ cup Nirvana Xylitol™
- 3 eggs

#### Fresh strawberries, to serve

Preheat oven to 150°C.

In medium bowl, blend all crust ingredients. Taste for sweetness and adjust if needed.

Press crust mixture into bottom of 20–24cm pan (or spoon into cupcake liners for mini cheesecakes). Press down firmly. Set aside and prepare filling.

In large bowl, blend cream cheese until smooth with either hand or stand mixer. Add sour cream, vanilla and Nirvana Stevia Pure Extract Powder and blend.

Add eggs one at a time, beating well after each addition. Do not overwork batter. Taste for sweetness and adjust if necessary.

Pour into prepared crust mixture (or scoop and divide into cupcake liners).

Bake for 40–45 mins (12–15 mins for mini cheesecakes).

Remove and allow to cool on wire rack. Refrigerate overnight before serving.

Serve with fresh strawberries and enjoy.



Sweet & Sour Stirfry

### SWEET & SOUR STIRFRY

RECIPE / NIRVANA ORGANICS®

**Serves: 2–3**



#### Sauce

- ¼ cup pineapple juice
- ¼ cup orange juice
- 1 tbsp soy sauce
- 1 tbsp apple-cider vinegar
- 10 drops Nirvana Stevia™ Liquid Concentrate
- 2 tbsp cornflour
- ½ tsp coconut oil
- 400g chicken breasts, cut into bite-sized pieces (or use tofu/tempeh for vegan)
- 2 onions, diced
- 2 cups broccoli, cut into bite-sized pieces
- 1 capsicum, deseeded & cut into chunks
- 450g can diced pineapple, drained
- ½ cup raw cashews
- 1 tbsp tapioca starch, dissolved in 1 tbsp water
- Salt & pepper, to taste

#### Rice or noodles, cooked, to serve (optional)

Combine pineapple juice, orange juice, soy sauce, apple-cider vinegar and Nirvana Stevia Liquid Concentrate in bowl.

Place cornflour in separate small bowl, add some juice mixture and whisk until cornflour is dissolved. Pour cornflour solution into bowl with remaining juices and set aside.

Heat wok over medium heat and melt coconut oil. Add chicken and cook until slightly browned. Add onion, broccoli, capsicum, pineapple, cashews and prepared sauce to wok.

Toss until everything is thoroughly coated. Bring to boil and reduce to simmer, cover and cook for 5 mins.

Stir in dissolved tapioca starch to help thicken sauce. Taste sauce and add salt and pepper if required.

Serve on its own or with rice/noodles, if desired.

Toasted Coconut Cashew Bliss Balls



### TOASTED COCONUT CASHEW BLISS BALLS

RECIPE / NIRVANA ORGANICS®

**Makes: 16–18 bliss balls**



- ¾ cup unsweetened coconut flakes, plus 2–3 tbsp for coating
- ½ tsp cinnamon
- 9–10 dates, pitted
- ½–⅔ cup salted roasted cashews
- ¼ cup coconut flour
- 1 tbsp honey
- 10 drops Nirvana Stevia™ Liquid Vanilla Flavour
- ¼ cup almond butter

Preheat oven to 180°C.

Toss ¾ cup coconut flakes in cinnamon and spread evenly on baking tray. Place in oven for 5 mins or until toasted.

Place dates, ½ cup toasted coconut and nuts in food processor.

Blend until batter is formed (it will be a mealy texture).

Pour into bowl and add coconut flour, honey and Vanilla Stevia. Add 2 tbsp almond butter at a time until batter is at nice consistency to mix. Mix well.

Roll into small golfball-size balls, place on serving dish and set aside.

Mix remaining ¼ cup toasted coconut and 2–3 tbsp of untoasted coconut in food processor. Pulse until finely shredded. Place in bowl.

Roll each ball in coconut mix and place on baking tray.

Refrigerate for 30 mins.

Bliss balls can be stored in airtight container in fridge or frozen for up to 6 weeks.

**For more information visit [nirvanahealthproducts.com](http://nirvanahealthproducts.com)**



**SPONSOR RECIPES**  
CABOT HEALTH



Gut Cleansing Juice



Choc-Coconut Chia Pudding



Dr Sandra Cabot has launched a breakthrough 15-Day Ultimate Total Body Cleanse program plus meal plan to help you achieve maximum vitality and overall health. It's a three-powder program to support liver function, balance your gut and alkalis your body.

## CABOT HEALTH

### GUT CLEANSING JUICE

RECIPE / CABOT HEALTH

**Serves: 1**

GF O V VG

- 1 carrot, roughly chopped
- ½ small beetroot, roughly chopped
- 1cm ginger
- 2 stalks celery, roughly chopped
- 1 apple or pear, roughly chopped
- 2 red cabbage leaves, roughly chopped
- 1 scoop Ultimate Gut Cleanse

Put vegetables and fruit through juicer.  
Transfer juice to glass, stir in Ultimate Gut Cleanse powder and drink immediately.

### CHOC-COCONUT CHIA PUDDING

RECIPE / CABOT HEALTH

**Serves: 1**

GF O V

- 3 tbsp chia seeds
- ½ cup coconut milk
- 1 tbsp cacao powder
- 1 tbsp honey or alternative
- 1 scoop Ultimate Liver Cleanse Berries, to top (optional)

Mix together all ingredients until combined.

Cover and transfer to fridge to set for at least 2 hours.



Green Smoothie Bowl

Choc-Almond Protein Balls



### GREEN SMOOTHIE BOWL

RECIPE / CABOT HEALTH

**Serves: 1**



#### Smoothie

- ½ avocado, peeled & pitted
- ½ banana
- 1 cup baby spinach
- 1 kiwi fruit, peeled
- ½ cup water
- 1 scoop Ultimate Body Cleanse

#### Toppings

- 1 tbsp sunflower seeds
- 1 tbsp chia seeds
- 1 tbsp flax seeds
- 1 tbsp desiccated coconut
- 1 tbsp millet
- Handful berries

Place smoothie ingredients in blender and blend until smooth.

Transfer to bowl and sprinkle with toppings.

### CHOC-ALMOND PROTEIN BALLS

RECIPE / CABOT HEALTH

**Serves: 2**



- ½ cup almonds
- 2 tbsp cacao powder
- 2 tbsp coconut oil
- 5 medjool dates, pitted
- Pinch sea salt
- 4 tbsp quinoa flakes
- 2 scoops Ultimate Liver Cleanse
- Flaked almonds or coconut flakes, for rolling

Place almonds in food processor or blender and blend for about 10 secs or until almonds are broken into small pieces.

Add remaining ingredients and blend until combined. If mixture is too dry, add a dash of water.

Spoon out 1 tbsp of mixture at a time, roll into balls and roll in flaked almonds/coconut.

Store in airtight container in fridge.

For more information visit [drcabotcleanse.com](http://drcabotcleanse.com)



## MORLIFE

### VEGETABLE TAGINE WITH COUSCOUS & POMEGRANATE

RECIPE / MORLIFE

**Serves: 4-6**



2 tbsp olive oil  
2 brown onions, chopped  
2 tsp ground cumin  
2 tsp ground coriander  
1 tsp chilli powder  
1 tsp ground cinnamon  
2 cloves garlic, crushed  
½ pumpkin, chopped  
1 sweet potato, cut into chunks  
2 carrots, chopped  
1 cup dried apricots, chopped  
1L vegetable stock  
1 tbsp tomato paste  
1 tsp Morlife Certified Organic Camu Camu Powder  
Pinch salt & pepper  
400g tin chickpeas  
2 tbsp chopped parsley

1 cup chopped coriander (reserve some for garnishing)  
3 cups uncooked couscous  
⅓ cup Morlife Pomegranate Freeze Dried Pomegranate Seeds

Heat olive oil in large pan and cook onion with cumin, coriander, chilli, cinnamon and garlic until onion has softened.

Add pumpkin, sweet potato, carrot and dried apricot, mix well.

Add 2½ cups vegetable stock, tomato paste, Camu Camu Powder, mix ingredients and bring to simmer.

Cook over low heat for 30 mins. Season with salt and pepper.

Add chickpeas, parsley and coriander, simmer for 10 mins.

Cook couscous according to packet instructions.

Place cooked couscous on serving dish and vegetable tagine on top. Top with coriander and pomegranate seeds and serve.



When getting your kids to eat vegies and greens is a battle equivalent to taking on Goliath, we've got you covered. Greens Kidz contains 22 superfoods including greens, fruits and vegetables, plus probiotics to support growing bodies and promote digestive wellness.



Blueberry & Coconut Breakfast Balls

## BLUEBERRY & COCONUT BREAKFAST BALLS

RECIPE / MORLIFE

**Makes: 8-10**



1 cup rolled oats  
1 cup frozen blueberries  
1 tbsp almond butter  
2 serves Morlife Greens Kidz Powder

½ cup desiccated coconut (plus extra for rolling)

Add oats, blueberries, almond butter and Morlife Greens Kidz Powder to food processor, mix until combined into thick paste.

Stir through desiccated coconut.

Form into balls and roll in extra desiccated coconut.

Store in airtight container in fridge for up to 3 days.

## SMOKY MESQUITE CHICKEN

RECIPE / MORLIFE

**Serves: 4**



### Marinade

1 heaped tbsp Morlife Organic Mesquite Powder  
Juice & zest 1 lemon  
¼ cup vegetable oil  
1 tbsp honey  
1 tsp garlic powder

4 chicken breasts  
1 cup uncooked Morlife Certified Organic Tricolour Quinoa  
½ lemon, sliced  
1 bunch parsley, to serve

Preheat oven to 170°C fan-forced.

In bowl, combine marinade ingredients, mixing well.

Add chicken and ensure it's completely coated, place in fridge for at least 30 mins (overnight is best).

Bake chicken on lined baking tray for 35 mins.

Cook Tricolour Quinoa according to packet instructions, then place in bowl.

Serve chicken with lemon slices, parsley and quinoa.



Smoky Mesquite Chicken



Tropical Zest Alkalisng Smoothie

## TROPICAL ZEST ALKALISING SMOOTHIE

RECIPE / MORLIFE

**Serves: 1-2**



### Lemon Lime Layer

1 heaped tsp Morlife Alkalisng Greens Lemon  
1 kiwifruit, sliced (reserve ½ for garnishing)  
1 frozen banana

### Lime

½ green apple  
Handful baby spinach leaves  
1½ cups coconut water

### Pineapple Coconut Layer

1 heaped tsp Morlife Alkalisng Greens Pineapple Coconut  
½ cup frozen pineapple  
1 frozen banana

1 tsp Morlife Certified Organic Turmeric Powder  
½ carrot  
½ cup frozen mango  
1½ cups coconut milk

Place lemon lime layer ingredients in blender and blend until smooth. Pour into jug and set aside.

Repeat same process for pineapple coconut layer.

Place reserved sliced kiwifruit in serving glass, pour lemon lime layer into glass. Carefully pour pineapple coconut layer on top.

If desired, garnish with fresh fruits such as pineapple, blueberries and kiwifruit.

**Note:** Although no dairy is added to this ingredient, our Morlife Alkalisng Greens Pineapple Coconut has traces of milk solids.

For more information visit [morlife.com](http://morlife.com)



# COOKING WITH CELERIAC

Celeriac doesn't look like much. It has a tough, brownish, bumpy skin and is topped with equally tough inedible stalks. Despite its looks, though, celeriac has a delicate nutty, celery-like flavour and is delightful in a wide variety of dishes. You can eat it raw, cut it into matchsticks and use with a dip or you can make any of our delicious celeriac ideas such as: celeriac pasta with herbed tomato sauce; celeriac, pea and spinach soup; celeriac, potato and spinach bake; zucchini and celeriac pasta with broccoli sauce; celeriac and pear soup with toasted pine nuts; celeriac and potato stacks; spiced celeriac; or celeriac, cauliflower and roasted garlic mash.

**CELERIAC, PEA & SPINACH SOUP**

RECIPE / ADAM GUTHRIE

Celeriac is a little-used vegetable that can be added in place of potato, with a similar flavour profile. This soup is both sweet and savoury and I'm sure you will love it.

**Serves: 4-6**

- 1 onion, chopped
- 2 garlic cloves, sliced
- 1kg celeriac, washed, peeled & chopped
- 2L vegetable stock
- 1kg frozen peas
- 2 cups baby spinach
- ½ cup cashew sour cream (recipe below)
- 1 bay leaf
- 8 sprigs thyme
- Red capsicum slices, to serve
- Mint leaves, to serve
- Salt & pepper, to serve

**Cashew Sour Cream**

- 1 cup cashews, soaked overnight
- 2 tsp apple-cider vinegar
- Juice 1 lemon
- Pinch salt
- 1 cup water

Heat large saucepan over high heat. Add onion and garlic and cook in a little water for 3-4 mins or until softened. Add celeriac and stock and bring to boil. Cook for 20 mins or until celeriac is tender.

Meanwhile, make cashew cream. Soak cashews in boiling water for minimum 10 mins. Drain cashews and place in blender or food processor with remaining ingredients. Blend to smooth paste and place in airtight container. Store in fridge for up to 7 days.

Add peas to soup and cook for 1 min or until soft. Remove from heat and add spinach and cashew sour cream. Using hand-held stick blender, blend until smooth.

Divide soup between bowls and top with sliced red capsicum and mint leaves. Sprinkle with salt and cracked pepper to serve.

**CELERIAC FRIES**

RECIPE / LEE HOLMES

While celeriac isn't about looks, its performance makes up in taste what it lacks in beauty. Crispy on the outside and soft on the inside, these fries make a delicious snack. Celeriac is bursting with calcium, magnesium and immune system-enhancing zinc. These flavourful fries make the perfect snack and pair well with homemade mayo and a sprinkling of apple-cider vinegar. For a cheesy-tasting version, add a tablespoon of nutritional yeast flakes.

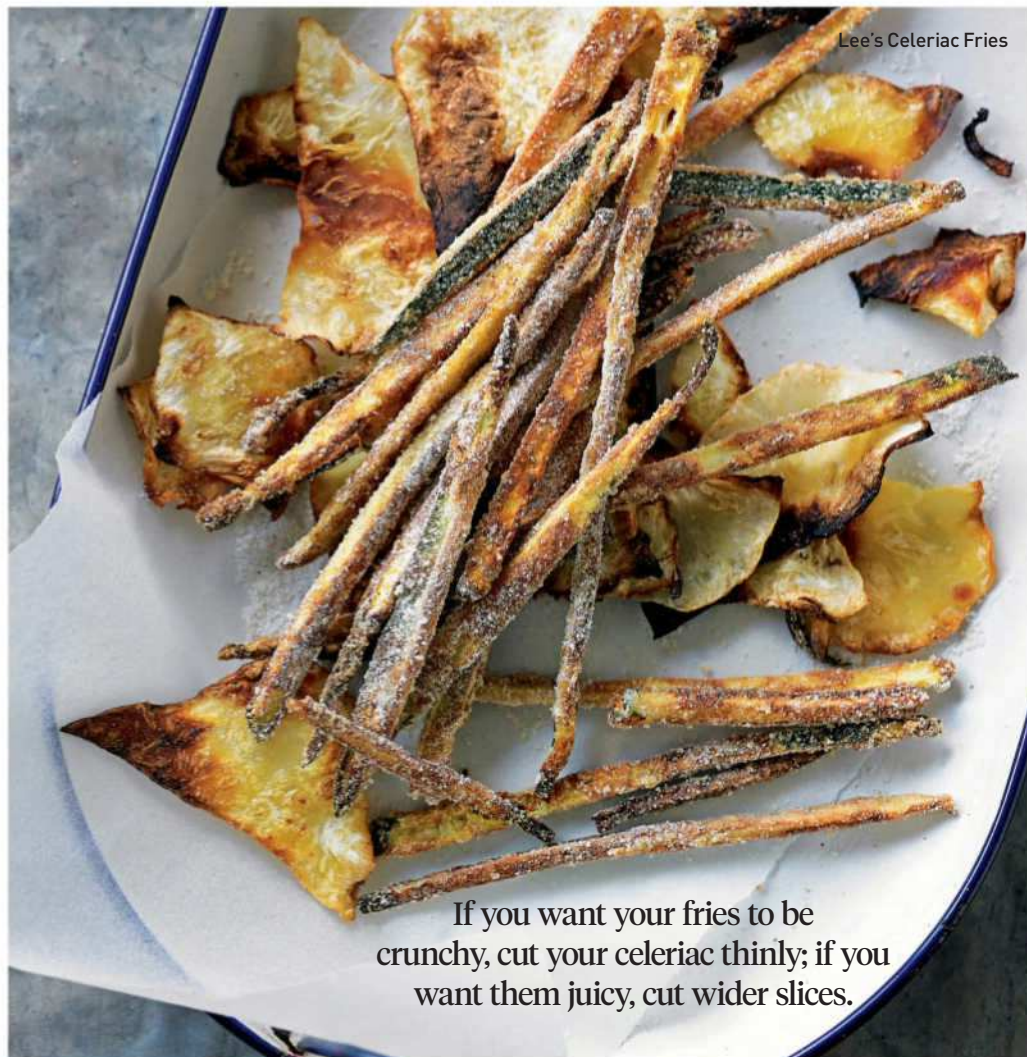
**Serves: 3**

- 3 large celeriac roots, peeled & cut into 4cm fries
- 1 tbsp cold-pressed extra-virgin olive oil
- Celtic sea salt
- Freshly ground black pepper

Preheat oven to 200°C.

Toss celeriac fries in oil and add a pinch of salt and pepper.

Place in baking dish and roast for 30-35 mins, turning once or twice, until crispy.



If you want your fries to be crunchy, cut your celeriac thinly; if you want them juicy, cut wider slices.

**CELERIAC MASH**

RECIPE / LISA GUY

Celeriac is rich in dietary fibre, which is needed for healthy digestion. It's also a good source of B vitamins, which are vital for energy production in the body and for proper nervous system function. Celeriac is a good source of vitamin K, too. This important nutrient is necessary for strong, healthy bones as it makes sure calcium is absorbed into the bones and not deposited in the arteries.

**Serves: 2-3**

- 2 celeriac roots, peeled & diced
- Olive oil
- ½ cup vegetable stock or bone broth
- Pinch sea salt & pepper
- Dash milk of choice
- 1 garlic clove, minced (optional)
- 1 tsp Dijon or wholegrain mustard (optional)

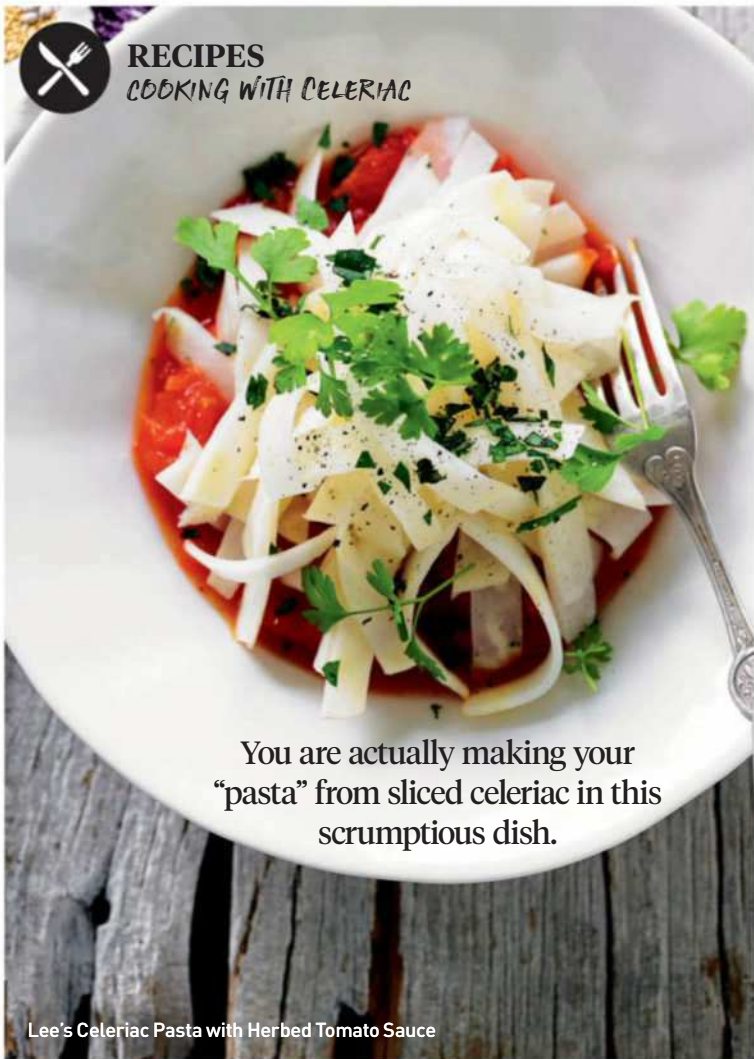
In saucepan over medium heat, sauté celeriac in olive oil for 3-4 mins.

Add stock and cook, covered, for 10 mins, until soft.

Mash with a little milk until well combined and creamy. For an extra-smooth mash, use hand blender.



**RECIPES**  
*COOKING WITH CELERIAC*



You are actually making your “pasta” from sliced celeriac in this scrumptious dish.

Lee’s Celeriac Pasta with Herbed Tomato Sauce



Lee’s Hearty Lamb Shanks with Root Veggies & Gremolata

**CELERIAC PASTA WITH HERBED TOMATO SAUCE**

RECIPE / LEE HOLMES

If you need a change from zucchini linguine, why not introduce a new vegetable pasta into your repertoire? You should never judge a book by its cover: although it’s not the prettiest vegetable in the bunch, celeriac makes a beautiful ribbon pasta when thinly sliced. It has a wonderfully creamy and slightly nutty taste and partners perfectly with herbed tomato sauce or puttanesca sauce.

**Serves: 4**



**Herbed Tomato Sauce**

- 2 tbsp cold-pressed extra-virgin olive oil
- 1 red capsicum, seeds & membrane removed, very finely chopped
- 2 garlic cloves, crushed
- 1 onion, chopped
- 7 whole tomatoes, peeled & chopped
- 3 tbsp tomato paste (concentrated purée)
- 6 drops stevia liquid
- ½ tsp Celtic sea salt
- Freshly ground black pepper
- 1 tbsp chopped mixed basil & parsley

- 1 celeriac, peeled
- 500mL vegetable stock

Make tomato sauce by heating olive oil in large heavy-based frying pan over medium heat. Add capsicum, garlic and onion and cook, stirring often, for 6–8 mins or until onion is translucent.

Add tomato, tomato paste, stevia, salt and a few grinds of black pepper.

Bring to boil, cover and simmer for 20 mins or until sauce thickens.

Stir in basil and parsley and taste for salt and pepper, adjusting if necessary.

Set aside to cool.

Meanwhile, to make pasta, use mandoline or knife to cut celeriac into fine ribbons. Heat vegetable stock to simmer.

Place celeriac in simmering stock and cook for 3 mins, or until tender.

Serve pasta topped with tomato sauce.

**Note:** The tomato sauce will keep in the fridge in a sterile, tightly sealed jar for up to a week. It can also be frozen for up to a month in a sealed container.

**Tip:** To peel tomatoes, carefully make a slit down one side of each tomato and place in a large bowl. Top with boiling water, ensuring they are well covered, then leave for a few mins. Before straining, test one to ensure they are ready — the skin should peel off easily. If it does, strain and allow to cool before peeling.

**HEARTY LAMB SHANKS WITH ROOT VEGIES & GREMOLATA**

RECIPE / LEE HOLMES

Here’s a winter comfort stew that’s full of flavour and sure to salve and sustain a tender tummy. Did you know celeriac contains water-soluble fibre that helps lower cholesterol and is beneficial to the nervous, lymphatic and urinary systems?

**Serves: 4**



- 2 tbsp extra-virgin olive oil
- 4 lamb shanks, about 1.25kg in total
- Sea salt & black pepper

- 2 carrots, roughly chopped
- 4 celery stalks, roughly chopped
- 4 garlic cloves, roughly chopped
- 750mL bone broth or stock
- 4 thyme sprigs
- 1 small celeriac, peeled & diced
- 1 sweet potato, peeled & diced
- 2 parsnips, peeled & roughly chopped

**Gremolata**

- 1–2 cups roughly chopped flat-leaf parsley
- 2 tsp lemon zest
- 1–4 garlic clove, crushed or finely grated

Heat half the oil in large heavy-based saucepan over medium–high heat.

Season shanks with sea salt and freshly ground black pepper. Working in batches, cook for 4–6 mins, turning occasionally, until browned all over.

Remove from pan and set aside.

Add remaining oil to pan and sauté carrot, celery and garlic for 3–4 mins, or until softened.

Stir in broth, then return shanks to pan. Add thyme sprigs, celeriac, sweet potato and parsnip and bring to boil.

Reduce heat to low, then cover and simmer for 2–2½ hours, or until lamb is tender and falling off the bone, turning halfway through.

If needed, stir in a little filtered water during cooking.

Remove shanks from pan. Remove meat from bones, break into bite-sized pieces and return to sauce. (Or leave meat on bone, if you prefer.)

Combine all gremolata ingredients in small bowl and serve sprinkled over stew.



### SPICED CELERIAC

RECIPE / RAQUEL NEOFIT

This spiced celeriac is an enticingly fragrant side dish or a great vegetarian main.

**Serves: 4 as a side**

GF O V VG

Olive oil

1 onion, finely chopped

Salt

4 cloves garlic, crushed

4cm piece ginger, grated

1 tsp cumin

1 tsp ground coriander

1 tsp turmeric

1 large celeriac, cut into small cubes

1 cup vegetable stock or water

Sea salt & pepper, to season

1 spring onion, finely sliced, to serve

Add olive oil to frypan over medium–low heat.

Add onion with pinch salt and sauté until soft.

Add garlic and ginger and stir for 1 min.

Add spices and cook, stirring, for 3 mins.

Add celeriac, toss to coat, add stock and simmer for 35 mins or until tender.

Divide between bowls and top with onion.

**Tip:** If not vegan or vegetarian, add some chicken to this to turn it into a complete meal.



Adam's Celeriac, Potato & Spinach Bake

**CELERIAC, POTATO & SPINACH BAKE**

RECIPE / ADAM GUTHRIE

This dish is very humble. It's like a potato bake but not as starchy and you'll love the hint of garlic.

**Serves: 4-6**



- 2 onions, peeled & sliced
- Handful herbs (thyme, rosemary, sage), picked & finely chopped
- 1 clove garlic, halved
- 500g potatoes, skin on & thinly sliced
- 2 cups kale, roughly chopped
- 750g celeriac, stems & leaves removed, bulb cut in half lengthwise then thinly sliced
- 500mL vegetable stock
- ½ cup nutritional yeast

Preheat oven to 200°C.

Heat frying pan and sauté onion until soft. Add herbs and cook for 1 min, then add tbsp of water to deglaze pan.

Rub garlic over baking dish, then layer potato, onion, kale and celeriac in dish, seasoning each layer with salt and pepper. Finish with layer of cooked onion.

Pour over vegetable stock, then cover and bake for 1 hour.

After 1 hour, remove the foil, sprinkle over the nutritional yeast and bake for a further 15-20 mins, or until golden brown.

**ZUCCHINI & CELERIAC PASTA WITH BROCCOLI SAUCE**

RECIPE / ADAM GUTHRIE

Using spiralised vegetables instead of pasta is a genius way to help you include more vegies in your day. This dish is fresh, tasty and super-healthy.

**Serves: 4**



Adam's Zucchini & Celeriac Pasta with Broccoli Sauce

**Broccoli Sauce**

- 8 cups broccoli florets
- ½ cup nutritional yeast
- ¼ cup cashews
- 1 cup vegetable stock
- 1 tsp sea salt flakes
- 4 garlic cloves, sliced
- 2 long red chillies, seeded & finely sliced
- 2 tbsp lemon zest

**Pasta**

- 3 medium zucchini, shredded/spiralised into noodles
- 1 small celeriac, peeled & shredded into noodles
- Nutritional yeast, to serve
- Handful basil leaves, to serve

To make broccoli sauce, blanch broccoli until bright green. Place blanched broccoli, nutritional yeast, cashews, stock and salt in food processor and process until mixture resembles thick sauce.

Heat large non-stick frying pan over high heat. Add garlic and chilli and cook, stirring, for 1-2 mins then add tbsp of water and cook until it evaporates and garlic and chilli are soft (remove half for garnish).

Add lemon zest and broccoli mixture and cook, stirring, for 6-8 mins or until golden.

Add zucchini and celeriac to broccoli sauce and toss until combined and noodles sautéed.

Serve topped with nutritional yeast, basil, and reserved chilli and garlic.

## CELERIAC & POTATO BAKE

RECIPE / LISA GUY

Celeriac root is a tuber that is closely related to celery and even shares its name, *Apium graveolens*. Celeriac may look a bit gnarly but it's a star in taste and nutrient content. Celeriac is a great source of B vitamins, potassium, vitamin K and phosphorus, which are needed to produce energy and support cardiovascular and bone health.

**Serves: 4-5**



4 large potatoes, peeled & finely sliced  
1 celeriac, peeled & finely sliced  
2 leeks, finely chopped  
2 cloves garlic, chopped  
500g ricotta cheese  
150mL milk  
60g parmesan cheese, grated  
Pinch sea salt & pepper  
Handful parsley, roughly chopped

Preheat oven to 200°C.

Steam potato and celeriac until starting to soften.

Sauté leek and garlic until soft.

In large bowl, mix together garlic, leek, ricotta, milk, parmesan, salt, pepper and parsley.

In baking dish, place layer of potato and celeriac, then top with some sauce. Repeat until you have used up all potato and celeriac, then top with some sauce and sprinkle with parmesan.

Bake for 45 mins.



The celeriac and pear combination in this soup is divine.

Lisa's Celeriac & Pear Soup with Toasted Pine Nuts

**CELERIAC & PEAR SOUP WITH TOASTED PINE NUTS**

RECIPE / LISA GUY

Celeriac delivers a good dose of potassium, an important mineral needed to regulate blood pressure to help reduce the risk of hypertension. Celeriac also provides protective antioxidants needed to neutralise cell-damaging free radicals in the body.

**Serves: 2**



- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 large celeriac, peeled & diced
- 1 large potato, peeled & diced
- 2 large ripe pears, peeled & diced
- 1.25L vegetable stock or bone broth
- Pinch pepper
- 2 tbsp yoghurt (coconut or Greek)
- Small handful fresh herbs such as thyme, sage, parsley
- Handful pine nuts, toasted

In large saucepan, sauté onion and garlic. Add celeriac, potato and pear and cook for 2-3 mins more. Add stock and cook, covered, for 30 mins. Add more stock if needed. Blend and serve topped with pepper, yoghurt, fresh herbs and toasted pine nuts.

**CELERIAC & POTATO STACKS**

RECIPE / RAQUEL NEOFIT

Celeriac and potatoes complement each other wonderfully in this little stacked side. Quick to prepare, it can include any herb that takes your fancy, such as thyme or sage.

**Serves: 3**



- Olive oil
- 1 small celeriac, peeled & thinly sliced using mandoline
- 1 large potato, thinly sliced using mandoline
- 1 tbsp butter
- 1 spring onion, thinly sliced
- Handful fresh parsley, chopped

Preheat oven to 180°C. Lightly brush muffin pan with olive oil and layer 1 slice celeriac and 2 slices potato. Repeat until all slices are used. Combine butter, spring onion and parsley in small dish and spoon over top of stacks. Cover and bake for 40 mins. Cook uncovered for another 10 mins or until brown on top. Serve immediately.

**Tip:** Place peeled and sliced celeriac and potato in water while working to prevent them changing colour.



Raquel's Celeriac & Potato Stacks

Photography: Raquel Neofit, Lisa Guy

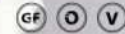


### CELERICAC, CAULIFLOWER & ROASTED GARLIC MASH

RECIPE / RAQUEL NEOFIT

This creamy, fragrant side is delicious with all the classic dishes you would generally accompany with mashed potato. If you're avoiding milk, use vegetable stock. Make sure you roast the garlic before you begin cooking the dish.

**Serves: 3-4**



1 head garlic

Olive oil

1 large celeriac, peeled & cut into 5cm pieces

Sprig rosemary

Splash milk, enough to just cover celeriac in saucepan

¼ head cauliflower, cut into 4 pieces

Sea salt & pepper

Preheat oven to 200°C.

Drizzle garlic head with olive oil and roast until soft, about 30 mins.

Place celeriac in medium-sized saucepan with 8-10 cloves of roasted garlic, rosemary and milk and cook over medium-low heat until almost soft.

Add cauliflower to pot, cover and cook until tender.

Remove from heat, mash and season with sea salt and pepper.

**Tip:** Keep an eye on the mash; you don't want the milk to boil and curdle. Lower the heat if the milk starts to rise and, if it looks like there won't be enough milk, add a little more. The roasted garlic can be kept in an airtight container in the fridge for a couple of days.

# MISO MAGIC

**Miso is a fermented soybean paste, but that description doesn't hint at its healing properties or the delightful taste it brings to soups, marinades and even toast.**



In the cooler weather, soups take more of a starring role in the weekly food repertoire. Aside from being delicious, soups, like your favourite cosy jumper, bring a level of comfort to your table. One of the best things is you can make a soup out of just about anything, making soups ideal for reducing food waste or breathing new life into leftovers.

Miso soup is one of my all-time favourite dishes and, when you learn a little more about miso, I hope you will agree. This is, however, by no means the only way to use this magical functional food.

## THE JOY OF MISO

Miso is a Japanese fermented bean paste and, although commonly made using soybeans, can also be made using rice, barley or buckwheat. Taste-wise, miso sits happily in the umami camp, a strong, savoury flavour that we have only recently discovered we have taste receptors for, along with the commonly recognised sweet, sour, salty and bitter flavours.

“

**Unpasteurised miso will give you the benefit of the beneficial bacteria.**

”

In Japan it's known as a delicious savoury taste and it's the naturally occurring amino acid glutamate that's credited as the source of this deliciousness. So much so that Japanese scientist Kikunae Ikeda, who coined the term *umami* in 1908, then went on to capture and manufacture the flavour industrially — and the flavour enhancer MSG was born. So perhaps miso could be your new go-to flavour enhancer.

Other examples of umami flavour include broths and soups, parmesan cheese, soy sauce, cooked or cured meats and mushrooms.

## HEALING MISO

Not content with nailing umami, miso has a host of health benefits to seduce you with. Depending on whether it has been made with

soybeans or another grain, miso will have a slightly varied nutritional profile. Manganese, copper, zinc, phosphorous and various antioxidants are all present.

Digestively, depending on the fermentation and processing of your miso, unpasteurised versions contain some beneficial lactic acid bacteria to support digestive health. The primary medium used to ferment miso is the fungus *Aspergillus oryzae*, which also helps break down soybeans so your body can more easily assimilate the protein, carbohydrates and fats within.

Miso contains around 200–300mg of sodium per teaspoon. The interesting thing, however, is that it does not have the same negative cardiovascular effects as other high-sodium foods can. Effects on raising blood pressure have not been seen and, in fact, in a study comparing those who obtained salt in their diets from miso versus table salt, the miso group showed a lower risk of cardiovascular problems. The reason for this is not entirely known as yet but it may be due to the foods generally eaten together with the miso that contribute to this effect.

Antioxidants are another positive feature of this wonderful paste, with a higher level present in miso that has been fermented for longer.

## EATING MISO

There's a number of varieties of miso, most containing soybeans as their primary ingredient. The main styles you will see on your miso discovery journey are genmai miso (contains brown rice), soba miso (contains buckwheat), shiro miso (contains sweet rice) and mugi miso (contains barley).

The colour palette of this magical paste varies from an earthy brown to a sunny straw colour, depending on the bean or grain used and the fermentation time. The flavour varies richly, the lighter miso being the sweetest and the darker providing a stronger and more complex taste. An unpasteurised miso will give you the benefit of the beneficial bacteria.

Miso is salty to taste, so when using it in your cooking, get creative and replace the salt or tamari/soy sauce in some of your recipes with some miso for something different. My kids thought miso was Vegemite for a good few years and I still like to use it in place of Vegemite with some avocado on toast. Delicious!



Miso also works really well in Asian-style dressings, in marinades, with salmon, baked with eggplant, in sauces and even as the salty component in a homemade pesto. It's best stored in a tightly sealed container in the fridge and will keep for around a year once opened.

The important thing to remember when serving your miso is not to boil it if you want to retain all the health benefits. See below for my favourite way to make a quick and easy miso soup for one.

Sauté a small diced onion and a little fresh ginger in sesame oil. Add diced carrot, chopped bok choy or your favourite vegetable, around a cup of water and some sea vegetables such as wakame, arami or a little sliced nori. Simmer until the vegies are tender. Ladle out a spoon of your soup into a serving bowl and add 1 teaspoon of miso paste, stirring to combine. Then continue to ladle the rest of the serving into the bowl. Taste and add a little extra miso or some chilli if desired.

*Meg Thompson is a practising naturopath, cook, mother, writer, health advocate and passionate wholefood enthusiast based in Melbourne.*

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## Broccolini

Broccolini is sometimes referred to as baby broccoli but it is not young broccoli. In fact, broccolini came into being as a hybrid developed by a Japanese seed company that cross-bred broccoli and gai lan. Broccolini does look a bit like broccoli but it has longer stalks topped by delicate buds. The taste is very similar to broccoli but its shape and size mean it can be used in place of asparagus when asparagus is out of season.





# SPEAKING OF LEEKS

Leeks require some patience to grow but their delicate, spicy and sweet flavour makes them well worth the trouble.

WORDS / TERRY ROBSON

**T**he leek is a member of the onion family — it looks like a large spring onion. And, believe it or not, boyo, despite its prominent place on the crest of the Welsh guards, it isn't native to Wales.

Leeks actually originated in Central Asia and from there spread to Europe, where they became very popular in areas around the Mediterranean.

As with all of the onion family, leeks have a reputation for helping with cholesterol levels and lowering blood pressure. While certainly healthy, leeks are most prized for their taste. Like their relatives, they have a pungency to them but it's tempered by a herby sweetness that is very appealing.

The delicate flavour of leeks makes them ideal for dishes such as leeks in raisin sauce, fish fillets with leek and coriander or simply leeks with honey and pepper. These dishes would suit any modern restaurant menu but in fact they come from the recipes of ancient Roman writer Apicius, which goes to show that the culinary delights of leeks have been appreciated for a long time.

How then, do you bring a bit of leek magic into your life?

## GROWING YOUR LEEKS

Leeks are easy to grow; it's just a matter of the right timing. The seeds grow best in seed trays and are ready to be planted out when

they are about 20cm tall. This usually takes around 4–6 weeks and at the planting stage the leek looks like a large blade of grass.

“

**While all parts the leek are edible the preferred part for cooking is the tender white stem.**

”

Plant your leeks under cover in seed trays during either February and March or August and September. Keep the seeds moist while in the punnets and be sure they are in a warm position that gets early morning sun. You can then plant out in April and May or October, November and December respectively (depending on when you started them in their trays).

Leeks prefer full sun but can tolerate partial shade. Plant your seedlings in trenches around 20–25cm deep and keep them 10–20cm apart.

As you drop each seedling in, water it enough so that the roots are covered with soil.

Leeks prefer a moist, well-drained soil with plenty of organic matter as well as cooler conditions between 12 and 25 degrees Celsius. They will struggle in warmer, more tropical climates.


While all parts the leek are edible the preferred part for cooking is the tender white stem. “Blanching” is denying the lower parts of the stem sunlight to maximise the amount of white stem you achieve.

Plant your seedlings deeply, cover lower stems with something like a section of PVC pipe and gradually backfill the trenches to cover the lower stems as the plants grow to maximise the blanched portion of your leeks.

Your leeks are ready to harvest as soon as they've reached their desired size, which could be as soon as 15–18 weeks after planting. However, they can be left in the ground for a long time (up to a year) without loss of quality. When it comes to removing the leek from the soil, don't just pull it by hand but loosen it gradually with a fork to avoid damage.

## BUYING & STORING LEEKS

If you don't want to grow your own leeks — and it can take a bit of patience — then here is what to look for when choosing your leeks.



Leeks are a winter crop and will be at their best between April and October.

Essentially leeks are a winter crop and will be at their best between April and October. International breeding of leeks has produced varieties that will mature all year round but the winter-harvest varieties remain the most strongly flavoured.

“

**Leeks are a perfect accompaniment to savoury flavours in pies, risottos, soups, or pastas.**

”

They should look and feel firm and heavy. The leaves should be dark green with no signs of yellowing or withering. Also choose leeks that have a diameter of no more than around 4cm, as any bigger they tend to be more fibrous and lose their sweet tang.

Be very wary of buying leeks at the end of a season as they can have a woody inner core. Don't buy leeks if they have

been trimmed of their leaves as the leaves indicate the health of the plant.

As with all plants, it's best to eat your leeks while as fresh as possible, but you can store them in a loosely sealed plastic bag for up to a week. Leeks are highly sensitive to the "ripening" agent ethylene gas, so don't store them with fruits such as apples and pears, which give off this gas.

#### LEEKS IN THE KITCHEN

Although the green tops of the leek are an indication of its health, they are discarded for cooking. If you want to, though, the green portions are certainly edible and for instance, if well washed, excellent in stocks.

The most important part of preparing your leeks is removing all of the dirt that gets trapped within the layers of the leek as it grows. Thorough washing is essential.

Never simply boil your leeks as you'll just be left with a soggy mess. To steam a leek, cut it into 5cm pieces then place it in a steamer basket over water for 10–15 minutes. You can steam the whole leek but that can take up to half an hour.

Leeks are a perfect accompaniment to savoury flavours in pies, risottos, soups or pastas. It would be a shame though to use leek only as an accompaniment.

Simply sautéing your leek with a knob of butter will yield a delightful side dish. Another tasty leek dish can be achieved by braising leeks in a chicken or vegetable stock topped off with some aromatic herbs such as basil or thyme, perhaps with a twist of lemon juice.

But be sure to always fully cook your leek; it can be a bit fibrous if undercooked.

#### SINGING THE PRAISES OF LEEKS

**In classical Greek and Roman times, the leek was believed to have powerful healing properties for the throat. Aristotle thought the partridge had such a clear voice because it ate so many leeks. The Roman emperor Nero, a renowned thespian (at least in his own mind), drank a potion made from leeks every day in order to improve his singing voice.**



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# GOAT MILK

We chat to two passionate goat milk farmers who have to jump through stringent regulatory hoops to ensure their goats produce high-quality, clean raw milk.

WORDS / KATE DUNCAN

**W**ith so many different types of milk on offer these days, it's hard to know what dairy, if any, is best for our health. With nut milk options like almond, macadamia and cashew milk through to plant milks such as rice and soy — not to mention low-fat, full-cream, lactose-free and A2 milk — it's no wonder your head is spinning in the dairy aisle. Don't worry; ours too. But, before you reach into the fridge to pick out your weekly milk of choice, let me introduce you to a new "kid" on the block: goat milk.

Despite being one of the world's most widely consumed milks, goat milk is only beginning to gain popularity in the west. And rightly so — when ethically farmed and consumed in its raw organic state, goat milk boasts incredible health benefits.

Compared to cow milk, goat milk has a chemical makeup closer to that of human breast milk, which makes it easier to digest

and assimilate in the body. People intolerant of cow milk are often sensitive to one of the proteins found in it, A1 casein. This highly-inflammatory protein can cause allergic reactions among children which can persist throughout adulthood. Goat milk doesn't contain any A1 casein, which is why people with intolerances to dairy can still stomach goat milk.

Lactose, a sugar found in milk products, can also be difficult to digest, often causing abdominal cramps, bloating, gas and diarrhoea. Because goat milk is hypoallergenic, people with lactose intolerances can enjoy the creaminess of goat milk without the painful repercussions.

But where does goat milk sit when it comes to calcium? Goat milk has just as much calcium as whole cow milk but contains more tryptophan, an essential amino acid used by the body to create proteins, vitamins and enzymes.

## HAPPY GOATS

To experience the many health benefits goat milk has to offer, it needs to be farmed from happy, healthy goats — much like those found roaming around Marlee May Goat Dairy. Owner Denise Maras has 25 or so pure-bred Saanen goats on her 40-acre farm in Wolvi, near Noosa in Queensland.

Marlee May Goat Dairy started out as a hobby farm in 2003 with a couple of pet goats. Now, it's a small-scale goat-milk dairy with a licence to sell raw goat milk for human consumption.

In summer, each goat produces roughly two litres of milk per day but that drops off in winter because goats are seasonal. "I only milk once per day," Denise explains. "Feeding or milking goats excessively increases their milk flow and ultimately their milk supply, but I'm not in it for massive production.

"Ethically raising goats is more important to me than the business side of things. The less

Goats are browsers, not grazers; they'll eat anything they find in the paddock.



## MEET THE MAKER GOAT FARMERS



### STRICT REQUIREMENTS

In NSW, all milk sold must be pasteurised — except for goat milk. Strict licensing requirements and regulatory controls over hygienic processing, testing, labelling and cleaning must be adhered to by the goat milk dairy wishing to sell goat milk to the public.

"We get a visit from the NSW Food Authority once a year; they come on site to check our milk is below a certain level in plate count," Janette explains.

The Standard Plate Count (SPC) is an estimate of the total number of viable aerobic bacteria present in raw milk. The test is used to check udder hygiene and mastitis prevention are being followed as well as correct milking and cleaning practices of the dairy and its animals.

"By law we do an *E. coli* count every 20 batches," she explains. *E. coli* is a type of bacteria that lives in the intestines of people and animals, some types causing intestinal infection. "*E. coli* can be present in goat milk at 12,000 plate count; we keep our plate count below 5000 and do that by harvesting clean milk.

"After milking the goats, we spray the udders with antiseptic to keep them clean. This process is done after they've been milked so we avoid any chemicals leeching into the raw milk."

Following these extensive regulatory processes has paid off for Jannei Goat Dairy, whose goat-milk products have won more than 46 gold awards at the Sydney Royal Show.

*Although operating at time of interviewing, just prior to printing we have been advised that Marlee May Goat Dairy has ceased operations.*

*Kate Duncan is deputy editor of EatWell magazine.*



The goats at Marlee May Goat Dairy receive a small amount of grain when they get milked.

I have to do is better for them and for me. It's a very simple way of farming; it's more natural, the way it should be," she says.

"My goats have the whole farm to roam and their manure fertilises the pastures, so I don't have to lay any artificial fertilisers. Plus, we get great rainfall in Wolvi so the grass grows really well.

"Goats are browsers, not grazers; they'll eat anything they find in the paddock. There's no such thing as a weed when you've got a goat because they eat it all," she laughs.

Although mostly grazing on pasture, her goats receive a small amount of grain when they get milked.

"I milk the goats by hand in the morning, bottle the raw milk, refrigerate it and then clean it all up," Denise explains, going on to share that the only real maintenance they need is clipping their feet or hooves every couple of months. Then she might deliver the milk, make a new batch of kefir, rotate the goats to different paddocks, feed her pet pigs and chickens or spend the day outdoors enjoying fresh air. Some of us city folk may crave this kind of simple life, yet it's not without its challenges.

"I love doing what I do but at the end of the day I've got to make a living out of it. I could go into other products but I don't want to get too big. I think that's the most difficult thing for a small farm: not getting too big."

She adds that it was also challenging getting a licence to sell raw goat milk. Now, it's one of her biggest milestones: "It's really hard to get the licence and it took me a couple of years. There are lots of tests involved to make sure the goat milk meets the microbiological standards.

"Even though I've had my licence for six years now, there's still ongoing monthly testing and six-month auditing to make sure the milk consistently achieves the Australian food safety guidelines. It's expensive but it's the only way I can sell my raw milk legally to the public."

At present, Marlee May Goat Dairy is one of three Queensland farms with a licence to sell raw goat milk. In New South Wales, that number is slightly larger.

We speak to Janette Watson from Jannei Goat Dairy, located in the small mountain town of Lithgow, roughly an hour south of Mudgee, New South Wales. The family-run farm has been selling goat milk and cheese products legally since they first set up the goat dairy in 1995.

“**There's no such thing as a weed when you've got a goat because they eat it all.**”

Her husband Neil, a lover of animals and the land, taught at the local high school when they first moved to the area. "At the school, they had dairy goats and Neil really enjoyed working with them. We bought a few goats from Mudgee and started from there. Now we've been doing it for over 20 years and have too many goats to count!" she laughs, estimating around 200 goats roam across their 41 acres.

Although the extended family helps out at times, it's still very much a two-person show. "My husband Neil is the cheesemaker and I oversee marketing, production and admin," Janette says.

With over 1000 litres of goat milk being produced per week at Jannei Goat Dairy, it's certainly a big task for the two. "We milk the goats twice a day, in the morning and evening. We use machines that have a pulsation and vacuum pump, which create a squeeze and release action which is similar to hand-milking."

The unpasteurised milk is chilled and then packed. Cheese milk however has to be pasteurised, which Neil does by heating it in a vat to 70 degrees.



# JAM OR FRUIT SPREAD?

Is it a jam, a jelly or a fruit spread? There's a lot more to sugar-free jams than meets the eye, so we spoke to two very different producers to discover what really goes into an artisanal jar of spreadable fruit.

WORDS / RAQUEL NEOFIT

There aren't too many places to hide when you're making a sugar-free jam or fruit spread so it's imperative that the fruits used be at their prime and of the highest quality. Before we can even get into the making of fruity spreads to put on your toast that don't have cane sugar added, we need to be clear about our terms.

## CAN "JAM" BE SUGAR FREE?

First up, let's clarify what constitutes a jam or a fruit spread. Australian regulations tell us that for a conserved fruit product to be classified and sold as jam it must contain cane sugar. So any preserved fruit product that doesn't contain cane sugar must be labelled and sold as a fruit spread in Australia.

CEO of St Dalfour Australia, Sheldon Ross, believes this is actually very confusing for consumers. "We have lots of customers write to us saying, 'We love your jam,' because the phrase 'fruit spread' is not exactly in our vocabulary," Ross tells us.

"I think it's a beautiful perspective to use the words fruit spread," he adds. "When we use those words we are actually talking about fruit. When we use the word jam, well, jam is 55 per cent cane sugar so it's not all fruit."

This is where it pays to seek out a natural artisanal fruit spread or conserve. You'll find artisanal preserves contain 100 per cent fruit, or very close to 100 per cent fruit.



**The old French tradition of double boiling at a slow simmer preserves the integrity of the fruit in taste, aroma and vapour.**



Nina Corrone, owner of Australian Strawberry Fields in Victoria and producer of Nina's Homemade Preserves, wholeheartedly agrees with this thought. When her husband was diagnosed with diabetes a few years ago, she made it her mission to create a jam that didn't contain cane sugar and, after trying many options on the market, found the answer in organic stevia.

"I wanted a natural sweetener, nothing artificial, and one drop of stevia sweetens a whole jar," Corrone says.

After experimenting with powdered stevia in the early days, she found it left something of an aftertaste and now only uses and recommends organic Australian stevia drops.

## TO BOIL OR NOT TO BOIL

The most common method of producing jam is to bring the fruit and sugar to the boil in a pot. In Sheldon Ross's opinion, the old French tradition of double boiling at a slow simmer is the way to go. This preserves the integrity of the fruit in taste, aroma and vapour.

The theory here is that because there is no cane sugar to melt with fruit it doesn't need to reach boiling point as with a traditional jam.

When we think of artisanal produce and products we often think small batches. You'd be right on the mark when it comes to producing these spreads at the farm gate or in artisanal kitchens. As Corrone says, when she first started experimenting with sugar-free varieties she learnt pretty quickly that it was produced in small batches.

"I get 10 jars from each cook," Corrone says. "If I try to make much more than the

consistency just isn't right. It's the best way to make sure all of the water has evaporated from the fruit."

Small producers who create a sugar-free fruit spread will often use a natural juice concentrate to sweeten their fruit, mostly from grape or date juice and often a combination of both, such as St Dalfour's spreadable fruit. Some, like Corrone, lean towards stevia as their preferred choice of sweetener.

It all comes back to quality over quantity — and patience. One thing both of these fruit spread producers agree on is that everything that goes into a jar should be free of white processed sugar, preservative and additives and organic where possible, even if it isn't certified.

While St Dalfour sets its jam with fruit pectin, Strawberry Fields use an organic vegetable pectin. Either way you shouldn't expect these fruit spreads to gel-set the way we've become accustomed to with traditional jams.

Although at this stage in Australia we don't have a certified organic fruit spread readily available on the market, there is one on the way. This is where a close relationship with their local farmers is important.

### NATURAL & ORGANIC SOURCES

Both Ross and Corrone are adamant that fruit used for making jams and spreads should be spray and chemical free. "It's important that our fruit is responsibly sourced," Ross says. "We do not grow our own fruit in our own orchards but we have a close relationship with our farmers and buy entire crops from them to ensure we know how the fruit has been grown."

It's an important philosophy that anyone in the jam-making industry should embrace. The entire fruit makes its way into your jar of fruit spread: sustainably grown organic produce combined with all-natural pectin and sweeteners, which means a much healthier fruit spread in the end. It's not as if you should live on these fruit spreads but you can feel much happier about indulging in them than in the typical sugar-laden jams.

While some of these smaller producers can't afford the costs associated with the certification process, there are some very dedicated producers around who will happily disclose where their produce is sourced so you know what's in the jar at the end of the day.

### CONSISTENCY

It takes a lot of practice and experimentation to achieve a consistent consistency in fruit spreads, which are usually softer set than a traditionally set jam.

But it's not only the sugar content and pectin that influence the set; the environment plays a part in the setting consistency as well.

When fruit crops are grown outdoors they are at the mercy of the environment and environmental influences play a major role in the water content of fruit. Classic examples are cherries and blueberries: if the season has experienced heavy rainfall, the fruit will contain more water and will need longer cooking to influence the set. On the other hand, if it's been a particularly dry season, the berries will contain less water and require less cooking and natural setting agents.



The older the berry, the more water it contains and the harder it is to set into a jam-like consistency.

### FRUIT QUALITY

That old idea of using up strawberries that have perhaps seen better days won't cut it with cane-sugar-free fruit spreads; you need berries in their prime.

As a berry grower, Corrone has always found fresh berries set better. The older the berry, the more water it contains and the harder it is to set into a jam-like consistency.

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**That old idea of using up strawberries that have perhaps seen better days won't cut it with cane-sugar-free fruit spreads; you need berries in their prime.**

”

Remember, these fruit spreads are just that: a jar of fruit. The flavour of the berries going in is what you'll taste once you open the jar. As with all produce, fresh is best.

This is where a producer who grows their own fruit has an advantage — they've lived through the season and have important first-hand knowledge of their raw ingredient.

Corrone says it's most important to her to keep the fruit as natural as possible, which is why she sticks to local and small growers. "Smaller growers don't tend to use pesticides like the larger farms here in Australia do," she says.

An artisan jam maker who is passionate about their end product will generally form a close relationship with the farmer so they can determine how the fruit should be treated to create a high-quality fruit spread that sets to an acceptable consistency.

As the freshness and quality of the fruit are of the utmost importance, you should expect to pay a premium price for all-natural fruit spread or jam.

Traditional jam-making companies use a minimum of 50 per cent sugar in a jar of jam whereas an artisanal jar will be 99–100 per cent fruit in most cases. Find out the content of fruit in your favourite spread; it's a great indication of the quality.

### PASTEURISATION

There are a couple ways to pasteurise fruit spreads once they've been bottled so they're guaranteed to last. Smaller producers, and those of us at home, can boil the sealed jar to ensure preservation. However, Corrone says you only need to do this if you haven't bottled the fruit before the temperature starts to drop.

"Sometimes I burn myself and by the time I'm back to bottling the temperature of the jam has dropped a little bit, so I like to ensure there won't be any problems with the jam later on," she says.

Other producers will run the completed jar through a pasteurisation tank. "This is where the jar is vacuumed and, once [it's] vacuum-sealed, nothing can get in," Ross says — preserving the product for years to come, naturally.

### LIFE SPAN

The average life span of an artisanal cane-sugar-free spread isn't much different from that of our sugar counterparts if the seal is intact. Keep in mind however that, because there are no preservatives or sugar in an artisan fruit spread, once you break that seal it's recommended you store the jar in the fridge and use it within 5–8 weeks of opening.

### COOK UP A STORM

Ross also encourages us to think outside the square when it comes to making the most of our fruit spreads. "Because they are 100 per cent fruit, you can use them in all of your culinary adventures, not just to spread on toast," he says. "I find myself dreaming of gorgeous fruit tarts, apricot chicken and homemade berry pastries."

*Raquel Neofit is a recipe developer and freelance writer specialising in food, horticulture, travel and all things lifestyle related. Follow Raquel's quest for "a life lived in balance" on Instagram @Raquelneofit.*





## Relish

Relish is a fruit or vegetable side-dish that's used to add flavour to a bland-tasting dish. On occasion, the relish can also complement a stronger-tasting meal. Sometimes it's the taste and sometimes it's the texture contrast that makes relish so pleasurable. Cultures around the world have developed their own relishes but the common feature is that they are made using a fruit or vegetable finely cut and in a spiced or sweetened sauce. In Indonesia they have sambal. In India they have chutney, achar and raita. Koreans love their kimchi and in Italy they enjoy their mostarda di frutta, a blend of fruits in sweet syrup with mustard.



# ETHICAL EATING

Fair trade is all about helping the poorest and most vulnerable people in the world in places where minimum wages, healthcare, education and even running water aren't accepted privileges.

WORDS / JANAI VELEZ

**F**air trade's focus is the welfare of farmers and workers in developing countries and it aims to improve their working conditions and wages. These people are some of the planet's most marginalised and disadvantaged. Locally, we can have a positive impact on their lives through the products we buy. Fair trade is fundamentally all about conscience and common sense.

#### WHY IS FAIR TRADE IMPORTANT?

The majority of our coffee, tea, cocoa and cotton are grown by poor people in developing countries, including parts of Africa, Asia and Latin America. Many of these farmers and workers are subject to low wages, poor working conditions, poverty and illegal child labour.

Fairtrade is an organisation that helps farmers and producers across more than 74 countries to ensure they have decent working conditions and are receiving reasonable prices for their products. It also helps them gain control of their lives.

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**You don't need to change your life that much to reduce your impact on the environment and contribute to a better future for people across the world.**  
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As CEO of Fairtrade Australia and New Zealand Molly Harriss Olson explains, at its core, Fairtrade is about empowering communities.

“Fairtrade first started because there was a charity in Europe that was delivering wells to some coffee farmers in Mexico,” she says. “The coffee farmers were very grateful and they said, ‘Thank you so much. We really appreciate these wells but, you know, if you just paid a fair price for our coffee we could buy the wells ourselves.’”

“That was kind of the profound ‘aha!’ that made Fairtrade come to life, because they realised that actually the best way to support and alleviate poverty was to enable farmers and workers around the world to have control of their future, to be able to manage their businesses and have access to trade in the fair way.”

Fairtrade ensures farmers get at least the minimum price for their product to cover production costs. However, if the market price of the product is higher than the Fairtrade

minimum price, then they receive the market price. The minimum price ensures that farmers and workers receive a stable income.

On top of the minimum price, they also receive the Fairtrade Premium. This is extra money for the community to invest how they choose: in hospitals, schools, water etc. Fairtrade doesn't tell communities how to spend this money; the communities hold public meetings to decide.

"This helps them to understand basic principles of transparency, democracy and accountability," says Harriss Olson. "It helps them to operate really strong businesses so that they can negotiate on their own behalf in the future. It's important to empower farmers to take control of their lives and their futures."

The Fairtrade Premium is sometimes used for green energy initiatives and programs such as solar panels or tree-planting projects. Part of creating a sustainable, long-term business is ensuring the environment is well looked after and farmers and workers need to meet environmental standards for Fairtrade certification. Using sustainable farming methods, they can preserve the environment and continue producing high-quality crops for many generations to come.

Harriss Olson says the global trading system has added more and more disparity over time. To give an example, a cocoa farmer in the mid-1980s earned around 16–18 per cent of the value of a chocolate bar; today they get around three to six per cent.

"The farmer, the poor end of that supply chain, and the essential end — because you don't have a chocolate bar without cocoa — is getting a worse and worse deal in the traditional global trading system," says Harriss Olson. "That's why the importance of Fairtrade is even greater now than it has ever been."

The disparity in world prosperity was highlighted in a 2017 Oxfam report, which found that "just eight men own the same wealth as the poorest half of the world". One of the main causes of the inequality, pointed out in the report, is that corporations are tightening the costs of labour, "ensuring that workers and producers in their supply chains get less and less of the economic pie". Fair trade helps level the playing field so that poor people don't remain poor forever.

Along with Fairtrade, there are other fair-trade organisations that have different certification systems and ways of supporting farmers and workers — FairWild and Fair for Life are just a couple. Some organisations focus on supporting not only fair-trade food products but arts and crafts as well.

### HOW CAN YOU SUPPORT FAIR TRADE?

Fair-trade products are easy to find, as they're marked on the packaging. Fair-trade organisations have their own certification marks — Fairtrade itself uses a logo with blue and green graphics on black.

But what about when dining out in restaurants or stopping for a coffee at a cafe? How do you know if these food outlets are ethical and sustainable? Paul Hellier is the founder of Fair Food Forager, a website and app to help you find the businesses that not only support fair trade but are also environmentally and ethically focused in other ways.



Fairtrade Certified products are easy to find as they carry the distinctive blue and green logo.

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## Awareness of the origins of food and the people who produce it helps establish a connection between the farmer and consumer.

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Hellier says Fair Food Forager allows you to find good food from businesses and people that deserve your money. Food outlets are listed on the website/app with icons relating to the environmental and ethical things they are doing. This might be reducing plastic with their takeaway food, including vegan options on the menu, sourcing local produce, being mindful of food waste, paying and treating their staff correctly and using fair-trade products. The app has GPS capabilities so you can search ethical and sustainable restaurants and cafes in your local area.

Awareness of the origins of food and the people who produce it helps establish a connection between the farmer and consumer. Says Hellier, "If a dairy farmer is getting 10 cents for the milk that you put on your cereal, then it's comfortable not to know

about it. But if you knew it was coming from down the road and the farmer was getting paid a fair wage and the animal supplying the milk has a good life, walking around in the fields, then everyone wins."

The food businesses listed on Fair Food Forager are all taking steps to help others and the environment. "It's not about perfection, because there's no such thing," says Hellier. "It's just about businesses who are trying to do better. For me, personally, I'd rather support somebody who is trying to do something and at least making an effort in some way."

Chances are you'll find that there are many restaurants and cafes out there that align with your own values and benefit the world in several ways. Hellier emphasises that you don't need to change your life that much to reduce your impact on the environment and contribute to a better future for people across the world. It's as easy as checking the label to see if the product is fair trade, taking reusable bags and coffee cups when shopping and growing your own herbs.

"We can all feel good about what we're doing each day and know that we don't need to save the planet on our own," he says. "We can contribute with the simplest things and still not change our lives that much."

Plus, when we know that our food has been ethically and sustainably produced, it generally tastes better, too.

*Jana Velez is a writer and researcher at Australian craft magazine Homespun. She loves stories that celebrate creativity and inspire a healthy lifestyle.*

# WHAT'S ON

What's coming up for you



## **JUNE 1-3, MELBOURNE, VIC MELBOURNE GOOD FOOD & WINE SHOW**

When the temperature drops and the wind whips up, we know it's almost time for the Melbourne Good Food & Wine Show. Grab your winter woollies and embark on a tasting journey through Melbourne's best restaurants, cafes and bars. From pop-up parties to bar hops, long lunches and kitchen tricks, you'll be inspired and nourished by the love of good food and good company. There are stacks of activities to keep the kids entertained plus plenty of wine, beer and cider workshops to keep the adults warm on the inside. A wonderful day out with friends discovering new ideas, products and tips to inspire your next dinner party — what's not to love?

[goodfoodshow.com.au/melbourne](http://goodfoodshow.com.au/melbourne)

## **JUNE 2, FRASER COAST, QLD RELISH FOOD AND WINE FESTIVAL**

How do Hervey Bay's famous scallops and Fraser Island fresh prawns sound for dinner tonight? Relish Food and Wine Festival, located on the Fraser Coast in Queensland, celebrates the region's beautiful produce, food, wine and surrounds. Set along the Mary River, the popular event showcases a great variety of food and wine stalls, combined with cooking demonstrations and live entertainment. If a glass of wine in your hand and the sun setting in the distance sounds like the perfect evening, then savour the moment and head to Relish Food and Wine Festival.

[relishfrasercoast.com.au](http://relishfrasercoast.com.au)

## **JUNE 16, SYDNEY, NSW THE CHEESE LOVERS FESTIVAL**

Held in stunning Centennial Park, Sydney, the Cheese Lovers Festival pays homage to cheese in all its flavours, textures and forms. Are you a cheese lover? If so, this two-day cheese and wine festival has been curated especially for you. Showcasing an amazing lineup, the event connects you with cheese producers, wine makers and brew masters from all over Australia. Across the weekend, choose to participate in cheese-, wine- and beer-making workshops or just enjoy the live music and graze on tasting plates with family or friends. Plus, the festival is children-friendly and there's a cheesecake competition. Need we say more?

[cheeseloversfestival.com.au](http://cheeseloversfestival.com.au)

## **JULY 14, SYDNEY, NSW BAROSSA. BE CONSUMED**

The Barossa region, renowned for its fresh seasonal produce, wine and stunning landscapes, is, unfortunately for some (including us), a little too far away. Thankfully, the growers and producers behind the region's gourmet food and wine have brought the Barossa Valley to Sydney! The new event, Barossa. Be Consumed, was such a hit in Melbourne last year that they're bringing it to Carriage Works in Sydney. For one day, be immersed in the unique food, culture, history and character of the Barossa Valley, a region well on the radar of every foodie. You'll leave feeling full and inspired and, perhaps, with travel plans to visit the Barossa.

[barossa.com](http://barossa.com)

## **GIVE US FEEDBACK**

### **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 enjoyed the recipes you created 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@umco.com.au](mailto:kduncan@umco.com.au).

# FOOD SOURCE

Products from our advertisers



## COFFEY COFFEE

Coffex award-winning coffee is a blend of high-altitude-grown beans, which are Fairtrade and certified organic. Specially roasted and blended to produce a smooth, medium-bodied espresso. Fairness never tasted so good.  
**W: [coffex.com.au](http://coffex.com.au)**



## MAD MILLIE

Our yoghurt kits are a dairy-free alternative with no artificial flavours or preservatives. Bursting with delicious flavour and coupled with tangy beneficial live cultures, this kit allows you to create delectable yoghurt at home to enjoy any way you want. Plus, we've included vegan-friendly recipes in the kit.

**W: [madmillie.com](http://madmillie.com)**



## THAT'S AMORE CHEESE

Caciotta is one of the most common forms of cheese you can find on the Italian table — a very traditional rural and artisanal cheese. The name is derived from the Italian word *cacio*, meaning “cheese”. It’s a fresh cow’s milk cheese with a semi-soft texture, mild flavour and soft rind. In this truffle version, the cheese is mixed with Australian black winter truffles during the cheese-making process. Caciotta can be used as a table cheese or added in green salads but is also great in cooked recipes.

**W: [thatsamorecheese.com.au](http://thatsamorecheese.com.au)**



## TABLE OF PLENTY

Table of Plenty’s Kefir Fermented Drink is the easy way to make your tummy smile. With 10 times more live cultures than yoghurt and available in three delicious flavours, it’s the tastiest way to get your daily dose of probiotics.

**W: [tableofplenty.com.au](http://tableofplenty.com.au)**



## PROCAL AUTHENTIC GREEK YOGHURT

Procal Authentic Greek Yoghurt has been created based on a traditional family recipe passed down from generations. The smooth and creamy mouthfeel is reminiscent of the Greek yoghurt taste that has been enjoyed in the Mediterranean for centuries. Procal master yoghurt makers use only the finest ingredients with no added sugar, colours or preservatives.

W: [procal.com.au](http://procal.com.au)



## ORGRAN

Through combining the goodness of black beans and rice flour, ORGRAN has developed the ideal entertainer for when you're feeling peckish. Made with all-natural ingredients and no hidden nasties, ORGRAN Black Bean Wafer Crackers allow you to enjoy the nutritional components of black beans while delighting in a mild, earthy flavour to complement your dips, toppers and side dishes.

W: [orgran.com](http://orgran.com)



## DR CABOT CLEANSE

Dr Sandra Cabot has launched a breakthrough 15-Day Ultimate Total Body Cleanse program plus meal plan to help you achieve maximum vitality and overall health. It's a three-powder program to support liver function, balance your gut and alkalise your body.

W: [drcabotcleanse.com](http://drcabotcleanse.com)



## MORLIFE

When getting your kids to eat veggies and greens is a battle equivalent to taking on Goliath, we've got you covered. Greens Kidz contains 22 superfoods including greens, fruits and vegetables, plus probiotics to support growing bodies and promote digestive wellness.

W: [morlife.com](http://morlife.com)



## THE BARE BIRD

The Bare Bird chicken products are 100 per cent antibiotic-free, accredited free-range and raised on a plant-based diet containing no animal byproducts, antibiotics, hormones or steroids. The Bare Bird creator, John Hazeldene, said his family had always been at the forefront of setting high standards in poultry: "We believe a move to producing food without antibiotics is the right thing to do."

W: [thebarebird.com.au](http://thebarebird.com.au)



## FLORADIX® FORMULA LIQUID HERBAL IRON EXTRACT

Floradix® Formula Liquid Herbal Iron Extract provides nutritional iron to help maintain vitality, energy and general health. The formula combines the benefits of organic iron with those of vitamins and herbs in a base of fruit juices, honey, wheatgerm and yeast. Visit the website for stockists and more details.

W: [floradix.com.au](http://floradix.com.au)

## NIRVANA XYLITOL

Nirvana Xylitol is a remarkable natural sweetener that has a delicious, refreshing taste and looks just like sugar. Nirvana Xylitol is 100 per cent natural, sugar-free, artificial sweetener-free, fat-free and contains 40 per cent less calories than sugar, making it the perfect sweetener for baking.

W: [nirvanahealthproducts.com](http://nirvanahealthproducts.com)



## SAN REMO

San Remo Pulse Pasta is an award-winning range made from lentils, chickpeas and other pulses, helping to boost its nutritional benefits. It's a good source of protein and fibre, plus it's gluten-free.

W: [sanremo.com.au](http://sanremo.com.au)



## PEARL RIVER BRIDGE

Use Pearl River Bridge Superior Light Soy Sauce as a dipping sauce with your favourite Asian snacks or add it to stirfries and marinades for an extra flavour infusion.

It's so versatile!

W: [pearlriverbridge.com](http://pearlriverbridge.com)



## SOUTHERN CROSS POTTERY

Southern Cross Pottery is a multi-award-winning Australian manufacturer of handmade high-quality gravity stoneware water purifiers. Available in two sizes and dozens of colours, the purifiers remove virtually all impurities including chlorine, fluoride and bacteria, and keep the water cool with no plumbing or electricity needed.

W: [southerncrosspottery.com.au](http://southerncrosspottery.com.au)

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