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Chai

Chai dates back somewhere between 5000 and 9000 years to a royal court, probably in India. It's said that a king formulated chai using Ayurvedic principles. Over the years many different herbs have been used in chai but these days it's most commonly made with cinnamon, cardamom, cloves, ginger, whole black peppercorns and black tea. These spices are brewed in milk and usually quite a lot of sugar is added for the sweet drink that results. If you can have it without the sugar, the chai spices are at once wonderfully warming and tasty.









Stir fry

Stir-frying as a method of cooking originated in China and involves applying high heat to the food in a small amount of oil and tossing it continuously. Stir-frying is usually done in a wok but it can be done in a shallow pan. On occasion, stir-frying is confused with sautéing but they are quite different. Sauté is a French technique that involves more oil, lower heat and a longer cooking time.





Round beans

Round green beans should be firm, vibrantly coloured and without marks or blemishes. Once chosen, you can store your beans in the crisper of your fridge for up to seven days. Beans are green because they are a great source of chlorophyll but the surprise is that they're also wonderful sources of healthy pigments such as beta-carotene and lutein. Beans are delicious munched crisp from the bush as you pick them (after a quick wash) but they can also be beautifully steamed in seven minutes, added to a salad or tossed in to bring colour and flavour to a sauté.



FROM THE EDITOR

Are you sitting down? I ask not out of undue interest in your posture but because what I am about to reveal to you may knock you off your feet.

There is a man of my acquaintance, a successful businessman in his early 50s, who only in the last few months began drinking coffee. I know. Shocking, isn't it? Some may even say appalling.

As a declared coffeephile I find myself wondering what a wasteland his life must have been for that previous half century. How desolate not to have savoured those moments when a perfect piece of latté foam art has been placed before you with the aroma of the beans that have given their all to produce your beverage tickling your nostrils long before the drink ever meets your lips. This soon followed by the sublime moment when foam spills across your tongue with bitter, smoky eagerness before the solid, milky fullness of the drink's body wraps itself around your succumbing mouth. Thus, seduced by the first mouthful, you surrender to the rest of the cup before catching your breath and wondering how soon you can justify having another.

What prompted this man to embrace coffee was a feeling, somewhat delayed it has to be said, that he was missing out

socially. I'm told that he didn't enjoy his coffee at first but now quite likes it and is warmed by the feeling of social inclusion that he now enjoys.

My point here is not really to extol the virtues of coffee or to encourage social conformity. If coffee is not your thing, why force yourself? However, I do think this is a lesson in willingness to open yourself up.

Kids are great at this. They will say "I don't like pesto" six or seven times and then on the eighth occasion ask to try a bit and say, without shame or regret, "Oh, I like pesto now."

As adults, we are a bit more stuck in our ways. Think to yourself: what mantras do you have around food? Is it "I don't like spicy food"? Perhaps it's "I can't stand plain yoghurt." Or maybe, "I don't like coffee."

Whatever your long-held belief around food, challenge yourself, try that long-avoided food and see if it's still as true for you as when you made the original decision. Like our 50-year-old friend, you might find your tastes have changed — and who knows what wonders may open up in your life as a result?

Terry



On the cover:

Lee Holmes' Sautéed Scallops with Mushrooms & Spinach **Page: 68**
Photographer: Steve Brown, *Fast Your Way to Wellness*, Murdoch Books

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@universalmagazines.com.au**

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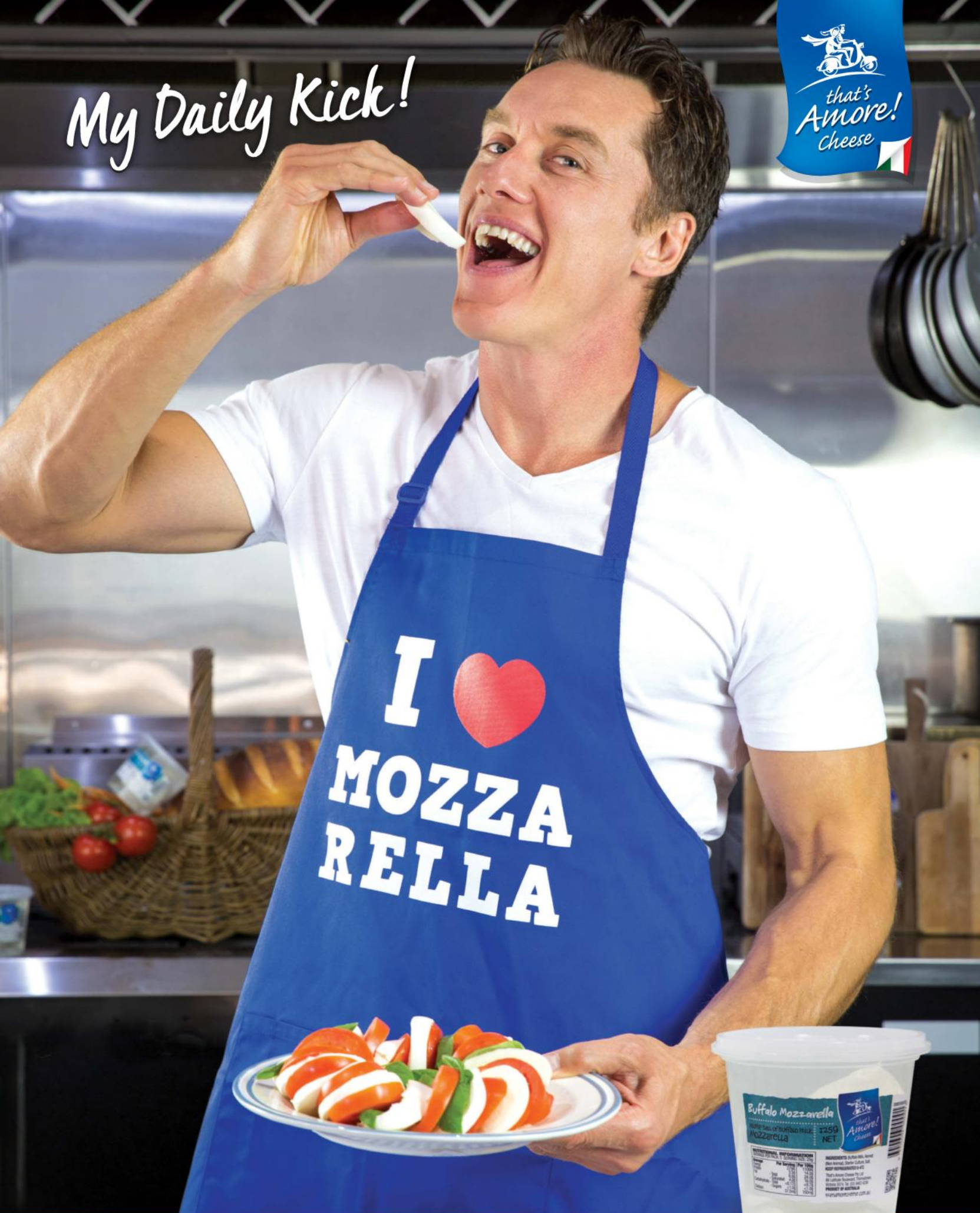
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32 Recipes: Sunday Roasts

Bring some imagination to the Sunday roast with dishes like one-pan roasted fish and vegetables; citrus and ginger roast chicken drumsticks; tandoori-baked whole cauliflower; warm roast lamb and spice pumpkin salad; or roast pumpkin and hazelnut hummus salad.

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46 Recipes: Home from School Snacks

When kids come home from school they are invariably hungry. You might like to have healthy, kid-friendly options available such as apple crispies; lamington muesli bars; apple pie loaf; gluten-free almond and coconut pancakes; peanut butter balls; nut-free muesli bars; or a nutrient-dense hot chocolate.

62 Recipes: Chinese Style

There are many regional styles of cooking that come together to make Chinese cuisine. Bring these dazzling tastes into your home with dishes including spring onion, coriander and cucumber salad; pak choy and vegetable stirfry; broccoli, mushrooms and tofu in ginger soy sauce; mushroom, tempeh and black bean stir fry; lemongrass chicken with grilled asparagus; or orange and star anise sago pudding.

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OUR GUIDE

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

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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.

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

Adam didn't accept that his cardiologist's "solution" 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. Adam transformed his diet, lost 20kg and no longer needs to take medication.

Somewhere along the way, he realised he was more than a chef and a "heart attack survivor" but was a role model, an educator and someone who could provide inspiration simply by sharing his story and showing how easy it is to eat healthfully and to live well.

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

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, so superchargedfood.com was born.

Supercharged Food is all about making small and realistic changes every day. It's about making healthy choices through knowledge and empowerment. Lee's blog has become one of the leading health and lifestyle blogs in Australia.

From posting recipes, her passion to share her story and help others has snowballed and the blog has recently taken home the overall prize at the Bupa Health Influencer Awards as well as the best blog in the Healthy Eating category.

Connect with Lee Holmes at superchargedfood.com

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Crème Brûlée requires a blowtorch to caramelize sugar garnish on top.



Heritage
DESSERTS

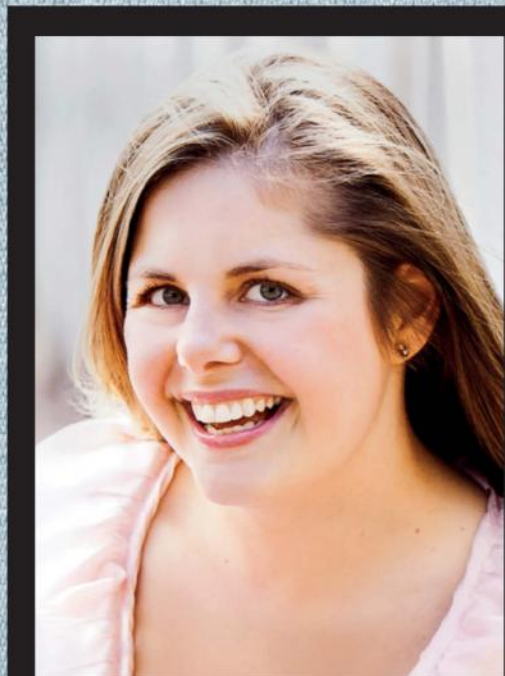
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OUR CHEFS



CHRISTIE CONNELLY



DANIELLE MINNEBO

CHRISTIE CONNELLY

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

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

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

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

Connect with Christie at figandcherry.com

DANIELLE MINNEBO

Danielle is a university-qualified nutritionist, a passionate home cook and founder of Food to Nourish. Danielle's love affair with cooking started at a very young age in the kitchen where she was taught to cook by her mother. She went on to complete an Advanced Diploma in Nutritional Medicine and a Bachelor of Health Science in Complementary Medicine. She is completing her Master of Human Nutrition through Deakin University.

Danielle is passionate about helping people form a better understanding of nutrition and a healthier relationship with the food they eat. In fact, she's on a mission to help spread the real food message to as many people as possible. This involves breaking common diet myths and re-educating people on what real food is actually about.

This means ditching the low-fat products and processed and refined foods. It means embracing what real food has always been: vegetables, fruits, butter, animal fats, ethically sourced meats, free-range eggs, organic full-fat dairy products, grains, nuts and seeds.

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

Throughout her work as a nutritionist, Danielle's basic principles have always come back to how we cook and prepare our food. She believes it really is as simple as combining wholefood ingredients in the right way to create tasty dishes that are nutrient-dense and full of flavour.

Connect with Danielle at foodtonourish.com.au



COFFEA

A genus of flowering plants whose seeds, are called coffee beans.



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OUR CHEFS



LISA GUY

LISA GUY

Lisa Guy is a highly qualified Sydney-based naturopath, author and passionate foodie and founder of *Art of Healing* 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. Lisa 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

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SIMPLY STEAMED

Steaming is a wonderful way to cook on so many levels. It maintains the nutrient levels in your food and also keeps it tasting fresh and alive in your mouth. It also doesn't have to be boring, especially if you try our Steamed Berry & Lemon Pudding; Salmon Steamed in Silverbeet; Steamed Coconut & Fig Egg Custard; Two-Minute Broccoli with Sesame & Fried Shallots; Steamed Tofu & Cabbage Rolls; and Steamed Edamame.





Swap the chicken for silken tofu to make this a vegetarian dish.

Lisa's Steamed Tofu & Cabbage Rolls

STEAMED RICE PANCAKES WITH MINCED CHICKEN FILLING

RECIPE / DANIELLE MINNEBO

These pancakes are a perfect starter! Feel free to replace the minced chicken with some silken tofu to turn this into a vegetarian dish.

Serves: 2



- 1 tsp olive oil
- ½ carrot, finely diced
- ½ onion, finely diced
- 1 knob ginger, finely grated
- 100g minced chicken
- 1 tbsp tamari sauce
- ½ stalk lemongrass, outer leaves removed & inner core finely diced
- 1 egg
- ½ cup white rice flour
- Handful fresh coriander leaves
- Extra knob ginger, thinly sliced

Heat olive oil in small frying pan and add carrot, onion and ginger. Sauté for 5 mins then add chicken mince, tamari and lemongrass. Cook for further 5 mins, then set aside.

Add water to large frying pan and place bamboo steamer on top. Place piece of greaseproof paper in base of bamboo steamer.

Add egg and rice flour to bowl and beat together until combined. Gently spoon batter onto greaseproof paper, creating small pancake. You should be able to fit approx. 3 into one steamer. Make pancake as thin as possible.

Place a tsp chicken mixture into centre of each pancake and cover steamer with lid. Steam for 3 mins, then remove from heat.

Serve in bamboo steamer topped with fresh ginger and coriander.

STEAMED TOFU & CABBAGE ROLLS

RECIPE / LISA GUY

Cabbage is abundant in sulphur, required for maintenance and formation of connective tissues in the body, including skin, tendons, bones and muscles. Eating vitamin K-rich foods like cabbage will help naturally raise vitamin K1 levels, to promote healthy blood clotting and heart health. Cabbage is also a

good source of vitamin B₆, which is required to make serotonin and melatonin, two important hormones that affect mood and sleep.

Makes: 6 cabbage rolls



- 6 Savoy cabbage leaves (Chinese cabbage)
- 1 small carrot, grated
- 3 spring onions, finely chopped
- 2 cloves garlic
- 1 rib celery, finely chopped
- 250g hard tofu, diced small
- ¼ cup coriander leaves, roughly chopped
- 2 tbsp tamari
- 1 heaped tsp grated ginger

Place washed cabbage leaves in steamer for a few mins until they start to go soft. Rinse under cold water and lay flat on chopping board.

Place rest of ingredients in frying pan and cook for 4–5 mins.

Spoon 3 tbsp mixture along middle of each cabbage leaf.

Fold over stem, then fold in each side and fold over end leafy part.

Place cabbage rolls in bamboo steamer, stem side down. Steam rolls for 10 mins, then remove and serve.

Tip: Place circle of baking paper (smaller than diameter of steam basket), so you can remove cabbage leaves easily.

SALMON STEAMED IN SILVERBEET

RECIPE / CHRISTIE CONNELLY

This is a great way to cook your greens at the same time as your fish. Add some mashed sweet potatoes and you have a complete meal.

Serves: 4



- 1 tsp salt
- 8 silverbeet leaves, stems removed & discarded
- Ice water
- 4 tbsp butter
- 2 spring onions, finely sliced into rounds
- 4 × 150g skinless salmon fillets
- Salt & pepper
- 1 lemon, scrubbed & very thinly sliced

Mashed sweet potato or steamed vegetables, to serve

Bring large pot of water to boil and add 1 tsp salt.

Meanwhile, fill large bowl with ice water and set aside. Drop silverbeet leaves into boiling water for 1 min. Remove with tongs and plunge straight into ice water. This will help them keep nice bright-green colour. Transfer silverbeet leaves to clean tea towels and pat dry.

Arrange 1 large leaf on workspace horizontally and arrange second leaf on top of and perpendicular to first to form cross shape. Place 1 tbsp butter in centre and sprinkle with spring onion. Place salmon on top, then season with salt and pepper. Arrange 2–3 lemon slices over top then fold leaves around fish to enclose.

Place seam-side down in bamboo steamer basket, then repeat for other 3 pieces of fish to form 4 parcels in total.

Find large wok or saucepan that fits bamboo steamer neatly on top. Half-fill with water and bring to boil over high heat. Place steamer on top with lid on. Steam for 10 mins or until fish is just cooked through. Carefully cut through a parcel to check.

Serve with mashed sweet potato or your favourite vegetables.



Christie's Salmon Steamed in Silverbeet



Lee's Perfectly Steamed Whole Eggs



Lee's Steamed Edamame

PERFECTLY STEAMED WHOLE EGGS

RECIPE / LEE HOLMES

This is the best way to perfect an egg. Steaming your eggs leaves them tender, evenly cooked and creamy. Simple and delicious!

Serves: 3



- 3 eggs
- Water

Add 2.5cm water to medium saucepan and place steamer basket inside.

Bring water to boil and add eggs to basket, then cover with lid and cook for 6 mins or until done to your liking.

Serve immediately.

STEAMED EDAMAME

RECIPE / LEE HOLMES

Edamame are young soybeans still in their pods. Simply steamed in sea-salted water, the peeled green beans make a delicious snack that are an excellent source of plant-based protein, fibre, iron and vitamins C and K.

Serves: 1



- 1 cup edamame, in pods
- Water, to cover
- Sea salt

In medium saucepan, add salted water and bring to boil.

Place edamame in steamer bowl and steam for 5-6 mins.

Strain and remove.

GADO GADO

RECIPE / ADAM GUTHRIE

Gado Gado is a wonderful traditional Indonesian dish that's full of colour and texture.

Serves: 4



Peanut Sauce

- 1 cup peanuts
- 1 chilli
- 1 tin coconut milk
- 2 tbsp raw sugar
- 2 cloves garlic, crushed

8 handfuls steamed or raw vegetables, such

- as bok choy, carrot strips, green beans, broccolini, shredded cabbage
- 1 cup bean shoots
- Bunch coriander, leaves only
- 1 lime, cut into 4 wedges

Heat a saucepan and add peanuts, constantly stirring until golden brown. Remove peanuts from pan, place in mortar and pestle and pound to a paste (or use a food processor).

Add peanuts, chilli, coconut milk, sugar and garlic to saucepan and cook over medium heat for 5 mins to thicken.

Arrange vegetables, bean shoots, coriander, lime and peanut sauce on a platter and serve.



Adam's Gado Gado

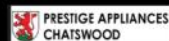


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Lisa's Warm Steamed Beetroot
& Goat's Cheese Salad



1 min more, shaking pan often, until broccoli is bright green and water has evaporated.

Add butter and stir to melt so it coats broccoli.

Transfer to serving bowl and sprinkle with sesame seeds and fried shallots.

Scatter over lemon wedges and serve.

SUGAR SNAP PEAS, PEARL COUSCOUS & GRATED VEGETABLE SALAD

RECIPE / ADAM GUTHRIE

Pearl couscous is a beautiful ingredient that can make the simplest meal into an elegant dish. In this recipe, the colourful vegetables complement the texture of the couscous and the dressing ties it all together wonderfully.

Serves: 4



- 1½ cups uncooked pearl couscous
- 3 large handfuls sugar snap peas, topped & tailed
- 1 zucchini, grated
- 1 carrot, grated
- 1 beetroot, grated
- Handful mint, finely chopped
- Handful parsley, finely chopped

Dressing

- 1 tbsp grain mustard
- 1 tbsp tahini
- 1 tbsp agave syrup
- 2 tbsp apple-cider vinegar
- 1 tbsp balsamic vinegar

Bring pot of water to boil. Add pearl couscous and cook for about 4 mins until al dente, then strain, rinse under cold water and set aside.

While couscous is cooking, place sugar snap peas into bamboo steamer and cook for 3 mins until bright green and softened.

In jar, place dressing ingredients and cover with lid. Shake.

To serve, place cooked couscous on platter, sprinkle with steamed sugar snap peas and add other vegetables. Drizzle over dressing and sprinkle with parsley and mint.



Christie's Two-minute Broccoli with Sesame & Fried Shallots

WARM STEAMED BEETROOT & GOAT'S CHEESE SALAD

RECIPE / LISA GUY

Beetroots with their vibrant red colour pack an antioxidant and anti-inflammatory punch, which offers protection against chronic illnesses such as cancer and heart disease.

Root vegetables like these are a great source of complex carbohydrates that provide you with a slow and steady supply of energy. Beetroot also provides dietary fibre and beta-carotene.

Serves: 4



- 2 large beetroots, peeled & cut into large chunks
- Handful whole almonds
- 1 tbsp seeds (sunflower or pepitas)
- 2 big handfuls rocket
- 80g goat's cheese or feta, crumbled
- Small handful basil leaves

Dressing

- ¼ cup cold-pressed olive oil
- ¼ cup balsamic vinegar
- 2 tsp wholegrain mustard

Place beetroot in steamer and steam until tender. Allow beetroot to cool in large bowl.

Combine dressing ingredients in jar and mix well.

Pour dressing over beetroot and toss well, until all coated.

Dry-roast almonds and seeds in frying pan.

Arrange rocket on serving dish, top with beetroot and cheese.

To serve, top with toasted almonds, seeds and basil leaves.

TWO-MINUTE BROCCOLI WITH SESAME & FRIED SHALLOTS

RECIPE / CHRISTIE CONNELLY

This is my favourite unconventional way to steam vegies. I use a frying pan with a lid

and get perfect results every time. The fried shallots add a beautiful textural crunch and work well with other vegies, too, like asparagus or zucchini.

Serves: 4 as a side



- 1 large head broccoli, cut into florets
- ¼ cup cold water
- 1 tbsp salted butter
- 1 tbsp sesame seeds
- 2 tbsp fried shallots (from Asian grocer or supermarket in jar or packet)
- Lemon wedges, to serve

Use deep frying pan with well-fitting lid. Heat on high, then add broccoli florets and water. The water should sizzle on contact. Stir for 1 min, then cover with lid and cook for 30 secs to



Adam's Sugar Snap Peas, Pearl Couscous & Grated Vegetable Salad



**LEEK & SWEET POTATO
BRAISED IN COCONUT**

RECIPE / ADAM GUTHRIE

Sweet potato is so full of flavour, especially when it's served simply.

Serves: 4

GF O V VG

- 2 leeks, thinly sliced
- 2 large sweet potatoes, cubed
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- ½ cup coconut milk
- 1 tbsp tamari
- 1 cup vegetable stock
- 1 bunch kale, shredded
- Cooked quinoa, to serve

Heat pot over high heat. Add all ingredients except kale and cover. Cook for approx. 15 mins until sweet potato is soft.

Reduce heat, add kale and replace lid. Let pot stand for 5 mins.

Serve on bed of cooked quinoa.

STEAMED TOFU

RECIPE / CHRISTIE CONNELLY

This is a super-quick dinner that takes only 5 minutes in the steamer. Be sure to start some rice in a rice cooker before you start the tofu. If your rice cooker has a steamer basket, add some Asian greens to it for an extra burst of goodness with very little effort.

Serves: 2-3

GF O V VG

- 250g block silken tofu
- 2 tbsp peanut oil
- 2 garlic cloves, finely chopped
- 2cm piece ginger, grated



Christie's Steamed Tofu



Adam's Leek & Sweet Potato Braised in Coconut

- 1 tsp sesame oil
- 2 tbsp tamari sauce
- 2 tbsp kecap manis
- 1 spring onion, white part sliced thinly into rounds, green part sliced into matchsticks
- Coriander leaves, to garnish

Place tofu on ceramic plate and place in bamboo steamer with lid. Half fill large wok or saucepan with water — choose one that fits bamboo steamer neatly on top. Bring water to boil then put steamer on top. Cook for 5 mins then drain any liquid that has pooled on plate.

Meanwhile, heat oil in small saucepan over medium heat. Add garlic and ginger and stir for 1 min until fragrant and just starting to brown. Add sesame oil, tamari and kecap manis and stir to combine. Remove from heat.

Sprinkle spring onions on top of tofu and drizzle over sauce.

Garnish with coriander leaves and serve immediately with rice and/or greens.

**STEAMED VEGETABLES
WITH PEANUT SAUCE**

RECIPE / ADAM GUTHRIE

Simple food is always the best. It's quick to prepare and perfect for you, so close to how nature intended us to eat it.

Serves: 4

GF O V VG

Peanut Sauce

- 1 onion, finely diced
- 3 garlic cloves, crushed
- 1 chilli, finely sliced
- 1 cup roasted peanuts, roughly chopped
- 1 cup coconut cream
- 1 tbsp raw sugar
- 1 tbsp tamari sauce
- ½ lime, halved

- 1 carrot, cut into matchstick lengths
- ¼ cabbage, shredded
- ¼ red capsicum, finely chopped
- ¼ green capsicum, finely chopped
- Handful sugar snap peas, stringed
- Handful baby spinach

Cooked brown rice, to serve

To make sauce, add onion, garlic and chilli to saucepan. Add ¼ cup water and sauté for 2 mins. Add roughly chopped roasted peanuts, coconut cream, sugar and tamari. Mix well and cook for 5 mins over medium heat. Finish peanut sauce with squeeze of fresh lime juice.

Meanwhile, pour 1 cup water into wok and bring to boil. Place vegetables (except spinach) in wok and allow to steam.

Using tongs, add steamed vegetables to peanut sauce. Add spinach leaves and mix well. Place on platter and serve with brown rice.



Adam's Steamed Vegetables with Peanut Sauce

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STEAMED SALMON

RECIPE / LEE HOLMES

Steamed fish is a light, nutrient-dense food. Oily fish such as sardines or salmon will give you a hit of omega-3 and other long-chain fatty acids. Ocean-caught white fish such as flathead or snapper is delicious when steamed and eaten with a squeeze of lemon, too.

Serves: 1



- 2 cups coconut water
- 1 tbsp tamari
- Juice 1 lemon
- 1 tbsp dried or fresh mixed herbs
- 2 cloves garlic
- Celtic sea salt & pepper, to taste
- 1 salmon fillet

First, create broth using coconut water, tamari, lemon juice, dried or fresh mixed herbs and garlic and add to medium-sized saucepan. Season with Celtic sea salt and pepper, then cover with lid and bring broth to boil. Lower heat and let simmer for 15–20 mins to allow flavours to develop.

Place piece of salmon in steamer bowl and steam with lid on for 5–6 mins or until cooked to your liking.

Serve with extra broth.

Lee's Steamed Salmon



Use any berry you fancy for this dish.

Danielle's Steamed Berry & Lemon Pudding

STEAMED BERRY & LEMON PUDDING
RECIPE / DANIELLE MINNEBO

This pudding is well worth the effort as it's the perfect dessert served warm on a cold winter's night. You can use any frozen berries in this recipe. I've used a combination of blueberries and raspberries.

Serves: 8

GF O V

- 1½ cups frozen mixed berries
- Zest 1 lemon
- 1 tbsp honey

- ½ cup olive oil
- ½ cup honey
- Zest 1 lemon
- Juice 2 lemons
- 1 cup rice flour
- ½ cup coconut flour
- ½ cup tapioca flour
- 1 tsp baking powder
- 2 eggs
- ¼ cup almond milk

Grease and line round ceramic pudding mould. Scatter frozen berries into base along with lemon zest and honey. Set aside while you prepare cake batter.

Add olive oil, honey and lemon zest to saucepan and place over medium heat. Heat slowly until honey has melted and starts to combine with olive oil.

Remove from heat and add all remaining ingredients, including lemon juice. Mix together well and pour over berry mixture in pudding mould.

Fill bottom of large saucepan with water,

check that pudding mould will fit into saucepan. Place smaller bowl upside down into saucepan and place pudding mould on top. Make sure pudding mould doesn't come into contact with bottom of pan as it will burn.

Cover large saucepan with lid and place over medium heat. Allow to steam for 60 mins. Check every 15 mins as you may need to top up water. Allow to cook for full 60 mins — it may look done but middle takes longer to cook.

After 60 mins, gently remove pudding from saucepan. Place serving platter on top of mould and in one motion flip upside down so pudding drops out onto platter. Serve while warm.

SINGLE-SERVE CHOCOLATE MUG PUDDINGS

RECIPE / DANIELLE MINNEBO

These puddings make an impressive dessert if you've got people over for dinner. They also work well if you just want an individual serve of chocolate pudding on a relaxing night in.

Makes: 4 puddings

GF O V

- 2 eggs
- ½ cup olive oil
- ½ cup almond milk
- ½ cup maple syrup
- 1 cup brown rice flour
- ½ cup tapioca flour
- ½ cup cacao powder
- 1 tsp baking powder

Fill frypan with water and place over medium heat to bring to boil.

Meanwhile, make up pudding mixture. Add eggs, olive oil, almond milk and maple syrup

to bowl and mix until combined. Add remaining ingredients and mix until combined.

Pour mixture into 4 small mugs. Place bamboo steamer on top of frypan and place mugs inside.

Steam for 15 mins if you like your pudding to have a runny centre or 20 mins if you want them cooked all the way through.



Danielle's Single-Serve Chocolate Mug Puddings



STEAMED COCONUT & FIG EGG CUSTARD

RECIPE / LISA GUY

Choose organic free-range eggs. Not only will you notice that organic free-range eggs taste better but they are also richer in certain nutrients such as vitamins A and E and omega-3s. These eggs come from chickens that are allowed to roam freely and are treated humanely. They are not given antibiotics, steroids or growth hormones and are fed pesticide-free feed. You owe it to your health to spend extra on good-quality eggs.

Serves: 2



2 eggs

1 cup coconut milk

1½ tbsp coconut sugar, plus extra

½ tsp vanilla bean paste

1 fig

Small handful toasted coconut flakes

Prepare steamer.

Whisk eggs, coconut milk, coconut sugar and vanilla bean paste until well combined.

Pour mixture into 2 ramekin dishes and cover with foil.

Place ramekins in steamer for around 12 mins or until custard is firm in middle.

Top with half a fig, toasted coconut and sprinkling of coconut sugar.



Lisa's Steamed Coconut
& Fig Egg Custard

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Sunday ROASTS

Sundays are days when you have a little more time to spend on your meal preparation and when the family can get together. That's why the "Sunday roast" has been so popular for so long, but you can still bring imagination and variety to that time-honoured tradition. Your family will drool over dishes like One-Pan Roasted Fish & Vegetables; Citrus & Ginger Roast Chicken Drumsticks; Tandoori-Baked Whole Cauliflower; Warm Lamb & Spiced Pumpkin Salad; and Roast Pumpkin & Hazelnut Hummus Salad.

Lisa's Ginger & Citrus Roast
Chicken Drumsticks

GINGER & CITRUS ROAST CHICKEN DRUMSTICKS

RECIPE / LISA GUY

Chicken provides plenty of protein to build and repair the body. It contains B vitamins including B₁₂ needed to make red blood cells, B₆ which plays a role in converting tryptophan into serotonin, and niacin required for energy production. Ginger is a powerful anti-inflammatory spice, used effectively to help reduce inflammation associated with arthritis and other inflammatory conditions. Ginger also helps stimulate circulation throughout the body and promotes better digestion by relieving excessive wind.

Serves: 4



Zest & juice 1 lemon
Zest & juice 1 small orange
3 tbsp raw honey
2 tbsp grated ginger
4 garlic cloves, crushed
¼ cup olive oil
Pinch sea salt & pepper
10 large organic chicken drumsticks
Bunch baby carrots
1 red onion, chopped
Handful coriander leaves, roughly chopped

In small bowl, mix lemon and orange zest with honey, ginger, garlic, olive oil and salt and pepper. Make paste, then rub into chicken drumsticks.

Leave in fridge covered for a couple of hours to marinate.

Preheat oven to 200°C.

Grease large baking dish with olive oil and arrange drumsticks in dish. Add baby carrots and onion.

Combine lemon and orange juice and spoon half the mixture over drumsticks.

Put in oven for 1½ hours. After 40 mins, flip drumsticks and drizzle with a little more juice.

Top with coriander before serving.

LUXURY ROAST CHICKEN

RECIPE / CHRISTIE CONNELLY

I don't often make roast chicken as a special meal because I cook one up every week to use on sandwiches and make stock. However, if I want to make it a standout Sunday dinner, truffle butter definitely adds a luxury element.

Serves: 4-6



2kg whole chicken
100g truffle butter*
2 tbsp olive oil
Salt & pepper
1 tsp truffle salt (optional)

Heat oven to 200°C. Rinse chicken under running water, including inside cavity, and pat dry with paper towels. Place chicken on roasting rack that has been set inside deep roasting tray.

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



Christie's Luxury Roast Chicken

This Sunday chicken can be used for sandwiches throughout the week and to make a stock as well.

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

Pour cup of cold tap water into roasting tray and put in oven. Bake for 1½-2 hours, basting regularly and topping up water if it runs dry. You'll know chicken is cooked when you insert

skewer into thickest part of thigh and juices run clear.

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

*If you can't find truffle butter at your local gourmet food shop, look for truffle salt or truffle oil and mix these into 100g of regular softened butter for a similar result.



WHOLE BAKED SALMON WITH PARSLEY & WALNUTS

RECIPE / LEE HOLMES

This dish is an impressive showstopper for dinner parties or gatherings. I usually serve it with a simple salad or baked vegetables. The next day I use the leftovers to whip up a salmon and asparagus frittata — it's a dish that just keeps on giving!

Serves: 6-8



- 3-4kg fresh whole salmon, scaled & gutted
- Small bunch flat-leaf parsley, chopped
- 1 cup whole walnuts
- 3 tbsp extra-virgin olive oil
- 3 lemons (2 sliced)
- Celtic sea salt & freshly ground black pepper

Preheat oven to 180°C.

Wash salmon and pat dry with paper towel inside and out.

With sharp knife, make slices into salmon and fill with parsley and walnuts.

Place piece of foil on large baking tray. Place fish on top in centre or diagonally if too large, and drizzle oil and squeeze lemon on top.

Place a few slices of lemon inside salmon and on top. Season well.

Wrap foil to make loose parcel.

Cook for 30 mins or until cooked through. To check fish is cooked, take a clean skewer and push into deepest part of fish, just behind head.

Remove foil and squeeze extra lemon and olive oil over fish.

For use on following day, keep chilled in fridge.

ONE-PAN ROASTED FISH & VEGETABLES

RECIPE / LEE HOLMES

This delightful dish is brimming with bright capsicums, gorgeous green zucchinis and deeply dark eggplants, which provide complementary flavours and all boast the different micronutrients that nature's rainbow provides. Tied together in flavour, this veggie-filled seafood dish is sprinkled with pungent woody herbs to pack in medicinal and detoxifying properties. Be sure to place this beautiful dish in the center of the table; it will impress your guests!

Serves: 4



- 4 x 120g thick white fish fillets (such as barramundi or cod)
- Juice 1 lemon
- Celtic sea salt & freshly ground black pepper, to taste

- Few rosemary sprigs
- Few thyme sprigs
- 2 brown onions, cut into wedges (optional)
- 4 garlic cloves
- 2 zucchini, thickly sliced lengthways
- 1 small eggplant, cut into large dice
- 2 red capsicums, cut into wedges
- 2 large orange or yellow capsicums, cut into large wedges
- 1 tbsp extra-virgin olive oil
- 2 tsp dried oregano
- 2 tsp dried thyme
- 1 tsp ground cumin
- ½ tsp chilli flakes
- Thin lemon wedges, to serve (optional)

Preheat oven to 200C.

Put fish fillets in shallow dish and pour over lemon juice. Season with salt and pepper, then top fillets with rosemary and thyme sprigs. Cover and set aside at room temperature while you cook vegies.

Put vegetables in roasting tin, season with salt and pepper, then drizzle over olive oil and sprinkle with herbs and spices. Bake for 25-30 mins, turning halfway.

Rest fish fillets on top of vegetables and cook for a further 12-15 mins, until fish is cooked through.

Serve fillets on top of vegetables with lemon wedges (if using).



Lee's Whole Baked Salmon with Parsley & Walnuts

Photography: Lee Holmes, Steve Brown



So easy to cook in one pan,
this dish is bursting with
flavour and goodness.

Lee's One-Pan Roasted
Fish & Vegetables



LAMB & SPICED PUMPKIN SALAD

RECIPE / LEE HOLMES

Warm salads are colourful, packed with nutrients and wonderful for digestion. The slow-roasted baby tomatoes and spiced pumpkin can be prepared in advance and warmed before serving to allow for quick assembly. For a dairy-free option, omit the goat's cheese.

Serves: 2



- 1 cup cherry tomatoes
- 1 butternut pumpkin, skin on & cut into small wedges
- ½ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp ground cinnamon
- 1 tbsp freshly grated ginger

- 250g lamb backstrap
- 1 tbsp melted coconut oil
- 3 large handfuls mixed baby mesclun
- Sea salt & freshly cracked pepper
- Handful fresh basil leaves
- 100g goat's cheese, crumbled

Dressing

- 2 tbsp tahini
- juice ½ lemon
- Good pinch sea salt & freshly cracked pepper

Preheat oven to 150°C.

To make dressing, combine all ingredients in jug. Whisk thoroughly, gradually adding a little warm water until dressing is smooth, thick and creamy.

Place tomatoes on baking tray and cook for 2–3 hours, turning every hour or so, until

shrivelled and bursting with sweetness. This step is best done ahead of time to allow very quick assembly. Reheat tomatoes slightly before serving.

Increase oven temperature to 200°C.

Place pumpkin, cumin, coriander, cinnamon and ginger in bowl and use your hands to mix well. Place pumpkin on baking tray and drizzle with melted coconut oil, salt and pepper. Roast for 30 mins or until golden and crispy.

Season lamb. Add coconut oil to frying pan over medium heat and pan-fry lamb for 3 mins on each side (should still be pink in centre). Let rest for a few mins before slicing into 0.5cm pieces.

To assemble salad, make bed of salad leaves and top with warm pumpkin, lamb and tomato.

Drizzle tahini dressing generously over top, scatter with basil leaves and goat's cheese and serve warm.



Lee's Lamb & Spiced Pumpkin Salad

Chicken Pho Vietnamese Broth



TOP *of the* RANGE

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Christie's Tandoori-Baked Whole Cauliflower

- 1 tbsp ground cumin
- 1 tsp curry powder
- 1 head cauliflower, base & leaves removed
- 2 tomatoes, chopped into wedges
- 2 zucchini, chopped
- 1 red onion, chopped into eighths
- Handful coriander

Cashew Cream

- 2 cups raw cashews, cover with water and soak for minimum 4 hours, then drain
- Juice 1 lemon
- 2 garlic gloves

Preheat oven to 200°C.

To make cashew cream, place soaked cashews in blender and add lemon juice, 2 cups of water and garlic. Puree to smooth cream. Divide cashew cream evenly into 2 bowls.

To make tzatziki, place cucumber into 1 of the bowls of cashew cream. Add salt and pepper to taste and stir well. Squeeze over juice of ½ a lemon. Add salt and pepper to taste and set aside.

Add to remaining bowl of cashew cream sumac, cumin, curry powder and salt and pepper to taste. Grate zest of 1 lemon and add to cream, along with juice of half lemon. Whisk to mix well.

Cut stem out of cauliflower, leaving head intact. Place cauliflower head first into bowl of seasoned cashew cream. Coat cauliflower head with cashew cream, then let sit to marinate.

On baking tray lined with baking paper, place marinated cauliflower, head facing up. Pour remaining seasoned cashew cream over cauliflower. Then place tomato, zucchini and onion on tray around base of cauliflower. Sprinkle with salt and pepper, to taste.

Place tray in oven and roast for 30 mins.

Remove cauliflower from oven. Place on platter and surround cauliflower with the roasted tomato, zucchini and onion.

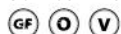
Garnish with fresh coriander and serve with cashew tzatziki.

TANDOORI-BAKED WHOLE CAULIFLOWER

RECIPE / CHRISTIE CONNELLY

A whole head of cauliflower sitting in the middle of a dressed table is an absolutely majestic sight. Serve with rice and yoghurt or naan bread for a guaranteed show-stopping healthy Sunday lunch.

Serves: 4-6



- 1 tbsp crushed garlic
- 1 tbsp grated ginger
- 1 tbsp tandoori paste
- ½ cup natural yoghurt
- Juice 1 lemon
- 1 tsp salt
- 1 large head cauliflower, well washed, leaves left on
- Coriander & mint leaves, to garnish
- Rice & yoghurt, to serve

Preheat oven to 180°C.

Mix together garlic, ginger, tandoori paste, yoghurt, lemon juice and salt in a small bowl.

Place cauliflower in deep roasting tray and pour over marinade. Rub all over to cover, but not on leaves.

Bake for 1 hour until fork-tender and golden-brown. If not tender at 1 hour, check at 5-min intervals until done.

Transfer to serving platter and scatter with fresh herbs.

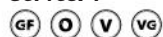
Serve with rice and natural yoghurt.

ROASTED WHOLE CAULIFLOWER WITH TOMATO, ZUCCHINI & CASHEW CREAM TZATZIKI

RECIPE / ADAM GUTHRIE

This is a great way to enjoy the humble cauliflower! The flavoursome cashew cream sauce coats the cauliflower and the juicy tomato and onion add lots of texture.

Serves: 4



- 2 cucumbers, grated
- Salt & pepper, to taste
- Juice & zest 1 lemon
- 2 tbsp sumac



Adam's Roasted Whole Cauliflower with Tomato, Zucchini & Cashew Cream Tzatziki



Lisa's Whole Baked Cauliflower
with Yoghurt, Almonds & Raisins



**WHOLE BAKED CAULIFLOWER WITH
YOGHURT, ALMONDS & RAISINS**

RECIPE / LISA GUY

Cauliflower is a great source of sulphur compounds, which assist liver detoxification and are needed to make glutathione, our main antioxidant in the body. Cauliflower also supplies plenty of vitamin K, required for healthy bones and blood clotting.

Serves: 4



Juice & zest ½ lemon
2 tbsp olive oil
1 heaped tsp paprika
Good pinch sea salt & pepper
1 garlic clove, minced

½ tsp chilli flakes
½ tsp turmeric
1 medium cauliflower
½ cup Greek yoghurt
Handful toasted almonds
Handful raisins
Handful parsley, roughly chopped

Preheat oven to 190°C and grease small baking dish with olive oil.

In small bowl, combine lemon juice and zest, olive oil, paprika, salt and pepper, garlic, chilli and turmeric.

Place cauliflower in dish and coat well with lemon spice mixture.

Bake for approx. 1 hour, until tender.

To serve, top with yoghurt, almonds, raisins and parsley.

The hummus adds taste
and protein to this meal.



WARM ROAST PUMPKIN & HAZELNUT HUMMUS SALAD

RECIPE / LISA GUY

Pumpkin has high levels of pro-vitamin A, an important vitamin for maintaining healthy eyesight and skin. Pumpkin also contains plenty of lutein and zeaxanthin, which are antioxidants with a protective effect against degenerative eye diseases like macular degeneration. Hummus is a wonderful source of protein and dietary fibre to help keep blood sugar levels balanced, and iron and B vitamins for energy production.

Serves: 3-4



- ½ butternut pumpkin, skin on, cut into 2cm slices
- 400g tin chickpeas, drained & rinsed
- 1-2 cloves garlic
- 2 heaped tbsp tahini
- Pinch sea salt
- Juice 1 small lemon
- 2 tbsp olive oil
- Handful hazelnuts, halved
- Handful parsley, roughly chopped
- 2 tbsp hemp seeds

Preheat oven to 190°C and line baking tray with baking paper.

Put pumpkin slices on tray and brush with olive oil.

Bake pumpkin for around 40 mins, or until cooked through and golden. Flip pumpkin after 30 mins.

To make hummus, place chickpeas, garlic, tahini, sea salt, lemon juice and olive oil in food processor and blend until smooth and well combined.

Toast hazelnuts in frying pan.

Spoon hummus onto serving dish, top with pumpkin and sprinkle with hazelnuts, parsley and hemp seeds.

WHOLE ROAST PUMPKIN & POTATO SALAD

RECIPE / ADAM GUTHRIE

This beautiful salad is perfect to enjoy at a special occasion such as a family Sunday lunch. The roasted pumpkin and greens can accompany additional dishes to make up a non-traditional roast dinner, offering a super-healthy alternative to help keep your heart healthy and energy high.

Serves: 4



- 1 small pumpkin, peeled & chopped into 10cm chunks
- 3 medium potatoes, quartered
- 1 red onion, quartered
- 1 green lettuce
- 1 red lettuce
- Bunch mint, chopped
- Bunch parsley, chopped

Dressing

- 1 garlic clove, crushed
- 1 tbsp Dijon mustard
- ¼ cup mashed avocado
- ¼ cup balsamic vinegar

Preheat oven to 200°C.

Place chopped pumpkin, potato and onion on baking tray covered with baking paper. Place in oven and roast for 20 mins.

In salad bowl, place lettuce leaves and mint and parsley.

To make dressing, place in all ingredients in jar, add lid and shake well.



Christie's Cornbread

Remove roasted vegetables from oven. Place in salad bowl with lettuce leaves. Pour over dressing and mix well.

CORNBREAD

RECIPE / CHRISTIE CONNELLY

Every roast needs a good bread to mop up all the juices, and this one is gluten-free, moist and delicious. It's also great topped with guacamole and bean salsa for a Mexican-style snack.

Serves: 8



- 1 cup fine polenta (cornmeal)
- 1¼ cups gluten-free plain flour
- ¼ cup raw sugar
- 1 tsp baking powder
- ½ tsp bicarb soda
- Salt & pepper
- 1 cup milk of choice
- 2 eggs
- 2 tbsp melted coconut oil
- 2 corn cobs, kernels sliced off to make about 1 cup

Preheat oven to 180°C.

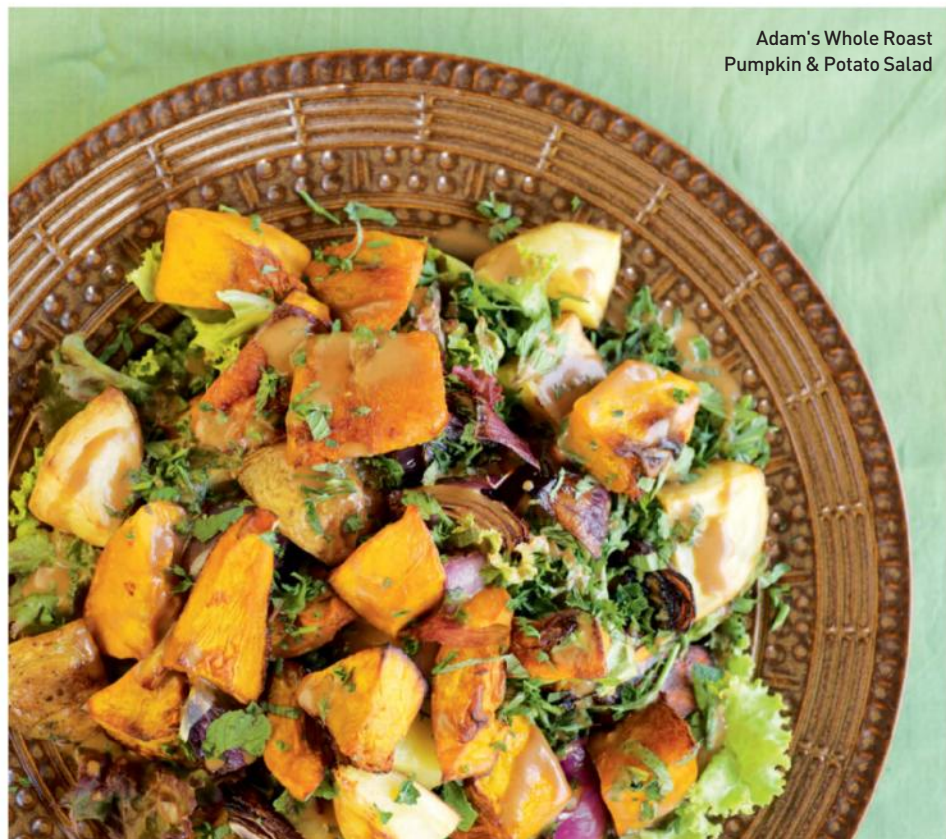
Grease and line loaf tin with non-stick baking paper so there's overhang to help you lift bread out. Set aside.

In large bowl, add polenta, gluten-free flour, sugar, baking powder and bicarb soda. Season with salt and pepper and stir to combine.

In jug, whisk together milk, eggs and oil. Pour wet ingredients into dry ingredients and stir to combine. Add corn kernels and gently fold through.

Scoop batter into loaf tin and bake for 30-35 mins until edges start to come away from sides, top is lightly browned and skewer inserted into centre comes out clean.

Lift out bread using paper and allow to cool on rack for 5 mins before slicing and enjoying warm. Leftovers can also be toasted in sandwich press.



Adam's Whole Roast Pumpkin & Potato Salad



Seafood Paella



Steel Combi-Steam ovens utilise the combination of regular oven cooking with the added use of steam. When the air is saturated, evaporation stops and food does not dry out. This helps to preserve the nutrients, which leads to both healthier and tastier food while saving time and energy.

STEEL COMBI-STEAM

SEAFOOD PAELLA

RECIPE / STEEL

Serves: 6



Sofrito

- 750mL fish stock
- 400g tin whole tomatoes
- 150g piquillo peppers
- ½ bunch flat-leaf parsley, roughly chopped
- 4 cloves garlic, sliced
- 2 tsp smoked paprika
- 2 tsp sea salt flakes
- 10 saffron threads

- 2 cups arborio (or calasparra) rice
- 1 chorizo sausage, thinly sliced
- 12 mussels, cleaned
- 12 green prawn cutlets
- 200g calamari rings

150g piquillo peppers, sliced
Fresh chopped parsley & lemon wedges, to serve

Preheat oven to 160°C, Combi-Steam function.

To make sofrito, place all ingredients in food processor and blitz for 1 min or until smooth.

Pour rice and sofrito directly into oven tray. Spread around with spoon so rice and sofrito are evenly distributed, then scatter over chorizo. Bake for 20 mins.

Stir paella and again redistribute evenly across tray. Scatter over mussels, prawns, calamari and peppers and return to oven for further 10 mins.

Remove from oven and serve with generous amounts of fresh parsley and lemon wedges.



Chermoula-Spiced Chicken with Smashed Potatoes

CHERMOULA-SPICED CHICKEN WITH SMASHED POTATOES

RECIPE / STEEL

Serves: 4



Chermoula Paste

- 3 cloves garlic, sliced
- ¼ red onion, sliced
- ½ bunch parsley, roughly chopped
- ½ bunch coriander, roughly chopped
- ½ bunch mint, roughly chopped
- Zest & juice 1 lemon
- 2 tsp ras el hanout
- 2 tsp sea salt, plus extra
- ¼ cup extra-virgin olive oil, plus extra

- 1 whole chicken, butterflied & deboned
- 12 baby potatoes, par-boiled
- Greek yoghurt & lemon wedges, to serve

To make chermoula paste, place garlic, onion, herbs, lemon, ras el hanout and salt in food processor and blitz on high speed for 20 secs. Scrape sides with spatula and, while blitzing further on high speed, slowly drizzle in olive oil until mixture becomes smooth paste.

Rub chermoula paste all over chicken and refrigerate for 4 hours (or overnight).

Preheat oven to 170°C, Combi-Steam function.

Toss par-boiled potatoes in extra olive oil and salt and place on oven tray with marinated chicken. Use hard, flat utensil to squash (or "smash") potatoes and bake everything for 30–35 mins or until chicken has reached an internal temperature of 74°C.

Once cooked to your liking, remove from oven, carve and serve with yoghurt and lemon juice.

SICILIAN FOCACCIA

RECIPE / STEEL

Serves: 8



Sicilian Topping

- 3 cloves garlic, crushed
- 4 tbsp extra-virgin olive oil
- 200g fresh mozzarella, thinly sliced
- 100g piquillo peppers, thinly sliced
- 50g grape Perino tomatoes, halved
- 50g Kalamata olives, halved
- 1 tsp chilli flakes
- 4 sprigs fresh basil, leaves torn, to serve
- 4 sprigs fresh parsley, leaves torn, to serve

Focaccia Dough

- 350g water, warmed
- 2 tsp instant yeast
- ½ tsp caster sugar
- 500g plain flour
- 2 tsp sea salt flakes
- 2 tbsp olive oil
- 1 tsp apple-cider vinegar

To make dough, place water, yeast and sugar in bowl. Whisk until well combined and set aside for 10 mins to activate.

Pour yeast mixture, flour, salt, oil and vinegar into stand mixer fitted with paddle and turn on low, scraping down sides of bowl occasionally, until ingredients have all come together. Fit mixer with dough hook and knead for 7 mins until dough is soft and elastic.

Place dough in oiled bowl, cover with clingwrap and set aside to prove for 1 hour. While dough is proving, stir together garlic and oil so they infuse.

Line shallow brownie dish with baking paper and place dough inside. Push it down to cover base of tin. Brush flattened dough with garlic oil and top with mozzarella, peppers, tomato, olives and chilli flakes.

Bake at 170°C, Combi-Steam function, for 30 mins. Once cooked, remove from oven and top with fresh herbs.

ORANGE CAKE WITH CHOCOLATE-ORANGE SAUCE

RECIPE / STEEL

Serves: 16



Orange Cake

- 6 eggs
- 250g caster sugar
- 2 oranges, boiled whole for 1 hour, cooled & pureed
- 200g almond meal
- 100g semolina
- 1 tsp orange-blossom water
- 1 tsp baking powder

Chocolate-Orange Sauce

- ½ cup water
- ½ cup caster sugar
- 1 orange peel/rind (pith removed), julienned
- 100g dark chocolate, chopped
- 1 tbsp cocoa powder
- 2 tbsp butter



Sicilian Focaccia

Grease and line large cake tin with baking paper and preheat oven to 150°C, Combi-Steam function.

Place eggs and sugar in bowl of stand mixer and whip for 5–7 mins, until light in colour and well aerated.

Add pureed orange, almond meal, semolina, orange-blossom water and baking powder and fold until all ingredients are well combined.

Pour cake batter into prepared tin and bake for 30 mins.

Once cooked, remove from oven and set aside to cool slightly.

While cake is cooling, prepare chocolate-orange sauce by combining water and sugar in a small saucepan. Place on medium heat and bring to boil. Once boiling, reduce heat slightly and add julienned orange peel to pot. Leave to simmer for 5–10 mins until sugar syrup has taken on flavour of orange. Remove candied peel (reserve for serving) and set aside sugar syrup to cool slightly. It needs to remain warm enough to melt chocolate but cool enough that chocolate won't seize.

Add chocolate, cocoa and butter and whisk until smooth and a glossy sauce has formed.

Serve slices of cake with chocolate-orange sauce, topped with candied peel.

For more information visit steelbrand.com.au



Orange Cake with Chocolate-Orange Sauce



Pecan Slice

LEDA NUTRITION

PECAN SLICE

RECIPE / LEDA NUTRITION

Serves: 8

GF O V VG

Caramel Layer

24 dates, pitted

1½ cup hot water (or just enough to cover dates)

4 tbsp coconut milk

Pinch Himalayan rock salt

Approx. 300g pecans

Base

205g packet Leda Arrowroot Biscuits

½ cup melted coconut oil

Place dates in bowl of hot water and allow to soften for about 30 mins.

Process arrowroot biscuits in food processor until fine then, while processor is going, pour in melted coconut oil,

checking for consistency as you go.

Grease 4 individual flan or tart tins with coconut oil and press biscuit mixture into tins. Place bases in freezer until you are ready to top.

To prepare date caramel mixture, discard water and place dates and salt in food processor and blend, adding coconut milk 1 tbsp at a time until mixture is thick and smooth.

Place date mixture in small saucepan and gently heat, stirring constantly, for a few mins to break down any remaining lumps and so that mixture resembles smooth caramel.

In dry frying pan, lightly toast pecans until fragrant, then remove from heat. Set aside until cool enough to handle.

To assemble, remove individual slice bases from freezer and spread caramel over biscuit layer then sprinkle pecans on top. Cut into slices to serve.



Leda Arrowroot biscuits are available in Woolworths and Coles in the healthfood aisle and can be found at larger independent stores. All Leda products are gluten-, wheat-, egg- and dairy-free and vegan-friendly.



Chocolate Tart

CHOCOLATE TART

RECIPE / LEDA NUTRITION

Serves: 10



Base

155g packet Leda Gingernut Cookies
½ cup melted coconut oil

350mL almond milk
4 cardamom pods, bruised
4 tbsp coconut sugar
1 tbsp cornflour
250g dark chocolate 70 per cent (dairy-free)
1 tsp vanilla extract
Pinch salt

Place gingernut cookies in food processor and process until finely chopped. Add melted coconut oil and pulse again until combined.

Press biscuit crumbs into cake pan or tin and using bottom of glass tumbler compact crumb into corner and up side of pan.

For filling, place almond milk in small pan and add cardamom pods and coconut sugar. Warm over low heat.

Place cornflour in small bowl with a few tbsp of warm almond milk mixture and stir till smooth, then return to pan, stirring to combine, and bring near to boiling. Remove cardamom pods.

Break chocolate into small pieces and add to hot almond milk. Stir to combine. Add vanilla extract and pinch sea salt, pour over base.

Refrigerate for 5–6 hours before serving.

COCONUT CHEESECAKE

RECIPE / LEDA NUTRITION

Serves: 12



300g cashew nuts
2 tbsp desiccated coconut

200g medjool dates, pitted
150g almonds
100g blanched hazelnuts
Juice 4 lemons
250mL rice-malt syrup
165mL coconut oil
2 vanilla pods
Coconut, to serve

Base

205g packet Leda Arrowroot Biscuits
½ cup melted coconut oil

Place cashew nuts in bowl, cover with cold water, and set aside to soak for at least 4 hours or overnight.

Lightly grease 20cm spring-form pan.

Process arrowroot biscuits in food processor until fine then while processor is going, pour in melted coconut oil, checking for consistency

as you go — you may not need to use whole amount of oil.

Lightly grease a 20cm spring-form pan and press the biscuit mixture into an even layer.

Drain cashew nuts and add to food processor along with lemon juice, rice-malt syrup and coconut oil. Process till smooth.

Halve vanilla pods lengthways, scrape out seeds, then add to processor, discarding pods. Continue to process until combined.

Carefully pour cashew mixture on top of crumb base, smoothing out evenly. Place tin on tray, then gently tap it on work surface to get rid of any bubbles. Freeze for around 2 hours or until set.

When you're ready to serve, remove cheesecake from freezer and allow to thaw slightly for around 10 mins.

Sprinkle with coconut to serve.

For more information visit ledanutrition.com



Coconut Cheesecake

HOME FROM SCHOOL snacks

When kids come home from school they are invariably hungry. If you don't have healthy options available, they will go for anything that will fill them. It's a good idea to have tantalising foods ready that they will want to eat but that are also good for them. You might like to prepare our kid-friendly, healthy home snacks such as Apple Crispies; Lamington Muesli Bars; Apple Pie Loaf; Gluten-Free Almond & Coconut Pancakes; Peanut Butter Balls; Nut-Free Muesli Bars; and a Nutrient-Dense Hot Chocolate.



Danielle's Apple Pie Loaf



These pancakes are full of protein, calcium and good fats.

Lisa's Gluten-Free Almond & Coconut Pancakes

APPLE PIE LOAF

RECIPE / DANIELLE MINNEBO

This recipe is not only perfect for after school but it's also nut free, so makes a great lunchbox filler for the following day.

Makes: 12 slices



- 1½ cups buckwheat flour
- ½ cup coconut sugar
- 1 tsp cinnamon
- 1 tsp baking powder
- ½ cup almond milk
- 3 large eggs
- ½ cup olive oil
- ½ cup raisins
- ½ cup figs, thinly sliced
- 3 apples, thinly sliced

Preheat oven to 180°C. Grease and line bread tin.

Add buckwheat flour, coconut sugar, cinnamon and baking powder to bowl and mix together until combined.

In separate bowl, add almond milk, eggs

and olive oil. Beat together and add to dry ingredients, along with raisins, figs and ½ of sliced apples. Mix together until combined and pour into bread tin.

Use remaining apple to decorate top of loaf.

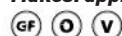
Bake for 50–60 minutes.

GLUTEN-FREE ALMOND & COCONUT PANCAKES

RECIPE / LISA GUY

Made with almond meal, these pancakes are rich in protein, calcium and beneficial mono-unsaturated fats to support healthy blood sugar levels, bone strength and heart health. Coconut flour contains very high levels of fibre, almost double that of wheat bran. Adding coconut flour to your diet can help reduce your risk of heart disease, lower cholesterol levels and help protect against cancer and type 2 diabetes. Bananas are one of the best sources of vitamin B₆, which is needed for a healthy nervous system.

Makes: approx. 10 pancakes



- ¼ cup coconut flour
- 1 cup almond meal
- 2 large ripe bananas
- 4 eggs
- 1 tsp ground cinnamon
- 1 tsp gluten-free baking powder

Topping

Natural or coconut yoghurt

Bee pollen

Fruit (berries, banana, mango, passionfruit)

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

Using a little coconut oil or olive oil in saucepan over medium heat, pour pancake mix using around ¼ cup of mixture.

Cook pancakes for a few mins each side.

Serve with toppings.

Tip: To get nicely shaped pancakes, pour mixture into plastic bag and snip end with scissors (or use piping bag). Pipe evenly shaped pancakes into pan.



BACON PANCAKES

RECIPE / CHRISTIE CONNELLY

These are great when the kids haven't eaten their lunch and are starving when they get in the door. Perhaps whip these up, then serve a light dinner later.

Serves: 6



1 cup spelt flour
2 tsp baking powder
½ tsp salt
½ tsp cinnamon

1 cup milk of choice
2 tbsp light olive oil + extra for cooking
1 large egg
5 rashers short-cut bacon
½ cup corn kernels (tinned, fresh or frozen)
Maple syrup & fresh fruit, to serve

Place flour, baking powder, salt and cinnamon in large bowl and whisk together to combine.

In small jug, add milk, oil and egg and whisk to combine. Pour into dry ingredients and mix well. Set aside.

Cook bacon in hot frying pan until crisp, about 5 mins. Chop into small pieces and add to batter along with corn and stir gently to evenly distribute.

Heat crepe or non-stick pan over medium heat and brush with a little olive oil. Ladle in some batter and allow to cook for 2 mins until golden on underside. Flip and cook for 1 min more until cooked through. Keep warm and repeat with remaining batter to make 6 pancakes in total.

Serve with maple syrup and fresh fruit.



Christie's Bacon Pancakes

NEW

YOUR FAVOURITE WRAP JUST GOT BETTER!



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RECIPES HOME FROM SCHOOL SNACKS

APPLE CRISPIES

RECIPE / CHRISTIE CONNELLY

This is a great way for kids (and adults) to feel fuller for longer when snacking on fruit, while the nut butter and cereal add fibre and deliciousness. Plus, it can be whipped up for hungry little mouths in less than a minute.

Serves: 1



2 tbsp nut butter (such as almond, peanut or macadamia)

1 apple, sliced into thin wedges

½ cup brown rice puffs (or your favourite cereal)

Maple syrup, to drizzle (optional)

Spread nut butter on apple wedges then sprinkle with rice puffs.

Drizzle with maple syrup if you like, and serve.

ROAST CHAT POTATOES & TARTARE SAUCE

RECIPE / ADAM GUTHRIE

Kids coming home from school are starving and it's great to offer them nutritious food that will keep them going until dinner. These potatoes can be easily prepared and are much healthier than a bag of chips but are equally delicious.

Serves: 4



1kg baby potatoes

Tartare Sauce

½ red onion, finely diced

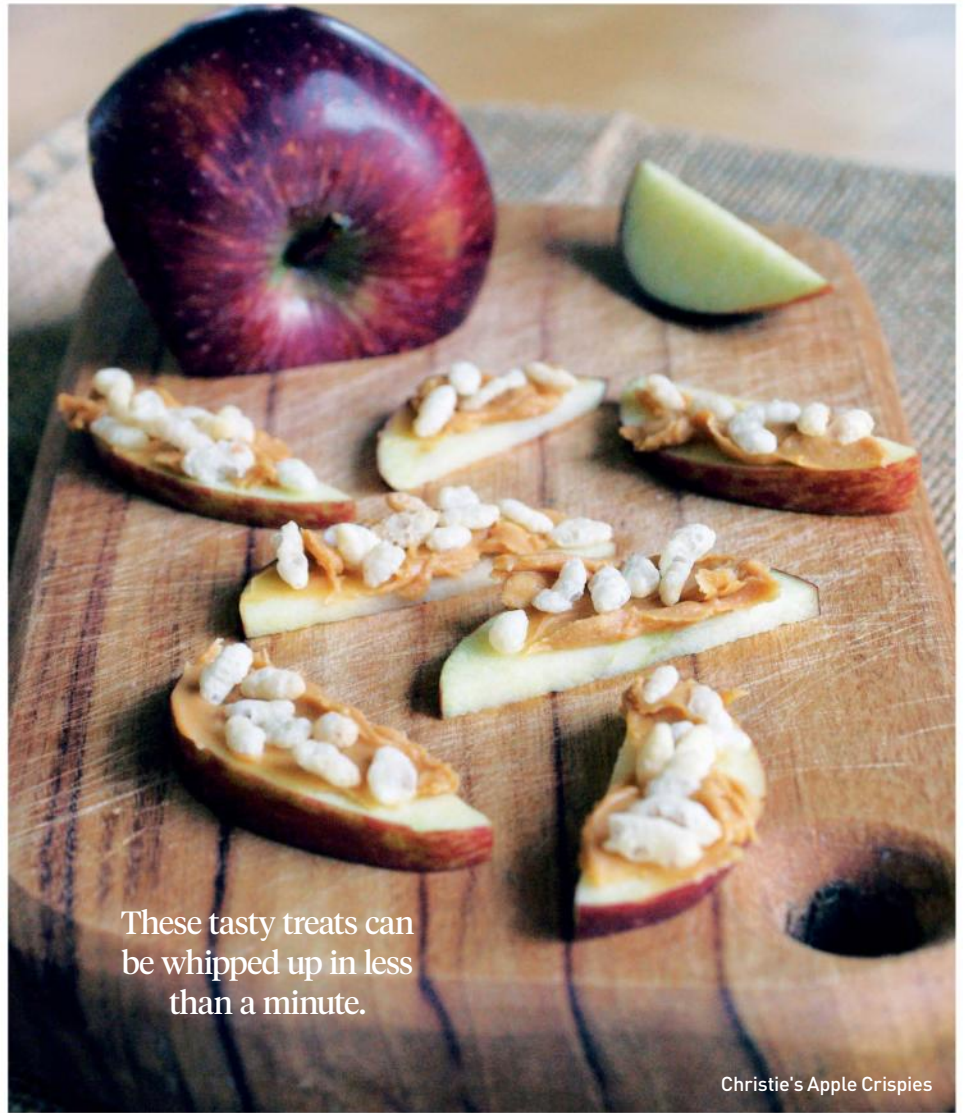
½ cup capers, finely chopped

½ cup small gherkins, finely chopped

Handful parsley, finely chopped

1 cup vegan mayonnaise

Salt, to taste



These tasty treats can be whipped up in less than a minute.

Christie's Apple Crispies

Preheat oven to 200°C.

Place potatoes in saucepan and cover with water. Turn on heat and bring to boil. When potatoes are half cooked, remove from heat. Drain potatoes, cut in half and place on tray with sheet of baking paper. Place potatoes in oven

and bake until crisp.

To make tartare sauce, add all ingredients to bowl or jar stir well.

When potatoes are golden and crisp, remove from oven.

Place cooked potatoes in basket, sprinkle with salt and serve with tartare sauce.



Adam's Roast Chat Potatoes & Tartare Sauce

Photography: Christie Connelly, Greg Twemlow



Delicious low allergy snacks the whole family will enjoy.



check out our great portion packed snacks too!



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For our full range visit www.ledanutrition.com or call **1800 353 896**

LAMINGTON MUESLI BARS

RECIPE / DANIELLE MINNEBO

I love nothing more than a simple recipe and this one really doesn't come any simpler. Make sure you don't leave out the vanilla bean powder. If you don't have vanilla bean powder you can use vanilla bean paste or essence instead.

Makes: 8 generous pieces

CF O V VG

3 cups Deglet Nour dates, pitted
1 cup desiccated coconut
¼ cup cacao powder
1 tsp vanilla bean powder
1 tsp cinnamon powder
½ cup additional desiccated coconut

Add all ingredients except extra coconut to food processor. Blend for 3 mins, until mixture has come together.

Line baking tray and sprinkle half additional desiccated coconut into the base. Tip mixture into baking tray and press down firmly. Sprinkle remaining desiccated coconut over top, then cover tray and place in fridge for 1 hour.

Remove from fridge just before serving and slice into generous pieces.



Danielle's Lamington Muesli Bars



Lisa's Peanut Butter Balls



Adam's Pumpkin & Chia Seed Balls

PEANUT BUTTER BALLS

RECIPE / LISA GUY

Peanuts are rich in healthy mono-unsaturated fats, which help promote healthy cholesterol levels and good cardiovascular health. This legume also delivers vitamin E, folate, niacin and manganese. Eating a few Brazil nuts daily will supply you with a good dose of the antioxidant mineral selenium, which is needed for good tissue elasticity. It also acts to reduce cell damage from free radicals and may play an important role in reducing the risk of skin cancer.

Makes: approx. 12 balls



- 6 medjool dates, seeds removed
- 4 heaped tbsp 100 per cent peanut butter
- 2/3 cup shredded coconut
- 1/3 cup brazil nuts
- 1/3 cup pepitas, for coating

Place dates, peanut butter, coconut and brazil nuts in food processor and blend until well combined.

Roll into 1 tbsp balls and place on plate.

Blitz pepitas a couple of times in food processor until small pieces.

Place pepitas in small bowl and roll each ball in pepita crumbs until covered.

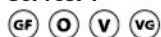
Store balls in fridge until ready to eat.

PUMPKIN & CHIA SEED BALLS

RECIPE / ADAM GUTHRIE

This tasty snack is easy to prepare, full of goodness and fun to eat. It's awesome for children's lunchboxes, too, and can be eaten warm or cold.

Serves: 4



- 2 cups pumpkin, chopped into bite-sized pieces
- 2 cups potatoes, chopped into bite-sized pieces
- 1/4 cup chia seeds
- 1/4 cup sunflower kernels

- 1/4 cup sesame seeds
- 2 garlic cloves, finely diced
- 1 small onion, finely diced
- 1 cup grated vegetable (whatever's in season — carrot, zucchini, beetroot, spinach etc)
- 1 cup corn kernels
- 2 tbsp tamari
- 1 tsp fresh ginger, finely diced
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 cup sesame seeds, for rolling

Preheat oven to 180°C.

Boil pumpkin and potato then drain and roughly mash. Set aside.

Place chia seeds, sunflower seeds and sesame seeds in blender and blend for about 1 min.

Heat frying pan on high heat and add 1/2 cup water. Add garlic and onion and sauté for 2–3 mins. Add grated vegetables, corn kernels and tamari and cook for a further 3–4 mins.

Combine all ingredients in large bowl. Add ginger, cumin, coriander and salt and pepper to taste. Mix ingredients well, then roll into balls or flatten into patties (a little smaller than a golf ball in size). Roll balls in sesame seeds and bake for 20–30 mins, or until golden.

Serve on platter with your favourite tomato relish or sauce.

NUT-FREE MUESLI BARS

RECIPE / LISA GUY

These delicious bars made with whole oats are a fabulous source of dietary fibre to help lower cholesterol levels and supply B vitamins and slow-release complex carbohydrates for energy. Seeds provide important nutrients including protein, magnesium, zinc, calcium and healthy fats. These lovely bars are a healthy alternative to store-bought sugar-laden muesli bars and are great for school lunchboxes.

Makes: approx. 12 bars



- 1 1/2 cups whole oats
- 40g desiccated coconut
- 50g pepitas
- 50g sunflower seeds
- 90g raw honey
- 50g coconut oil, melted
- 7 medjool dates, deseeded
- 2 tbsp hemp seeds or flaxseeds

Preheat oven to 160°C. Line square slice tray with baking paper.

Place all ingredients except hemp seeds in food processor and pulse until well combined.

Press mixture into slice tray, sprinkle with hemp seeds and bake for around 25 mins, until golden-brown.

Remove from oven and cut into bars while still warm. Allow to cool completely before eating.

Bars store well in air-tight container in fridge.



Lisa's Nut-Free Muesli Bars



Christie's Kiwi & Orange
Green Smoothie

KIWI & ORANGE GREEN SMOOTHIE

RECIPE / CHRISTIE CONNELLY

This smoothie packs a vitamin C punch thanks to the kiwi and orange! The kale provides a good source of iron and is absorbed by the body even better when eaten with vitamin C-rich ingredients.

Serves: 2



- 1 tbsp chia seeds
- ¾ cup fresh orange juice
- ¾ cup almond milk
- 2 kiwifruit, peeled & chopped
- 2-4 fresh mint leaves
- 4 ice cubes
- 1 cup kale leaves, lightly packed

Place chia seeds in small bowl and add 3 tbsp cold water. Stir well, then set aside for 5 mins until all water is absorbed and gel is formed.

Put orange juice, almond milk, kiwi, mint, ice cubes, kale and chia gel in blender. Blend for 1 min until smooth.

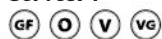
Enjoy immediately.

BANANA CACAO SMOOTHIE

RECIPE / ADAM GUTHRIE

A parent's best friend is a blender. You can whip up a delicious smoothie in no time that includes an array of nutritious foods that are disguised behind the chocolatey banana yumminess!

Serves: 4



- 2 frozen bananas
- 1 cup soy or nut milk
- 2 tbsp raw cacao powder
- 1 tsp chia seeds

- 1 tbsp agave or maple syrup
- ½ tsp vanilla essence
- Handful baby spinach leaves
- 1 cup ice

Place all ingredients in blender and puree until smooth.

NUTRIENT-DENSE HOT CHOCOLATE

RECIPE / DANIELLE MINNEBO

It's really easy to make hot chocolate nutrient-dense. Just add egg yolks and gelatine powder. Egg yolks are a good source of fat-soluble vitamins and choline, which is important for liver function and healthy brain development. Gelatine powder is also great for healthy liver function and is particularly good for gut repair. Make sure you use a gelatine powder that's called collagen hydrolysate, which means it won't set into a jelly once cooled. If you are vegetarian or vegan, leave out the gelatine powder and egg yolks.

Serves: 3



- 3 cups almond milk
- 3 tbsp gelatine powder, collagen hydrolysate
- 4 tbsp raw cacao powder
- 2 tsp cinnamon
- 1 tbsp coconut sugar
- 1 tsp tapioca flour
- 2 tbsp raw honey
- 2 egg yolks

Add almond milk to saucepan and heat over medium heat. Add gelatine powder, cacao powder, cinnamon, coconut sugar, tapioca flour and raw honey. Use whisk beat everything together until there are no lumps. Simmer for a few more mins, then remove from heat.

Add egg yolks and whisk together until combined.

Serve immediately topped with some extra cinnamon and grated dark chocolate.



Adam's Banana Cacao Smoothie

Egg yolks add fat-soluble
vitamins and choline to
this delicious thick and
warming cacao drink.





Portuguese Chicken



BANNOCKBURN

The Real Taste of Free Range

Bannockburn Free Range Chickens are grown locally in Victoria and are accredited by Free Range Egg & Poultry Australia (FREPA). Free-range farms are regularly audited to ensure they meet the FREPA standards. Bannockburn Free Range Chickens are processed using the premium method of "air chilling". This results in a product closer to what nature intended regarding its taste and texture. Bannockburn's processing methods set Bannockburn Free Range Chickens apart from other free-range chicken products on the market.

BANNOCKBURN

PORTUGUESE CHICKEN

RECIPE / BANNOCKBURN FREE RANGE CHICKENS

Serves: 4



40g unsalted butter, room temperature
4 garlic cloves, chopped
2 tbsp smoked paprika
2 tbsp scotch whisky
1 tbsp red chilli (mild or hot, according to taste), finely chopped
1 tsp ground cumin
1 tsp dried oregano
Juice 1 lemon
1 tsp freshly ground black pepper
1 cup chopped coriander leaves
1 Bannockburn Free Range Chicken
1 tsp salt flakes
Lemon wedges, to serve

To make marinade, combine butter, garlic, smoked paprika, whisky, chilli, cumin, oregano, lemon juice, black pepper and coriander.

For this recipe, you will need to spatchcock or butterfly chicken: Turn chicken breast side down and with sharp kitchen scissors cut along either side of backbone to remove it.

Locate breast bone and cut through little piece of white gristle at base of bone at wishbone end of bird, twist to raise breast bone. Run your fingers carefully along either side of breast bone and gently ease it out.

Remove any unwanted fat and sinew, and any other unwanted pieces of bone, then flip chicken over and tuck wing tips underneath.

To help chicken cook evenly, run knife along leg bones to open them up slightly. Not only will this aid the cooking process, it will allow more marinade in to flavour bird.

Rub marinade into chicken and leave to infuse for 2–3 hours before cooking. Preheat oven to 200°C.

Heat large frying pan over high heat and add 1 tablespoon olive oil. When pan is hot, season chicken with salt and place skin side down and cook for a few minutes to colour skin.

Transfer chicken to roasting tray, placing flesh side down and cook in the oven for approximately 15–20 mins, or until cooked.

Remove from oven and leave chicken to rest for 5–10 mins before cutting into pieces. Serve with lemon wedges.



Tom Kha Gai

CHICKEN SALTIMBOCCA WITH CAPRESE SALAD

RECIPE / BANNOCKBURN FREE RANGE CHICKENS

Serves: 2



2 Bannockburn Free Range Chicken breasts, skin removed
8–12 large sage leaves
Approx. 12 slices round pancetta
1–2 tbsp olive oil
Freshly ground black pepper
300–400mL white wine
100g unsalted butter, cut into small cubes & kept cold

Caprese Salad

Sliced tomato
Fresh basil
Bocconcini cheese
Extra-virgin olive oil

Cut chicken breasts in half on diagonal with sharp knife. Using freezer bag or clingwrap, wrap a piece of chicken to protect flesh and flatten out with meat mallet or rolling pin. Repeat process with all other chicken pieces.

Place large sage leaf on one side of each chicken piece and place slice of pancetta on top, use more if needed to cover chicken breast. Turn chicken over and repeat on other side. If sage leaves are small, put 2 either side.

Preheat oven to 180°C.

Heat large frying pan over medium–high heat, drizzle in a little olive oil. Season saltimbocca with freshly ground black pepper and place in pan to cook for a couple mins or until the pancetta is lovely and crisp and brown.

Turn saltimbocca over and repeat on other side. Remove from pan and place on oven-proof tray and place in the oven while making sauce. Chicken will be almost cooked through and should need no more than a few mins additional cooking time.

Deglaze pan with white wine and scrape up any solids stuck on pan. Reduce by two-thirds and, over gentle flame, add cold unsalted butter in pieces one at a time moving pan so butter amalgamates without splitting.

Serve saltimbocca on individual plates and spoon over sauce, with Caprese Salad.

For more information visit
bannockburnfreerange.com.au

TOM KHA GAI

RECIPE / BANNOCKBURN FREE RANGE CHICKENS

Serves: 4



2 chicken breasts, skinless & boneless
3–4 slices galangal
3–4 sticks lemongrass, cut into 2cm x 3cm pieces
3 cups chicken stock
1 whole chilli
6 kaffir lime leaves
400mL tin coconut milk
½ can straw mushrooms
Fish sauce & lime juice, to taste
1 tbsp fresh coriander, roughly chopped

Slice chicken breasts lengthways and across grain, approximately 0.5cm thick.

Place galangal, lemongrass, chicken stock, chilli and lime leaves in medium saucepan and bring to simmer, then add coconut milk.

Add chicken pieces and straw mushrooms to soup.

Poach gently for about 3 mins or until chicken is cooked, without allowing it to boil.

Add fish sauce and lime juice to taste.

Serve warm and sprinkle with fresh coriander.

CHICKEN GARBURE

RECIPE / BANNOCKBURN FREE RANGE CHICKENS

Serves: 6–8



Stock

1kg chicken bones
1kg duck bones
300–400g pork neck on the bone

150–200g prosciutto, with fat & skin
4 garlic cloves, crushed
1 tsp black peppercorns
2 bay leaves
6 sprigs thyme
Sea salt
2 onions, roughly chopped
2 sticks celery, roughly chopped
2 leeks, washed & roughly chopped
2 carrots, peeled & roughly chopped
2 turnips, peeled & roughly chopped
½ small pumpkin, peeled & roughly chopped
½ small Savoy cabbage, cut into large dice

Garnish

6 chicken breasts, skinless
Seasonal vegetables, peeled & cut
2 tbsp flat parsley, finely chopped
2 tbsp duck fat or truffle oil
Sea salt & black pepper
1 small black truffle, optional

Combine all stock ingredients in large pot.

Cover with water and bring to boil. Reduce heat and simmer gently, stirring regularly throughout the cooking process. Cook for 6–8 hrs, then pass through sieve and refrigerate until needed.

Bring 1500mL of stock to gentle simmer, season with salt and freshly ground black pepper. Add chicken breasts and vegetable selection and poach gently until cooked through. Chicken breasts will cook first, about 15 mins depending on size, so remove and keep warm while vegetables continue to cook for a further 5 mins.

Finely slice chicken breast and place in warm serving bowls. Complete dish by adding chopped parsley to the garbure stock and vegetables, then your choice of either duck fat or truffle oil. Generously fill bowls and, if using truffle, grate a little over and serve.



Chicken Garbure



Chicken Saltimbocca with Caprese Salad



SPONSOR RECIPES

CHRIS' DIPS



Yoghurt Chickpea Bake



Chris' premium desserts include restaurant-quality Crème Brûlée in decadent flavours such as Madagascan Vanilla and Passionfruit. Also included is a deliciously light Panna Cotta, all served in Chris' signature European terracotta pots for easy entertaining at home. Available at Woolworths and other selected independent supermarkets.

CHRIS' DIPS

YOGHURT CHICKPEA BAKE

Reuse your Heritage Terracotta Pots as baking dishes. They are the perfect size for a single serve.

RECIPE / CHRIS' DIPS

Serves: 4



- 2 tins chickpeas, drained
- 1½ cup Chris' Greek Style Natural Yoghurt
- 2 tbsps tahini
- Juice ½ lemon (plus lemon wedges to serve)
- 1 clove garlic, crushed
- 2 tsp cumin
- 2 tsp paprika (plus extra for pita chips)
- ½ cup slivered almonds
- 2 pita bread rounds
- Olive oil spray
- Salt flakes

Preheat oven to 180°C.

In bowl, combine chickpeas, yoghurt, tahini and lemon juice.

In frypan, lightly toast garlic, cumin, paprika and almonds. Once lightly toasted and aromatic, remove from heat and add to chickpea mix.

Spoon chickpea mix into terracotta pots, sprinkle with a little extra paprika and bake in for 20–30 mins, or until lightly brown on top.

Cut pita bread into bite-sized wedges, spray with oil, sprinkle with salt flakes and paprika to taste and bake for 10 mins, or until golden and crispy.

Serve individual chickpea bakes immediately with warm and crispy pita chips and lemon wedges.



Dinner Party Dessert Platter

DINNER PARTY DESSERT PLATTER

This dessert platter is the perfect thing to satisfy you and your guests' sweet tooth!
 RECIPE / HEALTHY NATTY

Serves: 4-6

GF O V

Fresh fruits

Passionfruit Creme Brûlée, caramelised with blowtorch if possible

Assemble fresh fruits and Passionfruit Creme Brûlée and serve.

VANILLA PANNA COTTA WITH POACHED RHUBARB

Add an extra-special touch to your Heritage Madagascan Vanilla Panna Cotta with some delightful poached rhubarb.

RECIPE / CHRIS' DIPS

Serves: 3-4

GF O V

Poached Rhubarb

1½ cups sugar

1½ cups water

1 tsp vanilla bean extract



Vanilla Panna Cotta with Poached Rhubarb

Zest & juice 1 lemon

¼ tsp coarse salt

2 cups rhubarb, cut into 2.5-5cm pieces

3-4 Heritage Madagascan Vanilla Panna Cotta

Stir together sugar and water in medium saucepan. Add vanilla extract, lemon zest and juice and salt. Bring to boil, stirring until sugar has dissolved. Add rhubarb.

Reduce heat and partially cover, then simmer, stirring occasionally, until rhubarb is just tender and beginning to break down, about 4-5 mins. Remove from heat.

Transfer rhubarb to bowl. Let rhubarb and poaching liquid cool.

When rhubarb is lukewarm, place a few pieces on top of Panna Cotta and serve immediately.

CRÈME BRÛLÉE WITH CANDIED ORANGE

Our Heritage Creme Brûlée is divine on its own, but for an extra-special touch when entertaining, top it with some candied oranges.

RECIPE / CHRIS' DIPS

Serves: 4

GF O V

1½ cups water

½ cup granulated sugar

1 navel orange, sliced crosswise into 1cm thick slices

4 Heritage Madagascan Vanilla Crème Brûlée

In medium-heavy-based frypan, combine water and sugar and bring to boil.

Add orange slices and cook over moderate heat, turning occasionally, until liquid is reduced to thin syrup and orange slices are translucent (about 20 mins).

Reduce heat and simmer until syrup is thick and slices are tender but still intact, turning occasionally.

Transfer orange slices to rack to cool. You might like to keep syrup for another use.

Use a blowtorch to caramelize the top of each Crème Brûlée.

Top with orange slices and serve.



Crème Brûlée with Candied Orange

For more information visit eatloveshare.com.au



PEARL RIVER BRIDGE

PAN-FRIED PORK FILLET

RECIPE / PEARL RIVER BRIDGE

Serves: 2



1 (about 300g) pork fillet
20g butter

Seasoning

1 tbsp Pearl River Bridge Superior Light Soy Sauce
Pinch pepper
1 tsp Pearl River Bridge Mushroom Flavoured Superior Dark Soy Sauce
3 tbsp Pearl River Bridge Premium Oyster Flavoured Sauce
2 tbsp Pearl River Bridge Rice Vinegar

Drain pork fillet on paper towel, then marinate with Pearl River Bridge Superior Light Soy Sauce and pepper for 1 hour.

Prepare sauce by mixing together Pearl River Bridge Mushroom Flavoured Superior Dark Soy Sauce, Pearl River Bridge Premium Oyster Flavoured Sauce and Pearl River Bridge Rice Vinegar.

Melt butter over low heat and pan-fry pork fillet for 2 mins on both sides.

Pour in sauce, cover pan and cook for 1 min, then 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!

Pan-Fried Pork Fillet



Stewed Fettuccine with Celery & Seafood

STEWED FETTUCINE WITH CELERY & SEAFOOD

RECIPE / PEARL RIVER BRIDGE

Serves: 3



- 200g fettuccine
- 3 garlic cloves, sliced
- 50g celery, sliced
- 200g shrimp or small prawns
- 250g fresh squid
- 8 cooked mussels
- 50mL white wine
- 1 tsp salt
- ½ tsp pepper powder
- 2 tbsp Pearl River Bridge Superior Light Soy Sauce

Cook fettuccine until done, then soak in cold water, drain and set aside.

Sauté garlic and celery until fragrant. Add shrimp and fresh squid and stir-fry until fresh squid is done.

Add cooked mussels, then add white wine, salt and pepper for seasoning. Stir well.

Add fettuccine and Pearl River Bridge Superior Light Soy Sauce, stir well then serve. Garnish with cracked black pepper and serve hot.

PAN-FRIED SALMON FILLET

RECIPE / PEARL RIVER BRIDGE

Serves: 2



- 2 salmon fillets
- Sat & pepper, to taste
- 20g butter
- Pinch white sesame seeds

Seasoning

- 3 tsp Pearl River Bridge Superior Light Soy Sauce
- ½ tsp sugar
- Pinch salt
- Pinch black pepper

Marinate salmon fillets with salt and crushed black pepper for 10 mins. Prepare seasoning by mixing ingredients in bowl.

Melt butter in pan, then pan-fry salmon fillets on both sides until fragrant. Add sauce and cook until sauce is absorbed. Dish up and garnish with white sesame seeds. Serve hot.

SOY SAUCE CHICKEN

RECIPE / PEARL RIVER BRIDGE

Serves: 4



- 1 knob ginger, sliced
- 1 tbsp oil
- 1 tsp Pearl River Bridge Mushroom Flavoured Superior Dark Soy Sauce
- 100mL Pearl River Bridge Superior Light Soy Sauce
- ½ tsp salt
- 100mL cooking wine
- 1 tsp sugar
- 1 whole chicken
- 5 tsp sesame oil

Sauté ginger in 1 tbsp oil until fragrant, then add Pearl River Bridge Mushroom Flavoured Superior Dark Soy Sauce, Pearl River Bridge Superior Light Soy Sauce, salt, cooking wine, sugar and water (about 500mL, depending on size of chicken), then cook for 5 mins.

Add whole chicken, cover and bring to the boil, then reduce to a low heat and keep simmer for 20 mins, turning chicken every 5 mins.

Cut whole chicken into pieces, then pour over sesame oil and serve.

For more information visit
au.pearlriverbridge.com



Pan-Fried Salmon Fillet



Soy Sauce Chicken

CHINESE STYLE

There are many regional styles of cooking that come together to make Chinese cuisine. It's arguable how many regional influences you could cite but there are at least four, including Cantonese, Szechuan, eastern Chinese (Jiangsu and Shanghai) and northern influences (coming mainly from the coastal province of Shandong). While there are significant differences between these styles, they share a love of common ingredients such as ginger, garlic, spring onions, soy sauce, vinegar, sesame oil and bean paste. You can bring the taste of Chinese cuisine into your home with dishes like Spring Onion, Coriander & Cucumber Salad; Pak Choy & Vegetable Stirfry; Broccoli, Mushrooms & Tofu in Ginger Soy Sauce; Mushroom, Tempeh & Black Bean Stir-Fry; Lemongrass Chicken with Grilled Asparagus; and Orange & Star Anise Sago Pudding.



Danielle's Honey & Tamari
Grilled Chicken and Spring Onion,
Coriander & Cucumber Salad



Adam's Pak Choy & Vegetable Stir-Fry

This meal is quick to make but so delicious and nutritious.

- 1 head broccoli, broken into florets
- 150g firm tofu, cubed
- Handful snow peas, top & tailed
- 1 pak choy, leaves & stem sliced lengthways
- Cooked brown rice, to serve

Mix kecap manis and vegetable stock. Add cornflour and stir well.

Heat wok over high heat. Add celery, capsicum and broccoli and stir-fry for a few mins. Add tofu and fry for 1 min. Add snow peas and pak choy leaves and stems, and stir. Add stock and kecap manis mixture and stir until liquid boils and thickens.

Serve with cooked brown rice.

SIMPLE CHINESE RED OIL

RECIPE / CHRISTIE CONNELLY

This deliciously spicy condiment lifts absolutely any dish it's added to, like salads, noodles, eggs, fish ... the possibilities are endless.

Makes: ½ cup



- ¾ cup peanut oil
- 2 star anise
- 1 bay leaf
- 1 tbsp Szechuan peppercorns
- ½ cup hot red chilli flakes
- 1 tsp salt
- 1 tbsp sesame seeds

Pour peanut oil into small saucepan and add star anise, bay leaf and peppercorns. Heat on high until bubbles start to form. Turn heat down to low and cook for 3–4 mins, stirring and making sure spices don't burn. Take off heat and remove spices with slotted spoon and discard. Let sit for 5 mins to cool slightly.

Place chilli flakes, salt and sesame seeds in medium ceramic bowl. Pour over oil and let cool completely.

Transfer to glass jar and store at room temperature for up to a month. The oil will turn deep red within 24 hours, when it will be ready for use.

HONEY & TAMARI GRILLED CHICKEN

RECIPE / DANIELLE MINNEBO

This dish is a take on the traditional honey soy chicken recipe but, as it uses tamari instead of soy sauce, it's suitable for people who are gluten-free.

Serves: 2



- 1 chicken breast
- 4 tbsp tamari sauce
- 2 tbsp honey
- 1 knob fresh ginger, finely grated
- 1 clove garlic, crushed
- 2 tbsp olive oil
- 2 tbsp sesame seeds
- 1 extra knob fresh ginger, cut into fine strips

Preheat oven to 200°C. Make sure frypan you use for this recipe is oven-proof.

Keep chicken breast whole and add to bowl along with tamari sauce, honey, freshly grated ginger and crushed garlic clove. Mix together until combined, cover and allow to marinate for 1 hour in fridge.

Heat olive oil in frypan over high heat. Add chicken breast and cook quickly on each side for 1 min. Don't cook for longer as honey tamari dressing will burn. Spoon the remaining marinade over chicken breast and place in oven to cook for 20 mins. If chicken breast is very large it may need a further 10 mins.

Remove from oven and allow to rest.

Slice chicken breast and serve on top of the Spring Onion, Coriander & Cucumber Salad (recipe to the right).

Spoon remaining honey and tamari sauce over chicken, sprinkle with sesame seeds and top with thinly sliced ginger.

SPRING ONION, CORIANDER & CUCUMBER SALAD

RECIPE / DANIELLE MINNEBO

This dish is delicious served with Honey & Tamari Grilled Chicken (recipe to the left). It's a lovely light and aromatic salad that goes perfectly with the richness of the chicken dish.

Serves: 2



- Juice 1 lime
- 1 tsp fish sauce
- 1 tsp honey
- 3 whole spring onions, sliced
- ¼ red onion, thinly sliced
- 1 bunch fresh coriander, roughly chopped
- ¼ large cucumber, diced

Add lime juice, fish sauce and honey to small bowl and mix until combined.

In larger bowl, add spring onion, red onion, coriander and cucumber. Toss together and pour over dressing.

Scatter over large platter and top with Honey & Tamari Chicken.

PAK CHOY & VEGETABLE STIR-FRY

RECIPE / ADAM GUTHRIE

Simple stir-fries are a family cook's best friend. Within a few minutes of simple chopping, the dish can be thrown together to create an enticing healthy and balanced meal.

Serves: 4



- ½ cup kecap manis
- 1 cup vegetable stock
- 3 heaped tsp cornflour
- 1 celery stick, sliced
- 1 red capsicum, sliced into thin strips




Christie's Simple Chinese Red Oil

DAIKON & WITLOF SALAD

RECIPE / LEE HOLMES

Raw daikon is rich in digestive enzymes, which makes it the perfect addition to any meal, especially for those with weak digestive systems. Another interesting vegetable, witlof will gently cleanse your body and improve your gut function. Daikon and witlof work wonderfully together to flush waste and toxins out of the body, support the detoxification process and enhance digestive function by stimulating bile production in the liver, which in turn helps in the digestion of fats.

Serves: 4

Dressing

1 cup goat's milk yoghurt

½ cup tahini

Grated zest & juice 1 orange

2 tbsp apple-cider vinegar

1 tbsp rice-malt syrup or 6 drops liquid stevia

1 tsp ground cumin

1 tsp ground coriander

½ tsp freshly grated ginger

½ tsp ground turmeric

½ tsp ground cinnamon

Pinch cayenne pepper

4 cups grated or spiralised daikon

2 witlofs (chicory/Belgian endives), chopped

1 zucchini, grated or spiralised

Freshly cracked black pepper, to taste

Hazelnuts, chopped, to serve

Coriander leaves, chopped, to serve

Mint, chopped, to serve

Combine all dressing ingredients in bowl and whisk well. Refrigerate until ready to use.

Arrange vegetables on serving plates and pour over the dressing. Season with pepper, then top with hazelnuts, coriander and mint. Serve.

Lee's Daikon & Witlof Salad



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*The Leading Chinese Soy Sauce
Brand Since 1958*



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● Available at all your local supermarkets.



Christie's Mapo Tofu

MAPO TOFU

RECIPE / CHRISTIE CONNELLY

The contrast between the browned meat and silky soft tofu is absolutely beautiful in this dish. Serve with rice and greens for a complete meal or in crisp iceberg lettuce leaves for a lighter option.

Serves: 4



Chilli Paste

- 1 large red chilli, roughly chopped
- 1 tsp sea salt
- 1 tsp dried chilli flakes
- ½ tsp Szechuan peppercorns
- 1 tbsp Chinese Red Oil (recipe on page 63) or peanut oil

- 2 tbsp peanut oil
- 400g fatty pork mince
- 2cm piece ginger root, grated
- 2 garlic cloves, finely chopped
- 1 tsp salted black beans (tinned)



Christie's Salt & Pepper Tofu on Sourdough



Adam's Broccoli, Mushrooms & Tofu in Ginger Soy Sauce

- ¼ cup Chinese cooking wine
- 1 tsp kecap manis
- 1 tsp coconut sugar (or brown sugar)
- 1 cup water
- 300g packet silken tofu, drained & cut into 1cm cubes
- Brown or white rice, to serve
- ½ cup lightly packed coriander leaves, to serve

Using mortar and pestle or small food processor, pound chilli, salt, chilli flakes and peppercorns to smooth paste. Stir in red oil and set aside.

Meanwhile, heat peanut oil in hot wok. Add pork and stir-fry for 3 mins. Add chilli paste to wok with ginger, garlic and black beans and stir-fry for 2 mins, stirring constantly. Add wine, kecap manis and sugar and fry for 30 secs. Pour in water and bring to boil. Reduce heat to gentle simmer and carefully slide in tofu, then cook gently for 3 mins, covered.

Spoon into shallow bowls. Serve with rice and coriander leaves.

SALT & PEPPER TOFU ON SOURDOUGH

RECIPE / CHRISTIE CONNELLY

This is a fun way to get the famous salt and pepper Chinese flavours for breakfast, lunch or dinner. It's also great served with coconut rice if you're gluten free.

Serves: 2



- 200g block firm tofu
- ½ tsp sea salt flakes
- ½ tsp freshly ground black pepper
- 2 tbsp coconut oil
- 1 clove garlic, crushed
- Pinch dried chilli flakes
- 200–300g mixed mushrooms, sliced if large
- 1 tsp sesame oil
- Toasted sourdough bread, to serve
- Coriander & fried shallots, to garnish

Pat block of tofu with paper towels until very dry. If you've got time, put on plate wrapped in paper towel, top with another plate and weigh it down with a few cans from your pantry. This is to make sure tofu is really dry so it

crisps up nicely.

Once dry, cut tofu into 1–2cm cubes and toss with salt and pepper until evenly coated. Set aside.

Heat coconut oil in frying pan or wok until very hot. Add garlic, chilli and tofu cubes. Stir-fry, stirring often, until tofu is brown on all sides. Remove with slotted spoon to plate.

Toss in mushrooms and a splash of water and cook until tender, 3–4 mins, then return tofu to pan and drizzle with sesame oil. Cook until tofu is heated through then pile onto toasted sourdough toast and garnish.

BROCCOLI, MUSHROOMS & TOFU IN GINGER SOY SAUCE

RECIPE / ADAM GUTHRIE

The Chinese are passionately devoted to food. The two ingredients that are integral to Asian cooking are garlic and ginger. The tang of fresh ginger is used in this dish to give the sauce a unique fragrance. Delicious!

Serves: 4



- 3 tbsp rice-wine vinegar
- ½ cup tamari
- 3 tbsp cornflour
- ½ cup water
- 3 cups vegetable stock
- 2 tbsp raw sugar
- 1 tbsp grated ginger
- 1 garlic clove, crushed
- 1 head broccoli, broken into small florets, stems cut
- 20 mushrooms
- 250g firm tofu, cut into large bite-sized pieces
- 2 cups cooked brown rice, to serve

Mix rice-wine vinegar and tamari together. Mix cornflour into ½ cup cold water.

Pour vegetable stock and soy sauce/vinegar mix, sugar, ginger and garlic into hot non-stick wok. Add broccoli stems and mushrooms first, then tofu pieces. Bring wok ingredients to boil, then add broccoli florets.

Add cornflour and water slurry and, while stirring it through, bring it back to the boil to thicken sauce. Serve with brown rice.



MUSHROOM, TEMPEH & BLACK BEAN STIR-FRY

RECIPE / ADAM GUTHRIE

If you enjoy tempeh and Asian cuisine, you'll love this dish. The black bean sauce gives the ingredients a lovely deep flavour.

Serves: 4

O V VG

- 3 tsp cornflour
- 2 cups vegetable stock
- ¼ cup black bean sauce
- 150g tempeh, sliced into thin strips
- 1 red capsicum, sliced
- 1 head broccoli, broken into small florets, stems cut
- 150g oyster mushrooms, sliced into strips
- 1 cup shiitake mushrooms
- 8 asparagus stems, ends removed & sliced lengthwise

Handful snow peas, topped & tailed
2 cups cooked brown rice, to serve

Mix cornflour, stock and black bean sauce together until cornflour has dissolved.

Heat wok over high heat. Add slices of tempeh and sauté for a min or two on each side. Use plastic spatula to gently turn pieces so they don't break.

Add capsicum, broccoli stems and broccoli florets, and fry for a few mins until vegetables are bright green and a little wilted.

Add mushrooms, asparagus and snow peas and stir-fry for 2-3 mins.

Add vegetable stock and black bean mix. Stir vegetables until sauce boils gently and thickens. Once sauce has thickened, remove wok from heat to cool for a few mins, then serve with cooked brown rice.

Lee's Sautéed Scallops with
Mushrooms & Spinach

Be sure to get your
scallops fresh from your
local fishmonger and eat
as soon as possible.





Lee's Lemongrass Chicken
with Grilled Asparagus

SAUTÉED SCALLOPS WITH MUSHROOMS & SPINACH

RECIPE / LEE HOLMES

Seafood symbolises prosperity in Chinese culture and stir-frying is a big part of life. It's also a very simple way to eat healthily and add in a wonderful variety of your favourite vegetables. Shellfish such as scallops are a beautiful source of fat-soluble vitamins, especially vitamin D. Always buy shellfish extremely fresh from your local fishmonger and eat as soon as possible.

Serves: 2



1 tsp extra-virgin olive oil
10 small scallops, rinsed & patted dry
Celtic sea salt & freshly ground black pepper, to taste
2 garlic cloves, crushed
140g mixed mushrooms, whole or sliced
1 tsp fresh or dried rosemary
1 tsp dried thyme
1 tsp dried oregano
200g baby English spinach leaves
Splash apple-cider vinegar
1 tsp oyster sauce (optional)
Parsley or rosemary sprigs, chopped, to serve
Lemon wedges, to serve

Heat oil in medium frying pan over medium heat. Season scallops with salt and pepper, sear in pan for 1–2 mins on each side, until golden brown, then remove from pan and set aside.

Add garlic, mushrooms, rosemary, thyme and oregano to pan, then cook, stirring frequently, for 5 mins. Add spinach and apple-cider vinegar and oyster sauce if using, then cook for 1–2 mins, until spinach just begins to wilt. Return scallops to pan and cook for 1 min to heat through.

Serve topped with parsley or rosemary and lemon wedges on the side.

LEMONGRASS CHICKEN WITH GRILLED ASPARAGUS

RECIPE / LEE HOLMES

Fresh lemongrass can be found at Asian markets, specialty greengrocers and at many supermarkets. To add a Chinese influence to this dish, splash a drop of Chinese cooking wine when placing into the baking tray. You can also serve this dish with rice noodles if preferred.

Serves: 1



1 tsp finely chopped lemongrass stem
1 tsp finely grated lime zest
1 tsp lime juice

1 tbsp lemon juice
2 garlic cloves, crushed
1½ tsp grated ginger
Chilli flakes
140g skinless chicken breast fillets
Celtic sea salt & freshly ground black pepper, to taste
½ tsp melted extra-virgin coconut oil
5 medium asparagus spears
½ tsp extra-virgin olive oil
1 tbsp chopped coriander, to serve
Fresh chilli (optional), sliced, to serve

Using mortar and pestle, pound lemongrass, lime zest and juice, lemon juice, garlic, ginger and chilli flakes until they form thick paste. Rub paste all over chicken, then season with salt and pepper. Cover and refrigerate for 20 mins.

Preheat oven to 180C.

Put chicken on small baking tray, drizzle with coconut oil and bake for 25–30 mins, until golden brown and cooked through.

While chicken is cooking, preheat chargrill pan or frying pan over medium heat. Add asparagus and drizzle over olive oil. Cook for 3–4 mins, turning regularly — it will start to brown in spots.

Halve the asparagus, arrange on plate and place chicken on top. Garnish with coriander and chilli (if using) and serve.

ORANGE & STAR ANISE SAGO PUDDING

RECIPE / DANIELLE MINNEBO

Orange and star anise are two flavours that go together so well. You'll find you won't need much sweetener with this dessert as both the sago and coconut milk have a sweet flavour.

Serves: 6

GF O V VG

1 cup sago
1 cup water
2 cups coconut milk
1 cup freshly squeezed orange juice
Zest 2 oranges
3 star anise + 6 star anise, for garnish
¼ cup maple syrup
Juice 1 lemon
3 oranges, peeled & cut into pieces

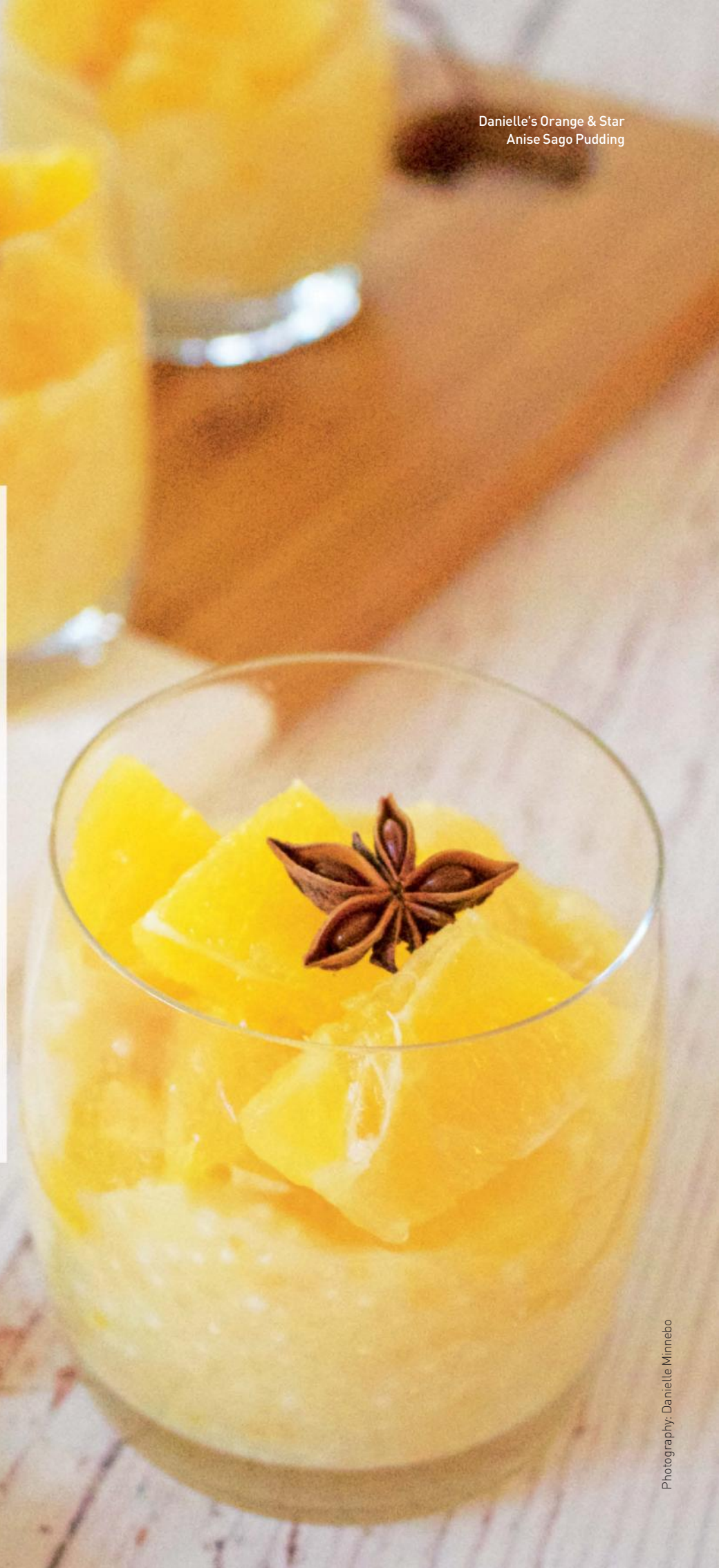
Add sago, water, coconut milk, orange juice, orange zest and 3 star anise to saucepan. Mix together until combined and soak for 30 mins.

Bring sago mix to boil, then reduce to simmer for 20 mins. Make sure to stir mixture or it will stick.

Remove from heat, remove 3 star anise and stir through maple syrup and lemon juice. Divide mixture between 6 glasses, filling each glass halfway.

Top glasses with orange pieces and a fresh star anise for decoration.

Pop in fridge for minimum 1 hour before serving.





So much flavour so versatile

Add depth of flavour to your stir-fries, marinades, stews and dressings with Lee Kum Kee's range of authentic Chinese soy sauces.



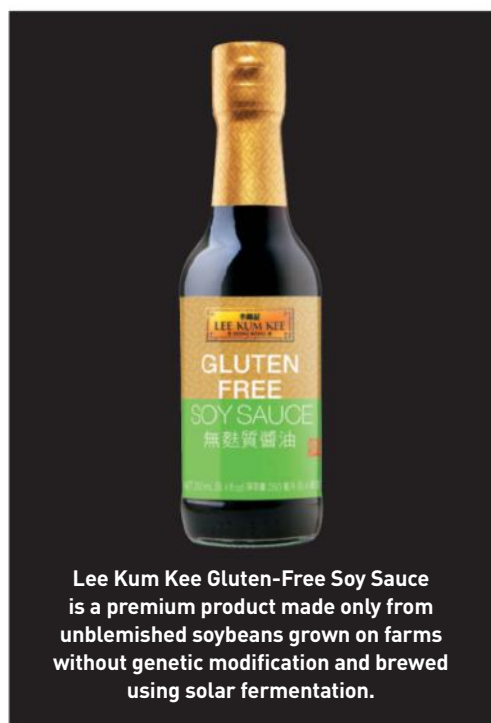
Serving suggestion

Available in selected supermarkets.
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www.LKK.com for recipe ideas.





Rack of Lamb Provençale



Lee Kum Kee Gluten-Free Soy Sauce is a premium product made only from unblemished soybeans grown on farms without genetic modification and brewed using solar fermentation.

LEE KUM KEE

RACK OF LAMB PROVENÇALE

RECIPE / LEE KUM KEE

Serves: 4-6



600g lamb rack
3 tbsp Lee Kum Kee Gluten-Free Soy Sauce
50g butter
2½ tsp minced garlic
50g breadcrumbs
2 stalks rosemary, minced
Pinch salt

Marinade

3 tbsp Lee Kum Kee Panda Brand Oyster Sauce
1 tbsp Lee Kum Kee Gluten-Free Soy Sauce
1 tbsp water
1 tsp coarsely ground black pepper

Sauce

1½ tbsp Lee Kum Kee Gluten-Free Soy Sauce

10g onion, finely chopped
1 tsp minced garlic
1 tsp cornflour
10g butter
60mL water
Pinch parsley flakes

Tie lamb rack tightly with butcher's twine to compact roast and keep its shape. Mix marinade ingredients together and coat lamb. Marinate for 30 mins.

Sear all sides of lamb rack until browned. Place on roasting pan. Coat evenly with Lee Kum Kee Gluten-Free Soy Sauce. Roast in 180°C preheated oven for 20 mins.

Melt butter. Add minced garlic, breadcrumbs, rosemary and salt. Sauté together to make herb crust.

Brush remaining Lee Kum Kee Gluten-Free Soy Sauce evenly over lamb rack. Pat on herb crust, then roast until light golden.

Add sauce ingredients to saucepan, heat and stir well. Serve lamb rack with sauce.



Pan-Fried Asparagus & Beef Roll

PAN-FRIED ASPARAGUS & BEEF ROLL
RECIPE / LEE KUM KEE

Serves: 4



- 8 pieces sliced beef
- Pinch salt & ground pepper
- 350g asparagus, peeled & cut into pieces
- 2 tbsp oil
- ¼ red capsicum, sliced
- ¼ yellow capsicum, sliced

Seasoning

- ¾ tsp Lee Kum Kee Gluten-Free Soy Sauce
- 1 tsp sugar
- 2 tbsp water
- ½ tsp Lee Kum Kee Pure Sesame Oil

Marinate sliced beef with salt and pepper for 20 mins.

Bring half a pot of water to boil, blanch asparagus for 1–2 mins. Drain and set aside.

Place asparagus on sliced beef. Roll sliced beef from bottom to top.

Heat oil and pan-fry beef roll on medium heat till completely cooked. Add red and yellow capsicum and seasoning and sauté until cooked.

SAUTÉED FISH FILLET WITH CELERY

RECIPE / LEE KUM KEE

Serves: 4



- 200g white fish fillet, sliced
- Pinch salt & ground pepper
- Pinch gluten-free cornflour
- 200g celery, sliced
- 1 tsp oil
- 3–4 ginger slices
- 30g carrot, shredded
- 20g lily bulbs (optional)*

Seasoning

- 1 tbsp Lee Kum Kee Gluten-Free Soy Sauce
- ½ tsp Lee Kum Kee Pure Sesame Oil
- Pinch sugar

Sauce Mix

- ½ tsp gluten-free cornflour
- 2 tbsp water

Marinate fillet with salt and ground pepper for 15 mins. Coat with gluten-free cornflour and pan-fry until cooked.

Bring half a pot of water to boil, blanch sliced celery till half-cooked. Drain and set aside.

Heat oil, sauté ginger, celery, carrot and lily bulbs, if using.

Add fish fillet and seasoning and sauté till well mixed. Add sauce mix to pan and cook until heated through.

Serve hot.

*Lily bulbs can be found in Asian supermarkets.

HONEY & SOY ROASTED CHICKEN

RECIPE / LEE KUM KEE

Serves: 4



Seasoning

- 500mL Lee Kum Kee Gluten-Free Soy Sauce
- 2 tsp minced garlic

4 star anise

10 slices ginger

1500mL water

1 whole chicken

Glaze

100g Lee Kum Kee Panda Brand

Oyster Sauce

¼ cup honey

Add seasoning ingredients to saucepan and bring to boil. Add chicken, cover and simmer for 30 mins.

Take out chicken and put on roasting pan. Baste with glazing mixture.

Roast in 160°C preheated oven for 30–45 mins, basting occasionally with glazing mixture, until golden and cooked.

For more information visit
au-nz.lkk.com/en/Kitchen



Sautéed Fish Fillet with Celery



Honey & Soy Roasted Chicken



Kale Pesto Zucchini Salad



All your golden milk dreams have come true with Morlife's new Spiced Vanilla Flavour Turmeric Latte! This enchanting blend of wholesome superfood ingredients including ginger, black pepper, cinnamon and prebiotic fibre, naturally sweetened with monkfruit-juice powder, is a powerhouse in both nutrition and taste. Goodbye, coffee — we'll take turmeric lattes instead!

MORLIFE

KALE PESTO ZUCCHINI SALAD

RECIPE / MORLIFE

Serves: 3-4

GF O V VG

Pesto

- 1 cup cashews, soaked in water for 4 hours
- 1 cup finely chopped kale
- 1 tsp Morlife Certified Organic Kale Powder
- 2 garlic cloves
- 1 cup basil leaves
- ½ cup extra-virgin olive oil
- ½ tsp onion powder
- 1 tbsp maple syrup
- ¼ cup filtered water
- Juice 1 lemon

Salt & pepper, to taste

- 150g black-bean noodles
- 2 zucchini, spiralised
- Juice 2 lemons
- Black sesame seeds
- ½ ripe avocado, sliced

To make pesto, simply blend ingredients in high-powered blender or food processor until smooth. Adjust liquid if necessary. Season to taste.

In large bowl, mix together noodles, spiralised zucchini, lemon juice and pesto until well combined.

Serve with black sesame seeds and avocado slices.



TRI-COLOUR QUINOA & VEGGIE EGG MUFFINS

RECIPE / MORLIFE

Makes: 25 muffins



1 cup uncooked Morlife Certified Organic
Tricolour Quinoa

6 eggs

1 capsicum, diced

1 tomato, diced

1 medium zucchini, grated

1 small brown onion, diced

¾ cup choice of flour

½ cup crumbled feta cheese

Salt & pepper, to taste

Handful fresh basil leaves, torn

Olive oil, for greasing

Preheat oven to 180°C.

Cook Morlife Certified Organic Tricolour Quinoa as directed on the package and set aside to cool.

Transfer cooked quinoa to mixing bowl and add remaining prepared ingredients, mix thoroughly to combine.

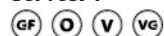
Grease mini muffin tray with olive oil and gently spoon mixture, filling almost to top. Bake for 30 mins or until golden-brown on edges.

Allow to cool slightly before serving.

SWEET POTATO CHIPS WITH TANGY TURMERIC SUPERDIP MIX

RECIPE / MORLIFE

Serves: 4



1 medium sweet potato, peeled & cut into
thick chips

Olive oil

Salt & pepper

1 packet Morlife Tangy Turmeric SuperDip Mix

1 cup natural yoghurt or hummus

Preheat oven to 200°C.

Place chips on lined baking tray, leaving spaces between. Drizzle with olive oil and season with salt and pepper.

Bake for approximately 1 hour or until golden,

turning chips halfway through for even cooking.

Meanwhile, prepare dip by mixing the contents of the SuperDip Mix pouch with 1 cup of yoghurt.

For vegan alternative, replace yoghurt with hummus. Place in fridge until chips are ready.

Serve SuperDip with sweet potato chips.

GOJI LEMON BLISS BALLS

RECIPE / MORLIFE

Makes: 20 bliss balls



2 cups oats

1 cup unsalted cashews

Juice & rind 1 lemon

⅓ cup maple syrup

⅔ cup Morlife Goji Berries

Using food processor, blend oats, cashews, lemon juice, rind and maple syrup until smooth. Add goji berries and pulse a few times to combine.

With wet hands, roll into balls. Store in fridge and set overnight.

For more information visit morlife.com



Sweet Potato Chips
with Tangy Turmeric
SuperDip Mix



Goji Lemon Bliss Balls

COOKING *with* KALE, CABBAGE & BRUSSELS SPROUTS

The brassica family is an incredibly healthy group of vegetables. Brassicas are rich in a healing substance called sulforaphane as well as being dense in other nutrients and fibre. The wonderful thing is they are also delicious, so here we share some recipes that allow you to use some of the stars of this family, including kale, cabbage and Brussels sprouts. To sample the healthy delight of these foods, try cooking up some Fennel, Apple & Red Cabbage Slaw; Kale & Tofu Braised In Coconut & Chilli; Balsamic Brussels Sprouts with Penne Pasta Salad; Kale & Haloumi Fritters; and Shaved Brussels Sprouts, Fennel & Kale Salad.



Danielle's Kale, Parmesan
& Pine-Nut Salad



This versatile dish
can be served
warm or cold.



Adam's Balsamic Brussels Sprouts with Penne Pasta Salad

KALE, PARMESAN & PINE-NUT SALAD
RECIPE / DANIELLE MINNEBO

This is one of my favourite salads. It's simple, fast to put together and tastes delicious. Just add a side of protein and you've made yourself a super-easy and healthy dinner.

Serves: 4



- 3 cups kale leaves, stripped from stalks
- 3 tbsp olive oil
- ¼ cup pine nuts
- 80g parmesan cheese

Heat large frypan over medium heat, keeping pan dry, and add pine nuts. Toast pine nuts for 5 mins, stirring every minute so they don't burn. Remove pine nuts from pan, turn heat to high and add olive oil. Add kale leaves and cook quickly, constantly tossing so they don't burn. After 2 mins, leaves will turn vibrant

green, which means they are ready. Remove from heat.

Toss through pine nuts and grate over parmesan.

Place on a platter and top with extra pine nuts and grated parmesan.

BALSAMIC BRUSSELS SPROUTS WITH PENNE PASTA SALAD

RECIPE / ADAM GUTHRIE

Simple salads are great for showcasing a few star ingredients. This salad shows off the strong taste of the Brussels sprouts and crunchy texture of the walnuts complemented by the wonderful acidity of the balsamic vinegar.

Serves: 4



- 1 x 375g packet wholemeal penne pasta
- 1 cup vegetable stock

- 1 tbsp raw sugar
- ¼ cup balsamic vinegar
- 4 handfuls Brussels sprouts, halved
- 4 carrots, cut into matchstick-sized pieces
- 1 tbsp marjoram, roughly chopped
- Handful walnuts, roughly chopped

Cook pasta until al dente.

In jug, place vegetable stock, sugar and balsamic vinegar.

Heat non-stick frying pan over high heat and place Brussels sprouts, cut side down. Cook for a couple of mins until soft and charred on one side. Add stock and vinegar mixture.

Add carrots, then cook vegetables until liquid has reduced to a glaze. When liquid has evaporated, add cooked penne and marjoram leaves and stir.

Garnish with walnuts. Serve as warm or cold salad.



RECIPES

COOKING WITH KALE, CABBAGE & BRUSSELS SPROUTS



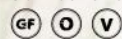
FENNEL, APPLE & RED CABBAGE SLAW

RECIPE / DANIELLE MINNEBO

Coleslaw doesn't have to be unhealthy. Instead, look at coleslaw as a great opportunity to pack your dish full of colourful vegetables.

Choose a mayonnaise made from light olive oil, macadamia oil or avocado oil. If you're not able to find this, make your own batch; it'll keep in the fridge for up to six weeks.

Serves: 6-8



- 2 apples
- ¼ red onion
- 2 small fennel bulbs
- ¼ red cabbage

- ½ cup raisins
- ½ cup toasted almonds
- 8 tbsp mayonnaise
- 1 tsp ground turmeric
- 1 tsp sea salt

The fastest way to make this is to use the slicing attachment on your food processor. Place apples, red onion, fennel and red cabbage all through in one go. If you do not have a food processor, slice all vegetables and apples as thinly as possible.

Add vegetables and apples to large bowl along with raisins, almonds, mayonnaise, turmeric and sea salt.

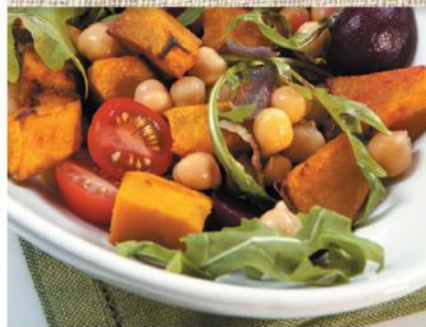
Mix together well and store in fridge until ready to serve.

Danielle's Fennel, Apple & Red Cabbage Slaw



Healthy recipes from **THE GAWLER FOUNDATION** kitchen

eat well : be well



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RECIPES

COOKING WITH KALE, CABBAGE & BRUSSELS SPROUTS

SHAVED BRUSSELS SPROUTS, FENNEL & KALE SALAD

RECIPE / LEE HOLMES

Green vegies are the most important food for disease prevention, detoxification and all-round vibrant health. Using some of the less popular greens, all this salad requires of you is a little fine slicing and a quick, crafty dressing to make them mouth-wateringly good.

Serves: 4



- 8–10 Brussels sprouts, trimmed & shaved
- 1 small fennel bulb, trimmed & thinly sliced
- 1 bunch kale, stems removed, leaves torn into bite-sized pieces
- 1 cup baby rocket
- ½ red onion, thinly sliced
- ½ cup almonds with skins, toasted
- 1 tbsp nutritional yeast flakes, to serve

Dressing

- ¼ cup extra-virgin olive oil
- 2 tsp lemon juice
- 1 tbsp apple-cider vinegar
- 1 tbsp Dijon mustard
- ½ tsp Celtic sea salt

Combine all salad ingredients except yeast flakes in large bowl.

Whisk together dressing ingredients and pour over salad. Toss to coat and sprinkle with nutritional yeast flakes.



Lee's Shaved Brussels Sprouts, Fennel & Kale Salad

The cool coconut contrasts delightfully with the chilli.

Adam's Kale & Tofu Braised in Coconut & Chilli

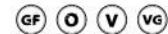


KALE & TOFU BRAISED IN COCONUT & CHILLI

RECIPE / ADAM GUTHRIE

This is a delicious way to enjoy kale seasoned and dressed in cooling coconut milk and spiced up with a little bit of chilli.

Serves: 4



- 1 bunch kale, roughly chopped
- 300g firm tofu, cut into bite-sized cubes
- 1 small red chilli, finely sliced
- 1½ cups coconut milk
- Salt & pepper
- Juice ½ lemon
- 4 cups cooked quinoa

Heat skillet on high heat. Pour ¼ cup water into pan and add kale, tofu and chilli and stir well. Add 1 cup coconut milk and stir. Cover and cook for about 5 mins until kale has gone dark green and soft. Remove lid and add remaining coconut milk and stir. Add salt and pepper to taste.

Squeeze lemon juice over kale and tofu, turn off heat and cover with lid for a few mins to allow juices to cool.

Serve with cooked quinoa.

MINT & GINGER PRAWNS WITH COLESLAW

RECIPE / LEE HOLMES

Prawns are a delicious summertime food loaded with lots of protein to fill you up. In fact, did you know they have approximately the same amount of protein as chicken or beef, yet half the calories?

Serves: 2



Dressing

- 1 tsp finely grated lime zest
- 1 tbsp lime juice
- 1 tsp grated ginger
- 1 garlic clove, crushed
- 2 tsp tamari
- 1 tsp sesame oil
- 1 tbsp finely chopped mint

- 1 small carrot, grated
- ¼ small green cabbage, finely shredded
- ¼ small red cabbage, finely shredded
- 2 kale leaves, stalks removed, roughly chopped or torn
- 1 spring onion, thinly sliced
- 1 tsp extra-virgin olive oil
- 10 medium peeled & deveined green prawns, tails left intact
- Mint leaves, to serve

Combine all dressing ingredients in small jar, seal and shake well.

Combine carrot, cabbages, kale and spring onion in serving bowl.

Heat oil in medium frying pan over medium heat. Add prawns and cook for 1–2 mins on each side, until cooked through.

Put prawns on top of vegetables, pour over dressing and serve topped with mint leaves.



Lee's Mint & Ginger Prawns with Coleslaw



RECIPES

COOKING WITH KALE, CABBAGE & BRUSSELS SPROUTS

Lisa's Grain-Free
Raw Pad Thai



GRAIN-FREE RAW PAD THAI

RECIPE / LISA GUY

Red cabbage is rich in phytonutrients, namely anthocyanins and glucosinolates, which have antioxidant and anti-inflammatory actions, along with offering anti-cancer benefits. Garlic contains sulphur compounds that have powerful immune-enhancing actions. Ginger possesses potent medicinal properties, helping to boost circulation and enhance cardiovascular health, improve digestion and relieve nausea.

Serves: 4



- 1 large zucchini, spiralised
- 1 large carrot, spiralised
- 1 cup purple cabbage, shredded
- 1 cup bean sprouts
- 3 spring onions, finely chopped
- Handful coriander, roughly chopped
- 2 tbsp seeds (sunflower, sesame), toasted
- Lime wedges, to serve

Dressing

- 1 clove garlic, minced
- ¼ cup tahini
- ¼ cup almond or peanut butter
- 2 tbsp lime juice
- 2 tbsp maple syrup
- 2 heaped tsp grated ginger
- ½ cup water, add more to make thinner sauce

Place all salad ingredients in large serving bowl (except seeds and lime wedges) and toss gently.

To make dressing, add all dressing ingredients to small bowl and mix well.

Drizzle over salad and toss.

Top with seeds, wedge of lime and serve.

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RECIPES

COOKING WITH KALE, CABBAGE & BRUSSELS SPROUTS

KALE & HALOUMI FRITTERS

RECIPE / DANIELLE MINNEBO

These fritters will make anyone fall in love with kale! The grated haloumi helps hold the fritters together and adds a lovely salty flavour.

Makes: Approx. 8 fritters

GF O V

3 cups raw kale leaves
1 small onion, finely diced
4 tbsp olive oil
2 eggs
250g grated haloumi
1/3 cup buckwheat flour
2/3 cup brown rice flour
1 tsp smoked paprika

Add kale, onion and 2 tbsp olive oil to food processor. Blend for 1 min until kale has broken up and you have smooth paste. Tip into bowl and add eggs, grated haloumi, buckwheat flour, brown rice flour and smoked paprika. Mix until everything is combined.

Heat remaining 2 tbsp olive oil in frypan over medium heat. Add 2 tbsp kale mixture to pan and form fritter. Continue this process until you have approx. 5 fritters in pan. Cook for 5 mins then flip. Cook for a further 3 mins, then remove from pan. Continue until you have used up all mixture.

Just before serving, sprinkle with extra smoked paprika.

Danielle's Kale & Haloumi Fritters



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RECIPES

COOKING WITH KALE, CABBAGE & BRUSSELS SPROUTS



Lee's Kale Chips

KALE CHIPS

RECIPE / LEE HOLMES

Kale is the word on the lips of every health-conscious foodie and for good reason. Incredibly dense in nutrients and boasting anti-cancer and anti-inflammatory properties, this wonder veg can also be made into just about anything, from chips to dips.

Serves: 2



- 1 bunch curly kale, stems removed, leaves torn into bite-sized pieces
- 1 tbsp extra-virgin olive oil
- 2 tbsp nutritional yeast flakes

Preheat oven to 200°C.

Combine kale and oil in large bowl and massage oil into kale.

Transfer to baking tray, sprinkle with nutritional yeast flakes and bake for 12 mins.

Note: Kale chips are best eaten straight out of the oven.

PEA, KALE & BRUSSELS SPROUTS SOUP

RECIPE / ADAM GUTHRIE

This bright green soup is a fun and nourishing dish to give to your family. It's very easy to prepare, full of green goodness and can be stored in the fridge for up to four days.

Serves: 4



- 1 onion, roughly chopped
- 2 celery stalks, roughly chopped
- 6 Brussels sprouts, roughly chopped
- 1 large potato, cubed
- 8 cups vegetable stock
- 3 cups frozen peas
- 1 small bunch kale, roughly chopped
- Salt, to taste
- Few mint leaves

Heat pan on high heat and add onion, celery, Brussels sprouts and potato. Add vegetable stock, cover and bring to boil until potato is soft.

Add peas and kale. Cover and boil for 5 mins.

Remove from heat and puree in blender until smooth. Add salt to taste and garnish with mint to serve.

KALE & MANGO BREAKFAST SMOOTHIE

RECIPE / LISA GUY

This smoothie is jam-packed with beta-carotene (pro-vitamin A). This important vitamin acts as a potent antioxidant and helps reduce inflammation in the body, while supporting eye health and vision. Kale is a super brassica vegetable that contains high levels of sulfur compounds essential for liver detoxification of carcinogens. Mangoes are a wonderful source of vitamin C, which is a powerful antioxidant and vital for collagen production for healthy, youthful skin. Vitamin C is also needed for healthy adrenal gland function and to strengthen immunity. Green leafy vegetables like kale and baby spinach are a good source of iron to bolster your immune system and promote red blood cell production and the transport of oxygen around the body.



Store this soup in the fridge for up to four days.

Adam's Pea, Kale & Brussels Sprouts Soup

Serves: 2



- 1½ cups frozen mango pieces
- 1 packed cup baby spinach
- 1 large kale leaf, stem removed
- Small handful mint leaves, plus extra to serve
- ¼ large Lebanese cucumber
- 1 cup chilled water or green tea
- Small handful pistachios

Place all ingredients, except pistachios, in blender and mix until smooth and well combined.

Pour into 2 glasses and top with roughly chopped pistachios and some mint leaves.

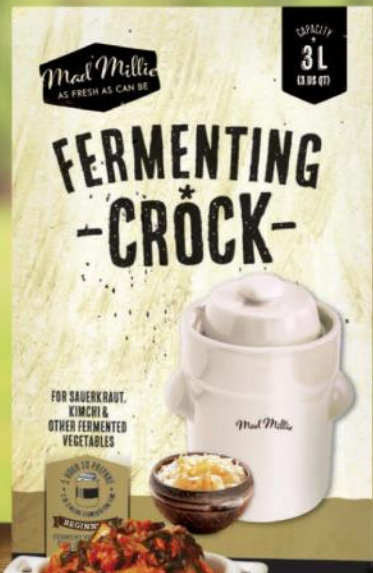
Tip: To supercharge your smoothie, use 1 cup chilled green tea instead of plain water. Green tea has been shown to help speed up your metabolism and increase fat burning and weight loss. Add a small teaspoon of matcha green tea or 1 tsp of spirulina or super greens powder to boost your immune and skin health. Try adding ½ small avocado for extra heart-healthy mono-unsaturated fats and beta-carotene.



Lisa's Kale & Mango Breakfast Smoothie

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Firm Tofu



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MAD MILLIE

FIRM TOFU

Tofu is a source of protein and vegan option for savoury and sweet dishes. One of the most popular forms of tofu appears in is a firm curd, useful for a large variety of cooking styles and recipes.

RECIPE / MAD MILLIE

Makes: approx. 200g

GF O V VG

1L fresh, pasteurised soy milk
(unsweetened, not UHT or GMO)
1 level tsp Mad Millie Coagulant
Bowl ice-cold water

Equipment

Thermometer
Medium cooking pot
Muslin cloth
Tofu mould & pressing plate
Draining spoon

Step 1: Sterilising equipment

Thoroughly clean all equipment.

Step 2: Heating the milk

If using fresh store-bought soy milk, pour 1L into cooking pot and heat to 90°C. Maintain this temperature for 5 mins. After 5 mins, remove soy milk from heat and let cool.

Step 3: Firming up

Add coagulant once temperature drops below 80°C and stir gently. Leave to set for 5 mins. Ensure that temperature of curd does not drop below 55°C.

Step 4: Moulding curds

Line tofu mould with muslin cloth and sit mould on rack or cheese mat in container to collect water. Transfer curds into mould. Fold muslin cloth onto top surface of tofu curds. Apply pressing plate on top of muslin. Press hard onto pressing plate using hands.



Thai Green Curry

Step 5: Pressing

Push down on pressing plate for 10 seconds every 5 mins. Press for total of 30 mins. Ensure mould is not sitting in water you are collecting — drain water if necessary.

Step 6: Cooling

Transfer tofu block in muslin and submerge in ice-cold water for 5 mins. Then carefully unwrap tofu block in cold water. Leave for 10–15 mins.

Step 7: Drying & cutting

Remove from water and leave to dry on bench for 5–10 mins, then cut into desired sizes and serve either fresh or cooked.

Tips: For a firmer tofu, increase the pressure by increasing the pressing time and applying a greater force when pushing each time, and submerge in cold water for a further 5–10 mins.

Storage: Store in the fridge by submerging the tofu block in a 3 per cent salt brine solution until ready to use. Use as soon as possible, but you can leave in the fridge for up to 3 days. Note that it may take on a salty flavour the longer you leave it.

Salt brine: To make a 3 per cent salt brine, dissolve 2 level tbsp of salt in 4 cups of water.

THAI GREEN CURRY

A quick and tasty curry made with delicious Thai spices and coconut milk. Serve with brown or white rice, freshly chopped coriander and basil.

RECIPE / MAD MILLIE

Serves: 2–3

GF O V VG

- 1 tbsp vegetable oil
- 200g firm tofu
- ¼ cup green curry paste (check if vegan, if required)
- 400g tin coconut milk
- 1 tbsp brown sugar
- Fresh vegies such as carrot, broccoli & cauliflower, chopped
- 8 medium sized mushrooms
- ¼ cup basil
- ¼ cup coriander

Add oil to frying pan and stir-fry tofu until browned. Set tofu aside on plate.

Add curry paste to pan and stir-fry until fragrant.

Add half of coconut milk and brown sugar and simmer on low heat for 5 mins.

Stir through vegetables and allow to cook for 5 mins, then add remaining coconut milk.

Serve with rice topped with freshly chopped coriander and basil.

SOFT/SILKEN TOFU — PERFECT FOR DESSERTS

RECIPE / MAD MILLIE

Makes: approx. 800g

GF O V VG

1L fresh, pasteurised soy milk (unsweetened, not UHT)

1 level tsp coagulant

Equipment

Stainless-steel cooking bowl & water bath (see tip below)

Thermometer

Cooking pot or wok frying pan (large enough to sit the stainless-steel cooking bowl in with water and not cause a boil-over)

Step 1: Sterilising equipment

Thoroughly clean all equipment.

Step 2: Heating the milk

If using fresh store-bought soy milk, pour 1L of soy milk into cooking pot and heat until soy milk boils. Boil soy milk for 5 mins.

Step 3: Cooling

Cool soy milk to room temperature (a cold-water bath works well to reduce the temperature quickly). Continue stirring while it cools.

Step 4: Heat the water

While soy milk cools, pour water into large pot or wok frying pan. Heat water to 85°C. You will be adding stainless-steel cooking bowl filled with soy milk to this pot so do not fill too much.

Step 5: Transfer the milk

Once soy milk has cooled to room temperature, pour cooled soy milk into cooking bowl, add coagulant and stir well.

Step 6: Maintaining the temperature

Place cooking bowl inside pot of hot water so it floats. Use tongs or oven mitts. Ensure water always stays above 85°C (control this by turning heat up or down as necessary) and that

level of water is always above level of the tofu in cooking bowl.

Step 7: Cook to milk

Cook soy milk on stove for 30 minutes. Do not stir while soy milk sets.

Step 8: Cooling

Once soy milk has set, remove cooking bowl from pot and set aside to cool.

Step 9: Draining & serving

Before serving, pour out any excess liquid and flip onto plate. For yummy dessert, decorate with fruit and your choice of toppings.

Tip: To create your delicious dessert, drizzle choice of toppings, syrups or fruit over tofu.

Storage: Will keep in fridge for 2–3 days, in covered container.

Water bath: Simply fill your sink with cold water and add ice packs if necessary. Place your cooking pot inside and make sure it doesn't tip over. Make sure the water comes up above the level of the soy milk. This will help cool your soy milk quickly.

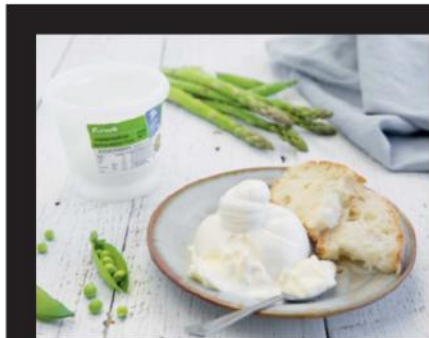
For more information visit madmillie.com



Soft/Silken Tofu



Pizzelle, Young Pecorino
& Roasted Pineapple



Burrata is a decadent and divine cheese. This awarded-winning cheese has a mozzarella skin in a moneybag style filled with strings of stretched curd bathed in cream. Once you cut through the outer layer of mozzarella, it becomes obvious why this cheese is called burrata, meaning "battered" in Italian. The inside is soft and oozy and needs nothing but a spoon!

THAT'S AMORE CHEESE

PIZZELLE, YOUNG PECORINO & ROASTED PINEAPPLE

RECIPE / DARIO DI CLERICO,
THAT'S AMORE CHEESE

Serves: 4



Pizzelle

3 eggs, room temperature
60g honey
250mL olive oil
2 tbsp star anise
500g all-purpose flour
4 tsp baking powder

Equipment

Pizzelle/waffle maker

1 fresh pineapple
5 tbsp water
5 tbsp raw sugar
Juice 1 lemon
2 slices That's Amore Fresh Pecorino

Beat eggs in bowl. Add honey gradually and beat until smooth. Add olive oil and star anise.

Sift flour and baking powder and slowly add to egg mixture.

Dough should begin to form.

Note: it should be similar consistency to pancake mixture.

Spoon 1 tbsp dough into pizzelle or waffle maker. Close lid and let machine do its magic. Cook for 2 mins.

Pizzella is ready when lightly browned. Place on napkin to cool.

Clean and cut 8 slices pineapple from base. In non-stick pan, add water and sugar until it starts to form a light caramel. Simmer for 10 mins, making sure caramel is not too dark. Add lemon juice to make sauce. Bring sauce to boil.

Oil non-stick pan and once heated, sear pecorino till golden-brown.

Serve pineapple and pecorino hot, drizzle with juice from pineapple. Add pizzelle last to keep it crunchy.



BURRATA & MUSSEL GUAZZETTO WITH OLIVE CRUMBS

RECIPE / DARIO DI CLERICO,
THAT'S AMORE CHEESE

Serves: 4



50mL olive oil
500g mussels, cleaned & prepared
Splash dry white wine
200mL crushed tomatoes
5 ripe tomatoes, peeled & diced
1 chilli, chopped
15g parsley, chopped
4 That's Amore burrata
200g mixed olives
Salt & pepper, to taste

Heat olive oil in large heavy-based saucepan. Add mussels and white wine and steam until mussels open. Strain off liquid to remove any sand and set mussels aside.

In same pan, add crushed tomatoes and bring to boil. Add fresh tomatoes and chilli. Carefully return mussels to pan.

Add strained liquid (if dish is thick you may need to add fish stock or water to thin it slightly) and simmer for a few minutes until flavours have combined. Sprinkle with fresh parsley.

To make olive crumbs, heat oven to 140°C. Drain and lay out olives evenly on baking tray and cook for 1½–2 hours until dried.

Transfer olives to chopping board and chop finely into crumbs. If olives are still a bit wet inside, put them back in oven for 10 mins until dry. Grind dried olives coarsely using food processor.

To plate, use pasta bowl and add mussel sauce. Drain burrata of its water, place in middle of plate and sprinkle with olive crumbs.

SQUACQUERONE & PUMPKIN POLPETTE WITH LEMON RICOTTA MAYO

RECIPE / DARIO DI CLERICO,
THAT'S AMORE CHEESE

Serves: 4



Polpette
100g pumpkin, sliced & seeds removed
100g That's Amore Ricotta Delicata
250g That's Amore Squacquerone
30g Parmesan cheese, grated
1 egg
40g bread crumbs
Salt & pepper, to taste
Cornflour
Extra-virgin olive oil

Mayo

100g That's Amore Ricotta Delicata
Zest & juice 1 lemon
Splash milk

Place pumpkin on baking tray with flesh side up. Cover with aluminium foil and bake at 200°C for about 30 mins until flesh softens. Cool pumpkin and remove skin.

Blend baked pumpkin and cheeses to puree. Place puree in bowl and add Parmesan, egg and breadcrumbs little by little. Mix together with a fork. Leave mixture in refrigerator for 24 hours.

Cover tray with baking paper and preheat oven to 180°C.

Take pumpkin mixture and create small balls with your hands, coat with cornflour and place on baking tray. Drizzle pumpkin dumplings with olive oil and bake for about 20–30 mins.

To create ricotta mayo, combine all ingredients in food processor and blend to smooth consistency.

Serve pumpkin polpette with mayo.

For more information visit
thatsamorecheese.com.au



Squacquerone & Pumpkin
Polpette with Lemon
Ricotta Mayo



Chargrilled Chicken, Sweet Potato & Avocado Wraps



Mission's new Low GI Wraps are designed to help sustain your energy throughout the day. They have many other great benefits, including being a good source of fibre and protein with no 282, only 370mg/100g of sodium and the great taste and texture Mission is known for.

MISSION FOODS

CHARGRILLED CHICKEN, SWEET POTATO & AVOCADO WRAPS

RECIPE / MISSION

Serves: 2



- 1 small sweet potato, cut into 2cm chunks
- 1 tbsp olive oil
- 4 baby beetroot, peeled & cut into quarters
- Freshly ground black pepper & salt flakes, to taste
- 1 cup watercress or baby rocket leaves
- 2 x Mission Low GI Wraps
- 1 skinless chicken breast, chargrilled & sliced
- ½ avocado, diced
- 2 cubes marinated goat's cheese
- 1 spring onion, finely sliced

Preheat oven to 180°C.

Place prepared sweet potato in bowl with 2 tsp oil. Toss to coat, then scatter on baking-paper-lined oven tray. Repeat with beetroot using remaining oil, then place on tray with sweet potato. Season with freshly ground black pepper and salt flakes, then roast in oven for 30 mins or until vegetables are lightly golden and soft. Remove from oven and allow to cool slightly.

To serve, arrange watercress or rocket leaves along centre of warmed Mission Low GI Wrap. Top with chicken and warmed vegetables.

Finish with scatter of avocado, goat's cheese and spring onion. Roll wrap and serve.



Mediterranean Roasted Vegetable & Chickpea Wraps

SALMON, EGG & AVOCADO WRAPS

RECIPE / MISSION

Serves: 2



- 6 baby cos lettuce leaves
- 2 x Mission Low GI Wraps
- 6 slices smoked salmon
- 2 hard-boiled eggs, peeled & cut into quarters
- ½ Lebanese cucumber, sliced lengthwise
- ¼ small red onion, cut into thin slivers
- ½ avocado, sliced
- 2 tsp Dijonnaise
- 2 sprigs dill and/or sprinkle micro herbs

To assemble, arrange cos lettuce leaves along the centre of warmed Mission Low GI Wrap. Top with slices of smoked salmon, wedges of egg, slices of cucumber, red onion and avocado.

Finish with drizzle of Dijonnaise sauce and sprinkle of fresh dill and a few micro herbs. Roll wrap and serve.

For more information visit facebook.com/missionfoodsau

MEDITERRANEAN ROASTED VEGETABLE & CHICKPEA WRAPS

RECIPE / MISSION

Serves: 2



2 x Mission Low GI Wraps

- ¼ butternut pumpkin, peeled & cut into 2cm chunks
- 1 zucchini, trimmed & cut into chunks
- ½ red capsicum, deseeded & roughly chopped
- 1 red onion, peeled & cut into wedges
- 1 tbsp olive oil
- 4 sprigs fresh thyme or ½ tsp dried thyme
- Freshly ground black pepper & salt flakes, to taste

Yoghurt Sauce

- ½ cup natural yoghurt
- ½ tsp ground cumin
- 1 tsp honey

- 1 cup baby spinach leaves
- 6 cherry tomatoes, halved
- 220g tin chickpeas, drained & rinsed
- 2 tsp pepitas

Preheat oven to 180°C.

Place prepared vegetables in bowl and add oil. Toss to coat, then scatter vegetables on baking-paper-lined oven tray. Season generously with freshly ground black pepper and salt flakes and sprinkle with thyme leaves. Roast for 30 mins or until vegetables are lightly golden and soft. Remove from oven and allow to cool slightly.

Meanwhile, to prepare yoghurt sauce, combine all ingredients and mix well. Cover and chill until ready to use.

To serve, arrange spinach leaves along centre of warmed Mission Low GI Wrap. Top with roasted vegetables and spoonful of yoghurt sauce. Scatter cherry tomatoes, chickpeas and pepitas. Roll wrap and serve.



Smoked Salmon, Egg & Avocado Wraps



Eggs

FOR DINNER

Eggs are a nutrient-dense food that have such a versatile nature that what you do with them is only limited by what you want to do with them. We tend to pigeon-hole eggs as a breakfast food, but they can equally contribute to a nutritious and filling dinner. Some dinner-time egg recipes include Eggs & Green Pikelets; Curried Egg & Walnut Salad; Caramelised Onion & Rosemary Tart; Goat's Feta & Sweet Potato Egg Muffins; and an Asian-Inspired Omelette.



Remove from oven and sprinkle with fresh thyme leaves just before serving.

TOASTED CHEESE SAMBO WITH EGG & QUICK GUACAMOLE

RECIPE / CHRISTIE CONNELLY

This feels like you are eating a proper dinner, even though it's really just a sandwich with a bit of oomph on top. If you're down to just pantry staples on a Sunday night, you can leave the guacamole off, but I love avocado and eggs together.

Serves: 2



- 4 slices bread
- Butter
- 8 slices tomato
- 4 thick slices cheddar
- 2 eggs
- 1 avocado
- 1 tbsp salsa
- ½ lime (optional)
- Salt & pepper

Butter slices of bread and place two, butter side down, in sandwich press. Top with tomato slices and cheese slices. Season with salt and pepper.

Place other two slices of bread on top, this time butter side up. Close sandwich press and cook until toasted to your liking.

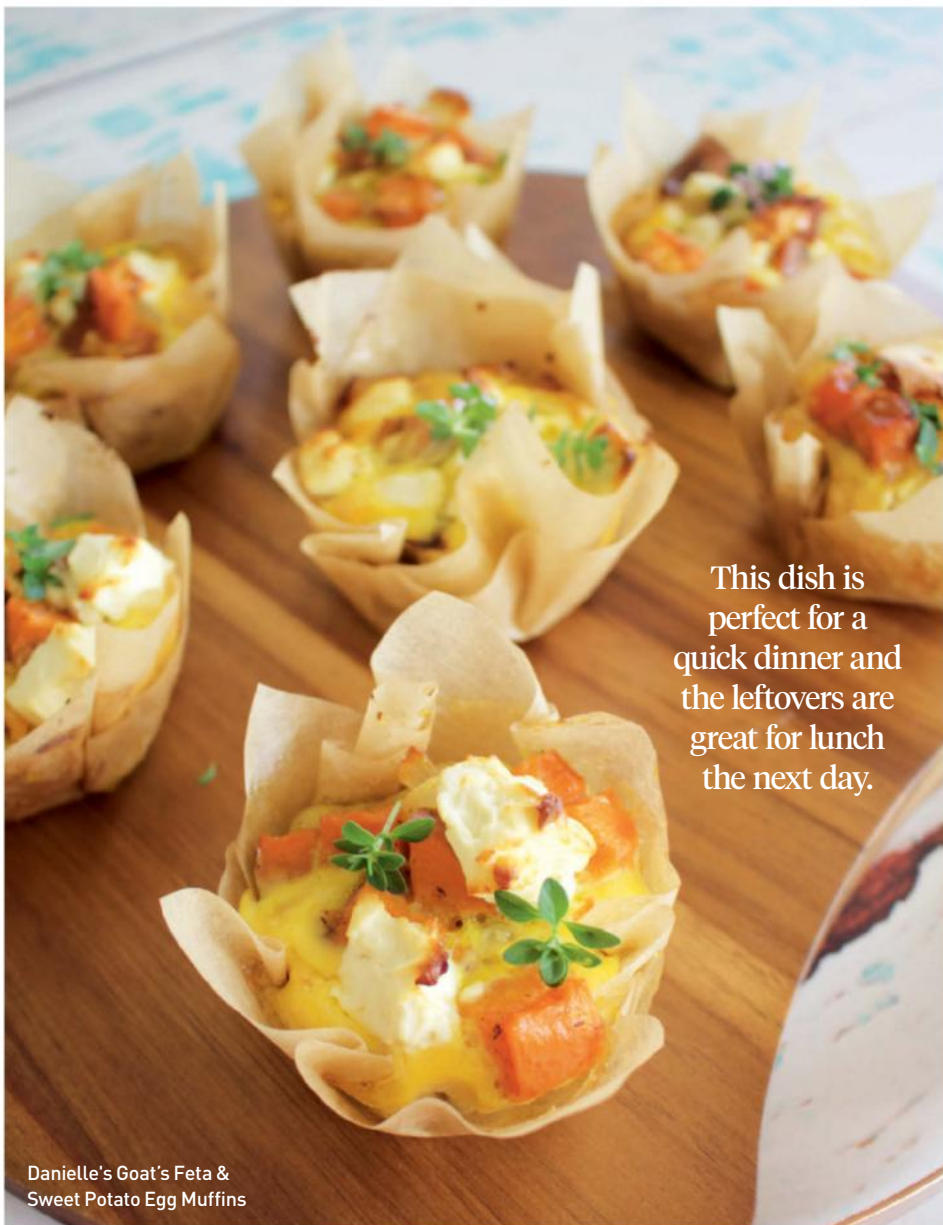
Meanwhile, fry eggs in a little butter. When almost done, take off heat and leave in frying pan to finish cooking and keep warm.

Scoop out flesh from avocado into bowl, add salsa and lime. Season with salt and pepper and mash together.

Place toasted sandwiches on serving plates. Top each with an egg and some guacamole.



Christie's Toasted Cheese Sambo with Egg & Quick Guacamole



This dish is perfect for a quick dinner and the leftovers are great for lunch the next day.

Danielle's Goat's Feta & Sweet Potato Egg Muffins

ASIAN-INSPIRED OMELETTE

RECIPE / DANIELLE MINNEBO

This is my favourite go-to meal when I need something quick but full of vegetables and protein. Make sure you use a good non-stick frying pan or wok and cook this omelette over high heat. It's meant to cook fast so the egg will puff up and you get a lovely light omelette.

Serves: 1



- 3 eggs
- 1 spring onion, sliced, plus extra to serve
- ¼ bunch fresh chives, roughly diced
- ¼ bunch fresh coriander, roughly chopped, plus extra to serve
- 1 tbsp fish sauce
- 1 tbsp olive oil
- Chilli, chopped

Add eggs, spring onion, chives, coriander and fish sauce to bowl and beat until combined.

Heat olive oil in medium saucepan over high heat. Add egg mixture and allow to cook for 20 secs. Lift pan and using egg flipper scrape cooked egg into centre of pan, allowing runny egg mixture in centre to run around edges.

Continue this process one more time before removing from heat. Fold omelette over in half and serve topped with additional spring onion, coriander and chilli.

GOAT'S FETA & SWEET POTATO EGG MUFFINS

RECIPE / DANIELLE MINNEBO

These muffins are delicious. They are super-easy to prepare, perfect for a quick dinner, and leftovers are great for lunch the next day.

Makes: 12 muffins



- 1 onion, chopped
- 2 medium sweet potatoes, cut into small cubes
- 3 tbsp olive oil
- 1 tsp sea salt
- ½ tsp ground nutmeg
- 6 eggs
- 100g goat's cheese
- 2 tsp fresh thyme leaves

Preheat oven to 180°C. Line 12-case muffin tin with muffin papers.

Add onion, sweet potato, olive oil, sea salt and nutmeg to roasting tray. Mix together so olive oil and nutmeg coat sweet potato pieces well. Roast for 40 mins.

While sweet potato is roasting, prepare eggs: add 6 eggs to bowl and beat for a few mins.

Remove roasted vegetables from oven and divide between the 12 muffins. Pour egg mixture over top of each muffin and top with crumbled goat's cheese.

Return to oven to bake for a further 20 mins.



Christie's Avocado Egg Salad



AVOCADO EGG SALAD

RECIPE / CHRISTIE CONNELLY

This isn't the prettiest dish but it sure is tasty and nutritious! Customise it to your taste with what you have on hand. It's lovely with the addition of sweetcorn, capsicum, celery or white beans.

Serves: 4



- 4 large eggs
- 2 large avocados
- 1 carrot, grated
- 2 tbsp parsley leaves, chopped
- 4 tbsp mung bean sprouts
- Crusty bread, gluten-free if needed, to serve

Place eggs in saucepan and fill with cold tap water. Bring to boil over high heat then cook for 5 mins until hard boiled. Peel and roughly chop, add to large bowl and set aside.

Slice avocados in half lengthways and remove seeds. Scoop out flesh and add to bowl with eggs. Reserve shells for serving. Add grated carrot, parsley and mung beans. Season with salt and pepper. Mash together with a fork until just combined.

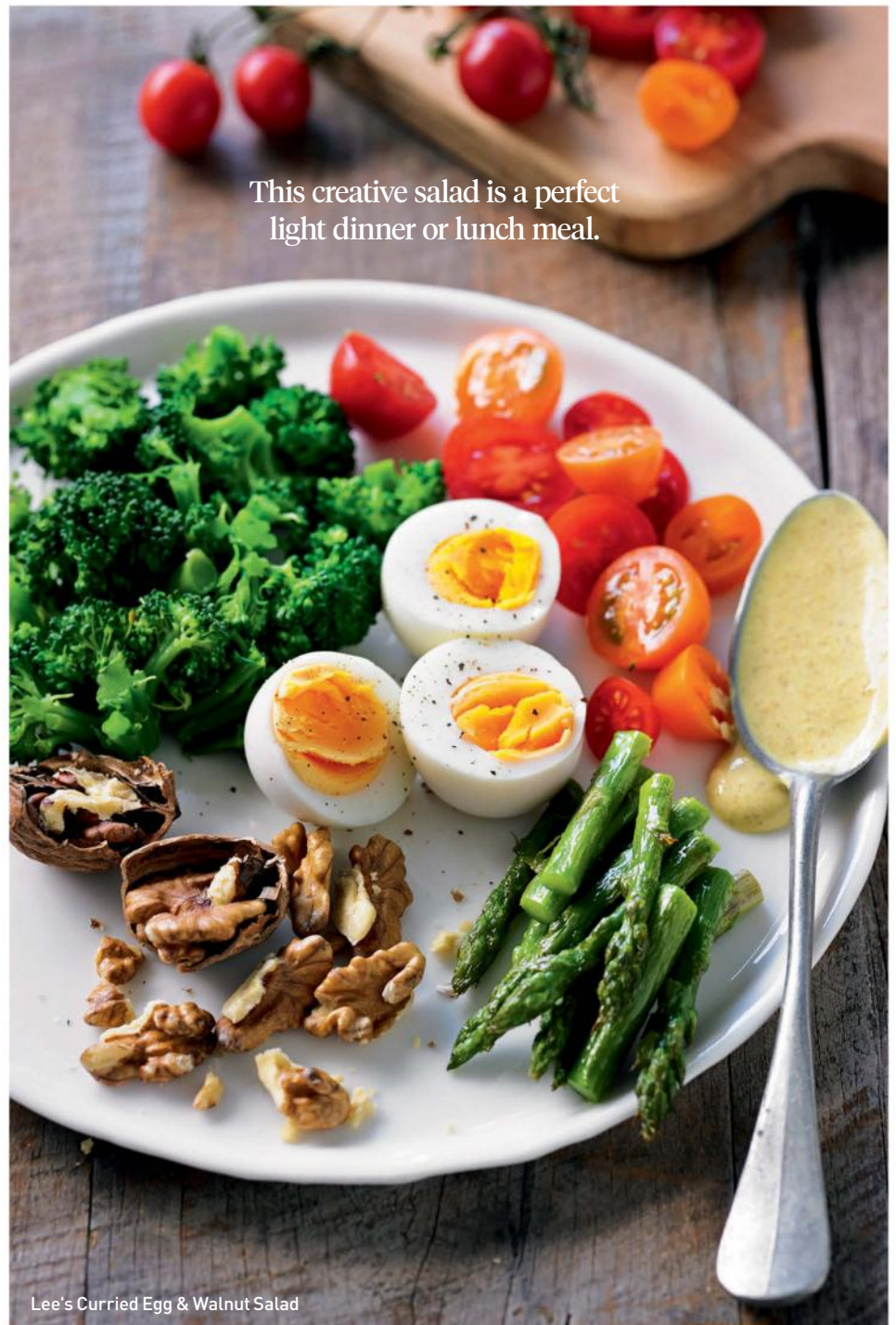
Spoon into avocado shells and serve with crusty bread or crackers.

CURRIED EGG & WALNUT SALAD

RECIPE / LEE HOLMES

A creative swing on your grandmother's classic curried eggs, this filling salad is the perfect light lunch or dinner solution. Eggs really have everything going for them: artfully packaged by nature and meticulously balanced in protein, good fats and carbohydrates. They're a faultless workday fuel.

Serves: 4



Lee's Curried Egg & Walnut Salad

This creative salad is a perfect light dinner or lunch meal.

- 8 asparagus spears
- 1 tbsp extra-virgin olive oil
- Juice ½ lemon
- 6 eggs
- 4 bunches broccolini, roughly chopped
- ½ cup toasted walnuts
- 1 cup cherry tomatoes, halved

Dressing

- ½ cup full milk Greek or sheep's yoghurt
- 2 tsp curry powder
- Pinch cayenne pepper
- Pinch Celtic sea salt
- Freshly cracked black pepper, to taste

Preheat oven to 200°C.

Snap woody ends off asparagus, lay spears in single layer on baking tray and drizzle olive oil over spears. Roll spears in the

olive oil to ensure they are evenly coated.

Bake for 8-10 mins, or until lightly browned and tender when pierced with fork. Drizzle with a little fresh lemon juice and set aside.

Bring saucepan of water to boil, place the eggs in water, lower heat to medium and boil for 7-8 mins. Remove from saucepan and set aside to cool before peeling.

Meanwhile, line bamboo steamer with baking paper and steam broccolini for 4-5 mins, or until al dente.

Toast walnuts in dry pan for a couple of minutes on each side. Remove from pan and set aside to cool.

Whisk all dressing ingredients together in small bowl.

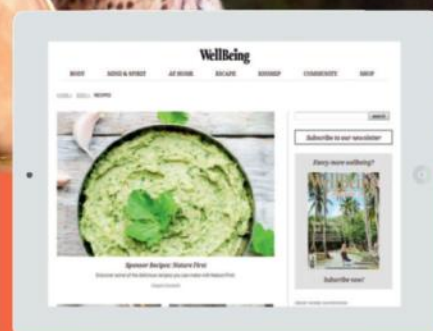
Roughly dice eggs, then place them with all other ingredients in large bowl. Add dressing and mix to ensure all ingredients are lightly covered.

Food for *thought!*



wellbeing.com.au

The natural choice for authentic living





CORN & ZUCCHINI FRITTERS

RECIPE / LISA GUY

Corn is a good source of resistant starch. This type of fibre is fermented in the colon where it produces butyrate, a fatty acid that supports the health of the colon and immune system by maintaining healthy populations of “friendly” bowel bacteria. Buckwheat is actually a fibre-rich seed that’s used just like a grain, although it’s gluten-free and not related to wheat. Buckwheat contains protein, providing important amino acids including lysine, which is used for the treatment and prevention of cold sores.

Makes: 8 fritters



- 2 large zucchini, grated
- 2 eggs
- 2/3 cup corn kernels, cooked
- Handful coriander, roughly chopped
- Handful parsley, roughly chopped
- 2 spring onions, sliced, plus extra to serve
- 1/4 cup buckwheat flour
- 4 cherry tomatoes plus extra to serve, halved
- Olive oil
- Sour cream, to serve

Place grated zucchini in bowl and sprinkle with sea salt. Leave for 5 mins then squeeze out excess water.

Place all ingredients in bowl and mix until well combined.

Heat some olive oil in frying pan over medium heat.

Using egg rings, place mixture into rings and cook for 2 mins each side.

Top with sour cream, cherry tomatoes, herbs and spring onions.

Tip: Delicious for breakfast or cold the next day for lunch. These fritters are perfect for lunchboxes.



Lisa's Corn & Zucchini Fritters



Christie's Breakfast for Dinner Burgers

BREAKFAST FOR DINNER BURGERS

RECIPE / CHRISTIE CONNELLY

It’s nice to make your own sauce to avoid all the nasties in store-bought ones, but it’s not totally necessary for this burger — you can just use your favourite mayo or chutney. The portobello mushroom adds a wonderful “meaty” taste and texture, which means vegetarians can leave out the bacon, and still have a deluxe burger to enjoy.

Serves: 4



- 4 portobello mushrooms
- 2 tbsp olive oil
- 8 rashers bacon
- 4 eggs
- 4 bread rolls
- 1 avocado, sliced into thin wedges
- 2 handfuls rocket

Spicy Mayo

- 1/4 cup mayonnaise
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp mustard powder
- Juice 1/2 lime
- 1 tsp Sriracha or sweet chilli sauce

Preheat oven to 180°C.

Place mushrooms on roasting tray and drizzle with 2 tbsp oil and season with salt and pepper. Bake for 15 mins until soft and juicy.

Meanwhile, cook bacon in large frying pan until crispy. Remove bacon to plate, then use bacon fat to fry eggs to your liking. Mix together all spicy mayo ingredients and set aside.

Slice rolls in half and place on serving plates (you can toast them if you like). Place 1 mushroom on each roll, then top with egg, bacon, avocado and rocket. Drizzle with sauce and put top bun on.

ROASTED CAPSICUM & WALNUT FRITTATA

RECIPE / DANIELLE MINNEBO

I like to use a mix of orange, red, green and yellow capsicums in this recipe as it makes for a bright and colourful dish. But you can certainly use any type of vegetable you like; it’s a great way to use any leftover vegies you have in the fridge.

Serves: 8



- 3 capsicums, cut into large squares
- 2 red onions, roughly chopped
- 3 zucchini, thickly sliced
- 3 tbsp olive oil
- 1 tsp sea salt
- 8 eggs
- 1 cup almond milk
- 100g goat’s cheese
- 100g walnuts
- 1/4 cup grated parmesan
- Handful basil leaves

Preheat oven to 180°C.

Add capsicum, red onion, zucchini, olive oil and sea salt to large ceramic roasting dish. Mix together so olive oil covers all the vegetables. Bake for 30 mins.

While vegetables are baking, add eggs and almond milk to large bowl. Whisk together until well combined.

Remove roasted vegetables from oven and pour over egg mixture. Crumble goat’s cheese over, then sprinkle walnuts over and finally top with grated parmesan.

Bake for a further 30–40 mins, until egg is cooked and top is nice and golden. Just before serving, sprinkle with fresh basil leaves.

A great way to use up
any leftover vegies
you have in the fridge.





This tart is a magnificent fusion of sweet and savoury flavours.



CARAMELISED ONION & ROSEMARY TART

RECIPE / LEE HOLMES

This lovely, impressive tart has the wow factor and will most certainly guarantee an abundance of guinea pigs lining up to give it a thumbs-up. The filling fusion of sweetness, tartness and savoury flavours gives it a memorable taste that lingers long after your last bite.

Serves: 8



Cashew Cream

- ¾ cup raw unsalted cashews
- 2 garlic cloves
- Celtic sea salt
- 1 tbsp freshly squeezed lemon juice

Filling

- ¼ cup cold-pressed extra-virgin olive oil
- 4 large brown onions, thinly sliced
- Celtic sea salt
- freshly ground black pepper
- 1 tbsp rice-malt syrup
- 1½ cups English spinach & kale leaves, sliced
- 1 tbsp apple-cider vinegar

Tart Crust

- 1½ cups almond meal
- ½ tsp Celtic sea salt
- 1 tsp bicarbonate of soda (baking soda)
- ½ tsp dried rosemary
- ¼ cup cold-pressed extra-virgin olive oil

Preheat oven to 180°C and lightly grease 22cm pie dish.

To make cashew cream, place cashews, garlic, salt and lemon juice in food processor with ¼ cup filtered water and process until thick and creamy. Add more water if required.

To make filling, heat olive oil in large frying pan over low heat and cook onion, salt, pepper and rice-malt syrup for about 30 mins or until onion is caramelised.

Add spinach and kale and cook for a further 10 mins, or until tender. Drain excess liquid and add apple-cider vinegar.

To make tart crust, combine almond meal, salt, bicarb soda and rosemary in large bowl and stir to combine.

In separate bowl, whisk olive oil with 1 tbsp cold filtered water. Stir olive oil and water into dry ingredients and mix well to combine.

Spoon mixture into prepared pie dish and spread evenly over base and up sides, removing excess pastry. Pop in oven and bake for 10 mins.

Remove from oven and allow to cool slightly before adding cashew cream then onion mixture. Return to oven and bake for a further 15 mins or until crust is golden.

Lee's Caramelised Onion & Rosemary Tart

RICOTTA & PESTO TART WITH SWEET POTATO CRISPS

RECIPE / LISA GUY

Eggs are one of the few foods that provide vitamin D, needed to support calcium absorption to promote strong bones and healthy immune function. Eggs are also an excellent source of choline, required for acetylcholine production, which is essential for memory. Sweet potatoes contain plenty of beta-carotene, an important nutrient that protects cells from free radical damage along with reducing inflammation. Beta-carotene is converted to vitamin A in the body to help support healthy eyesight and skin.

Serves: 4-5



1 medium sweet potato
400g tub ricotta
4 eggs
½ cup pesto

Pesto

3 cups basil leaves
¼ cup olive oil
3 tbsp lemon juice
¼ cup pine nuts
2 cloves garlic
¼ cup grated Parmesan cheese

Preheat oven to 200°C. Line quiche dish with baking paper.

Peel sweet potato into thin slices and lay on baking tray covered with baking paper.

Place ricotta and eggs in processor and blend well.

Pour mixture into quiche dish then bake for 35 mins.

Place sweet potato in oven for around 40 mins, until crisp and golden.

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

After 35 mins, take tart out of oven and spread pesto evenly on top. Place tart back in oven for another 10 mins, or until knife comes out cleanly from centre.

To serve, top tart with sweet potato crisps.

EGGS & GREEN PIKELETS

RECIPE / LEE HOLMES

Before you wrinkle your nose and squint your



Lisa's Ricotta & Pesto Tart
with Sweet Potato Crisps

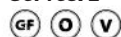


Lee's Eggs &
Green Pikelets

eyes at the word "green" in front of "pikelets", just trust me on this one. The green aspect of these pikelets takes them to the next level. As you know, I love trying to incorporate vegies into my diet as much as possible. This is why spinach, a brilliant green leaf and a great source of folate, iron, vitamins and minerals, is the perfect addition to any pikelet recipe.

Make a double batch and you'll have breakfast in the morning!

Serves: 2



1 bunch English spinach leaves
¼ cup chia seeds
½ cup almond meal
2 eggs
1 tbsp smooth nut butter
1 tbsp Heal Your Gut Powder* (optional)
1 tsp ground cinnamon
⅔ cup almond milk or milk of choice
Good pinch Celtic sea salt
1 tbsp extra-virgin coconut oil or butter, for frying

Place all ingredients, except oil or butter, into food processor and combine until smooth.

Remove batter and let sit for 5-10 mins.

Heat frying pan over medium heat and add half the oil.

Depending on size of pikelets preferred, scoop just under ¼ cup mixture into pan and cook for 5 mins on one side, then flip over to do other side for about 3 mins.

Place on waiting plate and continue until all batter is used.

Serve warm.

*Heal Your Gut powder can be found in healthfood stores.

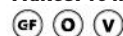
CHOCOLATE & COCONUT RASPBERRY CAKES

RECIPE / LISA GUY

Coconut flour contains very high levels of fibre, almost double that of wheat bran. Adding coconut flour to your diet can help reduce your risk of heart disease, lower cholesterol levels and help protect against cancer and type 2 diabetes. Raw cacao contains powerful

antioxidants called phenols that offer protection against cardiovascular disease.

Makes: 10 mini cakes



½ cup coconut flour
2½ tsp gluten-free baking powder
Pinch sea salt
6 eggs
¼ cup raw honey
⅓ cup coconut oil
1 tsp vanilla bean paste
¼ cup raw cacao powder
1 cup raspberries, frozen or fresh, plus extra for topping

Preheat oven to 160°C. Place muffin cases in muffin tray.

Place all ingredients (except raspberries) in food processor and blend until well combined.

Gently stir through raspberries.

Pour mixture into muffin cases and place another 2-3 raspberries on top of each cake.

Bake for approx. 30 mins or until skewer comes out cleanly from centre of cakes.

Allow to cool.



Lisa's Chocolate &
Coconut Raspberry Cakes



Blue Cheese & Rosemary
Honey Fondue



New to the Tucker's Natural range, Gluten-Free Bites are gluten- and egg-free with the goodness of amaranth flour. Endorsed by Coeliac Australia, these tasty bite-size snacks are light and crispy and free from added sugar, GMO and MSG.

TUCKER'S NATURAL

BLUE CHEESE & ROSEMARY HONEY FONDUE

RECIPE / TUCKER'S NATURAL

Serves: 4-6



- 100g blue cheese, cut into 1cm pieces
- 2 tbsp Australian honey
- 1 sprig fresh rosemary, washed & picked
- 1 packet Tucker's Natural Rosemary & Rock Salt Gourmet Crackers

Preheat oven to 180°C.

Place cheese, honey and rosemary in small heatproof ramekin. Bake in oven until melting hot.

Serve immediately with Tucker's Natural Rosemary & Rock Salt Gourmet Crackers.



Gluten-Free Walnut & Blackcurrant Bites

GLUTEN-FREE WALNUT & BLACKCURRANT BITES

RECIPE / TUCKER'S NATURAL

Serves: 6-8



- 100g matured cheddar cheese
- 1 packet Tucker's Natural Quinoa & Amaranth Gluten Free Bites
- 1 packet Tucker's Natural Blackcurrant & Raspberry Fruit Paste
- 100g walnuts, halved

Slice cheese into ½-cm-thick square pieces.
Layer each Gluten Free Bite with cheese slice and small scoop Blackcurrant & Raspberry Fruit Paste.
Top each Gluten Free Bite with half a walnut.
Serve immediately.

SALSA VERDE & FETA DIP

RECIPE / TUCKER'S NATURAL

Serves: 4-6



- Salsa Verde**
- 1 bunch flat-leaf parsley, washed
- ½ bunch basil, washed
- ½ tsp crushed garlic
- 1 tbsp capers
- 1 anchovy fillet
- 2 tbsp lemon juice

- 100mL extra-virgin olive oil
- 150g feta, cut into 1cm pieces
- Salt & pepper, to taste

1 packet Tuckers Natural Wholegrain Supergrain Bites

Blend all salsa verde ingredients in food

processor, adding feta last.

Season with salt and pepper to taste.

Serve with Tuckers Natural Wholegrain Supergrain Bites.

Tip: Omit anchovy for vegetarian recipe.

For more information visit tuckersnatural.com.au



Salsa Verde & Feta Dip



GLOBAL ORGANICS

BASQUE BASTILLA RECIPE / GLOBAL ORGANICS

Serves: 4-6



- Juice & zest 1 lemon
- 1 tbsp Gourmet Organic Herbs Ras el hanout*
- 1 tin Global Organics Cannellini Beans, drained & rinsed
- 1 tbsp Spanish smoked paprika
- 1 large onion, thinly sliced
- 100g butter or 110mL Global Organics Olive Oil plus extra olive oil
- 1 tsp salt
- 1 tsp turmeric
- 1 medium sweet potato, thinly sliced
- 200g baby spinach leaves
- 3 large eggs
- 100g ricotta or goat's curd
- 6 sheets filo pastry**
- ½ cup golden sultanas
- Flaked almonds or fresh herbs

Mix beans with ras el hanout, lemon juice and smoked paprika.

Sweat onion with butter and salt on medium to low heat until soft and golden. Add turmeric and take off heat.

Blanch sweet potato in boiling water for 2 mins. Drain well and leave to cool.

Preheat oven to 190°C or 180°C fan-forced. Lightly oil 30cm x 15cm baking dish.

In food processor, roughly chop spinach, add eggs and cheese, mix together then gently fold in bean mix.

Brush first sheet of filo with olive oil, fold in half and lay in base of dish, overhanging edges slightly. Spread one-quarter of golden sultanas and onion on each of 4 sheets of filo and layer in dish.

Lay sweet potato on top then spread over cheesy bean mix.

Brush last filo sheet with oil, fold in half then cut into 8 squares. Scrunch slightly and place squares on top of pie.



Global Organics Cannellini Beans are grown and sourced under the Tuscan sun. They have a creamy mild-flavour and are a source of fibre and protein.

As a versatile legume, they can be added to your savoury or sweet dishes. Simply puree them to use as a spread or add to soups and stews – whatever your taste, Global Organics Cannellini Beans have got you covered.



Kale Pesto Soup



Green Italian Bean Salad

Bake for 30 mins, until filo is browned and vegetables bubbling.

Garnish with flaked almonds or herbs and serve hot or at room temperature with Green Italian Bean Salad (recipe above).

*A Moroccan spice blend with up to 27 spices.

**For a gluten-free and paleo/primal version, use coconut wraps (available at healthfood stores).

KALE PESTO SOUP

RECIPE / GLOBAL ORGANICS

Serves: 4



- 1 tin Global Organics Cannellini Beans, drained & rinsed
- 2 tbsp Global Organics Pesto
- 1L water
- ½ cup Lotus Savoury Yeast Flakes
- 1 bunch cavolo nero or green kale, roughly chopped
- Salt & pepper
- 1 tsp lemon juice
- Grilled bread, to serve

Combine all ingredients (except lemon juice) in small pot and simmer for 15 mins. Adjust seasoning.

Add lemon juice just before serving with grilled bread.

GREEN ITALIAN BEAN SALAD

RECIPE / GLOBAL ORGANICS

Serves: 4-6 as a side



- 1 small red onion, thinly sliced
- ¼ cup Global Organics Red Wine Vinegar
- Pinch salt
- 1 punnet grape tomatoes, halved
- ¼ cup Global Organics Olive Oil
- Pinch dried thyme
- 1 tin Global Organics Cannellini Beans, drained & rinsed
- 200g rocket leaves

Preheat oven to 200°C.

Mix onion, vinegar and salt in small bowl. Set aside to quickly pickle.

Toss tomato halves in oil and thyme. Lay on tray and roast in oven for 10-15 mins.

Toss drained beans with pickled onion and roasted grape tomatoes. Add rocket and serve immediately.

VANILLA & BEAN CUPCAKES

RECIPE / GLOBAL ORGANICS

Makes: 12 cupcakes



Cupcakes

- 4 large eggs
- 1 tsp Global Organics Apple-Cider Vinegar
- ½ tsp sea salt
- ½ cup Global Organics Maple Syrup
- 1 tin Global Organics Cannellini Beans, drained & rinsed
- 1 cup almond meal*
- ½ tsp baking soda
- 1 tsp vanilla bean paste
- ¼ cup Global Organics Coconut Oil

Icing

- ½ cup Global Organics Coconut Oil
- ½ cup unsalted butter, diced**
- ¼ cup Global Organics Coconut Sugar
- ½ tsp vanilla bean paste

Snowballs

- 1 cup Global Organics Coconut Oil
- 1 cup Global Organics Desiccated Coconut, plus extra
- ¼ cup Global Organics Maple Syrup

Preheat oven to 180°C or 170°C fan-forced and line 12-cup cupcake tray with cupcake papers.

Separate eggs. Beat egg whites with vinegar and salt until soft peaks form. Then slowly add maple syrup, beating until stiff.

In blender, combine beans, egg yolks, almond meal, baking soda, vanilla and melted coconut oil. Blend until smooth.

Fold two mixes together, fill cupcake moulds to almost full and bake for 20-25 mins or until golden and skewer comes out clean.

Once cooked, cool on rack then chill in fridge or on bench until completely cold.

For icing, beat or blend together all ingredients. Set aside in fridge.

In blender, combine the snowball ingredients and blend until it comes together.

Roll into balls, chilling for 10 mins, if needed, to stiffen mix. Roll in extra desiccated coconut to coat.

Pipe icing onto cupcakes and top with snowball. Extra snowballs can be kept in fridge for up to a month — if they last that long!

*For nut-free use desiccated coconut.

**For dairy-free use a good quality vegan butter.

For more information visit globalorganics.com.au



Vanilla & Bean Cupcakes

WE HAVE COOKED UP OUR BEST DEAL THIS WINTER

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YUMMIES

Foodie friends, it's time to feast!

We've pored over more than 9000 reader votes in the *EatWell* Yummies People's Choice Awards for 2016 — and the verdict is in.

You, our engaged and inspired readers, have voted for your favourite companies in the ethical, sustainable wholefood industry and the *EatWell* team is delighted to announce the winners for each category below. Congratulations to you all!

EatWell has become the magazine of choice for people who are passionate about living a healthy lifestyle, creating scrumptious food and connecting with fellow foodies. We started the Yummies to acknowledge the hard-working, committed people behind the wholefood brands we know and love and, with your involvement, we've done just that! A big thank you to everyone who was nominated and our readers for voting.

"It's great to see some fantastic products being created by the business community and this is being acknowledged by the huge number of votes the awards received," says publisher Janice Williams. "It's a pleasure to provide rewards and coverage to those businesses that are contributing great ideas to the market, and we look forward to making these awards even bigger and better in 2017."

ALTERNATIVES



NATVIA 100% NATURAL SWEETENER

"We are excited that Natvia is the chosen natural sweetener product for *EatWell* readers. As a brand, our values are to inspire people all around the world to live a healthier lifestyle by leaving sugar behind and it's always great to hear such positive feedback. We want the sugar-free movement we have started to be part of everyone's life." — Samuel Tew, Natvia founder

ABOUT THE PRODUCT

Natvia is Australia's leading 100 per cent natural sweetener made from stevia. It tastes delicious and is virtually calorie-free. Using Natvia doesn't have any effect on blood glucose levels, meaning it's suitable for diabetics and anyone wanting to control their sugar intake. Sold internationally, Natvia also provides its customers with sugar-free recipe ideas and free eBooks. It can be used in tea, coffee, smoothies, baking, cooking and in all other delicious treats. Natvia is packaged in the form of on-the-go tablets, baking packs, sachets and canisters.



CEREAL



CARMAN'S ALMOND, COCONUT & CHIA GOURMET PORRIDGE SACHETS

"We're thrilled that our Carman's porridge has been recognised with this award. We've been conscious with our recipes to add real ingredients that not only enhance the natural goodness of oats but also taste delicious" — Carolyn Creswell, company founder & managing director

ABOUT THE PRODUCT

Looking for an easy yet genuinely nutritious breakfast to warm your soul? Carman's Almond, Coconut & Chia Gourmet Porridge makes a wholesome, hot brekkie in just 90 seconds. It's a yummy blend of Aussie wholegrain oats and sliced almonds sprinkled with shreds of coconut and nutrient-rich seeds! Each sachet is 100 per cent natural, vegan friendly and contains less than 4g sugar — perfect for your gym bag or desk drawer.



CAPRI LAC GOAT YOGHURT 500g NATURAL

"Our goats, our farms, our factory, our winning product... We are NuLac Foods, a speciality dairy product manufacturer located in Keysborough, Victoria, delighted that our CapriLac Goat Yoghurt 500g Natural was announced the winner in the Dairy Category of the EatWell Yummies People's Choice 2016 Awards."

ABOUT THE PRODUCT

NuLac Foods has been manufacturing "CapriLac"-branded Natural Goat Yoghurt for several years now. The company's natural, unsweetened goat yoghurt is a perfect complement to a healthy breakfast and can be used in a variety of dishes such as Mediterranean and Indian meals. It is made from fresh goat milk sourced from the company's own farms in Gippsland.

CapriLac Goat Yoghurt is naturally A2, gentler on the stomach and easy to digest. Importantly, it is suitable for the entire family and maintains a strong consumer following. With a great taste profile, it is a healthy alternative to cow's milk yoghurt and is of great benefit to individuals with cow's protein intolerance.



From left to right: Kevin Camilleri (sales & marketing manager), David Gommans (production manager), Jessica Lewis (finance)

DAIRY



GENERAL PANTRY



MURRAY RIVER GOURMET SALT FLAKES (250g HOME CHEF BOX)

"Murray River Salt is delighted to have won the General Pantry category with Murray River Gourmet Salt Flakes. Winning this award is testament to the quality of our salt flakes that have become a firm favourite in kitchens around Australia." — Jane Schmidt, marketing manager, Murray River Salt

ABOUT THE PRODUCT

Murray River Gourmet Salt Flakes® are produced from the concentrated brine that is pumped up from an ancient inland sea near Mildura. The brine from the aquifer is highly mineralised, which gives the salt flakes their distinctive pink hue and soft, delicate flavour. Murray River Gourmet Salt Flakes® are considered essential by foodies and top chefs across Australia. Truly the perfect finish for any dish!



LOTUS ORGANIC MATCHA POWDER

"We are delighted that our Lotus Organic Matcha Powder has won the Drinks Category in the EatWell Yummies Awards. Our Lotus Organic Matcha Powder is a premium-grade, gluten-free green tea originating from Japan. Use as a cooking ingredient in pancakes, muffins or bliss balls or drink as a warming cup of tea."

ABOUT THE PRODUCT

Originating from Japan, Lotus Organic Matcha Powder is a premium-grade, gluten-free green tea that has been ground into a fine powder. Drink as a tea or use as a cooking ingredient in pancakes, muffins or bliss balls. Lotus Organic Matcha Powder is certified organic, gluten-free, dairy-free, nut-free, lactose-free and vegan.



DRINK





MAGIMIX

"We are honoured to receive the award for Kitchen & Appliances. Magimix are renowned for producing quality appliances and it is great to see the readers think so, too!"

ABOUT THE PRODUCT

Magimix Cook Expert — finally an appliance that truly matches design with functionality. Not only can Cook Expert cook a myriad of dishes from starters to desserts, it can also whisk, steam, blend, puree, mix and make dough in the double-wall stainless-steel thermo bowl. Cook Expert also converts to a fully fledged food processor allowing you to effortlessly slice, grate, mince, chop and more!



**WELL NATURALLY
NO SUGAR ADDED CHOCOLATE**

"We're delighted to have won the Lunch Box category award. We love seeing our products meet the needs of customers who are making healthier choices to reduce sugar consumption."

ABOUT THE PRODUCT

The Well Naturally No Sugar Added Chocolate collection is all indulgence and no guilt, thanks to the addition of stevia, a natural plant-based sweetener. With no artificial colours, flavours or preservatives and no gluten or added sugar, it's a treat that's easy to feel good about. Whether you love the velvety smooth texture of dark chocolate or the creamy, melt-in-your-mouth milk chocolate experience, there is a variety of flavours to suit everyone.



**OUTBACK SPIRIT PROVENANCE
WILD LIME CHILLI GINGER SAUCE**

"The team at Outback Spirit are thrilled to have our Outback Spirit Wild Lime Chilli Ginger Sauce chosen by the consumers for the EatWell Yummies Peoples Choice Awards as the best condiment."

ABOUT THE PRODUCT

Outback Spirit Wild Lime Chilli Ginger Sauce has pronounced citrus characteristics. Wild Lime Chilli Ginger Sauce is made using the uniquely Australian Native Desert limes. Outback Spirit Wild Lime Chilli Ginger Sauce is a wonderful dipping sauce for rice paper rolls, spring rolls, sushi, dumplings, meatballs and fish cakes. An awesome quick and simple marinade, pour over your favourite meat, poultry, fish, pork or tofu. Fold Outback Spirit Wild Lime Chilli Ginger Sauce through yoghurt and use as a salad dressing on a warm chicken salad. Outback Spirit Wild Lime Chilli Ginger Sauce is a great table sauce to use every day. It is gluten-free and vegan-friendly.



SNACKS & ENTERTAINMENT



COBS NATURAL LIGHTLY SALTED, SLIGHTLY SWEET 126G

"We are thrilled that foodies find our Lightly Salted, Slightly Sweet popcorn as yummy as we do. It is gluten-free and there is absolutely nothing artificial added. Keep enjoying." — Ravit Walys, founder & owner

ABOUT THE PRODUCT

Cobs is famous for its Lightly Salted, Slightly Sweet popcorn. The company first launched this winning combination in the Australian market 13 years ago and it has now become its number-one selling product. Cobs' taste profile has been unmatched by any competitor and the company has built its brand off the back of its success. The entire Cobs range is gluten-free, contains absolutely nothing artificial and is "Good from the ground up". Cobs popcorn is available in Coles and Woolworths stores nationally.



PRO-MATRIX; NAKED WHEY®

"We are delighted that our signature product, Naked Whey® has been announced as the winner of the EatWell Yummies People's Choice Awards in the Supplements & Superfoods category. We are extremely proud of our 100 per cent natural grass-fed whey protein and love being an essential part of many Australians' health and fitness journey."

— Lydia Bonic, Pro-Matrix International owner

ABOUT THE PRODUCT

From the rich pastures of Australia and NZ, Pro-Matrix is a 100 per cent natural, grass-fed protein engineered to contain only essential ingredients, which are free from anything artificial. Pro-Matrix has an incredible amino acid profile, aiding your body to receive the many health benefits associated with whey protein. Pro-Matrix is a great addition to sweet and savoury recipes and is available in four flavours: Naked Whey®, Wicked Whey®, Rough Whey® and Wild Whey®.



SUPPLEMENTS & SUPERFOODS



SWEETER STUFF



ZEBRA DREAM ICE CREAM

"It's very encouraging to win the Peoples Choice Awards. Thank you for your support, can't wait to keep making delicious ice cream for you all." — Zak Bennett, owner

ABOUT THE PRODUCT

Zebra Dream began as a humble enterprise in 2012 when small batches of handmade coconut ice cream were sold from a self-made ice-cream vending tricycle at markets and festivals around Melbourne. The dream was to create the fantastical — the world's best organic, dairy-free, vegan, ice cream. Now available nationally, Zebra Dream combines sustainably sourced organic ingredients to create a nutritious and delicious dairy-free ice cream, full of swirls, chunks and surprises. It's pure indulgence at its healthiest.



WHAT'S IN SEASON?

These are the fruits and vegetables that are in season and so will be the freshest.

AUTUMN + WINTER

VEGETABLES

Asian greens (Bok Choy, Choy Sum, Gai Laan, Wonga Bok)	Leek
Avocado	Lettuce
Beans (Butter, Green, Snake)	Field mushroom
Beetroot	Okra
Broccoli	Olive
Brussels sprouts	Onions (Brown, Red and Spring)
Cabbage	Parsnip
Capsicum	Peas
Carrot	Potato
Cauliflower	Pumpkin
Celeriac	Shallot
Celery	Silverbeet
Chilli	Spinach
Cucumber	Squash
Daikon	Swede
Eggplant	Sweetcorn
Jerusalem artichoke	Sweet potato
Kale	Taro
Kohlrabi	Tomato
	Turnip
	Witlof
	Zucchini

FRUIT

Apples (Fuji, Gala, Golden Delicious, Granny Smith, Jonagold, Jonathan, Lady Williams, Pink Lady, Red Delicious, Sundowner)	Melons (honeydew, rockmelon)
Banana	Nashi
Breadfruit	Orange (Valencia)
Cumquat	Papaya
Custard apple	Passionfruit
Fig	Pears (Beurre Bosc, Howell, Josephine, Packham, Red Sensation, Williams)
Grapes (Muscat, Purple Cornichon, Sultana, Waltham Cross)	Persimmon
Grapefruit	Pineapple
Guava	Plum
Kiwifruit	Pomelo
Lemon	Pomegranate
Lime	Quince
Mandarin (Imperial)	Rambutan
	Raspberry
	Rhubarb
	Tamarillo
	Tangelo

SEASONAL TIP: If you are growing cauliflower at home and want a nice white "head", then cover it with the side leaves and harvest when the head is tight.



VEGIES KEEP THE BLUES AWAY

Researchers from the University of Sydney studied more than 60,000 Australians aged 45 years and over. They tested them in 2006–8 and 2010 and measured fruit and vegetable consumption, lifestyle factors and psychological distress. People who ate 3–4 daily serves of vegetables had a 12 per cent lower risk of stress than those who ate 0–1 serves daily. People who ate 5–7 daily serves of fruit and vegetables had a 14 per cent lower risk of stress than those who ate 0–4 serves daily. Women who ate 3–4 daily serves of vegetables had an 18 per cent lower risk of stress than women who ate 0–1 serves daily and women who ate 5–7 daily serves of fruit and vegetables had a 23 per cent lower risk of stress than women who ate 0–1 serves daily. If you needed another reason to eat fruit and vegetables, there it is.

Source: *BMJ Open*

COOKING AT HOME

Researchers wanted to establish whether cooking at home is significantly different from eating out in terms of health outcomes. To do this they used a measurement that defines a healthy diet called the Healthy Eating Index. This gauges whether someone's diet is giving them the right combination of fruits, vegetables and other elements. Subjects were given a survey asking what they ate and where and this was correlated with the Healthy Eating Index. The results showed that households who cooked at home about three times per week showed a score of about 67 on the Healthy Eating Index. Those who cooked at home about six times per week had a score of around 74. This is a significant difference, suggesting you should have better health arising from better eating if you eat more regularly at home. Interestingly, cooking at home was not associated with socioeconomic status as previously thought.

Source: *American Journal of Preventative Medicine*

WHOLEGRAINS FOR GUT BUGS

In this study, researchers analysed subjects to see what effect a diet rich in wholegrains, as opposed to a diet rich in refined grains, would have on immune and inflammatory responses, gut bacteria (microbiota) and stool frequency in healthy adults. For the first two weeks, subjects consumed the same Western-style diet rich in refined grains. For the next six weeks, half of those participants stayed on that diet while the other half consumed a diet rich in wholegrains. Those who ate the wholegrain diet had an increase in *Lachnospira*, the bacteria that produce short-chain fatty acids to feed cells of the colon. Those who ate wholegrains also had a decrease in the pro-inflammatory bacteria *Enterobacteriaceae*. Blood samples also showed improvements in aspects of immune function. So the net effect of wholegrains is better bacteria in the gut, reduced inflammation and enhanced immune function.

Source: *American Journal of Clinical Nutrition*



BLUEBERRY IMPROVES BRAIN FUNCTION

This study included healthy people aged 65–77. Half of the subjects were given concentrated blueberry juice equivalent to 230g of blueberries once a day while the other half received a placebo. This happened every day for 12 weeks. Before and after the 12-week period, participants took a range of cognitive tests while an MRI scanner monitored their brain function and resting brain blood flow was measured. Compared to the placebo group, those who had the blueberry juice supplement showed improvements in cognitive function, blood flow to the brain and activation of the brain while carrying out cognitive tests. The study excluded anyone who said they consumed more than five portions of fruit and vegetables per day. That means if you haven't eaten your portions of fruit and vegetables all your life it's not too late to begin with blueberries and other fruits and vegetables of your choice.

Source: *Applied Physiology, Nutrition, and Metabolism*

FOOD FACT

Citrus trees are popular in home gardens and are a wonderful addition but be aware they will likely take three to four years from planting to bear fruit.



MISO MAKERS

Combining traditional techniques with new and exciting flavour combinations, local miso makers are creating a nutrient-packed seasoning that can be used in ways far beyond the humble soup.

WORDS / JANAI VELEZ



Used in everything from quick snacks to savoury/sweet desserts and in cuisines as diverse as Japanese and French, miso is a versatile seasoning paste that packs umami punch: a pleasant savoury taste. Although the miso fermentation process may sound a little unsavoury to some, the health benefits and flavoursome results are well worth it.

Fermentation occurs when microbes such as yeast, bacteria and mould are incorporated with food. This microbial transformation can drastically change the taste of the produce and allow it to be preserved for long periods of time. Pasteurisation stops the fermentation process and kills the microbes. Miso is available as a pasteurised product; however, the unpasteurised version retains the enzymes and probiotics (the beneficial microbes) needed for good gut health. Unpasteurised miso is a “living food” — it will continue to ferment in the jar, where it darkens and matures. To slow the fermentation process and preserve the flavour, keep unpasteurised miso in the fridge.

Miso has long been crafted in Japan, where its flavour and health benefits are widely appreciated. The Japanese islands of Okinawa are said to have some of the longest-lived people in the world and their diet includes a healthy measure of miso. Australian-based miso lovers, too, have also started to see the benefits of the microbes and make their own organic miso.

Meagan de Bono and husband Chris launched Meru Miso in 2015. Chris has been experimenting with fermentation for the past decade and they both regularly consume fermented foods and drinks, Meagan says. This led them to starting a business crafting kombucha, a fermented tea drink, which then led to miso making.

“We had a look at the process and the traditional way miso has been made for

centuries — we were both fascinated and couldn’t wait to start learning more,” says Meagan. Despite the language barrier (most of the available literature on miso is in Japanese), the couple now make and sell three varieties of unpasteurised miso from their factory in Launceston, Tasmania.

On the Gold Coast in Queensland, three “fermentation fanatics” are behind Rice Culture, producing and distributing miso and rice koji products. Rice koji is a fermented rice that’s required for making miso. “Our passion is to make healthy and nutritious food using beautiful local organic produce, following the traditional culture and recipes passed down through many generations,” says director Tomoko Onuki.

The idea to launch Rice Culture came about after the great east Japan earthquake, in 2011. “We were concerned about the availability and safety of the koji made in Japan and decided to make our own miso from scratch using Australian organic ingredients,” says Onuki. “We also decided that we will do this the very traditional way, unpasteurised to maximise the health benefit.”

HOW IS IT MADE?

Miso is commonly made with rice, soybeans, salt, koji culture and extra-special 24-hour care. The first step is to make rice koji. This is done by inoculating steamed rice with the koji culture — a mould called *Aspergillus oryzae* — and fermenting it for 48 hours at a specific temperature and humidity that’s suitable for mould growth. Soybeans are then cooked, mixed with the koji and salt and left to ferment. Miso can take months to ferment and some styles take years. Young miso is sweeter, as the umami flavour deepens the longer it ferments.

Meagan de Bono and Tomoko Onuki both agree on the most challenging and best stage of the process: looking after the koji as it

ferments. “It needs to be warmed in the initial stage but later cooled as it ferments and releases heat. It needs to be monitored and looked after around the clock, like a baby!” says Onuki.

“We have had batches that have been as high as 50 degrees Celsius,” says de Bono, who has stayed up all hours of the night turning the koji to cool it down. But, she says, the sweet smell the koji releases as it ferments makes those late nights worthwhile. “It fills the factory with its beautiful aroma. It’s like nothing you have ever smelled before; but, once you do smell it, you can’t get enough.”

Meru Miso makes other kinds of miso, too: a bespoke walnut variety for a Melbourne restaurant as well as Mild Yellow Chickpea Miso made with chickpeas in lieu of soybeans. The de Bonos are also working on launching freeze-dried powdered miso. “We’re really excited by this because it’ll be easy for people to pop in their travel bag or take camping with them and still offer the same great taste that fresh miso offers, just more conveniently,” Meagan says.

Rice Culture will soon release an instant miso soup mix range in Japanese, Korean and Thai flavours.

HOW IS IT USED?

For first-time miso tasters, the intense fermented smells and flavours may be overpowering. But by slowly adding small amounts of miso to dishes, you can experience a taste sensation unlike anything else. It’s salty, sweet and savoury. Bespoke misos and varieties with hints of international flavourings are now available for miso enthusiasts to try, plus there’s even more scope to experiment with unusual food pairings.

“We’ve used it in traditional Japanese dishes that call for miso and in choc chip cookies, which tasted amazing,” says Meagan. “It’s a great all-round seasoning. Anything where



you would normally add a pinch of salt during cooking or sprinkle with salt at the table can benefit from miso. I particularly like pairing ginger and caramel flavours with miso — I don't have too much of a sweet tooth, so paring back the sweetness of caramel with some umami is delicious. For a simple and tasty snack, mix one to two tablespoons of miso with a mashed avocado and eat as a dip with veggie sticks."

Onuki also recommends miso dips, such as miso and tahini, and miso, olive oil and apple-cider vinegar (Yukiyo Copley, another director at Rice Culture, came up with this winning combination). "Cucumber sticks with miso dip — just miso — is a traditional summer dish of Japan," says Onuki. And, for a warming meal, miso soup is a classic.

"When making miso soup, cook vegetables, tofu, seaweed etc in a broth (traditionally a bonito broth) and add miso after turning the heat off. This is so as not to kill off the enzymes in the miso and to preserve the aroma."

Meagan also sings the praises of miso soup. "Miso is a very high source of protein and makes a great option for late-afternoon snacking or any time, really. A cup of miso soup instantly adds a moment of pleasure to my day."

A new trend for miso is its use in European cuisine, enhancing the flavour of protein and vegetable dishes in an East-meets-West fusion. "We're seeing it being used in the base of French stocks and sauces, which at first surprised us, but then we thought about it and it made perfect sense," Meagan says. "Miso brings a little salt and a huge savoury umami hit to foods, and French sauces are full of other foods that are naturally going to benefit from an umami hit."

“

By slowly adding small amounts of miso to dishes, you can experience a taste sensation unlike anything else. It's salty, sweet and savoury.

”

Like those new to Vegemite, people new to miso have tried to eat it like Nutella straight out of the jar. Unsurprisingly, Meagan says, they're "sometimes overpowered by the taste and strong fermented flavours." Yet miso's health benefits alone make it well worth persevering with. And, Meagan says, the taste is one you keep coming back for. "I can be caught daily having a spoonful straight from the jar!"

Janai Velez is a writer and researcher at Australian Homespun magazine. She loves documenting stories of creative living and wellbeing. W: janaivelez.com



Miso is a very high source of protein and is a great afternoon snack option.



ODE TO THE OYSTER

It may not be the smartest business choice if you want to make a swift buck, but oyster farming is a lifestyle like no other and richly rewards those who do it differently.

WORDS / DANIELLE KIRK

At what point does one decide to grow molluscs? For Shane Buckley, it all started a decade ago with golf, beer and giggles.

Then a paramedic, he was living in Bermagui on the NSW South Coast when he happened into his future. "I used to play golf with a fellow called Don, who played lots of golf and drank lots of beer and giggled all the time. He was an oyster farmer and I said, 'Donnie, if a farm ever comes up, let me know, because I want to do what you're doing — you're having too much of a good time! A farm came up, he told me and I bought it!'"

The farm was on Wapengo estuary, an area Buckley had fished in and knew well, but he knew nothing about growing oysters. It was a

decision driven by his gut — in more ways than one. "I was introduced to oysters as a child, my grandfather eating them out of a bottle up in the Hunter Valley; they were awful. But when I moved here, a fellow next door had the local co-op and he brought me home some oysters. They were amazing and they were from Wapengo."

Each estuary has a distinctive flavour profile and Wapengo oysters are special: they grow in a pristine coastal lake, surrounded by bush and fed by a river that flows down Mumbulla Mountain — a sacred site for local Indigenous folk — through Biamanga National Park. It's one of a string of estuaries nuzzling the coastline at the birthplace of commercial oyster farming, Australia's oldest aquaculture industry.



Just as the European settlers did in the 1800s and Aboriginal Australians thousands of years prior, locals here farm oysters; now it's in water leased from the government fisheries department. The shellfish remain an important income and job generator in this region and help power an industry with a farm-gate value of almost \$100 million.

PURE INSTINCT

At Wapengo Rock Oysters, Shane Buckley produces 40–45,000 dozen Sydney rock oysters annually. These bivalves, native to the southeastern coastlines stretching from southern Queensland around into South Australia, take four years to grow to maturity due to their fussy eating habits — they eat just three of 172 algal profiles on offer, Buckley says — but have a bold, rich flavour as a result.

Farming oysters profitably has been a tough learning curve, but Buckley's instincts have paid off. "I guess in one sense having no cultural perception or preconceived idea about how things were done was a good thing because I could go, 'No, I don't want to do it like that. I want to do it like this, because this makes better sense to me.' And I'm happy with the results."

In just 10 years he has brought a business partner on board, expanded his lease to 12 hectares and built up a loyal clientele of top chefs from Melbourne to Noosa. His oysters have won multiple awards at the Sydney Royal Show and a gold medal at last year's Australian Food Awards. He opened an oyster bar in Bermagui, too, but recently closed it to focus on doubling production.

Core to Buckley's success has been a drive to produce top-quality, sustainable oysters and, early on, he worked with the Australian Certified Organic (ACO) to become Australia's first certified organic Sydney Rock Oyster grower. The certification sets a benchmark for sustainability and reflects the purity of Wapengo waters, which all nine leaseholders test fortnightly.

It also reflects efforts to modernise his growing techniques. "The farm had old-school infrastructure — lots of posts and rails, treated pine, trays — for stick-caught oysters," he explains. "They used to dip hardwood sticks into tar, also sometimes into a concrete slurry, and would put those into the water for the oysters to catch on. A terrible thing — you're putting pollutants straight in the water."

He switched to single-seed cultivation and replaced the low-cost but unsustainable infrastructure with a floating bag system. Where there were once multiple 100-metre-long rows of 180 wooden posts topped with rails and trays, each row now has eight recycled plastic posts topped with recyclable mesh plastic bags and tumblers, suspended in the water on a fixed line.

When the oysters spawn in February and again in May or June, the larvae settle on removable PVC slats. This "catch" is stripped off after eight months and transferred to the bags, which move up and down with the tides. At age 1–2, the oysters go into plastic tumblers to grow to maturity, the tumbling motion promoting the growth of a curved, deep shell.

"I don't sell a big oyster necessarily when it comes to shell size, but I sell a heavy oyster because the depth of it gives it a bigger fish," Buckley explains. Plus, in contrast to the "gnarly" stick oysters, a single-seed oyster presents beautifully. "Each is typically similar to the other in shape and depth, and on a plate looks a million dollars."

A FOCUS ON PROVENANCE

Up north near Batemans Bay, Ewan McAsh tells a similar tale. He was a newly graduated marine scientist when he bought a 20ha oyster farm on the Clyde River 12 years ago with his father Kevin.

"Dad had always wanted to go oyster farming, so he suggested it. And I said, that's probably a good idea — oysters are sustainable, they grow naturally in commercial quantities in the river and the south coast is an excellent place to grow them because it's relatively underdeveloped. I was saving up money to go to Europe, but the next week he said, 'I've found an oyster farm and I'm going to quit my job and buy it!'"

The pair had no practical experience of growing oysters and found it much harder — and more expensive — than expected. They've invested upward of a million dollars in making processes more efficient and sustainable at McAsh Oysters, installing a floating bag system and buying an automatic grading machine to speed up washing, inspecting and sorting oysters.

They've also invested significant time and energy in collaborating with local growers to establish an estuary-wide environmental management system and lift the industry's profile in the community.

As well as Sydney rocks, Ewan and Kevin grow native Angasi oysters: a meaty native species with a metallic, rich flavour and flatter, softer shell that grows in coastal riverbeds around southern Australia. They experimented with Pacific oysters — a species introduced from Japan that's quick to grow, large, sweet and creamy — but got out of those this year due to the emergence of Pacific Oyster Mortality Syndrome (POMS), a disease that has devastated shellfish farms in Europe, New Zealand and two NSW estuaries.

The father-son duo initially sold wholesale to Sydney fish markets then opened an oyster bar in Ulladulla to sell their own oysters. They closed it in 2010 after four years, but Ewan says it kick-started a new business model with provenance and sustainability at its heart. "I realised that the people eating the oysters weren't just interested in the big plump oyster they could get cheaply; they were interested in the story: who grew them, where they were from."

He started selling direct to chefs, packing his oysters in boxes labelled "Ewan McAsh's Signature Oysters" and including a little description about himself and the farm. "I got a really good response ... but ultimately I'd run out of oysters. So in the past three years we've established Signature Oysters and I've recruited 27 farmers from around Australia to pack and sell their own oysters with their own flyers direct to about 40 restaurants under the Signature brand.

"By going direct, I can pay myself and other farmers 25 per cent more for their good-quality oysters. It rewards the farmers for great, great oysters and creates and holds a market. And the main thing is I'm not letting my chefs down as supply is constant."

His next push is to grow the business and he has created a farm management app so others can run the farm in his stead.

“

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”

CHALLENGES & REWARDS

A day in the life of an oyster farmer requires lots of labour and patience. Ewan McAsh estimates he and his team handle about 25–50,000 oysters daily.

"If we're not selling oysters — picking oysters up, washing them, counting them, packing them in boxes for restaurants — we're grading them," he says. "There are about 5 million oysters out there and over time they grow and fill the baskets, so you have to bring them in, tip them out, grade them back into uniform-sized groups, then take them back to the river."

Oyster farming is a long process and has its challenges, namely predation, flooding rains that can kill oysters through sediment and a shock of fresh water, labour costs and time. "Oysters grow very slowly and great-quality oysters require even more handling," says McAsh. "It's also, how do you keep the farm operating and maintain the oyster quality but find time to develop your business?"

With all the hard work comes many rewards, however, not least of which is an active lifestyle in a beautiful location.

"It's not a bad office!" laughs Buckley. "You're out there, on an incredibly beautiful estuary, producing a really amazing animal that has been around for longer than we have — one of the earliest recorded foods consumed by humans was the oyster. And you see so much — birds, fish, sea eagles grabbing fish near you and flying off again. Being out here in nature is pretty amazing."

LEARN MORE

Wapengo Rock Oysters, wapengorocks.com.au
Signature Oysters, signatureoysters.com.au

THE COOKLUCK CLUB

Looking for new ways to use up odd bits of food in the fridge? We chat to Zo Zhou from The Youth Food Movement Australia about the resourceful and creative cookluck lunches shared in her office.

WORDS / KATE DUNCAN



WHAT IS THE IDEA BEHIND A COOKLUCK?

Cookluck is a get-together with a difference; instead of asking friends or colleagues to "bring a plate", they bring ingredients from the fridge or pantry that need to be used up. Then, together, you cook and catch up.

HOW MANY PEOPLE ARE INVOLVED IN THE COOKLUCK AT YOUR OFFICE? HOW DOES IT WORK?

Our cooklucks vary from three to six people, but we've also had a few cooklucks with nine people, which was great because the feast at the end is extra impressive! Usually, we split into mini-groups of one or two to make a particular dish. For example, one of us might make the salad, while another person grills something in the sandwich press and another pair make something with the electric wok, microwave or toaster. One or two people are on clean-up and we just organically take turns each day. Even though it sounds like some big crazy production, no one spends more than an hour for lunch. When we invite people from outside the organisation, they are so surprised by what we create without a hob or oven.

HOW DID THE COOKLUCKS FIRST BEGIN?

The concept started at our volunteers' retreat, which we hold annually to inspire and recharge the Youth Food Movement's volunteers and our team's strategy. The cooklucks became a favourite part of the weekend and when we first moved into our new office in Glebe, Sydney, we thought it would be a nice way for people to get away from their desks at lunchtime and use up our leftovers in a creative and fun way. We also get a veggie box delivered courtesy of Oooby Sydney. Receiving whatever veggies are in season has made us better, more intuitive cooks.

WHAT ARE YOU REQUIRED TO BRING TO BE INVOLVED IN THE COOKLUCK?

Literally any food that needs using up! It could be a carrot that's gone a bit bendy, some leftover rice or something fully cooked, like pasta. One of our favourites is a big pasta dish with two or three different leftovers, plus a few extra fresh veggies to give it crunch, and voila! All of a sudden you have a brand-new dish. The important thing to remember is: if in doubt, bring it, anyway. The whole point is to question whether that bendy carrot deserves to be thrown out or whether it can add some soft, earthy sweetness to a curry or stir-fry.

HOW OFTEN DO YOU HAVE COOKLUCKS?

In the office, we have cooklucks every day. They have saved so many food odds and ends being thrown out and it's incredibly calming and grounding for our staff.

WHAT EQUIPMENT DO YOU HAVE AVAILABLE?

In our office kitchenette we have a couple of chopping boards and a few knives, wooden spoons and your basic plates and cutlery. In terms of cooking equipment, we have a little trolley, which is the salad station, and an electric wok; and then on the other side of the office is



our beloved sandwich press, where we make everything from roesti to quick-roast vegies. To keep dishes to a minimum, sometimes we'll serve straight out of the wok or press and every now and then we'll use the microwave or toaster.

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What starts out as an unimpressive collection of odds and ends always ends up being an incredible feast.

”

WHAT ARE SOME OF YOUR FAVOURITE FOOD CREATIONS?

I love the quick-roasted veg that we do in the sandwich press — sweet potato, eggplant and zucchini are super-fast to cook! But my ultimate favourite is our quick-roesti cooked in the sandwich press. It's so simple to make. Just place mounds of grated potato on a well-oiled sandwich press, sprinkle over salt and any other woody herbs like rosemary or thyme, drizzle a

bit more oil and let sizzle away for 10–15 minutes, or until golden and crunchy. It's so yummy!

HOW DO THE COOKLUCKS MAKE LUNCHTIME FUN?

Cooklucks are a great chance to catch up with friends and colleagues while having something creative to do with your hands. A while ago, some friends and I wanted to attend a cooking class but it was too expensive. Cooklucks are like attending a cooking class: you learn new things, you're with friends and you can have them no matter what your bank balance says. Plus, there's no teacher to break up your conversation — you just chat and learn along the way.

WHAT SURPRISED YOU ABOUT THE COOKLUCKS?

Even though I consider myself a pretty confident cook, the collective culinary knowledge from friends never ceases to amaze me. The end result always manages to surprise me, too; what starts out as an unimpressive collection of odds and ends always ends up being an incredible feast. Because you're drawing on the collective wisdom of the group, you get to try things you'd never have considered before. Even just little things like using grated apple in my salads are things that have totally changed how I cook for myself.

PLEASE TELL US ABOUT THE COOKLUCK CLUB CAMPAIGN HAPPENING IN MAY.

Cooklucks have been a wonderful life-saver and life-changer for our office, so much so that we've decided to run a whole campaign to help more people cook better while they catch up. We've crowd-sourced all sorts of inspiration to help cookluickers create amazing feasts with what they've got. We drew on the knowledge of some of our favourite chefs, like Poh Ling Yeow and Sarah Wilson, as well as our own community of home cooks.

We're lucky to have the support of forward-thinking council bodies, including Inner West Council, who's our founding partner, and the supporting councils, City of Canada Bay and City of Parramatta. They recognise that saving food from being wasted is a really rich and rewarding experience. It's not all about making people stick to rigid meal plans and shopping lists; it can also be about getting together and creating.

HOW CAN OUR READERS GET INVOLVED?

We've developed a whole suite of short guides to explain the Cookluck Club and how you can get involved. You can find those on our website cookluckclub.com.

WellBeing magazine Revival Cruise



Learn to feel great for the rest of your life aboard Celebrity Solstice. Led by highly regarded wellbeing guru Terry Robson, editor of WellBeing magazine.

Departs Sydney, sightseeing in the following ports – Melbourne, Hobart, Dunedin, Akaroa, Wellington, Napier, Bay of Island and overnight in Auckland.

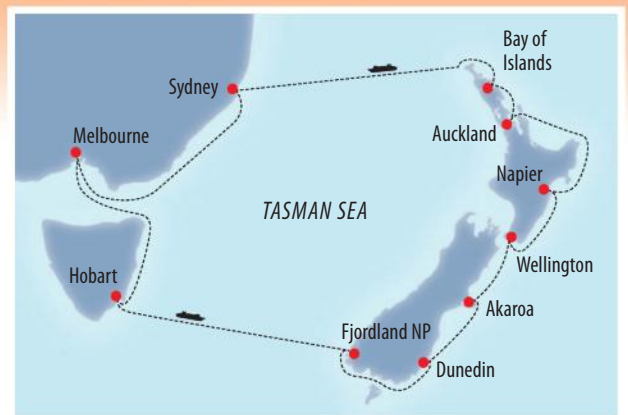
February 3 to 18, 2018





Talks and discussions by Terry on the importance of physical exercise, good skin care, happiness, the ageing process, a positive approach to life, mindfulness and a round-up session on what we have learnt.

Geoff Jansz will speak about food and his farm at our Gala Farewell dinner. Meg Thompson will demonstrate and talk about superfood and Deanna Coleman will give a talk on stress and the impact on the body.



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HOME HERBS

Herbs add so much to your meals and with a little effort and care you can grow them fresh at home.

WORDS / AMY TAYLOR-KABBAZ

Stepping outside to snip off a little coriander for dinner: it's one of the simple joys of life. With the diverse cuisines filling our tables in Australia, a variety of herbs is a must-have for anyone wishing to create beautiful meals at home. Growing your own herbs is also a fantastic way to start a home garden, save money on the weekly grocery bill and ensure you get the best-quality ingredients for your health.

HERBS, HERBS EVERYWHERE

Our love affair with herbs began back in the Middle Ages, when the various flavours and aromas helped to preserve meats as well as cover up the rotting taste of meals that couldn't be refrigerated. Herbs also helped cover other smells, too: as ancient deodorants of sorts, they helped mask the odours of people who didn't bathe regularly. Over time, the medicinal properties of herbs also became apparent — although, not in the eyes of the Catholic Church, which burnt herbalists in the Middle Ages for association with witchcraft.

Despite that, Australia's love affair with herbs has grown to such an extent that various potted herbs can be found tucked away in many suburban homes. With European migration, especially post World War II, our palates began to broaden to appreciate many Mediterranean flavours, followed by Chinese, Southeast Asian, Indian and Middle Eastern influences.

GROWING YOUR OWN

While most recipes will have some sort of herb in their ingredient lists, buying individual herbs each time you need a twig or two can be a very expensive exercise. Store-bought bunches often last only a few days and, unless purchasing organic, the quality cannot be guaranteed. However, herbs are so easy to grow in your own backyard that even the most garden-phobic home chef can turn their hand at growing them.

Most herbs like a combination of some sun and some shade, which is why pot-based growing is so good. When planting herbs in containers, choose an organic potting mix if you can. These mixes are designed for container gardening and don't have all the totally unnecessary synthetic fertilisers in them.

Herbs can generally be divided into two main groups: soft-leaf and hard-leaf. These groups have very different growing needs, so it's important not to just throw your favourites into the same pot without considering their different needs.

Herbs such as rosemary, thyme, savory, lemongrass, oregano, marjoram and curry plant all have hard leaves and are also perennials. They need the heat of the sun to intensify the beautiful oils in their leaves — which is what makes them smell and taste so good — and also have far more flavour if they are given less water and not too much fertiliser. In fact, if these plants are too spoilt with lots of food, water and shade their leaves will lose their pungency and the plants will probably not live for as long as they should.

On the other hand, soft-leaf herbs such as basil, coriander, parsley and chives are all annuals. As their leaves naturally contain

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... choose an organic potting mix if you can. These mixes are designed for container gardening and generally don't have all the totally unnecessary synthetic fertilisers in them.
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a lot of water and their stems are soft, it's important to not let them dry out. Regularly watering is essential. These herbs are also fast growing, so controlled-release fertiliser in the potting mix or a liquid fertiliser every couple of weeks would also be great for their growth. They love around six hours of direct sunlight a day, but if less, they should still thrive.

In summer, your herbs are going to need a little extra TLC. Keeping them trimmed and well harvested is important — thyme, mint, sage and lemon balm, in particular, will need regular pruning (shortening the stems by more than half) and you'll need to freshen up the ones that look tired. Potted herbs will need watering every day, sometimes twice a day, when the weather is really hot.

When the weather becomes cooler, annual herbs such as basil, coriander and dill will begin to flower and seed, but this is not the end of the cycle. Once they mature, collect the seeds by hand and store them in a paper bag in a cool, dry place until next spring, when you can start all over again.

Frost-sensitive herbs like rosemary should be brought into warm spots, while herbs such as parsley, sage and thyme will carry on through the winter cold.

A FEW OF OUR FAVOURITES

Here are some of the most common herbs in Australia, and a little insight into what each loves and loathes.

Rosemary

An evergreen shrub, rosemary likes hot weather and lasts a number of years, even if the soil remains dry. It thrives in containers or can be trimmed into shape for a hedge. Although it can be grown from seed, it's much harder to develop into a hardy plant, so starting from small cuttings is much better. Although it's originally from warm Mediterranean climates, it doesn't mind the cold, making it a great option for most of Australia. However, if in Queensland or other hot and humid areas, make sure it's in well-drained soil. Rosemary has amazing anti-inflammation, anti-fungal, antibacterial and antiseptic properties.

Basil

As outlined, this herb is easy to grow from seed, either store-bought or from your previous season's plant. Just one well-pruned plant will supply you with about half a cup's worth of basil each week. The most common cultivar of basil is sweet basil or Genovese basil, but other culinary options — such as Thai, lemon, globe and cinnamon — are also readily available. Be careful if there's a sudden cold snap; your basil is super-sensitive to cold and will react very quickly. And if the soil is dry to touch, it needs more water. Beyond its amazing flavour, basil is said to relieve headaches, anxiety and mild depression, as well as aid digestion and stomach upsets.

Parsley

One of the most versatile herbs, parsley is a must-have staple in all backyard herb gardens. The most common varieties are curly and flat-leaf, which you can grow from seed in autumn and spring. Position depends on the variety of parsley you choose to grow — flat-leaf 'Italian' parsley loves a hot spot in full sun, whereas 'Curly' parsley will do best in a part-sun position, where it receives about four hours of sun a day. Collect the seeds in autumn and sow them in the spring. It's rich in vitamins and is said to be a good breath freshener as well as a blood cleanser.

Mint

Spearmint, Vietnamese mint, apple mint and pineapple mint are just some of the many varieties available. Mint is super-easy to grow in shady, moist areas and in pots; in fact, if you're not careful, mint can take over. That's why it's best in pots and, if it does start to wander, just pull it back into line. To get started, you can simply take cuttings that are around 15cm long, strip the leaves from the lower half and sit these in some water until new roots appear. Then, plant the cuttings in your container or pot, and in partial sun, where they will thrive happily for up to three years before needing to be repotted. Mint is a great appetiser and can aid digestion. A mint-infused tea is said to relieve anxiety and tension.

Coriander

Coriander, known to bolt to seed, which means the plant has a tendency to set seed prematurely, making it almost impossible to have a crop on hand for use in the kitchen in the hot months. During autumn, winter and spring, however, coriander stays nicely leafy for a number of months. To help make it last as long as possible, the other insider tip to stop it bolting is to stick with a regular watering schedule: coriander left to dry out thinks its days are numbered and bolts, so monitor the soil moisture and water when needed. Coriander leaves and seeds strengthen the stomach, reduce fever and lower cholesterol.

Amy Taylor-Kabbaz is an author and freelance writer focusing on wellbeing, health and mindfulness. Her first book, Happy Mama: the guide to finding yourself again, is out now.

WHAT'S ON

What's coming up for you



Photography: Getty Images

MAY 18–21, NOOSA, QLD NOOSA FOOD & WINE FESTIVAL

Noosa, located on the coast of Queensland, is a place brimming with some of Australia's best beaches, chefs and farmers' markets. If you're not familiar with the area, attending the Noosa Food & Wine Festival is a wonderful way to get acquainted. This year, the festival has three villages — The Junction, The Beach and The Woods. At each village, you'll sample some of the country's finest produce and mingle with more than 40 of Australia's best wine makers. But if that's not enough to get you packing, the unique events might: fancy a round of golf with food and wine at each hole? Or maybe a food trail at sunset? Grab yourself a ticket, it's time to add Noosa to your foodie map.

noosafoodandwine.com.au

JUNE 4–5, SYDNEY, NSW FANTASTIC FOOD+DRINK SHOW

Do you dream of opening a café or restaurant one day? Maybe you've already turned that dream into a reality or maybe it's still on the backburner, waiting to be reignited. Wherever the stage of your dream is at, the Fantastic Food+Drink Show might be of interest to you. This new trade expo celebrates the ever-evolving gourmet food industry, bringing together dedicated producers, makers, servers and sellers for a weekend of intimate and unique gourmet fun. Discover the latest innovative food trends, learn new skills and meet your favourite producers. Plus, sample artisan products from the bakery and deli or graze on delicious meat and cheese platters. You'll leave feeling full and inspired — what's not to love about handcrafted gourmet foods!

fantasticfood.com.au

JUNE 2–4, MELBOURNE, VIC MELBOURNE GOOD FOOD & WINE SHOW

Join fellow foodies, family and friends for a full weekend of gourmet food immersion this June. Embark on a tasting journey with Melbourne's favourite exhibitors, growers and producers, plus a host of activities to keep the kids entertained. Watch the best local and interstate chefs and restaurateurs on stage as they cook delectable dishes live on the Good Food Theatre. Take your time wandering through the Good Food & Wine Show's oyster bar, good food village and natural cheese alley. Plus, participate in wine, beer and food masterclasses, workshops and the famous "Ribs and Reds" event. Enjoy a wonderful day out with friends and family discovering new ideas and tips to inspire your next dinner party.

goodfoodshow.com.au/melbourne

JUNE 17–18, SYDNEY NSW THE CHEESE LOVERS FESTIVAL

Cheese lovers rejoice! A two-day cheese and wine festival has been curated especially for you, aptly named the Cheese Lovers Festival. Held in the stunning Hunter Valley, this wonderful festival pays homage to cheese in all its flavours, textures and forms. Showcasing world-class products made here on home turf, the event connects cheese lovers with producers, wine appreciators with skilled makers and beer drinkers to brew masters. 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 with lots of entertainment and food truck options for the kids.

cheeseloversfestival.com.au

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 have found some of the recipes you have made from this issue, share the improvements you might have made or even send us one of your own favourite recipes. We will publish as many of your insights and contributions as we can.

Send your feedback to Kate at kduncan@universalmagazines.com.au



RESISTANT STARCH

Resistant starch, found in legumes and even cold potatoes, is a great food for the good bacteria in your gut.



I'm sure you have read or heard by now about the importance of gut health. There is an explosion of research going on in this area, which is fantastic, and every week new information seems to emerge. As tempting as it is to get caught up in the latest craze, it's also nice to bring things back to basics and remind yourself of the good you can do for your body through diet by using food as medicine. A wonderful example of the medicinal power of food is resistant starch.

RESISTANT IS NOT FUTILE

Resistant starch passes through the small intestine to the colon where the microbiota of the large bowl feed on it, fermenting and breaking it down. This process of fermentation produces metabolites, short-chain fatty acids, gases and small amounts of organic acids and alcohols. These metabolites, particularly the short-chain fatty acid butyrate, are important food and energy sources for our gorgeous enterocytes — the cells that line the gut wall — therefore enabling them to perform at their best.

Not only that, these metabolites seem to have protective effects against DNA

damage to the cells and the development of colon cancer, help to regulate metabolism, optimise the secretion of hormones and reduce the pH of the large intestine.

Resistant starch also seems to improve the function and quantity of your healthy gut bacteria themselves. We know that your gut microbiota are much more than a collection of pretty faces. They play a significant role

“

Cooked and cooled starches like potatoes enable the long chains of sugars to cross-link and make them resistant to digestion in the small intestine but available to good bacteria in the colon.

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In this way, you can also think of resistant starch as a prebiotic, which is essentially a substance that provides food and nourishment to your gut bacteria.

If you're trying to recolonise your gut with probiotics, perhaps replacing some goodness post antibiotics or illness, or simply optimising your microbiome, it is important that you give your body a prebiotic at the same time to give the probiotics a chance of survival. You will never look at your lentil salad the same way again.

GETTING RESISTANT-STARCHED UP

So what's the best way to benefit from resistant starch? I am a big fan of legumes and so would suggest this as an easy and super-nutritious way to start.

The kindest way, if you're not already a regular legume-goer, is to start slowly, building up over a few weeks. The good bacteria will gradually adjust to your increased fibre and the composition of bacteria in your bowel will adapt to suit your higher fibre diet. Lentils are the most easily digested legume, so try adding some to the next soup or stew you make — or even to tomato-based pasta sauces like bolognaise. *EatWell* has a plethora of wonderful legume recipes to give you lots of delicious ideas. They're full of protein, iron, B vitamins and other minerals so you will be gaining a lot more than just the resistant starch, too.

Cooked and cooled starches like potatoes enable the long chains of sugars to cross-link and make them resistant to digestion in the small intestine but available to good bacteria in the colon. This means that potato salad may be back on the menu. Try adding lots of crunch and different textures to the mix. Some of my favourites are celery, peas, grated beetroot and something sour like some pickled or fermented vegies.

The great thing about making dietary changes that benefit your gut bacteria is that the changes can happen quickly, enabling you to reap the benefits of your excellent decision and hopefully give you the motivation to continue.

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



in your immunity, detoxification processes, brain function and inflammation. More and more studies are revealing links between suboptimal gut bacteria and inflammatory bowel disease, obesity, mental illness, diabetes and other chronic diseases, so it makes sense to keep them as happy and healthy as we can.

You might like to think of your gut bacteria like your beloved pet. Like any pet, they need feeding. Feeding your pet the wrong food can make them sick. The same goes for your gut bacteria. If you don't feed them enough resistant starch, for example, they get hungry and so will feed on other things available to them including protein, which produces the more damaging by-products of phenols instead of some lovely short-chain fatty acids.

FOOD SOURCE

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THAT'S AMORE CHEESE

Burrata is a decadent and divine cheese. This award-winning cheese has a mozzarella skin in a moneybag style filled with strings of stretched curd bathed in cream. Once you cut through the outer layer of mozzarella, it becomes obvious why this cheese is called burrata, meaning "battered" in Italian. The inside is soft and oozy and needs nothing but a spoon! **W: thatamorecheese.com.au**



LEDA NUTRITION

Leda Arrowroot biscuits are available in Woolworths and Coles in the healthfood aisle and can be found at larger independent stores. All Leda products are gluten-, wheat-, egg- and dairy-free and vegan-friendly.

W: ledanutrition.com

GLOBAL ORGANICS

Global Organics Minestrone Soup is a classic Italian soup that pays homage to Nonna. Low in sodium and overflowing with 100 per cent natural and organically harvested vegetables, this soup can be enjoyed on its own or accompanied by your favourite bread for a wholesome and hearty meal. Global Organics Minestrone Soup is certified organic, non-GMO, vegan and a great source of fibre.

W: globalorganics.com.au



MAD MILLIE

The Mad Millie Tofu & Vegan Treats Kit makes it easy to create vegan meals with tofu using all natural ingredients.

Create curries, desserts and some delicious meat substitutes — we've included some great recipes to get you started on page 88.

W: mادمillie.com



MISSION FOODS

Mission's new Low GI Wraps are designed to help sustain your energy throughout the day. They have many other great benefits, including being a good source of fibre and protein with no 282, only 370mg/100g of sodium and the great taste and texture Mission is known for.

W: missionmenus.com/au



STEEL COMBI-STEAM

Steel Combi-Steam ovens utilise the combination of regular oven cooking with the added use of steam. When the air is saturated, evaporation stops and food does not dry out. This helps to preserve the nutrients, which leads to both healthier and tastier food while saving time and energy.

W: steelbrand.com.au



BLIND TIGER GIN

Blind Tiger Gin searches the world for the most sustainable organic botanicals to create a complex, exotic yet elegant and aromatic gin. Juniper berry provides a backbone of fresh spring forest and citrus notes. Coriander enhances the citrus characters of the juniper, while the angelica root gives a delightfully aromatic and heady note of musk. Summer savoury completes the botanical mix and contributes a subtle mint-like, peppery character.

W: blindtigergin.com.au



MANUKA NEW ZEALAND HONEY 16+ (MGS)

Introducing the world's finest premium Manuka Honey. Watson & Son Certified MGS 16+ Manuka Honest is harvested from some of the most remote and pristine regions of New Zealand. You'll love the taste of the flowers from New Zealand's native manuka tree just as much as Watson & Son loves harvesting it.

W: watsonandson.co.nz



PIRANHA SNAPS

Piranha Snaps gluten-free snacks contain 1 billion active probiotics per 50g serve. Available in three great flavours, Piranha Snaps are free from artificial colours, flavours and preservatives. Find them at Chemist Warehouse, independent supermarkets, green grocers and delicatessens.

W: piranhacorp.com.au



GAWLER EAT WELL: LIVE WELL RETREAT

Set in the stunning Yarra Valley Living Centre in Victoria, the Gawler Eat Well: Live Well weekend retreat offers delicious, nutritious, wholefood plant-based meals and their benefits while learning how mindfulness meditation can calm your mind and increase your body's utilisation of food. W: gawler.org



CHRIS' HERITAGE DIPS

Chris' premium desserts include restaurant-quality Crème Brûlée in decadent flavours such as Madagascan Vanilla and Passionfruit. Also included is a deliciously light Panna Cotta, all served in Chris' signature European terracotta pots for easy entertaining at home. Available at Woolworths.

W: eatloveshare.com.au



COFFEY COFFEE

Coffey 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.

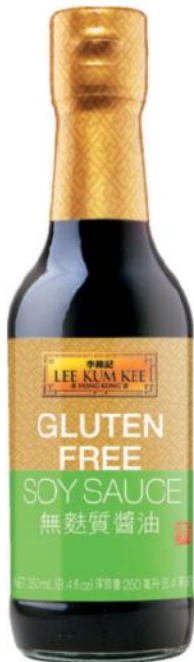
W: coffey.com.au

MORLIFE

All your golden milk dreams have come true with Morlife's new Spiced Vanilla Flavour Turmeric Latte! This enchanting blend of wholesome superfood ingredients including ginger, black pepper, cinnamon and prebiotic fibre, naturally sweetened with monkfruit-juice powder, is a powerhouse in both nutrition and taste. Goodbye, coffee — we'll take turmeric lattes instead!

W: morlife.com





LEE KUM KEE GLUTEN-FREE SOY SAUCE

Lee Kum Kee Gluten-Free Soy Sauce is a premium product made only from unblemished soybeans grown on farms without genetic modification and brewed using solar fermentation.

W: au-nz.lkk.com/en/Kitchen



TUCKER'S NATURAL GLUTEN-FREE BITES

New to the Tucker's Natural range, Gluten-Free Bites are gluten- and egg-free with the goodness of amaranth flour. Endorsed by Coeliac Australia, these tasty bite-size snacks are light and crispy and free from added sugar, GMO and MSG.

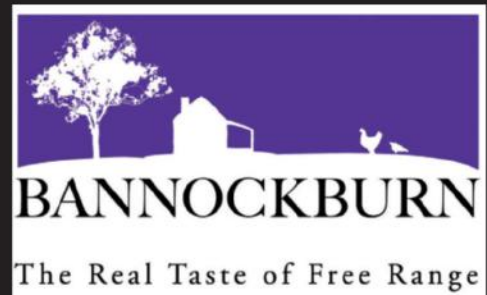
W: tuckersnatural.com.au

BANNOCKBURN FREE RANGE CHICKENS

Bannockburn Free Range Chickens are grown locally in Victoria and are accredited by Free Range Egg & Poultry Australia (FREPA). Free-range farms are regularly audited to ensure they meet the FREPA

standards. Bannockburn Free Range Chickens are processed using the premium method of "air chilling". This results in a product closer to what nature intended regarding its taste and texture. Bannockburn's processing methods set Bannockburn Free Range Chickens apart from other free-range chicken products on the market.

W: bannockburnfreerange.com.au



MADURA TEA

The Madura story is simple: craft a clean and pure brew. Madura has over 20 award-winning blends to choose from their eco-sensitive Australian Estate. Why not fire up the kettle, grab your favourite Madura blend and start sipping your way to some long-term health benefits? W: maduratea.com.au



PEARL RIVER BRIDGE SUPERIOR LIGHT SOY SAUCE

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!

W: au.pearlriverbridge.com

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