



BIRKENHEAD POINT

Foods that Warm the Soul

MY COMMUNITY COOKBOOK

The heart of your home



If your home had a heart, where would it be? We recently asked our team this question and the response was unanimous:

My kitchen.

Gone are the days when it was an afterthought, a space limited to preparing food. Today our kitchens are a place where our family and friends debrief over dinner and learn about each other's day. Occasionally we find refuge with a cup of tea. We've had the unavoidable "can I see you in the kitchen?" chat and it's also where we've stolen kisses...

With the kitchen in mind, we want to give you a glimpse of our heart beyond our stores. By sharing recipes that bring us comfort and joy, we hope to stay connected with our wonderful community.

Bon appétit!

- Birkenhead Point Brand Outlet Team

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Breakfast, Lunch & Dinner

MY COMMUNITY COOKBOOK

Blueberry Pancakes



Serves: 12 pancakes

Total Time: 30 mins

"...a true breakfast favourite"

By: Emma Birrell

Ingredients:

2 cups wholemeal self-raising flour
1/2 teaspoon bicarbonate of soda
1/3 cup of caster sugar
1 3/4 cups of milk
2 teaspoons of vanilla essence
2 punnets of blueberries

Method:

- Whisk all wet ingredients together in a large bowl
- Sift in dry ingredients and stir together until combined
- Gently fold blueberries into mixture
- Using a 1/3 cup, pour mixture onto a non-stick frying pan over medium-high heat
- Cook for approximately 1-2 minutes on either side to allow for pancake to cook through
- Serve with your choice of toppings

Super-simple brioche buns



Makes: 12 buns

Cook Time: 20 mins

"So easy to make and the kids love them!"

By: Kathy Sideris

Ingredients:

200 g unsalted butter, at room temperature plus extra to serve

2 tbsp caster sugar

1 tsp salt

4 eggs, at room temperature

500 g "00" plain white flour

1 sachet (7g) dried yeast

200 ml milk

Method:

- Using an electric mixer, beat butter, sugar, salt and 3 eggs in a bowl until combined but not smooth.
- Stir in flour, yeast and milk to form a sticky dough
- Transfer to a lightly oiled bowl. Cover with plastic wrap. Chill overnight
- Preheat oven to 190°C or 170°C fan
- Grease a 12-hole 1/3 cup-capacity muffin pan
- Stand dough at room temperature for 5 minutes
- Using floured hands, shape dough into 12 balls
- Place in prepared pan
- Beat remaining egg and use to brush tops of dough
- Bake for 20 mins, until golden and brioche buns sound hollow when tapped
- Turn out into a wire rack
- Serve warm with extra butter

Pogaca (pronounced poacha)



Makes: 10 servings

Cook Time: 40 mins

"It's the perfect savoury turkish snack to enjoy with a cup of tea on a cosy rainy day."

By: Amanda Fletcher

Ingredients:

200ml plain yoghurt

130ml oil

The white of 1 egg (save yolk for the tops)

1 teaspoon salt

1 tablespoon caster sugar

10g baking powder

600ml of plain flour

1 egg yolk mixed with a little milk to brush on top before baking

Filling

1.5 cups of crumbled feta cheese

Half a bunch of chopped parsley

Method:

- Preheat oven to 180°C
- In a large bowl, using a whisk mix together the yoghurt, oil, egg white, sugar and salt. Mix well
- add the baking powder and slowly incorporate the flour a little at a time, then knead well
- Take a piece of dough (about the size of a walnut) and roll into a ball. Flatten the ball and put a spoon of filling on the inside then fold over into a “half moon” shape. Use your finger tips to close
- Place them on a baking sheet lined with baking paper
- Brush on the egg wash and add sesames if you like
- Bake for approximately 20mins at 180°C until the tops are a darkish golden colour

Italian Quiche Zucchini, Leek and Bacon



Serves: 6

Total Time: 50 mins

*"Because it smells like
home in Italy"*

By: Stefania Peracchi

Ingredients:

Puff pastry
3 medium eggs
100 g Parmigiana Reggiano
50 g bacon
1 big leek
500 g zucchini
Salt
Pepper
Parsley
Onions

Method:

- To prepare the Italian quiche, preheat the oven at 190 °C

Starting the filling:

- Remove the beard and the green part of leek
- Remove the first outer layers, then cut into thin slices

Switch to bacon:

- Cut them into thin slices
- In a pan, heat the oil and add finely chopped onion and leeks, then increase heat for few moments, then add zucchini.
- Stir occasionally and cook over medium heat for about 10 minutes, then add the small cubed pieces of bacon to the pan.
- When cooked, season with salt, pepper and with a little chopped parsley. Turn off the heat and leave aside in a bowl to let it cool
- In a bowl beat the eggs and add the Parmigiana Reggiano finely grated and finally pour the mixture into the bowl with warm vegetables and bacon. Mix together well.
- Take the puff pastry and roll it on a round baking tray 22cm diameter, approximately
- With a fork make some small holes on the pastry, and then pour the filling. Fold the protruding part of the pastry inwards, grate some extra Parmigiana on top and then bake in a preheated oven at 190°C for about 50 minutes. Once cooked, take out your quiche and let it cool a few minutes before enjoying it hot

Hidden Veggie Sausage Rolls



Serves: 6

Prep Time: 30 mins

Cook Time: 40 mins

*"Great taste, easy to make
and healthy with the
hidden veggies"*

By: Joanne Calcara

Ingredients:

- 1 kg sausage mince
- 3 cups grated carrot
- 3 cups grated potato
- 1 cup finely chopped onion
- 1 clove crushed garlic
- ½ teaspoon salt
- 1 teaspoon white pepper
- 1 cup breadcrumbs
- Puff Pastry sheets
- 1 egg combined with a little milk to make a glaze sesame seeds

Method:

- Grate and chop all vegetables
- Combine all filling ingredients well in a bowl
- Divide each sheet in two and down the middle lay a thick ribbon of the meat mix in the middle of each piece of pastry, and roll up, ensuring that the join is underneath
- Cut to desired length
- Brush with egg wash, sprinkle with seeds and bake at 160 °C until golden brown for approx 40 minutes
- Serve with fresh tomato sauce

Cauliflower Bake



Serves: 4

Total Time: 50 mins

"Easy to make and tastes sensational. I always get asked for the recipe from those who tried it."

By: Connie Kim

Ingredients:

One whole cauliflower
300 g tomato paste
1 tbsp harissa
Chilli, chopped (optional)
Whole chillies (optional)
200 g melted butter
Olive oil

Method:

- Preheat oven to 220°C
- Bring water to boil. Simmer whole cauliflower for 3 minutes
- Drain and cut into wedges. Use the florets and leaves
- Mix harissa and melted butter in a small bowl, season with salt and pepper. Add chilli (retaining some), if using
- Massage harissa mixture into cauliflower. Place cauliflower on a baking pan
- Drizzle cauliflower with olive oil and scatter whole chillies on top, if using
- Bake for 50 minutes at 220°C. Turn halfway through the cooking process, to char evenly on both sides

Buffalo Chicken Dip



Serves: 8 - 10

Total Time: 20 - 25 mins

"This Buffalo Chicken Dip is a sure crowd-pleaser and so easy to make!"

By: Melanie Hodge

Ingredients:

250 g cream cheese block, softened
2 cups Mozzarella cheese (you can also use Colby or Jack Cheese)
2 cups cooked chicken, shredded
1/2 cup Franks Red Hot Sauce
1/2 cup ranch or blue cheese salad dressing
1/4 cup spring onions, sliced
Celery and carrot sticks or tortilla chips to serve

Method:

- Preheat oven to 180°C
- Mix shredded chicken, cream cheese, Franks Red Hot Sauce and salad dressing sauce together in a bowl
- Place mixture in a baking dish and sprinkle with cheese
- Bake uncovered for 20 - 25 minutes or until cheese has melted
- Sprinkle spring onions on top and serve hot with celery, carrot and/or tortilla chips

Wedge Salad with Bacon and Blue Cheese



Serves: 1

Total Time: 30 mins

"This is a recipe I learned from my father. The best thing about this recipe is it is relatively healthy but absolutely jam packed with flavour..."

By: Anton Goss

Ingredients:

- 1 chicken breast
- Salt and pepper
- Garlic, to your taste
- Olive oil
- 1/2 lemon, juiced
- 2 slices bacon, cubed
- 1 iceberg lettuce, cut into 2 inch wedges
- 1-2 tomatoes, cut into wedges
- 1 red onion, sliced
- 20 g blue cheese
- Blue cheese salad dressing
- Croutons, store brought or made from fried bread cubes

Method:

- Toss chicken with salt, pepper, garlic, olive oil and lemon juice
- Grill chicken for 20-30 minutes on medium - high or until cooked through
- Meanwhile, fry bacon in pan until crispy
- Place lettuce, tomato, onion, sliced chicken and bacon onto a serving platter
- Top with blue cheese, croutons and drizzle blue cheese dressing

Beef & Guinness Cottage Pie



Serves: 6

Prep Time: 15 mins

Cook Time: 1 hr 15 mins

"...because it's my twist on an Irish classic using Guinness in the pie, but also cause...in the evenings so it warms the soul. Most of all it reminds me of home!"

By: Gavin Sutherland

Ingredients:

Pie Mix

1 kg Peter Augustus mince beef
2 cloves garlic, crushed
1 brown onion, diced
2 carrots, diced
1 red chilli, diced
2 tbsp tomato paste
250 ml beef stock
440 ml Guinness, can
2 sprigs of thyme
1 bay leaf
4 tbsp flour
2 tbsp Worcestershire sauce
Salt & pepper
1 star anise
2 tbsp olive oil

Potato Topping

1.3 kg potatoes, peeled & chopped
2 tbsp chives, chopped
100 g butter
100 g cheddar cheese grated
150 ml cream

Method:

- Preheat oven to 180°C
- Fry onion, carrots, garlic and chili in olive oil until soft – 4/5 minutes
- Add mince beef and cook until browned, breaking it up as you do it – 10/12 minutes
- Mix 4 tbsp flour with 100 ml Guinness and set aside
- Add remaining Guinness, thyme, bay leaf, star anise, beef stock, Worcestershire sauce and beef stock to pot. Once simmering stir in the Guinness and flour mixture
- Cook on medium heat (at a simmer) for 20/30 minutes, stirring occasionally. You want to reduce the cooking liquid until it's a gravy like thickness.
- Once reduced to your liking set pie aside to cool a little and then place into an oven proof pie dish

Potatoes

- Chop potatoes to equal sized pieces and boil in heavily salted water until soft enough to mash – approx. 15 minutes
- Drain potatoes and allow them to steam for a minute to remove moisture. Add butter, cream and 8 g of grated cheddar cheese and chives. Stir to combine

Assembly.

- Once pie mix has cooled sufficiently spoon the potatoes over the top and spread out. Using a fork, make rough bits on the top of potatoes. This helps give you those delicious brown crusty bits
- Sprinkle remainder of the grated cheese on top and bake in oven for 25 - 30 minutes @ 180°C

Granddad's Shanghai Dumplings



Makes: 20 dumplings

Prep Time: 2-3 hours

Cook Time: 30 mins

"Grandad used to make this every second weekend when we were kids. It's a juicy pork bun with a crispy base, he used to make it when friends visited or when we had pot lunches at school, and everyone loved it! It tastes delicious but this recipe is also full of fond childhood memories"

By: Joy Shi

Ingredients:

Meat filling

- 250 g pork mince (don't use the lean one!)
- 1 egg
- 3 dried shiitake mushrooms, roughly chopped
- 1/2 cup spring onions, chopped
- 1 1/2 tbsp oyster sauce
- 2 tbsp Shaoxing wine
- 2 tbsp light soy sauce
- 1 tsp sugar
- 2 tbsp ginger, finely chopped

Dough

- 2 cups flour
- 1 cup water
- 3 g yeast
- 1/4 tsp sugar
- 1/4 tsp baking powder
- 1 tbsp cooking oil

To serve

- Seasme seeds
- Spring onion

Method:

- To make the dough, mix flour, yeast and sugar together. Add warm water and oil gradually. Mix with chopsticks/ fork until no more loose flour can be seen. Turn onto a floured surface and knead the dough until it is relatively smooth (if using a stand mixer, knead on low speed for about 8 - 10 minutes)
- Place into an oiled bowl for first proof and cover with wet cloth. Let it rest until it doubles in size (around 2 hours in a warm room)
- To make the filling, place all filling ingredients in a bowl and mix together in one direction continuously for 5 minutes or until it comes together. If it's a bit dry, add some water
- To roll out the dough, take dough out of bowl and knead on floured surface. Roll it into a ball and make a hole in the middle to form a donut like shape. Cut into 20 equal pieces
- Roll each dough piece into a round ball, press down to flatten and then roll each piece flat
- To fold the bao, hold dough in the palm of your hand and scoop some filling into the middle (don't scoop too much). Then gradually fold the edges in and pinch the dough with thumb and index finger until bao is completely sealed. Continue with remaining dough and mixture
- Once you have made the baos, rest for 15 minutes
- Heat up some oil in a pan and place the baos in face down (the crease should be facing down)
- When the bottom starts to golden, pour in water and then cover with lid immediately
- Uncover lid when water evaporates. Sprinkle with sesame seeds and spring onions
- Serve with your favourite dressing!

Shumai (pork dumplings)



Serves: 2

Cook Time: 45 mins

"It tastes like the ones at yum cha restaurants!"

By: Amanda Lim

Ingredients:

80 g of prawn meat, coarsely chopped
2-3 Chinese wood ear mushroom, finely chopped
200 g of pork belly, coarsely chopped
1/2 teaspoon ground white pepper
1 teaspoon Shaoxing wine
1 teaspoon sesame oil
1 teaspoon caster sugar
2 teaspoon oyster sauce
1/2 teaspoon cornflour
1/2 teaspoon of salt
8 wonton skins

Method:

- Remove prawns from their shells and de-vein them, lightly rinse under some water
 - Marinate the prawn meat with half a cup of baking soda for 20 mins. Rinse thoroughly then pat dry
 - Marinate the prawns with 1 teaspoon of salt for 5 minutes. Wash away the salt under running water until the water runs clear
- Note: Marinating is essential to make the prawns plump and crunchy.
- Pat dry and chop them up into 1 cm bits
 - Combine all the ingredients together and pound on a mortar and pestle repeatedly until it forms a bouncy mass - much like a burger patty. Now the filling is ready
 - Place the filling on the center of wonton skin
 - Bring each side up and use water as glue to press the folds of the skin together to form 4 sides
 - Squeeze at the waist, and press the meat down with a metal spoon to compress it from the top
 - Flatten the base of the Shumai so that it can stand on its own
 - Line a steamer with steamer paper and steam over high heat, with the lid on for 12-15 minutes
 - Make a dipping sauce with: 4 tablespoons of soy sauce, 1 tablespoon of sesame oil, and 1 table spoon of sugar
 - Add chilly sauce (sriracha) to the dipping sauce if desired. Enjoy!

Leek and Potato Soup



Makes: 4 servings

Cook Time: 30 mins

"I love this recipe because it's full of good hidden goodness that my kids can eat with out fussing about veg! And it's super yummy!"

By: Amanda Haslam

Ingredients:

- 2 tablespoons of butter
- 2 cloves of garlic, crushed
- 2 leeks washed and thinly sliced
- 2 medium white potatoes
- 1 small sweet potato
- 2 carrots cut into small chunks
- Vegetable stock
- Salt and pepper
- Grated cheese to serve (optional)

Method:

- Melt butter on low heat
- Add crushed garlic and leeks, and saute for a few minutes
- Add the potatoes and carrots, cover with water and bring to the boil
- Add vegetable stock and season with salt and pepper
- Once the vegetables are cooked through, use a stick blender to blend to desired consistency
- Top with grated cheese and serve

Chicken and Corn Soup



Makes: 5 servings

Total Time: 25 mins

"My easiest go-to recipe"

By: Rosemary Antonios

Ingredients:

- 1 brown onion – diced
- 1 tablespoon veggie oil
- 1 store brought roasted chicken – shredded
- 2 cans creamed corn 400ml
- 3 litres chicken stock
- 2 tablespoons of Worcestershire sauce
- Diced parsley (optional)
- Crusty bread rolls

Method:

- Heat oil in pan
- Add onion and stir until soft
- Add cans of corn, shredded chicken and stir until combined
- Add chicken stock and bring to the boil
- Reduce heat and simmer for 10 minutes, stirring occasionally
- Add Worcestershire sauce, stir and simmer for a further two minutes
- Sprinkle with parsley and serve with a warm, crusty bread roll

Karadage (Japanese fried chicken)



Serves: 4

Cook Time: 20 mins

"Easy and delicious, the batter is light and not messy to make. It can be a snack or serve as a main course.

Always a crowd-pleaser for kids and adults alike!"

By: Vivian Xie

Ingredients:

650 g or 4-6 pieces of boneless chicken thigh
Salt and pepper
2-3 tbsp potato starch
2 tbsp plain flour
Vegetable oil for deep frying
1 clove garlic (minced)
1/2 tbsp soy sauce
1/2 tbsp sake (can substitute with dry sherry)
1/2 tsp sesame oil
Kewpie mayonnaise
Wedge of lemon to serve

Method:

- Cut the chicken thigh into 5 cm pieces and season with salt and pepper
- In a large bowl, add minced garlic, soy sauce, sake and sesame oil to mix
- Add the chicken to the bowl and mix until evenly coated
- Cover and refrigerate for 30 min to marinate
- Pour enough oil to a pot (at least 3-4 cm deep to shallow fry) and heat oil to 160 C on medium heat

Tip: If you sprinkle a little flour in, it will sizzle, that's when you know the oil is ready

- On a tray, prepare potato starch in one pile and flour in a separate pile
- Lightly dredge each chicken piece in the flour and dust off the excess. Then dredge the floured chicken in the potato starch
- Once the oil is hot enough, gently submerge each chicken piece to the oil. Don't overcrowd the pot otherwise the temperature will drop too much and the chicken will end up absorbing too much oil and be soggy instead of crispy
- The chicken will be fried twice. For the first fry, leave in for about 90 seconds until the chicken is a light golden colour, remove and transfer to a wire rack to drain excess oil. If the colour changes too quickly, it means the oil is too hot
- For the second fry, turn the heat up to medium-high heat. Add the chicken for about 45 seconds or until the skin is crispy and has a nice golden colour. Transfer to a wire rack
- Serve the chicken hot with a wedge of lemon and Kewpie mayonnaise

Thai Style Grilled Pork



Serves: 2

Cook Time: 30 mins

"I love this recipe because it's so simple to make and absolute flavour hit!"

By: King Leong

Ingredients:

Pork marinade

- 4 coriander roots, scraped
- 2 garlic cloves, finely chopped
- 1 lemongrass, white part only, finely chopped
- 1 tsp coarsely ground white pepper
- 20 gm light palm sugar, crushed
- 1 tbsp fish sauce
- 1 tbsp dark soy sauce
- 1 tbsp oyster sauce
- 400 gm of pork loin or pork neck

Nahm Jim Dipping Sauce

- 2 tsp roasted glutinous rice powder
- 1 tsp dried chilli powder
- 80 ml fish sauce (1/3 cup)
- 20 gm light palm sugar (crushed)
- 3 tsp white sugar
- 6 tbsp tamarind juice
- 1/4 wedge of lime juice
- Coriander leaves

Method:

- Process coriander, garlic, lemongrass and pepper in a small food processor until finely chopped, add palm sugar, fish sauce, soy sauces and oyster sauce , and transfer to a container with pork loin, turn to coat and refrigerate to marinate (overnight)
- Meanwhile for Nahm Jim dipping sauce, add all ingredients above, adjust seasoning to taste (should taste hot, sour and salty) and stir to combine
- Preheat a char-grill pan to medium-high heat. Add pork and turn occasionally until charred and cooked through (15-20 minutes). Slice and serve with Nahm Jim dipping sauce

Macaroni Lamb



Serves: 4

Total Time: 1 hr 45 mins

"A good heart-warming meal with heaps of flavour"

By: Lorraine Hosgood

Ingredients:

500g diced lamb rump
medallions
1 red onion sliced very thinly
1 rasher bacon, diced
1 tablespoon tomato sauce
2 tablespoon tomato paste
1 tablespoon Worcestershire
sauce
3/4 tablespoon vinegar
1/2 teaspoon salt & pepper
3/4 cup water
1 teaspoon sugar
1 cup macaroni
1 onion 1 rasher bacon
1 tomato
1/2 cup grated cheese
parsley

Method:

- Flour the diced lamb – quickly lightly brown in a little oil
- Place in ovenproof dish
- Place sliced onion and bacon on top
- Pour over a mixture of tomato sauce, tomato paste, Worcestershire sauce, vinegar, salt, pepper, sugar and water
- Cover with lid and bake in moderate (170) oven for 1 hour
- Remove cover and bake a further 20 minutes
- While chops are cooking, cook macaroni in salted water until tender. Fry together chopped onion and bacon
- Add onion mix, chopped tomato, cheese and parsley to cooked and strained macaroni - and mix well
- Pile on top of lamb and cook another 1/2 hour.
- Sprinkle with parsley and serve

Vegan Fable Tacos



Makes: 12 tacos

Cook Time: 30 mins

"This is a super fast, easy, healthy, crowd-pleaser (even our 1 and 3 year old loves them) and it's vegan - good for the environment and good for you! "

By: Michael Fox

Ingredients:

500g Fable - Plant Based Braised Beef (available at Woolworths)

12 x soft taco tortillas

Habanero sauce

2 x lime

1 x lemon

Half small or quarter large red cabbage

3 x corn cobs

1 x red onion

1 x spring onion

1-2 large avocados

Handful coriander

Olive oil

Salt

Tbsp vegan butter, optional

Method:

Cabbage salad (do this first to allow time for the cabbage to soften)
red cabbage, lemon juice, salt to taste

- Slice cabbage into fine shreds, sprinkle with salt and add generous squeeze of lemon juice. Lightly massage cabbage and set aside

Charred corn

3 corn cobs, 1 tbsp, olive oil, knob of butter, salt

- Set corn into a pot of a boiling water for 5-7 minute and strain
- Heat a lashing of olive oil and butter in pan and add corn. Turning as the sides brown. Optional: if you're able, you can finish them by charring the corn in the flames over the stove
- Sprinkle charred corn liberally with sea salt

Tomato Salsa

3 firm medium sized tomatoes, diced 1/2 red onion, finely diced, 1 spring onion, sliced handful of coriander, finely chopped, lime juice, sea salt, 1/2 tbsp olive oil

- Combine all ingredients and, adding salt and lime juice to taste

Method:

Guacamole

1-2 large avocado, 1/2 red onion, finely diced handful of coriander, finely chopped squeeze of lemon juice salt, to taste, lashing of olive oil

- Combine all ingredients
- 'Mush' to desired consistency
- Salt and lemon juice to taste

Getting ready to plate up

- Right before serving, heat up a pan with a tablespoon of olive oil.
- Add Fable and fry until browned, with crispy edges
- Transfer to a serving bowl
- In the same pan, without oil, heat the taco shells cooking for 30 seconds each side
- Alternatively, you can heat them directly over the flames of your stove

Assembly time, Señor(ita)!

- Start with a thin bed of cabbage salad, add Fable, top with tomato salsa and a dollop of guac. Drizzle with habanero sauce. Happy days!

I'm not like others...
I know what I want
for dinner.

I've been thinking
about it since lunch.

Racho Gems



Makes: 2-4 servings

Cook Time: 40 mins

"Its so easy and usually can be made with things you have in the cupboard. Its also always a winner with the family."

By: Maya Weidner

Ingredients:

1 kg bag potatoes (or an easy alternative 1kg bag potato gems)

Mexican Spice Mix

1 small tub sour cream

1 Avocado

1 /4 red onion

1/2 tin black beans (or kidney beans)

1/2 punnet cherry tomatoes

Squeeze lemon juice or apple cider vinegar

1/2 tin corn kernels

Sliced spring onion to serve

Method:

- Slice potatoes into 3-4mm rounds, drizzle with olive oil and bake in a hot oven until crispy (or bake potato gems as per instructions)
- Make guacamole - mash avocado, dice red onion into tiny pieces, and small squares of tomatoes. Drizzle with lemon juice or vinegar, set aside
- Remove gems from oven, sprinkle with Mexican Spice Mix
- Serve in a low dish, add corn kernels, black beans, guacamole on one side and sour cream.
- Finely slice spring onion and add to the top to serve

Turkey Chilli Con Carne



Serves: 4

Total Time: 30 mins

"It's quick, light, healthy and beautifully warming for a cold winters day"

By: Keely Langshaw

Ingredients:

11 tbs coconut oil
1 onion, diced
1 red capsicum, diced
2 tsp garlic, minced
500 g turkey mince
1/8 tsp chilli powder
1/4 tsp onion powder
1 tsp dried thyme
1 tsp turmeric
1 tsp dried oregano
2 large tomatoes diced
1 cup chicken or vegetable stock
140 g tomato paste
400 g can red kidney beans, rinsed and drained
Salt and pepper, to taste
Natural coconut yogurt & shallots to serve

Method:

- Heat the oil in a large pan or pot on medium heat
- Add the onion, capsicum and garlic and cook for 5 minutes, stirring occasionally
- Increase the heat to high and cook the mince for 5 minutes, breaking up any lumps with a wooden spoon
- Add the herbs, tomatoes, stock and tomato paste and bring to the boil
- Reduce heat and simmer for 20 minutes, stirring occasionally
- Add the kidney beans and season with salt and pepper
- Heat through for 5 minutes before serving
- Top with a dollop of natural coconut yogurt and shallots

Steam eggplant, Enoki mushroom with sweet soy and garlic dressing



Serves: 4

Total Time: 30 mins

"Its very quick and easy healthy meal for weekday, the sweet soy dressing match well with a big bowl of steam rice!"

By: Jason Chin

Ingredients:

1 large eggplant

Large handful of Enoki Mushroom washed and chopped in half

1 tbsp finely sliced spring onions

2 tbsp finely chopped coriander

pinch of ground white pepper

2 tbsp boiling hot olive oil

Soy and garlic dressing

1 tbsp white vinegar or rice vinegar

3 garlic cloves, finely diced

1 tbsp brown sugar

1 tbsp light soy sauce

1 teaspoon oyster sauce

1 tbsp sesame oil

Method:

- Peel the eggplant and cut lengthways into 1.5 cm x 1.5 cm strips
- Then soak eggplant strips in water and sprinkle with salt for 5 mins, this will prevent eggplant from browning. Wash and drain and pat dry after 5 minutes
- Meanwhile, make soy and garlic dressing by placing the dressing ingredients in a small bowl and stir well
- Arrange eggplant in one layer on a heatproof plate that will fit inside a steamer basket. Place plate inside steamer, position over a deep saucepan or wok of boiling water and steam, covered, for 8 minutes or until eggplant is just tender when pierced with a knife
- Carefully remove plate from steamer and drain the excess water out and allow eggplant to cool slightly
- Use a small pan, turn on heat and put 2 tablespoon of olive oil and heat up till smoking hot
- To serve, arrange eggplant on a platter and spoon over soy dressing. Sprinkle with sliced spring onions, coriander and pepper. Then pour the hot oil over and you should hear sizzling sound
- Serve hot with rice immediately and enjoy!

Wor Tip

(Pork, prawn and chive dumplings)



Makes: 4 servings

Prep Time: 50 mins

Cook Time: 15 mins

"I have childhood memories of folding dumplings with my family. I love the versatility of the recipe - you can even have a vegetarian version!"

By: Karen Wong

Ingredients:

For the dumplings

500g pork mince
200g prawns, peeled, deveined and chopped
1 bunch garlic chives, finely chopped
2 cloves garlic, crushed
1 cm ginger, finely grated
1 tbsp sesame oil
2 tbsp shaoxing rice wine
4 tbsp soy sauce
½ teaspoon white pepper
1 egg
Corn flour for dusting

1 packet round 'Gow Chee' wrappers (found in the refrigerated section)

Cold water

Oil for shallow frying

For the dipping sauce

2cm ginger, thinly sliced into 2mm matchsticks
6 tbsp Zhenjiang vinegar (aged dark vinegar)
4 tbsp soy sauce

Method:

- In a large mixing bowl, combine the mince pork, chopped prawn, finely chopped chives, garlic, ginger, sesame oil, shaoxing rice wine, soy sauce and white pepper
- Add the egg into the meat mixture
- Cover with cling film and refrigerate for 30 minutes
- While the meat filling is being chilled, make the dipping sauce. Finely shred the ginger and place in a small bowl. Add vinegar and soy sauce to ginger and set aside
- Dust a plate with corn flour
- To assemble the dumpling, take one Gow Chee wrapper and place a 2.5cm diameter ball of filling into the centre. Be careful not to overfill the dumpling
- Fold in half and seal the outer edges of the dumpling together with a little bit of water
- If you are feeling fancy, gather the edges to make a crimping pattern and set onto the plate
- Heat a large fry pan on medium-high heat with about 0.5 cm oil. Add the dumplings to the pan and ensure they are not touching
- Fry for about three minutes on one side and then add water, covering the 0.8 cm dumplings with water
- Cover the pan, bring water to boil and reduce heat to medium. Steam for around 8 minutes, or until water has almost dissolved. Do not lift the lid while the dumplings are cooking
- When water has almost dissolved, cook the other side of the dumplings uncovered for another 2 minutes until browned
- Serve immediately with dipping sauce

Oven Baked Salt & Pepper Lime Chicken



Makes: 4 servings

Total Time: 20 mins

*"I love the combination of flavours
and how easy this recipe is to
make"*

By: Peter Johnson

Ingredients:

500g Chicken thigh fillets cut into strips length
ways

150g plain flour

100g corn four

2/4 cup olive oil

1 juice/zest of a kaffir lime (or lime)

Salt & Pepper mixture - I've created my own
mixture of: Szechuan pepper corns, sea salt,
paprika, chicken salt, brown sugar, chilli salt,
ground black pepper & dried garlic

Method:

- Preheat oven to 200 degrees fan forced
- Purée spices in blender, add corn flour and plain flour and blend
- Combine olive oil with juice of kaffir lime and zest
- Add chicken thigh fillets, marinate for 15 minutes
- Combine pepper/flour mixture with chicken olive oil/lime:
thoroughly mix and add to lined baking trays
- Bake in oven until crispy, golden brown

Chicken Inasal



Makes: 4 servings

Total Time: 30 mins

"Yummy to the tummy"

By: Juliet Mutia

Ingredients:

- 1kg chicken (prefer thighs skin on)
- 1 stalk of crushed lemongrass (food processor is best)
- 1 cup coconut vinegar
- 1 cup brown or raw sugar teaspoon
- Salt flakes
- Teaspoon crushed pepper (optional - chilli flakes)
- 1/2 cup Basting sauce
- 3 tablespoons margarine
- 1 teaspoon lemon salt

Method:

- In a mixing bowl, combine lemongrass, vinegar, sugar, salt and pepper (option to add chilli)
- Make incisions in chicken and marinade in bowl for at least 4 hours
- Fire up the grill and combine the melted margarine, lemon, salt
- Once hot, place chicken on the grill and brush with the basting sauce as you turn and until cooked through



Sweets

MY COMMUNITY COOKBOOK

Amygdalota (Greek Almond Cookies)



Makes: 12 cookies

Total Time: 15 - 20 mins

"It's so easy that my husband makes it :-)"

By: Nicole Imberger

Ingredients:

4 cups almond flour

1 cup sugar

1 tbsp lemon zest

1 tsp vanilla

A pinch of salt

4 large egg whites

Flaked almonds

Method:

- Turn oven to 180°C
- Combine all the dry ingredients and lemon zest
- Combine the egg whites and vanilla and beat until frothy
- Pour together and mix
- Make golf ball sized balls
- Sprinkle with almond flakes and lightly press to make a cookie shape and bake for 15 mins until golden brown

Epic (easy) Ice Cream Cake



To assemble

1 deep 20cm cake tin with a removable base
2 strips of acetate (flexible plastic paper) or flexible cardboard, each piece 60cm long and 20cm tall

To decorate

Waffle cones,
Mini meringues
Sprinkles
Lollies

Serves: 6

Total Time: 40 mins

By: Sienna Roberts

Ingredients

Shortbread sprinkle crumb
570 g shortbread biscuits, crushed
200 g white chocolate
3 tbs coconut oil
3 tbs sprinkles

Chocolate crunch layer

275 g Oreo cookies, crushed
100 g dark chocolate
3 tbs coconut oil

Ice cream layers

3 litres store bought vanilla ice cream
500 ml store bought strawberry or raspberry sorbet

White chocolate glaze (optional)

200 g white chocolate
2 tbs coconut oil

Method

Shortbread sprinkle crumb

- Place the crushed shortbread into a medium sized mixing bowl
- Melt 200 g white chocolate and 3 tbs coconut oil together and add to the crushed shortbread, stir to combine
- Add the sprinkles, stir to combine and set aside

Chocolate crunch layer

- Place the crushed Oreo's into a medium sized mixing bowl
- Melt 200 g dark chocolate and 3 tbs coconut oil together and add to the crushed Oreo's, stir to combine and set aside

To assemble

- Line the base of a 20 cm round deep and loose based cake tin (or cake tin of your choice) with baking paper
- To support the cake while its freezing, use the two pieces of clear plastic sheet (acetate) or thick cardboard to make the tin taller by placing it around the inside edges of the cake tin, they should overlap most of the way around so there are no gaps
- Place $\frac{3}{4}$ of the shortbread sprinkle mixture into the bottom of the prepared cake tin, press down the mixture and spread it out evenly
- Add $\frac{1}{3}$ of the vanilla ice cream, and spread evenly with the back of a spoon
- Add the rest of the shortbread sprinkle mixture crumbling over the ice cream, sprinkle over an extra 2 tbs of sprinkles
- Add the next $\frac{1}{3}$ of vanilla ice cream, and before smoothing it out, add the strawberry sorbet and an extra spoonful of vanilla ice cream and then smooth over with the back of a spoon, allowing the ice creams to swirl together a little

Method

- Add the Oreo chocolate crunch layer
 - Then add the rest of the vanilla ice cream, smooth over with the back of a spoon and add some extra sprinkles on top. Place the cake into the freezer overnight or for up to 2-3 days
 - When ready to serve, melt the 200 g white chocolate and 2 tbs white chocolate and set aside to completely cool
 - Remove the cake from the tin and place onto a serving plate
 - Drizzle the white chocolate mixture* over the cake and then place the cake back into the freezer for 10-15 minutes to allow the chocolate to set
- *The white chocolate drizzle is optional, you can add the decorations straight onto the ice cream cake if you don't want to add the white chocolate over the top of the cake.
- Remove the cake from the freezer and decorate with waffle cones, mini meringues, lollies and extra sprinkles



Cake-pops



Makes: 40 pops

Prep Time: 2 hours

Cook Time: 36 mins

Total Time: 6-7 hours

"Because... SPRINKLES!"

By: Lyla Chrzescijanski

Ingredients:

1 and 2/3 cups (208g) all-purpose flour (spoon & leveled)

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon salt

1/2 cup (115g; 1 stick) unsalted butter, softened to room temperature

1 cup (200g) granulated sugar

1 large egg, at room temperature

2 teaspoons pure vanilla extract

1 cup (240ml) whole milk (or buttermilk)

Frosting:

7 Tablespoons (100 g) unsalted butter, softened to room temperature
1 and 3/4 cups (210 g) icing sugar
2–3 teaspoons heavy cream or milk
1 teaspoon pure vanilla extract

Coating:

40 ounces candy melts or choc coating of your choice
Sprinkles to decorate

Method

- Preheat oven to 177°C. Grease a 9-inch springform pan

Make the cake:

- Whisk the flour, baking powder, baking soda, and salt together in a medium bowl. Set aside
- Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the butter and sugar together in a large bowl until creamed, about 2 minutes
- Add the egg and vanilla extract and beat on high speed until combined. Scrape down the bottom and sides of the bowl as needed
- With the mixer running on low speed, add the dry ingredients and milk to the wet ingredients until combined. Manually whisk the batter to ensure there are no large lumps at the bottom of the bowl. Batter will be slightly thick
- Pour the batter evenly into the prepared pan. Bake for 30 - 36 minutes or until a toothpick inserted in the center comes out clean. If the top begins browning too quickly in the oven, loosely place a piece of aluminum foil on top
- Allow the cake to cool completely in the pan set on a wire rack

Make the frosting:

- With a handheld or stand mixer fitted with a paddle attachment, beat the butter on medium speed until creamy, about 2 minutes
- Add confectioners' sugar, heavy cream, and vanilla extract with the mixer running on low. Increase to high speed and beat for 3 full minutes
- Crumble the cooled cake into the bowl on top of the frosting. Make sure there are no large lumps
- Turn the mixer on low and beat the frosting and cake crumbles together until combined
- Measure 1 tablespoon of moist cake mixture and roll into a ball
- Place balls on a lined baking sheet
- Refrigerate for 2 hours or freeze for 1 hour
- Re-roll the chilled balls to smooth out, if needed. Place back into the fridge as you'll only work with a couple at a time
- Melt the coating in a 2-cup liquid measuring cup (best for dunking!). you can use a double boiler or microwave

Coat the cake balls:

- Remove only 2-3 cake balls from the refrigerator at a time
- Dip a lollipop stick about 1/2 inch into the coating, then insert into the center of the cake ball. Only push it about halfway through the cake ball
- Dip the cake ball into the coating until it is completely covered. Make sure the coating covers the base of the cake ball where it meets the lollipop stick
- Very gently tap the stick against the edge of the measuring cup to allow excess coating to drop off
- Decorate the top with sprinkles and place upright into a styrofoam block or box (as explained above)
- Repeat with remaining cake balls, only working with some out of the refrigerator at a time. The cake balls must be very cold when dipping!
- Coating will set within an hour. Store cake pops in the refrigerator for up to 1 week

"Our kitchen runs on love,
laughter and a whole lot
of sprinkles!"

- Lyla



Holly's Lemon and Yoghurt Cake



Serves: 12

Total Time: 1.5 hours,
including cooking, cooling
and filling/decorating

*"This recipe is so versatile and can be
made with gluten free flour too. It's a
real crowd-pleaser."*

By: Holly McVicar

Ingredients:

Cake:

180 ml rice bran oil
2 large eggs
1 tablespoon finely grated lemon rind
1/4 cup lemon juice
1 cup thick Greek yoghurt
2 cups caster sugar
2 cups self-raising flour

Lemon mascarpone:

1 cup icing sugar
250g mascarpone
1 tablespoon finely grated lemon zest

Lemon drizzle:

1 cup icing sugar
1 tablespoon lemon juice

Method:

- Preheat oven to 160°C and line a springform cake tin

Cake:

- Mix together the cake ingredients except flour
- Then gently fold in 2 cups self-raising flour
- Pour into tin and bake for approx 50 minutes

Icing:

- Mix the lemon mascarpone ingredients together
- Prior to filling and once cooled, cut the cake in half to create two layers
- When cool fill with lemon mascarpone
- Top with the lemon drizzle
- Serve immediately or store chilled in the fridge

Triple Choc Fudge Cookies



Makes: 12 cookies

Cook Time: 10-15mins

"It's quick, easy but oh so delicious!"

By: Jane Pegg

Ingredients:

125g softened butter
1 teaspoon vanilla extract
1 1/4 cup firmly packed brown sugar
1 egg
1 cup plain flour
1/4 cup self raising flour
1 teaspoon bicarbonate soda
1/3 cup Dutch cocoa
1/2 cup dark choc melts, cut in half
1/2 cup milk choc chips
1/2 cup white choc chips

Method:

- Preheat oven to 160°C
- Line baking trays with baking paper
- Beat together butter, vanilla, brown sugar and egg until smooth and creamy
- Sift in flour, bicarb soda and cocoa
- Mix until just combined
- Stir through chocolate pieces
- Roll into golf ball sized balls and place on lined tray, ensuring space between cookies to expand
- Bake for 10-15 minutes
- They will have a 'cracked' appearance to the top. Careful not to over cook so they stay chewy and fudgy
- Cool on the tray for 10 mins then transfer to a cooling rack

Chloe's Amazing Oreo Truffles



Makes: 36 truffles

Prep Time: 45 mins

Cook Time: 5 mins

Total Time: 50 mins

"Oreo's, cream cheese and chocolate... point made!"

By: Chloe Nevin

Ingredients:

250g Philadelphia Cream Cheese block, softened

250g Oreo Classic, crushed

225g Cadbury Milk Chocolate Melts

Method:

- Combine the Philadelphia and Oreo crumb and mix well
- Roll 2 teaspoon amounts into balls, place on a paper lined tray and refrigerate until firm
- Melt the chocolate in a Microwave safe plastic bowl on 50% power. Begin with 20 second bursts then reduce to shorter bursts as the chocolate melts, stirring well between each burst of power
- Only microwave until 75% of the chocolate has melted then continue stirring until smooth
- Using 2 forks coat each ball in the chocolate, allow the excess to run off then place onto a paper lined tray
- Once the chocolate has set at room temperature, store in an airtight container, refrigerated, until required

Rocky Road Brownies



Makes: 10-12 brownies

Prep Time: 30 mins

Cook Time: 20 mins

"Rich, chocolate and fudgy with nostalgic, rocky road inspired flavours are my favourite treat."

By: Karina Arora

Ingredients:

150 gms butter

180 gms dark cooking chocolate

2 eggs

80 gms + 2 tbsps. brown sugar,

1/2 cup flour

1/2 tsp. flaky salt

1 heaped tbsp. cocoa powder

1 tsp. instant coffee

1/4 cup marshmallow fluff or 5-6 large marshmallow cut into quarters

10- 12 raspberries, halved

Crushed peanuts and desiccated coconut to sprinkle

Method:

- Preheat the oven to 180°C and line a square brownie tin
- Melt butter, add the chocolate and microwave for an 30 seconds
- Allow the chocolate to melt in the residual heat, stir till glossy and set aside to cool
- Whisk the eggs (make sure they're at room temperature) and sugar till fluffy. Add the cooled chocolate and fold till combined
- Add the flour, cocoa powder and salt - fold into chocolate mixture
- Pour the batter into the prepared tin and top with the marshmallows. If using fluff, make 10-12 small dollops across the surface and run the top of a knife through it to create a swirly patterns
- Top with halved raspberries and bake for 18-20 minutes depending on how fudgy you like them
- Sprinkle with desiccated coconut and crushed peanuts
- Serve warm

Passionfruit Slice



Serves: 12

Total Time: 30 mins

"Delicious easy and a crowd-pleaser"

By: Denise Roach

Ingredients:

1 packet butter cake mix
125 gram melted butter
Half cup desiccated coconut
Tin of condensed milk
2 passionfruit content or half tin of passionfruit
Juice of 2 lemons or 50 ml of lemon juice

Method:

- Combine butter cake mix, desiccated coconut and melted butter into a crumbly cookie dough consistency
- Put in slice tin then bake in oven at 170°C for about 10-15 minutes until golden brown
- Mix remaining ingredients (condensed milk, lemon juice, passionfruit) together
- Pour onto the base then sprinkle with desiccated coconut and into oven for 10 - 15 minutes

Mulled Wine Poached Pear Tart with Ricotta



Serves: 4

Cook Time: 45 mins

"Perfect winter dessert - that is simple to make but will always impress"

By: Cheryl Mishio

Ingredients:

Tart pastry
1 cups self rising flour
1 spelt flour
1 cup softened butter
1 TSP vanilla bean paste
3/4 cup caster sugar
1 egg
1 tbsp milk
1 cup fresh ricotta cheese
1 tbsp honey

1 tsp fresh thyme leaves
3 pear - peeled , halved & core removed.
2 cups Shiraz (or Merlot) wine
1 cinnamon quill
4 cloves
6 peppercorn
Small knob ginger
1/4 cup brown sugar

Method:

- Combine butter & sugar until creamy
- Add egg, vanilla bean paste & milk. Slowly fold in flour till combined into a stiff (crumbly) dough
- Press dough into tart pan covering base & sides
- Bake at 160 degrees for 15 mins till 3/4 baked and turning golden brown. Remove from oven
- Combine ricotta , honey & thyme till combined.
- Spoon ricotta mixture into 3/4 baked tart shell (or shells if using individual tarts) and bake additional 7 minutes
- Remove from oven and let cool room temperature
- Simmer pears on low heat in red wine mixture on stove for approx 30 mins till tender
- Pears should be completely submerged while simmering
- Remove pears from poaching liquid / strain spices from red wine poaching liquid & return to stove for approx 20 minutes until a thick red wine syrup
- Slice pears thinly and arrange in a circular rosette pattern on top of ricotta mixture on tarts
- Serve with a scoop of vanilla ice cream and drizzle reserved spiced red wine glaze over tart

Hanna's Shortbread



Makes: 30 Biscuits

Cook Time: 40 mins

"It's a family recipe passed on from generations"

By: Catherine Faulkner

Ingredients:

125 grams caster sugar

250 grams butter

375 grams plain flour

Pinch of salt

Method:

- Soften butter (not melted)
- Cream butter and sugar together in food processor
- Add flour and salt together and combine on low speed
- Lift dough onto floured surface and roll into log-like shape
- Cut into equal biscuit rounds and place onto lined baking tray
- Prick with fork and bake at 150 degrees fan forced for 35-40 minutes or until lightly golden

Mars Bar Slice



Makes: 12 servings

Cook Time: 20 mins

Set time: 4 - 5 hours

"My kids love it!"

By: Karen Thompson

Ingredients:

3 X 60g mars bars (cut up)
75g butter (or margarine)
1 x tablespoon golden syrup
3 x cups of rice bubbles
150g of milk chocolate

Method:

- Melt chopped mars bars, butter and golden syrup together and stir
- Combine mixture with rice bubbles and stir
- Put into a slab tin and cool in fridge until set
- Melt milk chocolate and spread over the top of the slice
- Place back in fridge to set

Simply Delicious Scones



Makes: 6 large scones

Cook Time: 20 mins

"Always works! Quick, homely, morning or afternoon tea using pantry staples. Even when my nan wasn't hungry, she always made room to eat these!"

By: Anea Dixon

Ingredients:

2 cups self raising flour
2 tbs icing sugar
30g soft butter
1 cup milk (extra for brushing)

Tip - You can double the ingredients to make 12 scones!

Method:

- Preheat oven to 200 degrees and line a baking tray with paper
- Combine flour and icing sugar into a large bowl
- Add soft butter and massage (using your fingertips) into flour mixture until bread crumb like consistency
- Make a well in the middle and pour the milk into the centre, then use a knife to cut the flour mixture until it forms a sticky dough
- On a well-floured surfaced knead the dough until just combined, do not over do it!
- Press the dough down to around 3-4cm thickness. Use a scone cutter or water glass to cut the round scone shapes, then place each scone side by side onto your tray
- Lightly brush extra milk over the top of the dough and place scones in the oven to cook for about 20 minutes until lightly browned
- Top with freshly whipped cream and your choice of jam!

Bread and Butter Pudding Italian Style



Makes: 6 large scones

Cook Time: 20 mins

"Always works! Quick, homely, morning or afternoon tea using pantry staples. Even when my nan wasn't hungry, she always made room to eat these!"

By: Alessia D'Alessandro

Ingredients:

1 medium size panettone
3 cups milk
3 tbsp sugar - or to your taste
3 tbsp corn flour
2 eggs
Vanilla essence or bean pod

Method:

- Preheat oven to 180 degrees
- Cut the panettone into quarters and slice it up into approx 1.5 cm pieces
- Butter the bottom of a deep baking dish, and line with baking paper
- Line the pieces of the panettone across the base, slightly overlapping each piece and adding more layers until all pieces are used
- Mix all the remaining ingredients with a whisk, and using a ladle, gently pour over the panettone
- Bake for 25 - 30 minutes and serve with vanilla ice-cream

Ricotta Cheesecake



Makes: 8 - 10 slices

Cook Time: 1 hour 30 mins

"Regardless of how easy it is to make, it undeniably satisfies your cravings."

By: Mark Alivia

Ingredients:

For the base

120g crushed digestive biscuits
60g melted butter
1/4 cup cocoa powder
2tbsp white sugar

For the cheesecake

220g cream cheese
220g ricotta cheese
3/4 cup white sugar
250ml thickened cream
3 large eggs
1 tsp cardamom
1 tsp all spice
1 tsp salt
1 tbsp vanilla

Method:

- Preheat oven to 180 degrees
- Crush biscuits leaving a little bit small chunks using a food processor
- Add melted butter, sugar and cocoa powder. Set aside, and put it in the fridge
- Start mixing cream cheese and sugar using the creaming method until well combined (approx 3 minutes on high speed)
- Pour in thickened cream then add ricotta cheese, cardamom, all spice, vanilla and salt. Mix in for about 1 minute
- Add eggs 1 at a time, scraping the sides so everything comes together
- Place a wet napkin covered with aluminum foil around the baking pan before putting it in the oven
- Bake it for 45 minutes
- After that, turn off the oven and leave your cheesecake there for half an hour
- Bring out your cheesecake and let it cool completely before slicing. It is best served when chilled

Kirribilli Kickarse Chilli Mango Chutney



Makes: 6 medium jars

Cook Time: 2 hours

"This is the best mango chutney. It's been enjoyed by friends and relatives in Hong Kong Thailand Europe India and Australia. When I visit it's the one request 'Please bring the Kickarse!'"

Ingredients:

2 onions, chopped
7 cups dark brown sugar
3 kg very ripe mangoes peeled and chopped into chunks
7 cups brown malt vinegar
20 - 30 chillies roughly chopped or use dried chillies blitzed a few seconds in a blender
200g preserved ginger in syrup or crystallised ginger chopped
300g sultanas
1/2 cup black mustard seeds

By: Anne Gerard

Method:

- Put all ingredients into a large pot and simmer uncovered till pulpy (about 2 hours)
- Heat jars in oven 100 degrees
- Add mixture to hot jars and close immediately

If we're not meant to
have midnight snacks,
why is there a light in
the fridge?



Lemon Myrtle Cocktail



Our friends from Yerrabingin House at South Eveleigh have shared this great cocktail recipe using Lemon Myrtle Syrup!

By: Yerrabingin House & Tipped

Syrups are a great way to get flavour into your cocktails, you can craft them ahead of time, stick them in the fridge so they are ready for the cocktail hour.

The syrup described in this video is made using Lemon Myrtle, containing five times more citral than citrus fruits, it packs more punch than lemongrass or lemon verbena. The antibacterial, anti-fungal and antimicrobial properties of the leaf will also help the shelf life of the syrup.

To start we will need to make an “Oleo-Saccharum”, this was used as the base for most Punch, back in the day, the days in the 19th century that is. It translates, Oleo-oil or fat, Saccharum-sugar, put together oily sugar and is really easy to make.

Oleo-Saccharum

Ingredients

The skins of 5 or 6 lemons

250g white sugar

Method:

- Use a potato peeler to remove the skin from the lemons
- Place in a bowl or jar & cover with the sugar
- Apply pressure, muddle the sugar with a rolling pin or muddle stick, this abrasive motion encourages oil to transfer from skin to sugar
- Cover & leave for a few hours or overnight. The other part to prepare is the Lemon Myrtle Tisane, tisanes—are beverages made from the infusion or decoction of herbs, spices, or other plant material in hot water

Lemon Myrtle Tisane

Ingredients

Bunch of Lemon Myrtle leaf (Backhousia Citrodora) 10-20

Boiled water 500ml

Method:

- Give the leaf a quick wash in cold water if freshly picked, alternatively dried leaf should be good to go
- Cover the myrtle with water just off the boil, a colder infusion will not lift the oils
- Leave to brew for a couple of hours or until water is golden

Lemon Myrtle Syrup

Ingredients

The Oleo-Saccharum, method above

The Lemon Myrtle Tisane, method above

Method:

- Mix both together until all the sugar granules are dissolved
- Strain liquid through an oil filter, coffee filter, or fine sieve to remove the leaf & skin
- Bottle in a sterile vessel, keep refrigerated

Lemon Myrtle Daiquiri

"The daiquiri is a great way to understand balance in a cocktail, how the sweet (syrup) works with the sour (citrus), to accompany the strong (grog) and the weak (in this case melt from the ice). An Aussie twist on this Cuban classic that's light & very fresh, why not try infusing the rum for more spin on your twist?"

Ingredients

10-20ml Lemon myrtle syrup
30ml fresh squeezed lime juice
45ml white rum

Method:

- Chill cocktail glass before you start by filling with ice
- Measure the above ingredients into a cocktail shaker
- Add ice and shake
- Remove the ice that was chilling the glass & strain cocktail into it



Thank you...

A big thank you to everyone in our local community who contributed a recipe to this cookbook.

We hope you will enjoy recreating some of these mouth-watering recipes for your family and friends as much as we will!



BIRKENHEAD POINT

MY COMMUNITY COOKBOOK