



MPC | MOONEE  
PONDS  
CENTRAL

# *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!

Moonee Ponds Central Team

# MPC Fresh Food Stores

Amore Coffee

Bakers Delight

De Maria's Fruit and Veg

Godfrey's Butchery

Graina Bulk Food Store

Moonee Ponds Poultry

MooneePonds Seafood

Mothers' Pantry

Yahweh Asian Grocery

Porters Liquor

Coles

Aldi



# 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 Brissie is cold as 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!



# 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

# 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



# 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

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

I've been thinking  
about it since lunch.



# Southwestern Quinoa Stuffed Capsicum



Serves: 6-8

Total Time: 40-50 mins

*"Quick, easy and healthy"*

*By: Stephanie*

*from Anytime Fitness*

## Ingredients:

6-8 capsicum (depending on size)  
1 can of black beans, drained and rinsed  
1 can of corn, drained and rinsed  
1 250 gram punnet of cherry tomatoes  
1/3 cup spring onion, diced  
1 cup quinoa (dry)  
500 grams chorizo, browned  
tbsp olive oil  
1 tsp cumin  
2 tsp fajita seasoning  
2 garlic cloves, minced  
2 tbsp fresh coriander, coarsely chopped  
1/2 lime juice  
3/4 cup low-fat shredded cheese  
Optional garnishes: avocado, salsa, plain Greek yogurt

## Method:

- Preheat oven to 200 degrees
- Bring 2 cups of water to boil in a saucepan with 1 cup of quinoa. Once boiling, cover pot and turn down heat to simmer until all water has absorbed (approx. 15 minutes)
- Add 2 tbsp of olive oil to a skillet over medium heat. Cook chorizo and season with cumin, fajita spice and garlic. Cook until meat is uniformly brown
- Add meat, quinoa and veggies to a large bowl. Sprinkle with coriander and lime juice, stirring until combined
- Cut the tops off the 6-8 capsicum. Remove hearts and seeds
- Place capsicum in greased pan. Stuff with mixture. Bake in oven for 20 minutes. Top with cheese and bake for another 5-10 minutes or until cheese has melted and capsicum have softened
- Garnish and serve

# 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



# 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!

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





# 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

# Mac and Cheese Toastie



Serves: 2

Total Time: 15 mins

*"It's' cheesy goodness"*

*By: Richard*

*from Bakers Delight*

## Ingredients:

4 slices Bakers Delight Hi-Fibre Lo-GI Loaf

20g salted butter

2 serves of packet mac & cheese, or homemade

3/4 cup grated cheese (we used a mix of mozzarella, parmesan and gouda)

Flaky salt to serve

## Method:

- Make the mac and cheese to packet instructions and cool slightly
- Heat a large cast iron frying pan over medium heat
- Spread one side of both bread slices with butter
- Top the two sides without butter with the mac & cheese and grated cheese
- Top with the remaining two bread slices, buttered side up
- Cook sandwiches in the frying pan for 4 minutes each side, or until golden
- Cut in half and sprinkle with flaky salt to serve



# Sweet Banana & Nutella Sausage Rolls



Serves: 6

Total Time: 40 mins

By: Hitomi S, Marketing Manager  
at Moonee Ponds Central

## Ingredients:

1 x 375 g sheet butter puff pastry  
2 x large bananas, peeled  
8 tbs Nutella (or peanut butter)  
1 egg, lightly whisked  
Cinnamon & sea salt for sprinkling

## Method:

- Preheat your oven to 190°C
- Thaw the pastry as per packet instructions
- Slice the pastry in half
- Spread 3-4 tbs of Nutella in a line in the centre of each piece of pastry.
- Place a banana on top of the Nutella on each piece of pastry
- Roll up and seal the pastry by gently pressing down where the pastry joins
- Slice the pastry rolls into 2-inch slices and place the slices onto a paper-lined baking tray
- Brush the slices with the whisked egg and sprinkle with cinnamon and sea salt
- Bake at 190°C for 20 minutes
- Remove from the oven and set aside to cool for 20 - 30 minutes
- Serve dusted with icing sugar, or with yoghurt swirled with Nutella, or caramel for dipping

# 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: Jessica Kahnoff

## 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



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

- Lyla





# 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

# 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



# Stav's Ultimate Immune Boosting Lentil Soup



Serves: 4

Cook Time: 1 hours

*"I love this home made immune boosting soup as it is full of vitamins and minerals and great to kick that cold & flu to the curb!"*

By: Stav Matalia

## Ingredients:

1 onion diced  
2 medium carrots diced  
2 celery stalks  
1 potato diced  
1 x 400g can crushed tomatoes  
1 cup (200g) red lentils  
1.75 litres vegetable stock  
Salt & pepper to taste

## Method:

- Place all ingredients in a large saucepan or stockpot and bring to the boil over a medium heat.
- Reduce heat, cover and simmer for 1 hour.
- Serve hot with crusty bread.

# Vietnamese Bánh Xèo



Serves: 6

Cook Time: 3 hours

*"Coming from a Vietnamese background, this recipe reminds me of cooking with my grandma! I'd love to continue this recipe to remember my nan!"*

By: Anna Tu

## Ingredients:

Bánh xèo 1¼ cups rice flour  
2 tbsp cornflour, optional  
1 tsp turmeric  
1 pinch salt  
3 spring onions, chopped  
400 ml coconut cream  
¼ cup water or beer to thin  
6-8 slices fatty pork belly, thinly sliced  
16 cooked prawns, peeled  
2 cups bean sprouts  
½ cup pea tendrils

3 carrots, peeled and julienned  
1 bunch Vietnamese mint  
1 bunch coriander  
1 lime  
1-2 green leaf lettuce  
Nuoc nam sauce  
½ cup warm water  
½ cup sugar  
½ cup fish sauce  
⅓ cup lime juice  
2 tsp garlic chopped  
2 red chilli, chopped

## Method:

- **Bánh xèo** Combine rice flour, cornflour, turmeric, salt, green onions, coconut milk and 1 cup water in a large bowl. Whisk until smooth. Set aside for 30 minutes.
- Heat a 20 cm non-stick frypan over med-high heat. Add 3 prawns and 4 strips of pork. Cook for 3 minutes.
- Add 1 tbsp sunflower oil and add a ladle of batter to the pan, swirling to coat base and slightly up sides of the pan. Cook with lid on for 5 minutes or until crispy and golden on the base.
- Scatter with bean sprouts, carrot, pea tendrils, and herbs. Fold to enclose. Repeat with extra batter and ingredients.

### Nuoc nam sauce

- Combine all ingredients for nuoc nam in a bowl, stirring well.
- Serve the bánh xèo with nuoc nam and chilli sauce (optional) and a squeeze of lime.

# Julie's American Style Chocolate Chip Cookies



Makes: 9 rounds

Cook Time: 10 mins per pan

*"It's a crowd pleaser that it's  
super easy to share and give as  
thank you gifts!"*

By: Julie Vulin

## Ingredients:

250 grams softened salted butter  
1 cup firmly packed brown sugar  
½ cup white sugar  
2 eggs (\*room temperature, 1 at a time),  
2 teaspoons vanilla extract.  
3 1/2+ cups flour  
1 heaping teaspoon baking soda  
Sprinkle of cinnamon  
3 cups raw rolled oats  
Dark & milk chocolate chips, or Peanut  
Butter - optional



## Method:

- Beat together 250 grams softened salted butter with 1 cup firmly packed brown sugar and ½ cup white sugar. Make sure butter's soft (I leave butter out for a couple of hours depending on time of year to get naturally soft. If it's not soft enough to mix with sugars, put in microwave before mixing in sugars.
- After mixing in sugars, mix in 2 eggs (\*room temperature, 1 at a time), then 2 teaspoons vanilla extract.
- Mix in 3 1/2+ cups flour and 1 heaping teaspoon baking soda. Put a healthy sprinkling of cinnamon in.
- Add in appx. 3 cups raw rolled oats and whatever chips you like. I usually mix in dark & milk chocolate chips, as well as peanut butter and white chocolate chips - I always use mini chips
- Preheat oven 160 degrees° Bake approximately 10+ minutes per tray.
- Depending on how big you make the cookie balls, will dictate how many cookies you get!
- I make small and usually get 8 dozen or more. If your cookies aren't 'puffy' looking, you haven't put in enough flour. If batter's too dry put in small amount of milk.

# Slow Cooked Chinese Noodle & Sweet Corn Soup



Serves: 4

Cook Time: 5 hours

*"I love this traditional and classic recipe because it has a perfect Asian twist to it. It is a wholesome and hearty meal that is filling and very good for the soul!"*

By: Stav Mataia

## Ingredients:

4 skinless chicken thigh fillets  
4 cups chicken stock  
420g can creamed corn  
420g can corn kernels  
2 tablespoons soy sauce  
2 eggs whisked  
2 teaspoons sesame oil  
1 tablespoon minced garlic  
1 tablespoon minced ginger  
72g packet two minute noodles (no seasoning)  
1 cup spring onion thinly sliced and extra to garnish.

## Method:

- Combine all the ingredients except the eggs, noodles and spring onion into the slow cooker.
- Cover and cook on low for 5 hours.
- Add noodles at the end and turn off slow cooker.
- Add spring onion to garnish.

# Green Goodness Pasta



Serves: 4

Cook Time: 20 mins

*"It is a great way to pack in lots of nutrients and is deceptively tasty!"*

By: Lauren Haber

## Ingredients:

pasta of choice  
1/2 cup of soaked cashews  
2 big handfuls of spinach  
3 chopped zucchini  
1/2 cup basil  
1/2 cup parsley  
Juice and rind of 1 lime  
2 tbsp chicken salt  
1/4 cup crushed garlic  
1/4 cup ginger  
2 cups peas

## Method:

- Cook pasta as per box instructions
- Blend all other ingredients together in a food processor until smooth
- Mix sauce into pasta
- Mix in cooked peas
- Enjoy!



# Green omelette and mushrooms with feta



Serves: 4

Cook Time: 20 mins

*"It is a great way to pack in lots of nutrients and is deceptively tasty!"*

By: Aditi Saha

## Ingredients:

Spinach handful

3 Eggs

300g Mushrooms

1 tsp Chopped garlic

1 tbs Feta

Salt and black pepper

## Method:

For green omelette:

- Take a handful of spinach leaves, two egg whites and one egg along with some salt and pepper as per taste into a blender. Blend it for 1 minute on high.
- Heat a pan with some butter or olive oil, 1 tsp to be specific
- Pour half the spinach and egg mixture into the pan and cover and cook on low heat for a three minutes. Flip it over and cook it for a minute.

For mushrooms:

- Roughly chop up some white button mushrooms
- Heat a pan over on medium high heat, brush some canola oil, add 1 tsp of chopped garlic and fry it for 20 seconds
- Add the mushrooms and stir fry it for 2 minutes. Add salt as per your taste or even chilli flakes if you like it hot.
- Serve the mushrooms on top of your green omelette and garnish it with some feta cheese.

# Banana Bread



Makes: 1 Large Slice

Cook Time: 40-45 mins

*"Most people love banana bread so this is ideal for a cookbook. It's a recipe that will be used. The recipe is easy with no unusual ingredients and it always turns out and tastes delicious. It is my Grandmother's recipe and yet is so fashionable today making use of over ripe bananas."*

By: Jen Chambers

## Ingredients:

125 grams butter  
1/2 cup caster sugar  
2 eggs  
3 ripe bananas, mashed  
1/2 cup coconut  
1/3 cup milk  
1 teaspoon bicarb soda  
2 cups self raising flour  
1 tablespoon of sesame seeds to  
sprinkle on the top (optional)

## Method:

- Set oven temperature to 180 degrees.
- Grease and line an 18cm X 13 cm loaf tin.
- Cream the butter until soft then add sugar and beat until light and creamy.
- Add eggs one at a time, beating well after each addition. Add mashed banana and mix well.
- Combine bicarb soda and milk. and add this to creamed mixture alternately with the flour in four additions. Stir in coconut.
- Place in the prepared cake tin, sprinkle with sesame seeds and bake for 40-45 minutes.

### Tip:

Like all banana breads this keeps well at room temperature for several days.

# The Best Corn Fritters



Servings: 20

Cook Time: 5 mins

*"So easy so yum so quick."*

By: Vicki Mosheim

## Ingredients:

Salt

Pepper

Can corn x 2

1 Cup Flour

2 Egg

Spring onion

Garlic powder to taste

Chilli flakes to taste

Olive oil



## Method:

- Lightly whisk up an egg
- Chop all ingredients fine but with a bite to it.
- Mix all ingredients in a large bowl till well combined
- Shallow fry the fritters until crispy golden.
- Make sure they are thick and serve with fresh parsley and sweet chilli sauce

# Rice Pudding



Serves: 4

Cook Time: 30 mins

*"Because it's very tasty and easy."*

By: Gurjeet Kaur

## Ingredients:

1 cup Rice  
1L Milk  
1/2 cup Sugar  
Dry Fruits to your liking  
1/2 tsp Cardamom  
1/2 tsp Cinnamon

## Method:

- Boil 1 litre milk and add 1 cup rice, now make on low heat.
- Add all ingredients except for dried fruits and use wooden spoon to keep stirring.
- Once the mixture gets to a consistency you like, add the dried fruits and serve it

# French Toast



Serves: 2 slices each

Cook Time: 5 mins

*"My dad made me cook this for him every night for a week"*

By: Kirsten Garzoli

## Ingredients:

6 Slices Bread

2 large Eggs

1tsp Vanilla essence

1/2 cup Milk

Maple syrup to your liking

1/2 tsp Cinnamon sugar

30g Margarine or butter

## Method:

- Crack eggs into bowl whisk, add milk and vanilla whisk until combined. Soak bread.
- Grease the pan with butter or margarine on medium high heat then add eggy bread cook until golden brown.
- Add maple syrup and cinnamon sugar to each slice of bread and stack up #pancakeparlour



# Healthy Almond tahini cookies



Makes: 8 to 10 cookies

Cook Time: 10 to 12 minutes

*"Because it's a healthy treat for a tea break , no refined sugar or flour :) , easy to make and doesn't take too much time."*

By: Dalya Arteen

## Ingredients:

1 cup of almond meal

2 tbs tahini

1 tsp baking powder

1 tsp baking soda

1/4 coconut oil

2 to 3 tbs maple syrup or honey

Dark chocolate chips or any cooking dark chocolate bars.

Option: We can add blueberries instead of chocolate as well, very delicious.

## Method:

- Preheat the oven to 180c.
- Mix the dry ingredients well then add the wet ingredients
- Mix well with a spatula try to fold the mixing with the spatula, add the dark chocolate chips and mix.
- Shape the cookies on a baking tray with a parchment paper cook for 10 to 12 minutes.

# Carrot Dip



Serves: 4

Cook Time: 20 minutes

*"Quick easy, uses store cupboard ingredients and tastes delicious!"*

By: Joanne Lesiputty

## Ingredients:

2 medium sized carrots grated  
Garlic to taste (I use 4 large pieces or three  
TBS garlic paste)  
500 ml Greek yogurt  
1/2 cup of sour cream  
Pinch salt  
Pinch white pepper

## Method:

- Soften carrot in a fry pan on medium heat, add garlic and let soften for a few minutes. DO NOT brown ingredients.
- Once they are soft remove from heat and stir in yogurt, sour cream salt and pepper and let sit in room temperature for 15 mins to allow carrot mixture to leach colour to the wet ingredient's.

## Tip:

Store in an airtight container in the fridge for up to 4 days enjoy :)

# Pork and Veg Soup



Serves: 4-5

Cook Time: 30-40 minutes

*"Comfort food great for cold days"*

By: Donna Sasan

## Ingredients:

600g Pork chops

5 Potatoes

2 Pak Choy

1 tbs Chicken stock powder

Salt and pepper to taste

1L Water



## Method:

- Cut up desired amount of pork chops into medium pieces then fry with a little oil.
- Add water to cover pork chops.
- Add cut up potatoes and let boil.
- Then add chicken stock, salt and pepper.
- Add chopped pak choy when chops and potatoes are cooked for a few mins.

Serve with jasmine rice.

# Greek rice pudding (aka Rizogalo)



Serves: 4

Cook Time: 20-30 minutes

*"It's a super quick and easy dessert with only a couple of ingredients, which are always in my pantry."*

By: Anastasia Haikalis

## Ingredients:

1L full cream milk  
100gm Arborio rice  
50gm sugar  
2 tsp vanilla essence  
Cinnamon for dusting on top

## Method:

- Place all the ingredients in a saucepan on high heat. When the milk begins to boil, lower the heat to the lowest setting and continuously stir for approximately 20 min. If you don't watch it, it can very easily catch and burn on the bottom of your pot.
- The rice pudding is ready when it has considerably thickened and the rice is soft.
- Divide into small ramekins or dishes and dust with cinnamon (optional).

Can be enjoyed hot or cold.

\*Another option is to add orange zest when cooking for an orange flavoured pudding.

# Spinach and Mince Bake



Serves: 4

Cook Time: 25 minutes

*"A quick and easy meal the whole family will love."*

By: Melissa Ross

## Ingredients:

250g fresh or frozen spinach 1 tbs oil 1 onion,  
finely chopped  
500g beef mince  
250g mushrooms, sliced  
2/3 cup sour cream  
1/2 tsp dried oregano  
1/2 tsp dried basil  
1/2 tsp dried thyme  
1 cup grated cheese  
1 cup finely grated parmesan

## Method:

- Cook spinach and drain well. Coarsely chop.
- Heat oil and fry onion until softened.
- Add mince and cook until browned.
- Stir in mushrooms and cook for a further 5 minutes. Remove from the heat and drain fat.
- Add chopped spinach, sour cream, herbs and half of the cheese and parmesan.
- Mix well and season to taste.
- Put into a oven proof dish, sprinkle cheese on top and bake at 180 degrees for 25 minutes.

Serve with a side salad or vegetables.



# Frittata di Funghi



Serves: 6-8 people

Cook Time: 20 minutes

*"This is an easy recipe which is quick, delicious and nutritious."*

By: Lidia Micic

## Ingredients:

6 or 7 button mushrooms, or 1 large flat mushroom, Thinly sliced  
1 medium brown onion  
Chopped 1/2 cup grated tasty cheese  
Chopped parsley  
4 eggs  
A splash of milk  
3 tablespoons olive oil (approx.)  
Salt and freshly cracked black pepper to taste

## Method:

- In a large fry-pan, add 3 tablespoons of olive oil.
- Add mushrooms and onion. Cook on a medium heat until mushrooms have softened and onions have become transparent.
- In a bowl, add cheese, parsley, eggs, milk, season to taste. Stir until ingredients are well combined.
- Add ingredients from the bowl to frying pan. Use a spatula to spread evenly.
- Allow to cook until the base has become golden. Check with a spatula.
- Place frittata in pan under the grill to brown on top.

# Ange's Rataouile



Serves: 2 people comfortably or 4 if you also have bread, cheeses and olives

Cook Time: approx 20 minutes

*"It warms and fills so very nicely."*

By: Ange Kenos

## Ingredients:

1 tin chopped tomato  
Half to one medium onion (to taste) diced  
1 - 2 cloves garlic, crushed (to taste)  
6 mushrooms, sliced  
Half a red capsicum diced salt to taste (I prefer sea salt)  
pepper to taste (I prefer fresh ground)  
Hot chilli to taste, sliced (I prefer sizzling hot)  
1 - 2 cloves of garlic  
Mashed/crushed corn removed from half a corn cob (ONLY if it does not destroy your personal taste)

Less than half a glass red wine (not too dry or too sweet)

Some tomato purée

Extra virgin olive oil

Also, red wine to drink (as above)

Fresh home made bread (separate recipe)

## Method:

- Cook the onions for two minutes in extra virgin olive oil
- Add the mushrooms. Cook for three more minutes.
- Then add the capsicum. Cook for one minute.
- Then add the tomato tin. Cook for 3 - 4 minutes, adding salt and pepper to taste. Add the garlic during this time.
- Pour in the red wine.
- Add some purée if you need it
- Cook for one minute
- Add the hot chilli. Add the corn.
- Serve with the bread and wine
- You can add some wild spinach after the tomato tin to make it more like Epirus (Greece) cooking

# Beetroot and Brown Rice Risotto



Serves: 4

Cook Time: 55 minutes

*"It's easy and delicious."*

By: Jenny Brownlee

## Ingredients:

4 tbsp olive oil 1 brown onion, roughly  
chopped  
4 garlic cloves, roughly chopped  
220g medium-grain brown rice  
500g beetroot, peeled and grated  
750ml vegetable stock  
80g finely grated parmesan  
Sea salt and ground black pepper  
Thyme leaves to garnish



## Method:

- 1 Warm half the oil in a large pan over medium heat. Add onion and garlic and cook for 10 mins, stirring occasionally, or till the onion is soft and slightly browned.
- Add the rice and cook, stirring gently, for 5 mins or till the grains are toasted and fragrant.
- Reduce heat to low, then add the beetroot, stock and 500ml water. Simmer, uncovered, for about 45 mins until almost all the liquid has been absorbed.
- Stir in the remaining oil and half the parmesan. Add sea salt and ground pepper to taste.
- Divide between four bowls, garnish with thyme leaves and remaining parmesan.

# Almond & peanut butter bliss balls



Serves: 1 with a cuppa

Cook Time: 1 hour

*"Such a great guilt free snack to get you between meals."*

By: Vanessa Fox

## Ingredients:

1 Cup unsalted almonds (roast if you're got an extra 15 mins)

Handful dates

1 Tbs peanut butter

1 Tbs Almond butter

1 Tbs coconut oil

1/2 Cup coconut

Drizzle of rice malt syrup

Extra coconut to roll in if you wish

## Method:

- Dry Roast Almonds on tray in oven for approx 15 mins.
  - Put all ingredients in the blender & blitz!
  - Add more or less until you get the right consistency.
  - Roll into balls & place in freezer for 30 mins then store in fridge.
- Enjoy.

# Condensed Milk Bread



Makes: 1 loaf

Cook Time: 20 mins

*"Sweet, fluffy and pulls apart beautifully for dipping in sweet or savoury."*

By: Atlas Flynn

## Ingredients:

210g lukewarm water, at about 37°C  
35g condensed milk  
300g bread flour with 12% protein  
25g caster sugar  
15g milk powder  
4g salt  
50g unsalted butter, softened at room temperature  
1 tsp instant dry yeast

## Method:

- Using an electric mixer with an hook attachment to knead, combine all ingredients except butter in the mixing bowl and mix at low speed until a soft dough forms.
- Then, knead in the butter until incorporated. Continue to knead at low speed for at least 25 mins or until the dough is smooth and elastic. It is important that the dough has to be elastic and stretchy.
- Cover the dough and allow the dough to prove in a warm and humid place for about 60 mins or until doubled in size. Please note that this dough can be sticky at the initial stage of kneading but it will become smooth and stretchy after adequate kneading.
- Grease one 15 x 25 cm non-stick pan with vegetable oil or vegetable oil spray.
- Gently deflate the dough and divide it into 15 equal portions (about 44g each).
- Shape all portions of dough into smooth balls. Allow them to rest at room temperature for about 10 mins. Using a lightly floured rolling pin, roll each portion on a lightly floured non-stick surface into long flat shape.
- Fold its top and bottom one-third towards its middle. Use a rolling pin to roll its non-fold sides outwards in order to form a long flat shape again, then fold its top and bottom one-third towards its middle again. You should get a nice square dough.
- Use a rolling pin to roll into a long flat shape that is 15 cm long and roll slightly more to form a wider 15 cm rectangle.
- Fold its long-sided top and bottom one-third towards its middle to form a long neat 15 cm strip. Repeat this rolling and shaping step with the remaining 14 portions of dough. Align and arrange all rolled dough side by side with their skinny length along the width (shorter side) of the pan, with their seams side down. Allow the dough to prove in a warm and humid place for another 60 mins or until doubled in size.
- For the egg wash, combine egg yolk and milk. Brush bread dough with egg wash and bake in a preheated 180°C (350°F) oven for 20 mins or until the breads are thoroughly baked and golden. If the top of bread turns brown too quickly, cover the bread loosely with a foil at the last 5-10 mins of baking and continue to bake it for at least 20 mins in total.
- Remove the breads from the pan immediately and transfer onto a wire rack to cool completely before serving.



# Slow Cooker Massaman Beef Curry



Serves: 6-8 people

Cook Time: 2.5 hrs high or 6 hrs low

Total Time: 8.5 hrs

*"So tasty and comforting in winter. Easy to prepare and cooks itself in the slow cooker!"*

By: Melinda Notarfrancesco

## Ingredients:

- 1.1kg chick steaks
- 12 chat potatoes
- 6 large carrots sliced thickly
- 2 jars Ayam Massaman curry paste
- 2 tablespoon brown sugar
- 2 tablespoon oyster sauce
- 1/4 cup smooth natural peanut butter
- 1 lemon squeezed of juices
- 1 large brown onion cut in eighths
- 1 can premium coconut cream

## Method:

- Brown steaks and onions and add to warming slow cooker set to high for 2.5 hrs. Add curry paste, coating the steaks and onion.
- Spoon in oyster sauce, brown sugar and peanut butter.
- Squeezed lemon juice and then add carrots and potatoes.
- Cover in coconut cream and give a gentle stir to combine.
- Switch from high after 2.5 hrs to low for a further 6 hours.

Serve with jasmine rice and some roasted peanuts to garnish.

# Meat Pizza



Serves: 4-6 people

Cook Time: 10 mins

*"Easy, delicious, tasty and filling."*

By: Meryem Celik

## Ingredients:

500g minced beef  
3 onions finely diced  
2 garlic cloves, crushed  
2 tbs tomato paste  
1 tsp chilli flakes  
1 tsp dried chipotle chilli flakes  
1 bunch of parsley, chopped  
1/2 cup olive oil

## Method:

- Mix all the ingredients in a large bowl except for the base bread. Knead the meat for about 5 minutes ensuring all the flavours have evenly mixed.
- Place spoonful of the meat mixture on the bread distributing a thin layer over it.
- Cook in the grill for about 8 minutes until the sides of the bread are golden brown and the meat is cooked.
- Serve with greens like, rocket leaves, parsley, spring onions and drizzle with lemon before serving.

# Cheese Curry Pie



Serves: 4-6 people

Cook Time: 40-45 mins

*"This is one of my favourite recipes. My mum made it for every family party and gathering back in the UK, and the smell of it cooking still makes my heart flip! Trust me - it's much tastier than it sounds. A great vegetarian recipe – never yet found anyone who doesn't like it!"*

By: Susie Kelly

## Ingredients:

1 Medium Onion  
225g Mature Cheddar  
4 slices white bread  
6 tablespoon Tomato ketchup  
2 level teaspoon curry powder  
1 level teaspoon salt  
½ level teaspoon pepper  
6 tablespoons milk  
1 large packet (14oz) puff pastry (just thawed)  
Milk or egg to glaze



## Method:

- Preheat oven to 210C
- Wet a 12" long baking tray
- Cube bread
- Finely chop onion
- Grate cheese
- Add all ingredients to the bowl (except the pastry) and mix well
- Roll out the pastry to a 12" by 8" oblong (or use several pre-rolled sheets)
- Place mixture on half of the pastry, then moisten the edges with water
- Fold over the other half to cover the filling (like a rectangular calzone)
- Firmly join the edges
- Gently mark diagonally across the pastry top (but not through it), then glaze
- Bake for 40-45 mins
- Can be served in slices, hot or cold.

# *Foods that Warm the Soul*

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

We hope that you will enjoy cooking some of these mouth-watering meals for your family & friends, as much as we will!



My Community Cookbook